

CONSTITUTION OF  
THE MONTICELLO EMPIRE LEAGUE OF  
THE SAC-JOQUIN SECTION OF  
THE CALIFORNIA INTERSCHOLASTIC FEDERATION

Last Update: October 14, 2009

ARTICLE I: NAME AND PURPOSE

Section I: This organization shall be known as the Monticello Empire League Administration 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 athletic and other activities
- B) To assume the responsibilities for administration and supervision of all activities concerned.
- C) To cultivate and foster, by observations of good-standards of sportsmanship and exchange of ideas, more cordial and friendly relations among school.

ARTICLE II: MEMBERSHIP

Section I: The Monticello Empire League membership will include those schools identified to be in the league by the Sac-Joaquin Section of the California Interscholastic Federation.

Section II: The Monticello Empire League will consist of six (6) schools beginning in the school year 2003-2004.

ARTICLE III: REPRESENTATION

Section I: Each school shall be represented by the principal, or his representative, and the athletic director(s). Each school shall have one vote. All representatives shall have the right to bring motions to the floor, make seconds, and to take part in discussions and debates.

Section II: A new school will be permitted to vote at the first league meeting after it has been assigned by the Board of Managers of the Sac-Joaquin Section of the California Interscholastic Federation.

ARTICLE IV: MEETINGS

Section I: There shall be three meetings annually. One prior to the Sac-Joaquin Section Board of Manager's fall meeting, one prior to the Section winter meeting, and one prior to the Section spring meeting. The agenda for each meeting will be in the office of the principals at least one week prior to each meeting.

Section II: Special meetings may be called by the president with the consent of the majority of the schools. The schools must receive notification of the agenda to be considered at the meeting and the information should be received one week prior to the meeting.

ARTICLE V: OFFICERS

Section I: The officers of the Monticello Empire League shall be the president and vice president. These officers shall be filled by either principals or vice principals. A commissioner shall be appointed who would assume the duties of secretary-treasurer and such duties as may be determined by the Board of Managers.

Section II: At the spring meeting of each even year, the league shall elect a president and vice president who shall be from different schools.

Section III: The president shall be the representative of the league to the Board of Managers of the Sac-Joaquin Section of the C.I.F., unless the league elects someone other than the president as representative.

Section IV: Standing Committee-Athletics: There shall be a standing committee formed for each recognized sport consisting of all varsity coaches in this particular sport and chaired by the athletic director appointed by the president with the approval of the Board of Managers.

BYLAWS/GENERAL RULES

- 0.0 ATHLETIC COUNCIL
  - 0.0-1 Will consist of two representatives from each school if possible. It is recommended that one representative be male and one female.
  - 0.0-2 All recommendations must go through the Athletic Council for approval before presentment to the Board of Managers.
  - 0.0-3 The following schools will chair the following sports:
    - 1. Armijo Basketball and Golf
    - 2. Fairfield Swimming, Water Polo
    - 3. Napa Volleyball, Badminton, and Softball
    - 4. Vacaville Football, Wrestling, and Soccer
    - 5. Vintage Tennis and Baseball
    - 6. Wood Track and Cross Country
  - 0.0-4 Any meeting of coaches to select all-league teams must be chaired by the athletic director designated as the chair of that sport. The athletic director chairing that meeting must present any all-league selections to the commissioner.
- 0.1 STARTING DATES: will follow section guidelines as follows:
  - 0.1-1 Fall sports: the start of football preconditioning.
  - 0.1-2 Winter sports: November 10.
  - 0.1-3 Spring sports: February 10.
- 0.2 AWARDS:
  - 0.2-1 League Champions will receive a pennant.
    - A) Only MEL member schools are eligible for the League Awards; pennants, patches and metals. A school(s) from another league competing as part of the MEL will be considered a guest not a League member.
    - B) All League games will count toward the League championship .
  - 0.2-2 The league will award a pennant for a combination of dual-meet wins and league tournament wins in wrestling, swimming and golf.
    - A)The following method will be used:
      - 1) A dual-meet win will be awarded one point
      - 2) A tie will be awarded ½ point
      - 3) One point will be awarded for each team finishing below a team in the post-season tournament.
    - In Track and Cross Country a system of Center-meets and dual meets will be followed. All Schools will participate in these meets. One (1) point will be awarded for each school that finished below a team in the center-meet. Two (2) points will be awarded for each school that finishes below a team in the League Meet. A combination of the two will determine the final standings in the League.
  - 0.2-3 All-League Patches to be awarded in the following manner:
    - Badminton: ..... Top 4 singles & Top 4 doubles
    - Tennis: ..... Top 4 singles & Top 4 doubles
    - Baseball: ..... 14 patches
    - Softball: ..... 14 patches
    - Basketball: ..... 8 patches
    - Volleyball: ..... 10 patches
    - Cross-Country ..... Top 8 places
    - Football: ..... 26 patches + 1 kicker 1 punter
    - Swimming: ..... First Place Winners (20 B & G ea  
..... + 1 ea diving
    - Water Polo: ..... 7 + 1 Goalie
    - Track: ..... FirstPlaceWinners 22 ea B & G
    - Soccer: ..... 15 patches
    - Boys Golf: ..... 8 patches
    - Girls Golf: ..... 8 patches

Wrestling: .....FirstPlaceWinners 14

02.4 Medals will be awarded in Track, Swimming, and Wrestling to the 2nd, and 3rd place winners.

0.3 SCHOOL OF THE YEAR

A pennant will awarded to the school accumulating the most points on the following basis: 10-7-5-3-2-1 points will be awarded in each varsity sport. There will be only one School-of-the-Year Pennant awarded.

0.4 LEAGUE SPORTS

To be considered a league sport, 4 schools must have teams. If there is a recognized league sport a league schedule must be presented. Frosh/soph sports will not be considered a league sport.

0.5 ADMISSION PRICES: If an admission price is charged the same price will be charged by each school in each sport. An exception may be allowed in football.

0.5-1 Admission prices are as follows:

Football	Adults - \$6.00	Students - \$3.00
Football Rival games	Adults - \$7.00	Students - \$3.00
Basketball	Adults - \$5.00	Students - \$3.00
Basketball rival games	Adults - \$6.00	Students - \$3.00
All Other Games	Adults - \$5.00	Students - \$3.00
Wrestling Tournament	Adults - \$6.00	Students - \$3.00

Middle and Jr. High - \$1.50

Fr/Sph Wrestling Tourney Adults - \$4.00 Students - \$2.00

Two-day Ticket to both Tourneys: Adults - \$8.00

Family pass to both Tourneys \$15.00 (no more than 2 adults & 2 children.)

(Each school may raise prices \$1.00 for adults in Rival football game only for the purpose of maintaining facilities.)

0.5-1-1 The admission for all league tournaments will be Adults \$5.00 and Students \$3.00.

0.5-2 The term student as used in the schedule of admission prices will be defined as a student from another league school with a student body card.

0.5-3 Cheerleaders, pom- pom girls, and drill-team members in uniform may be admitted free of charge. If band members are not in uniform the band advisor may identify them.

0.5-4 For non-varsity a school may charge \$2.00 for adults and \$1.00 for students. Individual schools will have the option of allowing students from their own school with student body cards to be admitted free of charge.

0.5-5 If only one school is charging admission for a particular sport (ie. baseball, soccer, etc) that school may set the admission price either lower than or equal to the League required admission price.

0.6 Fielding Teams

If a school has only one team it must be a varsity team.

0.7 PROTESTS

0.7-1 Protests must be made in writing by the principal of the school that is protesting to the commissioner of the league by the end of the school day following the day the contest has been played, except in cases of player eligibility. Intent of a protest may be made to the commissioner prior to the receipt of a written letter.

0.7-2 Notice of intent to protest a game must be made at the first opportunity before officials leave the area.

0.7-3 Protests made on ground conditions must be made prior to the start of a contest.

0.7-4 Protests made on matter involving the judgement of an official will not be accepted under any circumstances.

0.7-5 Protests on players must first be made to the principal of the school concerned who shall make a written report to the protesting school. Should this report not be accepted, the president shall appoint a protest committee of three neutral principals whose decision will be final.

- 0.7-6 All questions regarding regularly scheduled games during an epidemic will be handled by a protest committee.
  - 0.7-7 All protests will be referred to the school responsible for that sport in which the protest occurs. If the athletic director of the school to whom the protest is directed is unable to resolve the matter between the two coaches involved, it will be referred to a protest committee formed by the commissioner with the approval of the president.
  - 0.7-8 A copy of the decision of the protest committee will be filed with the league commissioner.
  - 0.7-9 In the event of a protest of any game a \$100 check must accompany the letter of protest. If the protest is upheld the \$100 will be returned. If the protest is denied the \$100 will be deposited in the league treasury.
- 0.8 CHANGE IN PLAYER STATUS
- 0.8-1 A player who participates in a varsity League contest MAY NOT be moved to a lower level team in a league contest. Participation is defined as any playing time in a varsity contest.
  - 0.8-2 In those sports where there are section playoffs a frosh/soph may move down for the post-season competition.
  - 0.8-3 In swimming, after the dual meet season, a frosh/soph may move from varsity to junior varsity for the League Championship Meet.
  - 0.8-4 This rule does not apply to wrestling.
  - 0.8-5 Guest schools competing on the MEL schedule will be considered mandated non-league contacts.  
As a non-league contract JV members may move to the varsity level and then return to the JV level for League.
  - 0.8-6 League Recommendation
    - 0.8-6.1 For League Play:  
Once a freshman has been moved to the Junior Varsity roster as a regular player, he/she must remain on the Junior Varsity roster for the remaining games and cannot be reinstated on the freshman roster. A freshman may suit up for a Junior Varsity game; play in an emergency situation and still return to the freshman roster.
    - 0.8-6.2 The Frosh season should end before the next sport season try-outs begin.
- 0.9 ADULTS  
For league purposes an adult is defined as anyone over 18 years of age who is out of high school.
- 0.10 RENEWAL OF A SPORT  
If a district within the league abolishes a sport, and if a school within that district wishes to continue or to renew competition in that sport, they must notify the league of their intentions no later than the opening day of the season of that sport in which they wish to participate.
- 0.11 FORFEITS
- 0.11-1 As soon as the possibility of a forfeit arises the commissioner is to be notified. The commissioner is to call a meeting of the two schools involved. If the dispute is not resolved at that level, the commissioner will form a committee of three neutral principals or athletic directors to resolve the matter.
  - 0.11-2 Consequences of a forfeit:
    - A) In football, if a visiting team forfeits, that team will lose home field advantage the following year.
    - B) The protest committee may levy additional penalties.
  - 0.11-3 If a team is forced to cancel its season after the first league game, none of its games will count in league standings.
- 0.12 SUPERVISION
- 0.12.1 The League requires an administrator or his/her designee from both schools at all football games.
  - 0.12.2 Administrative supervision at boys and girls basketball games will be the responsibility of the home school except for the rival game. Request by the home school for the visiting school to also provide an administrator will be honored.

0.13 CONTACTS

0.13-1 Section Rule 519.1 reads: Sports which traditionally have two events per week (basketball, baseball, golf, soccer, softball, tennis, volleyball, water polo) are limited to 27 contacts per season. There is no limit on the number of tournaments allowed per season. Football is allowed 10 contests. Wrestlers are allowed 40 matches per season.

0.14 SCRIMMAGES

A maximum of 2 scrimmages per team are permissible prior to the first game (league or non league) of the season. Said scrimmages shall not count as contacts. NOTE: a scrimmage is defined as a supervised competition between two teams in which no admission is charged, no officials are paid, no score/results are released to the media, and no awards are presented. Closed scrimmages are acceptable and donations are acceptable.

0.15 STARTING TIMES

Badminton	3:30
Baseball	3:30/4:00 after daylight saving time
Basketball	6:00 Friday night: Fr-4:30; Fr/sph – 6:00; Varsity – 7:30 p.m.
X Country	3:30
Football	Fr/Soph 5:15;Varsity 7:30 p.m. (A minimum of 20 minutes warm-ups between games)
	Day games Fr/Soph 11:30 Varsity: 1:45
Golf	2:30/3:30 depending on daylight. Course may also dictate time
Soccer	3:30
Softball	3:45
Swimming	3:30
Tennis	3:30
Track	3:30
Volleyball	3:45
Water Polo	3:30
Wrestling	6:00

0.16 MUTUAL AGREEMENT

Dates and starting times in all sports may be changed by mutual agreement between the schools involved.

0.17 SPRING BREAK

If the school districts within the league are divided on spring break dates there will be a one-week break before or after Easter depending on the majority of the school districts. The remaining schools will schedule games during this period by using the mutual agreement clause.

0.18 LEAGUE PASSES

Each school will receive 50 passes. The commissioner will provide each superintendent with 10 passes for the district's school board and his/her discretion.

0.19 POST-GAME HANDSHAKES

This will be left to the discretion of the coaches

0.20 CANCELLED GAMES

In all sports all cancelled games will be made up at the earliest available date.

## 0.21 SPORTSMANSHIP POLICY

0.21-1. Any player ejected, or any player who leaves the confines of the bench or team area during a fight that may break out or has broken out shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. Any student ineligible for participation may not wear the team uniform, sit on the team bench, or travel with the team during the suspension.

NOTE: Any athlete who plays in the next game following his/her ejection will be treated as an ineligible player for that game (Section bylaw 213.5).

APPELLANT PROCEDURE: Any student may appeal his/her one-game suspension to the league through the principal of the school.

- a) The principal, or his designee must make an appeal, to the commissioner of the league by the end of the school day following the contest in which the player was ejected. Intent of appeal may be made by phone or fax prior to the written letter of appeal.
- b) The Commissioner will appoint a committee of three principals and/or athletic directors who will convene as soon as possible to discuss the appeal.
- c) The student and his/her parents will be notified of the time and place of the meeting and will have the opportunity to appear and present their position.

0.21-2 Any head or assistant coach ejected from a contest will be disqualified from participating in the remainder of the game and will be prohibited from coaching or attending the next interscholastic contest by that team. NOTE: Any coach who coaches or attends the next interscholastic contest following his/her ejection will be referred to the commissioner who will appoint a committee of three principals and/or athletic directors who will determine the penalty.

APPELLATE PROCEDURES: Any coach may appeal his/her one-game suspension through the principal of his/her school.

- a) Notice of appeal must be made by the end of the school day following the day the contest has been played to the commissioner of the league who will appoint a committee of three neutral principals and/or athletic directors to hear this appeal.
- b) The suspended coach will have the opportunity to appear before this committee to state his/her position.

BYLAWS INFRACTIONS: Hearings and Penalty.

0.21-3 Committees: the bylaws infractions' committee shall consist of the league Board of Managers. A quorum shall consist of 2/3 of the membership schools.

0.21-4 Voting: all voting shall be done by the school's principal and his/her designee as the person authorized to vote. When a quorum is present, a majority of the votes cast, ignoring abstaining votes, is sufficient for the adoption of any motion that is in order.

0.21-5 Meetings: the bylaws infractions' committee shall meet as a segment of regularly scheduled Monticello Empire League meetings and/or special meetings convened upon the call of the president. An appeal presentation received by the president shall activate the committee.

0.21-6 Appeals Presentment:

- A) If a school suspects a violation of M.E.L. or C.I.F. rules, a letter will be sent by the principal to the suspected school's principal clearly outlining the suspected rule violation and provide evidence confirming the violation. If the suspected infraction violates M.E.L. rules a copy of the letter shall be sent to the M.E.L. President and

Commissioner. If the suspected infraction violates C.I.F. rules, a copy of the letter will be sent to the Sac-Joaquin Section Commissioner, the M.E.L. President, and the M.E.L. Commissioner.

- B) The school suspected of the rule violation will have 30 calendar days from the receipt of the letter to respond to the inquiring school. The communication will be from school principal to school principal with copies mailed as outlined above. The response will either confirm or reject the suspected violations. If the suspected violation is confirmed the violating school will provide and “in house” penalty for violating the rule.
- C) The inquiring school will have five working days to accept or reject the suspected school’s response. If accepted and an infraction of the rule has occurred, the league will be informed of the infraction and self-imposed penalties. If the response is rejected and is a violation of M.E.L. rules the presentment will Then be made to the M.E.L. Board of Managers at its next regularly scheduled meeting and/or at a special meeting as called by the president. The Board of Managers will then commence with the Appeals and Hearing as outlined in sections 0.21-5 and 0.21-6. If the suspected infraction violates C.I.F. rules it will be submitted to the Sac-Joaquin Section Commissioner for further consideration and proposed recommended action.  
All appeals procedures will be available to the offending school as outlined in the C.I.F. Constitution and Bylaws.
- D) All questions of eligibility shall be submitted directly to the Sac-Joaquin Section Commissioner.

0.22.1 Appeals and Hearing:

The Commissioner shall give notice to all parties concerned at least three days before the hearing of an appeal and in accordance with the Ralph M. Brown Act.

EXCEPTION: When playoff berths are involved and a decision must be made within three working school days and emergency meeting may be called within 24 hours.

EXCEPTION: The time period may be waived by the accused.

0.22-2 HEARING CHAIRPERSON:

If the affiliation of the accused or the signer of the presentment renders the league president ineligible to act as the committee chairperson, the chair passes to the next non-affiliated member in order of ascendancy to the presidency.

0.22-3 Evidence:

To be presented at the hearing, evidence must be written and signed.

0.22-4 Penalties:

The hearing phase of the committee shall determine guilt or acquittal.

A) Level One Misconduct—suggested penalty:

- 1. In house action to be reported back to the league
- 2. A written league reprimand to the school involved.
- 3. One sport—one year probation

B) Level Two Misconduct—suggested penalty:

- 1. One sport—one year probation
- 2. Loss of Playoff Share

C) Level Three Misconduct—suggested penalty

- 1. Team—not eligible for playoff participation; not eligible for league championship.
- 2. Individual—Not eligible for playoff participation.
- 3. Loss of playoff shares.

D) Level Four Misconduct—suggested penalty:

- 1. Sport—Reduce future schedule by ten percent
- 2. Game(s) forfeiture
- 3. Player ineligibility for the season
- 4. Request that coach be suspended by his/her principal

- 0.22-5 Penalty Phase:  
Penalty phase shall focus on the level of misconduct and be appropriate for the guilty party (athlete, team, coach, and/or school). Penalty prescribed may include one or more items from any suggested penalties more severe than the identified level of misconduct.
- 0.22-6 Self Presentment:  
Self-discovery/self presentment offenses shall be considered level one and/or level two misconducts.
- 0.22-7 Second and Third Offenses:  
Second and Third offenses shall be considered level one or level two misconduct.
- 0.22-8 Statute of Limitations:  
The statute of limitations shall be one calendar year.
- 0.22-9 Appeals Procedures:  
Decisions of this committee may be appealed to the C.I.F., Sac-Joaquin Commissioner.
- 0.23 TIE-BREAKER PROCEDURE
- 0.23-1 For all sports except football: Once one team has been designated as a play-off team, the procedure returns to the Head-to-Head competition and start the process again. This continues until all teams have been selected.
- Head-to-Head competition
  - Descending head-to-head competition within the tie
  - If still tied, the team that did NOT go to the section playoffs last will go.
  - If still tied after the above procedures the team(s) seeded higher in previous playoffs will be eliminated as needed.
  - Coin Toss
- 0.23-2 Football Tie-Breaker procedure: football will use the Sac-Joaquin Section rule 1908.6: Universal Tie-Breaker.
- 0.24 COPIES OF LEAGUE DOCUMENTS
- 0.24-1 The first ten pages requested in any one-month shall be free. Any pages after the first ten will be charged a 25 cents per page fee.
- 0.24-2 If any research is involved the commissioner will charge \$50 per hour for time and labor.  
(Note: most information may be found on the M.E.L. website.)
- 0.25 The League will recognize individual state champions with a pennant to the school.

## BYLAWS/FOOTBALL

- 1.1 GAMES: there will be a maximum of ten varsity games each season, not including playoff games. Each school will play each school once.
- 1.2 STARTING TIMES  
Night games: Fr/soph.....5:15 Varsity.....7:30, or after a 20 minute warmup.  
Day Games: Fr/soph...11:30 Varsity.....1:45, or after a 20 minute warmup.
- 1.3 TIMER  
An adult timer will be used at all games. An adult chain gang is to be furnished by the home team.  
Playing time will be: varsity...12 minute quarters  
Fr/soph...10 minute quarters  
Rambler..10 minute quarters  
(8 minutes by mutual agreement)
- 1.4 ROSTERS  
Three copies of the roster shall be furnished to all schools before the first league game. These rosters are for the use athletic director, program director, and varsity coach.
- 1.5 PHYSICIANS  
The host team will endeavor to furnish physicians at all games.
- 1.6 OFFICIALS  
Varsity and Fr/Soph games will follow Section guidelines.
- 1.7 GAME BALL  
The offensive team may use either leather or a rubber ball.
- 1.8 BAND AND HALFTIME  
The home team will furnish the band and field entertainment. The visiting team may bring their band. Halftime routines by visitors will be by mutual agreement. Halftime will be extended a maximum of five minutes when needed. There will be no pregame routines. The band must enter from the home team end zone and remain on the home-team side of the field.
- 1.9 JERSEY COLORS  
The home team will wear dark. The visiting team will wear light. Change will be permitted by mutual agreement.
- 1.10 PLAYER PASSES  
No player passes will be given. Host school is responsible for procedure regarding players entering the stadium.
- 1.11 TEAMS  
The makeup of the varsity, fr/soph, and Rambler teams will follow section guidelines.
- 1.12 SCRIMMAGES (See General Rule 0.13)
- 1.13 PRACTICES: There will be no football games until the squad has had 14 days of practice before the first game. Each individual student on the have had at least 10 days of practice before being allowed to compete in a game.  
Section Bylaw 1903: A high school shall not conduct a physical conditioning practice session during the summer prior to opening day of authorized football practice, unless so authorized by the appropriate CIF section.  
Section Bylaw 1903.1: Sac-Joaquin Section schools may conduct summer conditioning sessions in all sports. Conditioning is limited to weight training, conditioning, and individual skill development. Balls are the only equipment allowed. All other summer activities are limited to the approval of the individual school districts.
- 1.13 LEAGUE SCHEDULE  
There will be a two-year schedule. This site will be revised on even numbered years.
- 1.14 LEAGUE CHAMPION  
The league champion will be determined on the basis of win-loss record.
- 1.15 POSTPONEMENTS AND MAKEUP GAMES
- 1.15.1 The visiting team may postpone a game due to undesirable traveling conditions.
- 1.15.2 The home team may postpone a game due to undesirable field conditions.

- 1.16 CHANGE IN PLAYER STATUS  
No player may be dropped from varsity to Fr/Soph after the first league game of the season.
- 1.17 SPRING FOOTBALL PRACTICE  
Ten days of football conditioning with the following equipment is permissible: shoes, helmet, balls, bags and sleds.
- 1.18 ALL LEAGUE SELECTIONS  
Selection of an all-league team by coaches will be held on the Monday following the last game. Championship team will host the meeting.
- 1.19 SPOTTERS AND SCOUTING  
Equal facilities for spotters and cameramen will be furnished at all games. No spotting or scouting will be allowed from the end zone. No still shots for scouting purposes will be allowed.
- 1.20 TIES  
See Section By-Law 1906.1: All varsity games (non-league, league, and play-off) involving Sac Joaquin Section schools that end in a tie at the end of regulation will be played to a conclusion (a winner and a loser) using the 10-yard line overtime procedure as stated in the National Federation rules book.
- 1.21 SECTION PLAYOFFS:  
See Universal Tie Breaker procedure Section Rule 1908.6.
- 1.22 DISTRIBUTION OF SECTION PLAYOFF PROFITS  
Each participating school will receive half of the profits for each game played in playoffs.
- 1.23 EXCHANGE OF FILMS
- 1.23.1 Non-league exchange of film is permitted if no other league opponents appears on the film
- 1.23.2 No outside-of-league exchange of film for playoff games except between opposing teams.
- 1.23.3 All teams will exchange films between 9-11 a.m. on Saturday morning at the Burger King in Cordelia. Unedited films of games played on Saturday will be exchanged on Sunday. The receiving coaches may choose films to be exchanged. Films may be exchanged at any time by mutual agreement.

## BYLAWS/CROSS COUNTRY

- 2.1 Cross Country will be a fall sport
- 2.2 There will be a schedule of one center meet, dual meets, and a league tournament
  - A) These center meets will be scored with one (1) point given for each team that finishes below a team.
- 2.3 The maximum number of dual and invitational meets shall be fifteen.
- 2.4 The League qualifying meet shall be held the week before the Sac-Joaquin Section meet and two (2) points will be awarded for each team finishing below a team.

### GAME ADMINISTRATION

- 2.5 There will be two divisions: varsity and fr/soph. If Fr/Soph competition is offered in cross-country it will be offered to both boys and girls.
- 2.6 The distance for the boys' varsity shall be three miles and not less than 2.7 miles. For all other divisions it shall be two miles and not less than 1.7 miles.
- 2.7 League Center meets shall begin at 3:30. Meets at Rockville Hills will begin no later than 1:30.
- 2.8 Seven members shall constitute a team in a league meet. Only the top five finishers shall count in a team score.
  - 2.8-1 Once Fr/Soph are moved to varsity and compete in a league meet they may not be moved back to Fr/Soph in league meets.
  - 2.8-2 Fr/Soph may move down from varsity at the league meet to qualify for the Sac-Joaquin Section Playoffs.
- 2.9 A pennant will be awarded to the winning varsity dual meet champion.
- 2.10 All-league patches will be awarded to the top ten finishers in the League meet.
- 2.11 Eleventh and twelfth graders will qualify for the Sub-Section meet at the League qualifying meet.
- 2.12 All of the above rules shall apply to boys and girls.
- 2.13 The duties and responsibilities of running the league meet will be rotated from school to school.

## SOCCKER

### Section 3.1 - Starting Date

- 3.1.1 Practice for boys and girls, with no limitations, may begin on the day determined by the Section by-laws.
- 3.1.2 If the first day of practice falls on a Saturday or Sunday, practice may begin on Monday of the following week.

### Section 3.2 - Official Rules

- 3.2.1 The official rule book shall be the National Federation of High School Association rule book.

### Section 3.3 - Game Ball

- 3.3.1 The game ball shall be any high grade regulation ball.
- 3.3.2 During Section play, the game ball used will be the ball approved according to the Section by-laws.

### Section 3.4 - Contacts

- 3.4.1 The number of contacts allowed is twenty seven (27).
- 3.4.2 Contacts will follow the Sac-Joaquin Section rule 519.1
- 3.4.3 Definition of a tournament and game count can be found in rule 519.3 in the Section by-laws.
- 3.4.4 League contacts will be fifteen (15). Each school will play each school three (3) times.

### Section 3.5 - Game Times

- 3.5.1 Day games - Varsity games will begin at 3:30 with the JV game to follow at 5:15
- 3.5.2 Night games - JV games will begin at 5:30 with the Varsity game to follow at 7:30
- 3.5.3 Game time changes can be made by mutual agreement of both schools.

### Section 3.6 - Game Results

- 3.6.1 The home school shall be responsible to notify the media and the Athletic Director in charge of Soccer with the results for the Varsity and Junior Varsity games.

### Section 3.7 - Change in Classification

- 3.7.1 In league play, a player may move to a higher classification and must remain at that higher classification for the remainder of the season.

### Section 3.8 - Schedule and Roster Exchange

- 3.8.1 A meeting shall be called by the AD in charge no later than one week prior to the start of league play.
  - 3.8.1-1 Rosters of all school teams shall be exchanged by the coaches at this meeting. Information to include players name, jersey number and year in school. Complete season schedule will be exchanged by the coaches via e-mail.

### Section 3.9 - Championship

- 3.9.1 The league championship will be awarded to the team who finishes the year with the most points. No champion will be recognized below the varsity level.
- 3.9.2 Teams are awarded points in the following manner:
  - Win = 3 points
  - Tie = 1 point
  - Loss = 0 points

### Section 3.10 - Playoffs

- 3.10.1 The number of teams qualifying for participation in the playoff shall be determined by the section.
- 3.10.2 Tie will be broken using General Rule 0.26
  - 1. Head to head competition
  - 2. Descending head to head competition with the tie
  - 3. If still tied, the team that did not go to the section playoffs last will go.
  - 4. If still tied after the above procedures, the team(s) seeded higher in previous playoffs will be eliminated as needed
  - 5. Coin Toss

### Section 3.11 - All League Selection

- 3.11.1 The AD in charge shall call a meeting the first Monday evening following the completion of the league season. Coaches and Athletic Directors shall be informed of the meeting, time and location at least a week in advance. Notification shall be by phone and e-mail.
- 3.11.2 All League positions awarded will number fifteen (15) patches.
- 3.11.3 Schools will be awarded automatic positions on the All League team for the first twelve (12) positions, in accordance to their finish in League competition. Each school will make their own determination as who will be placed on the All League team.

**FINISH SELECTION**

1st	4 positions
2nd	3 positions
3rd	2 positions
4th	1 position
5th	1 position
6th	1 position

3.11.4 A ballot will be taken to name the remaining 3 positions. According to the teams final position will determine the number of nominations submitted.

**FINISH NOMINATION**

1st	6
2nd	5
3rd	4
4th	3
5th	2
6th	1

In the voting process, a school may not vote for its own candidate(s).

**3.11.5 A ballot will be taken to name the league MVP offensive and defensive players. Nominations will be taken from the All League players chosen. A school may not vote for its own candidate(s).**

3.11.6 Coach of the year will be voted by all coaches.

3.11.7 All League selections shall be forwarded to the league commissioner by the AD in charge. All coaches are responsible to submit information to the media.

3.11.8 Honorable Mention selections will be determined by each individual school.

3.11.9 Patches will be given to the All League Team. An award pennant will be given to the school which wins the league championship.

Section 3.12 - Miscellaneous - Activity Specific

3.12.1 Team areas and fans shall be located on opposite sides of the fields.

3.12.2 Three (3) officials will be used for all Varsity games. In the event that 2 officials are present, games may begin until the additional official arrives. At least two(2) officials may be used for JV games.

3.12.3 Game lengths for both Varsity and JV games will be two forty (40) minute halves.

3.12.4 If conditions are not playable, the home team is to notify the visiting team and officials.

3.12.5 Make-up games must be played within two week of the regularly scheduled game.

3.12.6 League schedule must be completed by the date determined by the section.

3.12.7 By direction of the Board of Managers, Friday nights are to be reserved for football.

3.12.8 If a player is red carded, the school's Athletic Director, is required to notify their next opponent and the Athletic Director in charge of soccer, of the player not ejection. The red card rule will also apply to coaches. Failure to sit a red carded player will result in a forfeiture of the contest played. This also applies to the coach. A player or coach receiving a 2nd red card, anytime during the season, will sit out a 2 game suspension. It is important that the AD in charge of soccer be notified of all red card ejections.

3.12.9 Sportsmanship should be displayed at all times, from all players, coaches and fans/spectators.

## BASKETBALL

### 4.1 TEAMS

Varsity and Fr/Soph in both girls and boys basketball.

### 4.2 GAMES

The basketball schedule will be a fifteen (15) game schedule. Each school will play each school three (3) times with each game counting toward the League championship. This will be a two-year schedule with home and away reversed the second year. Contacts are limited to 27.

4.2-1 All League basketball games (boys and girls) will be played on Tuesday/Friday nights at opposite sites.

4.2-2 Frosh girls and boys will play double headers on Tuesday. Site will be opposite of the varsity and Fr/Soph double headers. On Friday nights the Varsity, fr/soph, and frosh will play triple headers (boys and girls).

4.3 No organized practice before November 10.

### 4.4 GAME ADMINISTRATION

4.4-1 Tues and Thursday games will start at 6:00 p.m

4.4-2 Friday night game will start at 6:00 p.m.

4.4-3 All games will be eight minute quarters

4.4-4 Any change from eight minutes must be by mutual agreement.

4.4-5 There will be a fifteen-minute warmup following all Fr/Soph games starting after the referees have declared the floor cleared.

4.5 The game ball will be a Wilson Solution

4.6 Only the home team may provide a pep band for games unless there is mutual agreement between schools. The pep band may play any time.

### 4.7 OFFICIAL SCORERS

It is recommended that adult timers and scorers be used for all games involving varsity and Fr/Soph girls and boys.

### 4.8 ORDER OF PRIORITIES IN SCHEDULING.

4.8-1 Special placement for rival games

4.8-2 Equal number of games on week nights and Friday nights.

4.8-3 Equalize home and away games each half at 8 and 7.

4.8-4 Two teams in the same town do not play at home on the same night.

4.8-5 Rotate schedule every two years.

### 4.9 SCRIMMAGES

Scrimmages are defined as a practice with another school in which no score is kept on a scoreboard; there is no advance publicity, and game uniforms are not worn. A running clock and officials may be used. Coaches are allowed to interrupt the game for teaching purposes.

## BYLAWS/WRESTLING

- 5.1 There will be no organized practice prior to November 10.
- 5.2 Wrestling matches may begin two weeks after November 10.
- 5.3 League matches will be held on Wednesday nights.
- 5.4 J.V. matches will begin at 6:00 with varsity to follow.
- 5.5 The host school shall provide certified officials.
- 5.6 Uniforms and equipment shall follow the directions of the Sac-Joaquin Section.
- 5.7 The weight control rule will follow the directions of the Sac-Joaquin Section.
- 5.8 Varsity wrestlers represent the number-one wrestler of that school.
- 5.9 No wrestler shall wrestle varsity and JV against another team on the same day.
- 5.10 Weigh-in for a match shall be held a minimum of sixty (60) minutes before the first match of the day.
  - 5.10-1 All wrestlers shall weigh in at the host school in the presence of the coaches from each school.
  - 5.10-2 Scales will be available to both teams prior to the official weigh-in.
  - 5.10-3 Weight classes shall follow the directions of the Sac-Joaquin Section.
  - 5.10-4 All scales must be certified.
  - 5.10-5 Official weigh-in forms shall be sent to the coach's representative
- 5.11 Freshmen shall be eligible for varsity competition.
- 5.12 The league championship will be determined by a combination of dual meet wins and the league post-season meet.
  - 5.12-1 One point will be awarded for each dual meet win and ½ point for a tie. A maximum of 5 points may be earned.
  - 5.12-2 One point will be awarded for each team a school finishes above in the league meet. A maximum of 5 points may be earned.
- 5.13 LEAGUE TOURNAMENTS
  - 5.13-1 A novice tournament is to be held on Wednesday prior to Thanksgiving. There will be no assigned officials.
  - 5.13-2 A league tournament is to be held within the week prior to the section team tournament.
  - 5.13-3 J.V. championships will be held in conjunction to the league championships. Any J.V. not involved in the varsity championship may participate.
- 5.14 Wrestling coaches shall draw weight classes for league dual meets prior to the first meet.

## BYLAWS/BASEBALL

- 6.1 The league schedule will be a 15-game schedule in which a school will play the other schools in their division three times. Games to be played on Wednesday and Friday and alternating on a bi-yearly basis to Tuesday and Thursday with Softball.
- 6.3-1 Games will be limited to seven (7) innings except for ties, which will be played off.
- 6.2 The championship will be decided by all games played.
- 6.3 The number of contests (27 Maximum) will follow Sac-Joaquin Section guidelines.
- 6.4 Games which have been rained out or suspended shall be resumed as stated in the rule book. Replay of suspended games is mandatory. The format for rescheduling games is as follows:
- 6.4-1 At the first available date agreed to by both coaches
- 6.4-2 The league will follow National Federation Rules on suspended play.
- 6.5 Starting dates for practice is February 1.
- 6.6 GAME ADMINISTRATION
- 6.6-1 All league games played on school days shall start at 3:30. After Daylight savings games will start at 4:00. These times may be changed by mutual agreement.
- 6.6-2 The home team shall relinquish the field to the visiting team for warmup at least fifteen minutes prior to the starting time of any league contest.
- 6.6-3 Batting practice cage and/or live is allowed on game days. The home team must vacated the field from live batting practice 45 minutes prior to game time to allow for in-field and out-field warm-ups by both teams.
- 6.7 OFFICIALS
- 6.7-1 There will be at least two officials assigned to all varsity games. In Fr/Soph games it is the decision of the individual schools as to the number of officials.
- 6.7-2 If one official is used in a Fr/Soph game he must remain behind the plate even with a runner on base.
- 6.8 The playing field shall be in accordance with the National Federation Rule Book.
- 6.9 FROSH/SOPH TEAMS
- 6.9-1 Only freshman and sophomores may participate on Fr/Soph teams.
- 6.9-2 No player who participates in a league varsity contest may be moved to a Fr/Soph team.
- 6.10 EQUIPMENT
- 6.10-1 All league games must be played using one of the following baseballs: Wilson A1010 or Diamond D-1, or the equivalent.
- 6.10-2 Coaches may wear a uniform if they so desire.
- 6.10-3 Two coaches may coach the bases if they are in uniform.
- 6.11 ALL-LEAGUE TEAM
- 6.11-1 The All-league team will consist of 14 players.
- 1) A most valuable player
  - 2) \_\_\_\_\_ infielders
  - 3) \_\_\_\_\_ outfielders
  - 4) \_\_\_\_\_ catchers
  - 5) \_\_\_\_\_ pitchers
  - 6) \_\_\_\_\_ utility player, which could include a designated hitter or a position player including pitcher.
  - 7) The above numbers may be altered by agreement of the coaches.
  - 8) No coach of the year is to be selected.
- 6.11-2 Voting for all-league players will be by written ballot. Ballots will be collected simultaneously. They will be recorded by calling a school's vote.
- 6.12 TIEBREAKER
- The tiebreaker for Playoff seeding purposes will be as described in General Rule 0.23
- Head-to-head competition
  - Descending head-to-head competition within the tie
  - If still tied, the team that did not go to the playoffs last will go
  - If still tied after the above procedures the team(s) seeded higher in previous playoffs will be eliminated as needed
  - Coin toss
- 6.13 Each head coach has the final authorization of filming on top or within 30 feet of his dugout during a game.

## BYLAWS/SOFTBALL

- 7.1 There will be two teams at each school (Fr/Soph and Varsity). The commissioner is to be notified if there are any exceptions to this.
- 7.2 The league schedule will be a 15-game schedule that will be opposite to the baseball schedule. Each school will play the schools three (3) times
- 7.2-1 Number of contests (27 maximum) will follow Sac-Joaquin Section Rule 519.1 and MEL General Rule 0.13.
- 7.3 There will be two games a week to be played on Tues/Thrs or Wds/Fri.
- 7.4 OFFICIALS
- 7.4-1 There will be two umpires assigned to varsity games. In Fr/Soph games it will be the decision of the host school to determine the number of umpires to be used.
- 7.4-2 In all games with only one umpire in use, he/she will remain behind the plate even with a runner on base.
- 7.4-3 All scheduled games should be played. If a shortage of umpires occurs, use the best option available. If only one official is available the varsity game will be played with the umpire behind the plate even with a runner on base.
- 7.5 Game time will be 3:45 with warm up at 3:00 p.m.
- 7.5-1 The home team will warm up first.
- 7.5-2 Each team will have a minimum of ten minutes of warm-ups plus ten minutes of infield practice.
- 7.5-3 No batting practice will be held by either team on the day of a contest.
- 7.6 A meeting of coaches will be held before the beginning of the season.
- 7.7 Rules will be current with the C.I.F. Fast Pitch.
- 7.8 There will be standard team uniforms with visible numbers.
- 7.9 An amendment to Rule 2, Section 7 in the National Federation Rule book shall be in accordance with the fast pitch EXCEPT no metal cleats.
- 7.10 All game balls will be NFHS approved and optic yellow in color.
- 7.11 Make up games will be rescheduled as follows:
- 7.11-1 At the earliest possible date agreed to by the two schools involved.
- 7.12 ALL-LEAGUE SELECTIONS
- 7.12-1 The meeting will take place on the first Monday after the last regularly scheduled league game. The league champion will host the meeting.
- 7.12-2 1st, 2nd, 3rd place teams will automatically receive the following patches:  
1st place to receive 3 patches  
2nd place to receive 2 patches  
3rd place to receive 1 patch

If there is a tie for:

1st place tie -- each receive 2 patches and next place receives 1 patch.

2nd place tie -- 1st receives 3 patches and each 2nd place receives 1 patch.

The remaining patch goes back into the general pool.

3rd place tie -- No automatic patches. That patch goes back into the general pool.

7.12-3 The number of patches to be awarded will be fourteen (14).

- 7.13 Coaches will restrain their players from chanting or harassing the opposing team during the game. Umpires will control excessive, abusive, and derogatory comments during the game, subject to forfeiture after a warning.

- 7.14 TIEBREAKERS:

**For ties regarding seeding in playoffs see General Rule 0.23.**

- Head-to-head competition
- Descending head-to-head competition within the tie
- If still tied, the team that did not go to the section playoffs last will go
- If still tied after the above procedures the team(s) seeded higher in previous playoffs will be eliminated as needed
- Coin toss

## TRACK

### 8.1 SCHEDULE

#### **8.1-1 The schedule will consist of dual-meet competition.**

### 8.2 MEET ADMINISTRATION

8.2-1 There will be four (4) divisions: Boys varsity, Girls varsity, and Boys' Fr/Soph and Girls' fr/soph.

8.2-2 Meets will begin at 3:30 p.m.

8.2-3 The host school must supply a copy of the meet results to the visiting team's coach(s) at the completion of the meet.

8.2-4 The host team should notify the visiting school(s) by 11:00 a.m. if the meet is to be cancelled.

### 8.3 OFFICIALS

8.3-1 The use of adult officials is strongly recommended at all events.

8.3-2 Schools are responsible for the use of shot puts and discus' that meet the required weights.

### 8.4 LEAGUE AND TOURNAMENT ADMINISTRATION

8.4-1 All entries for the qualifying meet must be made the Monday before the meet.

8.4-2 The director of the qualifying meet shall send a complete list of winners and alternates with times and distances to the Section Office.

8.4-3 Each participating school SHALL SEND AT LEAST FOUR OFFICIALS to help with the administration of the meet.

8.4-4 All track rules apply for both boys and girls.

8.4-5 Each school may enter six (6) athletes in each event at the qualifying meet.

8.4-6 The League post-season qualifying meet will hold trials at 1:30 p.m. for field events and 2:00 p.m. for track events on Wednesday.

The finals will be held at 3:00 p.m. on Friday for field events and 4:00 p.m. for track events.

8.4-7 The order of events will be the same as for the Sac-Joaquin Section Meet.

8.4-8 When the facilities are not available at dual meets because of reasons other than natural causes, the home team will forfeit all points in that event. If an event is not available because of natural causes, the event will be held at the earliest possible date if it has a bearing on the meet. The starter will make the decision regarding natural causes. Only those competitors signed up for the cancelled meet may compete at the make-up meet.

8.4-9 Athletes may not participate in both J.V. track finals and then participate in Varsity trials and finals. Those athletes participating in the J.V. culminating meet are concluding their season.

## BYLAWS/SWIMMING AND DIVING

### 9.1 SCHEDULE

The schedule will be a single round-robin schedule

### 9.2 CHAMPIONSHIPS

9.2-1 The first place teams in boys and girls swimming will receive pennants.

9.2-2 The League champion will be determined by a combination of dual meet "win" points and the League tournament "final standing" points. Results will be as described in General Rule 0.2-2.

a) a dual meet win will be awarded one (1) point

b) A dual meet tie will be awarded ½ point.

c) One (1) point will be awarded for each team that finishes below a team in the post-season meet.

### 9.3 DIVISIONS

There will be varsity boys and a varsity girls team and Fr/Soph teams for boys and girls.

### 9.4 EVENTS

All events shall be as specified in the National Federation Rule Book and by the Sac-Joaquin Section.

9.4-1 The league will comply with the National Federation Rule Book as to the depth of the pool for diving in all league meets.

9.4-2 The Sac-Joaquin Section order of events will be used in all dual meets.

### 9.5 LEAGUE MEET

9.5-1 The league meet will be a three-day affair with divers on Thursday, swimming trials on Friday, and swimming finals on Saturday.

9.5-2 Swimming trials will start at 12:00 p.m. on Friday. The finals will be on Saturday at 9:00 a.m.

## BYLAWS/TENNIS

### 10.1 SCHEDULE

- 10.1-1 Boys Tennis will be a Spring sport. Girls Tennis will be a Fall sport.
- 10.1-2 Boys Tennis will be played on the days and the same schedule as girls soccer. Girls Tennis will be played on the same day as volleyball.
- 10.1-3 A tennis match requiring postponement will be rescheduled.
- 10.1-4 The host school will make the final decision on the postponement of match due to inclement weather.
- 10.1-5 When the singles or doubles match is called off due to inclement weather or darkness, said match will be resumed at the earliest date which is mutually agreeable to both coaches with the exact score as set at the last completed game.
  - a) when the match is resumed the same lineup must be used. In the absence of a player that match must be forfeited. No substitute may be used.
- 10.1-6 If a player is late for a match and the coach thinks the player will be there the fifteen-minute default rule will apply. No match at his number or below will begin before 3:45. If the player is a no show the other players must be moved up on the roster. (Refer to rule 10.2-8)
- 10.1-7 The number of contests in which a team may participate must be in agreement with the Sac-Joaquin Section Rule 519.1 (See General Rule 0.13).
- 10.1-8 At the end of the season (Fall and Spring) there shall be a MEL singles and doubles tournament that will determine the top 2 seeds . The top 2 singles and top 2 doubles will qualify for Section Play-offs.

### 10.2 GAME ADMINISTRATION

- 10.2-1 Teams must field six (6) singles players and three (3) doubles teams for league matches.
- 10.2-2 No-ad scoring will be used in all contests.
- 10.2-3 The best player shall at all times play as the first single player. Each school must establish a ladder through player competition. The coach may not subjectively set the ladder; the positions on the ladder must be earned through a playoff-type situation round-robin tournament. Once the ladder has been established the best player must play at the number one (1) singles position, second best at number two (2), third best at number three (3). The number four (4) position can be played by anyone on the team. Changes may be made throughout the season to this ladder by having challenge matches. After the singles positions have been established, any combination of players may be used for doubles provided the number one (1) doubles team is stronger than the number two (2) team and the number two (2) team is stronger than the number three (3) team.
- 10.2-4 A player's position may not be lowered as a disciplinary action by the coach. The coach may discipline the player by not allowing him to play that particular match. Again, positions on the ladder must be earned by the players. This rule is to discourage stacking of the ladder.
- 10.2-5 If it is discovered that an ineligible player has competed in a match, the entire contest is forfeited. Final score will read 7 – 0 for the other team.
- 10.2-6 The winning school in tennis shall be that which has won the greatest number of team matches during a season. A team match is a series of seven (7) matches between schools. If two schools are tied for first, and there is time for a playoff, home court advantage will be determined by the number of sets won from the two league matches. If sets are tied, number of games won will be counted. If still tied, a coin flip will be used. This system will also be used if there is no time left for playoffs, or if there is a tie for second and only two teams go to the Sac-Joaquin Section Playoffs.
- 10.2-7 If a player is absent a coach may use his own discretion on substitution. Any forfeits in doubles begin at #3 doubles.
- 10.2-8 In spring tennis the lineup used on the first day of the week must be followed on the second day of the week. The only exception to this rule would be the absence of a player from the match played on the first contest of the week in his proper sequence. In back-to-back matches the exact lineup must be followed. The coach must have the score sheet from the previous match available for inspection by the opposing coach. In spring tennis, if there is only one day of practice between matches, there will be no lineup changes.
- 10.2-9 SIDELINE COACHING

- a) When the players change sides and/or between sets, the coach may confer with the team players for a maximum of 90 seconds.
- b) Players must play two sets before taking a break, which shall not be longer than ten minutes.
- c) Injured players are limited to a total of ten minutes recovery time before defaulting. Injury time is cumulative during a match.
- d) The home coach is responsible for game control.

10.2-10 The home coach has complete authority to assign each singles and doubles match to any court.

10.2-11 Players are encouraged to limit their warm-ups before each match to ten minutes.

10.2-12 Play will be governed by the USTA Rules. When a set is tied at 5-6 (all) the 12 point tiebreaker will be used

### 10.3 EQUIPMENT

The home coach must provide new balls for each varsity match. Only USLTA approved tennis balls may be used in competition. The home coach has the discretion of providing or not providing new balls at the beginning of the third set.

### 10.4 M.E.L. Tennis Championships

**10.4.1 At the end of the regular League season there will be a singles and doubles championship tennis tournament to be held on separate but consecutive days. A player may qualify to play and be seeded in the championships by participating in at least one more than half of the matches of the regular League season.**

10.4.2 The purpose of the M.E.L. championships is to qualify 2 singles players and 2 doubles teams for the Section individual tennis playoffs for Division I.

10.4.3 There will be an 8 a.m. meeting where the seeding will take place for the singles tournament. Seeding will be based on how well the individuals performed during regular League play.

10.4.4 There will be a draw of 16 players for each tournament (singles & doubles). How each school finished as far as their League standings will determine the amount of players that each school will bring to the tournament. The first through fourth place teams (school standings) will each bring 3 players and the fifth and sixth place teams will bring 2 each. This will create a draw of 16.

10.4.5 Each school that plays in the M.E.L. will fax/email their number 1 singles players results to the athletic director in charge of girls and boys tennis. If results are not faxed/emailed by the deadline date then that school "may" lose the opportunity to be seeded in the M.E.L. championship tournament.

10.4.6 During the draw process for singles, every effort will be made to separate the same schools from meeting in the first round. We will also separate the 1's and the 2's from being on the same side of the draw (we cannot implement this concept to the 3's). If we draw a name from the hat that does not meet the criteria for being placed on the next line of the draw then the names goes back into the hat and another name is drawn. We will draw names until we have the draw for 16 complete.

10.4.7 Patches will be awarded to the teams that advance to the semi-finals during the M.E.L. tournament for both singles and doubles. If we have a case of someone who qualifies for a patch for both singles and doubles then only one patch will be awarded. A player may only earn 1 patch at the championships.

10.4.8 We will not seed the doubles teams. it would be virtually impossible to do this since some teams will have never played together before. The 6 school involved will designate who their #1 through #3 teams are for the top 4 school and the #1 and #2 teams for the fifth and sixth placed teams.

10.4.9 We will play 3 rounds the first day of the singles tournament and play the finals of the singles tournament on the next day at 11 a.m. weather permitting. The same format of play will apply to the doubles tournament. If the same school is in the finals for doubles then they may play at their home court.

10.4.10 Coaches will determine how much time in-between singles matches and doubles matches at the seeding meeting on day 1 of the singles tournament.

10.4.11 Every effort should be made to hire a U.S.T.A. certified referee to assist in the draw and the enforcement of the U.S.T.A. rules of tennis both on and off the court during the M.E.L. championships. Each match will consist of 2 out 3 sets, no-add scoring. if the set

becomes tied at 6-6 then the 12-point tiebreaker will be implemented. Coaching may only occur on change over. once coach will be designated from each school.

10.4.12 Each team must have a coach or school designated person in charge of their student athletes.

BYLAWS/VOLLEYBALL

- 11.0 Volleyball will be played on Tuesdays and Thursdays or Monday and Wednesday according to the Section rotation. Fr/Soph matches will start at 3:45 p.m. with varsity to follow.
- 11.0-1 The schedule will be a 15-game schedule. Each school will play the schools three (3) times
- 11.1 Starting practice date will follow the Sac-Joaquin Section guidelines and start on the same date as football preconditioning.
- 11.2 WARMUPS:  
Minimum times allowed for Fr/Soph and Varsity matches will be: seven (7) minutes share, five (5) minutes for serving team, five (5) minutes for receiving team, two (2) minutes shared serving. By mutual agreement, home teams can have a special promotion between games two and three, not lasting longer than five minutes. Any changes in warm-up times must be by mutual agreement.
- 11.3 Teams are limited to 27 contacts per season (Sac-Joaquin Section Rule 519.1 and MEL General Rule 0.13). The definition of a tournament and game count is defined in Sac Joaquin Section by-law 519.3 and 519.4.
- 11.4 All schools will use official net and balls as defined by the C.I.F. Rulebook.
- 11.5 Prior to league play, varsity rosters will be sent to all schools and posted on maxpreps.com.
- 11.6 The three-ball system will be used during varsity matches. Home court is responsible for seeing this is done properly.
- 11.7 There will be two officials as provided by our local officials' association or if necessary by the Section Commissioner of Officials. Each school will provide a linesman for junior varsity and varsity games.
- 11.8 COMPETITION
- 11.8-1 C.I.F. Rules will govern play
- 11.8-2 Triple round-robin schedule will apply
- 11.8-3 Games will be played to 25 points using rally scoring and not times. The deciding game will be played to 15
- 11.8-4 Fr/Soph teams will play best of three (3) games and the varsity will play best of five (5) games.
- 11.9 The league champion will be eligible for Sac-Joaquin Section Playoffs. Seeding will be determined by power ratings.
- 11.10 Power ratings will determine section playoff representation..
- 11.10-1 Coaches will post schedules, prior to league competition, on maxpreps.com.
- 11.10-2 Coaches will report accurate win /loss results for both league and non-league matches on maxpreps.com.
- 11.10-3 Coaches will report both non-league and league results to their local newspapers.
- 11.11 ALL-LEAGUE SELECTIONS  
**The all-league team will have 10 players. Each team can nominate as many players as they want for all league. A coach may not vote for his or her own player. Any player getting a vote will be considered honorable mention.**
- 11.11-1 **CRITERIA FOR ALL-LEAGUE NOMINATIONS**
- to be evaluated annually by coaches
  - Stats to be kept as defined by maxpreps.com for all league matches, only team stats to be used for nominations
- 11.12 **The all-league meeting will held on the first day following the conclusion of league play at the school of the league representative.**

## BYLAWS/GOLF

- 12.1 STARTING TIME:
  - 12.1.1 Will be 2:30 p.m. on Tuesdays and Thursdays during daylight savings time and 3:30 otherwise
  - 12.1.2 There will be a 15-game schedule in which each school plays the other schools three (3) times.
- 12.2 SCORING
  - Medal play will be used to score matches. The top five (5) player's scores of each team will be used to determine team scores.
  - 12.2-1 League play modification for girls: Double par plus putt
  - 12.2-2 Summer rules will prevail unless local rule is different
  - 12.2-3 Individual score cards will be used and signed by both players.
- 12.3 MATCHES
  - 12.3-1 Boys: All matches will be nine (9) holes.
  - 12.3-2 Girls: Will be the same as boys
  - 12.3-3 All matches will be played by USGA Rules.
  - 12.3-4 Rulings will be made by the host coach. Any disagreement to a ruling will be declared at that time, and may be presented to the league as outlined in General Rule 0.5.
  - 12.3-5 If there is a conflict on a rule, play two balls and record both scores and check with the coaches at the end of the round.
- 12.4 PENALTIES
  - USGA rules will apply. A breach of a rule will be dealt with according to the specific rule. Etiquette, misconduct, or unsportsmanlike conduct will not be tolerated. The use of abusive language, throwing clubs, or other disruptive behavior could result in disqualification.
- 12.5 LEAGUE CHAMPION: the league champion will be determined by using the following system.
  - a) a dual-meet win will be awarded 1 point
  - b) a tie will be awarded ½ point
  - c) One (1) point will be awarded for each team that finishes below a team in the post-season tournament.
- 12.6 AWARDS: A pennant will be awarded to the league champion. Patches will be awarded to the top eight (8) players in the league. The top ten players will be determined by using the following method:
  - 12.6.1 The top twelve in a match will earn points as follows: 12-11-10-9-8-7-6-5-4-3-2-1
  - 12.6.2 Points will be totaled at the end of the dual meet schedule.
  - 12.6.3 First MEL tournament All League points will be awarded as follows: 12-11-10-9-8-7-6-5-4-3-2-1
  - 12.6.4 Second MEL tournament All League points will be awarded as follows: 12-11-10-9-8-7-6-5-4-3-2-1
- 12.7 LENGTH OF SEASON: there may be 27 contacts during the season. Tournaments will follow the Sac-Joaquin Section definition of a tournament (Section Rule 519.3).
  - 12.7.1 A match will be defined as playing at home or away. It is not necessary to keep score in order to constitute a match.
- 12.8 TOURNAMENT: the league tournament will be held during the week preceding the Sac-Joaquin Divisional Tournament. All teams are eligible to compete. League meet will be hosted by towns and will be determined alphabetically. Teams qualifying for the divisional tournament will be determined by the number of teams in the league. Qualifying individuals will be the top six (6) players not qualifying for team participation.
- 12.9 ATTIRE: girls may wear short of mid-thigh length or longer. Long pants or golf skirts may also be worn. A collared shirt must be worn and may be sleeveless.
- 12.10 HOME TEAM RESPONSIBILITY: It is the responsibility of the home team to confirm the match. No phone call means the match is on.
- 12.11 GALLERIES:
  - 12.11-1: Galleries will not be allowed at dual matches.
  - 12.11-2: For League tournament(s), galleries may be permitted at the discretion of the host golf course.
  - 12.11-3: No advice may be given to a player by the coach, parent, teammate, or fellow competitor..

## BYLAWS/BADMINTON

- 14.1 Badminton and Softball will play the same schedule.
- 14.1-1 A meeting of the coaches will be held in January before the beginning of season.
- 14.1-1 If softball is rained out, badminton will also be rescheduled. A school may opt to send their badminton teams separately.
- 14.1-2 Makeup games will be rescheduled as follows:
- at the earliest possible convenience,
  - or, as a double header on the second round
  - or, at the end of the season.
- 14.2 PRACTICE  
Will follow the Sac-Joaquin Section guidelines.
- 14.3 U.S. Badminton Rules will be followed.
- 14.4 GAME MANAGEMENT
- 14.4-1 Game time will be 3:30 p.m., or earlier by mutual agreement.
- 14.4-2 The home team at all dual meets will provide practice shuttlecocks and new game shuttlecocks. The Yonex Mavis 350 shuttlecock will be used for all League games.
- 14.4-3 Each team will establish a challenge ladder for singles and doubles. The top eight (8) singles players will play singles in their established order and the top seven (7) doubles will do the same.
- 14.4-4 Team lineups must be complete before exchanging information with the other coach.
- 8 singles and 7 double matches
  - Players may play both singles and doubles
- 14.4-5 No changes will be allowed except to replace a player with a medical condition or an injury, before her match is started. Replacement must be someone NOT in the original lineup. A coach may forfeit the match by mutual agreement of coaches.
- 14.4-6 In case of forfeit, you may forfeit the number where the players were placed on the ladder.
- SINGLES: You may move everyone up or put in a substitute.
  - DOUBLES you may move the teams up or you may put in a substitute. If a substitute is used the team may be lowered no more than two places from the rank of the highest player. If you have less than a full team, you must forfeit the lowest match.
- 14.4-7 If both teams forfeit the same number and a tie results, the tie will stand.
- 14.4-8 Singles matches will be played first in all league matches.
- 14.4-9 At all dual meets, only players will be at the court. All spectators and players not playing must stay in the bleachers.
- 14.5 LEAGUE TOURNAMENT
- 14.5-1 There will be a league tournament at the end of the schedule. The winners from this tournament will represent the league in Section Playoff Competition.
- 14.5-2 The first-place team will bring 2 singles and 2 doubles plus their choice of an additional singles or doubles. . The second-place team will bring 2 singles and 2 doubles plus their choice of an additional singles or doubles (whichever the first place team does not bring). The remaining teams may bring 2 singles and 2 doubles with the exception of the last-place team, which may bring 1 single and 1 double.
- 14.5-2.1 If there are only 5 schools competing in the league tournament, each school will bring 3 singles players and 3 doubles teams. The first place team will bring an additional single player or doubles team. The second place team will bring an additional single player or doubles team, whichever the first place team did not bring
- 14.5-3 Double elimination will be used. Entries will play singles or doubles, not both.
- 14.5-4 Each team will furnish one tube of shuttlecocks to the host school.
- 14.5-5 A coach's meeting will be held prior to the league tournament for the purpose of seeding.  
Bring the following information on 4 x 6 cards:
- Print the name of participant(s)
  - Print the school name
  - Print win/loss record
  - List the rank and names of players they have played. Also, list the score of each match.
- 14.6 TIE BREAKER
- 14.6-1 Head to Head competition

- 14.6-2 Game differential with-in the tie
- 14.6-3 Game differential with the next place team.

## BYLAWS/WATER POLO

- 15.1 In September the boys varsity matches will start at 3:30 p.m. In October the girls' varsity will start at 3:30 p.m. At all times the varsity will play first and the Fr/Soph will follow
- 15.1-1 Varsity contests will play seven (7) minute quarters. Fr/Soph will play five (5) minute quarters.
- 15.2 The schedule will consist of a triple round-robin schedule.
- 15.2-1 OVERTIME: National Federation Rules will be followed
- 15.2-2 Schools that lose their facilities due to mechanical failure, or for any reason will move their contests to another site. If that is no possible, the contest will be played at the opposition's site. The host school will pay the official's fees.
- 15.3 EQUIPMENT
- 15.3-1 The official ball will be the Mikasa 6000 series for boys and the Mikasa 6009 series for girls.
- 15.3-2 The home team will wear dark caps and the visiting team will wear white caps. The goalie cap will be the number one (1) and may be either red or red and white quartered.
- 15.3-3 Goal lines will be at the two (2) yard lines, the four (4) yard lines, and the seven (7) yard lines. These lines will be distinguishable to the participants, officials and coaches.
- 15.4 Coaches will meet prior to the first league contest.
- 15.5 ALL-LEAGUE SELECTIONS: the athletic director who chairs Water Polo will chair the meeting.
- 15.5-1 All-league selections will be made within seven (7) days of the final league contest.
- 15.5-2 Seven (7) field players will be selected and one (1) goalie.
- 15.5-3 Each school may nominate three (3) players from their school. The most valuable player will be the top vote getter.
- 15.6 LEAGUE CHAMPIONSHIP: Determined by the results of a triple round- robin.
- 15.7 TIEBREAKER:
- Head-to-Head competition
  - Descending head-to-head competition within the tie
  - If still tied; the team that did not go to the playoffs last will go.
  - If still tied after the above procedures, the team(s) seeded higher in the previous playoffs will be eliminated as needed.
  - Coin Toss