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**GREATER SACRAMENTO LEAGUE
SAC-JOQUIN SECTION OF THE CIF**

CONSTITUTION

**ARTICLE I
NAME AND PURPOSE**

Section I This organization shall be known as the Greater Sacramento League of the Sac-Joaquin Section of the California Interscholastic Federation.

Section II The purpose of this organization is:

- a. To direct, coordinate, and control board approved athletics.
- b. To assume the responsibility for administration and supervision of all activities concerned.
- c. To cultivate and foster good standards of sportsmanship, cordial and friendly relations, and the exchange of ideas among the schools.

**ARTICLE II
MEMBERSHIP**

Section I The Greater Sacramento League membership will include those schools placed in the league by the Sac-Joaquin Section of the CIF.

**ARTICLE III
REPRESENTATION**

Section I The business of the league is to be transacted by designated representatives of each school assembled in an official league meeting. Designated representatives shall consist of either the principal or vice principal and the athletic director of each school. All representatives shall have full suffrage, including the right to bring motions to the floor, make seconds to motions, take part in discussions, and debate. However, a representative from one school may not second a motion made by a representative from the same school. Each member school will be permitted one vote for all league motions and voting items.

Section II Any new school added to the league will be permitted to vote at the first league meeting after the Board of Managers of the Sac-Joaquin Section has assigned it to the league.

**ARTICLE IV
DUES**

Section I The rate for league dues is to be set at the first Administrative Council meeting of each school year.

Section II The league dues shall be paid by each school within thirty days of the first league meeting.

ARTICLE V MEETINGS

- Section I There shall be a minimum of four Administrative Council meetings each school year: One in September, one in October, one in January, and one in April with each meeting to precede the Sac-Joaquin Section Board of Managers meeting. The agenda for each meeting shall be sent to the principals at least one week prior to the meeting and posted 48 hours prior in a public place.
- Section II Special meetings may be called at any time by the president with the consent of the majority of the schools.
- Section III The athletic directors shall meet a minimum of once in the spring semester, prior to the last Administrative Council meeting, to develop recommended schedules for the following year.
- Section IV Robert's Rules of Order Revised shall govern the conduct of the Administrative Council meetings.
- Section V At the beginning of each season one member school will host a preseason meeting that all head varsity coaches for that season shall attend. The Sport Representatives for each sport will facilitate the preseason meeting and set a date for the postseason meeting.
- Section VI In the week following the completion of the regular season, all head varsity coaches shall attend a postseason league meeting. The Sport Representatives for each sport will facilitate the meeting and members of the all-league team and the coach of the year. Cross Country, Golf, Wrestling, Track and Field, Swim, and Tennis may conduct their postseason meeting on the day of their league championships.

ARTICLE VI OFFICERS

- Section I The officers of the league shall be: president and commissioner. Either principals or vice principals shall fill the office of president.
- Section II At the April meeting of each odd year, the league shall elect a president.
- Section III The president shall be the representative of the league to the Board of Managers of the Sac-Joaquin Section.
- Section IV With the approval of the Administrative Council of the league, there shall be a standing committee formed for each recognized league sport. The committee shall consist of all head varsity coaches for the sport, and it shall be chaired by a coach who is chosen by the other coaches from the league sport. The chairperson of each sport shall be chosen at the start of each even numbered school year unless there is an immediate vacancy.

**ARTICLE VII
JOB DESCRIPTIONS**

President

- Section I The president shall preside at all league meetings.
- Section II The president shall appoint the chairman of standing committees and special committees as needed with the approval of Administrative Council.
- Section III The president shall be authorized to transact any necessary business of the league between meetings.

Commissioner

- Section I Attends each Administrative Council meeting and serves as secretary and takes minutes.
- Section II Administer all financial duties of the league. At each Administrative Council meeting, the commissioner shall submit a written report of the account balance.
- Section III Prepare and distribute an agenda for each Administrative Council meeting at least one week prior to the meeting.
- Section IV Attend all Sac-Joaquin Section Board of Managers meetings.
- Section V Serve as the Greater Sacramento League liaison to provide correspondence to people and groups both within and outside the league.
- Section VI Attend, upon request from the Sac-Joaquin Section Office, all playoff committee meetings for sports involving league schools.
- Section VII Supervise the overall development of the league sports schedules.
- Section VIII Purchase and distribute all-league patches and championship banners.
- Section IX Help resolve scheduling conflicts as needed.
- Section X Communicate league playoff qualifiers to the Sac-Joaquin Section Office.
- Section XI Communicate all-league selections to the local media.

Sport Representative

- Section I Schedule, organize and manage preseason and postseason league meetings.
- Section II Create and distribute a list of league coaches' phone numbers and email addresses.
- Section III Report final league standings to the commissioner within 24 hours of the end of league play.
- Section IV Report all-league selections to the commissioner within one week of the end of league play.
- Section V Distribute all-league patches and championship banners.

**ARTICLE VIII
ADMISSION INFORMATION**

Section I	When schools charge admission to league contests for basketball, football and league championships in wrestling, track and field, and swim the prices shall be:	
	Children 7 year old and under with an adult	Free
	Children 8-12 years old with an adult	\$5.00
	Senior Citizens and Veterans	\$5.00
	High School and Middle School students with school ID	\$5.00
	Adults and students without ID	\$7.00
Section II	When schools charge admission to league contests for volleyball, wrestling, track and field, and soccer the prices shall be:	
	Children 7 year old and under with an adult	Free
	Children 8-12 years old with an adult	\$4.00
	Senior Citizens and Veterans	\$4.00
	High School and Middle School students with school ID	\$4.00
	Adults and students without ID	\$6.00
Section III	All admission prices must be clearly posted.	
Section IV	Staff members, with staff ID, from the visiting school will be admitted for free.	
Section V	Guest lists will not be honored for league contests.	

**ARTICLE IX
RATIFICATION**

Section I	Upon acceptance of the bylaws and the constitution by a simple majority of the league, they shall become effective in the spring semester of 2018.
Section II	Any proposed amendments to the bylaws and constitution shall be submitted in writing and read at the at a regularly scheduled league meeting. A vote shall be taken at the following regularly scheduled meeting. All bylaw amendments must be approved by 2/3's of the voting members.
Section III	A simple majority of those voting at Administrative Council meetings will decide motions. However, a vote to abstain will not be used in calculating what constitutes a simple majority.

GENERAL SPORTS RULES AND BYLAWS

- Section 101 The principal of each league is responsible for the conduct of his/her students, coaches, and teams, as well as adherence to the Sac-Joaquin Section rules, regulations, and the Sportsmanship Code of Conduct.
- Section 102 Visiting schools will not bring any band or performance group, except cheerleaders, to games without prior approval of the host team's administration.
- Section 103 All checks drawn against the league shall be the responsibility of the Administrative Council.
- Section 104 A yearly audit of the books of the league shall be the responsibility of the Administrative Council.
- Section 105 The stipend for the Commissioner shall be reviewed on a yearly basis at the April Administrative meeting.
- Section 106 For all League Championships, after expenses are paid, any profit will go to the league treasury and any loss will be absorbed by the league.
- Section 107 At the request of the host school, the visiting school shall provide administrative supervision at games. A member of the Administration from the visiting school is required at all football games.
- Section 108 Senior Recognition Ceremonies prior to the game are limited to the introduction by name of each senior student-athlete, their parent(s)/guardian(s), and siblings. Any multi-media presentations are limited to after the varsity contest. The introduction of senior cheerleaders and/or band members is limited to either halftime of the varsity game or after the varsity game.
- Section 109 Any time three or more league schools field a team in a sport, there will be league competition and the schools are required to participate with other member schools of the league. If there are fewer than three schools fielding a team in a sport the league will not recognize a league champion.
- Section 110 In the case of a tie for first place, all teams involved in the tie will be considered league champions and will receive a championship banner. League tiebreak procedures will be used to determine seeding for the Sac-Joaquin Section playoffs.
- Section 111 Protests concerning games, rule interpretations, and ejections will follow procedures as outlined below:
- a. Any applicable protest is to be made in writing by the principal of the school making the protest within 48 hours.
 - b. The league president shall appoint two administrators, or administrative designee, and one athletic director to hear the appeal and make a decision to uphold or overturn the ruling. The committee will not include representatives from the school that are involved in the protest.

If the appeal is in regards to an ejection, the committee will not involve the next opponent of the school making the appeal.

- Section 112 If a member school feels another member school is in violation of the league Constitution or Bylaws, the following procedures shall take place:
- a. A telephone call by the accusing school's principal to the alleged school's principal.
 - b. Following the telephone call, a written complaint by the accusing school's principal shall go to the alleged violating school's principal, the president, and the commissioner.
 - c. The league president shall form a hearing panel made up of two administrators and one athletic director that do not come from the schools involved in the complaint.
 - d. The hearing panel will have three school days to render a decision, and if the committee feels there is a violation, they have the following alternatives:
 - a. Issue a letter of reprimand
 - b. Assess a monetary fine not less than \$50.00
 - e. Place school on probation
 - a. Place violating team on probation for one year
 - b. Further violation would result in suspension of the violating team from the post-season for one year
 - f. Forfeiture of league contests--the number of which to be determined by the committee
 - g. Upon completing its investigation, the committee will report its findings, along with recommendations, to the league presidents who will then take appropriate action.
 - h. Appeals may be made to the league by the accused school by filing a written appeal to the president within 48 hours. The league president will then form a panel of two administrators and one athletic director that were not involved in the original ruling.

- Section 113 The following steps must take place for a contest date to be rescheduled once the schedule has been approved by the Administrative Council. The opposing school must be notified of the request at least one week in advance of the contest date. This process does not apply to changes for inclement weather or the availability of a site to play the contest.
- a. The coach requesting the change must seek approval from his/her athletic director.
 - b. The athletic director of the school seeking the change must confirm with the athletic director of the opposing school that the proposed change is acceptable.
 - c. Once the opposing school accepts the change, the athletic director of the school seeking the change must communicate the proposed change to the other athletic directors in the league.

The remaining athletic directors must respond in writing to the request within 24 hours otherwise they will be considered a yes vote.

- Section 114 The following procedure shall be used if all other tie breaker procedures do not break the tie. The coin flip shall take place in the presence of the league president and/or commissioner.
- a. The commissioner or president (whomever is present) will flip a coin to establish a head or tail.
 - b. All schools that are part of the tie will then flip a coin.
 - c. The school that matches the established side will be declared the winner.
 - d. In the event that there are more than two schools tied, or there is still a tie after the initial coin flip, the school involved will continue to flip until just one matches the established coin

BASEBALL

- Section 201 The National Federation rules shall govern all play.
- Section 202 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.
- Section 203 The start and end dates shall be determined by the Sac-Joaquin Section.
- Section 204 Rules of the sport:
- a. Each team shall have a maximum of 15 minutes for pregame warm-ups.
 - b. On field batting practice is prohibited. (Live hitting on the game infield.)
 - c. All game balls must be the Wilson or Diamond brand and bear the NFHS authentication mark. The Wilson A1010 Pro-SST (playoff ball) or Diamond D-1 is preferred.
 - d. The host team shall provide two umpires for varsity league games. One umpire is to be used for Frosh/Soph games and shall be behind homeplate.
 - e. Makeup league games must be scheduled for the first available date and played in the order of cancellations. Games may be played on Saturdays upon mutual agreement of both schools. Once a cancelled game has been rescheduled, the new date takes precedence and acts as a revised schedule. Makeup games may not be scheduled during spring break.
 - f. If a tie occurs during a first round game, it must be finished prior to the start of the second round game. If a tie occurs during a second round game, it must be finished prior to the start of the third round game. If a tie occurs during a third round game, it must be finished on the first available date only if the outcome has a bearing on the league championship or playoff qualification/seeding. Games are to be resumed at the point play was stopped.
- Section 205 The following procedure shall be used to break ties in the order listed:
- a. Head to head competition involving league play
 - b. Greatest number of wins within the tie
 - c. Greatest number of wins above the tie
 - d. Greatest number of wins versus the highest-placed team above the tie
 - e. Greatest number of win below the tie starting with the next-placed team the tie and moving downward
 - f. If a tie still exists, coin flip protocol will be implemented
- Section 206 All varsity head coaches will meet at the end of the league season to select the all-league team of 16 players, which includes the Player of the Year. The coaches will also select a coach of the year. The all-league selections will be slotted based on league standings. (1st-4, 2nd-3, 3rd-3, 4th-2, 5th-1, 6th-1 and 2 at-large)

BASKETBALL

- Section 301 The National Federation rules shall govern all play.
- Section 302 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.
- Section 303 The start and end dates shall be determined by the Sac-Joaquin Section.
- Section 304 Rules of the sport:
- a. Each team is to have a maximum of 15 minutes for warm-ups.
 - b. All game balls must be the Wilson brand and bear the NFHS authentication mark. The Wilson Solution (playoff ball) is preferred.
 - c. There shall be an adult supervisor of the scorers' table for all games.
 - d. There shall be trained and competent timers for all games.
- Section 305 The following procedure shall be used to break ties in the order listed:
- a. Head to head competition involving league play
 - b. Greatest number of wins within the tie
 - c. Greatest number of wins above the tie
 - d. Greatest number of wins versus the highest-placed team above the tie
 - e. Greatest number of win below the tie starting with the next-placed team the tie and moving downward
 - f. If a tie still exists, coin flip protocol will be implemented
- Section 306 All varsity head coaches will meet at the end of the league season to select the all-league team of 12 players, which includes the player of the Year. The coaches will also select a coach of the year. The all-league selections will be slotted based on league standings. (1st-3, 2nd-2, 3rd-2, 4th-1, 5th-1, 6th-1 and 2 at-large)

CROSS COUNTRY

- Section 401 The National Federation rules shall govern all play.
- Section 402 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.
- Section 403 The start and end dates shall be determined by the Sac-Joaquin Section.
- Section 404 Rules of the sport:
- a. Race distances will follow Sac-Joaquin Section guidelines.
 - b. The sites of league meet shall be determined by the head varsity coaches with the guidance of the Cross Country league representative.
 - c. Each school has unlimited entries in each race and need not declare their top seven runners.
 - d. Only the first five runners will be counted in the point total for a school.
 - e. Each team will receive one point for each school of which it finishes ahead of at center meets and two points for each school of which it finishes ahead of at the league championship meet.
 - f. A league champion will be awarded in both girls and boys Cross Country.
- Section 405 If, after the championship meet, two or more teams are tied, the championship will be awarded to the highest finisher at the league championship meet.
- Section 406 Based on their finish in the league championship meet, ten girls and ten boys in the varsity division will be selected to the all-league team. The coaches shall select a coach of the year for the girls and boys division.

FOOTBALL

- Section 501 The National Federation rules shall govern all play.
- Section 502 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.
- Section 503 The start and end dates shall be determined by the Sac-Joaquin Section.
- Section 504 Rules of the sport:
- a. All game balls must be the Wilson brand and bear the NFHS authentication mark. The GST (1003), F1001, or F1005 (playoff ball) is preferred.
 - b. No game may start or continue play without an ambulance, staffed by a paramedic, present. This is the responsibility of the home team.
 - c. Halftime will be 15 minutes for all games, except Homecoming which will be 20 minutes.
 - d. There shall be a minimum of 25 minutes for on field warm-ups prior to each game.
 - e. There shall be an adult supervisor of the chain gang and timers at all games.
 - f. There shall be trained and competent timers and members of the chain gang for all games.
 - f. Film exchange will consist of the two most recent games and will be exchanged no later than the Sunday prior to the game.
 - g. All varsity games that end in a tie will be played until there is a winner using the tie breaker procedure determined by the Sac-Joaquin Section.
- Section 505 The following procedure shall be used to break ties in the order listed:
- a. Head to head competition involving league play
 - b. Greatest number of wins within the tie
 - c. Greatest number of wins above the tie
 - d. Greatest number of wins versus the highest-placed team above the tie
 - e. Greatest number of win below the tie starting with the next-placed team the tie and moving downward
 - f. If a tie still exists, coin flip protocol will be implemented
- Section 506 All varsity head coaches will meet at the end of the league season to select the all-league team of 30 players, which includes the Player of the Year, Lineman of the Year, Offensive Player of the Year, and Defensive Player of the Year. The coaches will also select a coach of the year. The all-league selections will be slotted based on league standings. (1st-7, 2nd-6, 3rd-5, 4th-4, 5th-3, 6th-2 and 3 at-large)

GOLF

- Section 601 The USGA, National Federation, and course rules shall govern all play.
- Section 602 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.
- Section 603 The start and end dates shall be determined by the Sac-Joaquin Section.
- Section 604 Rules of the game:
- a. Dual matches are limited to 9 holes, Center matches shall be 18 holes.
 - b. There will be a “double par” rule in effect for all league matches. When a player reaches double par, the player picks up and adds one stroke to his/her score for the hole.
 - c. Each team will consist of six players, with the best five scores counting toward the final score.
 - d. A team must have at least five golfers, otherwise they forfeit.
 - e. In the case of a forfeit, the “winning” team still must compete and post their scores.
 - f. Coaches are responsible for their players’ dress and conduct at all times.
 - g. A two stroke penalty for throwing clubs will be assessed on the first infraction. A disqualification from the match and following match will occur on the second infraction.
 - h. Players shall receive 1 through 12 points in ascending order for all dual matches. In the case of a tie, players will share the sum of the points earned divided by the number of players tied.
 - i. Players will receive 1 through 36 points in ascending order for all center meets. In the case of a tie, players shall share the sum of the points earned divided by the number of players tied.
 - j. In dual matches the winning team shall receive 1 point. In the case of tie each team shall receive a ½ point.
 - k. In center matches the winner shall be awarded 6 points with the following finishers receiving points in descending order.
 - l. After the dual matches and center meets, the team points will be added and the team with the most points shall be declared league champion.
 - m. The scorer must verify scores at the completion of each hole.
 - n. Players shall follow the Sac-Joaquin Section rules for the use of cell phones and distance measuring devices.
- Section 605 The following procedure shall be used to break ties in the order listed:
- a. Head to head competition involving league play
 - b. The number six player’s scores for all center matches.
 - c. Greatest number of wins within the tie
 - d. Greatest number of wins above the tie
 - e. Greatest number of wins versus the highest-placed team above the tie
 - f. Greatest number of win below the tie starting with the next-placed team the tie and moving downward
 - g. If a tie still exists, coin flip protocol will be implemented
 - h. In the case of a tie for the last individual qualifier, there will be a sudden death playoff at the last center match, or at a site to be arranged on the day following the final league contest.
- Section 606 All-league will be awarded to the six golfers with the most combined points earned in the dual and center matches with each player’s lowest point total being eliminated. The coaches will select a coach of the year.

SOCCER

- Section 701 The National Federation rules shall govern all play.
- Section 702 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.
- Section 703 The start and end dates shall be determined by the Sac-Joaquin Section.
- Section 704 Rules of the sport:
- a. Each team shall have a minimum of 15 minutes for pregame warm-ups.
 - b. All game balls must bear the NFHS authentication mark.
 - c. Makeup league games must be scheduled for the first available date and played in the order of cancellations. Games may be played on Saturdays upon mutual agreement of both schools. Once a cancelled game has been rescheduled, the new date takes precedence and acts as a revised schedule.
 - d. Scoring shall be as follows: 3 points for a win, 1 point for a tie, 0 points for a loss.
- Section 705 The following procedure shall be used to break ties in the order listed:
- a. Head to head competition involving league play
 - b. Greatest number of wins within the tie
 - c. Greatest number of wins above the tie
 - d. Greatest number of wins versus the highest-placed team above the tie
 - e. Greatest number of win below the tie starting with the next-placed team the tie and moving downward
 - f. If a tie still exists, coin flip protocol will be implemented
- Section 706 All varsity head coaches will meet at the end of the league season to select the all-league team of 20 players, which includes the Offensive Player of the Year and Defensive Player of the Year. The coaches will also select a coach of the year. The all-league selections will be slotted based on league standings. (1st-5, 2nd-4, 3rd-3, 4th-2, 5th-2, 6th-1 and 3 at-large)

SOFTBALL

- Section 801 The National Federation rules shall govern all play.
- Section 802 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.
- Section 803 The start and end dates shall be determined by the Sac-Joaquin Section.
- Section 804 Rules of the sport:
- a. On field batting practice is prohibited. (Live hitting on the game infield.)
 - b. All game balls must be the Wilson brand and bear the NFHS authentication mark. The A9011-SST Optic Yellow (playoff ball) is preferred.
 - c. The host team school shall provide two umpires for varsity league games. One umpire is to be used for Frosh/Soph games and shall be behind home plate.
 - d. Makeup league games must be scheduled for the first available date and played in the order of cancellations. Games may be played on Saturdays upon mutual agreement of both schools. Once a cancelled game has been rescheduled, the new date takes precedence and acts as a revised schedule. Makeup games may not be scheduled during spring break.
 - e. If a tie occurs during a first round game, it must be finished prior to the start of the second round game. If a tie occurs during a second round game, it must be finished on the first available date only if the outcome has a bearing on the league championship or playoff qualification/seeding. Games are resumed at the point play was stopped.
 - f. Frosh/Soph games are limited to no more than two hours, and no inning shall begin after the two hours have expired.
- Section 805 The following procedure shall be used to break ties in the order listed:
- a. Head to head competition involving league play
 - b. Greatest number of wins within the tie
 - c. Greatest number of wins above the tie
 - d. Greatest number of wins versus the highest-placed team above the tie
 - e. Greatest number of win below the tie starting with the next-placed team the tie and moving downward
 - f. If a tie still exists, coin flip protocol will be implemented
- Section 806 All varsity head coaches will meet at the end of the league season to select the all-league team of 16 players, which includes the player of the year. The coaches will also select a coach of the year. The all-league selections will be slotted based on league standings. (1st-4, 2nd-3, 3rd-3, 4th-2, 5th-1, 6th-1 and 2 at-large)

SWIMMING

- Section 901 The National Federation rules shall govern all play.
- Section 902 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.
- Section 903 The start and end dates shall be determined by the Sac-Joaquin Section.
- Section 904 Rules of the sport:
- a. The order of events shall be Frosh-Soph girls, Frosh-Soph boys, Varsity girls, Varsity boys
 - b. The events shall be
 - 200 medley relay 500 freestyle
 - 200 freestyle 200 freestyler relay
 - 200 individual medley 100 backstroke
 - 50 freestyle 100 breaststroke
 - 100 butterfly 400 freestyle relay
 - 100 freestyle Diving
 - c. Individual swimmers will advance to the post-season by the times established by the Sac-Joaquin Section.
 - d. The swim coach for the host school shall serve as the meet director and be responsible for all details.
 - e. The host school shall be responsible to provide officials, timers, and starters for all events.
 - f. The league champion is to be determined by the league dual meet record and league championship meet.
 - g. One point is earned for each dual meet win and two points earned for each team of which a school finishes ahead at the league championship.
 - h. A league champion will be awarded in both girls and boys swimming.
- Section 905 League championship:
- a. The host school is to print and send out entry information at least two weeks in advance of the league championship.
 - b. No additions, withdrawals, or substitutions may be after noon on the Sunday preceding the league championship meet.
 - c. The meet director will hold a scratch meeting immediately preceding all competition.
- Section 906 If, after the championship meet, two or more teams are tied, the championship will be awarded to the highest finisher at the league championship meet.
- Section 907 All-league individual selections will be determined by the first place finisher in each event at the league championships. First place relay teams will also be considered all-league. Individuals are limited to one all-league patch regardless of how many first place finishes the swimmer earns. The league coaches shall select a coach of the year.

TENNIS

Section 1001 The National Federation and U.S.T.A. rules shall govern all play.

Section 1002 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.

Section 1003 The start and end dates shall be determined by the Sac-Joaquin Section.

Section 1004 Rules of the sport:

- a. Teams may have a 10 minute team warm-up period.
- b. Players are permitted a 10 minute warm-up with their opponent including serves.
- c. The host school shall provide one new can of balls for each varsity match.
- d. All game balls must be the Penn brand. The ATP or World Tour XD (playoff ball) is preferred.
- e. In the case of rain or darkness suspending a match, the matches shall resume on the next available date at the point which play was suspended.
- f. Each team will play its ladder in descending order with the best player in the #1 position.
- g. Singles and doubles shall consist of two-out-of-three sets, with no-ad scoring and a 7-point Set Tiebreak (first to 7 by a margin of 2) at 6-all. In doubles, a 10-point Match Tiebreak (first to 10 by a margin of 2), shall be used rather than a full third set.
- h. Declaration of singles players and doubles teams and their positions for the day's match shall be made by both coaches by simultaneous exchange of a written lineup at the start of the match.
- i. A current singles ladder of all players on the team shall be provided with the exchange of the lineup
- j. Coaching is not allowed after the first game of any set, nor when changing ends during a tiebreak as these are not changeovers. Coaching will be allowed during changeovers.
- k. Acts of unsportsmanlike conduct, as defined by USTA rules, will be dealt with as follows:
 1. First offense--Loss of game
 2. Second offense--Loss of set
 3. Third offense--Loss of match and suspension from following match

Section 1005 League Championships

Day One--The coaches will meet at 8:00a.m. for seeding and conduct the singles draw. First round play will begin at 9:30a.m. and matches are played until completion of the semi-finals. The championship match for boys and girls will be played on day two of the league championships. The schools that finish 1st and 2nd in league will bring four singles players and the remaining schools will bring two singles players to create a bracket of 16.

Round one and quarterfinal matches: 10 game pro sets, 7-point Set Tiebreak at 9-all

Day two-- The coaches will meet at 8:00am for seeding and conduct the doubles draw. First round play will begin at 9:30am and matches are played until champions are determined. Players who do not reach the championship match in singles may play doubles. The schools that finish 1st and 2nd in league will bring two doubles teams the remaining schools will bring one doubles team to create a bracket of 16. The championship match for boys' singles and girls' singles will be played on day two at a time determined by the coaches.

Section 1006 Lineups

- a. One of the top two players on the ladder may play on the #1 doubles team, rather than in singles. If the #1 player on the ladder plays at #1 doubles, the #2 player on the ladder must move up to play #1 singles, and the #3 player moves up to play #2 singles. Similarly, if the #2 player on the ladder plays #1 doubles, the #1 player plays #1 singles and the #3 players must move up to play #2 singles. (That is, the possible singles combinations are: #1 and #2, so #1 doubles team would then have to be with players #3 and lower or, #1 and #3 so #1 doubles teams would then have to be with player #2 and a player #4 or lower, or #2 and #3, so #1 doubles teams would then have to be with player #1 and player #4 or lower.)
- d. Teams may not forfeit individual singles or doubles matches in order to keep singles or doubles players in their normal position(s).

Section 1007 The following procedure shall be used to break ties in the order listed:

- a. Head to head competition involving league play
- b. Greatest number of sets won in head to head competition
- c. Greatest number of wins within the tie
- d. Greatest number of wins above the tie
- e. Greatest number of wins versus the highest-placed team above the tie
- f. Greatest number of wins below the tie, starting with the next-placed team below the tie and moving downward
- f. If a tie still exists, coin flip protocol will be implemented.

Section 1008 All-league selections will be determined by the results of the league championships. The four semi-finalists in girls' and boys' singles and the four semi-final teams in girls' and boys' doubles will all be awarded first team all-league. There will be a total of twelve girls and twelve boys selected. The coaches will select the Player of the Year for boys and girls as well as a Coach of the Year.

TRACK AND FIELD

Section 1101 The National Federation rules shall govern all play.

Section 1102 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.

Section 1103 The start and end dates shall be determined by the Sac-Joaquin Section.

Section 1104 Rules of the sport

a. The Track events for scoring shall be

Event 1 F/S 400m relay

Event 3 Boys 400m relay

Event 5 Girls 1600m relay

Event 7 Girls 100m high hurdles (33")

Event 9 Boys 110m high hurdles (39")

Event 11 Girls 400m

Event 13 F/S 100m

Event 15 Boys 100m

Event 17 Girls 800m

Event 19 Girls 300m low hurdles (30")

Event 21 Boys 300m int. hurdles (36")

Event 23 Girls 200m

Event 25 Girls 3200m

Event 27 Boys 3200m

Event 29 Girls 1600m relay

Event 2 F/S Girls 400m relay

Event 4 F/S 1600m relay

Event 6 Boys 1600m relay

Event 8 F/S 110m high hurdles (36")

Event 10 F/S 400m

Event 12 Boys 400m

Event 14 Girls 100m

Event 16 F/S 800m

Event 18 Boys 800m

Event 20 F/S 300m low hurdles (33")

Event 22 F/S 200m

Event 24 Boys 200m

Event 26 F/S 3200m

Event 28 F/S 1600m relay

Event 30 Boys 1600m relay

b. The Field events for scoring shall be

Shot Put: Boys, F/S, Girls 4 throws

Discus: Girls, Boys, F/S 4 throws

Long Jump: Open put (Finish by start of F/S 100m)

Triple Jump: Open pit (Start by start of F/S 100m and finish by start of 1600m relay)

High Jump: Girls (4'-0"), F/S (4'-8"), Boys (5'-0")

Pole Vault: Girls (6'-0"), F/S (8'-0"), Boys (9'-0")

c. There will be no limitation to the number of entrants per event in the league championships.

d. Individual qualifiers for the post-season shall be determined by the times, heights, and distances established by the Sac-Joaquin Section.

e. The host school shall be responsible to provide officials, timers, and starters for all events.

f. The league champion is to be determined by the league dual meet record and league championship meet.

g. One point is earned for each dual meet win and two points earned for each team of which a school finishes ahead of at the league championship.

h. A league champion will be awarded in both girls and boys track and field.

Section 1105 If, after the championship meet, two or more teams are tied, the championship will be awarded to the highest finisher at the league championship meet.

Section 1106 All-league individual selections will be determined by the first place finisher in each event at the league championships. First place relay teams will also be considered all-league. Individuals are limited to one all-league patch regardless of how many first place finishes they earn. The league coaches shall select a coach of the year.

VOLLEYBALL

- Section 1201 The National Federation rules shall govern all play.
- Section 1202 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.
- Section 1203 The start and end dates shall be determined by the Sac-Joaquin Section.
- Section 1204 Rules of the sport:
- a. There shall be two officials for the Frosh/Soph and Varsity games.
 - b. All game balls must be the Tachikara brand and bear the NFHS authentication mark. The SVSWH (playoff ball) is preferred.
 - c. Warm-up time prior to each match shall be 19 minutes in length
 1. 7 minutes, shared court, no hitting
 2. 6 minutes, visiting team hits/serves
 3. 6 minutes, home team hits/serves
- Section 1205 The following procedure shall be used to break ties in the order listed:
- a. Head to head competition involving league play
 - b. Game differential in league play between the two teams involved in the tie
 - c. Greatest number of wins within the tie
 - d. Greatest number of wins above the tie
 - e. Greatest number of wins versus the highest-placed team above the tie
 - g. Greatest number of win below the tie starting with the next-placed team the tie and moving downward
 - g. If a tie still exists, coin flip protocol will be implemented
- Section 1206 All varsity head coaches will meet at the end of the league season to select the all-league team of 12 players, which includes the player of the year. The coaches will also select a coach of the year. The all-league selections will be slotted based on league standings. (1st-3, 2nd-2, 3rd-2, 4th-1, 5th-1, 6th-1 and 2 at-large)

WRESTLING

- Section 1301 The National Federation rules shall govern all play.
- Section 1302 The number of scrimmages and allowable contests shall be determined by the Sac-Joaquin Section.
- Section 1303 The start and end dates shall be determined by the Sac-Joaquin Section.
- Section 1304 The weight control rule of the league will follow the Sac-Joaquin Section.
- Section 1305 Rules of the sport:
- a. In tournaments, duals, and tri/double-duals, each match in which a wrestler competes shall count as one match.
 - b. Weigh-ins will be held in accordance with the NFHS rulebook. Scales will be available for both teams prior to the weigh-in.
 - c. Uniforms and equipment shall follow the Sac-Joaquin rules.
 - d. No dual matches are to be held after the league championship.
 - e. The league champion is to be determined by the league dual meet record
 - f. A league champion will be awarded in both girls and boys wrestling.
 - g. In order to be considered a team, a school must field a minimum of half of the weight classes.
- Section 1306 The following procedure shall be used to break ties in the order listed:
- a. Head to head competition involving league play
 - b. Total number of pins and forfeit victories in head to head competition between tied teams.
 - c. Greatest number of wins within the tie
 - d. Greatest number of wins above the tie
 - e. Greatest number of wins versus the highest-placed team above the tie
 - f. Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward
 - f. If a tie still exists, coin flip protocol will be implemented
- Section 1307 All-league selections will be determined by the results of the league championships. The champion in each weight for class, for both boys and girls, will be considered all-league. The coaches will select a coach of the year.

**APPENDIX A
SCHEDULE FOR HOSTING
League Championship Events**

	2018-19	2019-2020	2020-2021	2021-2022
Wrestling				
Swimming				
Track and Field				
Tennis				

**APPENDIX B
SCHEDULE FOR HOSTING
Preseason League Meetings**

	2018-19	2019-2020	2020-2021	2021-2022
Fall				
Winter				
Spring				