

Western Athletic Conference General By-Laws

1. **Meetings:** WAC League meetings are held once a month with athletic directors and principals. Meetings are held on the 2nd Thursday of the month at a site determined by the Commissioner.
2. **Ties for League championships:** Ties for championships will remain. There will be no play-offs and co-champions will be declared. Tie breakers defined in each sport's rules section will be used to determine play-off seeding.
3. **Scheduled Games:** A school must field a team for all scheduled games. Games not played or delayed because of events beyond the control of the participants will be rescheduled or started late by mutual agreement. If the game is not played or rescheduled the matter may be referred to the Review Committee and handled like any other protest. In case of facility failures, the game should be played on the following day if possible.

Games interrupted because of events beyond the control of the responsible administrative authority will be continued from the point of interruption unless the teams agree otherwise, or there are conference, league, or state association rules that apply.

Any game suspended by a power failure should be played the next day if possible. After a wait of 45 minutes, mutual agreement by the principals or designees may declare a winner.
4. **Administrative Supervision:** The host school is to provide the necessary security and administrative supervision for all WAC contests. For football games and boys basketball games, schools must be represented by an administrator or designee. For other night events the home school is to provide an administrator or designee who is not the coach of the game in progress. Supervision should also be provided for other contests where there is a potential for disruption.
5. **League Sports:** If two-thirds or more of the schools in the varsity league participate in a given sport, that sport is defined as a league sport.
6. **Scheduling:** All schedules will be adopted on a four year basis with reverse locations and comparable dates used for subsequent years.
7. **Classification:**
 - A. Varsity - open competition except that students less than 15 years of age may not play varsity football.
 - B. Frosh-Soph - open to those students who are either sophomores or freshmen in school standings. Wrestling will be classified as a JV sport, open to all grades 9-12.
 - C. A student has 4 years of continuous eligibility from the time he is enrolled as a freshman. No student will be eligible for Frosh-Soph competition after his fourth semester of enrollment.
 - D. Varsity and non-varsity movement of athletes.
 1. In football, basketball, baseball, softball, volleyball, water polo, and soccer students may move up and down until the first game of the league season.

2. Track, wrestling, tennis, golf, and cross-country - there will be no restrictions on movement until that athlete must be declared in the qualification process for section competition.

E. Athletic competition will be in Varsity, Frosh-Soph, and Freshmen.

8. Participation:

A. It is always illegal for a student to participate in more than one classification on any given day.

B. In any sport when both individual and teams qualify for sectional competition an individual from a league school which does not field a team in that sport may qualify for competition in the league qualifying contest as follows:

1. Compete in a minimum of two (2) league contests prior to the league qualifying contest. The athlete will compete in these contests unattached and will not score points or affect the outcome of the league contest
2. An athlete in the league-qualifying contest who has qualified under the provisions of this section cannot score points in the league qualifying contest or affect the outcome of this contest. The athletic director of the athlete's school will make arrangements in advance for the athlete to compete in league and qualifying contests. Individual sports representatives will be responsible for developing regulations for this provision to function.

C. Individual exceptions will be handled by the league governing board (WAC Principals)

9. Penalty for rule violation: any school that clearly violates league rules will have to forfeit said league contests as determined by the governing board and CIF section penalty policy.

10. Cancellation because of extreme weather conditions: If either school determines a game should be postponed it should contact their opponent by 2:00 p.m. If the game is cancelled it should be rescheduled for the next available date, to include Saturdays, that is mutually agreed upon by the schools. In case of severe thunderstorms and lightning strikes all outside contests should be suspended immediately, athletes should be escorted to a safe area, and game officials in addition to school administrators should conference to see if the game will be delayed or rescheduled.

11. Noisemakers: Noisemakers at sporting events are prohibited except for organized pep bands and pep squads in uniform. This includes megaphones by people in the stands.

12. Non League Schools: A non-WAC school may be approved for league play by the governing board.

13. Cheerleaders: Each school may set rules and limits for cheerleaders during football and basketball games.

14. Number of Contacts: All CIF-SJS rules regarding number of allowable contacts will be followed. For sports offering two contests per week, the contact limit is currently 27 contacts.

15. Season of Sport/Limited/Dead Periods: WAC schools will follow the CIF established calendar for season of sport, limited periods, and dead periods.

16. **Officials:** The WAC approved number of officials required to conduct a league contest is as follows:

Football (Varsity and F/S) will have at least four. Freshmen at least three.

Volleyball will have at least 1.

Basketball (Varsity) will have at least 2 unless 1 by mutual agreement between schools.

F/S and Freshmen will have at least 1.

Wrestling will have at least 1.

Softball will have at least 1.

Baseball will have a least 1.

Soccer will have at least 1.

Water Polo will have at least 1.

17. **Sportsmanship Guidelines for Sports without Officials**

Any competitor who uses unsportsmanlike or unacceptable conduct shall be disqualified. Examples of such conduct include: cheating, action, or language which discredits the individual or school, disrespectfully addressing a coach, or authorized adult, profanity, taunting, repeated failure to follow directions, throwing of equipment. Specific sports may decide that additional activities or actions are unsportsmanlike pending approval by the WAC governing board.

If a coach (or authorized adult) observes an unsportsmanlike or unacceptable act the following procedures are to be followed:

1. Coach or adult addresses athlete.
2. Notify other coach(s) if act warrants disqualification.
3. If the answer is no then issue warning.
4. If the answer is yes, then the athlete may not participate any further in that contest and will be disqualified from the next contest.
5. If there is a disagreement, then the athlete will be allowed to compete pending review by the governing board and a decision. Such decision may affect the result of the contest as well as the contest eligibility of the athlete.

Fall Sports

1. Boys Soccer
2. Cross Country
3. Football
4. Girls Golf
5. Girls Tennis
6. Volleyball
7. Water Polo

Boys Soccer

Rules, Regulations, and Policies

1. **Rules:** The official high school soccer rules published by the National Federation of State High School Associations shall be used.
2. **Starting Times:** Varsity Boys games will begin at 4:00 p.m. When a host school only has one field available, the frosh-soph game will be played first, followed by the varsity. When two fields are available, games will be played simultaneously.
3. **Length of Games:** Games will consist of two 40 minute halves.
4. **Play-off format**
 - a) Points will be assigned to each win, tie or loss as follows:
 - 3 - win
 - 1 - tie
 - 0 - loss
 - b) Tie breaker if tie still exists for first, second, or third place after points have been assigned for wins, ties, and losses as described above.
 1. Head to head
 2. If still tied, the league representative will arrange a playoff game on a neutral site.
 3. If playoff game is tied at the end of regulation play, two forty minute halves
 - a. Two full ten-minute overtimes (no sudden death)
 - b. 5 v 5 penalty kicks
 - c. sudden death by 1 v 1 penalty kicks
5. **Number of Officials:** Two officials will be assigned for each league game. Games may be played with only one official if only one assigned official shows up for the game.

6. **Tournaments:** League teams will not be allowed to play in post-season tournaments except for CIF playoffs.
7. **Red Cards:** The National Federation approved Red Card system will be used. In all contests, including playoffs, schools with Red Carded players are to notify their next opponent of the player not eligible to play. The Red Card rule for players will also apply to coaches.
8. **Yellow Card:** Players who receive a yellow card must sit out five (5) minutes before re-entering the game.
9. **Cumulative Yellow Cards:** Upon an athlete's third yellow card, he becomes ineligible for the next game. At this point, the yellow card rule starts over with the athlete at "0" yellow cards.
10. **Monitoring System:** After a game involving any yellow or red cards, each coach will submit to his athletic director a short written report documenting any yellow or red cards. Each athletic director will forward this information to the league soccer representative, who will keep track of this information and inform each school if/when an athlete becomes ineligible due to an accumulation of yellow cards or a red card.
11. **Coaches:** When a coach is ejected, the game is forfeited unless a certified assistant takes control of the team. The coach cannot coach the next game if he/she was ejected from the previous game. Upon a coach's third yellow card, he/she becomes ineligible for the next game. At this point, the yellow card rule starts over with the coach at "0" yellow cards. Any yellow card assigned to bench personnel or assistant coaches will be assigned to the head coach and will be included in the yellow card count.
12. **All League Awards:** At the beginning of the last week of league play, a ballot will be sent out to all coaches in the league in order to nominate players. The ballot will indicate the deadline for the return of the ballot to the league rep and the time/date/place of the all-league meeting. The athletic director of the school will sign off on the nominations before they are sent to make sure that the coach is not overly aggressive in nominating athletes. At the meeting, the coaches will discuss their athlete(s) and then proceed to a vote.
A weighted voting system of 12 points for the top player in the league, down to 1 point will be used. Each coach cast their votes, not being able to vote for their own players. The votes are tabulated and the top vote getter is named the MVP of the league. The next 11 are then labeled as 1st team all-league and will receive an all-league patch. The next 11 players will be named 2nd team all-league and will receive a certificate.

Cross Country

Rules, Regulations, and Policies

1. **Four teams** can be established at each school - varsity boys, frosh-soph boys, varsity girls, and frosh-soph girls.
2. **No Frosh-Soph team** will be allowed to a WAC member school unless it is represented by a full 5 person squad.
3. **Dual meets** and the WAC Final meet should be scored equally to determine championship teams. In the event of a tie between teams at the WAC Finals the team whose 5th place finisher crosses the line ahead of the other tied team's 5th place runner will determine the championship. 6th and 7th place finishers for each school can be counted as displacers.
4. **Length of Races:** Varsity - 3 miles, Frosh-Soph - 2 miles.
5. **All-League:** For both boys and girls, the 1st place finisher is named the MVP of the league. The next 7 are then labeled as 1st team all-league and will receive an all-league patch. The next 7 finishers will be named 2nd team all-league and will receive a certificate.
6. **Start Times:** Meets will begin at 3:30.

Football

Rules, Regulations, and Policies

1. **Starting Times** - Frosh-Soph game will start at 5:00 pm. Varsity games will start 20 minutes after the end of the Frosh-Soph game, but not to begin before 7:00 pm. Freshmen games are scheduled at sites opposite the Varsity on Thursday with the start time of 6:00 pm.
2. **Official Ball** - A ball authorized by C.I.F. for play will be allowed. Official size and weight of football must be accepted by the National Federation of Interscholastic Athletics and marked with the NFHS logo.
3. **Number of Officials** - Five (5) officials will be assigned for all league Frosh-Soph and Varsity games. Four (4) officials may be scheduled for Freshmen games. The WAC approved number of officials required to conduct a contest for Frosh-Soph and Varsity games will at least four (4) and Freshmen games will require at least three (3).
4. **Color of Jerseys** - The home team will wear color (dark) and the visiting team will wear light, except by mutual agreement.
5. **Timer** - The timer must be an adult for all levels of games.
6. **Length of Quarters** - Frosh-Soph games will be 4 ten (10) minute quarters. Varsity games will be 4 twelve (12) minute quarters.
7. **Number of Games** - No member school may play more than ten (10) games per season, excluding playoffs, to be in accordance with C.I.F. regulations.

8. **Game Procedure** - Football teams in league competition have the field twenty (20) minutes before kickoff. Administrators are to notify the visiting school of any deviation from standard procedures.
9. **Playoff Representation** – Playoff representation will be determined by the CIF-Sac Joaquin Section playoff formats.
10. **Tie Breaker** - The tie breaker system published in the National Federation Rulebook will be enforced for all WAC games (Frosh-Soph and Varsity only), with the exception of using the 20-yard line instead of the stated 10-yard line. The winner of the contest based on the tie break criteria will receive a win in the WAC standings. The official score will be the score after the tie is broken.
11. **Participation Rules** - Participation shall be in accordance with the C.I.F. Bylaws 1907.5.
12. **Awards:** Football will receive 26 1st team all-league awards, and 22 2nd team awards. 1st team award winners will receive a patch, and 2nd team winners will receive a certificate. Breakdown of awards will be in accordance with the WAC Football All-League Regulations listed below.
13. **All-League Football Meetings** - All-League Football meetings will be called to order by the WAC Football Rep. The meeting to select the WAC All-League Football awards will be held on the second Tuesday following the last regularly scheduled league football game. All-League Football nominations will be due to the WAC Football Rep. no later than the first Tuesday following the last regularly scheduled league football game.

All-League Regulations

Football

1. **Nomination Forms:** On the Monday preceding the last regularly scheduled league football game, nomination forms will be sent out to all WAC Head Football Coaches.
2. **Number of Nominations:** Each member school is allowed to nominate five (5) plus one (1) per WAC victory. Any of these nominations may be labeled as 2nd Team Only.
3. **Individual Nominations:** Each individual player counts as one (1) nomination. A player may be nominated at more than one (1) position, but it will count as two (2) or more nominations.
4. **Ranking Nominations:** If a coach nominates more than one (1) player at the same position, the coach should rank them as to who is the first choice, and so on.
5. **Discussion of Nominees:** There will be no discussion of the nominees at the All-League Selection Meeting.
6. **Return of Nomination Forms:** On the first Tuesday following the last regularly scheduled league football game all coaches will attend a Preliminary Nomination Meeting to submit their teams' nominations. This meeting will be called and arranged by the WAC Football Representative(s). At the conclusion of the Nomination Meeting, all nominations will be final, with no additions at a later date. The WAC Football Representative(s) will then construct a master ballot

with all the nominees listed and get it back via e-mail/fax to all coaches by the first Thursday following the last regularly scheduled league football game.

7. **Reviewing of Master Ballot:** Each coaching staff, upon receiving the ballot, should study, discuss, review films, or whatever is necessary to determine who he shall vote for.
8. **Date of Selection Meeting:** The WAC All-League Selection Meeting will be held on the second Tuesday following the last regularly scheduled league football game. The WAC Football Rep. will determine the location of the meeting.
9. **Meeting Procedures:**
 - a) Each coach will submit his ballot with his voting selections. This will be a secret ballot.
 - b) The votes will be counted and any ties will be resolved.
 - c) All special selections (MVP, Outstanding Offensive Player, Outstanding Defensive Player, and Outstanding Special Teams/Utility Player) will take place before the all-league team has been chosen.
10. **Special Selections:**
 - Most Valuable Player
 - Outstanding Offensive Player
 - Outstanding Defensive Player
 - Outstanding Special Teams/Utility Player

Coach of the Year: League Champions or Co-Champions. If non-League Champion desired, then must be selected by secret ballot.

11. **Selection Format:** There will be 11 players selected to the 1st team on offense, and 11 players selected to the 1st team on defense. These players will receive an all-league patch. There will be 11 players selected to the 2nd team on offense, and 11 players selected to the 2nd team on defense.
12. **Selections Released:** The final selections will not be released to the press until all WAC teams have completed postseason play.

Girls Golf

Rules, Regulations, and Policies

- 1. Participants:** Up to six (6) players may play; the best four (4) scores from each team will be used to determine the winner.
- 2. League Championship:** League champions will be determined by a point system based on wins during regular season matches two (2) points and the league tournament. At the league tournament two (2) points will be awarded for each team defeated; ties split the points. If there is a tie for league champion head to head competition will break the tie. If this does not break the tie, i.e., split regular season and tie at league championship then scorecards from the league tournament will be used starting at the #1 handicap hole totaling all four (4) players and continuing on to the 2nd, 3rd, respective handicapped holes.
- 3. League Championship Tournament:** The league will sponsor an 18 hole mid-year and end of the season league tournament. The host school will rotate from year to year. The league tournament may be held at the home course of the hosting school or any other regulation golf course.
- 4. League Championship Rotation:** Central Valley 2011, Livingston 2012, Los Banos 2013, Ceres 2014, Patterson 2015.
- 5. Matches Ending in Ties:** In the case of ties the scorecards will be matched on the first handicapped hole adding up the top four player's scores continuing to the second handicapped hole until a winner is determined.
- 6. Matches:** Matches will begin at 3:30 p.m. unless mutually agreed upon time is reached by both schools due to home courses schedule. The home team will declare rainouts. A match will be considered complete if each team has played five (5) holes. The use of summer or winter rules and the use of regular or championship tees will be decided by the host team.
- 7. All-league and MVP Selection:** All-league honors will be based on individual points awarded for matches between league opponents and the League Tournament. Points will be based on the score of the individual and the rating of the course. Individuals will receive one (1) point for every stroke above par. A player shooting even par will receive "0" points. Players shooting under par will receive a negative one (1) point for each stroke under. Each course will have a league approved rating based on its index, course rating, slope, and the coaches' expertise. In the event a course is rated + or -, these points would be subtracted or added to the points scored by the individual. Players must compete in at least 70% of the matches to qualify for MVP and/or all-league. NOTE: A 7 team league will have a total of 12 matches plus 2 matches for the League Tournament; for a total of 14 contacts. A 70% participation will require a minimum of 10 matches. The League Tournament will count as two matches. Year-end results are determined by adding all of the all-league points and dividing the total by the number of matches that the player competed in during the season.

Example: Player A has a total of 64 all league points and has played in 11 matches, including all-league. Her year-end average is $64 \div 11 = 5.818$.

| <u>Course</u> | <u>Par</u> | <u>Rating</u> | <u>Slope</u> | <u>WAC Rating</u> |
|-------------------------------------|------------|---------------|--------------|-------------------|
| Diablo Grande Legends West | 36/36 | 69.3 | 123 | -1 |
| Diablo Grande Ranch Course | 36/36 | 71.4 | 123 | -3 |
| Dryden Golf Course | 37/37 | 73.4 | 121 | 0 |
| Forebay (Santa Nella) | 37 | 69.9 | 109 | +1 |
| Rancho Del Rey Golf Course | 38/37 | 73.6 | 125 | 0 |
| River Oaks Golf Course (Top/Bottom) | 27/31 | 54.3 | 75 | +4/+1 |
| St. Stanislaus | 27 | 55.8 | 73 | +3 |

Example: Player A shoots a 45 @ Dryden = 8 pts +/- course rating 0 = 8
 Player B shoots a 43 @ Forebay = 6 pts +/- course rating +1 = 7
 Player C shoots a 32 @ St. Stans = 5 pts +/- course rating +3 = 8
 Player D shoots a 40 @ Diablo R = 4 pts +/- course rating -3 = 1

In summary, the individual with the lowest point average will earn MVP. In addition, the league will recognize 5 additional players as 1st team all-league. These players will receive a patch. The next 5 players will be recognized as 2nd team all-league and will receive a certificate. Coach of the Year will be voted on by the coaches.

8. **Rules of Play:** All league play will be governed by USGA, NCGA, and CIF. In order to expedite play, the highest score on a hole will be double-par. Once that score is reached by a player, the ball will be picked up and play on that hole will end for that player.
9. **Coaching:** Coaches may not give advice to players during a match. A certified coach must accompany the players on the course during the match.
10. **Code of Conduct for Spectators and Parents:**
 - a. Stay off all fairways and greens during play.
 - b. Remain 30 yards away from all players.
 - c. Do not carry golfers' bags or clubs during competition.
 - d. No electronic devices allowed on course during play, including cell phones.
 - e. May help spot of find balls.
 - f. Do not talk to golfers during competition
 - g. Must be reserved when acknowledging a good shot.

Girls Tennis

Rules, Regulations, and Policies

1. Team Format: Matches for league play will consist of 6 singles and 3 doubles with no doubling of players. The number one singles player must be ranked higher on the team individual player strength ladder than the number two player. The number two singles player must be ranked higher than the number three player. The number three singles players must be ranked higher than the number four singles player. Players ranked #1 through #6 on the strength ladder may not be entered in doubles competition.

The ranking of the doubles teams will be determined by the sum of the ladder positions of each team. The #1 doubles team will be the team with the lowest sum, the #2 team with the next lowest sum, and the #3 team with the highest sum. If the sum of any of the ladder positions for two or three of the teams is equal, then the highest ranked individual player shall play on the higher ranked doubles team. Simultaneous lineups will be submitted by each coach prior to the start of play.

2. Starting Time: the starting time for league matches will be 3:00 p.m.

3. USTA rules will apply in all league matches.

4. Ball: The ball used for league play will be Championship Penn, Wilson, or Dunlop.

5. Matches: All matches will be two of three sets, including doubles. If both coaches agree, a tiebreaker may be played in lieu of the third set if the outcome of the team match has been determined. No-Ad scoring will be used with the official U.S.T.A. twelve (12) point tie-breaker game played at six (6) all in any set.

6. Time Limits: A ten (10) minute warm up period will be allowed for each match. All practice serves will taken before a match begins. A player is allowed a three (3) minute rest between the first and second set, and a five (5) minute rest between the second and third sets.

7. Coaching: Coaching is allowed on changeovers only, regardless of whether a set had ended or not. The time limit for coaching on changeovers is 30 seconds.

8. Scoring: Scoring will be NO-AD scoring, with the first player/team to win four when keeping score. Whenever a score reaches 3-3, the next point will decide the winner of the game. At 3-all, the receiver gets choice of which side (AD or deuce) that he/she/they would like to return from. In doubles, players must remain on the side that they have played throughout the game and the match.

9. Conduct: Each coach is responsible for his/her team's court conduct and discipline during all matches. During a match, if foul language or unsportsmanlike conduct occurs the player's coach will first issue a warning. A second occurrence during the match will result in a default. It is also the responsibility of each coach to teach his or her players the rules of the game, proper court etiquette, and care for the facilities of the other schools.

10. Line Judges: A player may request the opposing coach to serve as a line judge. It is the duty of the line judge to make a ruling only on those calls that are questioned by a player or doubles team.

11. League Tournament: The tournament will include all varsity players and will be played on the Tuesday (singles) and Wednesday (doubles) after the last league match and preceding the section tournament. The tournament will be held at Pacheco High School.

12. Qualification: Any player who has participated on a school team during the regular season is permitted to play in the tournament. Each team is allowed two singles players, with the top two teams allowed to have three players (total of sixteen in the bracket). The doubles bracket will be completed in the same way. Singles players that do not qualify for the finals are eligible to play again in the doubles competition. If a player makes it to the finals in singles, then he/she is NOT eligible to play in the doubles competition.

13. Seeding: The coaches will determine the top four seeds in each event. The remaining twelve spots will be filled out by random draw. In the singles competition, two players from the same school may not be bracketed together, but must be put in opposite ends of the bracket.

14. Qualifying for Section Play: The first and second place player/team in each event of the league tournament will advance to section play. The winner of the final match in the league tournament will be the WAC number one seed. In the event of an injury or other problems that may prohibit a qualified player from attending the section tournament, the league coaches will resolve the problem. The first and second place teams, decided by match play, will advance to the section team tournament. In the case of a tie the team with the advantage in head to head league match-ups will decide who advances. If the head-to-head matches are split, a play-off match at the earliest possible date will determine which team advances.

15. All-League: The all-league awards will be selected the morning of the tournament. Four first team singles players will be selected, one of which is MVP based on record and sportsmanship. Four all-league doubles teams are also selected, one team of which is MVP. The total number of awards is twelve. These players will receive an all-league patch.

Volleyball

Rules, Regulations, and Policies

- 1. Balls:** Official league ball will be the CIF approved leather 12 or 18 panel ball.
- 2. Game Times:** Frosh games will begin at 4:30pm, Frosh-Soph games will start twenty minutes after the Frosh match. Varsity match will start twenty minutes after the Frosh-Soph match.
- 3. Frosh and Frosh-soph pre-match warm up schedule:** 3 minutes shared time on the net, 5 minutes home team on net, 5 minutes visiting team on net, and 2 minutes serving time.
- 4. Varsity pre-match warm up schedule:** 3 minutes shared time on net, 5 minutes home team on net, 5 minutes visiting team on net, and 2 minutes serving time.
- 5. Varsity Volleyball:** Matches will be decided on basis of 3 out of 5 games. Frosh and Frosh-Soph, 2 out of 3 games.

6. Officials: Matches will be held with only one official if only one assigned official shows up to the contest.

7. All-league Awards: At the beginning of the last week of league play, a ballot will be sent out to all coaches in the league in order to nominate players. The ballot will indicate the deadline for the return of the ballot to the league rep and the time/date/place of the all-league meeting. The athletic director of the school will sign off on the nominations before they are sent to make sure that the coach is not overly aggressive in nominating athletes. At the meeting, the coaches will discuss their athlete(s) and then proceed to a vote.

A weighted voting system of 7 points for the top player in the league, down to 1 point will be used. Each coach cast their votes, not being able to vote for their own players. The votes are tabulated and the top vote getter is named the MVP of the league. The next 6 are then recognized as 1st team all-league and will receive a patch. The next 6 will be recognized as 2nd team all-league and will receive a certificate.

Water Polo

Rules, Regulations, and Policies

- 1. Teams:** League teams will compete in the Valley Foothill Conference (VFC), the combined VOL-WAC league. Four teams can be established at each school - varsity boys, frosh-soph boys, varsity girls, and frosh-soph girls. The order of games will be frosh-soph girls, varsity girls, frosh-soph boys, and varsity boys unless mutually agreed upon by the two teams competing. The starting time for the first game will be 3:30 pm.
- 2. Balls:** The official conference ball is the 6000 Mikasa for boys and the 6009 Mikasa for girls. The visiting team will provide their own warm-up balls.
- 3. Home/Visitor:** The visiting team will wear white caps and the home team will wear a contrasting color cap. All caps must have ear guards.
- 4. Rules:** Current National High School Federation Interscholastic water polo rules will govern all games unless superseded by a conference or CIF rule.
- 5. Warm-up:** Teams will be allowed an agreed upon warm-up time, not to exceed 10 minutes.
- 6. Pool Requirements:** Pool measurements will be waived as requirements.
- 7. Timing:** An adult will run the time clock unless agreed upon by the coaches involved.
- 8. Clocks:** Game clock(s) shall be visible. Shot clocks shall be available and visible at each end of the pool.

Winter Sports

Boys Basketball

Girls Basketball

Wrestling

Boys Basketball

Rules, Regulations, and Policies

- 1. Timer and Scorers:** The timer and scorer for all varsity contests must be adults or students who have been through training.
- 2. Starting Times:** 3 levels start times – Frosh 4:30 pm; Frosh/Soph 15 minutes after the conclusion of the previous game (~ 6:00 pm); Varsity 15 minutes after the conclusion of the previous game (~7:30 pm).
- 3. Officials:** Games other than the varsity game may be played with one official if that is all that shows up.
- 4. Warm up:** On game days the gym needs to be available for warm ups at 4:10 p.m.
- 5. Warm-up Balls:** The home team shall provide warm up balls for the visiting team.
- 6. Official Ball:** A CIF approved basketball must be used for all games.
- 7. Facilities:** The home team shall provide facilities for the visiting team that ensures that they are not interrupted during pre-game and half time meetings. Visiting coaches should supervise all locker room facilities until all players have left. (If a male coach is supervising a female team then he should have a designated supervisor in the locker room with the players)
- 8. Pre-game Warm ups:** There should be a minimum time of 12 minutes allocated between each game for warm-up activities.
- 9. Rules:** All NFHS and CIF rules and regulations apply.
- 10. Awards:** The date for the all-league selection meeting is set by the league representative within one week following the last league game. The site of the meeting is to be a central location chosen by the league representative. Nominations, along with statistical information, are to be sent to all schools by each coach three (3) days prior to the scheduled meeting. Statistical information should consist of league play only.

Selection Procedure Each team may nominate a player as the most valuable player (MVP) of the league, and each coach may discuss his/her nominee. The vote for the MVP will be a separate ballot and the player receiving the most votes will be named the MVP. Coaches may not vote for their own players. Coaches will then nominate their players for the all-league team. Each school then votes for the candidates awarding 5 points for the player they consider the best, 4 for the next, and so on. Coaches may not vote for their own players. Points are then tabulated and the top 5 will be recognized as 1st team and will receive a patch. The next 5 are then

recognized as 2nd team all-league and will receive a certificate.

Coach of the year will be selected by secret ballot at the meeting. Coaches may nominate their peers for this award and give a short discussion in favor of their nomination.

Reporting Results: The league representative will submit the results of the league meeting to the media. Coaches are responsible to submit results to their local papers. A date for release of the information will be determined by mutual consent of the WAC coaches.

Girls Basketball

Rules, Regulations, and Policies

- 1. Timer and Scorers:** The timer and scorer for all varsity contests must be adults or students who have been through training.
- 2. Starting Times:** 3 levels start times – Frosh 4:30 pm; Frosh/Soph 15 minutes after the conclusion of the previous game (~ 6:00 pm); Varsity 15 minutes after the conclusion of the previous game (~7:30 pm).
- 3. Officials:** Games other than the varsity game may be played with one official if that is all that shows up.
- 4. Warm up:** On game days the gym needs to be available for warm ups at 4:10 p.m.
- 5. Warm-up Balls:** The home team shall provide warm up balls for the visiting team.
- 6. Official Ball:** A CIF approved basketball must be used for all games.
- 7. Facilities:** The home team shall provide facilities for the visiting team that ensures that they are not interrupted during pre-game and half time meetings. Visiting coaches should supervise all locker room facilities until all players have left. (If a male coach is supervising a female team then he should have a designated supervisor in the locker room with the players)
- 8. Pre-game Warm ups:** There should be a minimum time of 12 minutes allocated between each game for warm-up activities.
- 9. Rules:** All NFHS and CIF rules and regulations apply.
- 10. Awards:** The date for the all-league selection meeting is set by the league representative within one week following the last league game. The site of the meeting is to be a central location chosen by the league representative. Nominations, along with statistical information, are to be sent to all schools by each coach three (3) days prior to the scheduled meeting. Statistical information should consist of league play only.

Selection Procedure Each team may nominate a player as the most valuable player (MVP) of the league, and each coach may discuss his/her nominee. The vote for the MVP will be a separate ballot and the player receiving the most votes will be named the MVP. Coaches may not vote for their own players. Coaches will then nominate their players for the all-league team. Each school then votes for the candidates awarding 5 points for the player they consider the best, 4 for the next, and so on. Coaches may not vote for their own players. Points are then tabulated and the top 5

will be recognized as 1st team and will receive a patch. The next 5 are then recognized as 2nd team all-league and will receive a certificate.

Coach of the year will be selected by secret ballot at the meeting. Coaches may nominate their peers for this award and give a short discussion in favor of their nomination.

Reporting Results: The league representative will submit the results of the league meeting to the media. Coaches are responsible to submit results to their local papers. A date for release of the information will be determined by mutual consent of the WAC coaches.

Wrestling

Rules, Regulations, and Policies

1. Start time: J.V. or exhibition matches are to start at 6:00 P.M.

2. Weigh in procedure for dual matches:

- a) Weighing in for Varsity and J.V. will start one hour before the scheduled match starting time.
- b) The visiting team will be given 10 minutes to privately weigh in all of their wrestlers. If any wrestlers are overweight, the team must make any adjustments it deems necessary at this time. They may reconstruct the line up or insert another wrestler (J.V.) into that spot.
- c) Coaches may weigh in multiple athletes at the same weight. The choice of who will wrestle will be made at the mat side before every match as outlined in the National Rule Book.
- d) Varsity, J.V. and extras will weigh in shoulder to shoulder, starting with the lightest weight.
- e) The home coach will be the official at the weigh-ins: his decision is final.
- f) If the visiting coach requests, the home coach must check and verify if a wrestler is or is not on weight before the line-up cards are exchanged.
- g) All coaches should have a prepared line-up card to give to the opposing coach for their scorekeepers. Need Alpha Report prior to weigh-ins.

3. To Determine the League Champion

The dual matches will count for half of the points and the league tournament will count for the other half. The first place team in the Dual will receive 8 points, second 7 pts., third 6 pts., etc. The winner of the tournament will receive 8 points, second 7 pts, etc. The team with the highest combination of points will be the champion. Ties will result in a co-championship. Any team tying in the duals or tournament will split the points of the two places. If tied for second place, both teams receive half of the second and third place points (6 1/2). The next team would receive the next lower points (5).

4. Seeding Criteria for the Section Dual Meet Championship

The seeding will be determined on the basis of team record during league play. The team with the best dual record would be the top seed from the WAC; the next best record total would be the second seed and continue on for the third seed.

5. In The Event of a Two-Way Tie

a) The team that won the dual match between the two schools would become the higher seed.

b) If those teams tied (i.e., 26-26), the team with the highest total of individual match wins (including forfeits), would be the higher seed.

6. In The Event of a Three-Way (or more) Tie

Teams A, B, & C are tied. The scores between the schools are A beats B 40-30, B beats C 35-32, and C beats A 33-32. When scores are totaled, A=72, B=65, and C=65. Team A would receive the #1 seed. B would receive the #2 seed by virtue of its 35-32 dual match win over C. The rationale here is once the tie is broken, you should revert back to the criterion of a two-way tie. That would be criterion #1 or winner of the head to head match.

7. Varsity League Tournament (Including J.V. Tourney with no medals)

Tournament Cost - The host school of the league tournament will determine the costs involved in running the event. This information will then be forwarded to the commissioner, who will divide the expenses equally among all league schools. Payments will be made to the league and then re-imburement will be made to the host school.

8. Running the Tournament

a) The tournament will be run with an 8-man bracket and out-brackets if needed. The out brackets will be drawn in randomly to any position. Advancement points will be given for out brackets. Since the League Tournament is a qualifying tournament, all spaces in the 8 man bracket that are not filled by a league team will be forfeits and scored as such.

b) A seeding meeting will be held Friday before the day of the league meet to establish the brackets for each weight class. Criteria for seeding will be as follows:

1. Head to head
2. State
3. Sections
4. Subs 1-6 any weight
5. League at same weight or above, Placers (1-4)
6. League at lower weight, Placers (1-4)
7. Common opponent
8. Agreement of coaches involved
9. Records by percentage
10. Coaches vote, majority rules
11. Coin flip

The top four wrestlers as determined by the seeding criteria will be seeded

with the fifth being the alternate. All other wrestlers will be drawn on Saturday morning after weigh ins.

c) The tournament will be scored on a 6 place scoring system as outlined in National Rules. (Varsity only)

9. Wrestling League Meet Rotation

The league tournament will be hosted as follows: 2012 Central Catholic, 2013 Los Banos, 2014 Ceres, 2015 Livingston, 2016 Patterson.

10. Awards: Winners of each weight class at the league meet will receive an all-league patch. 2nd and 3rd place finishers will receive a medal.

11. Qualifying as a team: All league wrestling schools must qualify as a team on the Monday of the third week of December. A league team is defined as any school that can fill at least 7 positions in their varsity line up. A team roster will be presented to the AD of that school on the Monday of the third week of December. If the team cannot produce at least 7 wrestlers, the AD must contact all other league schools to relieve them of the requirement to have a dual that season. Any duals before this time will not count in the league standings. The non-qualified team will still qualify to other meets through our league meet.

Spring Sports

Baseball
Boys Golf
Boys Tennis
Girls Soccer
Softball
Swimming
Track

Baseball

Rules, Regulations, and Policies

- 1. Number of Officials:** Varsity game requires two (2) officials; Frosh-Soph requires only one (1).
- 2. Official Ball:** During WAC league play, the Wilson A1010 will be the only ball used.
- 3. Start Time/Warm up Time:** Starting time for games shall be 3:30 p.m. until daylight savings time. Starting times after daylight savings time will be 4:00 p.m. The visiting team shall have use of the field from 3:15 .pm. to 3:30 p.m., and then 3:45 p.m. to 4:00 p.m.
 - Night games are allowable provided that agreement is met between opposing coaches.
 - Bullpens must be provided for each team - a conscious effort must be made to have bullpens on each side to separate opposing pitchers.
 - Pre-game batting drills are allowable. This would include the use of waffle balls, squish balls or any equivalent. No live batting practice or batting in cages is to be allowed by either team.
- 4. Ties in Standings:** Two teams tied in the standings at the end of league play will use head-to-head format to determine playoff seeding. If the tie remains, a playoff game will be held to determine playoff qualifiers and/or seeding.

In the case of a three way tie, points will be awarded to how the team finished in league. The first place team will be awarded 6 points with the last place team being awarded 1. Teams that are tied in league standings will be awarded an equal number of points. For example, two teams tied for second place would each be assigned 5 points with the next team in league standings being awarded 3 points. The league commissioner would add up the number of points tied teams earned to determine playoff seeding.

- 5. Postponements:** Rainouts will be made up on the next available date (including Saturdays). Games will be switched to opposing sites if the home team's field is unplayable and the visiting team's is playable. Every effort will be made to play games on the scheduled week. If schools cannot play because of transportation issues, those issues need to be conveyed by the opposing school's athletic director, or administration.
 - A game that is called due to rain or darkness and has completed at least 5 innings will be considered a regular game.
 - A game that is called due to rain or darkness and at least 5 innings have been completed with the score tied will be considered a suspended game. The game will continue from the point of interruption on the next available date, including Saturdays. The home book will be the official book.
 - A game that is called due to unnatural circumstances (i.e., sprinklers, power outages, etc.) shall be considered a suspended game and continue from the point of interruption on the next available date. The home book will be the official book.

6. Awards: Procedure: 11 total players will be selected as the WAC 1st team all-league. Each team may nominate a player as the most valuable player (MVP) of the league, and an Outstanding Pitcher. The vote for the MVP and Outstanding Pitcher will be a separate ballot and the players receiving the most votes will receive those honors. Coaches may not vote for their own players. Coaches will then nominate their players for the all-league team. Each school then votes for the candidates awarding 9 points for the player they consider the best, 8 for the next, and so on. Coaches may not vote for their own players. Points are then tabulated and the top 9 will be recognized as 1st team and will receive a patch. The next 9 are then recognized as 2nd team all-league and will receive a certificate.

Coach of the year will be selected by secret ballot at the meeting. Coaches may nominate their peers for this award and give a short discussion in favor of their nomination.

Reporting Results: The league representative will submit the results of the league meeting to the media. Coaches are responsible to submit results to their local papers. A date for release of the information will be determined by mutual consent of the WAC coaches.

All-League meeting will be held the first Monday after completion of the season at a site determined by the league representative.

Boys Golf

Rules, Regulations, and Policies

- 1. Participants:** Up to six (6) players may play; the best five (5) scores from each team will be used to determine the winner.
- 2. League Championship:** League champions will be determined by a point system based on wins during regular season matches two (2) points and the league tournament. At the league tournament four (4) points will be awarded for each team defeated; ties split the points. If there is a tie for league champion head to head competition will break the tie. If this does not break the tie, i.e., split regular season and tie at league championship then scorecards from the league tournament will be used starting at the #1 handicap hole totaling all five (5) players and continuing on to the 2nd, 3rd, respective handicapped holes.
- 3. League Championship Tournament:** The league will sponsor a league tournament upon completion of the season. The host school will rotate from year to year. The league tournament may be held at the home course of the hosting school or any other regulation golf course.
- 4. League Championship Rotation:** Livingston 2012, Central Valley 2013, Central Catholic 2014, Los Banos 2015, Patterson 2016.
- 5. Matches Ending in Ties:** In the case of ties the scorecards will be matched on the first handicapped hole adding up the top five player's scores continuing to the second handicapped hole until a winner is determined.

- 6. Matches:** Matches will begin at 3:30 p.m. The home team will declare rainouts. A match will be considered complete if each team has played five (5) holes. The use of summer or winter rules and the use of regular or championship tees will be decided by the host team.
- 7 All-league and MVP Selection:** All-league honors will be based on individual points awarded for matches between league opponents and the League Tournament. Points will be based on the score of the individual and the rating of the course. Individuals will receive one (1) point for every stroke above par. A player shooting even par will receive “0” points. Players shooting under par will receive a negative one (1) point for each stroke under. Each course will have a league approved rating based on its index, course rating, slope, and the coaches’ expertise. In the event a course is rated + or -, these points would be subtracted or added to the points scored by the individual. Players must compete in at least 70% of the matches to qualify for MVP and/or all-league. NOTE: A 7 team league will have a total of 12 matches plus 2 matches for the League Tournament; for a total of 14 contacts. A 70% participation will require a minimum of 10 matches. The League Tournament will count as two matches. Year-end results are determined by adding all of the all-league points and dividing the total by the number of matches that the player competed in during the season.

Example: Player A has a total of 64 all league points and has played in 11 matches, including all-league. Her year-end average is $64 \div 11 = 5.818$.

| <u>Course</u> | <u>Par</u> | <u>Rating</u> | <u>Slope</u> | <u>WAC Rating</u> |
|-------------------------------------|------------|---------------|--------------|-------------------|
| Diablo Grande Legends West | 36/36 | 69.3 | 123 | -1 |
| Diablo Grande Ranch Course | 36/36 | 71.4 | 123 | -3 |
| Dryden Golf Course | 37/37 | 73.4 | 121 | 0 |
| Forebay (Santa Nella) | 37 | 69.9 | 109 | +1 |
| Rancho Del Rey Golf Course | 38/37 | 73.6 | 125 | 0 |
| River Oaks Golf Course (Top/Bottom) | 27/31 | 54.3 | 75 | +4/+1 |
| St. Stanislaus | 27 | 55.8 | 73 | +3 |

Example: Player A shoots a 45 @ Dryden = 8 pts +/- course rating 0 = 8
 Player B shoots a 43 @ Forebay = 6 pts +/- course rating +1 = 7
 Player C shoots a 32 @ St. Stans = 5 pts +/- course rating +3 = 8
 Player D shoots a 40 @ Diablo R = 4 pts +/- course rating -3 = 1

In summary, the individual with the lowest point average will earn MVP. In addition, the league will recognize 5 additional players as 1st team all-league. These players will receive a patch. The next 5 players will be recognized as 2nd team all-league and will receive a certificate. Coach of the Year will be voted on by the coaches.

- 8. Rules of Play:** All league play will be governed by USGA, NCGA, and CIF. In order to expedite play, the highest score on a hole will be double-par. Once that score is reached by a player, the ball will be picked up and play on that hole will end for that player.

9. Coaching: Coaches may not give advice to players during a match. A certified coach must accompany the players on the course during the match.

10. Code of Conduct for Spectators and Parents:

- a. Stay off all fairways and greens during play.
- b. Remain 30 yards away from all players.
- c. Do not carry golfers' bags or clubs during competition.
- d. No electronic devices allowed on course during play, including cell phones.
- e. May help spot or find balls.
- f. Do not talk to golfers during competition
- g. Must be reserved when acknowledging a good shot.

Boys Tennis

Rules, Regulations, and Policies

1. **Team Format:** Matches for league play will consist of 6 singles and 3 doubles with no doubling of players. The number one singles player must be ranked higher on the team individual player strength ladder than the number two player. The number two singles player must be ranked higher than the number three player. The number three singles players must be ranked higher than the number four singles player. Players ranked #1 through #6 on the strength ladder may not be entered in doubles competition.

The ranking of the doubles teams will be determined by the sum of the ladder positions of each team. The #1 doubles team will be the team with the lowest sum, the #2 team with the next lowest sum, and the #3 team with the highest sum. If the sum of any of the ladder positions for two or three of the teams is equal, then the highest ranked individual player shall play on the higher ranked doubles team. Simultaneous lineups will be submitted by each coach prior to the start of play.

2. **Starting Time:** the starting time for league matches will be 3:00 p.m.

3. **USTA rules will apply in all league matches.**

4. **Ball:** The ball used for league play will be Championship Penn, Wilson, or Dunlop.

5. **Matches:** All matches will be two of three sets, including doubles. If both coaches agree, a tiebreaker may be played in lieu of the third set if the outcome of the team match has been determined. No-Ad scoring will be used with the official U.S.T.A. twelve (12) point tie-breaker game played at six (6) all in any set.

6. **Time Limits:** A ten (10) minute warm up period will be allowed for each match. All practice serves will taken before a match begins. A player is allowed a three (3) minute rest between the first and second set, and a five (5) minute rest between the second and third sets.

7. **Coaching:** Coaching is allowed on changeovers only, regardless of whether a set had ended or not. The time limit for coaching on changeovers is 30 seconds.

8. **Scoring:** Scoring will be NO-AD scoring, with the first player/team to win four when keeping score. Whenever a score reaches 3-3, the next point will decide the winner of the game. At 3-all, the receiver gets choice of which side (AD or deuce) that he/she/they

would like to return from. In doubles, players must remain on the side that they have played throughout the game and the match.

9. **Conduct:** Each coach is responsible for his/her team's court conduct and discipline during all matches. During a match, if foul language or unsportsmanlike conduct occurs the player's coach will first issue a warning. A second occurrence during the match will result in a default. It is also the responsibility of each coach to teach his or her players the rules of the game, proper court etiquette, and care for the facilities of the other schools.

10. **Line Judges:** A player may request the opposing coach to serve as a line judge. It is the duty of the line judge to make a ruling only on those calls that are questioned by a player or doubles team.

11. **League Tournament:** The tournament will include all varsity players and will be played on the Tuesday (singles) and Wednesday (doubles) after the last league match and preceding the section tournament. The tournament will be held at Pacheco High School.

12. **Qualification:** Any player who has participated on a school team during the regular season is permitted to play in the tournament. Each team is allowed two singles players, with the top two teams allowed to have three players (total of sixteen in the bracket). The doubles bracket will be completed in the same way. Singles players that do not qualify for the finals are eligible to play again in the doubles competition. If a player makes it to the finals in singles, then he/she is NOT eligible to play in the doubles competition.

13. **Seeding:** The coaches will determine the top four seeds in each event. The remaining twelve spots will be filled out by random draw. In the singles competition, two players from the same school may not be bracketed together, but must be put in opposite ends of the bracket.

14. **Qualifying for Section Play:** The first and second place player/team in each event of the league tournament will advance to section play. The winner of the final match in the league tournament will be the WAC number one seed. In the event of an injury or other problems that may prohibit a qualified player from attending the section tournament, the league coaches will resolve the problem. The first and second place teams, decided by match play, will advance to the section team tournament. In the case of a tie the team with the advantage in head to head league match-ups will decide who advances. If the head-to-head matches are split, a play-off match at the earliest possible date will determine which team advances.

15. **All-League:** The all-league awards will be selected the morning of the tournament. Four first team singles players will be selected, one of which is MVP based on record and sportsmanship. Four all-league doubles teams are also selected, one team of which is MVP. The total number of awards is twelve.

Girls Soccer

Rules, Regulations, and Policies

1. **Rules:** The official high school soccer rules published by the National Federation of State High School Associations shall be used.

2. **Starting Times:** Varsity Girls games will begin at 4:00 p.m. When a host school only has one field available, the frosh-soph game will be played first, followed by the varsity. When two fields are available, games will be played simultaneously.
3. **Length of Games:** Games will consist of two 40 minute halves.
4. **Play-off format**
 - a) Points will be assigned to each win, tie or loss as follows:
 - 3 - win
 - 1 - tie
 - 0 - loss
 - b) Tie breaker if tie still exists for first, second, or third place after points have been assigned for wins, ties, and losses as described above.
 1. Head to head
 2. If still tied, the league representative will arrange a playoff game on a neutral site.
 3. If playoff game is tied at the end of regulation play, two forty minute halves
 - a. Two full ten-minute overtimes (no sudden death)
 - b. 5 v 5 penalty kicks
 - c. sudden death by 1 v 1 penalty kicks
5. **Number of Officials:** Two officials will be assigned for each league game. Games may be played with only one official if only one assigned official shows up for the game.
6. **Tournaments:** League teams will not be allowed to play in post-season tournaments except for CIF playoffs.
7. **Red Cards:** The National Federation approved Red Card system will be used. In all contests, including playoffs, schools with Red Carded players are to notify their next opponent of the player not eligible to play. The Red Card rule for players will also apply to coaches.
8. **Yellow Card:** Players who receive a yellow card must sit out five (5) minutes before re-entering the game.
9. **Cumulative Yellow Cards:** Upon an athlete's third yellow card, she becomes ineligible for the next game. At this point, the yellow card rule starts over with the athlete at "0" yellow cards.
10. **Monitoring System:** After a game involving any yellow or red cards, each coach will submit to his athletic director a short written report documenting any yellow or red cards. Each athletic director will forward this information to the league soccer representative, who will keep track of this information and inform each school if/when an athlete becomes ineligible due to an accumulation of yellow cards or a red card.
11. **Coaches:** When a coach is ejected, the game is forfeited unless a certified assistant takes control of the team. The coach cannot coach the next game if he/she was ejected from the previous game. Upon a coach's third yellow card, he/she becomes ineligible for the next game. At this point, the yellow card rule starts over with the coach at "0" yellow cards. Any yellow card assigned to bench personnel or assistant coaches will be assigned to the head coach and will be included in the yellow card

count.

- 12. All League Awards:** At the beginning of the last week of league play, a ballot will be sent out to all coaches in the league in order to nominate players. The ballot will indicate the deadline for the return of the ballot to the league rep and the time/date/place of the all-league meeting. The athletic director of the school will sign off on the nominations before they are sent to make sure that the coach is not overly aggressive in nominating athletes. At the meeting, the coaches will discuss their athlete(s) and then proceed to a vote.

A weighted voting system of 12 points for the top player in the league, down to 1 point will be used. Each coach cast their votes, not being able to vote for their own players. The votes are tabulated and the top vote getter is named the MVP of the league. The next 11 are then labeled as 1st team all-league and will receive an all-league patch. The next 11 players will be named 2nd team all-league and will receive a certificate.

Softball

Rules, Regulations, and Policies

- 1. Number of Officials:** Varsity game requires two (2) officials; Frosh-Soph requires only one (1).
- 2. Official Ball:** Wilson A9011 SST (Dudley CC/M, or L/2)
- 3. Start Time/Warm up Time:** Starting time for games shall be 4:00 p.m. The visiting team shall have use of the field from 3:15 p.m. to 3:30 p.m., and then 3:45 p.m. to 4:00 p.m.
- 4. Ties in Standings:** The tie breaker used to determine CIF play-off representation shall be head to head competition. If a tie or ties remain, a playoff game or playoff games will be held to determine playoff qualifiers and/or seeding.
- 5. Postponements:** Postponed games are to be scheduled for the next non-conflicting date. Suspended or tied games during the first round are to be completed the day of the second game between the two teams. Suspended or tied games during the second round are to be completed the day of the third round game between the teams. The game is to be continued from the point of suspension. The regularly scheduled game is to begin 15 minutes after completion of the suspended game or sooner if both coaches agree. Suspended or tied games during the third round of league play are to be completed from the point of suspension, at the home team's field, on the next non-conflicting date. Immediately after a tie or suspended game the two coaches will compare scorebooks to ensure they are consistent and in agreement. The home team book is official.
- 6. Awards: Procedure:** 11 total players will be selected as the WAC 1st team all-league. Each team may nominate a player as the most valuable player (MVP) of the league, and an Outstanding Pitcher. The vote for the MVP and Outstanding Pitcher will be a separate ballot and the players receiving the most votes will receive those honors. Coaches may not vote for their own players. Coaches will then nominate their players for

the all-league team. Each school then votes for the candidates awarding 9 points for the player they consider the best, 8 for the next, and so on. Coaches may not vote for their own players. Points are then tabulated and the top 9 will be recognized as 1st team and will receive a patch. The next 9 are then recognized as 2nd team all-league and will receive a certificate.

Coach of the year will be selected by secret ballot at the meeting. Coaches may nominate their peers for this award and give a short discussion in favor of their nomination.

Reporting Results: The league representative will submit the results of the league meeting to the media. Coaches are responsible to submit results to their local papers. A date for release of the information will be determined by mutual consent of the WAC coaches.

All-League meeting will be held the first Monday after completion of the season at a site determined by the league representative.

Swimming

Rules, Regulations, and Policies

- 1. Championship:** The WAC championship will be determined by dual meet competition.
- 2. Start Time:** The starting time for all meets on school days shall be 3:30 pm. A league dual meet swim schedule shall be prepared and each school in the league will be required to meet each of the other schools in this league.
- 3. Team Size:** Team size limits levels of competition; therefore, there will be boys varsity and girls varsity competition. An unofficial frosh-soph competition may be run with the coaches' approval prior to the meet.
- 4. Championship Meet: League Championship Rotation:** Ceres 2012, Patterson 2013, Central Valley 2014, Central Catholic 2015, Pacheco 2016.
- 5. Dual/Championship Meet Scoring:** Dual and championship meet scoring are the following:

| <u>DUAL</u> | <u>CHAMPIONSHIP</u> |
|-----------------------|-----------------------------|
| Individual: 6-4-3-2-1 | Individual: 9-7-6-5-4-3-2-1 |
| Relay: 8-4-2-0 | Relay: 18-14-12-10-8-6-4-2 |

In the event of a tie, refer to the National Federation of State High School rules.

- 6. Tri-Meets:** Tri-meets will be scored as double-dual meets.
- 7. Seeding Meeting:** A seeding meeting will be determined one week prior to the conference meet. Adjustments on the day of the conference meet will be made only due to illness or ineligibility.
- 8. Timers:** Meet management for league meets recommends each participating school to provide two qualified timers to provide accurate times for CIF Sections. A

recommendation of two qualified timers per lane will be used for Dual and Conference meets.

9. **All-League:** All-league swimmers and relay teams will be determined by winning first place at the Championship Meet. Event winners will receive a 1st place medal and an all-league patch. Multiple event winners will receive only one all-league patch. 2nd and 3rd place finishers of each event will each receive a medal.
10. **Facilities:** The league meets will be rotated among the schools that have the ability to host meets at this time (2011): Central Catholic, Ceres, Livingston, Los Banos, Pacheco, and Patterson.

Track

Rules, Regulations, and Policies

1. **Divisions:** The WAC will have four divisions for track: Varsity Boys, Varsity Girls, Frosh/Soph Boys, and Frosh/Soph Girls. All four compete the same day, location, and time.
2. **League Champions:** The WAC league champions will be determined by the regular season dual meet records. The winning team will receive 1 point and the losing team 0 points for each dual meet. Ties will not be broken.
3. **Starting times:** Starting times for all WAC dual meets will be 3:30 pm. The order of events will start with the hurdles, the old order, (this helps run the meet more efficiently).
4. **Participation:** There is an unlimited number of participants for the dual meets, but your top 3 runners must compete against the top 3 of the opposing school in the same heat. Scoring is 1st place - 5 points, 2nd place - 3 points, 3rd place - 1 point, and relays 1st place only - 5 points.
5. **WAC Championship:**
 - a. **Participation:** Athletes must participate at the varsity level in at least 2 dual meets on two different dates to be eligible to participate in the WAC championship meet at the varsity level. Each school may enter 4 athletes in individual events. 5 or more may be entered providing ALL have met or exceeded the Section Automatic Qualifying Standard.
 - b. **Awards:** 1st, 2nd, and 3rd place medals will be given for all events at the varsity level. All-league patches will be awarded to the champion in each varsity event; multiple event winners will only receive one patch.
 - c. **Championship Meet:** The 2012 WAC championship meet will be held at Patterson High School on Saturday, May 5. Field events will begin at 9:00 am, and running events will begin at 10:00 am. All schools must provide help to run the championship meet. Schools are to provide tape measures, clip boards, rakes, shovels, and anything else necessary to conduct the event. Help will be decided at the pre-season track meeting. The order of events will be run in the same order as the Section meet.