

SANTA CRUZ COAST ATHLETIC LEAGUE SPORTS BY-LAWS

ARTICLE XXVII BASEBALL

Sec. A Season:

- 1). Start date will be determined yearly by CCS

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

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

* Frosh teams will be allowed and are encouraged to seek practice games with teams from the PCAL if there are not enough frosh teams participating in the SCCAL.

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

- 3). The varsity will play seven innings.

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

Sec. C Contests, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.

- 2). Will use the League scheduling matrix and will have a 2 year cycle.

- 3). All postponed games will follow Article XVII Sec B:

All makeups will be played on the next available date unless mutually agreed upon by both schools.

- 4). Scrimmages shall not count in the team's maximum number of contests. Teams are allowed a total of two scrimmages per season, to be completed prior to 1st scheduled game or in the postseason prior to the 1st round of CCS playoffs. For all other Scrimmage policies see Article XXV of the SCCAL constitution

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

Sec. D Eligibility and Movement of Players:

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution:

Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:

- a). No individual athlete may exceed the CCS maximum contests allowed

Sec. E Championship and Individual Champions

- 1). Refer to Article XIII Sec G
- 2). If there is a tie for league playoff seeding or eligibility for C.C.S. seeding the following steps shall be used.
- 3). The League tournament will be run following SCCAL Article XII Sec D

The first place team in the regular season will be an automatic qualifier to CCS playoffs no lower then the #2 qualifier. The league tournament winner will be declared the league tournament champion and receive one of the automatic CCS posts season bids If the first place team from league wins the league tournament then the second place and third place teams in regular season are the other automatic bids. Tournament Format:

1st Round: 6th place @ 3rd place 5th place @ 4th place 1st and 2nd Place Byes

Semi Finals: Lowest remaining Seed @ 1st Place Next remaining Seed @ 2nd Place

Finals (at Cabrillo): Semi-Final Winners (Highest League Finisher is designated the home team)

Sec F. Officials:

- 1). Will use the SCCOA official assoc.

Sec G. Equipment and Facilities:

- 1). All fields will be lined and prepped and certified safe for a game 1 hour prior.
- 2). A suitable bullpen will be provided for each team on each side of the field.
- 3). Home team will provide enough new game balls for the entire game.

Sec. H Order of Events and Scoring

- 1). Home team is the official book and will also be responsible for reporting scores to the media

Sec I. Medical Attention:

- 1). All coaches will have medical care permits with them at all times.

Sec. J Miscellaneous

ARTICLE XXIIX BOYS AND GIRLS BASKETBALL

Sec. A Season

- 1). Start date will be determined yearly by CCS

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

- 1). Boys J.V. 4:30 p.m., Girls Varsity 6:00 p.m., Boys Varsity 7:30 p.m. at one site. Girls J.V. 4:30 p.m., Boys Frosh 6:00 p.m., Girls Frosh 7:00 p.m. at the opposite site, the JV games will switch every other year (boys with Varsity teams in odd years (2019) and girls w Varsity in even years).
- 2). The Varsity game shall start no later than 20 minutes after the conclusion of the preceding game.
- 3). The basketball half-time is extended to twelve minutes, four for each spirit group and four for warm-up. The visiting spirit group performs first.

Sec. C Contest, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations
- 2). Will use the League scheduling matrix and will have a 2 year cycle
- 3). All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.
- 4). League games shall be played on Tuesdays and Fridays in a two game week and Tuesdays, Thursdays and Saturdays in a three game week.
- 5). Scrimmages shall not count in the team's maximum number of contests.
Teams are allowed a total of two scrimmages per season, to be completed prior to 1st scheduled game or in the postseason prior to the 1st round of CCS playoffs .For all other Scrimmage policies see Article XXV of the SCCAL constitution
- 6). Suspended games will follow CCS tie breaking policy #1 and #2, where all games will be called, suspende

Sec. D Eligibility and Movement of Players--

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed

Sec. E Championships and Individual Champions:

1). If there is a tie for league playoff seeding or eligibility for C.C.S. seeding, the league bylaws will be in place (Article XIII Sec G.1)

Sec G League tournaments:

- a.* The first place team in the regular season will be an automatic qualifier to CCS playoffs no lower than the #2 qualifier. The league tournament winner will be declared the league tournament champion and receive one of the automatic CCS posts season bids. If the first place team from league wins the league tournament then the second place and third place teams in regular season are the other automatic bids.
- b.* Tournament Format:
- c.* 1st Round 6th place @ 3rd place 5th place @ 4th place 1st and 2nd Place Byes
- d.* Semi Finals Lowest remaining Seed @ 1st Place Next remaining Seed @ 2nd Place
- e.* Finals (at Cabrillo) Semi-Final Winners (Highest League Finisher is designated the home team)

Sec. F Officials

1). Use SCCOA Officials or if unavailable available association

Sec G Equipment and Facilities

1). Spalding T1000 Top Flite is the official ball

Sec. H Order of Events and Scoring

1). Home team is the official book and is responsible for reporting scores and stats to media.

Sec. I Medical

1). All coaches will have medical care permits with them at all times

Sec. J Miscellaneous

1). In a suspended contest, the contest shall be returned at the same time, score and quarter it was postponed. A player must be in the original score book to participate in the make-up game.

ARTICLE XXIX COMPETITIVE CHEER

Sec A Season

- 1). Start date will be determined yearly by CCS.

Sec B Teams

- 1). Varsity only
- 2). Must hold tryouts, separately from school cheer/dance/spirit teams.

Sec C Contests, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). Will use the League scheduling matrix and will have a 2 year cycle.
- 3). All postponed games/competitions will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.

Sec D Eligibility and movement of players

- 1). All athletes will comply with CIF/ CCS and individual school regulations.
- 2). All teams must have a AACCA certified coach to be eligible to participate as a school team.

Sec E Championships and Individual Champions

- 1). There will be no league or individual champions awarded in SCCAL until 5 schools are competing.

Sec F Officials

- 1). The National Spirit rules will be used for all events.

Sec G Equipment and Facilities

Sec H Order of Events

- 1). Team will choose to enter into the following div: Non Tumbling, Novice, Intermediate, Advanced.

Sec I: Medical Attention

- 1). Coaches must have medical card with each athlete in their possession at all times.

Sec J Miscellaneous

ARTICLE XXX CROSS COUNTRY

Sec. A Season

- 1). Start date will be determined yearly by CCS.

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

- 1). A school must field a Varsity team before it fields a Boys JV or Frosh/Soph or a Girls JV team.
- 2). There will be competition in Boys Varsity and JV, Girls Varsity and JV Teams. Boys and girls Frosh/Soph teams may be fielded.
- 3). Dual meets will start at 4:30 P.M., and league finals at 2:00 P.M, or by AD's mutual agreement.

Section C: Contests, scrimmages and tournaments:

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). Will use the League scheduling matrix and will have a 2 year cycle.
- 3). All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.

Sec D: Eligibility and movement of players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution
Sec C: Athletes can move up and down between JV and varsity entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed.

Sec. E Championships and Individual Championships

- 1). League championships will be decided by scoring one point for a dual meet victory and by scoring 20 points for 1st in the league meet: 18 for 2nd, 16 for 3rd, 14 for 4th, 12 for 5th, 10 for 6th, etc.
- 2). In case of a tie in dual meet or the league meet, the tie will be broken by counting the sixth runner or each team involved in the tie. The team with the lowest placing sixth runner will be determined the winner. If one team has no sixth runner, and the second team does have a sixth runner, the team with a sixth runner will be determined the winner. If neither team has a sixth runner the tie will be broken by discounting each team's fifth runner, adding up the scores of the first four runners and the team with the lowest score will be determined the winner.

- 3). In case of a tie in total league championship points (dual meet points plus league meet points), the tie will be broken on the basis of performance at the league meet. The team finishing best at the league meet will be determined the league championship winner.
- 4). No spiked shoes will be allowed in league meets or the league championships meet.
- 5). The site of the league championship will be determined by a majority vote of the coaches prior to the start of the season.

Section G Equipment and Facilities

Sec. H Order of Events and Scoring

Sec. I Medical Attention

- 1). All coaches will have medical care permits with them at all times.

Sec. J Miscellaneous

ARTICLE XXXI FOOTBALL (suspended until return to league)

Sec. A Season

- 1). Start date and practice limitations will be determined yearly by CCS.

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

- 1). Junior Varsity: 5:00 P.M. and 10 minute quarters, Varsity: 7:30 P.M. 12 minute quarters, the Varsity games should start no more than 25 minutes after the end of the preliminary game.
- 2). Times for day games will be Freshman 9:00 AM, J.V. 11:00 AM; Varsity 2:00 p.m.,
- 3). Thursday night frosh games 5:30 p.m. 10 minute quarters.

Sec. C Contests, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). All teams will participate in the SCCAL Jamboree, as their allowable scrimmage (all levels).
- 3). There shall be an elapsed time of at least five calendar days between successive contests by any one team or player.

Sec. D Eligibility and Movement of Players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution
Sec C: Athletes can move up and down between JV and varsity entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed
- 2). Player must have reached his 15th birthday before playing on the Varsity or against Varsity team. A WAIVER OF THIS BY-LAW CAN BE REQUESTED THROUGH THE CCS OFFICE.

Sec. E Championships and Individual Champions

- 1). If there is a tie for league playoff seeding or eligibility for C.C.S. seeding, the league bylaws will be in place (Article XIII Sec G.1).

Sec. F Officials

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

Sec. G Facilities and Equipment

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

Sec. H Order of Events and Scoring

- 1). The home team is the official scorekeeper for the game.

Sec. I Medical Attention

- 1). A game shall not begin until a medical doctor, nurse or properly certificated first-aid person is on the field. In the event a doctor is not present, a doctor shall be on call.
- 2). All coaches will have medical care permits with them at all times.

Sec. J Miscellaneous

- 1). Videotaping of another team's games is allowed. Visiting teams are not guaranteed equal access to filming locations. The home team site director will designate where filming by teams is allowed. Filming by a 3rd party is allowed but may only be done in area accessible to the public. The site director will designate where 3rd party filming is allowed.
- 2). There is a mandatory two (2) tape exchange of the two most recent games excluding the game preceding the contest.
- 3). If film is not of good quality, it must be replaced with one of better quality. The film will be a dvd or agreed upon internet based program. It is the head coaches (or designees) responsibility to call and arrange the film or DVD exchange time and location. This transaction should take place the Thursday before your next contest.
- 5). If one team (home or visitor) does not care to obtain tape of their opponent, they are still obligated to provide tapes for the opposing team.
- 6). Any disagreement concerning the film exchange policy should be handled by the athletic directors.
- 7). Team personnel or other designated personnel from a school may not visit practice sessions at other league schools.
- 8). Teams may have closed practices.

ARTICLE XXXII BOYS GOLF

Sec. A Season-

- 1). Start date will be determined yearly by CCS.

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

- 1). Teams are limited to a maximum of six players
- 2). League matches will start at 4:30 P.M. or as soon as teams can appear.

Sec. C Contests, Scrimmages and Tournaments-

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations
- 2). Will use the League scheduling matrix and will have a 2 year cycle
- 3). All postponed games/ matches will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.

Sec. D Eligibility of movement of players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution.
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed

Sec. E Championships and Individual Champions

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

Sec F Officials

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

Sec. G Equipment

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

Sec. H Order of Events and Scoring

- 1). A team consists of 6 players. Each person plays medal play. A team's score shall be the total of the low 5 or 6 individual scores. The team with the lowest score wins the match.
- 2). The number of holes played shall be determined prior to the beginning of the match by the home team's coach. If the match is to be shortened after the fact it must be agreed on by both coaches.
- 3). Breaking Ties:

In the case of a tie at the end of the scheduled match, the 5 players on each team whose scores were included in the final team total shall play a single tie-breaking sudden death hole. All 5 scores on this hole shall count as the team score, with the low team winning the match. If a tie-breaking sudden death hole is halved, the teams shall play another tie-breaking sudden death hole and shall proceed in this manner until a winner is determined.

If there is available daylight, the 2 coaches shall mutually agree on a sudden death hole, preferably selecting the nearest hole to the sport where the match concluded.

If there is no available daylight at the end of the scheduled match, or at the end of the halved hole in a sudden death, the league representative shall have the responsibility to schedule a sudden death tie breaker playoff at the end of the regular season. If the sudden death tie breaker is not necessary to determine first, second or third place in the final league standings the match shall be declared a tie.

Scorecards:

- Two sets of scorecards for the match shall be kept by the players in order to afford each coach a complete set of cards at the conclusion of the match.
- In each foursome two scorecards, each for all four players in the group will be kept. One by a home team player and one by a visiting team player. Each card must be signed by the scorer and attested by an opponent in the foursome.
- The scorecard kept by the home team in each foursome shall be the official card. The scorecards kept by the visiting team are not official and are for information purposes only. Errors on the hole-by-hole recording on the visiting team's scorecards shall not result in any scoring change or player disqualification.

Sec. I Medical

- 1). All coaches will have medical care permits with them at all times.

Sec. J Miscellaneous

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

ARTICLE XXXIII GIRLS GOLF

Sec. A Season

- 1). Start date will be determined yearly by CCS.

Sec B. Teams

- 1). A team must have at least five (5) players; if a team has less than five players they will forfeit the match.

Sec. C Contest, Scrimmages and Tournaments-

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). Scoring will be medal play. A team's score shall be the total of the low 5 or 6 individual scores. The team with the lowest score wins the match. The team with only five players must count all five players.
- 3). The home team's coach, prior to the beginning of the match, shall determine the length of the match (number of holes). If the match needs to be shortened after the beginning of the match, the home team coach will be responsible to make the decision. It is suggested that the opposing coach be notified in advance of such a decision.
- 4). Breaking ties: In the case of a tie at the end of a scheduled match, the 5 players on each team whose scores were included in the final team total shall be compared starting with the first match hole and continue until the tie is broken.
- 5). Speed of play: In principle, all matches are to be completed in three (3) hours. If any group gets a hole and a half behind one of the coaches will warn the group. If that group is not only one hole behind within a hole, a two-stroke penalty will be assessed to the group. A single player in a group may be penalized two strokes if it is determined that player is the cause for the group to be out of position.
- 6). All matches will be played using the 6/3 rule. If after the sixth (6) shot the player's ball is not on the green, then the player must pick up and carry the ball directly to the green walking toward the flag from the point where the ball was picked up and place the ball within one (1) club length of the fringe using a 33 to 35 inch putter.
- 7). No player using the 6/3 rule can report a lower score than their opposing player who plays the hole without using the 6/3 rule.

Sec D Eligibility and Movement of Players

- 1). Only needed when JV teams exist, and then refer to league articles.

Sec. E Team Champions and Individual Champions

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

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

Sec. F Officials

- 1). Caddies are not allowed.
- 2). Coaches are spectators/marshals after the match starts.
- 3). Any protest or matches during the season must be reported to the league representative within 24 hours and decided upon within seven days at a coaches meeting.
- 4). Parents are not to talk to players and must stay at least 30 yards from all players.

Sec. G Equipment

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

Sec. H Order of Events and Scoring

- 1). A team consists of 6 players. Each person plays medal play. A team's score shall be the total of the low 5 or 6 individual scores. The team with the lowest score wins the match.
- 2). The number of holes played shall be determined prior to the beginning of the match by the home team's coach. If the match is to be shortened after the fact it must be agreed on by both coaches.
- 3). Breaking Ties:

In the case of a tie at the end of the scheduled match, the 5 players on each team whose scores were included in the final team total shall play a single tie-breaking sudden death hole. All 5 scores on this hole shall count as the team score, with the low team winning the match. If a tie-breaking sudden death hole is halved, the teams shall play another tie-breaking sudden death hole and shall proceed in this manner until a winner is determined.

If there is available daylight, the 2 coaches shall mutually agree on a sudden death hole, preferably selecting the nearest hole to the spot where the match concluded.

If there is no available daylight at the end of the scheduled match, or at the end of the halved hole in a sudden death, the league representative shall have the responsibility to schedule a sudden death tie breaker playoff at the end of the regular season. If the sudden death tie breaker is not necessary to determine first, second or third place in the final league standings the match shall be declared a tie.

Scorecards:

- Two sets of scorecards for the match shall be kept by the players in order to afford each coach a complete set of cards at the conclusion of the match.

- In each foursome tow scorecards, each for all four players in the group will be kept. One by a home team player and one by a visiting team player. Each card must be signed by the scorer and attested by an opponent in the foursome.
- The scorecard kept by the home team in each foursome shall be the official card. The scorecards kept by the visiting team are not official and are for information purposes only. Errors on the hole-by-hole recording on the visiting team's scorecards shall not result in any scoring change or player disqualification.

Sec. I Medical Attention

- 1). All coaches will have medical care permits with them at all times.

Sec. J Miscellaneous

ARTICLE XXXIV LACROSSE

Sec. A Season

- 1). Start date will be determined yearly by CCS.

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

- 1). Varsity Game Length - Game time for boy's varsity will be four 12-minute stopped clock quarters, with a 2 minute quarter break and 10 minute half time. If, during the second half of play, the score differential is 10 or greater, the clock will go to running time.
- 2). JV Game Length - Game time may be negotiated by administrators or persons appointed by administrators and is often based upon anticipated remaining daylight. If time permits four ten minute stopped clock quarters, with 2 minute quarter break and 10 minute half time.
- 3). Multiple Game Ordering - Where daylight is a factor, Varsity games will precede Junior Varsity competitions scheduled for the same day and field.
- 4). Modified Game Length - If there are emergency situations, which warrant an alternate game time, changes may be made by mutual agreement of the coaches. Further, game officials reserve the right to use an alternative game time if they believe safety is an issue.
- 5). Starting times - Weekday- two levels, varsity at 4:30 and JV to follow, one level only - 4:30. Saturday start times to be decided by the two schools administrators (or persons appointed by administrators). Night games - J.V. 5:30pm, Varsity 7:00pm. You may alter or modify times with approval from the league Commissioner.

Sec. C Contest, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). Will use the League scheduling matrix and will have a 2 year cycle.
- 3). All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.
- 4). Scrimmages shall not count in the team's maximum number of contests. Teams are allowed a total of two scrimmages per season. For all other Scrimmage policies see Article XXV of the SCCAL constitution.
- 5). Suspended games will follow CCS tie breaking policy #1 and #2, where all games will be called, suspended.

Sec. D Eligibility and Movement of Players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution.
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed

Sec. E Champions and Championships

1). The team with the best win-loss record will be declared the Regular season_champion_for league tournament seeding or co-champion if tied in regular season.

If there is a tie for league playoff seeding or eligibility for C.C.S. seeding the the league bylaws will be in place (Article XIII Sec G.1).

Sec G League tournaments:

- a.* The first place team in the regular season will be an automatic qualifier to CCS playoffs no lower then the #2 qualifier. The league tournament_winner will be declared the league tournament champion and receive one of the automatic CCS posts season bids If the first place team from league wins the league tournament then the second place and third place teams in regular season are the other automatic bids.
- b.* Tournament Format:
- c.* 1st Round: 6th place @ 3rd place 5th place @ 4th place 1st and 2nd Place Byes
- d.* Semi Finals: Lowest remaining Seed @ 1st Place Next remaining Seed @ 2nd Place
- e.* Finals (at Cabrillo): Semi-Final Winners (Highest League Finisher designated the home team)

Sec. F Officials

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

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

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

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

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

Sec. G Equipment and Facilities

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

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

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

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

Sec. H Order of Events and Scoring-

Sec, I Medical Attention

1). All coaches must have medical care permits with them at all times.

Sec. J Miscellaneous

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

ARTICLE XXXV SOCCER BOYS AND GIRLS

Sec. A Season

- 1). Start date will be determined yearly by CCS.

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

- 1). Boys and girls teams are Varsity and JV.
- 2). All game will be 40 minute halves and a five minute intermission at half-time.
- 3). In all league contests in the event of a tie, it will stay as a tie. (no overtime)

Sec. C Contests, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). Will use the League scheduling matrix and will have a 2 year cycle.
- 3). All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.
- 4). Scrimmages shall not count in the team's maximum number of contests. Teams are allowed a total of two scrimmages per season. For all other Scrimmage policies see Article XXV of the SCCAL constitution
- 5). Suspended games will follow CCS tie breaking policy #1 and #2, where all games will be called, suspended.

Sec. D Eligibility and Movement of Players--

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution.

Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:

- a). No individual athlete may exceed the CCS maximum contests allowed
- 2). A player who receives two yellows (soft red) or a red card in a game will receive a one game suspension. A red card for fighting results in a minimum three game suspension. The suspensions are for the next game or games on the current schedule. Two red cards in league results in a suspension for the entire season. Disqualifications for non-league games result in a one game suspension only.

Sec. E Championships and Individual Champions--

- 1). If there is a tie for league playoff seeding or eligibility for C.C.S. seeding, the league bylaws will be in place (Article XIII Sec G.1).
- 2). The first place team in the regular season will be an automatic qualifier to CCS playoffs no lower then the #2 qualifier. The league tournament winner will be declared the league tournament champion and receive one of the automatic CCS posts season bids. If the first place team from league wins the league tournament then the second place and third place teams in regular season are the other automatic bids. Tournament Format:

1st Round:	6th place @ 3rd place 5th place @ 4th place 1st and 2nd Place Byes
Semi Finals:	Lowest remaining Seed @ 1st Place Next remaining Seed @ 2nd Place
Finals (at Cabrillo)	Semi-Final Winners (Highest League Finisher designated the home team)

Sec. F Officials

- 1). Will use SCCSRA officials or another association if unavailable.

Sec. G Equipment and Facilities

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

Sec. H Order of Events and Scoring

- 1). The home team is the official book and will be responsible for reporting scores to the media,

Sec. I Medical Attention

- 1). All coaches will have medical care permits with them at all times.

Sec. J Miscellaneous

ARTICLE XXXVI GIRLS SOFTBALL

Sec. A Season

- 1). Start date will be determined yearly by CCS.

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

- 1). The official teams will be Varsity and Junior Varsity.
- 2). Day games will start at 4:30 P.M. Night games will start at 7:00 P.M. and 6:00 P.M. for J.V.(only if these are single games).
- 3). The Varsity will play seven (7) innings.
 - a) All levels, Varsity, J.V., and Frosh, will go a full seven (7) innings unless one team is ahead by ten (10) runs or more after five (5) innings have elapsed. At this time the game will be ended by NFHS rule #4 Section 2, Article 2.

Sec. C Contests, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). Will use the League scheduling matrix and will have a 2 year cycle.
- 3). All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.
- 4). Scrimmages shall not count in the team's maximum number of contests. Teams are allowed a total of two scrimmages per season. For all other Scrimmage policies see Article XXV of the SCCAL constitution.
- 5). Suspended games will follow CCS tie breaking policy #1 and #2, where all games will be called, suspended, prior to 5 innings and will be completed from that point.

Sec. D Eligibility and Movement of Players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution.
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed

Sec. E Championships and Individual Champions

- 1). If there is a tie for league playoff seeding or eligibility for C.C.S. seeding, the league bylaws will be in place (Article XIII Sec G.1).

Sec G League tournaments:

2). The first place team in the regular season will be an automatic qualifier to CCS playoffs no lower then the #2 qualifier. The league tournament _winner will be declared the league tournament champion and receive one of the automatic CCS posts season bids

Tournament Format:

1st Round: 6th place @ 3rd place 5th place @ 4th place 1st and 2nd Place Byes

Semi Finals: Lowest remaining Seed @ 1st Place Next remaining Seed @ 2nd Place

Finals (at Cabrillo): Semi-Final Winners (Highest League Finisher is designated the home team)

Sec. F Officials

Sec. G Equipment and Facilities

1).The official ball will be the Dudley Fast Pitch.

2). The field will be properly and safely groomed and lined 1 hour before 1st pitch.

Sec. H Order of Events and Scoring

Sec. I Medical Attention

1). All coaches will have medical care permits with them at all times.

Sec. J Miscellaneous

ARTICLE XXXVII SWIMMING AND DIVING BOYS AND GIRLS

Sec. A Season

- 1). Start date will be determined yearly by CCS.

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

- 1). Varsity and Junior Varsity.
- 2). Starting times shall be 4:30 P.M. or AD's mutual consent.

Sec. C Contests, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
 - 2). Will use the League scheduling matrix and will have a 2 year cycle.
 - 3). All postponed games will follow Article XVII Sec B
- All makeups will be played on the next available date unless mutually agreed upon by both schools.

Sec. D Eligibility and Movement of Players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution.
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed

Sec. E Championships and Individual Champions

- 1). Final team placing will be determined by a combination of league dual and league championship meet points.
- 2). Dual meet points are earned as follows: win = 2 points, tie = 1 point, loss = 0 points. Championship meet points are earned as follows: 3 points for every that a school defeats.
- 3). The championship shall score to 12 places.
- 4). The SCCAL swim finals shall start at 1:00 P.M.
- 5). The team with the best win-loss record will be declared the Regular season champion for league tournament seeding or co-champion if tied in regular season .

If there is a tie for league playoff seeding or eligibility for C.C.S. seeding, the league bylaws will be in place (Article XIII Sec G.1).

Sec F Officials

- 1). Home team is responsible for timers and scoring.

Sec G Equipment and Facilities

- 1). All equipment will be prepared and ready prior to meet.

Sec. H Order of Events and Methods of Scoring

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

Sec. I Medical Attention

- 1). All coaches will have medical care permits with them at all times.

Sec. J Miscellaneous

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

ARTICLE XXXVIII TENNIS - BOYS AND GIRLS

Sec. A Season

- 1). Start date will be determined yearly by CCS.

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

- 1). There shall be official competition in Varsity.
- 2). Starting times for matches will be 4:30 P.M. or by AD's mutual consent.

Sec. C Contest, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
2. Will use the League scheduling matrix and will have a 2 year cycle .
- 3), All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.
- 4). Play will be governed by USTA rules, with the following exceptions: sickness or injury time out shall be limited to 10 minutes. Players play 7 or 10 points winning by two with switching sides at 6, 12, 18, etc.
- 5). A match will consist of the best two out of three sets, no-add scoring for girls and regular scoring for boys.
- 6). The 12 point "tie-breaker" procedure will decide the winner of a six-all set.
- 7). A player shall not compete in both singles and doubles during a dual meet.
- 8). The host school should call the visiting school indicating the number of JV matches courts available, place of courts, etc.
- 9). The lineup shall be ready at the time teams arrive on court.
- 10). In the event of inclement weather or darkness, a rematch will be held as soon as possible. All finished matches will stand in the score. Incomplete matches will begin from the exact score and position on the court at the time the matches were called.
- 11). Girls' competition shall consist of 4 singles and three doubles; boys competition shall consist of 4 singles and three doubles.
- 12). Play is to be continuous. Coaching is allowed on exchange of sides. 90 seconds maximum. Coaches must stand on the outside of the fence

Sec. D Eligibility and Movement of Players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution.
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed

2). Players are to play their singles and doubles matches in order of ability. Ability is determined by a challenge match consisting of a six game set, minimum.

- a. Position changes can be made only by challenge matches as described above. Ladder changes cannot be made by the whim of the coach or for disciplinary reasons.

3).. In the event a player cannot play a match due to illness or injury, the coach must move everyone up one position. However, the coach may keep his/her doubles team intact and put a JV player at the lowest position on the singles lineup.

Sec. E Championship and Individual Champions

1). For the championship tournament all teams will send 1 singles and 1 doubles team. League champion will send an extra singles and doubles team. The 2nd place team will send an extra singles or doubles team. 3rd place team will send one extra team, either doubles or singles, depending on what the 2nd place team sent.

2). Finals will be held at the conclusion of the season with the type of tournament played to be determined by a consensus of league coaches prior to the start of the season.

- a. To be eligible, a player must have participated in at least over half of the league matches. The only exception would be due to illness.

3). A pennant will be awarded to the team finishing 1st in the dual meet schedule.

4). Individual awards will be given for 1st and 2nd place singles and 1st and 2nd place doubles in the SCCAL finals.

5). League Standing, Tie Breaker Procedure

- a. In the event of co-champions or if necessary to determine the CCS representative at the end of the season, a regular 5-2 (Boys) or 4-3 (Girls) playoff match will take place at a neutral court at the discretion of the coaches and principals involved.
- b. For all other ties, the tie-breaker will be the league bylaws in place (Article XIII Sec G.1).

Sec F. Officials

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

2). The home coach shall act as official umpire. The home coach shall greet the visiting team, explain the home court rules and assign players to courts for matches.

Sec. G Equipment

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

Sec. H Order of Events and Scoring

- 1). The winning school will report the match results to the media.

Sec I Medical Attention

- 1). All coaches will have medical care permits with them at all times.

Sec. J Miscellaneous

- 1). Each coach has the responsibility to explain the “Colonel’s Code of Ethics” to his/her players at the start of the season.

ARTICLE XXXIX TRACK AND FIELD - BOYS AND GIRLS

Sec A Season

- 1). Start date will be determined yearly by CCS.

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

- 1). Boys will be Varsity and Frosh/Soph, Girls will be Varsity and JV.
- 2). Meets held on school days will start at 4:30 P.M.

Sec. C Contests, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). Will use the League scheduling matrix and will have a 2 year cycle.
- 3). All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.

Sec. D Eligibility and Movement of Players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution.
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines: .
 - a). No individual athlete may exceed the CCS maximum contests allowed.

Sec. E Championships and Individual Champions

- 1). Awards shall be given to the 1st five (5) places in the league meet.
- 2). The varsity league champion shall be determined by the total points earned in dual meet competition and in the league finals, based on the following criteria:
 - a. each dual meet victory is worth two points (a dual meet tie is worth one point),
 - b. each team beaten at the league championship meet is worth three points (each team tied is worth 1.5 points)
 - c. The tie breaker is the league meet champion
 - d. Jv League champions are not awarded
- 3). Unlimited entries may participate in the league track meet, except in events that go Trials to Finals. Unlimited entries are allowed in Trials, but only four participants from any single school can advance to the Finals, and only three can score, Extra participants may not score for league championships nor advance to the region meet.

Sec F Officials**Sec. G Equipment and Facilities**

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

Sec. H Order of Events and Scoring

- 1). In all events, only three participants from any one school can score in a single event.
- 2). National Federation Rules will be observed in all competition and the running of the field meets.
- 3). Pole Vault league championships will be held at the league Finals.

Sec. I Medical Attention

- 1). All coaches must have medical care permits with them at all times.

Sec. J Miscellaneous

ARTICLE XL VOLLEYBALL BOYS AND GIRLS

Sec. A Season

- 1). Start date will be determined yearly by CCS.

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

- 1). Each school may field a Varsity, JV and Frosh/Soph team.
- 2). Matches will start by mutual consent of the Athletic Directors/Principals.
- 3). There will be a limit of warm-ups between JV and Varsity games.

Sec. C Contests, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). Will use the League scheduling matrix and will have a 2 year cycle.
- 3). All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.
- 4). Matches will be 3 out of 5 for Varsity and 2 out of 3 for JV.
- 5). The jamboree before the league season does not count as a contest.
- 6). Scrimmages shall not count in the team's maximum number of contests.
Teams are allowed a total of two scrimmages per season. For all other Scrimmage policies see Article XXV of the SCCAL constitution
- 7). Suspended games will follow CCS tie breaking policy #1 and #2, where all games will be called, suspende

Sec. D Eligibility and Movement of Players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution.
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed.

Sec. E Championships and Individual Champions

- 1). The team with the best win-loss record will be declared the Regular season champion for league tournament seeding or co-champion if tied in regular season . If there is a tie for league playoff seeding or eligibility for C.C.S. seeding, the league bylaws will be in place (Article XIII Sec G.1).

Sec G League tournaments:

- a. The first place team in the regular season will be an automatic qualifier to CCS playoffs no lower than the #2 qualifier. The league tournament winner will be declared the league tournament champion and receive one of the automatic CCS posts season bids. If the first place team from league wins the league tournament then the second place and third place teams in regular season are the other automatic bids.
- b. Tournament Format:
- c. 1st Round: 6th place @ 3rd place 5th place @ 4th place 1st and 2nd Place Byes
- d. Semi Finals: Lowest remaining Seed @ 1st Place Next remaining Seed @ 2nd Place
- e. Finals (at Cabrillo): Semi-Final Winners (Highest League Finisher is designated the home team)

Sec. F Officials

- 1). Officials will be provided by the Commissioner.
- 2). The home school will supply lines people for matches.

Sec. G Equipment

- 1). The game ball shall be supplied by the home team and shall be a Spalding TF-VB5
- 2). The courts shall have white lines, two inches wide.

Sec. H Order of Events and Scoring

- 1). Home team is responsible for the official book and reporting scores and stats to media.

Sec. I Medical Attention

- 1). All coaches must have medical care permits with them at all times

Sec. J Miscellaneous

- 1). All League Player Selection, League guidelines will be used for all post season awards
- 2). The official rules will be CIF High School rules.

ARTICLE XLI VOLLEYBALL GIRLS BEACH

Sec. A Season

- 1). Start date will be determined yearly by CCS.

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

- 1). Each school may field a Varsity, JV and Frosh/Soph team.
- 2). Matches will start by mutual consent of the Athletic Directors/Principals.
- 3). There will be a limit of warm-ups between JV and Varsity games.

Sec. C Contests, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
2. Will use the League scheduling matrix and will have a 2 year cycle.
- 3), All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.
- 4). Matches will follow NCAA "Dual Match" format, where pairs are ranked 1-6 by ability and will match up with opponents 1-6 by ability. All matches will be 2 out of 3 with the first two sets to 21 and the third set to 15. The team that wins 3 matches of the 1-5 pairings wins the dual.
- 5.) Regulation 1: Coaches must play their pairs (positions 1-6) in order of ability, as determined by their coach.
- 6.) Regulation 2: Player movement from position to position is permitted ONLY by one position up or down as determined by the previous match lineup. This permitted movement applies to each individual player.
- 7.) The jamboree before the league season does not count as a contest.
- 8). Scrimmages shall not count in the team's maximum number of contests.
Teams are allowed a total of two scrimmages per season. For all other Scrimmage policies see Article XXV of the SCCAL constitution
- 9). Suspended games will follow CCS tie breaking policy #1 and #2, where all games will be called, suspended

Sec. D Eligibility and Movement of Players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution.
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed.

Sec. E Championships and Individual Champions

1). The team with the best win-loss record will be declared the Regular season champion for league tournament seeding or co-champion if tied in regular season . If there is a tie for league playoff seeding or eligibility for C.C.S. seeding, the league bylaws will be in place (Article XIII Sec G.1).

Sec G League tournaments:

- a. The first place team in the regular season will be an automatic qualifier to CCS playoffs no lower than the #2 qualifier. The league tournament winner will be declared the league tournament champion and receive one of the automatic CCS posts season bids. If the first place team from the league wins the league tournament then the second place and third place teams in the regular season are the other automatic bids.
- b. Tournament Format:
- c. 1st Round: 6th place @ 3rd place 5th place @ 4th place 1st and 2nd Place Byes
- d. Semi Finals: Lowest remaining Seed @ 1st Place Next remaining Seed @ 2nd Place
- e. Finals: Semi-Final Winners (Highest League Finisher is designated the home team)

Sec. F Officials

1). The home school will supply the officials who will keep the official score of the match.

Sec. G Order of Events and Scoring

1). Home team is responsible for providing a scoreboard reporting scores and stats to the media.

Sec. H Medical Attention

1). All coaches must have medical care permits with them at all times

Sec. I Miscellaneous

- 1). All League Player Selection, League guidelines will be used for all post season awards
- 2). The official rules will be CIF High School rules.

ARTICLE XLI WATER POLO - BOYS AND GIRLS

Sec. A Season

- 1). The season will begin on the approved CCS starting date.

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

- 1). Varsity and Junior Varsity, for the sake of Frosh/Soph tournaments the Frosh/Soph. team shall be composed of JV Players only.
- 2). Varsity games will start at 4:30 p.m. followed by the Junior Varsity unless otherwise arranged by participating coaches at the preseason meeting.
- 3). Quarters are seven (7) minutes for Varsity and five (5) minutes for Junior Varsity.
- 4). League games will be played on Tuesday and Thursday.

Sec. C Contests, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). Will use the League scheduling matrix and will have a 2 year cycle.
- 3). All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.

Sec. D Eligibility and Movement of Players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution:
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed

Sec. E Championships and Individual Champions

- 1). The team with the best win-loss record will be declared the Regular season champion for league tournament seeding or co-champion if tied in regular season . If there is a tie for league playoff seeding, the league bylaws will be in place (Article XIII Sec G.1).

Sec G League tournaments:

- f. The first place team in the regular season will be an automatic qualifier to CCS playoffs no lower than the #2 qualifiers. The league tournament winner will be declared the league tournament champion and receive one of the automatic CCS posts season bids- If the first place team from league wins the league tournament then the second place and third place teams in regular season are the other automatic bids.

- g. Tournament Format:
- h. 1st Round: 6th place @ 3rd place 5th place @ 4th place 1st and 2nd Place Byes
- i. Semi Finals: Lowest remaining Seed @ 1st Place Next remaining Seed @ 2nd Place
- j. Finals (at Cabrillo): Semi-Final Winners (Highest League Finisher is designated the home team)

Sec. F Officials

- 1). SCCAL approved assoc will be officials for matches.

Sec G Equipment

Sec. H Order of Events and Scoring

- 1). Home team is responsible for official book and reporting scores to media.

Sec. I Medical Attention

- 1). All coaches must have medical care permits with them at all times.

Sec. J Misc.

- 1). All-league selection occurs at a coaches meeting following the last day of the league, all selections will follow the SCCAL All League criteria.

ARTICLE XLII WRESTLING

Sec. A Season

- 1). Start date will be determined yearly by CCS.

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

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

Sec. C Contest, Scrimmages and Tournaments

- 1). Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
- 2). Will use the League scheduling matrix and will have a 2 year cycle.
- 3). All postponed games will follow Article XVII Sec B:
All makeups will be played on the next available date unless mutually agreed upon by both schools.
- 4). The novice tournament will be the first Wednesday in December. Each school may have unlimited entries per weight division in the novice tournament.
- 5). Each school may enter one (1) wrestler in each weight division in the Varsity league tournament.
- 6). Each school may have unlimited entries in each weight division in the JV league tournament.

Sec. D Eligibility and Movement of Players

- 1). Will adhere to Article VIII Sec C of the SCCAL Constitution.
Sec C: Athletes can move up and down between JV and varsity the entire year with the following guidelines:
 - a). No individual athlete may exceed the CCS maximum contests allowed

Sec. E Championships and Individual Champions

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

Sec. F Officials

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

Sec. G. Equipment and Facilities

- 1). Equipment and facilities shall comply with National Federation Rules.

Sec. H Order of Events and Scoring

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

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

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

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

Sec. I Medical Attention

1). All coaches must have medical care permits with them at all times.

Sec. J Miscellaneous

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

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

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