

MISSION VALLEY LEAGUE CONSTITUTION

ARTICLE I NAME AND PURPOSE

- SECTION 1. This organization shall be known as the Mission Valley League, a member of the California Interscholastic Federation - Southern Section.
- A. The membership of the Mission Valley League shall include Arroyo High School, El Monte High School, Gabrielino High School, Mountain View High School, Rosemead High School, and South El Monte High School.
 - B. The governing body of the Mission Valley League shall be known as the Mission Valley League Council.
- SECTION 2. The purpose of this organization shall be;
- A. To direct and control the interscholastic sports program of the Mission Valley League so that its policies will coincide with those of the C.I.F., Southern Section,
 - B. To cultivate cordial and friendly relations among the member schools through observance of good standards of sportsmanship,
 - C. To establish rules and regulations fair and equitable to all and to locate as definitely as possible the responsibility for their administration,
 - D. To promote spirit of rivalry, sportsmanship and competition in acceptable and appropriate activities,
 - E. To assist in regulating such other interscholastic activities within the league as the council may authorize,
 - F. To utilize the interscholastic sports to the fullest, in promoting accepted Educational objectives and to limit or eliminate entirely those features which are not in accord with these objectives,
 - G. To protect students from exploitation for purposes which have little or no educational value,
 - H. To stand firmly behind individual schools when strong local interests attempt to break down the objectives herein set forth.

ARTICLE II
THE COUNCIL- JURISDICTION

SECTION 1. The council shall conduct all business of the Mission Valley League. All member schools shall send at least (2) official representatives, one of whom shall be principal or a certificate member of his staff appointed by him/her, to all regular meetings of the council. Each school shall be entitled to one (1) vote.

- A. Voting in league meetings shall be by voice vote except when a member school asks for a roll call. The principal, or his appointed delegate, shall cast the vote.
- B. Either official representative may have the right to make, debate or second motions.
- C. The assistant principal of activities and athletic director(s) of each member school should attend league meetings.

SECTION 2. The Mission Valley League Council shall exercise the following powers:

- A. Make all rules and regulations governing the eligibility of athletes, providing they do not conflict with rules and regulations of the C.I.F., Southern Section. The League believes that the spirit as well as the letter of the C.I.F. rules should be observed.
- B. Make all rules and regulations regarding the conduct of business of the Mission Valley League.
 - 1. Decisions of the league shall be final unless an appeal, as provided by C.I.F. by-Laws (SECTION 3, RULE 3), is over-ruled.

SECTION 3. Principals are accountable to the league for the enforcement of these rulings made by The Mission Valley League.

ARTICLE III
OFFICERS

- SECTION 1. The officers of the Mission Valley League Council shall consist of a President, Vice President, league secretary, C.I.F. Representative and League Coordinator.
- SECTION 2. The President, Vice President, league secretary, league representative, and league coordinator will be determined at the May meeting.
- SECTION 3. The league secretary – He/she shall be a certificated staff member. He/she shall receive an annual salary which shall be determined each year by the league (\$1,500.00) and shall be payable on June 1st annually. His/her duties shall be such as usually pertain to such an office, plus additions as outlined below:
- A. Athletic eligibility will be on the honor system by all schools. Schools will Report all discrepancies found to the league secretary and president of the Mission Valley League.
 - B. **Each athletic director is responsible for phoning all league scores to the secretary or the appointed designee. The designee will summarize the scores and send the results and standings to each school weekly.**
 - C. Duties of the Mission Valley League Secretary:
 - 1. Send copies of all minutes to the principal of each school.
 - 2. Keep all records and rulings up to date.
 - 3. Give notice to the C.I.F. Commissioner of Athletics whether his/her league will enter the play-off games of any sport. This includes team and individual entries.
 - 4. Chair meetings of coaches for all-league selections.
 - 5. Forward to the C.I.F. all league schedules and league minutes when requested by C.I.F.
 - 6. Purchase all league trophies.
 - 7. Keep minutes of all meetings.
 - 8. Perform any duties that may be assigned by the president.
 - 9. Pick up C.I.F. packets in August.
- SECTION 4. The C.I.F. Representative and the League Coordinator shall serve for a period of two (2) years. They shall be determined from the membership of the member schools at the May meeting during those years when their term of office has expired. They may serve more than a two-year term of office.
- A. The C.I.F. Representative shall be responsible as follows:
 - 1. To see that the C.I.F. Southern Section rules and regulations are understood and enforced by the individual schools of the league. (Note: This does not relieve the principal of the responsibility of acts by himself/herself or his/her school due to lack of knowledge of the C.I.F., Southern Section Rules).

2. To attend all meetings of the C.I.F., Southern Section Council.
 3. To remain in attendance at all C.I.F. council meetings until adjournment, unless excused by the president in case of emergency.
- B. The C.I.F. League Coordinator shall be responsible as follows:
1. Attend the four (4) regular meetings of the C.I.F. Council.
 2. Report league standings.
 3. Report entries for the C.I.F. play-offs
 4. Act as resource person for the program.

ARTICLE IV
MEETINGS

SECTION1: There shall be six (6) regular meetings annually. These meetings are to be called by the league president, the exact dates to be adopted by the league council.

- A. The six (6) regular meetings will be held for principals and at least one representative.
- B. The president may call a special meeting at any time. The president must call a special meeting when requested by two (2) of the member schools.
- C. A quorum shall consist of administrative representatives from at least four (4) member schools.
- D. Any meetings of the athletic directors or assistant principals of activities should be held prior to the general Mission Valley League Meetings.
- E. The following business shall be a part of the regular May meeting:
 - 1, Determination of the officers for the following year.
 - 2. Final reports of the league secretary, other officers and/or committees as may be called by the league.
 - 3. Final adoption of approved meeting dates for the next year.

ARTICLE V
AMENDMENTS

SECTION 1. Amendments to this constitution may be made by a majority vote of member schools.

SECTION 2. Proposed amendments must be submitted to each of the member schools at least one (1) week prior to the regular or special meeting that will consider the proposed amendment.

SECTION 3. In the event that a proposed amendment has not been submitted one week prior to a regular or special meeting, a motion to amend the Constitution must receive a unanimous vote of the member schools.

SECTION 4. New policies and/or amendments to the Mission Valley League Constitution will remain in effect for the four-year re-leaguings cycle (*starting with the school year*) If the need arises the league may clarify amendments not change them during a cycle period. The next constitutional update will be in the 2011 – 2012 school year

MISSION VALLEY LEAGUE BY-LAWS

DUTIES OF PRINCIPAL:

1. The principal of each school shall be held responsible for the enforcement of Mission Valley League regulations.
2. Knowledge of information of league action of any kind incorporated in the league minutes are the responsibility of each principal.

ELIGIBILITY:

1. In order to compete in inter-scholastic athletics in the Mission Valley League, a student must be eligible in every respect according to the C.I.F. regulations.
2. Any eligibility discrepancies shall be immediately brought to the attention of the schools involved.

OFFICIALS FOR ATHLETIC CONTESTS:

1. The league secretary will remind athletic directors to submit the schedule of all league contests to the C.I.F. assignor of officials.
2. Rate of pay for all officials shall be paid according to C.I.F. Blue Book pay scale.
3. In any sport where C.I.F. does not assign officials, it shall be the home team's responsibility to acquire qualified officials.

FINANCIAL POLICIES:

1. The league dues are to be set at the first meetings of each year.
2. Tickets may not be sold for games away from home except by mutual agreement of the schools involved. Student body cards shall be recognized. Sample A.S.B. cards are to be exchanged at least two (2) days before the scheduled contest.
3. The visiting team must pay its own expenses.
4. Home team football game expenses shall be allowed \$1500.00 and all money above this amount shall be a 50-50 split between the two (2) schools involved.
5. All athletic contests except varsity football games shall be on home and home basis as far as the financial arrangements are concerned.
6. The general admission for all varsity football games shall be \$6.00 for adults and students without A.S.B. cards - Seniors -\$5.00. Pre-high school student tickets -\$3.00. Pre-school children are free when accompanied by an adult, and free for students with A.S.B. card.

7. General admission tickets for league varsity basketball shall be \$5.00, for adults and students without A.S.B. cards \$3.00, for pre-high school students and free for students with A.S.B. cards.
8. The charge for league wrestling matches (Varsity and JV) shall be \$5.00 for adults and students without A.S.B. cards, \$3.00 for pre-high school students, and free for students with A.S.B. card.
9. The charge for league finals (wrestling, track) will be \$5.00 for adults and non-A.S.B. Cardholders . Pre-high school students and A.S.B. cardholders shall be \$3.00; pre-school children shall be admitted free.
10. The signatures of the president, league secretary, or school secretary are required on league check.
11. Five percent of the net profit received from C.I.F. play-off games by member schools will go to the Mission Valley League.
12. Meet managers will receive a stipend of \$55.00.
13. Mission Valley League Cross-League fees- A fee of \$100.00 will be assessed for each Varsity sport cross-leagued and of \$50.00 for each lower division sport cross-leagued.

PASSES:

1. Each member school shall receive 125 annual league passes to be issued to the Principals for their distribution. These passes shall be issued and signed by the president and secretary of the league. They shall state “adult only” and must have a name on them. The passes shall be imprinted with numbers for football and basketball and are to be punched when entering the game. Each pass to be used by a coach for scouting will be designated on the face by the issuing school and need not be punched. Mission Valley League passes are to be good for the entire year for all sports.
2. Each schools’ individual “School Faculty Identification” pass, signed by the principal or assistant principal for the visiting school, shall be recognized by the home school. This pass should be labeled “Staff Pass” and be good for two admissions – the user (name on pass) and one other person. Passes shall not be transferable. District ID badges will fall under same guidelines as faculty passes.
3. Lifetime passes will be honored only at the home school that issued such passes.

SCHEDULES:

1. The league secretary will submit tentative athletic schedules to be approved by Mission Valley League Council before the last meeting.
2. The home team is responsible for the condition of the field. If the game is to be Postponed, it is the responsibility of the home team to contact the visiting school by 1:00pm on the day of the game.

3. In case of an emergency, or a scheduled game cancellation request, a league meeting shall be called by the president of the league for action on said request. A telephone poll may be taken.
4. All league schedules take precedence over all other commitments.

CHAMPIONSHIP STANDINGS:

1. League championship shall be awarded only to teams having participated in a complete schedule of league games. The final standings shall be on a percentage basis. Tie games shall be counted one-half won and one-half lost—except where noted otherwise in sport regulations.
2. When two teams tie for the championship they shall be declared co-champions. When three teams tie for the championship they shall be declared tri-champions; no championship shall be declared. There shall be no play-offs to determine championships.

AWARDS

1. Trophies, as adopted by the league, will be awarded to each championship team at the varsity level only; duplicated awards will be provided in case of championship ties.
2. Individual medals shall be given to first, second, and third place finishers in the following sports: wrestling and track & field. The players or runners of the year will be recognized by having their names placed on the all league certificate as MVP. In the sports of badminton, tennis, and cross country a prescribed number of medals will be given, dictated by the results in the league finals.
3. No team championships will be awarded in league tournaments qualifying individual performers for C.I.F. competition.
4. All-league certificates shall be awarded at the varsity classification levels of each Sport with certificates given by the league.
5. All-league medals shall be given to all first and second team selections. The symbol MVP will be engraved on the Most Valuable Players First Team Medal, and on the All League Certificate. Honorable Mention will be included on the All League Certificate for all athletes receiving a vote in the all-league selection.

ALL LEAGUE SELECTION

1. The head coaches of each varsity sport will meet with the league secretary to select the "All- League" team, the time and place to be called by the league secretary or as stipulated by the MVL Constitution. Any school not represented at the all-league selection meeting will not have any athletes from their school on the all-league teams. (Coach or school representative must be present)
2. Nominations are based on final place league standings. League ballots are to be sent out prior to the All-League meeting. The results of voting are to be available to the coaches or representative.
3. League medals will be awarded for the MVL First and Second Team All-League. No other medals will be sanctioned by the MVL. Coaches are prohibited from purchasing their own medals and identifying and issuing them as a Mission Valley League award.

PROTEST

1. Filing of protests: Any school desiring to protest the outcome of any contest in which it has participated must file with the president of the League as follows:
 - A. An oral protest must be made during or immediately following the contest to an official representative of the opposing school.
 - B. Protest must then be submitted in writing to league president and signed by the principal of the protesting school.
 - C. The postmark must show that the protest was mailed within one calendar week week of the date of the contest.
 - D. A check for ten dollars (\$10.00) must accompany the protest for deposit in the league treasury. This is not refundable.
2. Action on protest: Upon receipt of protest, the president shall call a special league meeting to settle the difficulty. The vote at such a meeting shall be limited to schools not parties to the contest.
3. Protests and/or complaints involving League members are to be routed through the League before involving the C.I.F. for arbitration.

CONSTITUTIONAL CHANGES

1. Proposed/MVL Constitutional changes pertaining to a sport should be discussed and voted upon at the seeding or MVL All-League selection meetings at the end of the season.
2. If a change is to be presented for league approval, the league secretary or meet manager is to be responsible for drafting the proposal, noting who is in agreement of the change.
3. The draft is to be sent to each coach for an approval/disapproval signature before it can be presented to the league.
4. Signed proposals must be returned to the league secretary two weeks prior to the league meeting. With all stipulations met, the proposal will be placed on the agenda for consideration by the principals.

All proposals not presented at the seeding or all-league meeting affecting that sport, must Be routed through the school's principal before being considered at the league meeting. The principal will then present the proposal.

CONDUCT:

1. Conduct: The home school has the responsibility to conduct the game in such a way that the rules of good management and sportsmanship prevail. The home school shall provide:
 - A. Provide adequate police and faculty supervision.
 - B. A place in the bleachers for the visiting school.
 - C. Facilities for the officials to insure their receiving the necessary regard and respect.
2. Conduct of school representatives: The conduct of coaches and all school representatives shall be governed by the highest standards of sportsmanship at all times. Each school shall provide certificate supervisory personnel who will assume responsibility for the good conduct of their own fans.
3. Night rallies: Night rallies and bonfires shall not be permitted at games.
4. Noise makers: Mechanical noisemakers shall not be permitted at games.
5. Parades: Parades and car caravans outside local school districts shall be prohibited.

MISSION VALLEY LEAGUE SPECTATOR GUIDELINES

In an effort to maintain a positive atmosphere and encourage good sportsmanship at MVL contests, the following are suggested guidelines.

1. Positive Cheering Only
 - A. Encouragement to “your” team should be emphasized.
 - B. Degrading and/or derogatory cheers directed to the opposition or officials (from cheerleaders or student cheering sections) is not acceptable.
 - C. Finger pointing and taunting of the opposition (players or fans) is not acceptable.
2. No Painted Faces
3. Positive, Supportive Signs Only
 - A. Cheerleaders are responsible for bringing in and removing all signs.
 - B. No Signs are to be brought in by the general student body.
 - C. Only uniformed cheerleaders on the gym floor.
 - D. No megaphones, noisemakers or radios without headphones, will be allowed at any MVL contest being held in the gymnasium.
 - E. No visitor signs in home gymnasium.
4. Fans should remain seated in bleachers
 - A. Continuous standing is not acceptable at athletic events.
 - B. Spontaneous standing to cheer a good play is acceptable, if not prolonged.
5. Supervision and High Visibility is a **MUST**. Each school is expected to provide adequate supervision of their fans.
6. Guidelines should be printed with the MVL logo and prominently displayed at all contests.

RECOGNIZED LEAGUE SPORTS

1. The following are Boys' League Championship sports:

A. <u>FOOTBALL</u> : Varsity Junior Varsity* Freshmen	B. <u>BASKETBALL</u> : Varsity Junior Varsity Freshmen	C. <u>BASEBALL</u> : Varsity Junior Varsity Freshmen
D. <u>CROSS COUNTRY</u> : Varsity Junior Varsity Frosh/Soph	E. <u>WRESTLING</u> : Varsity Junior Varsity (<i>Frosh**</i>)	F. <u>TENNIS</u> : Varsity Junior Varsity
G. <u>TRACK</u> : Varsity Junior Varsity Frosh/Soph	H. <u>SOCCER</u> : Varsity Junior Varsity	

2. The following are Girls' League Championship sports:

A. <u>BASKETBALL</u> : Varsity Junior Varsity	B. <u>SOFTBALL</u> : Varsity Junior Varsity	C. <u>TENNIS</u> : Varsity Junior Varsity
D. <u>TRACK</u> : Varsity Junior Varsity	E. <u>VOLLEYBALL</u> : Varsity Junior Varsity	F. <u>BADMINTON</u> : Varsity Junior Varsity
G. <u>CROSS COUNTRY</u> : Varsity Junior Varsity	H. <u>SOCCER</u> : Varsity Junior Varsity	

* No Seniors may play

(** By mutual agreement of two (2) schools with no championship.)

Mission Valley League

Fall Sports

Cross Country

Football

Girls' Tennis

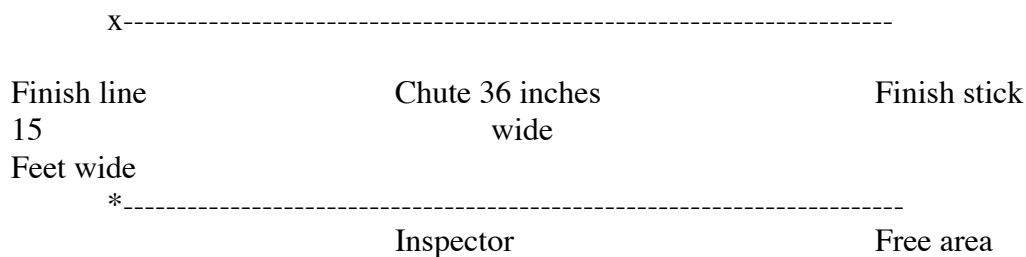
Girls' Volleyball

CROSS COUNTRY REGULATIONS

GENERAL RULES

1. Cross Country teams shall be governed by the C.I.F. Blue Book and National Federation Rules unless otherwise provided herein.
2. The distance shall be three (3) miles for all divisions. The host school will secure a site that will accommodate a three-mile course with as little repetition as possible. A course may not cover any hazardous or dangerous areas. A course may not cross any public street.
3. The order of races in all league meets will be: (1) Boys JV, (2) Boys Varsity, (3) Girls Varsity, (4) Girls JV, (5) Boys Frosh/Soph.
4. Unlimited entries are eligible in the junior varsity and frosh-soph divisions.
5. On the day of the meet, coaches will exchange result sheets from the previous weeks League meet before the contest.
 - A. Classification of runners for the League meet:
 1. A school must run its fastest seven runners in the Varsity division (except freshmen or sophomores) according to the previous week's league dual meet order of finish. If seven runners do not start in a boy or girl's varsity race, the team will be disqualified.
 2. A junior varsity team may not compete unless a complete varsity team of seven runners is fielded. A junior varsity team may consist of only five runners, provided a full varsity team has already been fielded. A freshmen or sophomore who is one of a team's top seven runners may not run in the junior varsity race. Unlimited entries are eligible at boys and girls frosh/soph level.
 3. Freshmen or sophomores who are among a team's fastest seven may compete in only the varsity or frosh/soph divisions. If the runner does not compete in the frosh/soph division, they will be replaced on the varsity by the next fastest runner. A frosh/soph team may consist of five runners or more.
6. Dual meet ties shall be broken using the current rule stated in the National Federation Rule Book.
7. Races will be held in boys and girls varsity, boys and girls JV and boys frosh-soph divisions. All five races will be run in all league meets. This format may be changed by mutual agreement of both competing coaches.
8. League championships to be determined on a dual meet basis.
9. Scheduling will follow the normal rotation as scheduled in other sports. There shall be five dual league meets.

10. Each coach shall be responsible for measuring his/her home course for the distance of three (3) miles. The home team will take visiting team on tour of course before meet.
11. There must be one paid adult member to officiate as starter and finish judge/inspector.
12. A flag, cone or obstruction must be placed at each turn or corner on the course. A line may be used to designate correct path around a flag, cone or obstruction. A flag or cone marker must be a minimum of three (3) feet in height.
13. Postponed meets must be run the following school day. A second postponement will have to be re-scheduled by agreement with the league deciding the re-scheduling day at the earliest possible date.
14. Finish chute for cross-country races.
 - A. The starting line and the finish line shall be marked in at least a two-inch chalk line. A "finish chute" must be utilized to demarcate the finishing line.
 - B. At the end of the course, there will be straightway of at least 100 yards (so that the runners may see the finish line) ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel.
 - C. This funnel should narrow to a rope chute about 36 inches wide and at least 15 yards long. Ropes and pennants will connect the supporting stakes.
 - D. Finish sticks or place cards will be handed out at the finish chute. The finish line at the beginning of the chute shall mark the end of the race.
 - E. At the finish line there shall be a timer and finish judge. There should also be a chute inspector along the length of the chute to make sure that runners stay in the position that they finished.



X=Timer
 *= Finish Judge

15. Determination of CIF representative:

Dual Meets

- A team will receive one point for each team they defeat in league dual meets.
- If a school forfeits or fails to field a full team as prescribed in the league constitution the other school will be awarded one point.
- If both teams forfeit a meet no points will be awarded to either team.

League Finals

- In league finals; a team receives one point for each team it defeats in the league finals.

Total Points

- The total points from dual meets and league finals are added together to determine the top three representatives for C.I.F.
- The team with the most points is the number one seed, second highest total is the number two seed, and the third highest total is the third seed.

Tie Breaker

- If two teams have the identical number of points after dual meet points and league final points are added together, the team that placed the highest in league finals is awarded the spot.

FINALS RULES

1. Medals shall be provided for the first eleven finishing in varsity division.
2. Officials to be provided by the host school.
3. The host for the Cross Country League Finals will rotate to each school in the league in reverse alphabetical order. The host school will make all arrangements for conducting the meet.
4. The host school shall provide a description of the league finals course to all league schools at least 14 days prior to the date of league finals and provide officials at strategic points.
5. The first place finisher in varsity shall be named “Runner of the Year” and be placed as such on the all-league certificate. The second through sixth finishers will be named to the first team all-league, and the seventh through eleventh finishers will be named to the second team all-league. The first team will receive medals
6. The course should be as comparable to the course to be run in the C.I.F. championships as much as possible.

7. At the discretion of the meet manager or a majority of the coaches, a coaches meeting may be called on the day of the meet prior to the start of the league finals.
8. A tie in league finals will be broken using the current rule stated in the National Federation Rule Book.

This process to remain in effect until 2011 – 2012 school year

FOOTBALL REGULATIONS

1. All C.I.F eligibility rules shall apply to all league games.
2. Football practice in any school shall not start in the fall earlier than the authorized starting date as established by the C.I.F. council. This is to be interpreted to mean the exclusion of all types and variations of practice, mental or physical.
3. Days, teams, locations and starting times for all games shall be as follows:

DAY	TEAM	FIELD	STARTING TIME
Thursday	Frosh	Same as Varsity	3:15 P.M.
Thursday	JV	Opposite Varsity	3:15 P.M.
Friday	Varsity	Yearly Schedule	7:00 P.M.

After daylight saving time ends, afternoon games will start at 3:00 P.M.

4. There shall be five (5) officials for all varsity football games. There shall be three (3) officials for JV football games, and three (3) officials for frosh football games. Pay for the officials shall be in accordance with the C.I.F. Blue Book recommendations.
5. The length of time per quarter for all varsity and JV games shall be twelve (12) minutes. The length per quarter for Frosh games shall be twelve (12) minutes.
6. The home school shall wear dark colored jerseys, and the visiting school shall wear light colored jerseys. Teams not able to comply with this must notify their opponents sufficiently in advance of the scheduled contest. Schools shall declare colors before the season and not changed without consent of the competing coaches. All jersey numbers shall comply with recommended Federation rules.
7. Each visiting team may have a faculty representative to assist the home team timer, who will also be a faculty representative.
8. A physician, nurse, intern, paramedic, EMT, or primary health care provider shall be present at all league football games, or as required by each individual school district.
9. Teams with less than 20 JV players can move varsity players down, but the JV team cannot exceed more than 25 players (No Varsity Seniors can be moved down).
10. The home team will furnish the down-marker attendant and chain crew.
11. The National Federation Football Rules shall govern all football games in the league.
12. Each school will be allowed to use the football of their choice at all levels.

13. A postponed Friday varsity game must be played on Saturday. If the game is not played on Saturday, the game shall be played on the next school day. All other postponed games shall be played on the next school day.
14. Film exchange: 2 films are to be exchanged between league schools. Varsity Coaches must make a call by Wednesday before 1pm the week before game to request films. Exchange will be made on Friday. All films must be returned on Thursday at freshmen game, home site. List of football coaches contact phone numbers will be given to all schools at the first MVL meeting of the year. List to be gathered and exchanged by League secretary.
15. All league schools shall support the team that represents the league in C.I.F. play-offs by not giving out any video to a team they would play.
16. Tie games shall be played to a conclusion using the “25 yard line overtime procedure” (California Tie Breaker) as described in the National Federation football rulebook. This will be implemented immediately at the conclusion of regular play in case of a tie in a Mission Valley League game. (Varsity Level only)
17. Mobility of players and roster regulations: no downward mobility once league starts, with the exception of completing a JV team as stated in regulation #9.

MISCELLANEOUS REGULATIONS

1. Recommended football time schedule:

BAND PRE-GAME WARM UP: Band must leave the field by 6:00pm

Pre-Game: Band and drill team for at the end of field 6:40pm
 Both football teams leave field 6:45pm
 Band and drill team move onto field 6:45pm
 National Anthem and flag raising 6:50pm
 Band leaves field 6:57pm
 Football teams return to field (Introduction optional) 6:55pm
 Band seated 6:58pm
 Kickoff 7:00pm
 Half-time (15 minutes)—performance groups to leave the field after 12 minutes and football teams return to field

2. Any extension of time at half-time must be mutually agreed upon by both schools and coaches at least 24 hours ahead of time. Teams must be given at least three (3) minutes warm-up time.
3. Warm-up areas shall be designated by the home team prior to the season and declared in the visiting team guide.

4. It is recommended that each school shall provide a space for three (3) scouts and space for the visiting team to take videos.
5. Selection of All-League team.
 - A. Each school shall nominate their own players only.
 - B. All MVL teams will be granted 8 automatic nominations for all league. For each MVL victory your school is granted an additional 2 nominations.
 - C. Each school shall list offensive players on the offensive list and defensive players on the defensive list. If two players from the same school are listed for one position, “star” the better of the two players. If there are three players from the same school nominated for the same position, give 3 “stars” to your first choice, 2 “stars” for the second choice and a single “star” for the 3rd choice.
 - D. A player may be nominated for only one offensive and defensive position, with the exception of the punter/kicker.
 - E. The confidential nomination sheets will be mailed the week of the last league game.
 - F. The confidential nominations have to be returned to the league secretary by Wednesday following the week of the last league game.
 - G. Any school failing to submit nominations by the nomination deadline, will not have any nominations accepted from that school.
 - H. The ballots will be mailed to each varsity head coach who will vote and return the results to the league secretary. The league secretary will tabulate and publish each school’s votes for each position. No school will be allowed to vote for their own players. Votes must be returned to the league secretary by 10:00 a.m. Thursday of the week following the nomination date.
 - I. The league secretary will make all tabulations and have them for review at the league selection meeting.
 - J. The football all-league meeting will be held the first Thursday of December at 6:00 p.m.
6. Direction for election:
 - A. There will be medals awarded for the MVL First Team All League players, as well as for Player of the Year, Back of the Year, and Lineman of the Year. Second team all league players will receive medals as well as certificates.
 - B. Each school will be limited to 2 representatives at the all league meeting (the varsity head coach and one assistant coach.)
 - C. Designated points will be given in direct correlation to the number of individuals nominated. (For example—if there are 5 nominations for a position and none of them represent your players, you will vote 5 points for your number one choice, 4 points for your second choice, 3 for third, 2 for fourth, and 1 for your fifth. If there are 5 nominations and one is from your team, the player who is your school’s number 1 selection will get 5 points, the second choice will get 4 points, the third choice will get 3 points, and the fourth choice will get 2 points. Since the 5th choice represents your nominee, no point will be given to this individual.

- D. After all ballots are tabulated and published at the meeting, a most valuable player, back of the year, and a lineman of the year will be selected from the first team. The method of selection will be by discussion. The voting procedure shall be the same as that utilized in the all League selection...each school shall rank their selections but will not be able to vote for a player from their school. (In order to be eligible for a selection as the most valuable player, back of the year or lineman of the year, the player must have been previously selected as a First Team All League players.)
 - E. Once the most valuable player, back of the year and lineman of the year have been selected. they shall be removed from their respective position on the first team. The open positions will be filled by the corresponding individuals at the same position from the second team. The next highest player previously selected shall now become the honorable mention selection.
7. Designated defensive position to be nominated
- A. Lineman- Defensive middle guard, defensive guard, defensive tackle.
 - B. Ends- Those people who play on the line outside of the down linemen.
 - C. Those people who back up the defensive line inside or outside can be nominated at line backer position at the head coach's discretion.
 - D. Backs – Those people playing outside of the defensive ends and/or deeper than the Linebacker's.
 - E. All Purpose players for offense, defense, first team, and second team will be selected at the all league meeting by discussion and consensus of all the coaches present. If consensus can not be reached, a vote by the head coaches will decide.
8. Designated offensive positions to be nominated.
- A. Centers, Guards (2), Tackles (2).
 - B. Split or Wide Receivers – (Those players who are consistently detached from the offensive line, or backfield. These players may include a slot back or twin backs who are primarily a receiver.
 - C. Tight End- (Those players who are consistently aligned next to the offensive tackle. This player may include a slot back who primarily blocks.)
 - D. Quarterbacks
 - E. Running Backs
 - F. Punter and Kicker
 - G. All Purpose Player-(All purpose players for offense, defense, first team, and second team will be selected at the all league meeting by discussion and consensus of all the coaches present. If consensus can not be reached, a vote by the head coaches will decide.

9. First and Second Team Players

OFFENSIVE

DEFENSIVE

Positions-	First <u>Team</u>	Second <u>Team</u>	Positions-	First <u>Team</u>	Second <u>Team</u>
Center	1	1	Down Line	3	3
Guards	2	2	Defensive End	2	2
Tackles	2	2	Linebackers	4	4
Tight End	1	1	Defensive Backs	3	3
Split End	2	2	All Purpose	<u>1</u>	<u>1</u>
Quarterback	1	1		13	13
Running Back	2	2			
Punter/Kicker	1	1			
*All Purpos	<u>1</u>	<u>1</u>			
Total Offense	13	13			

Note**Any school not represented at the all-league selection meeting will not have any athletes from their school on the all-league teams. (Coach or school representative must be present)

10. League Standings and Championships

A. League standing and championships shall be determined by the percentage of League contests won and lost. If there is a Co-championship both teams will be declared champions. In case of a three-way tie a Tri-championship shall be declared, there shall be no playoffs to determine a champion.

CIF PLAYOFF REPRESENTATION

1. The league champion shall represent the league in the CIF playoffs.
Additional playoff berths shall be filled by final league standing
2. In the event of a tie for a CIF playoff berth the following process will be used:
Breaking a two-way tie: Head to Head competition shall be used to break the tie.
3. Breaking a three-way tie (A beat B, B beat C, C beat A)
-If all three teams have identical league records, a coin flip will be used to determine middle team. Three coins will be tossed and the odd coin will represent the middle team. The two remaining teams will use Head to Head competition to determine top and bottom teams.
4. Breaking an Imperfect three-way tie
(A beat B&C but lost to D, B&C lost only to A)
-Head to Head competition to be used. A is the top team (beating B&C)
-Head to Head to determine remaining order
5. In the event that there is a four or five way tie the criteria will be as follows
 - 1 Teams will be ranked in order with the lowest point difference in the game against the league champion. (If league champ is undisputed) The top three teams will enter the three way tie format presented above
 - 2 Pre-season record (If three teams are tied then all three move to tie-breaker, if two teams tie remaining teams use head to head, if one team has the best record they move to the tie-breaker and the remaining teams use a tie-breaker to determine remaining spots)
 - 3 Draw lots to select three teams to be used in tie-breakers. Cards one, two, and three enter tie-breaker.

* Rule 5 will be used to determine the three teams to be used in the tie breaking procedure. After one team or two teams are eliminated the three-way tiebreaker is to be used to determine playoff representatives

GIRLS' TENNIS REGULATIONS

GENERAL RULES

1. Varsity and Junior Varsity teams meet at opposite sites on the same day. Starting time is 3:00 P.M. The game days are Tuesday and Thursday.
2. Varsity and junior varsity teams shall consist of three (3) singles and three (3) doubles teams (Total of nine (9) players.) Each school must field a varsity team. It is expected that the positioning of players be ranked according to skill ability with the best playing ability as No. 1 and least ability No. 4. No girl may play in both singles and doubles during the same match. The girl's JV team will use a "no-add" format for all league matches.
3. In league matches, both singles and doubles teams shall play a round robin, all players of one team playing one six-game set each with the players of the other team. Whenever a set reaches a 6-6 score, a twelve (12) point tie-breaker shall be used recording the win at 7-6.
4. Each participant shall supply her own tennis racket. The home team shall furnish new tennis balls (optic yellow, two per court with a new can of tennis balls for emergencies).
5. Postponed matches must be played the following school day. A second postponement must be rescheduled by agreement with the league schedule taking precedence.
6. In league dual meets, each set won in a singles match shall count one point and each doubles set won shall count one point. This will make the entire match worth 18 points. In case of a tie in points in team score when sets are counted, the total number of games won during the match by both singles players and doubles teams shall determine the winning team. If, at that point, the match is still tie, the result will be counted a tie for league standings.
7. During the first round upward or downward mobility will be permitted. Any junior varsity player that must be moved up to varsity to fill a vacancy may be moved back to the junior varsity team. Players may not play in both divisions on the same day.
8. Junior varsity players will be moved up to varsity level in the event a player is needed, there shall be no default. Only JV players will be allowed to return to junior varsity level. If junior varsity players are missing, reserves shall be moved up.

9. Substitutions will be allowed during league play to align with the C.I.F. play-off format.
10. Every coach shall obey the spirit as well as the letter of the rules.
11. There shall be no coaching or communications with the players while a match is in progress. Coaches may give instructions to their players between sets only.
12. Play shall never be suspended, delayed or interfered with and no player shall leave the court during a set except in an emergency situation that is acceptable to both coaches.
13. It is recommended that each coach shall provide a scoring device on each court. The player winning the game shall be responsible for putting the score on the device at the conclusion of each game.
14. There shall be a maximum of five (5) minutes rest between all sets played.
15. A coach must be present and remain with the team throughout the match.
16. No one, except the players who are actually in the process of playing a set, may enter the court area or sit or stand by the playing courts. Any distractions or harassment of players may result in the set being defaulted.
17. Follow the accepted code of ethics for all league and C.I.F. play.

TOURNAMENT REGULATIONS:

1. It is recommended that the league dual matches finish at least one (1) week before league finals begin.
1. A league tournament shall be held at the end of the tennis season to qualify girls for the C.I.F. individual play-offs.
2. Coaches shall meet as soon as possible following the league season to establish the draw for the league finals.
3. The first, second and third place team finishers in the league will enter three (3) singles players and three (3) doubles teams. The remaining teams will enter two (2) singles and two (2) doubles teams in the league finals. Seeding will be based on league play.
4. Elimination in a tournament shall be based on the best 2 out of 3

5. League medals will be provided for the first four (4) places in singles and doubles. Players reaching the finals in singles and doubles will receive the First Team medals, those reaching the semi-finals in singles and doubles, but going on to the finals will receive Second Team medals.
6. League pre-lims start at 12:00pm and finals start at 1:00 p.m.. Two out of three sets are to be played. If set is tied at 6-6, a 12-point tiebreaker shall be used, recording the win at 7-6.

C.I.F. REPRESENTATIVES:

1. League standings and championship shall be determined by the percentage of league contests won and lost. In case of a tie a co-championship shall be declared. In case of a three-way tie a tri- championship will be declared. There shall be no playoff's to determine championships.
 - A. The league champion shall represent the league in the C.I.F. playoffs. Additional play-off berths shall be filled by final league standing.
 - B. In the event of a tie for a C.I.F. play-off berth, head to head will be the first tiebreaker, if there is a spilt in games won then the second round winner will represent the league. If there is still a tie the second round record will determine berth.
 - C. In case of a three way tie, the representative will be selected based upon the following: Breaking a 3 way tie: (A beat B. B. beat C. C beat A)
-Coin flips to be used, odd man moves into the middle slot with two remaining teams using head to head results to determine top and bottom
 - D. Breaking an Imperfect 3 way tie: (A beat B & C but lost to D. B & C lost only to A)
-Head to Head competition to be used. A is #1 (beating B & C)
-Then it goes to Head to Head again to determine # 2 & # 3 between B &C

GIRLS' VOLLEYBALL REGULATIONS

1. The official ball will have the National Federation High School (NFHS) stamp.
2. The home team will provide a visible scoreboard.
3. Rally scoring to 25 shall constitute a game, and the fifth and deciding game shall be played to 15 points. Lower levels will play three game sets with the third game played to 15 points.
4. Volleyball matches will be played at the same site. The Varsity will play first at 3:15 PM and the Junior Varsity match will follow the varsity. There shall be a twenty-minute warm-up period between the matches.
5. An official match will consist of the best 3 of 5 games for varsity and 2 of 3 for JV.
6. One qualified person to call lines shall be provided by each school. Adults are preferred.
7. There will be no downward mobility after the first league contest. Score book will be used as official roster.
8. The home team shall provide officials.

ALL LEAGUE SELECTION

1. The league secretary will send nomination forms to all coaches and will schedule the MVL All-League Selection Meeting at the conclusion of the season.
2. The format for all-league selection will be as follows:
 - A. Coaches shall send all nominations from their own team to the league secretary prior to all-league meeting. The league secretary will, in turn, return the list of nominations to the coaches prior to the all-league selection meeting.
 - B. Nominations are based on league standings:
 - 1st place – 6 nominations
 - 2nd place – 5 nominations
 - 3rd place – 4 nominations
 - 4th place – 3 nominations
 - 5th place – 2 nominations
 - 6th place – 2 nominations
 - C. Each coach will bring a picture of player to the all-league meeting.

- D. Players are divided into 5 position categories: (2) Middle Blockers, (2) Outside Hitters, (1) Opposite Setter, (1) Setter, (1) Libero. Voting will take place at the All-League meeting. Designated points will be given in direct correlation to the number of individuals nominated. If there are 5 nominations and one is from your team, the player who is your number one selection will get 5 points the second choice will receive 4 points and so on if your player is the 5th choice no points will be given. Coaches can vote for their own player.
1. Each coach will be given the opportunity to nominate one of his/her players for player of the year from the 1st team roster
 2. The MVP will be removed from their respective position on the first team. The open position will be filled by the corresponding individual, at the same position from the second team.
 3. Once each coach has had the opportunity to nominate a player, a written vote will be taken with each coach entitled to one (1) vote. Coaches will be allowed to vote for their own players in this instance.
 4. The player receiving the most votes will be named player of the year. In the event of a tie co-players of the year will be awarded.
- E. Any school not represented at the all-league selection meeting will not have any athletes from his/her school on the all-league teams.

Constitutional changes cannot be made until the 2011-2012 school year.

C.I.F. REPRESENTATIVES:

1. League standings and championship shall be determined by the percentage of league contests won and lost. In case of a tie a co-championship shall be declared. In case of a three-way tie a tri- championship will be declared. There shall be no playoff's to determine championships.
 - A. The league champion shall represent the league in the C.I.F. playoffs. Additional play-off berths shall be filled by final league standing.
 - B. In the event of a tie for a C.I.F. play-off berth, head to head will be the first tiebreaker, if there is a spilt in games won then the second round winner will represent the league. If there is still a tie the second round record will determine berth.

- C. In case of a three way tie, the representative will be selected based upon the following: Breaking a 3 way tie: (A beat B. B. beat C. C beat A)
 - Coin flips to be used, odd man moves into the middle slot with two remaining teams using head to head results to determine top and bottom

- D. Breaking an Imperfect 3 way tie: (A beat B & C but lost to D. B & C lost only to A)
 - Head to Head competition to be used. A is #1 (beating B & C)
 - Then it goes to Head to Head again to determine # 2 & # 3 between B & C

Mission Valley League

Winter Sports

Boys' Basketball

Girls' Basketball

Boys' Soccer

Girls' Soccer

Wrestling

BOYS' BASKETBALL REGULATIONS

1. Eligibility for all levels shall follow the C.I.F. blue book.
2. There shall be two officials for all games. Pay shall be that prescribed by the C.I.F. blue book.
3. A basketball of official size and weight with the National Federation (NFHS) stamp is to be used for all levels.
4. The home team shall provide qualified individuals who shall run the clock, shot clock and supervise the scorebook at all games.
5. The home school shall wear light colored jerseys and the visiting school shall wear dark colored jerseys. Teams not able to comply with this must notify their opponent sufficiently in advance of the scheduled contest.
6. Starting time will be as follows:

Wednesdays & Fridays	Wednesdays & Fridays (opposite side)
3:15 P.M. Girls JV	3:15 P.M. Boys JV
4:45 P.M. Girls Varsity	4:45 P.M. Boys Frosh
6:30 P.M. Boys Varsity	
7. The home team shall pay for all expenses of the game and shall keep all receipts.
8. The home team band only will be permitted at basketball games. Other pep bands shall not be around. The half time is to be ten (10) minutes. Any extension of half time must be mutually agreed upon by both schools and coaches ahead of time. Teams must be given at least three (3) minutes warm-up time.
9. There shall be no downward mobility once a player participates in a game at the varsity league game. A player who has suited up, and not participated, is not considered part of that team and can move down..
10. No basketballs are to be permitted on the floor during intermission between halves, except for team warm-up.
11. A postponed game must be played the following school day. A second postponement must be re-scheduled by agreement with the league schedule taking precedence.
12. All games will be played in eight (8) minute quarters.
13. The number of band members at varsity basketball games will be limited to 15, unless provision is made with the other schools to use more. Bands are allowed to play at the last game of the week.

14. Visiting teams will not shower at the home schools site.
15. No megaphones, noisemakers, radios without headphones, will be allowed at Mission Valley League basketball contests.
16. All-league selection will be held during the week following the last league game if possible.
17. The format for MVL All-League Selection will be as follows:

- A. Coaches shall send all nominations from their own team to the League Secretary prior to the All League meeting. The league secretary in turn will return a list of nominations to the coaches prior to the All League meeting.
- B. All League nominations will be determined by placement in league standings.

<u>Place</u>	<u>Nominations</u>
1 st	5
2 nd	4
3 rd	3
4 th , 5 th , and 6 th	2

- C. Method of selection of All League teams shall be:
 No. 1 Player = 12
 No. 2 Player = 11
 and so on until No. 12 player = 1

Top six point totals will comprise the First Team
 Point totals 7-12 comprise the Second Team
 Remaining athletes will be listed as Honorable Mention on the certificates

- D. The Player of the Year will be selected as follows:
 Player of the year will come from the six athletes on the First All League Team. Coaches will be given the opportunity to nominate one of their players from the First Team for Player of the Year.
 1. A separate vote will be taken and coaches may vote for their own player.
 2. Highest vote will be Player of the Year.
 3. In case of a tie there shall be Co-Player of the year.

E. Any school not represented at the all-league meeting will not have an athlete represent the school on the all – league team.

18. League Standings and Championships:
- A. League standing and championships shall be determined by the percentage of League contests won and lost. If there is a Co-championship both teams will be declared champions. In case of a three-way tie a Tri-championship shall be declared, there shall be no playoffs to determine a champion.
 - B. C.I.F. Play-Off Representation:
 - 1. The league champion shall represent the league in the C.I.F. playoffs. Additional play-off berths shall be filled by final league standing.
 - 2. In case of a tie, the representative will be selected based upon the following order: Breaking a 2 way tie: Head to Head competition shall be used to break the tie. In the event of a tie where there is a split in the number of league games won, the winner of the second round league game between the two schools shall earn the better play-off berth.
 - 3. Breaking a 3-way tie: (A beat B. B. beat C. C beat A)
A coin flip will be used to determine order. The odd man out will be placed in the middle position. Head to head competition will determine the top and bottom spots of the remaining teams.
 - 4. Breaking an Imperfect 3 way tie: (A beat B & C but lost to D. B & C lost only to A)
-Head to Head competition to be used. A is #1 (beating B & C)
-Then it goes to Head to Head again to determine # 2 & # 3 between B & C.

GIRLS' BASKETBALL REGULATIONS

1. Eligibility for all levels shall follow the C.I.F. blue book.
2. There shall be two officials for all games. Pay shall be that prescribed by the C.I.F. blue book.
3. A basketball of official size and weight with the National Federation (NFHS) stamp is to be used for all levels.
4. The home team shall provide qualified individuals who shall run the clock, shot clock and supervise the scorebook at all games.
5. The home school shall wear light colored jerseys and the visiting school shall wear dark colored jerseys. Teams not able to comply with this must notify their opponent sufficiently in advance of the scheduled contest.
6. Starting time will be as follows:

Wednesdays & Fridays	Wednesdays & Fridays (opposite side)
3:15 P.M. Girls JV	3:15 P.M. Boys JV
4:45 P.M. Girls Varsity	4:45 P.M. Boys Frosh
6:30 P.M. Boys Varsity	
7. The home team shall pay for all expenses of the game and shall keep all receipts.
8. The home team band only will be permitted at basketball games. Other pep bands shall not be around. The half time is to be ten (10) minutes. Any extension of half time must be mutually agreed upon by both schools and coaches ahead of time. Teams must be given at least three (3) minutes warm-up time.
9. There shall be no downward mobility once a player participates in a game at the varsity league game. A player who has suited up, and not participated, is not considered part of that team and can move down..
10. No basketballs are to be permitted on the floor during intermission between halves, except for team warm-up.
11. A postponed game must be played the following school day. A second postponement must be re-scheduled by agreement with the league schedule taking precedence.
12. All games will be played in eight (8) minute quarters.
13. The number of band members at varsity basketball games will be limited to 15, unless provision is made with the other schools to use more. Bands are allowed to play at the last game of the week.

14. Visiting teams will not shower at the home schools site.
15. No megaphones, noisemakers, radios without headphones, will be allowed at Mission Valley League basketball contests.
16. All-league selection will be held during the week following the last league game if possible.
17. The format for MVL All-League Selection will be as follows:

- A. Coaches shall send all nominations from their own team to the League Secretary prior to the All League meeting. The league secretary in turn will return a list of nominations to the coaches prior to the All League meeting.
- B. All League nominations will be determined by placement in league standings.

<u>Place</u>	<u>Nominations</u>
1 st	5
2 nd	4
3 rd	3
4 th , 5 th , and 6 th	2

- C. Method of selection of All League teams shall be:
 No. 1 Player = 12
 No. 2 Player = 11
 and so on until No. 12 player = 1

Top six point totals will comprise the First Team
 Point totals 7-12 comprise the Second Team
 Remaining athletes will be listed as Honorable Mention on the certificates

- D. The Player of the Year will be selected as follows:
 Player of the year will come from the six athletes on the First All League Team. Coaches will be given the opportunity to nominate one of their players from the First Team for Player of the Year.
 1. A separate vote will be taken and coaches may vote for their own player.
 2. Highest vote will be Player of the Year.
 3. In case of a tie there shall be Co-Player of the year.

E. Any school not represented at the all-league meeting will not have an athlete represent the school on the all – league team.

18. League Standings and Championships:

- A. League standing and championships shall be determined by the percentage of League contests won and lost. If there is a Co-championship both teams will be declared champions. In case of a three-way tie a Tri-championship shall be declared, there shall be no playoffs to determine a champion.
- B. C.I.F. Play-Off Representation:
 - 1. The league champion shall represent the league in the C.I.F. playoffs. Additional play-off berths shall be filled by final league standing.
 - 2. In case of a tie, the representative will be selected based upon the following order: Breaking a 2 way tie: Head to Head competition shall be used to break the tie. In the event of a tie where there is a split in the number of league games won, the winner of the second round league game between the two schools shall earn the better play-off berth.
 - 3. Breaking a 3-way tie: (A beat B. B. beat C. C beat A)
A coin flip will be used to determine order. The odd man out will be placed in the middle position. Head to head competition will determine the top and bottom spots of the remaining teams.
 - 4. Breaking an Imperfect 3 way tie: (A beat B & C but lost to D. B & C lost only to A)
-Head to Head competition to be used. A is #1 (beating B & C)
-Then it goes to Head to Head again to determine # 2 & # 3 between B & C.

BOYS' SOCCER REGULATIONS

1. The Mission Valley league accepts the National Federation Soccer Rules book as the basic rules for high school competition and the C.I.F. bluebook.
2. League game days will be every Tuesday and Thursday of each week.
3. If a school must play “back to back” games, the varsity game shall be scheduled first and the JV game at the conclusion of the varsity game (with the possibility of a shortened game due to darkness.)
4. To determine league standings the following system shall be used: Three(3) points for a win; one (1) point for a tie; zero (0) points for a loss; no extra points are to be given for goals.
5. Mission Valley League rules other than those in the soccer rules book shall be:
 - A. The field of play shall be marked with distinctive lines, in accordance with the diagram in the soccer rules book.
 - B. The home school must furnish 3 game balls for each game.
 - C. Any infraction in equipment shall be reported to the league secretary within 24 hours of the completion of the game.
 - D. All players must wear soccer shoes and shin guards. Metal cleats are prohibited.
 - E. During the game only the team captain may approach the referee to request an explanation of a decision.
 - F. If possible, two (2) referees shall be present at each league game for both Varsity and JV games.
 - G. Once a player plays in a varsity league game he may not drop to JV, but must remain on the varsity the remainder of the season. No downward mobility once the first round of league starts. Rosters with names, grade, and jersey numbers must be presented to opponents before each contest. Any additions to rosters must be presented prior to the contest.
 - H. The home team must decide by 1:00 pm if the field will be playable or not. If unplayable they must notify the opponent immediately.
 - I. The referee is the official timekeeper.

- . The format for MVL All-League Selection will be as follows:
 - A. Coaches shall send all nominations from their own team to the League Secretary prior to the All League meeting. The league secretary in turn will return a list of nominations to the coaches prior to the All League meeting.
 - B. All League nominations will be determined by placement in league standings.

<u>Place</u>	<u>Nominations</u>
1 st	10
2 nd	8
3 rd	6
4 th	4
5 th	3
6 th	2

- C. Method of selection of All League teams shall be:
 - No. 1 Player = 16
 - No. 2 Player = 15
 - and so on until No. 16 player = 1

Top 12-point totals will comprise the First Team
 Point totals 12 - 24 will comprise the Second Team
 Remaining athletes receiving votes will be listed as Honorable Mention on the certificates

- D. The Player of the Year will be selected as follows:
 - Player of the year will come from the 12 athletes on the First Team.
 - Coaches will be given the opportunity to nominate one of their players from the First Team for Player of the Year.
 1. A separate vote will be taken and coaches may not vote for their own player.
 2. Highest vote will be Player of the Year.
 3. In case of a tie there shall be Co-Player of the year

- E. Defensive and Offensive Players of the Year
 - Each coach may nominate a player for the Defensive and Offensive Players of the Year at the All-League meeting. These players must come from the first team roster and will be listed on the certificate.

Any school not represented at the all-league meeting will not have an athlete represent the school on the All- League team

6. C.I. F. Representatives:
- A. The league champion shall represent the league in the C.I.F. playoffs. Additional play-off berths shall be filled by final league standing.

 - B. In case of a tie, the representative will be selected based upon the following order:
Breaking a 2 way tie: Head to Head competition shall be used to break the tie. In the event of a split or tie the next tiebreaker is to be second round winner. If there is still a tie the team with the better second round record will determine higher seed. If all tiebreakers are the same a coin flip will be used to determine final standings.

 - C. Breaking a 3 way tie: (A beat B. B. beat C. C beat A)
Second round head to head competition first tie breaker, if tie still exists better second round record then head to head with remaining two teams. If a tie still exists then coin flip will be used odd man out takes the middle position. Head to head tie breaker to be used with remaining two teams to determine top and bottom spots.

 - D. Breaking an Imperfect 3 way tie: (A beat B & C but lost to D. B & C lost only to A)
-Head to Head competition to be used. A is #1 (beating B & C)
-Then it goes to Head to Head again to determine # 2 & # 3 between B & C.

GIRLS' SOCCER REGULATIONS

1. The Mission Valley league accepts the National Federation Soccer Rules book as the basic rules for high school competition and the C.I.F. bluebook.
2. League game days will be every Tuesday and Thursday of each week.
3. If a school must play “back to back” games, the varsity game shall be scheduled first and the JV game at the conclusion of the varsity game (with the possibility of a shortened game due to darkness.)
4. To determine league standings the following system shall be used: Three(3) points for a win; one (1) point for a tie; zero (0) points for a loss; no extra points are to be given for goals.
5. Mission Valley League rules other than those in the soccer rules book shall be:
 - J. The field of play shall be marked with distinctive lines, in accordance with the diagram in the soccer rules book.
 - K. The home school must furnish 3 game balls for each game.
 - L. Any infraction in equipment shall be reported to the league secretary within 24 hours of the completion of the game.
 - M. All players must wear soccer shoes and shin guards. Metal cleats are prohibited.
 - N. During the game only the team captain may approach the referee to request an explanation of a decision.
 - O. If possible, two (2) referees shall be present at each league game for both Varsity and JV games.
 - P. Once a player plays in a varsity league game he may not drop to JV, but must remain on the varsity the remainder of the season. No downward mobility once the first round of league starts. Rosters with names, grade, and jersey numbers must be presented to opponents before each contest. Any additions to rosters must be presented prior to the contest.
 - Q. The home team must decide by 1:00 pm if the field will be playable or not. If unplayable they must notify the opponent immediately.
 - R. The referee is the official timekeeper.

- . The format for MVL All-League Selection will be as follows:
 - A. Coaches shall send all nominations from their own team to the League Secretary prior to the All League meeting. The league secretary in turn will return a list of nominations to the coaches prior to the All League meeting.
 - B. All League nominations will be determined by placement in league standings.

<u>Place</u>	<u>Nominations</u>
1 st	10
2 nd	8
3 rd	6
4 th	4
5 th	3
6 th	2

- C. Method of selection of All League teams shall be:
 - No. 1 Player = 16
 - No. 2 Player = 15
 - and so on until No. 16 player = 1

Top 12-point totals will comprise the First Team
 Point totals 12 - 24 will comprise the Second Team
 Remaining athletes receiving votes will be listed as Honorable Mention on the certificates

- D. The Player of the Year will be selected as follows:
 - Player of the year will come from the 12 athletes on the First Team.
 - Coaches will be given the opportunity to nominate one of their players from the First Team for Player of the Year.
 1. A separate vote will be taken and coaches may not vote for their own player.
 2. Highest vote will be Player of the Year.
 3. In case of a tie there shall be Co-Player of the year

- E. . Defensive and Offensive Players of the Year
 - Each coach may nominate a player for the Defensive and Offensive Players of the Year at the All-League meeting. These players must come from the first team roster and will be listed on the certificate.

Any school not represented at the all-league meeting will not have an athlete represent the school on the all – league team.

6. C.I. F. Representatives:
- A. The league champion shall represent the league in the C.I.F. playoffs. Additional play-off berths shall be filled by final league standing.
 - B. In case of a tie, the representative will be selected based upon the following order:
Breaking a 2 way tie: Head to Head competition shall be used to break the tie. In the event of a split or tie the next tiebreaker is to be second round winner. If there is still a tie the team with the better second round record will determine higher seed. If all tiebreakers are the same a coin flip will be used to determine final standings.
 - C. Breaking a 3-way tie: (A beat B. B. beat C. C beat A)
Second round head to head competition first tie breaker, if tie still exists better second round record then head to head with remaining two teams. If a tie still exists then coin flip will be used odd man out takes the middle position. Head to head tie breaker to be used with remaining two teams to determine top and bottom spots.
 - D. Breaking an Imperfect 3 way tie: (A beat B & C but lost to D. B & C lost only to A)
 - Head to Head competition to be used. A is #1 (beating B & C)
 - Then it goes to Head to Head again to determine # 2 & # 3 between B & C.

WRESTLING REGULATIONS

RULES AND REGULATIONS

1. The league will be governed by the rules and regulations of the C.I.F. The NCAA rule on maximum and minimum time for varsity weigh-ins will be waived.
2. A complete and accurate roster of wrestlers must be presented to the score keeper's table prior to the beginning of the match, and may not be changed. This roster must place one (1) wrestler in each weight class or indicate forfeit. This shall be done prior to the varsity and again prior to the JV matches.
3. Practice mats are to be provided to visiting team, if home team has a practice mat behind home bench.

WEIGH-INS

1. Both varsity and JV shall be weighted in prior to all league matches. Weigh-in must take place at the home school beginning not later than 2:45 p.m. All schools must use certified scales for weigh-ins.
2. It is required that scales be certified between November 1 and the first league match on an annual basis. A certified stamp must be affixed to the scale indicating current certification. Any host school violating this rule shall forfeit each match until their scales certified.

OFFICIALS

C.I.F. approved officials must be used for all matches.

STARTING TIME

1. Starting time for matches will be as soon as possible after weigh-ins. Any change in the time for matches must be approved by both coaches.
2. Junior varsity matches will be before varsity matches.
3. The varsity match will follow the JV match, after allowing a sufficient time to warm up.
4. Time permitting, exhibition matches may be scheduled after the conclusion of the varsity and JV wrestling matches.

JUNIOR VARSITY AND FROSH

1. JV and Frosh matches shall be one (1) minute in length per period and consist of three (3) periods.

TIMER

1. The home school is responsible for providing an adult timer for both the varsity and JV matches.
2. The league recommends the use of a clock that is visible to coaches, wrestlers and spectators.

POSTPONED MATCHES

Postponed matches must be held the following school day. A second postponement must be re-scheduled by agreement with the league schedule taking precedence.

CHAMPIONSHIPS

1. Varsity and JV championships are based on dual meet competitions.
2. A medal shall be given to the first three (3) places in each weight classification in the MVL All League Tournament for a six-team league.
3. The school hosting league finals will provide no less than three (3) mats and one more official than the number of mats and one adult timer per mat.
4. The charge for the finals will be \$5.00 for adults and non-ASB cardholders. Pre-high school students and ASB cardholders shall be admitted free.

Mission Valley League

Spring Sports

Co-Ed Badminton

Baseball

Softball

Boys' Tennis

Track

CO-ED BADMINTON REGULATIONS

GENERAL REGULATIONS

1. After the first round of league play, a varsity player cannot be sent down to the JV team.
2. Varsity and JV meet at opposite sites on the same day.
3. No player may play both varsity and junior varsity on the same day.
4. All players will wear a proper uniform, which includes tennis shoes.
5. There shall be two (2) boys' singles and doubles, two (2) girls' singles and doubles and three (3) mixed doubles on both varsity and junior varsity teams.
6. No player may play in both singles and doubles during the same match, except for mixed doubles.
7. All games start by 3:00 P.M. A visiting team should notify the home team in case they are detained because of an emergency.
8. A postponed game must be re-scheduled on the next school day for the two schools.
9. Ground rules shall be verbally explained before each match.
10. There shall be no coaching while a match is in progress. A 90 second coaching period is allowed between the first and second game and the players must remain on the courts. A five-minute coaching period is allowed after the second game. Players may leave the courts.
11. Every coach shall obey the spirit as well as the letter of the rules.
12. Carries shall not be called.
13. A match consists of two (2) out of three (3) games.
14. Players will call birds that hit their end of the court "In" or "Out". If there is a question, it should be called in favor of the opponent.
15. Players shall call the score before each serve in a loud, clear voice.
16. Official lines people may be requested by mutual agreement of the coaches.
17. All schools shall use the C.I.F. recommended shuttle.

18. The home school shall provide all of the birds.
19. A player or coach may request a serving judge if an illegal serve is suspected.
20. The playing order shall be according to C.I.F. format.
21. No one shall be permitted to sit by the court during play.
22. Observers must exhibit good sportsmanship during matches.
23. There shall be no defaults in varsity badminton. If varsity players are missing, JV players shall move up. The JV players will be allowed to return to the junior varsity level during either round of play.
24. No substitutions shall be permitted once a match has been started, except in the event of an injury to a player on a mixed doubles team prior to the mixed doubles match.
25. League standings and championships shall be determined by the percentage of league contests won and lost. In case of a tie, a co-championship shall be declared. In case of a three-way tie, a tri-championship will be declared. There shall be no playoff to determine championships.

TOURNAMENT REGULATIONS:

1. A league tournament shall be held at the end of the badminton season to qualify athletes for the C.I.F. individual play-offs.
2. Coaches will meet following the league season to establish the draw for the league finals. Preferably right after the last league match.
3. Each school will bring two boys' and girls' singles, two boys' and girls' doubles, and three mixed doubles.
4. League prelims and finals will start at 1:00 P.M. each day. Competition will be a single elimination format. All of the mixed doubles (including the finals) and the first two (2) rounds of singles and doubles will be played the first day. Semi-finals and finals for singles and doubles will be played the second day. A play-off for third and fourth place will be played on the final day.
5. Medals will be provided for the first four (4) places in boys' and girls' singles, boys' and girls' doubles, and mixed doubles. Those players reaching the finals will receive the 1st team medals, and those reaching the semi-finals, will receive 2nd team medals.
6. League finals will follow CIF tournament format.

BASEBALL REGULATIONS

ELIGIBILITY RULES

In accordance with the constitution we shall be governed by rules of the C.I.F.

MOBILITY OF PLAYERS

Three round league seasons: upward and downward mobility may occur during the first round. No downward mobility once the second round begins. Scorebook will be official roster.

OFFICIALS

1. There shall be two (2) umpires for all Varsity games and they shall be paid the C.I.F. recommended rate.
2. There shall be two (2) umpires for each game at the JV and Frosh level. The rate of pay shall be the same for these two (2) teams.

STARTING TIME

1. All afternoon games are to be started at 3:15 p.m.

LENGTH OF GAME

1. All games shall be seven (7) innings in length, or 2 1/2 hour limit.

BALLS

1. Only balls with the National Federation authentication mark shall be used.

HELMETS

1. The C.I.F. ruling states that all baseball players must wear helmets while at bat and base running.
2. Each team must have at least four (4) helmets with flaps.

GROUND RULES

The home team shall provide a small card with ground rules printed on each side and space for the starting lineup on the other. A copy will be given to the visiting coach and to the umpires.

DRESSING ARRANGEMENTS

All baseball teams shall dress at home. Home teams will not be responsible for facilities for visiting team in regard to lockers, valuables and showers.

GAME DAYS

Games will be played on Wednesday and Fridays. Exception may be the week of the League Track finals.

TIE GAMES

If a game must be called before the completion of an official game, i.e., 4 1/2 innings, the game is to be replayed in its entirety at a time mutually agreeable to both schools. If a game is called after 4 1/2 innings with the score tied and thus becomes a regulation called game with a tie score, it shall not be replayed and will count as 1/2 game won and 1/2 game lost for each team. All games which end in a tie will be counted as 1/2 game won and 1/2 game lost for each team and shall not be replayed.

POSTPONED GAMES

1. A postponed game must be re-scheduled for the next school day. A second postponement will have to be re-scheduled by agreement with the league schedule taking precedence.
2. The home school shall decide whether field conditions are playable.

BATTING PRACTICE

On a game day in the Mission Valley League there may not be any contact with a Pitched ball and a bat, no hitting in a batting cage, no hitting using a pitching machine.

The following practice and warm-up procedures may be used:

1. Pepper games played in foul territory or in the outfield.
2. Infield practice with any board-approved coach or uniformed player hitting the ball. A regulation bat may be used for this form of hitting.
3. Outfield practice with any Board approved coach or uniformed player hitting the ball. A regulation bat may be used for this form of hitting.
4. Hitting from a tee is allowed provided a wiffle ball is used. The wiffle ball may be hit into a portable fence or net or into the air.

5. A toss drill may be used provided it is done with a wiffle ball. The wiffle ball may be hit into a portable fence or net or into the air.
6. A shadow batting drill may be used with a live pitcher with regulation motion provided no ball is used.
7. Bunting drills shall be allowed provided they are conducted as a pepper game.
8. There shall be no hitting of any kind of ball into a permanent fence on the school grounds or the game site. This includes the backstops and dugout fences.
9. Any infraction may be protested on the day of the game, but not forfeited on the day of the game.

UNIFORM

It is recommended at the Varsity level for all coaches to be in baseball uniforms.

ALL-LEAGUE SELECTIONS

1. The league secretary will send nomination forms to all coaches and will schedule the MVL All League Selection Meeting.
2. Each coach will return their nominations to the league secretary prior to the all league selection meeting. Ballots will be mailed to the coaches and voting will take place at the meeting.
3. No grade level will be submitted with names of all-league selections.
4. A coach may nominate players from their team for league nominations that are determined by league finish. Nominations will be for pitcher, catcher, infield, outfield, utility player and designated hitter.
5. The number of nominations for all league positions will be based on league finish and will be as follows:

First Place Team	=	9 nominations
Second Place Team	=	7 nominations
Third Place Team	=	6 nominations
Fourth Place Team	=	6 nominations
Fifth Place Team	=	5 nominations
Sixth Place Team	=	4 nominations

Designated points will be given in direct correlation to the number of individuals nominated. If there are 5 nominations and one is from your team, the player who is your number one selection will get 5 points the second choice will receive 4 points and so on if your player is the 5th choice no points will be given. Coaches cannot vote for their own player.

Any player receiving a vote that does not receive first or second team honors will receive honorable mention and their name will be placed on the All League certificate.

6. There will be 13 first team all league medals plus 1 most valuable player medal. These player's names will be placed on the certificate. The thirteen second team all league players will have their names placed on the certificate.
7. The player with the most votes at each position would constitute the first team all-league. There will be 2 pitchers, 1 catcher, 5 infielders, 3 outfielders and 1 utility player and 1 designated hitter. The same format will be used in the selection of the second team all league. Mobility between positions of the nominees will be allowed providing there is consensus among the coaches.
8. Any school not represented at the all-league selection meeting will not have any athletes from their school on the all-league teams. (Coach or school representative must be present)

C.I.F. REPRESENTATIVES:

- A. League standing and championships shall be determined by the percentage of League contests won and lost. If there is a Co-championship both teams will be declared champions. In case of a three-way tie a Tri-championship shall be declared, there shall be no playoffs to determine a champion.
- B. The league champion shall represent the league in the C.I.F. playoffs. Additional play-off berths shall be filled by final league standing.
- C. In case of a tie, the representative will be selected based upon the following:
Breaking a 2 way tie: Head to Head competition shall be used to break the tie.
- D. Breaking a 3 way tie: (A beat B. B. beat C. C beat A)
-Overall 10 game record to be used to determine the #1 seed.
-Then it goes to Head to Head competition to determine seeds #2 & #3.
- E. Breaking an Imperfect 3 way tie: (A beat B & C but lost to D. B & C lost only to A)
-Head to Head competition to be used. A is #1 (beating B & C)
-Then it goes to Head to Head again to determine # 2 & # 3 between B & C.
- F. In the event of a tie for a C.I.F. play-off berth in a double or triple round schedule the team that defeated the other the most in league play shall represent the league in the C.I.F. play-offs. In the event of a tie where there is a split in the number of league games won, the team with the better second round record shall represent the league in the C.I.F. play-offs. If the second round league records are the same, the winner of the second round league game between the two schools shall earn the play-off berth.

GIRLS' SOFTBALL REGULATIONS

MOBILITY OF PLAYERS

There shall be no downward mobility of player in any division after the first league game.

OFFICIALS

1. There shall be two (2) umpires for all varsity games and they shall be paid the C.I.F. recommended rate.
2. There shall be one umpire for the junior varsity game and the pay shall be the C.I.F. recommended rate.

STARTING TIME

All afternoon games are to be started at 3:15 P.M.

LENGTH OF GAMES

1. Varsity teams will play seven (7) innings. After 5 innings the 10 run rule may be put into effect by mutual agreement of the coaches.
2. JV teams will play seven (7) innings or not start a new inning after two (2) hours. After 5 innings the 10 run rule by coaches mutual agreement may be put into effect.

BALLS

1. The official ball to be used in all Mission Valley League softball games (Varsity & JV) will be an NFHS approved softball.
2. Home team shall furnish two (2) balls for each home game. One for the varsity game and one (1) for the junior varsity game. A good back up ball should be available.

GROUND RULES

The home team shall provide a small card with ground rules printed on each side and space for the starting lineup on the other. A copy will be given to the visiting coach and to the umpires.

DRESSING ARRANGEMENTS

All softball teams shall dress at home. Home teams will not be responsible for facilities for visiting team, in regard to lockers, valuables and showers.

GAME DAYS

Games will be played on Wednesdays and Fridays--exception maybe the week of the league track meet.

TIE GAMES

If a game must be called before the completion of an official game (4 1/2 innings), the game is to be replayed in its entirety at a time mutually agreeable to both schools. If a game is called after 4 1/2 innings with the score tied it thus becomes a regulation called game with a tie score, it shall not be replayed and will count as 1/2 won and 1/2 lost for each team.

POSTPONED GAMES

1. A postponed game must be re-scheduled for the next school day. A second postponement will have to be rescheduled by agreement with the league schedule taking precedence.
2. The home school will decide whether field conditions are playable.

BATTING PRACTICE

On game days in the Mission Valley League, there may not be any contact with a pitched ball and a bat, no hitting in a batting cage, or no hitting using a pitching machine.

The following practice and warm-up procedures may be used:

1. Pepper games played in foul territory or in the outfield.
2. Infield practice with any board-approved coach or uniformed player hitting the ball. A regulation bat may be used for this form of hitting.
3. Outfield practice with any board-approved coach or uniformed player hitting the ball. A regulation bat may be used for this form of hitting.
4. Hitting from a tee is allowed provided a wiffle ball is used. The whiffle ball may be hit into a portable fence or net or into the air.
5. A toss drill may be used provided it is done with a wiffle ball. The whiffle ball may be hit into a portable fence or net or into the air.
6. A shadow batting drill may be used with a live pitcher with regulation motion provided no ball is used.
7. Bunting drills shall be allowed provided they are conducted as a pepper game.

8. There shall be no hitting of any kind of ball into a permanent fence on the school grounds or the game site. This includes the backstops and dugout fences.
9. Any infraction may be protested on the day of the game, but not forfeited on the day of the game because of the infraction.

ALL-LEAGUE SELECTIONS

1. The league secretary will send nomination forms to all coaches and will schedule the MVL All League Selection Meeting.
2. Each coach will return their nominations to the league secretary prior to the all league selection meeting. Ballots will be mailed to the coaches and voting will take place at the meeting.
3. No grade level will be submitted with names of all-league selections.
4. A coach may nominate players from their team for league nominations that are determined by league finish. Nominations will be for pitcher, catcher, infield, outfield, utility player and designated hitter.
5. The number of nominations for all league positions will be based on league finish and will be as follows:

First Place Team	=	9 nominations
Second Place Team	=	7 nominations
Third Place Team	=	6 nominations
Fourth Place Team	=	6 nominations
Fifth Place Team	=	5 nominations
Sixth Place Team	=	4 nominations

Designated points will be given in direct correlation to the number of individuals nominated. If there are 5 nominations and one is from your team, the player who is your number one selection will get 5 points the second choice will receive 4 points and so on if your player is the 5th choice no points will be given. Coaches cannot vote for their own player.

Any player receiving a vote that does not receive first or second team honors will receive honorable mention and their name will be placed on the All League certificate.

6. There will be 13 first team all league medals plus 1 most valuable player medal. These player's names will be placed on the certificate. The thirteen second team all league players will have their names placed on the certificate.

7. The player with the most votes at each position would constitute the first team all-league. There will be 2 pitchers, 1 catcher, 5 infielders, 3 outfielders and 1 utility player and 1 designated hitter . The same format will be used in the selection of the second team all league. Mobility between positions of the nominees will be allowed providing there is consensus among the coaches.
8. Any school not represented at the all-league selection meeting will not have any athletes from their school on the all-league teams. (Coach or school representative must be present)

League Standings and Championships:

- A. League standing and championships shall be determined by the percentage of League contests won and lost. If there is a Co-championship both teams will be declared champions. In case of a three-way tie a Tri-championship shall be declared, there shall be no playoffs to determine a champion.
- B. C.I.F. Play-Off Representation:
 1. The league champion shall represent the league in the C.I.F. playoffs. Additional play-off berths shall be filled by final league standing.
 2. In case of a tie, the representative will be selected based upon the following order: Breaking a 2 way tie: Head to Head competition shall be used to break the tie. In the event of a tie where there is a split in the number of league games won, the winner of the second round league game between the two schools shall earn the better play-off berth.
 3. Breaking a 3-way tie: (A beat B. B. beat C. C beat A)
A coin flip will be used to determine order. The odd man out will be placed in the middle position. Head to head competition will determine the top and bottom spots of the remaining teams.
 4. Breaking an Imperfect 3 way tie: (A beat B & C but lost to D. B & C lost only to A)
-Head to Head competition to be used. A is #1 (beating B & C)
-Then it goes to Head to Head again to determine # 2 & # 3 between B & C.

BOYS' TENNIS REGULATIONS

GENERAL RULES

1. Varsity and Junior Varsity teams meet at opposite sites on the same day. Starting time is 3:00 P.M. The game days are Tuesday and Thursday.
2. Varsity and junior varsity teams shall consist of three (3) singles and three (3) doubles teams (Total of nine (9) players.) Each school must field a varsity team. It is expected that the positioning of players be ranked according to skill ability with the best playing ability as No. 1 and least ability No. 4. No girl may play in both singles and doubles during the same match. The girl's JV team will use a "no-add" format for all league matches.
3. In league matches, both singles and doubles teams shall play a round robin, all players of one team playing one six-game set each with the players of the other team. Whenever a set reaches a 6-6 score, a twelve (12) point tiebreaker shall be used recording the win at 7-6.
4. Each participant shall supply her own tennis racket. The home team shall furnish new tennis balls (optic yellow, two per court with a new can of tennis balls for emergencies).
5. Postponed matches must be played the following school day. A second postponement must be rescheduled by agreement with the league schedule taking precedence.
6. In league dual meets, each set won in a singles match shall count one point and each doubles set won shall count one point. This will make the entire match worth 18 points. In case of a tie in points in team score when sets are counted, the total number of games won during the match by both singles players and doubles teams shall determine the winning team. If, at that point, the match is still tie, the result will be counted a tie for league standings.
11. During the first round upward or downward mobility will be permitted. Any junior varsity player that must be moved up to varsity to fill a vacancy may be moved back to the junior varsity team. Players may not play in both divisions on the same day.
12. Junior varsity players will be moved up to varsity level in the event a player is needed, there shall be no default. Only JV players will be allowed to return to junior varsity level. If junior varsity players are missing, reserves shall be moved up.

13. Substitutions will be allowed during league play to align with the C.I.F. play-off format.
14. Every coach shall obey the spirit as well as the letter of the rules.
11. There shall be no coaching or communications with the players while a match is in progress. Coaches may give instructions to their players between sets only.
12. Play shall never be suspended, delayed or interfered with and no player shall leave the court during a set except in an emergency situation that is acceptable to both coaches.
13. It is recommended that each coach shall provide a scoring device on each court. The player winning the game shall be responsible for putting the score on the device at the conclusion of each game.
14. There shall be a maximum of five (5) minutes rest between all sets played.
15. A coach must be present and remain with the team throughout the match.
16. No one, except the players who are actually in the process of playing a set, may enter the court area or sit or stand by the playing courts. Any distractions or harassment of players may result in the set being defaulted.
17. Follow the accepted code of ethics for all league and C.I.F. play.

TOURNAMENT REGULATIONS:

1. It is recommended that the league dual matches finish at least one (1) week before league finals begin.
7. A league tournament shall be held at the end of the tennis season to qualify girls for the C.I.F. individual play-offs.
8. Coaches shall meet as soon as possible following the league season to establish the draw for the league finals.
9. The first, second and third place team finishers in the league will enter three (3) singles players and three (3) doubles teams. The remaining teams will enter two (2) singles and two (2) doubles teams in the league finals. Seeding will be based on league play.
10. Elimination in a tournament shall be based on the best 2 out of 3

11. League medals will be provided for the first four (4) places in singles and doubles. Players reaching the finals in singles and doubles will receive the First Team medals, those reaching the semi-finals in singles and doubles, but going on to the finals will receive Second Team medals.
12. League pre-lims start at 12:00pm and finals start at 1:00 p.m.. Two out of three sets are to be played. If set is tied at 6-6, a 12-point tiebreaker shall be used, recording the win at 7-6.

C.I.F. REPRESENTATIVES:

1. League standings and championship shall be determined by the percentage of league contests won and lost. In case of a tie a co-championship shall be declared. In case of a three-way tie a tri- championship will be declared. There shall be no playoff's to determine championships.
 - C. The league champion shall represent the league in the C.I.F. playoffs. Additional play-off berths shall be filled by final league standing.
 - D. In the event of a tie for a C.I.F. play-off berth, head to head will be the first tiebreaker, if there is a spilt in games won then the second round winner will represent the league. If there is still a tie the second round record will determine berth.
 - C. In case of a three way tie, the representative will be selected based upon the following: Breaking a 3 way tie: (A beat B. B. beat C. C beat A)
-Coin flips to be used, odd man moves into the middle slot with two remaining teams using head to head results to determine top and bottom
 - D. Breaking an Imperfect 3 way tie: (A beat B & C but lost to D. B & C lost only to A)
-Head to Head competition to be used. A is #1 (beating B & C)
-Then it goes to Head to Head again to determine # 2 & # 3 between B &C

TRACK REGULATIONS

ORDER OF EVENTS

1. All track events are to follow the C.I.F. blue book order and regulations with the following modification.
2. Boy's frosh-soph, JV and varsity, and girl's JV and varsity 2 mile and mile relays may be run with all divisions in one race instead of running a separate race for each division. This may be done by mutual agreement of both teams.
3. The field events are to be in the following sequence of classes: Starting at the beginning of the first running event.

Pole Vault - Boys Varsity first followed by all other levels. Boys Varsity will be allowed to have their own warm-up followed by all the rest.

High Jump - Girls Varsity will be combined with girls JV using starting heights. Boys Varsity is next followed by all other boy levels.

Long Jump - Two pits - All long jumpers in one pit and all triple jumpers in the other pit. Open pit start of 4x100 relay to start of 1600 relay.

Triple Jump - If only one pit available, start as soon as possible with long jump with a time limit of 1 hour and 15 minutes and will follow the long jump. If only one pit available, it must end by the start of the mile relay.

Shot Put - Boys levels first, followed by girls. Varsity – JV - FS

Discus - Girls levels first , followed by boys. Varsity – JV - FS

RULES OF FIELD EVENTS

1. The rules for the field events shall conform to C.I.F. regulations.

GENERAL RULES

1. Each judge's clipboard should have attached the CIF rules governing that event.
2. The starter-referee must be selected from the approved C.I.F. starter list. In addition to his starting duties, he is also the final authority on all decisions pertaining to rules, judgment of places, etc. His fee shall be set by C.I.F. blue book. The starter may not be from either of the two participating schools unless approved by the mutual consent of the two coaches involved.

3. It is recommended an adequate place-picker's stand be provided at all finish lines and the place judges must take their proper positions on the stand.
4. Assistant track coaches or any other person connected with coaching track shall not serve as judge, place-picker or in any other official capacity, unless by mutual consent of the two opposing coaches.
5. The home team shall provide some sort of enclosed or marked-off areas as a visiting team's grouping area. Each coach shall be responsible for keeping his team away from all finish lines and field events areas when not competing.
6. Unless otherwise arranged with the home team, all visiting teams shall come suited up and ready to compete.
7. Boys and girls track meets are to be held on the same day at the same site.
8. Faculty members only are allowed to serve as head event officials. By mutual consent of both coaches other competent adults may be used as event officials.
9. Home school is responsible for providing an adequate public address system to announce all events.
10. Each school will be entitled to one-half of the available lanes. If one school does not use all of their lanes, the other school may place in the open lanes until all are filled. In all running events of 880 or longer and field events, all entrees will be allowed. In the event of odd number lanes the visiting team is allowed the additional lane.
11. The last dual meet of the year will be run on the Thursday of the week preceding league prelims and finals. Postponed meets or interrupted meets shall be rescheduled for the earliest possible date thereafter, starting with incomplete events from the interrupted meet. Entries must be completed before the meet starts.
12. Each host school shall provide an area and facilities for two or more statisticians.
13. All athletes involved must enter their respective field events prior to the start of the first running event.
14. Acceleration zones for the 440 relays should be marked in at least three lanes by the host school.

15. A pre-season meeting will be held prior top the start of the season to determine starting height. In dual meets, the pole vault and high jump will start at the agreed height and competitors will enter at the height they desire. The girl's high jump will start at 3 feet 9 inches and then the bar will be raised to 4 feet even. In the pole vault, the event may begin at the lowest possible height allowed by the standards.
16. It is the responsibility of the host coach to provide adequate crowd control.
- 17 In dual meet competition athletes will be given 4 attempts in the LJ, TJ, SP, discus.

REGULATIONS FOR LEAGUE PRELIMS AND FINALS

1. The date for league finals will be selected by the league. The host school will be determined by rotating the schools in reverse alphabetic order. The league track and field championship shall be decided by dual meet competition. The league track and field meet shall determine entries in the C.I.F. competition.
2. Competition in track shall be based upon varsity only classification. For C.I.F. prelims and finals contenders will be classified according to C.I.F. regulations.
3. The meet director shall handle all financial matters pertaining to the meet. The league shall pay all budgeted expenses incurred in the staging of the meet. The charge for the finals will be \$5.00 for adults and non-ASB cardholders. Pre-high school students and ASB cardholders shall be admitted free.
4. Medals shall be provided for the first (3) place winners in all varsity events.
5. The league should adopt a medal design for those medals provided by the league.
6. Procedures for Track League Prelims and Finals:

Prior to the season, the school that is hosting the League Finals should host a meeting to determine the qualifying marks for that year's league final. Each school is guaranteed 3 entries in each event, each entry after that must meet the qualifying standards. School record books will be made available at the seeding meeting to verify marks from any sanctioned meet or invitational.

League Prelims: There will be prelims on Tuesday in all running events except the 3200, 400 meter relay and 1600 relay and all field events provided there are more than eight (8) competitors entered in an event.

The top eight (8) qualifiers or number of lanes availability from prelims will advance to Friday's final. In running events with three heats- the top 2 in each heat plus the next 2 fastest times. If two heats are run the top 2 in each heat plus the next 4 fastest times, unless automatic timing is used.

If an athlete qualifies for a Friday final or is previously entered in a relay or the 3200, that athlete must compete in all of those events on Friday, unless he notifies the meet manager that he is scratching before 12:00 noon on the Wednesday following prelims. If an athlete does not compete in an event he is entered on Friday, he is then scratched from all remaining events, including the relays, for the remainder of meet.

Prelim Schedule

This is the order, starting time, and number of attempts for each event for league prelims:

Running Events: 3:00 p.m.

Field Events:

Long Jump & Triple Jump

(Each competitor will get four attempts)

Girls Long Jump will begin at 2:00 p.m. followed in order by Boys Long Jump. Boys Triple Jump will begin at 2:00 PM followed by the Girls Triple Jump

When two runways are not available the order will be Girls Long Jump, Boy's Long Jump, Girl's Triple Jump and Boy's Triple Jump.

High Jump

All competitors will jump until eight (8) are left. If less than eight (8) jumpers clear a height, the judge will go back to the previous height cleared to determine qualifiers based on the number of misses. If there are 10 or less jumpers at that height with the same number of misses then all competitors will be advanced to the finals. If more than ten (10) jumpers are still in the competition with the same number of misses at the previous height a jump off will determine the qualifiers. Starting heights will be determined at the seeding meeting.

Girls High Jump 3:00 p.m. followed in order by Boys High Jump.

Discus

All throwers will get four (4) throws. Markers will be used instead of measuring every throw. If there is a tie for the eighth spot, then those tied for that spot will advance to the finals.

Girls Discus 3:00 p.m. followed in order by **Boys** Discus.

Shot Put

All throwers will get four (4) throws. Markers will be used instead of measuring every throw. If there is a tie for the eighth spot, then those tied for that spot will advance to the finals.

Boys Shot Put 3:00 p.m. followed in order by **Girls Shot Put**.

Pole Vault

All competitors will vault until eight (8) are left. If less than eight (8) vaulters clear a height, the judge will go back to the previous height cleared to determine qualifiers based on the number of misses. If there are 10 or less vaulters at that height with the same number of misses then all competitors will be advanced to the finals. If more than ten (10) vaulters are still in the competition with the same number of misses at the previous height a jump off will determine the qualifiers.

The Girl's pole vault begins at **3:00 PM**, followed by the boys.

Finals Schedule

This is the order, starting time, and number of attempts for each event for league finals.

Running Events: 6:00 p.m.

Field Events:

Long Jump and Triple Jump

Each competitor will get three attempts. After 3 jumps field is re-ordered and get three (3) additional jumps. The competitor's best mark from his/her six attempts will be considered his/her best legal mark.

Girls Long Jump 3:00 (If only one runway is available)

Boys Long Jump

Girls Triple Jump

Boys Triple Jump

*If two runways are available then both jumps will begin 4:00 p.m. with the girls long jump and boys triple jump beginning first.

High Jump

Girls High Jump 5:00 p.m.

Boys High Jump

Discus

Each competitor will get three attempts. The top seven (7) competitors will then get three more attempts. The competitor's best mark from his/her six attempts will be considered his/her best legal mark.

Each throw will be measured in all rounds.

Girls Discus 4:00 p.m. followed in order by **Boys Discus**.

Shot Put Each competitor will get three attempts. The top (7) competitors will then get three more attempts. The competitor's best mark from his/her six attempts will be considered his/her best legal mark.

Each throw will be measured in all rounds.

Boys Shot Put 4:00 p.m. followed in order by **Girls Shot Put**.

Pole Vault Girls Pole Vault begins at **3:00** p.m., followed by the boys.

7. C.I.F. rules shall apply as to the number of events a track athlete may enter.
8. Since preliminaries in all track events are not always necessary, the host school shall accept responsibility for regulating the heats on the best available time schedule while conforming to the order of events as specified. In all races of 880 yards or longer, if there are twelve or less entrants, no preliminary races will be run; races will start a scratch start in this event.
9. The host school shall appoint competent officials to conduct the meet properly and fairly. The starter shall receive a fee as recommended by C.I.F. and the starter shall pay for his shells. Each school shall furnish four faculty members at the prelims and finals. They will be paid \$20.00 for prelims and \$20.00 for the finals or pay the host school \$ 20.00 per person not attending. Each school is required to notify the meet manager of how many they have attending by name.
10. No one is permitted on the field except contestants and managers. One photographer from each newspaper will be permitted. School paper reporters and other school photographers shall carry on their work from the stands. The meet manager will be paid \$55.00.
11. All track coaches, except meet manager, shall remain in the stands during the league finals meet.
12. Competitors who, in the opinion of the referee, deliberately refrain from observing the rules and regulations are also to be expelled from the field.
13. Competitors who complete their events in preliminaries are not permitted on the field during the finals.
14. In track events where heats are run, the number of qualifiers shall be governed by track accommodations not to exceed ten qualifiers and heats in all classes.
16. The order of events shall be as prescribed by C.I.F. regulations.
17. Coaches will receive all awards at the end of the meet.
18. Those tying shall draw for the medal on the day of the meet.

