

# SANTA CRUZ COAST ATHLETIC LEAGUE

## CONSTITUTION & BYLAWS

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In order to provide a means to control interscholastic athletic activities of member schools so that they will contribute toward educationally acceptable goals, safeguard the health the safety of participants and spectators, actively promote the principles of good sportsmanship and comply with the rules and regulations of the California Interscholastic Federation, the members of the Board of Managers do hereby establish this constitution as the governing instrument of the Santa Cruz Coast Athletic League, operation within the Central Coast Section of the CIF.

This organization does not contemplate pecuniary gain or profit to the members hereof and it is organized for non-profit purposes. The property of this organization is irrevocably dedicated to educational purposes and no part of the net income or assets of this organization shall ever inure to the benefit of any director, officer or member thereof or to the benefit of any private persons. Upon dissolution or winding up of the organization its assets remaining after payment, or provision for payment, of all debts and liabilities of this organization, shall be distributed to a non-profit fund, foundation or corporation which is organized and operated exclusively for educational purposes and which has established its tax exempt status under Section 501c-3 of the Internal Revenue Code.

If this organization holds any assets in trust, such assets must be disposed of in such a manner as may be directed by decree of the superior court of the county in which the organization has its principal office, upon petition, therefore by the Attorney General or any other person concerned in the liquidation, in a proceeding to which the Attorney General is a party.

## **ARTICLE I NAME**

The name of this organization shall be the Santa Cruz Coast Athletic League, a member league of the Central Coast Section of the California Interscholastic Federation.

## **ARTICLE II MEMBERSHIP**

- A. Membership in this league shall be open to the high schools located within the Central Coast Section of the CIF which are member schools of the California Interscholastic Federation, and who, through their principals shall subscribe to the contents of this Constitution and its By-laws.
- B. Application for membership shall be submitted in writing by the principal of the applying school.
- C. As charter members of the Santa Cruz Coast Athletic League Aptos, Harbor, Santa Cruz, San Lorenzo Valley and Soquel High Schools are exempt from the provision of Section B, above.
- D. Watsonville became a member in 1983-84, Monte Vista Christian in 1992-93 and moved to the MBL in 2002, Mt. Madonna in 1994-95, Scotts Valley in 1998-99 and St. Francis Central Catholic in 2001.

## **ARTICLE III MANAGEMENT**

- A. The management of this league shall be committed to a Board of Managers consisting of the principals of member schools. Duties and functions of the Board of Managers shall be contained in the By-laws of this constitution.
- B. The league Commissioner shall be a non-voting member of the Board of Managers and shall serve as it's secretary.

## **ARTICLE IV OFFICERS**

- A. The President of the league shall be the principal of a member school elected biannually by a majority vote of the Board of Managers to serve from July 1 to June 30.
- B. The Vice-president of the league shall be the principal of a member school elected biannually by a majority vote of the Board of Managers to serve from July 1 to June 30.
- C. The Commissioner of the league shall be appointed annually by the Board of Managers to serve from July 1 to June 30. He/she shall perform the duties and functions of league secretary and treasurer in conjunction with his/her responsibilities as Commissioner.
- D. The powers, duties and functions of the President, Vice-president and Commissioner shall be those contained in the By-laws of this Constitution.
- E. Three delegates, at least one of whom must be a woman, will represent the SCCAL at CCS and be elected bi-annually at the last May meeting of the Board of Managers before the school year when the delegates will serve.

## **ARTICLE V BOARD OF MANAGERS' MEETINGS**

- A. There shall be three regular meetings of the Board of Managers each school year. These meetings shall be held during the months of October, January and May. The election of officers for the ensuing year shall take place at the May meeting. Board of Managers meeting will be attended by principals or administrative representative only. The athletic directors will meet with the Commissioner prior to the Board of Managers meeting and present a consent agenda to the principals on issues relating to schedules, coaches requests and other issues that directly affect athletic directors. One athletic director will serve as an athletic directors liaison to the Board of Managers.
- B. Special meetings shall be called at the request of any member of the Board of Managers. If a principal requests, because of the urgency of immediate action, a telephone vote on a motion of By-laws can be conducted.
- C. A written notice of each meeting shall be sent by the Commissioner to the principal of each member school to arrive at least five calendar days prior to the scheduled date of a regular or special meeting.

- D. A quorum shall consist of a majority of the board members authorized to vote.
- E. Meetings will be conducted in accordance with Roberts' Rules of Order to the extent that such rules do not conflict with this Constitution or its By-laws.

## **ARTICLE VI ENFORCEMENT OF CONSTITUTION AND BY-LAWS**

Any violation of this Constitution, its By-laws or any order issued by the Board of Managers of the league by a member school shall be punishable by fine, suspension, expulsion or any other punishment imposed by a two-thirds vote of the Board of Managers.

## **ARTICLE VII ADOPTION**

This constitution and its By-laws shall become effective on July 1 immediately following ratification by the principal of each member school as signified by the affixing of signatures to an official copy of this document.

## **ARTICLE VIII AMENDMENTS**

Proposed amendments to this Constitution and its By-laws are to be presented in writing by member principals at any regular or special meeting of the Board of Managers. If a proposed amendment receives a two-thirds favorable vote of the Board of Managers, it shall be accorded a 2nd reading at the next succeeding meeting. Upon receipt of a two-thirds favorable vote of the Board of Managers after the 2nd reading, a proposed amendment shall then become effective immediately. (2/3 of those "present")

## **CONSTITUTION By-Laws**

### **ARTICLE I POWERS AND DUTIES OF THE BOARD OF MANAGERS**

- A. Admit to membership in the league any school eligible under this Constitution provided two-thirds of the membership approve.
- B. Amend this Constitution and its By-laws for the government of the league and of itself.
- C. Fix and enforce penalties for any violation of the Constitution, by-laws and other rules of the league.
- D. Determine what forms of athletic activities shall be conducted by the league.
- E. Instruct the Commissioner concerning his duties
- F. Investigate the eligibility of any league athlete under question and render decisions concerning such protests.
- G. Collect and disburse the funds of the league.
- H. Institute, locate, conduct and manage all championships meets and tournaments of the league.
- I. Approve all athletic schedules of the league.

- J. Levy assessments by a two-thirds vote of the Board of Managers.
- K. Approve all awards and honors made by or in the name of the league.
- L. Decide on all protests relating to athletic matters which may arise in connection with league athletic contests unless otherwise provided for in this Constitution.
- M. Exercise, or provide for the exercise of, all functions of the league not elsewhere provided for in this Constitution and its By-laws.

## **ARTICLE II POWERS AND DUTIES OF THE PRESIDENT**

- A. Preside at all meetings, appoint committees and perform such other duties usually required of a presiding officer and vote on all motions and By-laws.
- B. Appoint a certified public accountant to make the tri-annual audit of the league's financial accounts.

## **ARTICLE III POWERS AND DUTIES OF THE VICE-PRESIDENT**

- A. Sec. A Assume the powers and duties of the President in the absence of the President.

## **ARTICLE IV POWERS AND DUTIES OF THE COMMISSIONER**

- A. Keep a complete record of all business transacted at each meeting of the Board of Managers and Executive Committee; carry on all official correspondence and perform such similar duties as usually evolve on such a position.
- B. Insure that all necessary preparations are made for league tournaments and meets, these to include fees and necessary expense.
- C. Insure that all league schedules for the following year are drawn up and presented for approval by the Board of Managers no later than the May meeting.
- D. Attend the league's CIF Section meetings.
- E. Act in liaison capacity between the league schools and the various sports officials associations. The Commissioner may provide a list of certified officials associations to the Board of Managers and league schools.
- F. Take charge of all league moneys, deposit same in a bank or depository approved by the Board of Managers and pay all bills against the finances of the league.
- G. Keep member schools informed of current information pertinent to the league athletic program.
- H. Carry out such other duties as directed by the Board of Managers. Sec. I Cancel games in an emergency.

## **ARTICLE V DUTIES OF PRINCIPALS**

- A. Attend all Board of Managers' meetings. In the event of the absence of the principal, a voting alternative administrator may represent the school.

- B. Be cognizant of league and CIF information communicated to him/her. Insure that such information is made known to pertinent members of each school staff and be responsible for the enforcement of league and CIF regulations as they affect each school.
- C. Insure that league athletic schedules, as they affect each school, are carried out and any changes in such schedules are by his/her approval.
- D. Do all that is reasonable to insure that standards of sportsmanship are maintained by his/her school staff and students.

## **ARTICLE VI FINANCES**

- A. The Board of Managers shall be responsible for determining how the league shall finance its operation. It shall authorize assessments and collect and disburse funds.
- B. A proposed budget prepared by the Commissioner for the ensuing year shall be considered by the Board of Managers at its May meeting for approval by them.
- C. When assessments are levied against member schools on the basis of enrollment, the date of October 1 of the current school year shall be used as the date for determining enrollment.

## **ARTICLE VII ATHLETIC CONTEST OFFICIALS**

- A. Official's for all SCCAL athletic contest shall be members of the Santa Cruz County Official's Association's (SCCOA). All schools in the SCCAL will be bound to use SCCOA official's for their contest, unless the SCCOA does not have an association for a particular sport in the SCCAL or are, placed in a supplemental league that uses another official's association. Any changes in association's must be approved by the SCCAL Board of Managers.
- B. The Commissioner shall act in a liaison capacity for the league schools to SCCOA. Matters of mutual concern to the league and SCCOA shall be decided by agreement between the Board of Managers or its designee(s) and an authorized representative(s) of SCCOA.
- C. The approved schedule for official's fees, in each sport, shall be published by the Commissioner and distributed to each member school at the start of the school year prior to the first athletic contest of the year.
- D. Official's fees must be paid in timely manner by the home team school except when otherwise directed by the Commissioner (League Playoffs).
- E. An official on the staff of a league school is not to be assigned to officiate any athletic contest in which that school is a participant. An official is not to officiate any contest in which a family relative is a participant. This rule does not apply for athletic contest for which SCCOA does not assign officials.
- F. The Board of Manager's reserves the authority to refuse services from any individual who is not performing up to the standards of the NFHS, CCS, and SCCOA, based on recommendations from member schools. The Board through the League

Commissioner, will notify the appropriate officials' association of the refusal of services and the reasons why.

## **ARTICLE VIII ELIGIBILITY OF ATHLETES**

- A. In order to be eligible to compete in athletics in the league an athlete must be eligible in all respects according to CIF regulations.
- B. It is the responsibility of the Principal or their designee to verify the eligibility of their school athletes.
- C. Once a season has begun, to be defined as 9:00 A.M. on the first day allowed for practice, no transfer of eligibility shall be signed by a principal unless (1) the school a student wishes to transfer from offers no team in a sport, or (2) the student prior to the beginning of a season, has completed all paperwork requesting an open enrollment of an intradistrict or interdistrict transfer.
- D. An exceptional Varsity athlete in an individual sport may be allowed to increase his/her number of competitions during a regular season with the approval of the league president and the league commissioner.

## **ARTICLE IX CODE OF SPORTSMANSHIP**

- A. The Board of Managers may develop and distribute to member school, a Code of Sportsmanship. It shall encourage in all member schools a continuing program for the teaching of sportsmanship to all their students and their communities.
  - a. We shall treat the teams and spectators of visiting schools as our guests.
  - b. We shall avoid rowdyism, profanity or uncouth actions of any nature.
  - c. We shall respect our school campus and those of other schools, and avoid any action which is in any way destructive to them.
  - d. We shall respect the integrity and judgment of game officials and avoid derisive action or words toward them.
  - e. We shall enthusiastically support our cheerleaders and respect the cheerleaders of our opponents.
  - f. We shall respect skillful and courageous performance by all participants in the athletic contest and at all times refrain from unsportsmanlike remarks to or about visiting team members and spectators.
  - g. Necessary comments or discussions with a game official shall be made by the head coach only, and he or she shall be the only coach who approaches the officials.

## **ARTICLE X PROTESTS**

- A. A protest of the eligibility of any athlete shall be made in writing by a member principal to the Commissioner and the President of the League, setting forth in detail the points protested. The principal of the school in which the protested

athlete is enrolled must submit to the Board of Managers through the Commissioner, a certified statement of the athlete's eligibility. If such proof is not produced within seven days the athlete shall be (suspended) declared ineligible and all contests in which he/she was a participant shall be forfeited.

- B. Protests relating to game or contest officials and their work or actions shall be in writing to the Commissioner and to the President and shall be postmarked within two school days after the game or contest. The protest must be made by the principal of the school concerned. The Commissioner will study the facts of the case and recommend appropriate action concerning the protest to the Board of Managers for final decision. No contest may be protested unless the official rule book for that sport has provisions for protest.
- C. A protest concerning students and staff of league member schools in relation to the athletic programs shall only be made by the principal, or principal designee of the school concerned. The protest setting forth the details of the case will be submitted in writing to the Commissioner and President with a copy to the principal of the other school involved. The Board of Managers will consider the problem and determine an appropriate course of action.
- D. Recommendations, decisions and actions by the Board of Managers in matter of protest shall be final (unless and appeal is made by the principal of the school involved in the protest to the Board of Managers).

## **ARTICLE XI CONDUCT OF ATHLETES**

- A. Gross violations of the principles of sportsmanship by athletes will be called to the attention of the principal of the athlete's school. The principal is charged with the responsibility for taking appropriate steps for remediation.
- B. A player who is disqualified by an official shall not participate anymore in that game or contest or in the next game or contest that his or her team plays, including a postseason game. A second disqualification will result in the player being dropped from the sport for the balance of the season and from any all-league awards. When a player is ejected he or she must remain under the supervision of the coach. During the next game under suspension, the player may not be in uniform or sit on the team bench. Suspended players may not attend games as a spectator, except when the coach is required to provide supervision in the absence of a parent.
- C. If a coach is ejected from a contest (league/non-league, pre or post season) he or she must sit out the remainder of that contest and the next contest in which his or her team participates. The coach has one minute to leave the playing site of said contest. The coach must be out of sight of game officials/ umpires/players and other team persons. If a head coach is ejected and there is no certified or certificated person to take his or her place the game will be forfeited.
- D. Player ejection appeal process
  - a. Appeal must be in writing from the principal of the team on which the ejected player is a member.

- b. The appeal must be made within seventy-two (72) hours of the conclusion of the contest.
- c. The appeal must be submitted to the Commissioner.
- d. The Commissioner will convene a panel that will consist of three (3) administrators (excluding the schools involved) to hear the appeal.
- e. After hearing all of the testimony from all involved and reviewing any material brought forward, the panel will render its decision. Video may only be used to exonerate a player.
- f. If the Commissioner is not available, the league president or his designee will convene the appeals panel.
- g. The determination of the panel will be final.

## **ARTICLE XII CONDUCT OF COACHES**

- A. Sec. A If a coach is ejected from a contest (league/non-league, pre or post season) he/she must sit out the remainder of that contest and the next contest in which his/her team participates. The coach or player has one minute to leave the playing site or said contest. This person must be out of sight of game officials/umpires/players or other team persons. If a head coach is ejected and there is no certified or certificated person to take his/her place, the game will be forfeited.
- B. Sec. B If a coach is ejected from a previous contest and, not following the SCCAL By-laws, participates in the next contest anyway, that contest will be forfeited and the coach must sit out the next contest.
- C. Appeal process
  - a. The appeal must be in writing to the principal of the coaches school.
  - b. The appeal must be made within seventy-two (72) hours of the conclusion of the contest.
  - c. The appeal must be submitted to the commissioner.
  - d. The commissioner after reviewing the appeal, if necessary, will convene a panel that will consist of three (3) administrators (excluding the school involved) to hear the appeal.
  - e. After hearing all of the testimony from all involved and reviewing any material brought forward, the panel will render its decision. Video may only be used to exonerate a coach.
  - f. If the commissioner is not available the league president or his designee will convene the appeals panel.
  - g. The determination of the panel will be final.

## **ARTICLE XIII AWARDS AND HONORS**

- A. A suitable program and system for awards and honors for teams and individual athletes shall be developed and controlled and annually reviewed by the Board of Managers.

- B. Suitable awards shall be presented to schools winning league championships or co-championships, and to individuals with a medal for first through fourth place in varsity competition, and ribbons for other places.
  - a. Team awards: Varsity - Pennants, Frosh, F/S, JV - Certificates
  - b. Individual awards:
    - i. Cross Country: Individual for 1st -6th places. Varsity: medals 1st- 4th, ribbons for 5th, 6th. F/S 12 ribbons
    - ii. Girls and Boys Tennis: Individual for 1st singles, 2nd singles, 1st doubles 2nd doubles. Varsity 6 medals. F/S 12 ribbons.
    - iii. Boys and Girls Swimming and Diving: Individual for 1st - 6th in 8 singles races and 3 relays. Varsity 84 medals, 62 ribbons. F/S 126 ribbons
    - iv. Wrestling: Individual Varsity, JV and novice for 1st - 4th place in 14 weight classes. Varsity 56 medals. F/S 56 ribbons. Novice 56 ribbons.
    - v. Boys and Girls Track and Field: Individual for 1st - 6th in 14 single events and 2 relays. Varsity 17 medals, 95 ribbons. F/S 102 ribbons.
    - vi. Golf: Individual for 1st - 6th . Varsity: 4 medal 2 ribbons. F/S: 6 ribbons
    - vii. Cross Country and Track Awards are donated by Wharf to Wharf
- C. Individual championship and all-league certificates will be issued for varsity teams in football, volleyball, water-polo, basketball, soccer, baseball, softball and golf.
- D. League championships will be awarded to the team having the bests standing in dual competition in all sports except those whose By-laws provide for other means of deciding team championships.
- E. In the determination of league standings, a win equals two (2) points and a tie equals (1) point except in baseball where the rules call for replaying the game is case of a tie.
- F. Where regular play results in a tie for the championship there will be no playoff and an award will be given to each team which tied. Playoffs, when necessary will be played to determine the league representatives for a league approved post-season tournament.

## **ARTICLE XIV SCHOOL COLORS**

- A. Official colors for shirts and jerseys of league school teams shall be one or a combination of colors as follows:
  - a. APTOS: Midnight blue and silver (Mascot: Mariners)
  - b. HARBOR: Forest green and yellow gold (Mascot: Pirates)
  - c. SAN LORENZO VALLEY: Red, black and white (Mascot: Cougars)
  - d. SANTA CRUZ: Red and white (Mascot: Cardinals)
  - e. SCOTTS VALLEY: Maroon and Vegas gold (Mascot: Falcons)
  - f. SOQUEL: Blue, gold and white (Mascot: Knights)
  - g. ST. FRANCIS: Burgundy and Gray (Mascot: Sharks)
  - h. Mt.MADONNA: Black and white (Mascot: Hawks)

## **ARTICLE XV STUDENT ADMISSION RATES**

- A. Student admission rates shall be granted to visiting students of member schools. Such students must prove their status in a manner agreeable to the host school.
- B. Cheerleaders, song leaders, majorettes and band members of a visiting school, when in uniform, shall be admitted free.

## **ARTICLE XVI PASSES**

- A. League passes shall be issued annually to each member school by the Commissioner. These passes are good for admission to any league contest, for administrators and coaches only.
- B. League passes permit the bearer and one guest to be admitted on one pass. The Southern Conference pass is "non-transferable" from signed bearer and the name of the bearer shall be typed in by the issuing school.
- C. The Commissioner shall issue league passes to representatives of news gathering agencies.
- D. The "staff" passes will be in the possession of the distributed by the school's athletic director. The term "staff" is meant to include certificated and classified personnel working with that high school and one guest. Staff passes are only good for all home and away games for competing schools.
- E. Officials will be admitted to any SCCAL contest in the sport in which they officiate upon presentation of a proper and valid "officials" pass.
- F. Lifetime passes are to be honored the same as Southern Conference passes.
- G. CCS passes are to be honored the same as Southern Conference passes.

## **ARTICLE XVII CONTESTS CANCELLATIONS AND POSTPONEMENTS**

- A. When weather conditions or other situations warrant the cancellation or postponement of an athletic contest, the principal of the host school or his representative shall be responsible for informing contest officials and the Commissioner.
- B. The principal, or his representative, of the school requesting the cancellation or postponement shall communicate with all schools involved as soon as possible. Should officials arrive to work a contest, having not been informed, the host school is obligated to pay them half fees. Any arrangement for re-scheduling postponed contest must be by agreement of the principals involved.

## **ARTICLE XVIII ROOTING SECTIONS AND GAME ADMINISTRATOR RESPONSIBILITIES**

- A. The host school administrators will be responsible for security and supervision at the home site. This will also include the designation of the visiting school seating and rooting section area. The visiting school administrators will be responsible for their student body and fans in this area.
- B. For all football, basketball and other selected sports teams, the visiting team plus its rooters shall always be accompanied by an administrator or faculty representative. Upon his or her arrival the following procedure should take place.
  - a. During all SCCAL football games the home team administrator will meet with the visiting team administrator fifteen minutes before kickoff at the visitors' bench. The referee at said contest should also be made aware of the administrators in attendance and their whereabouts during the contest.
  - b. During all SCCAL basketball games the home team administrator will meet with the visiting team administrator fifteen minutes before tip-off at the scorers table. The referee at said contest should also be made aware of the administrator in attendance and their whereabouts during the contest.
  - c. At all other selected sporting contest the same procedure should be followed. A similar plan of supervision at league tournaments and meets shall be implemented with school resource personnel.
- C. In all game situations where supervision by administrators is necessary the visiting schools should secure a league schedule and either by phone, mail, fax or email. let the home team know who your attending administrator will be previous to the contests.
- D. Mechanical noise-makers, painted faces, thunder sticks or megaphones are not allowed at any athletic contest at any league school.
- E. A visiting band of not more than 16 pieces are allowed at basketball games by permission of the host school.

## **ARTICLE XIX MEDICAL CARE PERMITS**

The coach of the visiting team must have in his possession, for each member of his squad, a league approved medical care permit for emergency medical care. This must be signed by the appropriate parent or guardian.

## **ARTICLE XX OFFICIAL RULES FOR SPORTS**

- A. The National Federation Rule book for football, swimming, diving, volleyball, basketball, wrestling, soccer, baseball, softball, water polo and track shall be the official rule books for these sports.

- B. In those sports for which no official rule books are designated in this article, the Commissioner shall inform member schools as to the source for authoritative rules.

## **ARTICLE XXI SPORTS REPRESENTATIVES**

- A. Coaches of each sport will select one of their group to serve as assistant representatives for a two year term.
- B. The athletic director of the school, to which the assistant representative in paragraph one (1) above, is attached will serve as representative for that particular sport.
- C. All communication for a particular sport will be directed to the representative who, in turn, will forward the communication to his assistant representative.
- D. Duties:
  - a. Represent the coaches of his/her sport in league and section action and see that pertinent information is communicated to these coaches.
  - b. Attend (or designate and alternate) all meetings called by the CCS chairman for this sport.
  - c. Prepare league schedules on a one year basis and present these schedules to the Board of Managers (via the Commissioner) at least one month before the Board's May meeting.
  - d. Regularly review the By-laws for his/her sport.

## **ARTICLE XXII BY-LAW FORMAT**

### ARTICLE (?) NAME OF SPORT

- A. Season
- B. Teams (by priority, start of games and length of periods)
- C. Contests, scrimmages and tournaments
- D. Eligibility and movement of players
- E. Championships and Individual Champions
- F. Officials
- G. Equipment and facilities
- H. Order of events and Methods of scoring
- I. Weight divisions, Entries per division and Weigh-in times
- J. Medical Attention
- K. Movies
- L. Miscellaneous

## **ARTICLE XXIII RECRUITING**

No athletic recruiting is allowed. No letters may be mailed for athletic recruiting. Financial aid is to be given for need only. There can be no transfer or enrollment out of attendance areas for athletic reason only.

## **ARTICLE XXIV SCHEDULING**

- A. All schedule changes must be approved in writing by both principals, seven calendar days in advance of the proposed change. Acts of God (rain) are exempt.
- B. Game time of SCCAL member schools shall be regulated by the following statement and consideration.
  - a. Game times of all athletic events shall be decided by the home school.
  - b. The least amount of the visiting school's schedule class time interrupted shall be the prime consideration in game contract. .
- C. No athletic event may be scheduled during the final two weeks of the school year without the approval of the Board of Managers.
- D. Any competition involving opponents not on the school team concerned will be considered a "contest" as applied by the By-laws.
- E. Any school playing more contests than allowed by the Constitution will reduce the number of contests for the next year at a ratio of two for one, i.e. if a school plays two games over the maximum, that school could schedule a maximum of four games less than allowed by the Constitution for the next season.

## **ARTICLE XXV SCRIMMAGES**

- A. Any competition or scrimmage not involving players of the same school will be considered a game.
- B. A team qualifying for the CCS playoffs may schedule a scrimmage or a game provided they do not exceed the approved game limitations before the first CCS playoff contest.

## **ARTICLE XXVI PRACTICE SESSIONS**

- A. Teams and individuals shall be limited to one practice session on any day that school is in session.
- B. Teams may not practice on Sundays.

# SPORTS BY-LAWS

## ARTICLE XXVII BASEBALL

### Sec. A Season

1. Practice may start on February 1st, or and approved starting date (which ever is later) by CCS.

### Sec. B Teams, Start of Games and Length of Periods

1. The official teams will be Varsity and Junior Varsity.

\* Frosh teams will be allowed and are encouraged to seek practice games with teams from the

MBL, MTAL, and TCAL if there are not enough frosh teams participating in the SCCAL.

2. Day games will start at 3:30 P.M. until daylight savings time when they will start at 4:00 P.M. Night games will start at 7:00 P.M. and 6:00 P.M. for J.V.(only if these are single games).

3. The varsity will play seven innings.

1. a) All levels, Varsity, J.V., and Frosh, will go a full seven (7) innings unless one team is ahead by ten (10) runs or more after five (5) innings have elapsed. At this time the game will be ended by NFHS rule #4 Section 2, Article 2.

### Sec. C Contests, Scrimmages and Tournaments

1. There will be a limit of 27 games with tournaments games being counted according to CCS regulations, game for game.

2. Make-up league games will be played the day before the next regularly scheduled round robin game between the two schools involved, unless another time can be mutually agreed upon by the two schools.

3. League schedules will be determined by coaches' agreement and sent to the Board of Managers for approval.

4. Two (2) scrimmages are allowable and will not count against each teams 27 games. Teams may not miss any school for participation to travel to a scrimmage. Alumni games will not count as a scrimmage. All scrimmages must be used by March 1st of that season. An additional post season scrimmage is allowable for CCS playoff qualifying teams versus a playoff participant in a different league and different division.

5. Suspended games will follow CCS tie breaking policy #1 and #2, where all games will be called, suspended, prior to 5 innings and will be completed from that point.

### Sec. D Eligibility and Movement of Players

1. Junior varsity players may move up or down at will except that a player cannot play against the same opponent on the same game date. For example, if the junior varsity game is scheduled for Thursday, the player cannot play in the varsity game on Friday.

2. No seniors may participate on the JV team.

### Sec. E Championship and Individual Champions

1. The team with the best win-loss record will be declared the champion or co-champion.

2. The first place team in the regular season will be an automatic qualifier to CCS playoffs. The league tournament could affect other qualifiers. The winner of the tournament is the second automatic qualifier. If the first place team from league wins the league tournament then the second place and third place teams in regular season are the other automatic bids. Example: If the fifth

place team in regular season wins the league tournament then they are co-champions with the regular season league champion and they get the second automatic bid. The last automatic berth would be the second or third place team in regular season.

a. All CCS at-large applicants are responsible for submitting the proper CCS paper work and playoff sheets in accordance to CCS deadlines.

3. If there is a tie for league playoff seeding or eligibility for C.C.S. seeding the following steps shall be used.

1. Head to head competition.
2. If there is still a tie, the highest number of points according to the C.C.S. point system among those teams will be used..
3. If there is still a tie then the team with the best overall win/loss percentage will prevail.
4. Record against common opponent (non league).

4. Placement in CCS playoffs, in accordance with the CCS playoff rules, will be in line with league finish. No team will be seeded higher than a league mate (in the same division) if they finished behind them in league.

## **ARTICLE XXVIII BOYS AND GIRLS BASKETBALL**

### **Sec. A Season**

1. Practice may start the first Monday in November.
2. The limit will be 24 games with tournaments to count according to CCS regulations.
3. Starting dates for alumni games, scrimmages, faculty games and preseason games shall follow CCS rules.

4. There is no restriction on the number of tournaments as long as a school remains within the total game limit.

### **Sec. B Teams, Start of Games and Length of Periods**

1. Boys J.V. 4:00 p.m., Girls Varsity 5:30 p.m., Boys Varsity 7:00 p.m. at one site. Girls J.V. 4:00 p.m., Boys Frosh 5:30 p.m., Girls Frosh 7:00 p.m. at the opposite site,
2. The Varsity game shall start no later than 20 minutes after the conclusion of the preceding game.
3. The basketball half-time is extended to twelve minutes, four for each spirit group and four for warm-up. The visiting spirit group performs first.

### **Sec. C Contest, Scrimmages and Tournaments**

1. League games shall be played on Tuesdays and Fridays in a two game week and Tuesdays, Thursdays and Saturdays in a three game week.

### **Sec. D Eligibility and Movement of Players**

1. J.V. players may move up to Varsity at anytime.
2. Downward movement is allowed prior to the fifth league game.
3. No seniors may participate on the J.V. team.

### **Sec. E Championships and Individual Champions**

1. The SCCAL will host a post season basketball tournament for boys and girls at the same time and place.

1. Only the top six teams in the round robin will be eligible to participate in the playoff tournament.
  2. The winner of the round robin portion of the league will be guaranteed a co-championship regardless of what happens in the league tournament. If the same team that wins the round robin wins the league tournament, they shall be declared outright champions and receive the number one seed to CCS. If a different team (other than the round robin champion) wins the league tournament, they shall be declared co-champions and receive the number one seed out of the SCCAL.
  3. The tournament will be single elimination with seeding based upon the round robin standings. The basketball tie-breaker system will be used if there are ties in the round robin schedule.
2. If two or more teams have tied for 1st place after league play the first place team will be decided by using criteria in the following order:
1. Results of league games against each other.
  2. Results of league games against 3rd place team.
  3. Results of league games against 4th place team.
  4. Results of league games against 5th place team.
  5. Coin flip.
3. If two or more teams have tied for second place after regular league play, the designation of teams #2 and #3 for the playoffs will be decided by using criteria in order as follows:
1. Results of league games against each other.
  2. Results of league games against #1.
  3. Results of league games against #4.
  4. Results of league games against #5.

#### **Sec. F Equipment and Facilities**

The game ball will be narrow seam Wilson Jet or a ball of comparable quality.

#### **Sec. G Postponements**

1. A game postponed for any reason shall be made up when the two school coaches, AD's and administrators can set up a mutually agreed on date and time.
2. If a game is postponed in the middle of the contest, the contest shall be returned at the same time, score and quarter it was postponed. A player must be in the original score book to participate in the make-up game.

## **ARTICLE XXIX CROSS COUNTRY**

#### **Sec. A Season**

Starting date will be the Monday 3 weeks before Labor Day.

#### **Sec. B Teams, Start of Games and Length of Periods**

1. A school must field a Varsity team before it fields a Boys JV or Frosh/Soph or a Girls JV team.
2. There will be competition in Boys Varsity and JV, Girls Varsity and JV Teams. Boys and girls Frosh/Soph teams may be fielded.
3. No seniors are allowed on JV teams.
4. Dual meets will start at 4:00 P.M., and league at 4:00 P.M., or by AD's mutual agreement.
5. There will be no more than 13 contests including invitationals.

### **Sec. C Championships and Individual Championships**

1. League championships will be decided by scoring one point for a dual meet victory and by scoring 20 points for 1st in the league meet: 18 for 2nd, 16 for 3rd, 14 for 4th, 12 for 5th, 10 for 6th, etc.
2. In case of a tie in dual meet or the league meet, the tie will be broken by county the sixth runner or each team involved in the tie. The team with the lowest placing sixth runner will be determined the winner. If one team has no sixth runner, and the second team does have a sixth runner, the team with a sixth runner will be determined the winner. If neither team has a sixth runner the tie will be broken by discounting each team's fifth runner, adding up the scores of the first four runners and the team with the lowest score will be determined the winner.
3. In case of a tie in total league championship points (dual meet points plus league meet points), the tie will be broken on the basis of performance at the league meet. The team finishing best at the league meet will be determined the league championship winner.
4. No spiked shoes will be allowed in league meets or the league championships meet.
5. The site of the league championship will be determined by a majority vote of the coaches prior to the start of the season.

### **Sec. E Order of Events and Methods of Scoring**

Races will be run in the following order: Boys Varsity, Girls Varsity, Boys Frosh/Soph, Girls Frosh/Soph, Girls JV, Boys JV.

## **ARTICLE XXX FOOTBALL**

### **Sec. A Season**

1. The starting dates for all sports will be set by the Central Coast Section.
  1. Start of practice and number of pre-season practices will be set annually on a basis equitable for all schools.
  2. Teams and individuals shall be limited to one practice session on any day that school is in session.
2. Physical examinations, equipment issue and insurance detail may be taken care of prior to the season opening.
3. All football practices and contests shall be restricted to the season of the sport during the school year. Summer passing leagues and weight training programs may not be school sponsored. Two a day practices are limited to 3 hours maximum on the field participation only.

### **Sec. B Teams, Start of Games and Length of Periods**

1. Junior Varsity: 5:00 P.M. and 10 minute quarters, Varsity: 7:30 P.M. 12 minute quarters, the Varsity games should start no more than 25 minutes after the end of the preliminary game.
2. Times for day games will be Freshman 9:30 a.m., J.V. 11:30 a.m., Varsity 2:00 p.m., but can be changed by mutual agreement of schools concerned.
3. Thursday night frosh games 5:30 p.m. 10 minute quarters

### **Sec. C Contests, Scrimmages and Tournaments**

1. Ten game season plus a Jamboree and a controlled scrimmage. Starting dates for scrimmages and preseason games shall follow CCS rules.
2. There shall be an elapsed time of at least five calendar days between successive contests by any one team or player.

### **Sec. D Eligibility and Movement of Players**

1. Player must have reached his 15th birthday before playing on the Varsity or against Varsity team.
2. Junior Varsity players may move up to a Varsity at anytime during the season. Downward movement is allowed prior to league games. No athlete may play in two separate contests in the same calendar week.

### **Sec. E Championships and Individual Champions**

1. The league champion or co-champion will be decided by the team(s) earning the most points with a win equal to two points and a tie equal to one point.
2. Varsity games ending in a tie will be followed immediately by the NFHS rule book tie breaker format.
  1. The results of the tie-breaker system will be used only if necessary to resolve the selection of the CCS representatives(s) and will not count toward final league standings.
3. If two or more teams tie for 1st or 2nd place, the CCS representatives then will be decided using criteria in order as follows:
  1. Results of the league game against each other.
  2. The team with the most points using the CCS point system will prevail. If any of the tied teams have only played nine games, then the teams that have played ten games will drop one of their non-league games.
4. Selecting a 3rd place team for CCS playoffs will be as follows:
  1. If more than one team ties for 3rd place the SCCAL will submit the team with the highest CCS points.
  2. If teams remain tied, Section 3a will be used to break the tie. If they have a chance to draw into the CCS tournament playoffs, the league representative will take all third place names to the draw and submit the appropriate name prior to the draw.

### **Sec. F Officials**

No less than five (5) officials are to be assigned Varsity games and four (4) for J.V. and Freshman games.

### **Sec. G Facilities and Equipment**

Teams may only use NFHS approved footballs as described in the NFHS rule book.

### **Sec. H Medical Attention**

A game shall not begin until a medical doctor, nurse or properly certificated first-aid person is on the field. In the event a doctor is not present, a doctor shall be on call.

### **Sec. I Film Exchange Policy**

1. Videotaping of another team's games is allowed. Visiting teams are not guaranteed equal access to filming locations. The home team site director will designate where filming by teams is allowed. Filming by a 3rd party is allowed but may only be done in area's accessible to the public. The site director will designate where 3rd party filming is allowed.
2. There is a mandatory two (2) tape exchange of the two most recent games excluding the game preceding the contest.
3. If videotape is not of good quality, it must be replaced with one of better quality. The videotape will be on VHS tape. It is the head coaches (or designees) responsibility to call and arrange the film or DVD exchange time and location. This transaction should take place the Thursday before your next contest.

5. If one team (home or visitor) does not care to obtain tape of their opponent, they are still obligated to provide tapes for the opposing team.
6. Any disagreement concerning the film exchange policy should be handled by the athletic directors.
7. Team personnel or other designated personnel from a school may not visit practice sessions at other league schools.
8. Teams may have closed practices.

## **ARTICLE XXXI BOYS GOLF**

### **Sec. A Season**

Practice may start the first Monday in February.

### **Sec. B Teams, Start of Games and Length of Periods**

1. Varsity only.
2. Teams are limited to a maximum of six players
3. League matches will start at 3:00 P.M. or as soon as teams can appear.

### **Sec.C Contests, Scrimmages and Tournaments**

1. There shall be a limit of 22 matches with a tournament counting as one (1) match and a limit of two school days for tournaments. Starting dates preseason matches shall follow CCS rules.

### **Sec. D Championships and Individual Champions**

1. The team with the highest winning percentage will be declared the league champion. In the event of a tie, a playoff will be held on a course selected by the league golf representative and mutually agreed upon by the participating schools.
2. Contestants must play in order of their handicap to prevent jockeying of players to pick up extra points.
3. League Tournament
  1. Contestants will include the winning team and low handicap players from other league teams.
  2. The tournament will consist of 18 holes medal play.
  3. In the event there are ties following the 18 holes of play, a sudden death playoff will be held.

### **Sec. E Equipment**

Suitable dress code will be observed and enforced by each coach.

### **Sec. F Order of Events and Scoring**

1. A team consists of 6 players. Each person plays medal play. A team's score shall be the total of the low 5 or 6 individual scores. The team with the lowest score wins the match.
2. The number of holes played shall be determined prior to the beginning of the match by the home team's coach. If the match is to be shortened after the fact it must be agreed on by both coaches.
3. Breaking Ties:
  1. In the case of a tie at the end of the scheduled match, the 5 players on each team whose scores were included in the final team total shall play a single tie-breaking sudden death hole. All 5 scores on this hole shall count as the team score, with the low team winning the match. If a tie-breaking sudden death hole is halved, the teams shall play another tie-breaking sudden death hole and shall proceed in this manner until a winner is determined.

2. If there is available daylight, the 2 coaches shall mutually agree on a sudden death hole, preferably selecting the nearest hole to the sport where the match concluded.
3. If there is no available daylight at the end of the scheduled match, or at the end of the halved hole in a sudden death, the league representative shall have the responsibility to schedule a sudden death tie breaker playoff at the end of the regular season. If the sudden death tie breaker is not necessary to determine first, second or third place in the final league standings the match shall be declared a tie.
4. Scorecards:
  - Two sets of scorecards for the match shall be kept by the players in order to afford each coach a complete set of cards at the conclusion of the match.
  - In each foursome tow scorecards, each for all four players in the group will be kept. One by a home team player and one by a visiting team player. Each card must be signed by the scorer and attested by an opponent in the foursome.
  - The scorecard kept by the home team in each foursome shall be the official card. The scorecards kept by the visiting team are not official and are for information purposes only. Errors on the hole-by-hole recording on the visiting team's scorecards shall not result in any scoring change or player disqualification.

#### **Sec. G Miscellaneous**

1. Caddies are not allowed
2. Coaches are spectators after the match starts.

## **ARTICLE XXXII GIRLS GOLF**

#### **Sec. A Season**

1. Starting date will be determined annually.
2. League matches will start at 3:30 p.m. or as soon after as teams can appear or course will allow. Visiting teams should be at the course by 3:15 p.m.
3. Teams are limited to six players. If a visiting coach plans to bring more than six players the home coach must be notified in advance to make sure that the course will allow extra players.

#### **Sec. B Contest, Scrimmages and Tournaments**

1. CCS contest limits will apply. There shall be no more than 18 matches total in a season. This does not include CCS Qualifiers or Sectionals. Starting dates preseason matches shall follow CCS rules.
2. Scoring will be medal play. A team's score shall be the total of the low 5 or 6 individual scores. The team with the lowest score wins the match. A team must have at least five (5) players; if a team has less than five players they will forfeit the match. The team with only five players must count all five players.
3. The home team's coach, prior to the beginning of the match, shall determine the length of the match (number of holes). If the match needs to be shortened after the beginning of the match, the home team coach will be responsible to make the decision. It is suggested that the opposing coach be notified in advance of such a decision.
4. Breaking ties: In the case of a tie at the end of a scheduled match, the 5 players on each team whose scores were included in the final team total shall be compared starting with the first match hole and continue until the tie is broken.

5. Speed of play: In principle, all matches are to be completed in three (3) hours. If any group gets a hole and a half behind one of the coaches will warn the group. If that group is not only one hole behind within a hole, a two-stroke penalty will be assessed to the group. A single player in a group may be penalized two strokes if it is determined that player is the cause for the group to be out of position.

6. All matches will be played using the 6/3 rule. If after the sixth (6) shot the player's ball is not on the green, then the player must pick up and carry the ball directly to the green walking toward the flag from the point where the ball was picked up and place the ball within one (1) club length of the fringe using a 33 to 35 inch putter.

7. No player using the 6/3 rule can report a lower score than their opposing player who plays the hole without using the 6/3 rule.

8. All missed matches must be made up. If, however, a missed match cannot be made up because of weather or scheduling difficulties then the result of the first match will count double. If a championship or automatic berth to CCS Sectionals is at stake for the make-up match then the procedure in 4a below will apply. If it is unnecessary for league standing, then the match will be declared a tie.

### **Sec. C Team Champions and Individual Champions**

1. The team with the highest winning percentage will be declared the league champion. In the event of a tie, the participating schools will hold a playoff on a course selected by the league golf representative and mutually agreed upon.

2. League Tournament Contestants will include the winning team and low handicap players from other teams. The tournament will consist of 18 medal play holes. In the event there are ties for team competition following the 18 holes of play, a sudden death playoff will be held.

### **Sec. D Equipment**

1. Suitable dress code that is in keeping with the golf course being played will be observed and enforced by each coach. Failure to dress appropriately may result in disqualification. The home team coach is responsible to communicate any unusual dress code restrictions of their course. No jeans, short shorts or halter tops will be allowed. Collared golf shirts must be worn.

### **Sec. E Miscellaneous**

1. Caddies are not allowed.

2. Coaches are spectators/marshals after the match starts.

3. Any protest or matches during the season must be reported to the league representative within 24 hours and decided upon within seven days at a coaches meeting.

4. Parents are not to talk to players and must stay at least 30 yards from all players.

## **ARTICLE XXXIII SOCCER**

### **Sec. A Season**

Practice may start the first Monday in November.

### **Sec. B Teams, Start of Games and Length of Periods**

1. Boys and girls teams are Varsity and JV. Seniors may not play on JV.

2. All game will start at 3:30 P.M. with two 40 minute halves and a five minute intermission at half-time.

3. Any deviation from the established starting time shall be mutually agreed upon by participating principals at least 24 hours in advance.

4. In all league contests in the event of a tie, it will stay as a tie. (no overtime)
5. Girls' soccer will play Tuesday and Thursday. Boys will play Wednesday and Friday, except the last week of the season the boys will play Monday and Wednesday.

#### Sec. C Contests, Scrimmages and Tournaments

1. There will be a 20 game limit, not including a jamboree. Tournaments will be counted according to CCS rules. Starting dates for alumni games, scrimmages, faculty games and preseason games shall follow CCS rules.
2. Games which have been postponed due to rain/unsafe field conditions will be rescheduled for the following Monday or for a date that is convenient for both teams.

#### Sec. D Eligibility and Movement of Players

1. A player may move up to the Varsity at any time, but a downward movement is allowed only prior to the fifth league game.
2. One red card or three yellows results in a one game suspension. A red card for fighting results in a minimum three game suspension. The suspensions are for the next game or games on the schedule. Two red cards in league results in a suspension for the entire season. Disqualification's for non-league games results in a one game suspension only.

#### Sec. E Championships and Individual Champions

1. The league champion will be determined by total points with each win counting three points and each tie counting one point. If tied, the champion will be determined by the following steps. (This same procedure will be used to select the 2nd place team to CCS playoffs if necessary).
  1. League record against each other.
  2. The team with the most wins.
  3. The goal differential between the tied teams (goals scored minus goals allowed).
  4. A playoff game within three (3) days of the final league game.
  5. Coin flip.
2. In playoffs, if a tie occurs, two five (5) minute periods of overtime will be played. If the score remains tied ten (10) minute periods of sudden death, with a two minute break, will continue until a winner is determined
3. If a tie occurs for third place or any place in league standings the team with the most CCS points will be declared the highest place team.
4. To determine who goes to CCS playoffs after the 1st and 2nd place teams (automatic qualifiers) will be presented on the basis of league standings. After the 2 automatic qualifiers are named, the next team selected would be selected by power point total.

#### Sec. F Equipment and Facilities

1. The field of play shall be properly lined. End and sidelines should be clearly visible. Midfield line, center circle, penalty box, six-yard box, penalty spot, and corner arcs must be clearly marked.
2. Goals are to be regulation size and provided with nets and anchored down.
3. Corner flags are to be posted at the four corners of the field. Players are not to move these in order to take a corner kick.
4. The official game ball must display the NFHS approved logo.

#### Sec. G Medical Attention

Physical exams should be taken prior to participation.

Sec. H Miscellaneous

1. Protest games, if the protest is valid the game will be played from the time of infraction. The same eleven (11) players will start the game.

## **ARTICLE XXXIV GIRLS SOFTBALL**

### **A. Season**

a. Practice may start on February 1st, or an approved starting date (whichever is later) by CCS.

### **B. Teams, Start of Games and Length of Periods**

a. The official teams will be Varsity and Junior Varsity. \* Frosh teams will be allowed and are encouraged to seek practice games with teams from the MBL, MTAL, and TCAL if there are not enough frosh teams participating in the SCCAL.

b. Day games will start at 3:30 P.M. until daylight savings time when they will start at 4:00 P.M. Night games will start at 7:00 P.M. and 6:00 P.M. for J.V. (only if these are single games).

c. The Varsity will play seven (7) innings.

i. All levels, Varsity, J.V., and Frosh, will go a full seven (7) innings unless one team is ahead by ten (10) runs or more after five (5) innings have elapsed. At this time the game will be ended by NFHS rule #4 Section 2, Article 2.

### **C. Contests, Scrimmages and Tournaments**

a. There will be a limit of 27 games with tournament games being counted according to CCS regulations, game for game.

b. Make-up league games will be played the day before the next regularly scheduled round robin game between the two schools involved, unless another time can be mutually agreed upon by the two schools.

c. League schedules will be determined by coaches' agreement and sent to the Board of Managers for approval.

d. Two (2) scrimmages are allowable and will not count against each team's 27 games. Teams may not miss any school for participation to travel to a scrimmage. Alumni games will not count as a scrimmage. All scrimmages must be used by March 1st of that season. An additional post season scrimmage is allowable for CCS playoff qualifying teams versus a playoff participant in a different league and different division.

e. Suspended games will follow CCS tie breaking policy #1 and #2, where all games will be called, suspended, prior to 5 innings and will be completed from that point.

### **D. Eligibility and Movement of Players**

- a. JV players may move up or down at will except that a player may not play against the same opponent on the same game date. For example, if the JV game is scheduled Thursday, the player may not play in the Varsity game on Friday.
  - b. Seniors may not play on JV teams.
- E. Championships and Individual Champions
- a. The SCCAL will host a post season softball tournament for Girls softball
    - i. Only the top six teams in league play will be eligible to participate in the playoff tournament.
    - ii. The 7th place team and the 6th place team will play one game to see who gets into the tournament.
  - b. The winner of the league play will be called the SCCAL league championship and the number one seed to CCS regardless of what happens in the league tournament. If a team other than the league champion wins the league tournament, they shall be called co- league champions and receive the number two seed to the CCS. If the same team that wins league and the tournament, they shall be declared outright champions and the second place team in league play shall receive the number two seed to the CCS.
    - i. The tournament will be single elimination with seeding based upon the league standings.
    - ii. If two or more teams have tied for 1st place after league play, the first place team will be decided by using criteria in the following manner:
      - 1. Results of league games against each other.
      - 2. Results of league games against the 3rd place team.
      - 3. Results of league games against the 4th place team.
      - 4. Results of league games against the 5th place team.
      - 5. Coin flip.
  - c. If two teams have tied for 2nd place after regular league play, the designation of the league runner-up and teams #2 and #3 for the playoffs will be decided by using criteria in order as follows:
    - i. Results of league games against each other.
    - ii. Results of league games against #1.
    - iii. Results of league games against #4.
    - iv. Results of league games against #5.
    - v. A coin flip will be used
      - 1. Winner of league is the number one seed to CCS
      - 2. Winner of the tournament or co-champion is number two seed to CCS
    - vi. If the same team wins league and the tournament, they are the number one seed and the second place team in league play is the number two seed to ccs.
- F. CCS Championship Playoffs

- a. Any team qualifying for the CCS Championship Tournament may scrimmage any that also qualifies for the CCS playoffs (if their league also permits scrimmages).
- G. Equipment and Facilities
  - a. The official ball will be the Wilson Fastpitch.

## **ARTICLE XXXV BOYS SWIMMING AND DIVING**

### **Sec. A Season**

Practice may start the first Monday in February.

### **Sec. B Teams, Start of Games and Length of Periods**

1. Varsity and Junior Varsity
2. Starting times shall be 4:00 P.M. or AD's mutual consent.

### **Sec. C Contests, Scrimmages and Tournaments**

There shall be a total of 13 dual meets with tournaments (relays) to count according to CCS rules. Starting dates for preseason meets shall follow CCS rules.

### **Sec. D Eligibility and Movement of Players**

1. Unattached athletes may compete. This conditional upon Board of Managers approval and the approval of the Athletic Director and the Principal of the hosting school.
2. There shall be no downward movement from Varsity to Junior Varsity until after the SCCAL meet. Non league meets are exempt from this rule.

### **Sec. E Championships and Individual Champions**

1. Final team placing will be determined by a combination of league dual and league championship meet points
2. Dual meet points are earned as follows: win = 2 points, tie = 1 point, loss = 0 points. Championship meet points are earned as follows: 3 points for every that a school defeats.
3. The championship shall score to 12 places.
4. The SCCAL swim finals shall start at 1:00 P.M.

### **Sec. F Order of Events and Methods of Scoring**

1. 200 Medley relay (JV)
2. 200 Medley relay (V)
3. 200 Free style (JV)
4. 200 Free style (V)
5. 100 Individual Medley (JV)
6. 200 Individual Medley (V)
7. 50 Free style (JV)
8. 50 Free style (V)
9. Diving (JV)
10. Diving (V)
11. 50 Butterfly (JV)
12. 100 Butterfly (V)
13. 100 Free style (JV)
14. 100 Free style (V)
15. 500 Free style (JV)

16. 500 Free style (V)
17. 100 Backstroke (JV)
18. 100 Backstroke (V)
19. 100 Breaststroke (JV)
20. 100 Breaststroke (V)
21. 200 Free style relay (JV)
22. 200 Free style relay (V)

#### **Sec. G Miscellaneous**

League records may be set only a SCCAL relays, dual meets, league championships or CCS championships. Three watches or electrical timing are required for all league records.

### **ARTICLE XXXVI GIRLS SWIMMING AND DIVING**

#### **Sec. A Season**

Practice may start the first Monday in February.

#### **Sec. B Teams, Start of Games and Length of Periods**

1. JV and Varsity teams.
2. Meets will start at 4:00 P.M. or by AD's mutual agreement.
3. Visiting teams will be allowed 15 minutes after arrival for dressing and warm-up.

#### **Sec. C Contests, Scrimmages and Tournaments**

1. There will be a limit of 13 meets; tournaments will be counted according to CCS rules. Starting dates for preseason meets shall follow CCS rules.
2. The host school will submit meet results to the league swimming and diving secretary within 48 hours after the meet.

#### **Sec. D Eligibility and Movement of Players**

1. There will be no downward movement from Varsity to JV in league meets, dual meets or league championships.
2. No seniors may participate on the JV team.

#### **Sec. E Championships and Individual Champions**

1. The league champion shall be determined by a total of points earned in dual meet competition and the league finals on the basis of the following:
  1. Dual meets - two points for a victory.
  2. Finals - three points for each team beaten.
  3. The finals will start at 1:00 P.M.

#### **Sec. F Officials**

1. The host school will provide a head timer and six lane timers, each with a watch, and a head finish judge and finish aides for 1st, 2nd, 3rd, 4th, and 5th places.
2. The starter may also serve as head finish judge.
3. The visiting school will provide four timers with watches and a diving judge.
4. Three watches will be required for league records.

#### **Sec. G Equipment and Facilities**

Each school will provide its own towel.

#### **Sec. F Order of Events and Methods of Scoring**

1. 200 Medley relay (JV)
2. 200 Medley relay (V)

3. 50 Backstroke (JV)
4. 200 Free style (V)
5. 100 Individual Medley (JV)
6. 200 Individual Medley (V)
7. 50 Free style (JV)
8. 50 Free style (V)
9. 50 Butterfly (JV)
10. 100 Butterfly (V)
11. 100 Free style (JV)
12. 100 Free style (V)
13. 50 Breaststroke (JV)
14. 500 Free style (V)
15. 200 Free style relay (JV)
16. 200 Free style relay (V)
17. 100 Backstroke (JV)
18. 100 Backstroke (V)
19. 100 Breaststroke (JV)
20. 100 Breaststroke (V)
21. 200 Free style relay (JV)
22. 400 Free style relay (V)
1. 1 Meter diving (JV)
2. 1 Meter diving (V)

**Sec. I Miscellaneous**

1. League records - can only be set at SCCAL relays or championships and CCS championships.
2. Entry cards - After entry cards are submitted for the SCCAL championship meet, no entries will be allowed.

## **ARTICLE XXXVII TENNIS - BOYS AND GIRLS**

**Sec. A Season**

1. Team practice for both girls and boys may start on dates designated by CCS. Seasons will conclude by the CCS playoffs.
2. There shall be a limit of 22 matches, tournament count according to CCS rules. Starting dates for preseason matches shall follow CCS rules.

**Sec. B Teams, Start of Games and Length of Periods**

1. There shall be official competition in Varsity.
2. Starting times for matches will be 3:30 P.M. or by AD's mutual consent.

**Sec. C Contest, Scrimmages and Tournaments**

1. A double round robin dual meet schedule will be played.
2. Play will be governed by USTA rules, with the following exceptions: sickness or injury time out shall be limited to 10 minutes. Tie breakers will be old school rather than **COMAN**. Players play 7 or 10 points winning by two with switching sides at 6, 12, 18, etc.
3. A match will consist of the best two out of three sets, no-add scoring for girls and regular scoring for boys.

4. The 12 point "tie-breaker" procedure will decide the winner of a six-all set.
5. A player shall not compete in both singles and doubles during a dual meet.
6. The host school should call the visiting school indicating the number of JV matches courts available, place of courts, etc.
7. The home coach shall act as official umpire. The home coach shall greet the visiting team, explain the home court rules and assign players to courts for matches.
8. The lineup shall be ready at the time teams arrive on court.
9. In the event of inclement weather or darkness, a rematch will be held as soon as possible. All finished matches will stand in the score. Incomplete matches will begin from the exact score and position on the court at the time the matches were called.
10. Girls' competition shall consist of 4 singles and three doubles; boys competition shall consist of 4 singles and three doubles.
11. The winning school will report the match results to the media.
12. Play is to be continuous. Coaching is allowed on exchange of sides. 90 seconds maximum. Coaches must stand on the outside of the fence

#### **Sec. D Eligibility and Movement of Players**

1. Players are to play their singles and doubles matches in order of ability. Ability is determined by a challenge match consisting of a six game set, minimum.
  1. Position changes can be made only by challenge matches as described above. Ladder changes cannot be made by the whim of the coach or for disciplinary reasons.
2. In the event a player cannot play a match due to illness or injury, the coach must move everyone up one position. However, the coach may keep his/her doubles team intact and put a JV player at the lowest position on the singles lineup.

#### **Sec. E Championship and Individual Champions**

1. Finals will be held at the conclusion of the season with type of tournament played to be determined by a consensus of league coaches prior to the start of the season.
  1. To be eligible, a player must have participated in at least over half of the league matches. The only exception would be due to illness.
2. A pennant will be awarded to the team finishing 1st in the dual meet schedule.
3. Individual awards will be given for 1st and 2nd place singles and 1st and 2nd place doubles in the SCCAL finals.
4. League Standing, Tie Breaker Procedure
  1. In the event of co-champions or if necessary to determine the CCS representative at the end of the season, a regular 5-2 (Boys) or 4-3 (Girls) playoff match will take place at a neutral court at the discretion of the coaches and principals involved.
  2. For all other ties, the tie-breaker will be as follows:
    - The best team record on head to head competition will be the deciding factor.
    - The total match points of the two match encounters then will be the deciding factor.
    - The flip of the coin.

#### **Sec F. Officials**

Players shall referee their own matches unless they request an umpire.

#### **Sec. G Equipment**

Wilson Championship balls, or those of equal quality, shall be furnished by the home team.

#### **Sec. H Miscellaneous**

Each coach has the responsibility to explain the "Colonel's Code of Ethics" to his/her players at the start of the season.

## **ARTICLE XXXVIII TRACK AND FIELD - BOYS AND GIRLS**

### **Sec A Season**

Practice may start the first Monday in February.

### **Sec. B Teams, Start of Game and Length of Periods**

1. Boys will be Varsity and Frosh/Soph, Girls will be Varsity and JV.
2. Meets held on school days will start at 3:30 P.M.

### **Sec. C Contests, Scrimmages and Tournaments**

1. Each individual may participate in 15 meets during the season, but no more than 3 meets per calendar week. Starting dates for preseason meets shall follow CCS rules.
2. There can be an additional invitational meet or a meet of four or more teams which has been approved by the Board of Managers.
3. There will be a limit of 15 meets with a tournament (relays) counting as one meet.

### **Sec. D Eligibility and Movement of Players**

Team members may move from Frosh/Soph or JV to Varsity and vice versa but cannot do so within a track meet.

### **Sec. E Championships and Individual Champions**

1. Awards shall be given to the 1st five (5) places in the league meet.
2. The varsity league champion shall be determined by the total points earned in dual meet competition and in the league finals, based on the following criteria:
  1. each dual meet victory is worth two points ( a dual meet tie is worth one point),
  2. each team beaten at the league championship meet is worth three points (each team tied is worth 1.5 points),
  3. if there is a tie after all the points are totaled, the tie breaker is the dual meet to head to head results.
  4. The JV girls and frosh-soph boys league champions shall each be the team scoring the most points in the SCCAL meet.
3. Unlimited entries may participate in the league track meet. Extra participants may not score for league championships nor advance to the region meet.

### **Sec. F Equipment and Facilities**

All school shall use the ten (10) pound shot in Frosh/Soph competition.

### **Sec. G Order of Events and Methods of Scoring**

National Federation Rules will be observed in all competition.

## **ARTICLE XXXIX VOLLEYBALL BOYS AND GIRLS**

### **Sec. A Season**

1. Girls practice may start the Monday three (3) weeks before Labor Day.
2. Boys practice may start the first Monday in February.

### **Sec. B Teams, Start of Games and Length of Periods**

1. Each school may field a Varsity, JV and Frosh/Soph team.

2. Matches will start by mutual consent of the Athletic Directors/Principals.

3. There will be a limit of warm-ups between JV and Varsity games.

### **Sec. C Contests, Scrimmages and Tournaments**

1. There will be a limit of 26 contest with a tournament counted according to CCS rules. Starting dates for alumni games, scrimmages, faculty games and preseason games shall follow CCS rules.

2. Matches will be 3 out of 5 for Varsity and 2 out of 3 for JV.

3. The jamboree before the league season does not count as a contest.

### **Sec. D Eligibility and Movement of Players**

1. No seniors may participate on the JV squad.

2. A player may not participate in both the JV and Varsity contest on the same day. Violations will be forfeiture of the Varsity contest.

### **Sec. E Championships and Individual Champions**

1. The SCCAL will host a post season volleyball tournament for boys and girls teams.

1. Only the top six teams in the round robin will be eligible to participate in the playoff tournament.

2. The winner of the round robin portion of the league will be guaranteed a co-championship and the number one seed to CCS regardless of what happens in the league tournament. If a team other than the round robin champion wins the league tournament, they shall be declared co-champions and receive the number two seed to the CCS. If the same team that wins the round robin wins the league tournament, they shall be declared outright champions and the round robin runner-up shall receive the number two seed to the CCS.

3. The tournament will be single elimination with seeding based upon the round robin standings.

2. If two or more team's have tied for 1st place after league play, the 1st place team will be decided by using the following criteria in the following manner. (Tie breaker criteria will only be used in league tied games for league and CCS seeding purposes)

1. Head to Head - League matches only
2. Set differential - League matches only
3. Point differential - League matches only
4. CCS points - League matches only

3. A coin flip will be used when necessary to determine the home team.

### **Sec. F Officials**

1. Officials will be provided by the Commissioner.

2. The home school will supply lines people for matches.

### **Sec. G Equipment**

1. The game ball shall be supplied by the home team and shall be a Tachikara SV-5W or a Molten IV58L leather ball or a ball deemed acceptable by officials.

2. The courts shall have white lines, two inches wide.

### **Sec. H Rules**

The official rules will be CIF High School rules.

### **Sec. I All League Player Selection**

For boys only, coaches will meet at the end of the league play and vote after nomination on the selection of a League Most Valuable Player, Coach of the Year, a first team All League, a second team All League and Honorable Mention players.

## **ARTICLE LX [WATER POLO - BOYS AND GIRLS](#)**

## **ARTICLE LXI WRESTLING**

### **Sec. A Season**

Practice may start the first Monday in November.

### **Sec. B Teams, Start of Game and Length of Periods**

1. League competition will be held on the Varsity and the Junior Varsity levels.
2. Conduct of the league tournament.
  1. The Varsity and JV league tournaments shall be held at the same place and on the same date
  2. All wrestlers will weigh-in on the same certified scale or scales 2 hours before the start of the league tournament.
3. Length of Periods
  1. The length of rounds in Varsity matches shall be in accordance with National Federation rules.
  2. The length of rounds in JV matches shall be 90 seconds except when National Federation rules call for shorter rounds (overtime and consolation matches).
  - 3.

### **Sec. C Contest, Scrimmages and Tournaments**

1. The novice tournament will be the first Wednesday in December. Each school may have unlimited entries per weight division in the novice tournament.
2. Each school may enter one (1) wrestler in each weight division in the Varsity league tournament.
3. Each school may have unlimited entries in each weight division in the JV league tournament.
4. The CIF limit of 40 matches will followed and be counted according to CCS regulations. Starting dates for preseason matches shall follow CCS rules.

### **Sec. D Eligibility and Movement of Players**

1. There will be no restriction of movement of wrestlers between the Varsity and JV.
2. A novice senior (first year wrestler) may wrestle in a JV dual meet.

## **Sec. E Championships and Individual Champions**

1. Awards will be given to the first four (4) places in each weight division in the novice, JV and Varsity league tournaments.
2. No team champion will be named in the novice or JV league tournaments.
3. The varsity league champion is the team with the most points earned in accordance with the following:
  1. Each dual meet win shall earn one (1) point.
  2. SCCAL tournament:
    - First place shall earn one point less than the total number of teams in the league
    - Each following place shall earn one point less than the place immediately before.
    - This progression will continue until the last place team earns no points.
    - If there is a tie in position in the SCCAL tournament, the points for the involved positions will be added and then divided by the number of tie teams. Each team will receive the quotient.
4. If a tie exists after awarding points as outlined above the champion will determined as follows:
  1. The winner of the dual meet between the tied teams shall be declared the champion.
  2. If a tie occurred in the dual meet the winner shall be the team with the most individual wins in the dual meet.
  3. If a tie still exists, the winner shall be the team with the most six (6) point team decisions in the dual meets.
  4. If a tie still exists the winner shall be the team winning the most matches by fall.
  5. If a tie still exists the winner shall be the team winning the most matches by technical fall.
  6. If there is a multiple tie among teams the winner is the team with the most points scored in dual meet competition among the tied teams.
  7. If a tie still exists between two or more teams, the winner shall be determined by applying lines b., c. and d. to the teams tied.
  - 8.

## **Sec. F Officials**

Officials are to be assigned by the Commissioner or his designee.

## **Sec. G. Equipment and Facilities**

Equipment and facilities shall comply with National Federation Rules.

## **Sec. H Order of Events and Scoring**

1. Dual meet scoring shall be in accordance with National Federation Rules.

2. In the Varsity league tournament four (4) places will be scored in accordance with National Federation Rules. Advancement points shall be awarded from the first round of and eight (8) man brackets regardless of the number of entries in the weight division.

3. No score will be kept in the JV league tournament.

4. In dual meets the order of matches shall start with lightest weight division and progress in order to the heaviest. The order of matches may be changed by mutual agreement.

5. In the finals of the Varsity league tournament the order of matches shall start with the lightest weight division and progress in order to the heaviest. Matches other than Varsity finals shall not be inserted into the schedule of the finals unless agreed to by all coaches before the start of the first final match. This should not be done unless it is unavoidable.

### **Sec. I Weight Divisions and Official Weigh-In**

1. Wrestling will be conducted in the weight divisions established by the CIF.

2. Official weigh-ins will be conducted in accordance with the CIF constitution and with the following additions:

1. A school administrator or designee will be present during the weigh-ins and shall verify each wrestler's actual weight. If held at a dual meet weigh-in, the opposing coach may verify the weights.
2. Before the next league event following the official weigh-in, a copy of the weigh-in sheet shall be delivered to the league representative who shall distribute copies to all other coaches.
3. A team will not be eligible to participate in any further league events until a copy of the weigh-in form is delivered to the league wrestling representative.

## **ARTICLE LXII LACROSSE**

### **Sec. A Season**

Organized practice - The official starting date for boys lacrosse practice is the first Monday In February. No organized team practices may take place prior to that date.

### **Sec. B Teams, Start of Games and Length of Periods**

1. Varsity Game Length - Game time for boy's varsity will be four 12-minute stopped clock quarters, with a 2 minute quarter break and 10 minute half time. If, during the second half of play, the score differential is 10 or greater, the clock will go to running time.

2. Sub-varsity Game Length - Game time may be negotiated by administrators or persons appointed by administrators and is often based upon anticipated remaining daylight. If time permits four ten minute stopped clock quarters, with 2 minute quarter break and 10 minute half time.

3. Multiple Game Ordering - Where daylight is a factor, Varsity games will precede Junior Varsity competitions scheduled for the same day and field.

4. Modified Game Length - If there are emergency situations, which warrant an alternate game time, changes may be made by mutual agreement of the coaches. Further, game officials reserve the right to use an alternative game time if they believe safety is an issue.
5. Starting times - Weekday- two levels, varsity at 3:30 and JV to follow, one level only - 4:00. Saturday start times to be decided by the two schools administrators (or persons appointed by administrators). Night games - J.V. 5:30pm, Varsity 7:00pm. You may alter or modify times with approval from the league Commissioner.

### **Sec. C Contest, Scrimmages and Tournaments**

1. Maximum number of contest - Boys lacrosse teams will be permitted to compete in a season maximum of 20 contests, plus two interscholastic scrimmages and 1 Jamboree. Each regular season contest (game) counts as one contact and each day of tournament or invitational play counts as one contest regardless of the number of games actually played. Any interactions between two or more schools must be classified as a scrimmage, or a contest and subjected to scrimmage/contest limits as outlined in the CCS by-laws.
2. Teams are limited to a maximum of three tournaments.
3. End of Season Contests - League tournament and CCS Section Playoff games do not count toward the maximum number of season contests.
4. Scrimmage Definition – .Scrimmages may not be held with non-high school teams or individuals unless it is faculty or alumni.

Alumni//Faculty Game – 1 per season is allowed

### **Sec. D Eligibility and Movement of Players**

1. Teams - SCCAL lacrosse teams will consist of Varsity and Junior Varsity teams. Varsity and Junior Varsity teams may be composed of CIF eligible students in grades 9-12.
2. Seniors - Seniors may compete at the junior varsity level.
3. Mitigation between Teams - In any given season, a student may play at any level but may not participate in two squad levels of the same sport in the same day with the exception of the Goalie. A JV goalie may be exempt from this rule upon injury of a Varsity goalie.
4. Ejection/Suspension - A player or coach ejected from a game or contest for unsportsmanlike conduct will be suspended from the remainder of the current game and from the next scheduled game or contest. In the event of an ejection during tournament play, the player and or coach will be suspended for the remainder of the tournament. Suspension for ejection is to be served immediately with no differentiation between league or non-league contest.

### **Sec. E Schedule and Champions**

1. League Schedule - A league schedule will be drafted at the meeting in May. Teams will play each other home and away and both games will count towards the League standing and tournament seedings.

2. End of Season Play – An end of season tournament will take place on Tuesday, Wednesday and Friday of the last week of the season. It will be a single elimination tournament. Seeding will be based upon team placement in the round robin portion of league play. The 1st and 2nd place teams will have bye's. On Tuesday and 3rd vs 6th place and 4th vs 5th place. The higher seed will host. On Wednesday the highest seed will play the lowest remaining seed and the 2nd place team will play the highest remaining seed. . The finalist will play for the Championship on a Friday night under the lights at a neutral site to be determined by the League Commissioner.

3. League Champion - The winner of the round robin portion of the league will be guaranteed a co-championship regardless of what happens in the league tournament. If the same team that wins the round robin wins the league tournament, they shall be declared the outright champion. If a different team (other than the round robin champion) wins the league tournament, they shall be declared co-champions and both to receive league pennants.

4. Tie Breaker Procedure (1) - If two or more teams have tied for 1st place after league round robin play, the 1st place team will be decided by using the criteria in the following order:

- a. Results of league games against each other,
- b. Results of league games against the 3rd place team.
- c. Results of league games against the 4th place team.
- d. Results of league games against the 5th place team.
- e. Coin flip

5. Tie Breaker Procedure (2) - If two or more teams have tied for 2nd place after league round robin play, the designation of teams #2 and #3 for the playoffs will be decided by using the criteria in the following order:

- a. Results of league games against each other.
- b. Results of league games against #1.
- c. Results of league games against #4.
- d. Results of league games against #5.

#### **Sec. F By-laws**

1. Governing Rules - The NFHS Lacrosse Rule Book is the governing authority.

2. Pre-Season Meeting - The SCCAL coaches will convene a pre-season meeting the second Monday of October.

3. Post-Season Meeting – The SCCAL coaches will convene a post-season meeting the first Monday after the end of the season, and do the next seasons scheduling.

4. Title IX Compliance - Female student athletes at coed member schools will be allowed to participate on sanctioned interscholastic athletic teams in any sport where a similar team is not available to them in the same sport. A school may offer a similar team during any of the three seasons (Fall, Winter, Spring) to fulfill this requirement.

5. Changes to By-Laws - By-law changes may be approved by a coach's majority determined at a meeting along with the Board of Managers approval.

## **Sec. G Equipment and Facilities**

1. Uniforms - Section 9, Article 1 g 4 of the NFHS rules states that the home team shall wear white or light colored jerseys and the visiting team shall wear dark colored jerseys. Schools with a single jersey color or conflicts with jerseys should notify the opposing school at least two days ahead of the scheduled contest to work out a solution. It is the coaches' responsibility to confirm uniform colors for the teams prior to the game. The visiting team is responsible for avoidance of similarity of colors, but, if there is doubt, the referee may require the home team to change jerseys.

2. Ball - The official ball will be a NFHS approved lacrosse ball. A white ball must be used for league competition.

3. Field - Home teams are responsible for making sure that the field of play is correctly lined; that orange cones are placed on each corner and at the center line; and that the coaches' area, team area, and table area are properly measured and marked with cones.

4. Scorer/Timekeeper - Home teams are responsible for providing timekeeper and official scorer. While these responsibilities may be shared, it is recommended that two individuals are available to assist the officials and to avoid confusion during competition

## **Sec. H Postponements**

1. Rain out procedures - The decision to postpone a contest due to rain will be determined by the home site administrator based on the field conditions and the safety of the players. If the field is safe to use, the game will be played. In the case that a game must be postponed due to poor field conditions then both school administrators must find a mutual date to reschedule. In the extreme case of running out of possible dates remaining to play then all effort should go into playing games that will count towards league standings.

## **Sec. I Officials**

Officials association - Officials will be assigned by NCLUA, Assignor. Two officials are required per game. The home team will be responsible for paying the officials using the CCS maximum fee schedule.

## **Sec. J Awards**

1. All League & US Lacrosse – At the post-season meeting, the head coaches in the league will vote on the All league teams. The first team will consist of: 3 middies, 3 defenders, 3 attack man, 1 long-stick/specialty player, 1 goalie. The second team will also consist of 3 middies, 3 defenders, 3 attack man, 1 long-stick/specialty player, 1 goalie Each school may give discretionary honorable mentions per program as well. At this time coaches will also elect US Lacrosse awards.



