

**2023-2024 Western Athletic Conference**  
**General By-Laws**  
Updated July 19, 2023

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. Virtual meetings via Zoom will be held in lieu of in-person meetings as deemed necessary by public health issues.
2. **Ties for League championships:** Ties for championships will remain. 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 managed 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, an administrator or designee must represent schools. 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 a majority of the schools in the varsity league participate in each 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. Athletic competitions will be in Varsity, Junior Varsity (JV), and Frosh-Soph.
  - B. Varsity - open competition except that students less than 15 years of age must have approval per CIF-SJS rules (football only).
  - C. Junior Varsity (JV) - open to those students who are juniors or below in school standings. Wrestling will be classified as a JV sport, open to all grades 9-12.
  - D. Frosh/Soph – open to students in grades 9 and 10.

- E. 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 sixth semester of enrollment.
- F. Movement of athletes: There will be no restrictions on movement of athletes among the various levels until that athlete must be declared in the qualification process for section competition.
- 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 decide 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 managed 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 the number of allowable contacts will be followed. For sports offering two contests per week, the contact limit is currently twenty-eight 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 JV) will have at least four. Frosh/Soph at least three. Volleyball will have at least one.**  
**Basketball (Varsity) will have at least two unless one by mutual agreement between schools.**  
**JV and Frosh/Soph will have at least one.**  
**Wrestling will have at least one.**  
**Softball will have at least one.**  
**Baseball will have at least one.**  
**Soccer will have at least one.**  
**Water Polo will have at least one.**
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 their act warrants disqualification.
  3. If the answer is no, then issue a 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 a 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 will attend their sports 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. 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 for a fine to be rescinded. The final decision to impose fines rests with the league commissioner.
19. Universal Tiebreaker with three or more teams
- A. The team with the best record against the other teams that they are tied with, shall be the first criterion for breaking a 3-way or 4-way tie.
  - B. If two or more teams are still tied, the team with the highest point total as determined by the points accorded to the teams, they defeated in league shall be the second criterion.
  - C. If two or more teams are still tied, refer to the sport tie-breaker rules. This could include but is not limited to a coin flip/blind draw.

20. **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 first team all-league team will be reduced by one spot (ex: nine basketball players recognized first team: 2 Co-MVP's and an additional five players rather than an additional six players).

Ties for the final spot-on first team will be voted off.

## **Fall Sports**

Cross Country  
Flag Football  
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, JV boys, varsity girls, and JV girls. The league will allow junior/senior slower runners to run the 2-mile race but not be scored. This will be allowed up until the league championships, at which point all upper-level runners will have to run three miles.
2. **No JV team** will be allowed to represent a WAC member school unless a full 5-person squad represents it.
3. **Cluster Meets** will be scored as follows: Each team will receive one point for every team they score ahead of at the three clusters. If there is a tie, the sixth runner on the team will be used as a tie breaker. The maximum number of points a team could have after these three events would be twenty-one. A school still must have five runners to earn points. Any team with fewer than five runners will receive no points. The **WAC Final Meet** will be worth double, so every team that a school finishes ahead of will be worth two points. The league sport rep will add up the combined score of the three cluster meets as well as the championship meet to determine the league champion. Any tie after the four events will result in co-champions or tri-champions.
4. **Length of Races:** Varsity - 3 miles, JV - 2 miles.
5. **WAC Finals:** Los Banos High School will host the 2023 WAC Final meet.
6. **All-League:** For both boys and girls, the first-place finisher at the championship meet is named the MVP of the league. The next seven are then labeled as first team all-league and will receive an all-league patch. The next seven finishers will be named second team all-league and will receive a certificate.
7. **Start Times:** Cluster Meets and the WAC Final meet will begin at 2:00 pm.

## Flag Football

### Rules, Regulations, and Policies

1. **Starting Times** – JV game will start at 5:00 pm. Varsity games will start 15 minutes after the end of the JV game. If there is only one game (JV or Varsity), the game will start at 6:00pm
2. **Official Ball** – Pebble grained, or rubber covered football. Must be a youth or intermediate size football. The referee shall be the judge of any ball offered for play.
3. **Color of Jerseys** – The home team will wear dark color uniforms and the visiting team will wear light, except by mutual agreement.
4. **Timer** - The timer must be an adult for all levels of games.
5. **Game Length** – 2 – 20-minute running halves. 5-minute halftime unless both teams agree to a longer length of time.

6. **Field** – Width is minimum 30 yards to a maximum of 40 yards. Length is minimum of 50 yards to a maximum of 80 yards.
7. **Number of games** – no member may play more than 28 games per season, excluding playoffs, to be in accordance with C.I.F. regulations.
8. **Playoff Seedings:** In the case of ties for playoff positions, the following procedures will be followed:

**Between two 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 the league. The first-place team will be awarded nine points with the last place team being awarded one. Teams that are tied in the league standings will be awarded an equal number of points. For example, two teams tied for second place would each be assigned 6.5 points with the next team in league standings being awarded five 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 who is the higher seed.

**Between three teams for first place:**

- Head-to-head
- Point System
- If there are three teams still tied, coin toss. Odd team out will be the number one seed. The determination for the second seed will revert back to the criteria for two teams that are tied.

**Between three teams for second place:**

- Head-to-head
- Point System
- If there are three teams still tied, coin toss. Odd team out will be the number two seed. The determination for the third seed will revert back to the criteria for two teams that are tied.

**Between three teams for third place:**

- Head-to-head
- Point System
- If there are three teams still tied, coin toss. Odd team out will be the number three seed.

9. **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 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, an Outstanding Offensive Player, and an Outstanding Defensive Player. This will be conducted by a voice vote. The league representative will record the voting. The player(s) receiving the most votes will be selected as MVP as well as for the Outstanding O/D Player award. There will be a total of 19 – 1<sup>st</sup> Team All-League players and 14 – 2<sup>nd</sup> Team All-League players.

League coaches will then select 8 – 1<sup>st</sup> Team All-League Offensive 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 Offensive ballots. Players will receive one point for every ballot they appear on. Players will then be ranked from most points to least points. The eight players who receive the most points will be named 1<sup>st</sup> Team All-League Offense. 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 second team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 7 – 2<sup>nd</sup> Teamers. The same process will then be followed for All-League Defensive players.

After the selection of the 1<sup>st</sup> Team All-League, the second team All-Leaguers will be selected following the same process outlined above. Players nominated for the first 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. Each school will be allowed to name two Honorable Mention recipients. League awards will be distributed at the All-League meeting.

## **Football**

### Rules, Regulations, and Policies

- 1. Starting Times** - JV game will start at 5:00 pm. Varsity games will start 25 minutes after the end of the JV game, but not to begin before 7:00 pm. Frosh/Soph games are scheduled 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 JV and Varsity games. Four (4) officials may be scheduled for Frosh/Soph games. The WAC approved number of officials required to conduct a contest for JV and Varsity games will be at least four (4) and Frosh/Soph 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** - JV games will be four ten (10) minute quarters. Varsity games will be four 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 (Varsity only), using the 25-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 thirty first team all-league awards, and twenty-four second team awards. First team award winners will receive a patch, and second 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. For a player to be nominated, he must play in at least four 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 position. **Example:** *fifteen 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:

5 Defensive Linemen-3 + possibility of 2 Defensive Ends  
 4 Linebackers-2 ILB and possibility of 2 OLB if Defensive Ends were not chosen.  
 4 Defensive Backs Defense 13 Total

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 **the second team**.
12. Special awards will be selected after the all-league team has been selected and will take place at the all-league meeting. These awards will be conducted by voice vote. Schools may only nominate a player who has been selected as a first team all-league 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 first team. **Example: If the first team quarterback is selected as MVP, the second ranked quarterback will also be placed on the first team, and the third ranked quarterback will move up to the second 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  
 30 Total Awards (Patches)
14. Honorable Mention: Each school will be allowed to name two Honorable Mention recipients.
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/Athletic Director 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.)* **The voting ballots will be distributed reflecting the votes from all coaches at the meeting.**
16. Athletic Directors 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 cluster/dual matches, each school must have at least one team member in every pairing.
- 2. League Championship:** League champions will be determined by a point system based on wins during regular season cluster/dual matches two (2) points versus each opponent and the league tournament. At the cluster/dual matches, teams will score against their opponents as listed on the schedule. 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 to the 2<sup>nd</sup>, 3<sup>rd</sup>, respective handicapped holes.
- 3. League Championship Tournament:** The league will sponsor an 18-hole end of the season league tournament. The league tournament will be held at the course of the Girls Golf representative's choosing.
- 4. League Girls Golf Representative:** Mountain House 2021/22.
- 5. Matches Ending in Ties:** In the case of ties the scorecards will be matched on the first handicapped hole adding up the top five player's scores continuing to the second handicapped hole until a winner is determined. The winner of the match must be determined prior to teams leaving the site.
- 6. Matches:** Matches will begin at 2:30 p.m. unless mutually agreed upon time is reached by all schools due to host/home courses schedule. The host/home team will declare rainouts and what side of the course will be played. Players will tee off from the Red Tee Box. 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 first team all-league. These players will receive an all-league patch. The next five individuals will be named second team all-league. Each school is allowed to name two Honorable Mention recipients. 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 cluster/dual matches (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 6 of 8 cluster/dual matches, 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 the 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 top three players using their WAC stroke average and the top three players based on the WAC Championship score.

**10. Rules of Play:** All league play will be governed by USGA, NCGA, and CIF. 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 played 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 the 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, which 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 individuals do not have a measuring device, when asked.

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.

**14. Scorecards:** Once scorecards are submitted to the host coach at the completion of the match, scores become final. Both coaches must sign the final scorecard prior to submission to the league rep.

## Tennis Girls

### Rules, Regulations, and Policies

**1. Team Format:** Matches for league play will consist of six singles and three doubles with no doubling of players. Singles play: The No. 1 singles player must be ranked higher on the team individual player strength ladder than the No. 2 singles player. The No. 2 singles player must be ranked higher than the No. 3 singles player. The No. 3 singles player must be ranked higher than the No. 4 singles player. The No. 4 singles player must be ranked higher than the No. 5 singles player. The No. 5 singles player must be ranked higher than the No. 6 singles player. Doubles play: Doubles teams will play according to the two players' combined ranking on the player strength ladder (lowest combined sum of a team's ranking is the No. 1 team). 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. NOTE: Your singles lineup has no effect on your doubles order. You can play your #5 and #6 in doubles and your #10 in singles. The final order is then determined by the rules above. Lineups may change from one match to the next, but the twelve highest rated players who are available for competition must play. If a player in the lineup is unable to play, a substitution is allowed, provided the ladder rules stated above are met. No player can appear in the lineup unless he is listed on the ladder. Moving players with the intent of gaining an advantage is not permitted and shall subject the team to default. Coaches must exchange lineups 15 minutes prior to the match. If either team's lineup does not follow the above stated rules, the lineup must be corrected prior to competition. A protest can only be waged if there is a violation and the coach failed to correct the error when notified. If the violation is not discussed by both coaches prior to the start of competition, there can be no protest.

Ladders must still be submitted on Monday evening. Please list your top fourteen players, you may only move two spots per week once you reach the top fourteen.

**2. Starting Time:** the starting time for league matches will be 3:30 pm.

**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 take place 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 dates agreed upon (when approving the league schedule) prior to the section tournament*. The rotation for hosting the league tournament is as follows: Los Banos, 2022.
- 12. Qualification:** Any player who has participated on a school team during the regular season is permitted to play in the tournament. A player must have participated in at least half of the possible league matches to be eligible for the league tournament. Each team is allowed two singles 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 double's competition. If a player makes it to the finals in singles, then he/she is NOT eligible to play in the double's competition. If a school does not field a team during the regular season, they may still have players participate in the post-season tournament, representing the spots allocated to their team.
- 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 at 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 matchups will decide who advances. If the head-to-head matches are split, the next tie breaker will be sets won in head-to-head between tied teams, followed by games won between the two teams and lastly 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. A player must have participated in at least ten league matches to be considered. 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, if 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 have not already been selected. Six second team players will also be recognized. Each school will be allowed to name two Honorable Mention recipients.

## 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-Soph games will begin at 4:30pm, JV games will start twenty minutes after the Frosh-Soph match. Varsity match will start twenty minutes after the JV match.
- 3. Frosh-Soph and JV pre-match warm up schedule:** 5 minutes shared time on the net, 6 minutes home team on net, 6 minutes visiting team on net, and 3 minutes serving time.
- 4. Varsity pre-match warm up schedule:** 5 minutes shared time on net, 6 minutes home team on net, 6 minutes visiting team on net, and 3 minutes serving time. The time will be set at 20 minutes and teams will follow the format stated above.
- 5. Warm-up Balls:** The home team shall provide warm-up balls for the visiting team.
- 6. 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.
- 7. Varsity Volleyball:** Matches will be decided on the basis of three out of five games. Frosh-Soph and JV, two out of three games.
- 8. Officials:** Matches will be held with only one official if only one assigned official shows up to the contest.
  - a. When available, there will be four officials requested for varsity matches.
  - b. If there are not four officials for the varsity match, then each team will provide one line judge.

1. The line judge will call lines on the opposite side of their school affiliation.

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

**Between two 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 the league. The first-place team will be awarded nine points with the last place team being awarded one. Teams that are tied in the league standings will be awarded an equal number of points. For example, two teams tied for second place would each be assigned 6.5 points with the next team in league standings being awarded five 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 three teams for first place:**

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

**Between three teams for second place:**

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

**Between three teams for third place:**

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

**10. 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 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 end of 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 8 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 one point for every ballot they appear on. Players will then be ranked from most points to least points. The eight 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 second team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 7 2<sup>nd</sup> Teamers.

After the selection of the 1<sup>st</sup> Team All-League, the second team All-Leaguers will be selected following the same process outlined above. Players nominated for the first 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. Each school will be allowed to name two Honorable Mention recipients. 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, JV boys, varsity girls, and JV girls. The order of games will be varsity girls, varsity boys, JV girls, and JV boys. The starting time for the first game will be 4:30 pm. Start time may vary based on coaches' agreement.
- 2. Balls:** The ball authorized for CIF-SJS play is the KAP 7. The KAP 7 or any other ball that has the CIF stamp is to be used for league play. 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. **Playoff Seedings:** In the case of ties for playoff positions, the following procedures will be followed:

**Between two 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 the league. The first-place team will be awarded nine points with the last place team being awarded one. Teams that are tied in the league standings will be awarded an equal number of points. For example, two teams tied for second place would each be assigned 6.5 points with the next team in league standings being awarded five 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 three teams for first place:**

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

**Between three teams for second place:**

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

**Between three teams for third place:**

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

10. **Selection Procedure for All-League:** Coaches will submit their all-league team prior to the selection meeting. The list will be the league's top six field players and one goalie. Coaches may submit the names of their own players if they feel

they deserve first team recognition. Coaches should rank their players, designating who the #1 and #2 choices are (and so on). This list will be sent to the AD representative for water polo on the designated date established at the pre-season league meeting.

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 voting. The players receiving the most votes will be selected as MVP.

League coaches will then select 6 1<sup>st</sup> Team All-League field players and one All-League goalie 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. When voting, coaches are to vote in accordance with the ranked order submitted by the players' coaches. The league representative will count the 1<sup>st</sup> Team All-League ballots. Players will receive one point for every ballot they appear on. Players will then be ranked from most points to least points. The six players and one goalie who receives 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/she will automatically be placed on the second team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 8 2<sup>nd</sup> Teamers, with no restriction on position.

After the selection of the 1<sup>st</sup> Team All-League, the second team All-Leaguers will be selected following the same process outlined above. Players nominated for the first 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. Each school will be allowed to name two Honorable Mention recipients. League awards will be distributed at the All-League meeting.

- 11. Reporting Results:** Coaches are responsible to submit results of each game to the league website manager who will post the scores/standings on the WAC website. The league representative will submit the results of the league meeting to the media. 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/Soph 4:30 pm; JV 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 ensure 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 nine above will apply.
- 11. Pre-game Warmups:** 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:

**Between two 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 the league. The first-place team will be awarded nine points with the last place team

being awarded one. Teams that are tied in the league standings will be awarded an equal number of points. For example, two teams tied for second place would each be assigned 6.5 points with the next team in league standings being awarded five 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 three teams for first place:**

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

**Between three teams for second place:**

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

**Between three teams for third place:**

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

**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 second 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 and a second special award (the title of which is to be determined by the league coaches at the end of 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.
4. League coaches will then select 8 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 one point for every ballot they appear on. Players will then be ranked from most points to least points. The eight 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 second 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 second team All-Leaguers will be selected following the same process outlined above. Players nominated for the first 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. Each school will be allowed to name two Honorable Mention recipients. 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 brief 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 for submitting 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/Soph 4:30 pm; JV 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 ensure 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 nine above will apply.
11. **Pre-game Warmups:** 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:

**Between two 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 the league. The first-place team will be awarded nine points with the last place team being awarded one. Teams that are tied in the league standings will be awarded an equal number of points. For example, two teams tied for second place would each be assigned 6.5 points with the next team in league standings being awarded five 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 three teams for first place:**

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

**Between three teams for second place:**

- Head-to-head

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

**Between three teams for third place:**

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

**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 second 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 and a second special award (the title of which is to be determined by the league coaches at the end of 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.
4. League coaches will then select 8 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 one point for every ballot they appear on. Players will then be ranked from most points to least points. The eight 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 second

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 second team All-Leaguers will be selected following the same process outlined above. Players nominated for the first 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. Each school will be allowed to name two Honorable Mention recipients. 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 brief 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 for submitting 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. **Official Ball:** A CIF approved soccer ball must be used for all games.
3. **Starting Times:** Varsity Boys and JV Boys games will be played on the same day at the same site. Games will begin at 4:00 p.m. When a host school only has one field available, the Varsity and JV games will be one after another, with the order determined by the schools involved. When two fields are available, games will be played simultaneously.
4. **Length of Games:** Games will consist of two 40-minute halves.
5. **Play-off Seedings:**
  - 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.

#### **Between two 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 the league. The first-place team will be awarded nine points with the last place team being awarded one. Teams that are tied in the league standings will be awarded an equal number of points. For example, two teams tied for second

place would each be assigned 6.5 points with the next team in league standings being awarded five 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 three teams for first place:**

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

**Between three teams for second place:**

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

**Between three teams for third place:**

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

- c. If the 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

6. **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.
7. **Tournaments:** League teams will not be allowed to play in post-season tournaments except for CIF playoffs.
8. **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.
9. **Monitoring System:** At the conclusion of each game, both coaches will review the red cards assigned to players/coaches with each other. Each coach will submit to the league soccer rep a report documenting any red cards assigned during the game. Information will include the player's name and number, as well as the name of any coach. The Commissioner will keep track of this information and share it with

Principals and Athletic Directors in the annual WAC Ejection Report.

10. **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.
11. **Coaches:** When a coach is ejected, the game is forfeited unless a certified assistant takes control of the team. The coach cannot coach the next game if he/she was ejected from the previous game.
12. **All League Awards:** At the beginning of the last week of league play, a ballot will be sent out to all coaches in the league 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 end of 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 16 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 one point for every ballot they appear on. Players will then be ranked from most points to least points. The sixteen 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 second 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 second team All-Leaguers will be selected following the same process outlined above. Players nominated for the first 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. Each school will be allowed to name two Honorable Mention recipients. 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. **Official Ball:** A CIF approved soccer ball must be used for all games.
3. **Starting Times:** Varsity Girls and JV Girls games will be played on the same day at the same site. Games will begin at 4:00 p.m. When a host school only has one field available, the Varsity and JV 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.
4. **Length of Games:** Games will consist of two 40-minute halves.
5. **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.

**Between two 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 the league. The first-place team will be awarded nine points with the last place team being awarded one. Teams that are tied in the league standings will be awarded an equal number of points. For example, two teams tied for second place would each be assigned 6.5 points with the next team in league standings being awarded five 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 three teams for first place:**

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

**Between three teams for second place:**

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

**Between three teams for third place:**

- Head-to-head
  - Point System
  - If there are three teams tied, coin toss. Odd team out hosts the matches. The two other teams play (match 1). The winner of match one plays the odd team (match 2). Winner of match two is the number 3 seed.
- c). If the 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
6. **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.
  7. **Tournaments:** League teams will not be allowed to play in post-season tournaments except for CIF playoffs.
  8. **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.
  9. **Monitoring System:** At the conclusion of each game, both coaches will review the red cards assigned to players/coaches with each other. Each coach will submit to the league soccer rep a report documenting any red cards assigned during the game. Information will include the player's name and number, as well as the name of any coach. The Commissioner will keep track of this information and share it with Principals and Athletic Directors in the annual WAC Ejection Report.
  10. **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.
  11. **Coaches:** When a coach is ejected, the game is forfeited unless a certified assistant takes control of the team. The coach cannot coach the next game if he/she was ejected from the previous game.
  12. **All League Awards:** At the beginning of the last week of league play, a ballot will be sent out to all coaches in the league 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 end of 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 16 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 one point for every ballot they appear on. Players will then be ranked from most points to least points. The sixteen 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 second 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 second team All-Leaguers will be selected following the same process outlined above. Players nominated for the first 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. Each school will be allowed to name two Honorable Mention recipients. 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 4:00 pm for dual matches, 5:00 pm for quad matches, followed by the Girls Varsity Dual/Quad, followed by the Boys Varsity Dual/Quad. In quad matches, schools will score against the opponents as listed on the schedule.

**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(s) will be given 10 minutes to privately weigh all 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 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 host/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 host/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 contact the home coach as soon as is safe/possible.

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

The Dual Records will determine the League Champion. In the event of a tie, co-champions (or tri-champions) will be declared. The tie-breaker criteria set forth below will be used **only** to determine seeding into the Section Dual Meet championship.

### **4. Seeding Criteria for the Section Dual Meet Championship**

The seeding will be determined based on 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 for the third seed.

### **5. In the Event of a Two-Way Tie – (Used only to determine seeding into section tournament)**

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

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

### **6. In the Event of a Three-Way (or more) Tie - (Used only to determine seeding into section tournament)**

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 highest seed. 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 to the criterion of a two-way tie. That would be criterion #1 or winner of the head-to-head match. In the event of a tie after adding the scores the team the won the dual meet would be the higher seed.

### **7. Varsity League Tournament and J.V. Tourney**

Tournament Cost - The gate proceeds shall be collected by the host school, and expenses (such as officiating, custodial, and other games management costs) will be paid by the host school from these proceeds, unless otherwise arranged by the sport representative and the Commissioner. All profits will then be returned to the Commissioner to be deposited into the league account. In case of a shortfall in which expenses exceed gate proceeds, member schools will share the costs equally. Any monies made through the sale of concession stand items will remain with 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 League Tournament will be hosted as follows: Grace Davis 2021/22, Pacheco 2022/23, Lathrop 2023/24, Mountain House 2024/25, Johansen 2025/26, Ceres 2026/27.

**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 be named as all-league will receive an all-league patch. Second place finishers will be named as second team all-league and receive a certificate. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place finishers will receive a medal. Each school will be allowed to name two Honorable Mention recipients.

**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 seven 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 seven 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 for other meets through our league meet.

## **Wrestling Girls**

### Rules, Regulations, and Policies

**1. Start time:** J.V. or exhibition matches are to start at 4:00 pm for dual matches, 5:00 pm for quad matches, followed by the Girls Varsity Dual/Quad, followed by the Boys Varsity Dual/Quad. In quad matches, schools will score against the opponents as listed on the schedule.

**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(s) will be given 10 minutes to privately weigh all 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 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 host/home coach will be the official at the weigh-ins: his decision is final.
- f) If the visiting coach requests, the home coach must check and verify if a wrestler is or is not on weight before the line-up cards are exchanged.
- g) All coaches should have a prepared line-up card to give to the opposing coach for their scorekeepers. Need Alpha Report prior to weigh-ins.

**3. To Determine the League Champion**

The Dual Records will determine the League Champion. In the event of a tie, co-champions (or tri-champions) will be declared. The tie-breaker criteria set forth below will be used **only** to determine seeding into the Section Dual Meet championship.

**4. Seeding Criteria for the Section Dual Meet Championship**

The seeding will be determined based on 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 for the third seed.

**5. In the Event of a Two-Way Tie – (Used only to determine seeding into section tournament)**

- a) The team that won the dual match between the two schools would become the higher seed.
- b) If those teams tied (i.e., 26-26), the team with the highest total of individual match wins (including forfeits), would be the higher seed.

**6. In the Event of a Three-Way (or more) Tie - (Used only to determine seeding into section tournament)**

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 highest seed. 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 to the criterion of a two-way tie. That would be criterion #1 or winner of the head-to-head match. In the event of a tie after adding the scores the team the won the dual meet would be the higher seed.

**7. Varsity League Tournament**

Tournament Cost - The gate proceeds shall be collected by the host school, and expenses (such as officiating, custodial, and other games management costs) will be paid by the host school from these proceeds, unless otherwise arranged by the sport representative and the Commissioner. All profits will then be returned to the Commissioner to be deposited into the league account. In case of a shortfall in which expenses exceed gate proceeds, member schools will share the costs equally. Any monies made through the sale of concession stand items will remain with 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 League Tournament will be hosted as follows: Grace Davis 2021/22, Pacheco 2022/23, Lathrop 2023/24, Mountain House 2024/25, Johansen 2025/26, Ceres 2026/27.

**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 be named as all-league will receive an all-league patch. Second place finishers will be named as second team all-league and receive a certificate. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place finishers will receive a medal. Each school will be allowed to name two Honorable Mention recipients.

**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 five 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 five 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 for 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; JV requires only one (1).

**2. Official Ball:** A CIF approved baseball must be used for all games.

**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 p.m. to 3:30 p.m., and then 3:45 p.m. to 4:00 p.m.

- Night games are allowable if an 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 two 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 the league. The first-place team will be awarded nine points with the last place team being awarded one. Teams that are tied in the league standings will be awarded an equal number of points. For example, two teams tied for second place would each be assigned 6.5 points with the next team in league standings being awarded five 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 three teams for first place:**

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

**Between three teams for second place:**

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

**Between three teams for third place:**

- Head-to-head
- Point System
- If there are three teams tied, coin toss. Odd team out hosts the games. The two other teams play (game 1). The winner of game one plays odd team (game 2). Winner of game two 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 in 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 five innings will be considered a regular game.
- A game that is called due to rain or darkness and at least five 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:** sixteen 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 conducted by a voice vote and the players who receive the most votes will receive those honors. League coaches will then select 14 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 one point for every ballot they appear on. Players will then be ranked from most points to least points. The fourteen 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 second 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 second team All-Leaguers will be selected following the same process outlined above. Players nominated for the first 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. Each school will be allowed to name two Honorable Mention recipients. 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 brief 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 for submitting results to their local papers. A date

for release of the information will be determined by mutual consent of the WAC coaches. The 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:** 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 cluster/dual matches, each school must have at least one team member in every pairing.
- 2. League Championship:** League champions will be determined by a point system based on wins during regular season cluster/dual matches by two (2) points and the league tournament. At the cluster/dual matches, teams will score against their opponents as listed on the schedule. 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 to the 2<sup>nd</sup>, 3<sup>rd</sup>, respective handicapped holes.
- 3. League Championship Tournament:** The league will sponsor an 18-hole 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:** Mountain House 2021/22.
- 5. Matches Ending in Ties:** In the case of ties the scorecards will be matched on the first handicapped hole adding up the top five player's scores continuing to the second handicapped hole until a winner is determined.
- 6. Matches:** Matches will begin at 12:00 pm unless the mutually agreed upon time is reached by all schools due to host/home courses schedule. The host/home team will declare rainouts. A match will be considered complete if each team has played nine (9) holes. The use of summer or winter rules and the use of regular or championship tees will be decided by the host school.
- 7. All-League and MVP Selection:** All-league honors will be based on individual points awarded for matches between league opponents and the League Tournaments.

#### Points for Matches

- Low Gross .....12 pts
- Second low gross....10 pts
- Third low gross.....8 pts
- Fourth low gross.....6 pts
- Fifth low gross.....4 pts
- Sixth low gross.....2 pts

Mid-Year League Tournament and End of Year League Tournament

- Low Gross .....24 pts    -7<sup>th</sup> Low Gross .....12 pts    13<sup>th</sup> to 24<sup>th</sup> Gross ...1 pt. each
- Second low gross.....22 pts    -8<sup>th</sup> low gross.....10 pts
- Third low gross.....20 pts    -9<sup>th</sup> low gross..... 8 pts
- Fourth low gross.....18 pts    -10<sup>th</sup> low gross..... 6 pts
- Fifth low gross.....16 pts    -11<sup>th</sup> low gross..... 4 pts
- Sixth low gross.....14 pts    -12<sup>th</sup> low gross..... 2 pts

In summary, the individual with the highest point total will earn MVP. The next five players with the highest point totals will be selected as first team all-league. These players will receive an all-league patch. The next five individuals will be named second team all-league. Each school is allowed to name two Honorable Mention recipients. 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 league points. The poorest score from the cluster/dual (the higher of the two) is to be thrown out. \*
- b. A player must have competed in a combination of at least 3 of 4 matches 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 the 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 their league points.

\* 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. 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 played 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, which 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 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.

- 14. Scorecards:** Once scorecards are submitted to the host coach at the completion of the match, scores become final. Both coaches must sign the final scorecard prior to submission to the league rep.

## **Softball**

### Rules, Regulations, and Policies

- 1. Number of Officials:** Varsity game requires two (2) officials; JV requires only one (1).
- 2. Official Ball:** A CIF approved softball must be used for all games.
- 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 two 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 the league. The first-place team will be awarded nine points with the last place team being awarded one. Teams that are tied in the league standings will be awarded an equal number of points. For example, two teams tied for second place would each be assigned 6.5 points with the next team in league standings being awarded five 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 three teams for first place:**

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

**Between three teams for second place:**

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

**Between three teams for third place:**

- Head-to-head
- Point System
- If there are three teams tied, coin toss. Odd team out hosts the games. The two other teams play (game 1). The winner of game one plays odd team (game 2). Winner of game two 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. 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 second 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:** sixteen 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 conducted by a voice vote and the players who receive 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 14 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 one point for every ballot they appear on. Players will then be ranked from most points to least points. The fourteen 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 second 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 second team All-Leaguers will be selected following the same process outlined above. Players nominated for the first 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. Each school will be allowed to name two Honorable Mention recipients. League awards will be distributed at the All-League meeting.

## Swimming

### Rules, Regulations, and Policies

- 1. Championship:** The WAC team championship will be determined by ½ dual meet competition and ½ championship 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 competitions. An unofficial JV competition may be run with the coaches' approval prior to the meet.
- 4. Championship Meet: League Championship Rotation:** Mountain House 2022.
- 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: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

6. **Tri-Meets:** Tri-meets will be scored as double-dual meets.
7. **Seeding:** Seeding will be determined using the Hy-Tek system, with coaches submitting entries electronically. Programs will be made available within 24 hours of the established entry time for all coaches to review and check for errors. Adjustments on the day of the conference meet will be determined by the meet referee only due to allowable reasons.
8. **Timers:** If available, automatic timing will be used to determine finishers. If not, 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. The starter will have the say in determining placers.
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 first-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. Second place finishers in each event will be named to the second team all-league team. Each school will be allowed to name two Honorable Mention recipients.
10. **Facilities:** The league meets will be rotated among the schools that could host meets at this time.
11. **Finances** - The gate proceeds shall be collected by the host school, and expenses (such as ticket-takers, custodial, and other meet management costs) will be paid by the host school from these proceeds, unless otherwise arranged by the sport representative and the Commissioner. All profits will then be returned to the Commissioner to be deposited into the league account. In case of a shortfall in which expenses exceed gate proceeds, member schools will share the costs equally. Any monies made through the sale of concession stand items will remain with the host school.

## Tennis Boys

### Rules, Regulations, and Policies

1. **Team Format:** Matches for league play will consist of six singles and three doubles with no doubling of players. Singles play: The No. 1 singles player must be ranked higher on the team individual player strength ladder than the No. 2 singles player. The No. 2 singles player must be ranked higher than the No. 3 singles player. The No. 3 singles player must be ranked higher than the No. 4 singles player. The No. 4 singles player must be ranked higher than the No. 5 singles player. The No. 5 singles player must be ranked higher than the No. 6 singles player. Doubles play: Doubles teams will play according to the two players' combined ranking on the player strength ladder (lowest combined sum of a team's ranking is the No. 1 team). 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. NOTE: Your singles lineup has no effect on your doubles order. You can play your #5 and #6 in doubles and your #10 in singles. The final order is then determined by the rules above. Lineups may change from one match to the next, but

the twelve highest rated players who are available for competition must play. If a player in the lineup is unable to play, a substitution is allowed, provided the ladder rules stated above are met. No player can appear in the lineup unless she is listed on the ladder. Moving players with the intent of gaining an advantage is not permitted and shall subject the team to default. Coaches must exchange lineups 15 minutes prior to the match. If either team's lineup does not follow the above stated rules, the lineup must be corrected prior to competition. A protest can only be waged if there is a violation and the coach failed to correct the error when notified. If the violation is not discussed by both coaches prior to the start of competition, there can be no protest.

Ladders must still be submitted on Monday evening. Please list your top fourteen players, you may only move two spots per week once you reach the top fourteen.

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 be 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 dates agreed upon (when approving the league schedule) prior to the section tournament.* The rotation for hosting the league tournament is as follows:  
Mountain House 2022.

12. **Qualification:** Any player who has participated on a school team during the regular season is permitted to play in the tournament. A player must have participated in at least half of the potential matches to be eligible to be eligible for the league 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 double's competition. If a player makes it to the finals in singles, then he/she is NOT eligible to play in the double's competition. If a school does not field a team during the regular season, they may still have players participate in the post-season tournament, representing the spots allocated to their team.

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 at 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 matchups 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. A player must have participated in at least ten league matches to be considered. 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, if 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 have not already been selected. Six second team players will also be recognized. Each school will be allowed to name two Honorable Mention recipients.

## Track

### Rules, Regulations, and Policies

1. **Divisions:** The WAC will have four divisions for track: Varsity Boys, Varsity Girls, JV Boys, and JV Girls. All four compete on the same day, location, and time when facilities are available.
  - a. If events need to be held at an alternative site due to facility issues, they will be done so on the same day.

2. **League Champions:** The WAC league champions will be determined by the regular season dual meet records. The winning team will receive one point and the losing team zero points for each dual meet. Ties will not be broken.
3. **Starting times:** Starting time 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. **Postponements:** Postponed meets are to be scheduled for the next non-conflicting date, or during the designated open week in the schedule for make-ups. All schools must make all efforts to ensure that all dual meets are held. Only in the event of make-up meets being unable to be held will schools be allowed to compare results at the league championship to determine dual meet winners.
5. **Participation:** There is an unlimited number of participants for the dual meets, but the top three runners must compete against the top three of the opposing school in the same heat. Scoring is first place - 5 points, second place - 3 points, third place - 1 point, and relays first place only - 5 points.
6. **WAC Championship:**
  - a. **Participation:** Athletes must participate at the varsity level in at least two dual meets on two different dates to be eligible to participate in the WAC championship meet at the varsity level. Each school may enter four athletes in individual events. Five or more may be entered providing ALL have met or exceeded the Section Automatic Qualifying Standard.
  - b. **Awards:** All-league individual event winners and relay teams will be determined by winning first place at the Championship Meet. Event winners will receive a first-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. Second place finishers in each event will be named to the second team all-league team. Each school will be allowed to name two Honorable Mention recipients.
  - c. **Championship Meet:** The 2024 WAC championship meet will be hosted by Beyer High School at Johanson High School on Saturday, April 27<sup>th</sup>, beginning at 9:00 a.m. 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.
7. **Finances** - The gate proceeds shall be collected by the host school, and expenses (such as ticket-takers, custodial, and other meet management costs) will be paid by the host school from these proceeds, unless otherwise arranged by the sport representative and the Commissioner. All profits will then be returned to the Commissioner to be deposited into the league account. In case of a shortfall in which expenses exceed gate proceeds, member schools will share the costs equally. Any monies made through the sale of concession stand items will remain with the host school.

# 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:** JV games will start at 5:00 pm. Varsity match will start twenty minutes after the JV match.
- 3. JV pre-match warm up schedule:** 5 minutes shared time on the net, 6 minutes home team on net, 6 minutes visiting team on net, and 3 minutes serving time.
- 4. Varsity pre-match warm up schedule:** 5 minutes shared time on net, 6 minutes home team on net, 6 minutes visiting team on net, and 3 minutes serving time. The time will be set at 20 minutes and teams will follow the format stated above.
- 5. Warm-up Balls:** The home team shall provide warm-up balls for the visiting team.
- 6. 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.
- 7. Varsity Volleyball:** Matches will be decided based on three out of five games. JV will be two out of three games.
- 8. Officials:** Matches will be held with only one official if only one assigned official shows up to the contest.
  - a. When available, four officials will be requested for varsity matches.
  - b. If there are not four officials for the varsity match, then each team will provide one line judge.
    1. The line judge will call lines on the opposite side of their school affiliation.

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

**Between two 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 the league. The first-place team will be awarded nine points with the last place team being awarded one. Teams that are tied in the league standings will be awarded an equal number of points. For example, two teams tied for second place would each be assigned 6.5 points with the next team in league standings being awarded five 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 three teams for first place:**

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

**Between three teams for second place:**

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

**Between three teams for third place:**

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

- 10. 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 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 end of 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 one point for every ballot they appear on. Players will then be ranked from most points to least points. The seven 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 second 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 second team All-Leaguers will be selected following the same process outlined above. Players nominated for the first 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. Each school will be allowed to name two Honorable Mention recipients. League awards will be distributed at the All-League meeting.

# Western Athletic Conference

## All-League Nomination Form – Football

*Five nominations per school plus one 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.	_____						

