

## Western Athletic Conference General By-Laws

1. **Meetings:** WAC League meetings are held once a month with athletic directors and principals. Meetings are normally held on the 2<sup>nd</sup> Wednesday of the month at a site determined by the Commissioner; the Commissioner will communicate any exceptions to this pattern to all member schools.
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 if 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 *unless approval has been granted per CIF-SJS rules.*
  - 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/she is enrolled as a freshman. No student will be eligible for Frosh-Soph competition after his/her 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 limited except for organized pep bands and pep squads in uniform. This includes megaphones by people in the stands. (see sportsmanship area of constitution).
- 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.
- 18. Pre-season Sport Meetings**
- A. Purpose: The purpose of pre-season sport meetings is to allow the sport representative to meet with all league coaches to review league by-laws, go over the league schedule, cover all-league policies, and to discuss any other issues of concern. Sport representatives are responsible for determining the time and location of the pre-season meeting.
  - B. Expectations: It is expected that all head coaches from each member school attend their sport's pre-season meeting. If the head coach is unable to attend, it is expected that another representative from the school be in attendance, such as an assistant coach or the athletic director.

- C. Failure to attend meeting: If a member school fails to send a representative to the pre-season meeting, the offending school will be assessed a fine of \$100, payable to the Western Athletic Conference. Any and all fines must be paid prior to the all-league meeting or end of season championship for that sport. Failure to pay the fine will result in the withholding of all-league patches from that school until the fine is paid.
- D. Emergency situations: In the event of an unavoidable emergency, coaches/schools must contact the sport representative **prior** to the pre-season meeting and all efforts to send a representative must be exhausted in order for a fine to be rescinded. The final decision to impose fines rests with the league commissioner.

**19. All-League Language:**

Ties for special awards (MVP, Outstanding Offensive Player, etc.) will not be voted off. Both student-athletes will be recognized as Co-MVP's and the corresponding 1<sup>st</sup> team all-league team will be reduced by one spot (ex: 7 basketball players recognized 1<sup>st</sup> team: 2 Co-MVP's and an additional 5 players rather than an additional 6 players).

Ties for the final spot on 1<sup>st</sup> team will be voted off.

**Fall Sports**

- Cross Country
- Football
- Golf Girls
- Tennis Girls
- Volleyball Girls
- Water Polo

**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 represent 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 5<sup>th</sup> place finisher crosses the line ahead of the other tied team's 5<sup>th</sup> place runner will determine the championship. 6<sup>th</sup> and 7<sup>th</sup> place finishers for each school can be counted as displacers.

4. **Length of Races:** Varsity - 3 miles, Frosh-Soph - 2 miles.
5. **WAC Finals:** The WAC Final meet will be hosted by Ceres High School.
6. **All-League:** For both boys and girls, the 1<sup>st</sup> place finisher is named the MVP of the league. The next 7 are then labeled as 1<sup>st</sup> team all-league and will receive an all-league patch. The next 7 finishers will be named 2<sup>nd</sup> team all-league and will receive a certificate.
7. **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), using the 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 28 1<sup>st</sup> team all-league awards, and 22 2<sup>nd</sup> team awards. 1<sup>st</sup> team award winners will receive a patch, and 2<sup>nd</sup> team winners will receive a certificate. Breakdown of awards will be in accordance with the WAC Football All-League Regulations listed below.

**Criteria for selection of All-League Football Team**

1. In order for a player to be nominated, he must play in at least three league contests.
2. Schools should nominate only first team caliber athletes.
3. Each member school will be given five (5) nominations plus one (1) for each league win.
4. League coaches may vote for their own players once nominations have been received. Additional nominations will not be allowed once the voting ballot has been distributed to all schools.
5. League coaches will vote for positions by ranking of one (1) (representing the best) to a numerical value for all nominated for that particular position.  
**Example:** *15 offensive linemen nominated ranking would be from 1 to 15 including any from your school.*
6. Nominating a player on both offense and defense will count as two nominations.
7. If you nominate more than one of your players at the same position, please rank them on the nomination sheet.
8. Offensive positions will be as follows:
 

|                     |         |          |
|---------------------|---------|----------|
| 1 Quarterback       |         |          |
| 1 Tight End         |         |          |
| 2 Receivers         |         |          |
| 2 Running Backs     | Offense | 11 Total |
| 5 Offensive Linemen |         |          |
9. Defensive positions will be as follows:
 

|                                  |         |          |
|----------------------------------|---------|----------|
| 2 Outside backers/Defensive Ends |         |          |
| 2 Inside Linebackers             |         |          |
| 4 Defensive Linemen              | Defense | 11 Total |
| 3 Defensive Backs                |         |          |
10. All-League Kicker/Punter (1 position) will be selected at the all-league meeting.
11. The player with the lowest point total will be recognized as **1<sup>st</sup> Team** and will receive an all-league patch. The next in line would be **2<sup>nd</sup> team** and will receive an all-league certificate.
12. Special awards will be selected after the all-league team has been selected and will take place at the all-league meeting. Schools may only nominate a player who has been selected as a 1<sup>st</sup> team all-leaguer for a special award. The selection process for each of the three awards will follow the same ranking procedure as listed above. Schools may vote for their own players for special awards. Those players selected for a special award will be included on the 1<sup>st</sup> Team all-league, and players will be moved up in those positions in the rankings to fill out the all-league 1<sup>st</sup> team. **Example:** *If the 1<sup>st</sup> team quarterback is selected as MVP, the 2<sup>nd</sup>*

*ranked quarterback will also be placed on the 1<sup>st</sup> team, and the 3<sup>rd</sup> ranked quarterback will move up to the 2<sup>nd</sup> team all-league position.*

13. Special Awards will be as follows:

MVP

Outstanding Offensive Player

Outstanding Defensive Player

Outstanding Offensive Lineman

Outstanding Defensive Lineman

Outstanding Kicker/Punter

6 Total Special

28 Total Awards (Patches)

14. Honorable mention will be announced during the all-league meeting only from the list of players nominated. Any nominated player remaining after the second team selection will be named honorable mention. No awards from the league will be given to honorable mention selections.
15. The all-league nomination form is included in the league constitution – all-league forms section. Coaches/AD's are to e-mail their all-league nomination form to the league football representative by 12 noon of the Tuesday\* after the final league game. The final voting ballot will be e-mailed to all coaches/AD's by 12 noon the Thursday\* after the final league game. Ballots must be e-mailed back to the league football representative by 12 noon the 2<sup>nd</sup> Monday\* after the final league game. The all-league meeting will be held the 2<sup>nd</sup> Tuesday\* after the final league game at a place designated by the league football representative. \* *(Specific dates will be outlined on the form each year.)*
16. AD's are required to inspect their coach's nomination form to ensure that their school has not exceeded the number of allowable nominations. AD's must send a confirmation e-mail to the league football representative stating that he/she has approved their nomination list prior to the final ballot being distributed.
17. Coach of the Year will be voted by secret ballot at the all-league meeting.
18. The All-League Team information will not be published until all WAC schools have completed post-season play.

## **Golf Girls**

### 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. During regular season matches, each school must have at least one team member in every pairing; ex. – if one team has 6 golfers and the other has 2 golfers, the pairings must be 3 and 1.
- 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 tournaments. At the Mid-Year League Tournament two (2) points will be awarded for each team defeated; ties split the points. At the League Championship Tournament three (3) 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 six (6) players and continuing on to the 2<sup>nd</sup>, 3<sup>rd</sup>, 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:** Patterson 2017/18.
5. **Matches/Mid-Season Event 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. unless mutually agreed upon time is reached by both schools due to home courses schedule. The home team will declare rainouts and what side of the course will be played. 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 WAC stroke average. The lowest stroke average will earn MVP. The next five individuals with the lowest WAC stroke average will be selected as 1<sup>st</sup> team all-league. These players will receive an all-league patch. The next five individuals will be named 2<sup>nd</sup> team all-league. Coach of the Year will be voted on by the coaches.
  - a. **To be eligible for the all-league team:** Players will be selected for the all-league team by virtue of their WAC scoring average. The poorest two scores from the conference dual matches or the mid-season tournament (the higher of the two) are to be thrown out in calculating a player's stroke average. WAC stroke average will be calculated by using the official NCGA course rating and slope of each course. \* A player must have competed in a combination of at least 10 of 12 dual matches, the mid-season tournament, and the league championship to be eligible for all-league.  
*\*This requirement could be waived due to hardship or injury by agreement of the majority of coaches. Hardship cases need to be determined prior to the league championship tournament.*
8. **Team Qualification for CIF Advancement:** Final standings based on points earned during the WAC season will determine individual team(s) advancement to the CIF Divisional Tournament. Ties for the final team advancement to the CIF Divisional Tournament will be broken using the following tie breaking criteria:
  - Post-season conference championship team score
  - If post-season championship score is still tied, scorecards will be matched on the first handicapped hole adding up the top five players' scores continuing to the second handicapped hole until a winner is determined.
9. **Individuals Qualification for CIF Advancement:** The top individuals not on a qualifying team(s) will advance to the Sub-Section. \*Individual qualification for the CIF Divisional tournament (individuals not on qualifying teams) will be determined by the

WAC coaches at the preseason meeting; i.e. WAC Stroke Average or WAC Championship Score. \* *This requirement could be waived due to hardship or injury by agreement of the majority of coaches. Hardship cases need to be determined prior to the league championship tournament.*

**10. 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 + 1**. Once that score is reached by a player, the ball will be picked up and play on that hole will end for that player.

**11. Coaching:** A certified coach must accompany the players on the course during the match.

**12. 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.

**13. Player Conduct**

- a. Cell Phones: Participants shall not have or use cell phones in any WAC/Sac-Joaquin Section contest or tournament. PENALTY: First violation is a two-stroke penalty; subsequent violation will result in disqualification.
- b. Distance Measuring Devices: Players may use a device which measures distance only. Players may not use any cell phone applications, as the use of cell phones is prohibited. The use of devices that gauge or measure other conditions, in addition to distance, that might affect a player's play (ex. - wind or gradient) is not permitted, even if that feature(s) is turned off. The penalty for breach of this rule is disqualification. Players are encouraged to share yardage information with all members of their group if some individuals do not have a measuring device.
- c. Flagrant throwing of clubs or damaging the golf course will result in play disqualification.
- d. Vulgar or abusive language will result in a one-stroke penalty on the first offense and disqualification on the second offense.

## Tennis Girls

### 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. Coaches will send in their ladder to the sport rep by Monday evening each week of the league season.

**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 Thursday (doubles) after the last league match and preceding the section tournament. The rotation for hosting the league tournament is as follows: Los Baños 2017/2018.

**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. The general guidelines are 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. However, the tennis coaches, at their discretion, may adjust the number of awards for singles and doubles, as long as the total number of awards is twelve. These players will receive an all-league patch. Additionally, any players who win the league championship will receive an all-league patch if they haven't already been selected.

## Volleyball Girls

### 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 4:00pm, 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. Playoff Seedings:** In the case of ties for playoff positions, the following procedures will be followed:
  - Between 2 teams for 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place:**
    - Head to head - The first tie breaker used to determine CIF play-off representation shall be head to head competition. If still tied, a point system will be used.

- Point System - Points will be awarded to how the team finished in league. The first place team will be awarded 7 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 sport representative would add up the number of points tied teams earned to determine playoff seeding.
- If still tied, a coin toss will be held to determine home site. Teams will play a match, and the winner is the higher seed.

**Between 3 teams for 1<sup>st</sup> place:**

- Head to head
- Point System
- If there are 3 teams still tied, coin toss. Odd team out hosts the matches. The two other teams play (match 1). Loser of match 1 plays odd team (match 2). Winner of match 1 and winner of match 2 toss for the number 1 and 2 seeds. Loser of match 2 is the number 3 seed.

**Between 3 teams for 2<sup>nd</sup> place:**

- Head to head
- Point System
- If there are 3 teams still tied, coin toss. Odd team out hosts the matches. The two other teams play (match1). Loser of match 1 plays odd team (match 2). Winner of match 1 and winner of match 2 toss for the number 2 and 3 seeds.

**Between 3 teams for 3<sup>rd</sup> place:**

- Head to head
- Point System
- If there are 3 teams tied, coin toss. Odd team out hosts the matches. The two other teams play (match 1). Winner of match 1 plays odd team (match 2). Winner of match 2 is the number 3 seed.

- 8. 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.

At the All-League meeting, league coaches will vote for the league MVP and a second special award (the title of which is to be determined by the league coaches at the pre-season meeting). This will be conducted by a voice vote. The league representative will record the voting. The players receiving the most votes will be selected as MVP as well as for the second award.

League coaches will then select 7 1<sup>st</sup> Team All-League players on a written ballot. No point totals will be assigned to the list of players. Coaches may vote for their own players, and coaches must complete the ballot. The league representative will count

the 1<sup>st</sup> Team All-League ballots. Players will receive 1 point for every ballot they appear on. Players will then be ranked from most points to least points. The 7 players who receive the most points will be named 1<sup>st</sup> Team All-League. Any ties for the last spot will be voted upon by voice vote. If a player tied for the last position is not selected, she will automatically be placed on the 2<sup>nd</sup> team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 6 2<sup>nd</sup> Teamers.

After the selection of the 1<sup>st</sup> Team All-League, the 2<sup>nd</sup> team All-Leaguers will be selected following the same process outlined above. Players nominated for 1<sup>st</sup> team who were not selected, along with any other players of the coach's choosing will be eligible to be on the 2<sup>nd</sup> Team ballot. Those players who are not selected 2<sup>nd</sup> Team but receive votes will be named honorable mention. League awards will be distributed at the All-League meeting.

## **Water Polo**

### Rules, Regulations, and Policies

- 1. Teams:** 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.
- 9. Selection Procedure for All-League:** 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 vote for their own players. Coaches will then nominate their players for the all-league team. Each school then votes for the candidates awarding 7 points for the player they consider the best, 6 for the next, and so on. Coaches may vote for their own players. Points are then tabulated and the top 7 will be recognized as 1<sup>st</sup> team and will receive a patch. The next 7 are then recognized as 2<sup>nd</sup> team all-league and will receive a certificate. Other players receiving at least one vote who are not selected to the

first or second team will be named honorable mention. No awards will be given for honorable mention.

10. 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.
11. 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.

## **Winter Sports**

Basketball Boys

Basketball Girls

Soccer Boys

Soccer Girls

Wrestling Boys

Wrestling Girls

## **Basketball Boys**

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 (~7:15 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. **Drinking Water:** The home team shall be responsible for providing drinking water to the visiting team. A container and cups will be provided on the bench for the visitors.

**9. Warm-up Time:** Warm-up time before games and at half-time shall be limited to the roster players in uniform for the specific game. No other teams, managers, or spectators will be allowed on the floor during these times.

**10. Warmup Facilities:** In the spirit of competition and fair play the expectation is that if an additional facility is available (second gym or court on campus) and the home team is using it prior to game time to warm up that this courtesy be extended to the visiting team as well. If this happens both coaches must be present to supervise and rule 9 above will apply.

**11. Pre-game Warm ups:** There should be a minimum time of 12 minutes allocated between each game for warm-up activities.

**12. Rules:** All NFHS and CIF rules and regulations apply.

**13. Playoff Seedings:** In the case of ties for playoff positions, the following procedures will be followed:

**If a tie exists between two teams**

1. Head to head
2. If still tied, the league representative will arrange a playoff game at the home site of one of the two teams, as determined by a coin flip.

**Between three teams**

1. Head to head
2. If still tied, a coin flip will be used to eliminate one team (odd team out).
3. A coin flip will be used to determine a playoff game at the home site of one of the two remaining teams.

**14. 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.

1. On the Wednesday following the last regular season contest, coaches will submit to their athletic director their nominations, if any, for League MVP and 1<sup>st</sup> Team and 2<sup>nd</sup> Team All-League. These nominations should include any information that the coach feels validates their player's consideration for MVP and/or 1<sup>st</sup> Team/2<sup>nd</sup> Team All-League. AD's will confirm that these nominations are appropriate.
2. On the Thursday following the last regular season contest, athletic directors will submit their school's MVP nomination and 1<sup>st</sup> Team/2<sup>nd</sup> Team All-League nominations to the league basketball representative. The league representative will compile the information into two ballots – League MVP ballot and All-League ballot. MVP candidates will appear on both ballots. All nominating information will be included, as well as any designations specified by the coaches (ex: considered for 1<sup>st</sup> and 2<sup>nd</sup> team, considered for 2<sup>nd</sup> team only). These ballots will be returned to the league coaches at least 24 hours before the All-League meeting.

3. At the All-League meeting, league coaches will vote for the league MVP. This will be conducted by a voice vote. The league representative will record the MVP voting. The player receiving the most votes will be selected as MVP.
4. League coaches will then select 6 1<sup>st</sup> Team All-League players on a written ballot. No point totals will be assigned to the list of players. Coaches may vote for their own players, and coaches must complete the ballot. The league representative will count the 1<sup>st</sup> Team All-League ballots. Players will receive 1 point for every ballot they appear on. Players will then be ranked from most points to least points. The 6 players who receive the most points will be named 1<sup>st</sup> Team All-League. Any ties for the last spot will be voted upon by voice vote. If a player tied for the last position is not selected, he will automatically be placed on the 2<sup>nd</sup> team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 5 2<sup>nd</sup> Teamers.
5. After the selection of the 1<sup>st</sup> Team All-League, the 2<sup>nd</sup> team All-Leaguers will be selected following the same process outlined above. Players nominated for 1<sup>st</sup> team who were not selected, along with any other players of the coach's choosing will be eligible to be on the 2<sup>nd</sup> Team ballot. Those players who are not selected 2<sup>nd</sup> Team but receive votes will be named honorable mention. League awards will be distributed at the All-League meeting.

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.

## **Basketball Girls**

### 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 (~7:15 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. Drinking Water:** The home team shall be responsible for providing drinking water to the visiting team. A container and cups will be provided on the bench for the visitors.

**9. Warm-up Time:** Warm-up time before games and at half-time shall be limited to the roster players in uniform for the specific game. No other teams, managers, or spectators will be allowed on the floor during these times.

**10.** In the spirit of competition and fair play the expectation is that if an additional facility is available (second gym or court on campus) and the home team is using it prior to game time to warm up that this courtesy be extended to the visiting team as well. If this happens both coaches must be present to supervise and rule 9 above will apply.

**11. Pre-game Warm ups:** There should be a minimum time of 12 minutes allocated between each game for warm-up activities.

**12. Rules:** All NFHS and CIF rules and regulations apply.

**13. Playoff Seedings:** In the case of ties for playoff positions, the following procedures will be followed:

**If a tie exists between two teams**

1. Head to head
2. If still tied, the league representative will arrange a playoff game at the home site of one of the two teams, as determined by a coin flip.

**Between three teams**

1. Head to head
2. If still tied, a coin flip will be used to eliminate one team (odd team out).
3. A coin flip will be used to determine a playoff game at the home site of one of the two remaining teams.

**14. 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.

1. On the Wednesday following the last regular season contest, coaches will submit to their athletic director their nominations, if any, for League MVP and 1<sup>st</sup> Team and 2<sup>nd</sup> Team All-League. These nominations should include any information that the coach feels validates their player's consideration for MVP and/or 1<sup>st</sup> Team/2<sup>nd</sup> Team All-League. AD's will confirm that these nominations are appropriate.
2. On the Thursday following the last regular season contest, athletic directors will submit their school's MVP nomination and 1<sup>st</sup> Team/2<sup>nd</sup> Team All-League nominations to the league basketball representative. The league representative will compile the information into two ballots – League MVP ballot and All-League ballot. MVP candidates will appear on both ballots. All nominating information will be included, as well as any designations specified by the coaches (ex: considered for 1<sup>st</sup> and 2<sup>nd</sup> team, considered for 2<sup>nd</sup> team only). These ballots

will be returned to the league coaches at least 24 hours before the All-League meeting.

3. At the All-League meeting, league coaches will vote for the league MVP. This will be conducted by a voice vote. The league representative will record the MVP voting. The player receiving the most votes will be selected as MVP.
4. League coaches will then select 6 1<sup>st</sup> Team All-League players on a written ballot. No point totals will be assigned to the list of players. Coaches may vote for their own players, and coaches must complete the ballot. The league representative will count the 1<sup>st</sup> Team All-League ballots. Players will receive 1 point for every ballot they appear on. Players will then be ranked from most points to least points. The 6 players who receive the most points will be named 1<sup>st</sup> Team All-League. Any ties for the last spot will be voted upon by voice vote. If a player tied for the last position is not selected, she will automatically be placed on the 2<sup>nd</sup> team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 5 2<sup>nd</sup> Teamers.
5. After the selection of the 1<sup>st</sup> Team All-League, the 2<sup>nd</sup> team All-Leaguers will be selected following the same process outlined above. Players nominated for 1<sup>st</sup> team who were not selected, along with any other players of the coach's choosing will be eligible to be on the 2<sup>nd</sup> Team ballot. Those players who are not selected 2<sup>nd</sup> Team but receive votes will be named honorable mention. League awards will be distributed at the All-League meeting.

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.

## **Soccer Boys**

### 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 and Girls games will be played on the same day at the same site, with the Frosh/Soph Boys and Girls games being played on the same alternate day and site. Games will begin at 4:00 p.m. When a host school only has one field available, the Boys and Girls games game will be one after another, with the order determined by the schools involved. 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 at the home site of one of the two teams, as determined by a coin flip.
  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 fourth 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:** At the conclusion of each game, both coaches will review the yellow or red cards assigned to players/coaches with each other. Each coach will submit to his athletic director a short written report documenting any yellow or red cards assigned during the game. Information will include the player name and number, as well as the name of any coach. 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. Failure by a coach or a school to provide information after a game by 5:00 pm the following day will result in the head coach being ruled ineligible to coach the team's next game. The record of the league soccer representative is final.
  11. **Equal Access to Warm-up Areas:** During the warm-up time prior to the start of games, both teams will be provided equal access to the warm-up areas.
  12. **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 fourth 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.

- 13. 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.

At the All-League meeting, league coaches will vote for the league MVP and a second special award (the title of which is to be determined by the league coaches at the pre-season meeting). This will be conducted by a voice vote. The league representative will record the MVP voting. The players receiving the most votes will be selected as MVP as well as for the second award

League coaches will then select 11 1<sup>st</sup> Team All-League players on a written ballot. No point totals will be assigned to the list of players. Coaches may vote for their own players, and coaches must complete the ballot. The league representative will count the 1<sup>st</sup> Team All-League ballots. Players will receive 1 point for every ballot they appear on. Players will then be ranked from most points to least points. The 11 players who receive the most points will be named 1<sup>st</sup> Team All-League. Any ties for the last spot will be voted upon by voice vote. If a player tied for the last position is not selected, he will automatically be placed on the 2<sup>nd</sup> team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 11 2<sup>nd</sup> Teamers.

After the selection of the 1<sup>st</sup> Team All-League, the 2<sup>nd</sup> team All-Leaguers will be selected following the same process outlined above. Players nominated for 1<sup>st</sup> team who were not selected, along with any other players of the coach's choosing will be eligible to be on the 2<sup>nd</sup> Team ballot. Those players who are not selected 2<sup>nd</sup> Team but receive votes will be named honorable mention. League awards will be distributed at the All-League meeting.

## Soccer Girls

### 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 and Girls games will be played on the same day at the same site, with the Frosh/Soph Boys and Girls games being played on the same alternate day and site. Games will begin at 4:00 p.m. When a host school only has one field available, the Boys and Girls games game will be one after another, with the order determined by the schools involved. 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 at the home site of one of the two teams, as determined by a coin flip.
    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 fourth 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:** At the conclusion of each game, both coaches will review the yellow or red cards assigned to players/coaches with each other. Each coach will submit to his athletic director a short written report documenting any yellow or red cards assigned during the game. Information will include the player name and number, as well as the name of any coach. 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. Failure by a coach or a school to provide information after a game by 5:00 pm the following day will result in the head coach being ruled ineligible to coach the team's next game. The record of the league soccer representative is final.
11. **Equal Access to Warm-up Areas:** During the warm-up time prior to the start of games, both teams will be provided equal access to the warm-up areas.
12. **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 fourth 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.

- 13. 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.

At the All-League meeting, league coaches will vote for the league MVP and a second special award (the title of which is to be determined by the league coaches at the pre-season meeting). This will be conducted by a voice vote. The league representative will record the MVP voting. The players receiving the most votes will be selected as MVP as well as for the second award

League coaches will then select 11 1<sup>st</sup> Team All-League players on a written ballot. No point totals will be assigned to the list of players. Coaches may vote for their own players, and coaches must complete the ballot. The league representative will count the 1<sup>st</sup> Team All-League ballots. Players will receive 1 point for every ballot they appear on. Players will then be ranked from most points to least points. The 11 players who receive the most points will be named 1<sup>st</sup> Team All-League. Any ties for the last spot will be voted upon by voice vote. If a player tied for the last position is not selected, she will automatically be placed on the 2<sup>nd</sup> team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 11 2<sup>nd</sup> Teamers.

After the selection of the 1<sup>st</sup> Team All-League, the 2<sup>nd</sup> team All-Leaguers will be selected following the same process outlined above. Players nominated for 1<sup>st</sup> team who were not selected, along with any other players of the coach's choosing will be eligible to be on the 2<sup>nd</sup> Team ballot. Those players who are not selected 2<sup>nd</sup> Team but receive votes will be named honorable mention. League awards will be distributed at the All-League meeting

## **Wrestling Boys**

Rules, Regulations, and Policies

- 1. Start time:** J.V. or exhibition matches are to start at 6:00 pm., followed by the Girls Varsity Dual, followed by the Boys Varsity Dual.

- 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.
- h) If a traveling coach knows in advance that he/she is going to be late to weigh-ins he/she must contact the home coach at least 30 minutes in advance. Failure to make the required contact will result in a forfeit. a Exceptions will include unforeseen/uncontrollable incidents such as traffic, flat tire, medical emergency, etc. These unforeseen/uncontrollable events will not result in a forfeit, but the traveling coach must make contact with the home coach as soon as is safe/possible.

### **3. To Determine the League Champion**

League Champion will be determined by the Dual Records. In the event of a tie, the tie-breaker criteria set forth below will be used.

### **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 team dual seed and league champion.
- 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 dual team seed and league champion.

### **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 team dual seed and league champion. B would receive the #2 team dual 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 and J.V. Tourney**

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. Byes will be scored as forfeits.

**b)** A seeding meeting will be held the day 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. Wins at that weight
9. Agreement of coaches involved
10. Records by percentage
11. Coaches vote, majority rules
12. 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)

**d)** True fourth – The definition of a “true fourth” is: The fourth and fifth place wrestlers will wrestle for fourth place after the championships provided there is no head-to-head during the tournament. If these two wrestlers have met already in this tournament, then the head-to-head results determine who is the fourth place finisher and receives the Divisional Meet berth. (NOTE: This would hold true even when the fifth place finisher beat the fourth placer). The purpose of wrestling for a “true fourth” is to advance as many of the top wrestlers to the divisional tournament as possible. Therefore, the match will not be scored in the team points and will have no impact on the overall team points race.

## **9. Wrestling League Meet Rotation**

Wrestling League Meet Rotation: The Boys League Tournament will be

hosted as follows: Central Valley 2017/18, Los Banos  
2018/19, Ceres 2019/20, Lathrop 2020/21, Grace Davis  
2021/22, Pacheco 2022/23, Beyer 2023/24, Mountain House 2024/25,  
Johansen 2025/26

- 10. Awards:** The top two teams receiving the highest team scores will receive a Championship and Runner-Up Plaque. Winners of each weight class at the league meet will receive an all-league patch. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> 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.

## **Wrestling Girls**

Rules, Regulations, and Policies

- 1. Start time:** Girls Varsity Dual will start following JV Dual scheduled to start at 6:00 pm.
- 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. If Girls cannot be weighed in at the same time, they will be weighed in immediately following the Boys.
  - 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 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) Girls will not be used in the Boys JV or Varsity lineups.
  - 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**

League Champion will be determined by the Dual Records. In the event of a tie the tie-breaker criteria set forth below will be used.

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

#### **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 be the league champion. In the event of a tie after adding the scores the team the won the dual meet would be the overall League Champion.

#### **7. Varsity League Tournament**

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. All spaces in the 8 man bracket that are not filled by a league team will be forfeits and scored as such. Byes

will be scored as forfeits.

b) A seeding meeting will be held the day 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. Girls Masters
4. Divisionals 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. Wins at that weight
9. Agreement of coaches involved
10. Records by percentage
11. Coaches vote, majority rules
12. 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**

Wrestling League Meet Rotation: The Girls League Tournament will be hosted as follows: Los Banos 2017/18, Ceres 2018/19, Johansen 2019/20, Mountain House 2020/21, Pacheco 2021/22, Beyer 2022/23, Lathrop 2023/24, Grace Davis 2024/25

**10. Awards:** The top two teams receiving the highest team scores will receive a Championship and Runner-Up Plaque. Winners of each weight class at the league meet will receive an all-league patch. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> 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 5 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 5 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

Golf Boys

Softball

Swimming

Tennis Boys

Track

Volleyball Boys

## **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 wiffle balls, squish balls or any equivalent. No live batting practice or batting in cages is to be allowed by either team.

**4. Pitch Count:** At all levels, the pitch count restrictions will be followed. Procedures for monitoring pitch counts during the game, as well as monitoring pitch counts throughout the season, will be established at the Baseball pre-season meeting.

**5. Ties in Standings:** Ties for playoff qualifiers and/or seeding will be broken as follows:

**Between 2 teams for 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place:**

- Head to head - The first tie breaker used to determine CIF play-off representation shall be head to head competition. If still tied, a point system will be used.
- Point System - Points will be awarded to how the team finished in league. The first place team will be awarded 7 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 sport representative would add up the number of points tied teams earned to determine playoff seeding.
- If still tied, a coin toss will be held to determine home site. Teams will play a seven inning game, and the winner is the higher seed.

**Between 3 teams for 1<sup>st</sup> place:**

- Head to head
- Point System
- If there are 3 teams still tied, coin toss. Odd team out hosts the games. The two other teams play (game 1). Loser of game 1 plays odd team (game 2). Winner of game 1 and winner of game 2 toss for the number 1 and 2 seeds. Loser of game 2 is the number 3 seed.

**Between 3 teams for 2<sup>nd</sup> place:**

- Head to head
- Point System
- If there are 3 teams still tied, coin toss. Odd team out hosts the games. The two other teams play (game 1). Loser of game 1 plays odd team (game 2). Winner of game 1 and winner of game 2 toss for the number 2 and 3 seeds.

**Between 3 teams for 3<sup>rd</sup> place:**

- Head to head
- Point System
- If there are 3 teams tied, coin toss. Odd team out hosts the games. The two other teams play (game 1). Winner of game 1 plays odd team (game 2). Winner of game 2 is the number 3 seed.

**6. 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.

**7. Awards: Procedure:** 13 total players will be selected as the WAC 1<sup>st</sup> 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. League coaches will then select 11 1<sup>st</sup> Team All-League players on a written ballot. No point totals will be assigned to the list of players. Coaches may vote for their own players, and coaches must complete the ballot. The league representative will count the 1<sup>st</sup> Team All-League ballots. Players will receive 1 point for every ballot they appear on. Players will then be ranked from most points to least points. The 11 players who receive the most points will be named 1<sup>st</sup> Team All-League. Any ties for the last spot will be voted upon by voice vote. If a player tied for the last position is not selected, she will automatically be placed on the 2<sup>nd</sup> team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 9 2<sup>nd</sup> Teamers.

After the selection of the 1<sup>st</sup> Team All-League, the 2<sup>nd</sup> team All-Leaguers will be selected following the same process outlined above. Players nominated for 1<sup>st</sup> team who were not selected, along with any other players of the coach's choosing will be eligible to be on the 2<sup>nd</sup> Team ballot. Those players who are not selected 2<sup>nd</sup> Team but receive votes will be named honorable mention. League awards will be distributed at the All-League meeting.

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.

# Golf Boys

## Rules, Regulations, and Policies

1. **Participants/Events:** Up to six (6) players may play; the best five (5) scores from each team will be used to determine the winner. Each school will host one 18 hole tournament at their home course.
2. **Regular season tournaments:** League tournaments will begin at 2 pm or to be determined by the host school and the availability of the golf course. The use of winter rules and tees will be decided by the host team in conjunction with the golf course.
3. **Host/tournament director for regular season tournaments shall:** Be the direct contact with the host golf course; oversee and determine if the event is to be a shotgun or tee times. Communicate in advance with all league coaches. Create hole assignments and grouping for the event; email all coaches a day in advance. Oversee and monitor warmup and range availability for all schools. Compile all scores and submit the final results of the event to the WAC athletic director in charge.
4. **League Championship:** League champions will be determined by a point system based the team's point accumulation during regular season tournaments and the league championship. Teams will be awarded 1 point for each team they finish ahead of during the regular season league tournaments. Teams will be awarded 2 points for each team they finish ahead of during the league championship.
5. **Tournaments Ending in Ties:** In matches/tournaments resulting in a tie, the score from the schools #6 player will be used to break the tie. If the #6 score does not break the tie, all six team member scores will be added up on the #1 handicapped hole and compared. This process will continue until there is a winner determined.
6. **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. League Championship Rotation: Pacheco 2018.
7. **All-League and MVP Selection:** All-league honors will be based on individual players point accumulation throughout the course of the six league tournaments and the end of the year WAC/league championship tournament. The highest point accumulation will earn MVP. The next five individuals will be selected as 1<sup>st</sup> team all-league. These players will receive an all-league patch. The next five individuals will be named 2<sup>nd</sup> team all-league. Coach of the Year will be voted on by the coaches.

- a. The low score of a league tournament will be awarded 36 points. 2nd place will be awarded 35 points. Points will be awarded in descending order; 36-0.
- b. The low score of a league championship will be awarded 72 points. 2nd place will be awarded 70 points. Points will be awarded in descending order; 72-0.
- c. Tied scores will be awarded the same point total. Example- If two golfers tie for the low score both would be awarded 36 points, the next lowest score would be awarded 34 points.
- d. Regardless of the size of the field the low score will be awarded 36 points for a tournament and 72 for the championship.

**Team Qualification for CIF Advancement:** Final standings based on points earned during the WAC season will determine individual team(s) advancement to the CIF Divisional Tournament. Ties for the final team advancement to the CIF Divisional Tournament will be broken using the following tie breaking criteria: 1.) Post-season conference championship team score. If post-season championship score is still tied, scorecards will be matched on the first handicapped hole adding up the top six players' scores continuing to the second handicapped hole until a winner is determined.

**Individual's Qualification for CIF Advancement:** The top individuals not on a qualifying team(s) will advance to the Sub-Section. The top individuals will be determined based on their point accumulation over the course of the season. \*Extreme hardship cases can be considered on a case by case basis with consent from the majority of the coaches and approval from the WAC athletic directors.

**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 +1. Once that score is reached by a player, the ball will be picked up and play on that hole will end for that player.

**Coaching:** A certified coach must accompany the players on the course during the match.

#### **12. 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.

#### **13. Player Conduct**

- a. Cell Phones: Participants shall not have or use cell phones in any WAC/Sac-Joaquin Section contest or tournament. PENALTY: First violation is a two-stroke penalty; subsequent violation will result in disqualification.
- b. Distance Measuring Devices: Players may use a device which measures distance only. Players may not use any cell phone applications, as the use of cell phones is prohibited. The use of devices that gauge or measure other conditions, in addition to distance, that might affect a player's play (ex. - wind or gradient) is not permitted, even if that feature(s) is turned off. The penalty for breach of this rule is disqualification. Players are encouraged to share yardage information with all members of their group if some individuals do not have a measuring device.
- c. Flagrant throwing of clubs or damaging the golf course will result in play disqualification.
- d. Vulgar or abusive language will result in a one-stroke penalty on the first offense and disqualification on the second offense.

## 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:** Ties for playoff qualifiers and/or seeding will be broken as follows:
  - Between 2 teams for 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place:**
    - Head to head - The first tie breaker used to determine CIF play-off representation shall be head to head competition. If still tied, a point system will be used.
    - Point System - Points will be awarded to how the team finished in league. The first place team will be awarded 7 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 sport representative would add up the number of points tied teams earned to determine playoff seeding.
    - If still tied, a coin toss will be held to determine home site. Teams will play a seven inning game, and the winner is the higher seed.
  - Between 3 teams for 1<sup>st</sup> place:**
    - Head to head
    - Point System

- If there are 3 teams still tied, coin toss. Odd team out hosts the games. The two other teams play (game 1). Loser of game 1 plays odd team (game 2). Winner of game 1 and winner of game 2 toss for the number 1 and 2 seeds. Loser of game 2 is the number 3 seed.

**Between 3 teams for 2<sup>nd</sup> place:**

- Head to head
- Point System
- If there are 3 teams still tied, coin toss. Odd team out hosts the games. The two other teams play (game 1). Loser of game 1 plays odd team (game 2). Winner of game 1 and winner of game 2 toss for the number 2 and 3 seeds.

**Between 3 teams for 3<sup>rd</sup> place:**

- Head to head
- Point System
- If there are 3 teams tied, coin toss. Odd team out hosts the games. The two other teams play (game 1). Winner of game 1 plays odd team (game 2). Winner of game 2 is the number 3 seed.

**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:** 13 total players will be selected as the WAC 1<sup>st</sup> 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. If the player selected as the MVP is a pitcher, the second award may be changed to Outstanding Offensive Player by a consensus of the coaches. Coaches may vote for their own players.

League coaches will then select 11 1<sup>st</sup> Team All-League players on a written ballot. No point totals will be assigned to the list of players. Coaches may vote for their own players, and coaches must complete the ballot. The league representative will count the 1<sup>st</sup> Team All-League ballots. Players will receive 1 point for every ballot they appear on. Players will then be ranked from most points to least points. The 11 players who receive the most points will be named 1<sup>st</sup> Team All-League. Any ties for the last spot will be voted upon by voice vote. If a player tied for the last position is not selected, she will automatically be placed on the 2<sup>nd</sup> team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 9 2<sup>nd</sup> Teamers.

After the selection of the 1<sup>st</sup> Team All-League, the 2<sup>nd</sup> team All-Leaguers will be selected following the same process outlined above. Players nominated for 1<sup>st</sup> team who were not selected, along with any other players of the coach's choosing will be eligible to be on the 2<sup>nd</sup> Team ballot. Those players who are not selected 2<sup>nd</sup> Team but receive votes will be named honorable mention. League awards will be distributed at the All-League meeting.

## 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:** Pacheco 2016/17.
- 5. Dual/Championship Meet Scoring:** Dual and championship meet scoring are the following:

DUAL

Individual: 6-4-3-2-1

Relay: 8-4-2-0

CHAMPIONSHIP

Individual: 9-7-6-5-4-3-2-1

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 1<sup>st</sup> place medal and an all-league patch. Multiple event winners will receive only one all-league patch. 2<sup>nd</sup> and 3<sup>rd</sup> 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.

# Tennis Boys

## 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. Coaches will send in their ladder to the sport rep by Monday evening each week of the league season.

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 Thursday (doubles) after the last league match and preceding the section tournament. The rotation for hosting the league tournament is as follows: Livingston 2016/17.

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. Additionally, any players who win the league championship will receive an all-league patch if they haven't already been selected.

## 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 the top 3 runners must compete against the top 3 of the opposing school in the same heat. Scoring is 1<sup>st</sup> place - 5 points, 2<sup>nd</sup> place - 3 points, 3<sup>rd</sup> place - 1 point, and relays 1<sup>st</sup> 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:** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 WAC championship meet will be hosted by Livingston High School at Golden Valley High School on May 13 starting at 9:00 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.

## Volleyball Boys

### Rules, Regulations, and Policies

1. **Balls:** Official league ball will be the CIF approved leather 12 or 18 panel ball.
2. **Game Times:** Frosh-Soph games will start at 5:00 pm . Varsity match will start twenty minutes after the Frosh-Soph match.
3. **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. **Playoff Seedings:** In the case of ties for playoff positions, the following procedures will be followed:
  - Between 2 teams for 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place:**
    - Head to head - The first tie breaker used to determine CIF play-off representation shall be head to head competition. If still tied, a point system will be used.

- Point System - Points will be awarded to how the team finished in league. The first place team will be awarded 7 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 sport representative would add up the number of points tied teams earned to determine playoff seeding.
- If still tied, a coin toss will be held to determine home site. Teams will play a match, and the winner is the higher seed.

**Between 3 teams for 1<sup>st</sup> place:**

- Head to head
- Point System
- If there are 3 teams still tied, coin toss. Odd team out hosts the matches. The two other teams play (match 1). Loser of match 1 plays odd team (match 2). Winner of match 1 and winner of match 2 toss for the number 1 and 2 seeds. Loser of match 2 is the number 3 seed.

**Between 3 teams for 2<sup>nd</sup> place:**

- Head to head
- Point System
- If there are 3 teams still tied, coin toss. Odd team out hosts the matches. The two other teams play (match 1). Loser of match 1 plays odd team (match 2). Winner of match 1 and winner of match 2 toss for the number 2 and 3 seeds.

**Between 3 teams for 3<sup>rd</sup> place:**

- Head to head
- Point System
- If there are 3 teams tied, coin toss. Odd team out hosts the matches. The two other teams play (match 1). Winner of match 1 plays odd team (match 2). Winner of match 2 is the number 3 seed.

- 8. 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.

At the All-League meeting, league coaches will vote for the league MVP and a second special award (the title of which is to be determined by the league coaches at the pre-season meeting). This will be conducted by a voice vote. The league representative will record the voting. The players receiving the most votes will be selected as MVP as well as for the second award.

League coaches will then select 7 1<sup>st</sup> Team All-League players on a written ballot. No point totals will be assigned to the list of players. Coaches may vote for their own

players, and coaches must complete the ballot. The league representative will count the 1<sup>st</sup> Team All-League ballots. Players will receive 1 point for every ballot they appear on. Players will then be ranked from most points to least points. The 7 players who receive the most points will be named 1<sup>st</sup> Team All-League. Any ties for the last spot will be voted upon by voice vote. If a player tied for the last position is not selected, she will automatically be placed on the 2<sup>nd</sup> team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 6 2<sup>nd</sup> Teamers.

After the selection of the 1<sup>st</sup> Team All-League, the 2<sup>nd</sup> team All-Leaguers will be selected following the same process outlined above. Players nominated for 1<sup>st</sup> team who were not selected, along with any other players of the coach's choosing will be eligible to be on the 2<sup>nd</sup> Team ballot. Those players who are not selected 2<sup>nd</sup> Team but receive votes will be named honorable mention. League awards will be distributed at the All-League meeting.

# Western Athletic Conference

## All-League Nomination Form – Football

*5 nominations per school plus 1 nomination for each league win*

School: \_\_\_\_\_

|     | <u>Name</u> | <u>Rank</u> | <u>No.</u> | <u>Pos.</u> | <u>Ht.</u> | <u>Wt.</u> | <u>Yr.</u> |
|-----|-------------|-------------|------------|-------------|------------|------------|------------|
| 1.  | _____       |             |            |             |            |            |            |
| 2.  | _____       |             |            |             |            |            |            |
| 3.  | _____       |             |            |             |            |            |            |
| 4.  | _____       |             |            |             |            |            |            |
| 5.  | _____       |             |            |             |            |            |            |
| 6.  | _____       |             |            |             |            |            |            |
| 7.  | _____       |             |            |             |            |            |            |
| 8.  | _____       |             |            |             |            |            |            |
| 9.  | _____       |             |            |             |            |            |            |
| 10. | _____       |             |            |             |            |            |            |
| 11. | _____       |             |            |             |            |            |            |