2026-2027 Western Athletic Conference
General By-Laws
Updated 6/1/2026

1. **Meetings:** WAC League meetings shall be held once a month with Athletic Directors and Principals of member schools. Meetings will normally be conducted on the 2nd Wednesday of the month at a location determined by the Commissioner. Any exception to the regular meeting schedule will be communicated by the Commissioner to all member schools in a timely manner. When circumstances warrant, including public health concerns or other extenuating situations, meetings may be conducted virtually via Zoom or another approved electronic platform as determined by the Commissioner.
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 provides 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 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 decides 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, which 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 Established CIF 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:

Flag Football will have at least two.
Football (Varsity and JV) will have at least four. Frosh/Soph at least three.
Volleyball will be 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's 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 school member 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 & Point System:

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 by the teams, they defeated in league shall be the second criterion. First place would count nine points, second place seven points, third place six points and so forth.

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:

A. 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).

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

21. Coach Recognition:

A. The head coach of the team that finishes in first place in league standings shall be recognized with a First Place Coach plaque.

B. The WAC does not select a "Coach of the Year" award.

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 two cluster meets. 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 fourteen (14). 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 1.5 times, so every team that a school finishes ahead of will be worth 1.5 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 three events will be broken by WAC Championship placement.
4. **Length of Races:** Varsity - 3 miles or within 0.1 miles, JV - 2 miles or within 0.1 miles.
5. **WAC Finals:** Ceres H.S. will be the host site for the 2026 WAC Final meet.
6. **All-League:** For Varsity boys and girls, All-League honors and League MVP will be determined by a running point system from the two cluster meets and the WAC Championship. To be in contention for MVP, first team or second team honors,

the runner must participate in all three meets as a Varsity athlete. Runners will earn points based off of their placement at each of the three meets (1st place = one point, 2nd place = 2 points, 3rd place = 3 points, and so on). If there is a tie after all three races are scored, the runner who scores the fewest points at the WAC Championship Meet, would win the tiebreaker. In this scoring system, lowest points will be awarded WAC League MVP, the next seven are then labeled as First-Team All-League and will receive an All-League patch. The next eight will be named Second-Team All-League.

7. **Start Times:** Cluster Meets, and the WAC Final meet will begin at 11:30 a.m.
8. **Order of Events:** For the two cluster meets, the order of events will be as follows: Varsity Girls, Varsity Boys, JV Girls, JV Boys.
9. **Order of Events, WAC Championship:** F/S Girls, F/S Boys, Varsity Girls, Varsity Boys. (No JV races will be held at WAC Championship.)

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 1st, 2nd, or 3rd 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 rewarded 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 – 1st Team All-League players and 14 – 2nd Team All-League players.

League coaches will then select 8 – 1st 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 1st 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 1st 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 2nd Team All-League members will be adjusted accordingly, resulting in a total of 7 – 2nd Teamers. The same process will then be followed by All-League Defensive players.

After the selection of the 1st 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 2nd 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 begin before 7:00 pm. Frosh/Soph games are scheduled for 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 to 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 **1st 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 1st 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 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 2nd Monday* after the final league game. The all-league meeting will be held the 2nd 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 four (4) scores from each team will be used to determine the winner during the first round of the league. Starting after the mid-season tournament, through the WAC Championship, the best five (5) scores will be used to determine the winner. During regular season matches, each school must have at least one team member in each group. If a team only has two players, the coach for that team must score one of the groups.

2. Ties: If a match or tournament ends in a tie, the score of both schools' #5 golfers will be used. If still tied, the score of the school #6 golfer will be used. If still tied, the scores of all 6 golfers will be used on the #1 handicapped hole. If still tied, the total score on the #2 handicapped hole will be used; and so on.

3. League Tournaments: The league will host a mid-season and post-season WAC championship tournament. These events will be 18 holes. The league representative will endeavor to host these events at a neutral site course.

4. League Champion: A point system will determine the league champion based on league dual wins and WAC tournament finishes. The following points will be awarded: One (1) point per dual match win. Two (2) points for each school the team finishes ahead in the Mid-Season tournament. Three (3) points for each school the team finishes ahead in the WAC Championship tournament.

5. Matches: Matches will begin at 3:30 p.m. unless schools reach a mutually agreed upon time due to host/home course schedule. The home course will declare rainouts. Players will tee off from the Red Tee Box* and shall endeavor to play the front 9. Exceptions can be made based on golf course requests. A match will be considered complete if each team has played five (5) holes. The use of winter rules should be at the request of the golf course professional or by mutual agreement by both coaches. ***Playing the correct tees is essential for using the NCGA slope/rating system.*

6. All-League and MVP Selection: All-league honors will be based on individual WAC stroke averages. The player's 9-hole stroke average (over par) will be calculated by using the USGA formula that considers the course rating and slope of each course played. Formula: player score, subtracted by course rating, multiplied by 113, divided by the course slope rating.

The lowest stroke average will earn MVP. The next five 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.

- To be eligible for the all-league, players must establish a WAC stroke average. To calculate a player's stroke average, the player must play in the WAC Championship. If a player competes in all WAC events the player can kick out their highest three 9-hole scores or a combination of their mid-season 18-hole score and one 9-hole score. The higher total of the two options will be used. Players missing more than three 9-hole matches or two nine-hole matches and the mid-season will not have a stroke average.

^ *This requirement could be waived due to hardship (unavoidable and unforeseeable for the golfer) or injury by agreement of the majority of coaches. Hardship cases need to be determined prior to the league championship tournament.*

7. 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. If there is a tie for the final team spot to qualify for advancement the score from the WAC Championship event will be used to break the tie.

8. Individuals Qualification for CIF Advancement: The top individuals not on a qualifying team(s) will advance to the SJS Divisional Tournament by way of their WAC scoring average. The top 6 will advance, and the next 3 will be considered alternates.

9. Rules of Play: All WAC 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 play on that hole will end for the player. A player who "picks up" is required to stay with their group and score their opponent.
- The WAC will adhere to the 2019 USGA pace of play previsions about balls lost or out of bounds: as an alternative to stroke and distance. The rule will allow golfers the option to drop the ball in the vicinity of where the ball is lost or out of bounds (including the nearest fairway area), under a two-stroke penalty. Clarification: If a player is dropping for a ball hit out of bounds, they are dropping at the "point of entry", not where the ball ended up. In both OB and lost ball scenarios, players have the option to play the ball from the previous location under the normal OB/Lost ball penalty, stroke, and distance. If the ball lost is the tee ball, the player would be dropping and playing their 4th shot from the fairway.

10. Coaching: A certified coach must accompany the players on the course during the Match. Certified coaches should be introduced during the pre-match introduction. Coaching by certified coaches is allowed so long as it does not hinder the pace of play.

11. Code of Conduct for Spectators and Parents:

- Stay off all fairways and greens during play.
- Remain 30 yards away from all players.
- Do not carry golfers' bags or clubs during competition.
- Spectators may help spot or find balls.
- Do not talk to golfers during the competition.
- Must be reserved when acknowledging a good shot.

12. Player Conduct

- Cell Phones: participants shall not use cell phones in any WAC/Sac-Joaquin Section contest or tournament. PENALTY: The first violation is a two-stroke penalty; subsequent violations will result in disqualification.
- Distance Measuring Devices: Players may use a device that measures distance only. Players may not use any cell phone applications, as the use of cell phones are 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.
- Flagrant throwing of clubs or damaging the golf course will result in play disqualification.
- Vulgar or abusive language will result in a one-stroke penalty on the first offense and disqualification on the second offense.

13. 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 representative. Any protest should be made in writing/email within 24 hours of the completion of the match.

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. ten (10) point tie-breaker game, must win by two, 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. Coaches or players may be line judges.

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: Lathrop-2026, Livingston-2027. If necessary, A 3rd Place Singles Match will be played on Wednesday, between Singles and Doubles Tournament, at Johansen High School, beginning at 9 a.m.

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: Based on SJS allotment, either two or three teams/individuals/doubles, 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. Based on SJS allotment, either two or three teams will advance to the SJS Team Tournament. In the case of a tie, the tie breaker system listed below will be followed to determine who advances to the SJS Team Tournament.

- Head-to-head
- Matches won head-to-head
- Sets won head-to-head
- Games won head-to-head
- Playoff match
- Coin flip if unable to play a playoff match

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 that 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 for 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 1st, 2nd, or 3rd 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 1st 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 1st 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 1st 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 2nd Team All-League members will be adjusted accordingly, resulting in a total of 7 2nd Teamers.

After the selection of the 1st 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 2nd 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 4:00 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 should 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 1st, 2nd, or 3rd 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 1st 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 1st 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 1st 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 2nd Team All-League members will be adjusted accordingly, resulting in a total of 8 2nd Teamers, with no restriction on position.

After the selection of the 1st 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 2nd 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 for submitting 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 1st, 2nd, or 3rd 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.

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 Wednesday following the last regular season contest, coaches will submit to their athletic director their nominations, if any, for League MVP and 1st Team and

2nd Team All-League. These nominations should include any information that the coach feels validates their player's consideration for MVP and/or 1st Team/2nd Team All-League. AD's will confirm that these nominations are appropriate.

2. On Thursday following the last regular season contest, athletic directors will submit their school's MVP nomination and 1st Team/2nd 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 1st and 2nd 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 1st 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 1st 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 1st 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 2nd Team All-League members will be adjusted accordingly, resulting in a total of 5 2nd Teamers.
5. After the selection of the 1st 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 2nd 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 1st, 2nd, or 3rd 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.

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 Wednesday following the last regular season contest, coaches will submit to their athletic director their nominations, if any, for League MVP and 1st Team and 2nd Team All-League. These nominations should include any information that the coach feels validates their player's consideration for MVP and/or 1st Team/2nd Team All-League. AD's will confirm that these nominations are appropriate.
2. On Thursday following the last regular season contest, athletic directors will submit their school's MVP nomination and 1st Team/2nd 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 1st and 2nd 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 1st 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 1st 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 1st 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 2nd Team All-League members will be adjusted accordingly, resulting in a total of 5 2nd Teamers.
5. After the selection of the 1st 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 2nd 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:** The officials will always look for a ball that has the NFHS logo on it.
3. **Starting Times:** Varsity Boys and JV Boys games will be played on the same day at the same site. Games will begin at 4:15 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 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 1st, 2nd, or 3rd 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:** Three officials will be assigned for each league game. Games may be played with only two officials if only two 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 forward all ejection reports to the school and their upcoming opponent.
10. **Equal Access to Warm-up Areas:** During the warm-up 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, GK, Offensive Player, Defensive Player, and 14 first team players. 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 1st 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 1st 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 1st 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 2nd Team All-League members will be adjusted accordingly, resulting in a total of 11 2nd Teamers.

After the selection of the 1st 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 2nd 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:** The officials will always look for a ball that has the NFHS logo on it.
3. **Starting Times:** Varsity Girls and JV Girls games will be played on the same day at the same site. Games will begin at 4:15 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 1st, 2nd, or 3rd 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:** Three officials will be assigned for each league game. Games may be played with only two officials if only two 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 forward all ejection reports to the school and their upcoming opponent.
10. **Equal Access to Warm-up Areas:** During the warm-up 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, GK, Offensive Player, Defensive Player, and 14 first team players. 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 1st 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 1st 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 1st 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 2nd Team All-League members will be adjusted accordingly, resulting in a total of 11 2nd Teamers.

    After the selection of the 1st 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 2nd 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 it 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 2026/27, Johansen 2027/28, Central Valley 2028/29, Pacheco 2029/30.

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 and will receive an all-league patch. Second place finishers will be named as second team all-league. 1st, 2nd, 3rd, and 4th 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

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 2026/27, Johansen 2027/28

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. 1st, 2nd, 3rd, and 4th 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
Stunt
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 allowed 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.

- Pitch count should be communicated between both dugouts after every half inning.
- Home scorebook is the official accounting for the pitch count.

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

Between two teams for 1st, 2nd, or 3rd 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:

- Special Awards consist of: MVP, Offensive Player of the Year, Utility Player of the Year, and Pitcher of the Year.
- 1st Team All-League has 14 positions, consisting of four Special Awards and 10 All-League.
- 2nd Team consists of 9 positions.
- Honorable Mention consists of 13 players. The final 13 players left off of 1st and 2nd team will earn Honorable Mention. If not everybody does their max allotment of nominations, we will have less Honorable Mention awards.
- All-League positions: Two pitchers, catcher, two corner infielders, two middle infielders, three outfielders, totaling 10 positions.
- 2nd Team positions: One pitcher, catcher, two corner infielders, two middle infielders, three outfielders, totaling 9 positions.
- 23 All-League 1st and 2nd team recognition.
- Nominations determined by final league standings.
    - 1st place-8 nominations
    - 2nd place-7 nominations
    - 3rd place-6 nominations
    - 4th place-5 nominations
    - 5th place-4 nominations
    - 6th place-3 nominations
    - 7th place-2 nominations
    - 8th place-1 nomination
- 36 nominations for 23 All-League positions.
- Voting-Before the All-League meeting, each team will submit All-League nominations to the WAC representative for baseball. A spreadsheet will be created and sent back to each coach for voting. Coaches may not vote for their own players.
- Voting will take place in person for Special Awards and First Team.
- Coaches will have the opportunity to speak on behalf of their players.
- Once this process is completed, Coaches will receive the totals from the on-line vote.
- We will cross off the names for the Special Award winners and 1st Team All-League. Next highest vote getters will be 2nd Team.
- Coaches can replace one of their kids for 2nd Team only, with a 2/3 vote.

- 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/Events: Up to six (6) players may play; the best five (5) scores from each team will be used to determine the winner. Each school will host one 18-hole tournament at their home course.
2. Regular season tournaments: League tournaments will begin at 2 pm or to be determined by the host school and the availability of the golf course. The use of winter rules and tees will be decided by the host team in conjunction with the golf course.
3. Host/tournament director for regular season tournaments shall: Be the direct contact with the host golf course; oversee and determine if the event is to be a shotgun or tee times. Communicate in advance with all league coaches; inform them of tee times OR create hole assignments and grouping for the event; email all coaches a day in advance. Oversee and monitor warmup and range availability for all schools. Compile all scores and submit the final results of the event to the WAC athletic director in charge.
4. League Championship: League champions will be determined by a point system based on the team's point accumulation during regular-season tournaments and the league championship. Teams will be awarded 1 point for each team they finish ahead of during the regular season league tournaments. Teams will be awarded 2 points for each team they finish ahead of during the league championship.
5. Tournaments Ending in Ties: In tournaments resulting in a tie, the score from the schools #6 player will be used to break the tie. If the #6 score does not break the tie, all six team member scores will be added up on the #1 handicapped hole and compared. This process will continue until there is a winner determined.

6. WAC Championship Tournament: The league will sponsor a league tournament upon completion of the season. The league shall endeavor to host this event at a neutral course.
7. All-League and MVP Selection: All-league honors will be based on individual players' point accumulation throughout the six league tournaments and the end-of-the-year WAC/league championship tournament. The highest point accumulation will earn MVP. The next five individuals will be selected as 1st team all-league. These players will receive an all-league patch. The next five individuals will be named 2nd team all-league. The Coach of the Year award will be voted on by the coaches at the WAC Championship event.

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

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: 1.) 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 six players' scores and continuing to the second handicapped hole until a winner is determined.
9. Individual's Qualification for CIF Advancement: The top individuals not on a qualifying team(s) will advance to the Sub-Section. The top individuals will be determined based on their point accumulation over the course of the season. *Extreme hardship cases can be considered on a case-by-case basis with consent from the majority of the coaches and approval from the WAC athletic directors. Individual hardship cases for potential advancement should be submitted a week prior to the WAC Championship event.
10. Rules of Play: All league play will be governed by USGA, NCGA, CIF-SJS and WAC.

- In order to expedite play, the highest score on a hole will be double-par +1. Once that score is reached by a player, the ball will pick up and play on that hole will end for that player.
- The WAC will adhere to the 2019 USGA pace of play perversion pertaining to balls lost or out of bounds: as an alternative to stroke and distance. The rule will allow golfers the option to drop the ball in the vicinity of where the ball is lost or out of bounds (including the nearest fairway area), under a two-stroke penalty.

11. Coaching: A certified coach must accompany the players on the course during the match.
12. Code of Conduct for Spectators and Parents:
    - Stay off all fairways and greens during play.
    - Remain 30 yards away from all players.
    - Do not carry golfers' bags or clubs during competition.
    - May help spot or find balls.

- Must be reserved when acknowledging a good shot.

13. Player Conduct
    - 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 violations will result in disqualification.
    - Distance Measuring Devices: Players may use a device that measures distance only. Players may not use any cell phone applications, as the use of cell phones is prohibited. The penalty for breach of this rule is disqualification.
    - Flagrant throwing of clubs or damaging the golf course will result in immediate player disqualification.
    - Vulgar or abusive language will result in a one-stroke penalty on the first offense and disqualification on the second offense.

Softball

Rules, Regulations, and Policies

1. **Number of Officials:** Varsity game requires two (2) officials; 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 1st, 2nd, or 3rd 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 1st team all-league. Each team may nominate a player as the most valuable player (MVP) of the league, and an Outstanding Pitcher. The vote for the MVP and Outstanding Pitcher will be 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 1st 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 1st 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 1st 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 2nd Team All-League members will be adjusted accordingly, resulting in a total of 9 2nd Teamers.

After the selection of the 1st 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 2nd Team ballot. Each school will be allowed to name two Honorable Mention recipients. League awards will be distributed at the All-League meeting.

Stunt/Cheer

Rules, Regulations, and Policies

1. All rules shall be governed by CIF regulations/USA Cheers rules for Sport Cheer.
2. Games
    - Pre-game warm-ups can begin when at least one official is present. Warm-up time will be as follows:
        - 15 minutes before game time (this may be shortened to 10 minutes) both teams may use the main floor
        - Coaches may be on the mats during team warm-up time
    - Half-time warm-ups
        - Teams may use the gym floor or behind the bench areas. Coaches may not be on the mats during warm-ups.
    - Overtime: If the game ends in a tie, USA Cheer Overtime Procedures will apply.

3. Tie Breakers to determine playoff qualifiers.
    a. Head-to-head competition involving only league games.
    b. Greatest number of points within the tie

c. Greatest number of wins above the tie
d. Greatest number of wins versus the highest placed team above the tie. e. Greatest number of wins below the tie starting with the next placed team below the tie moving downward.
f. If a tie still exists there will be a play-in-game to determine the playoff qualifiers.

4. All League
   a. A Most Valuable Player will be selected
   b. 12 First Team All-League Players shall be selected
   c. Any player who gets at least one vote will be selected 2nd team All-League

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 should 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:**
   Ceres-2027, Grace Davis-2028
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. 2nd and 3rd place finishers of each event will 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 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, unless home site and/or venue require alternate starting time.
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. ten (10) point tie-breaker game, must win by two, 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. Coaches or players may be line judges.
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:

Livingston, 2027, Pacheco, 2028. If necessary, A 3rd Place Singles Match will be played on Wednesday, between Singles and Doubles Tournament, at Johansen High School, beginning at 9 a.m.

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: Based on SJS allotment, either two or three teams/individuals/doubles, 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. Based on SJS allotment, either two or three teams will advance to the SJS Team Tournament. In the case of a tie, the tie breaker system listed below will be followed to determine who advances to the SJS Team Tournament.

- Head-to-head
- Matches won head-to-head
- Sets won head-to-head
- Games won head-to-head
- Playoff match
- Coin flip if unable to play a playoff match

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 that 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, if feasible, they will be done so on the same day, or the day prior or next available day.
2. **League Champions:** The WAC league champions will be determined by the regular season dual meet records and the WAC championship. The winning team will receive one point and the losing team zero points for each dual meet. Ties will not be broken. Team scores for the WAC championship will be as follows: first place – 7 points, second place – 6 points, third place - 5 points, fourth place – 4 points, fifth place – 3 points, sixth place – 2 points, 7th place – 1 point.
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-up. 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, if hand timed. Dual meet scoring is first place - 5 points, second place - 3 points, third place - 1 point, and relays first place only - 5 points. WAC championship scoring for all events are first place – 10 points, second place – 8 points, third place – 6 points, fourth place – 4 points, fifth place – 2 points, sixth place – 1 point.
6. **WAC Championship:**
    a. **Participation:** Athletes must participate in at least one dual meet to be eligible to participate in the WAC championship meet. Each school may enter five athletes in individual events. More than five may be entered providing ALL have met or exceeded the Section Automatic Qualifying Standard and must be fully automated timed (FAT).
    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. 2nd and 3rd place finishers of each event will 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 2027 WAC championship meet will be hosted by Lathrop High School, at Lathrop High School, on Saturday, May 1st, beginning at 9:00 a.m. All schools must provide help to run the championship meet. All 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 for 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 1st, 2nd, or 3rd 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 1st 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 1st 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 1st 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 2nd Team All-League members will be adjusted accordingly, resulting in a total of 6 2nd Teamers.

After the selection of the 1st 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 2nd 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: _____

	Name	Rank	No.	Pos.	Ht.	Wt.	Yr.
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							