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2024-2025
VVAL Bylaws

Vine Valley Athletic League
NORTH COAST SECTION, C.I.F.

CONSTITUTION

ARTICLE I

Name

This league shall be known as the Vine Valley Athletic League (VVAL) of the North Coast Section of the California Interscholastic Federation.

ARTICLE II

Purpose

It shall be the purpose of the VVAL to promote, coordinate and regulate the student interscholastic athletic activities of its member schools. Interscholastic athletics are an important part of the educational program of high school students. Athletics are an addition to the classroom instructional program and should not interfere with classroom activities except when deemed necessary and approved by the principal or his/her designee. Interscholastic athletics should foster appropriate conduct, ethics, and sportsmanship for participants and spectators. Interscholastic athletics should also engender respect for local, state and national rules and policies under which the school program operates.

The following Code of Ethics shall govern the actions of all who are concerned with high school athletics:

Code of Ethics

It is the duty of all concerned with high school athletics:

To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
To eliminate all possibilities which tend to destroy the best values of the game.
To show cordial courtesy to visiting teams and officials.
To stress the values derived from playing the game fairly.
To establish a cordial relationship between visitors and hosts.
To respect the integrity and judgment of sports officials.
To achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.
To encourage leadership, use of initiative, and good judgment by the players on the team.
To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
To remember that an athletic contest is only a game--not a matter of life and death for the player, coach, school, officials, fan, community, state or nation.

ARTICLE III
Affiliations

The Vine Valley Athletic League is governed by the constitution, bylaws and other rules of the North Coast Section (NCS) and the California Interscholastic Federation (CIF). Any NCS or CIF rulings that govern all leagues automatically become part of this constitution. No rules or regulations in this constitution or bylaws shall be in conflict with NCS or CIF rules and regulations.

ARTICLE IV
Membership

Membership of the Vine Valley Athletic League is determined by the NCS, CIF and Redwood Empire Conference policies. Each member school is required to pay annual dues to defray costs incurred by the league. These dues will be determined annually by the VVAL Board of Managers and must be paid in September of each year. Special assessments may be made when deemed necessary by the Board of Managers. At the commissioner's discretion and by action of the Board of Managers, any dues not paid by the following January meeting of the Board of Managers will cause the delinquent school's teams to be ineligible for further competition until such time as the dues are paid. Any contests scheduled within the delinquent period shall be forfeited to the scheduled opponent.

The Vine Valley Athletic League is composed of the following schools: American Canyon, Casa Grande, Justin Siena, Napa, Sonoma Valley, Petaluma and Vintage High Schools.

ARTICLE V
Officers

A. The officers of the VVAL shall be as follows:
    1. President: two-year team
    2. President-elect: two-year term
    3. Past-president: two-year term

B. The officers shall be rotated alphabetically by school and approved at the Spring Board of Managers meeting.

C. The term of office shall be for two years from July 1 to June 30 of the second year.

D. At the completion of the president-elect's two-year term, he/she shall progress to the office of president and, at the completion of his/her two-year term as president; he/she shall progress to the office of past-president for a two-year term.

    Should the office of president be vacated prior to the expiration of the respective two-year term of office, the president-elect shall progress to the office of president.

He/she shall complete the balance of the vacated term and his/her full two-year term. If the office of president-elect is vacated prior to the expiration of the two-year term of office, the president shall appoint an interim president-elect until the next Board of Managers' meeting. At that time, the Board of Managers shall elect a president-elect who shall complete any remaining portion of the vacated term and his/her full two-year term as per the normal progression. Should the office of past-president be vacated, it shall remain vacant until filled by the next regular progression of the president.

The President or approved designee shall perform the duties customary to the office. He/she shall serve as one of the two voting members at the North Coast Section Board of Managers' meetings.

The President-elect shall assume the duties of the president in the absence of the president and shall serve as one of the two voting members at the North Coast Section Board of Managers' meetings.

The VVAL shall employ a commissioner to administer the work of the league according to the job descriptions established by the VVAL Board of Managers.

ARTICLE VI
Meetings

A. Roberts' Rules of Order shall govern at all meetings of the Vine Valley Athletic League in so far as they are not in conflict with the Constitution of Bylaws of the League.

B. Every Board of Managers and Athletic Directors meeting is subject to the notice and hearing requirements of the Ralph M. Brown Act. A guide to the conduct of these meetings, written by the CIF general counsel, can be found on the State CIF website (www.cifsgtate.org).

C. VVAL meeting agendas will be posted for public inspection at the VVAL website where the meeting will be held for at least 72 hours prior to the meeting.

D. A minimum of three regular meetings of the Vine Valley Athletic League Board of Managers shall be held each year. The regular meetings shall be held on a day set by the VVAL president.

E. Special meetings of the league may be called at any time by the Commissioner at the request of the President, or a majority of member schools.

F. Notice of all special meetings of the League shall be sent out by the Commissioner of the League no less than four (4) days prior to the date of the meeting.

G. A quorum shall consist of a majority of the voting representatives to the VVAL Board of Managers.

ARTICLE VII
Amendments

A. Amendments to this Constitution must be presented in writing to the Commissioner and read at one meeting prior to the meeting at which the official vote is to be taken. The Commissioner shall send a copy of the proposed amendment to each school at least two weeks prior to the vote.

B. A two-thirds vote of representatives present at the meeting shall be necessary to adopt any amendments.

C. Recommendations for changes to the Constitution or Bylaws may come from the CIF, NCS, VVAL commissioner or assistant commissioner, or members of the VVAL Board of Managers for consideration by the Board of Managers.

ARTICLE VIII
Communications

A. All agendas and minutes of VVAL Board of Managers' meetings shall be distributed to member principals and athletic directors or be posted on the VVAL website. They shall be posted in a public place at each member school's site.

B. All members of the VVAL Board of Managers are responsible for communicating proposed actions with appropriate constituencies, i.e., coaches, parents/guardians, student-athletes) for input prior to actions of the Board of Managers.

ARTICLE IX
Fiscal Responsibility

A. A Finance Committee composed of the president; president-elect and the VVAL commissioner shall oversee the budget. Recommendations for the budget for the following year shall be made at the Spring Board of Managers meeting.

B. The commissioner shall be responsible for managing the league finances. The commissioner will submit a financial report at each meeting of the Board of Managers.

C. VVAL books shall be reviewed annually by the Finance Committee.

ARTICLE X
Non-profit Status

Sec. 1 This organization is organized exclusively for charitable and educational purposes within the meaning of Section 501(c) (3) of the Internal Revenue Code.

“Notwithstanding any other provision of these articles, the organization shall not carry on any other activities not permitted to be carried on (a) by an organization exempt from federal income tax under Section 501(c)(3) of the Internal Revenue Code of 1986 (or the corresponding provision of any future United States Internal Revenue law) or (b) by an organization’s contributions to which are deductible under Section 170(c)(2) of the Internal Revenue Code of 1986 (or corresponding provision of any future United States Internal Revenue law).”

“Upon the dissolution of this organization, assets shall be distributed for one or more exempt purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code (or corresponding section of any future tax code), or shall be distributed to the federal government, or to a state or local government, for a public purpose. Any such assets not so disposed of shall be disposed of by the Court of Common Pleas of the county in which the principal office of the organization is then located, exclusively for such purposes or to such organization or organizations, as said court shall determine, which are organized and operated exclusively for such purposes.”

ARTICLE XI
Parliamentary Authority

The parliamentary authority for all VVAL business meetings shall be Robert’s Rules of Order.

GENERAL BY-LAWS OF THE Vine Valley Athletic League

ARTICLE I
Governance

A. The Vine Valley Athletic League shall be self-governing in all respects not in conflict with the NCS Constitution and General Bylaws and the CIF Constitution and Bylaws. The governance of the VVAL shall be vested in a Board of Managers consisting of principals and athletic directors of member schools.

   1. The composition of the VVAL governing body shall be one representative from each member school, who shall be selected by the respective school’s governing board. Each local school Board of Education or private school governing board will ratify to the NCS office by the date established by the CIF each year, the appointment of individuals and alternates by name or title who will be school representatives to the athletic leagues for the upcoming year. In the absence of

appropriate filing, all voting privileges for the affected school(s) shall be suspended.

2. Officers: There shall be three officers.

   President: The president shall preside at all meetings of the Board of Managers. He/she shall perform such duties as are usually required of a presiding officer.

   President-elect: The president-elect shall preside at all meetings when the president is absent. He/she shall perform such duties as are usually required of a president-elect. If the office of the president is vacated, the president-elect shall succeed to the office of president.

   Past-president. The past-president shall preside at meetings in the absence of the president and the president-elect.

   The three officers of the VVAL will also be responsible for conducting financial audits and for evaluation of the commissioner and assistant commissioner.

3. Each member school shall be entitled to one vote on all questions before the Board of Managers.

B. The Board of Managers shall have the following powers and duties.

To make and amend rules and bylaws for the governance of the VVAL.
To fix and enforce penalties for any violation of the Constitution, Bylaws or other rules of the VVAL.
To levy dues for membership in the VVAL.
To investigate the eligibility of any and all athletes who are protested at any time.
To have complete control of the finances of the VVAL except as elsewhere provided in this Constitution.
To employ a commissioner and an assistant commissioner and to determine the yearly salary of such employees.
The VVAL board of managers shall interview and select a commissioner. In the event of a vacancy, the Board of Managers may appoint a commissioner.

C. One reading will be required before these bylaws may be amended by a majority vote of those present at the meeting following the first reading. The succeeding July 1st has been established as the implementation date for all bylaws unless a specific implementation date is stated in the action.

D. It is the responsibility of each member of the Board of Managers to communicate league issues to various constituencies including superintendents/counterparts, booster groups, parents/guardians, athletes, or others interested in interscholastic athletics.

E. Regular meetings shall be scheduled throughout the school year. The meeting schedule will be published in June of the preceding year. The VVAL President shall have the power to call special meetings at his/her discretion or upon request from two member schools, and to cancel meetings. All meetings are subject to compliance with the Brown Act.

F. A quorum to conduct business shall be a majority of member schools. Business may be conducted by a majority vote of members present as long as a quorum has been achieved.

ARTICLE II
Dues

A proposed budget and financial statement shall be presented to the League by the commissioner at the spring meeting of each school year. At this time the league schools shall be assessed an amount the league members deem necessary to operate the league.

Current league dues are $5,550 per school per year.

Supplemental league members shall be assessed a fee of $300 per sport

ARTICLE III
Voting

A. Each school shall be represented at the league meeting by the person or persons designated by the school board of said school district.

   Each member school shall have one vote.

ARTICLE IV
Commissioner of Athletics

The VVAL commissioner is directly responsible to the VVAL Board of Managers, serves as chief executive of the Board of Managers, and supervises all VVAL operations in accordance with VVAL, NCS and CIF policies and procedures. It is the commissioner's duty and responsibility to guide, lead and direct the operations of the VVAL.

Job Description
1. Shall uphold the Constitution and Bylaws of the VVAL, NCS, and CIF.
2. Shall establish and maintain non-profit status for the Vine Valley Athletic League.
3. Shall act as the treasurer of the VVAL.
4. The commissioner shall keep the league funds in a bank. The commissioner shall draw checks on these funds to pay bills necessary for the operation of the VVAL.

5. The commissioner shall present a financial report to the Board of Managers at the end of each season of sport.
6. Shall submit a proposed budget to the Board of Managers at the spring meeting of the year and alert the Board if there will be a need to increase dues for the following year. A final budget will be distributed at the first Board of Managers meeting each school year.
7. Shall receive and audit reports of league fees and bill the member schools for their fees.
8. Shall serve as a consultant at league meetings to answer questions brought to him/her by a member school.
9. Shall interpret the rules, philosophy, procedures, and sport guidelines governing th VVAL.
10. Shall receive all protests from the Board of Managers and handle protests in accordance with provisions delineated in VVAL Constitution and Bylaws.
11. The commissioner shall have the authority to assess penalties and resolve problems applicable to schools and individuals judged in violations of VVAL rules.
12. In the event of an unresolved dispute or appeal, shall request a committee of three (3) neutral principles and/or athletic directors appointed by the league president. Shall conduct preliminary investigation(s) of any protests or formal complaints.
13. Shall maintain a uniform set of records identified, established and approved by the VVAL Board of Managers to be used by the league. All records of the league shall be kept in the commissioner's office.
14. Shall prepare, in consultation with the VVAL president and assistant commissioner, an agenda for all league Board of Managers meetings.
15. Shall schedule, and in conjunction with the assistant commissioner, develop the agenda and facilitate the official meetings of the VVAL athletic directors.
16. Shall, in conjunction with the assistant commissioner, schedule, set agendas, and supervise all pre- and post-season coaches meetings.
17. Shall, using the established guidelines, develop and distribute schedules for all league sports at least one-half year in advance.
18. Shall be responsible for obtaining the Dates of Determination from all member schools.
19. Shall assist the VVAL Board of Managers in selection of league representatives for NCS sports management committees.
20. Shall ensure compliance with all NCS and CIF rules, regulations and policies concerning gender equity.
21. Shall order and distribute VVAL passes.
22. Shall secure pennants and distribute them to the winning schools.
23. Shall coordinate, compile, and publicize all-league selections. Shall order and distribute certificates/patches for first team All-League members in all VVAL sports.
24. Shall carry all correspondence necessary to conduct the affairs of the league and keep members schools informed of all things pertinent to their participation in the Vine Valley Athletic League, North Coast Section and California

Interscholastic Federation.

25. Shall serve as a liaison for the league affairs with press and between all principals, athletic directors, and coaches of the league.
26. Shall organize a committee and act as the chief negotiator for the VVAL with officials' organizations under contract to the VVAL.
27. Shall maintain VVAL historical records.
28. Shall attend all NCS Sports Advisory Committee and Board of Managers meetings and the NCS Commissioners' Workshop.
29. Shall organizes, implement and oversee the operation of all VVAL tournaments and playoff events. Prepares and presents tournament and playoff reports for the Board of Managers including revenues, expenses, and evaluation of success and problems.
30. Shall distribute VVAL, NCS and CIF information to all VVAL member schools.
31. Shall perform other duties as assigned which may include, but not be limited to, answering phone calls and emails, copying, faxing, maintaining office supplies and equipment, etc.
32. Shall see support from legal counsel (NCS, CIF) where appropriate concerning VVAL issues.
33. The commissioner shall receive a yearly salary to be determined by the Board of Managers. This salary will be paid twice per year; December 1 and June 1. The VVAL Board of Managers (BOM) shall review the Commissioner's salary annually to determine whether adjustments are warranted. If the Commissioner position is held by an active educator, the BOM shall determine fair and appropriate compensation, taking into account substitute teacher costs and the need for absences from regular school duties.

34. Shall be evaluated annually by the VVAL president, president-elect, and past-president no later than June 15, based on the job description.

ARTICLE VI

Athletic Director Committee

A. Purpose

To allow the Board of Managers to devote more time for policy determination and evaluation

To ensure that recommendations to the Board of Managers have been considered by a committee composed of individuals who are responsible for administering a comprehensive athletic program

To provide an input source for coaches.

B. Composition

Each member school will send its athletic director(s).

C. Jurisdiction

The Athletic Director Committee serves as an advisory body to the VVAL Board of Managers on items involving the conduct of boys and girls sports' competition and NCS Championship competition.

Decisions are subject to vote by the VVAL Board of Managers.

D. Meetings

The Athletic Director Committee will meet four to eight times per year prior to each of the regularly scheduled NCS Board of Managers meetings.

E. Operational Procedure

Athletic Directors from VVAL members shall forward business items to the VVAL Commissioner or Assistant Commissioner prior to the prescribed deadline. The commissioner or assistant commissioner will then compile the items into an agenda and forward the agenda to each athletic director and principal. The agenda will also include items from any upcoming NCS Sports Advisory or Board of Managers Meeting.

F. Meeting Procedures

1. All agenda items must have written rationale before being placed on the agenda and identified by the athletic director, site administrator, or VVAL staff member that submitted the item.

2. Agenda items shall be worded in the form of a motion.

3. Any item considered by the Athletic Director Committee cannot be placed on a future Athletic Director Committee agenda for the balance of the school year without a two-thirds affirmative vote of the Athletic Director Committee representatives present.

ARTICLE VII

Sportsmanship

NCS Values and Ethics Mission Statement

"It is the mission of the North Coast Section to provide wholesome, educational athletic activities that foster the ideals of sportsmanship, ethical conduct and fair play. All competition and practices shall be conducted in a safe manner that assures dignity, respect and courtesy for players, coaches, officials and spectators."
School administrators have primary responsibility for the conduct of all interscholastic athletic activities including behavior of all participants: players, coaches, representative student groups and spectators.

Administrators are responsible for reporting to opposing schools any unsportsmanlike behavior on the part of coaches, players or spectators. Visiting and hosting administrators should identify themselves to each other and the officials at the beginning of each contest to facilitate such reporting.

Any complaints about the conduct of players, coaches, cheering section or spectators should be brought to the attention of school administrators. Host and visiting administrators will investigate the situation. Official complaints to VVAL must be made in writing on a signed VVAL complaint form. The Commissioner will maintain a record of such complaints. Any complaints not resolved by host and visiting administrators to the satisfaction of the commissioner and/or president or an established pattern of complaints against a particular school may be brought to the Board of Managers for resolution.

Coaches are responsible for appropriate disciplinary action against a player who exhibits unsportsmanlike conduct.

An official may award a technical foul to a team for unsportsmanlike conduct on the part of a coach, player, spectator or cheering section. Administrators may remove a spectator for inappropriate behavior. Repeated unsportsmanlike conduct, particularly on the part of the cheering section or individual spectators, may cause forfeiture of the contest.

Athletes: Are expected to show the highest standards of sportsmanship during competition.

Examples of inappropriate behavior by athletes include:

Disrespectfully addressing an official
Disrespectfully addressing an opponent; indicating objection to an official's decision by words, Gestures or physical behavior
Doing anything that might incite undesirable spectator reactions
Share in the responsibility for the conduct of their teammates and supports of their team

Coaches: Are expected to maintain decorum consistent with the educational values of interscholastic athletics. By personal example, coaches are expected to demonstrate awareness of these values by showing restraint and composure in the emotional climate of an athletic contest.

Examples of inappropriate behavior by coaches include:

Disrespectfully addressing an official
Disrespectfully addressing an opponent
Indicating objection to an official's decision by words, gestures or physical behavior
Doing anything that might incite undesirable spectator reactions
Deliberately violating or allowing players to violate rules (listed in the official rule book for that sport)
Should insist their players conduct themselves appropriately.
Are responsible for the appropriate conduct of their personnel including assistant and volunteer coaches.
Are expected to contact the hosting coach prior to any contest if there are questions or complaints regarding conditions and/or procedures of a contest. Questions regarding conditions and/or procedures that arise or change during the course of a contest shall be directed to the officials.

Spectators: Are required to maintain a high degree of sportsmanship before, during and after athletic contests.

Must remain in designated seating areas while a contest is in progress.
Must abide by VVAL rules or any rules in effect by the host school.
Must refrain from confronting an official, coach or player before, during or after an athletic contest.

Cheering Sections: Should focus on team support and rooter spirit

Must refrain from unsportsmanlike yells such as:
Deprecating yells directed toward the opposing school
Deprecating yells directed toward a player on the opposing team
Deprecating yells directed toward the official(s)
Profanity
Should never interfere with officials, team warm up or playing of the game.
Should follow the leadership of cheerleaders for organized cheers. Cheerleaders are not present simply to perform.

Bands:

May play at home events during the league season before a game, during time-out, at half-time and after the game. At playoffs, bands should take turns performing in an order determined by the band directors before the game.
May use instruments only as musical instruments, not as noisemakers.
Must terminate a number when a team breaks a huddle or the official indicates play is to be resumed.
Should never interfere with officials, team warm up or playing of the game.

PURSUING VICTORY WITH HONOR

The operating beliefs and principles of the CIF

The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”

It’s the duty of School Boards, superintendents, school administrators, parents and school sports leadership—including coaches, athletics administrators, program directors and game officials—to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these “six pillars of character.”

To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.

Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.

School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.

All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.

The importance of character, ethics and sportsmanship should be emphasized in all communications directed to students-athletes and their parents.

School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.

School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desire and pressures to win.

All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.

Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and official's, profane or belligerent trash-talking, taunting and inappropriate celebrations.

School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of : 1) The character building aspects of sports, including technique and methods of teaching and reinforcing the core values comprising sportsmanship and good character; 2) The physical capabilities and limitations of the age group coaches as well as first aid; 3) Coaching principles and the rules and strategies of the sport.

Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.

To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.

Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.

The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches through words and examples must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

ARTICLE VIII
Eligibility

All athletic eligibility is determined by eligibility rules established by the North Coast Section and the California Interscholastic Federation.

ARTICLE IX
Non-discrimination

The VVAL, NCS, CIF admits students of any race, religion, sex, color, national origin, ethnic origin or sexual orientation to all the rights, privileges, programs, and activities generally accorded or made available to the students of member schools. It does not discriminate on the basis of race, religion, sex, color, national origin, ethnic origin or sexual orientation in administration of its athletic policies, student eligibility determinations, or any other programs. The VVAL is committed to equal opportunities for boys and girls.

ARTICLE X
Protests

NCS Bylaw 115H, Protest Procedures: Schools and leagues may not establish protest procedures unless either the approved playing rules, or adopted and/or modified rules by the California Interscholastic Federation and/or North Coast Section, allow for protests to be filed. The following table specifies protest rules for each VVAL sport.

Badminton:	Protests are not addressed by the USA Badminton Rules.
Baseball:	Rule 4-5 (page 34) When allowed, protests are permitted regarding rules one through nine only. When protests are submitted to leagues which do allow the filing, such protests shall be submitted using a prescribed procedure (10-2-3i).
Basketball:	Rule 5-4-2. The NFHS Basketball Rules Committee does recognize protests.
Football:	Rule 1-1-11. Protests of NFHS rules are not recognized.
Lacrosse (Boys'):	Protests are not addressed by the NFHS Rules.
Lacrosse (Girls'):	Protests are not addressed by the US Lacrosse Rules.
Soccer:	Rule 5-2. Protests of NFHS rules are not recognized.
Softball:	Rule 4-4. When allowed, protests are permitted regarding rules one through nine only. When protests are submitted to leagues which do allow the filing, such protests shall be submitted using a prescribed procedure (10-2-3i).
Track/Field:	Rule 3-5 of the NFHS Rules set forth the duties of the Jury of Appeals and the

	situations that are eligible to protest/appeal.
Volleyball:	Protests are not addressed by the NFHS Rules.
Water Polo:	Rule 7-10, Articles 1-5 of the NFHS Rules describe the protest procedure for misapplication of the rules.
Wrestling:	Protests are not addressed by the NFHS Rules.

The principal of the protesting school must contact the principal of the school concerned. A letter of protest must be written explaining the circumstances of the protest to the principal of the opposing school with a copy to the Commissioner of the League.

All protests must be made within twenty-four (24) hours after the contest has been played, except in cases regarding eligibility of players.

Protests on ground conditions must be made before the contest begins.

Protests made on matters involving the judgment of an official will not be accepted under any circumstances.

Protests regarding players should 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 and/or commissioner of the league shall appoint a Protest Committee of three neutral league members whose decision shall be final.

In the question of the eligibility of a player not covered by Section E (1), the commissioner shall inform the school concerned within one week after the question arises and no action shall be taken until the school has had an opportunity to make an investigation of the case. If the above procedure is not followed by the school making the protest, the individual incident shall be considered closed.

All questions regarding regularly scheduled games or contests during unforeseen events, such as epidemics, shall be handled by a committee appointed by the president and/or commissioner.

The school losing the protest shall pay the reasonable cost of the protest. An itemized bill must be presented.

The Protest Committee shall be appointed by the president/commissioner and shall consist of three neutral league members.

A copy of the decision of the Protest Committee shall be sent to the Commissioner of the league for his/her file.

ARTICLE XI

Request for Hearing

Purpose

To provide the Vine Valley Athletic League with an immediate ruling in cases pertaining to the athletic eligibility of students, schools and standings in the league.

Membership

The committee shall consist of league principals, league administrators and/or athletic directors. The president or commissioner will select three members (not involved in the situation) as the League Eligibility Committee.

Powers

To serve as the first Board of Appeals on league matters.

Operational Procedure

Hearings on protests must be made in writing within twenty-four (24) hours after the contest has been played, except in cases regarding the eligibility of players.

The league president or commissioner may call meetings as needed.

The league president or commissioner will appoint its presiding officer.

Three members will serve as a quorum.

At least two votes will be necessary to carry a decision.

Any decision made by this committee may be appealed to the North Coast Section Eligibility Committee if it relates to a NCS or CIF regulation.

A fully completed Application of Waiver for Ineligibility and/or documentation in relation to the case must be received by the league commissioner before a hearing is conducted.

A decision will be made within ten (10) school days from the time the commissioner receives the written statement.

An authorized representative of the schools involved and the student and/or student's parents or guardian may appear before the committee to further explain the case.

ARTICLE XII

Forfeiture of Contests

All reasonable efforts shall be made by schools and administrators to prevent situations from reaching the state where a school finds it necessary to cancel a contest with another member school. In all but the most unusual cases, disagreements shall be settled by the principals of the two schools. In cases where agreements cannot be reached, a special Arbitration Committee shall be named to adjudicate disputes between schools. The following provisions relate to the committee.

It shall be composed of three members appointed by the president or commissioner.
The committee shall judge and make final disposition of the case. A copy of the decision shall be sent to the commissioner.

ARTICLE XIII

Awards and Pennants

A pennant will be awarded to the championship team in all varsity sports. If two or more teams tie for the championship, they shall be designated co-champions and each team shall be awarded a pennant.

ARTICLE XIV

Recruiting

The VVAL is committed to uphold all CIF and NCS policies regarding recruitment and undue influence.

Education:

> Recruitment education shall be part of site orientations held by administrators or athletic directors for coaches. A recruitment assurance will be added to the eligibility list form submitted to the VVAL each season. The statement would be, “All coaches and booster clubs have received information regarding the potentially serious ramifications of recruitment. To the best of our knowledge, no players on this eligibility list have been recruited.”
>
> The VVAL Commissioner will include information on recruitment during the pre-season meetings of coaches for all sports
> .
> The League will provide an NCS informational handout regarding recruitment upon request to coaches, booster clubs and parents at each member school.

Reporting:

Persons reporting violations should notify the principal of the school involved as well as submit the information in writing to the VVAL on a signed complaint form.

Violation reports should be documented as fully as possible with names, dates, and the circumstances involved.

It is the responsibility of site administration to thoroughly investigate the alleged violation and respond to the complaint form in writing to the VVAL Commissioner. The VVAL Commissioner shall maintain a record of the complaint, response and adjudication. The athletic directors shall make a recommendation to the Board of Managers as to disposition of the incident.

Supervision:

It is the responsibility of member schools to self-report violations discovered among their own teams.

Enforcement:

Site administrators and athletic directors have ultimate responsibility for recruiting violations.

Sites can implement sanctions of their coaches or teams directly including investigations, letters of reprimand, and suspension from a game or termination.

The head coach of each sport is responsible for every level of the program and all assistant coaches, volunteers or parents within the program.

Each incident will be considered on its own merit and in context of previous recruiting violations by the school.

VVAL sanctions cannot be against personnel, but only against the school or program.

Possible consequences, to be determined by the Board of Managers after reviewing documentation of the reported incident, might include, but are not limited to:

1. Letter of reprimand from VVAL to the member school and program involved
   AND

Any player(s) proven to have been recruited will be ineligible according to NCS eligibility rules
AND
Any games in which the recruited player(s) competed will be forfeited.

2. Probation for the whole program in that sport (i.e. boys basketball at all levels) for one calendar year from the date of adjudication of the recruitment violation.

   Probation may include, but is not limited to, the following:
   Forfeit of one or more preseason games.
   No home contests. If the contests had been originally scheduled at home, that school will bear the costs of officials and supervision at the hosting school.
   Ineligibility for postseason play.
   Other consequences appropriate for the particular situation.

3. Probation for the entire school program according to the VVAL Probation Policy.

4. Petition to the NCS/CIF for removal of the member school from eligibility for NCS/CIF competition.

Avoid Recruiting!

Do Not:

Contact or talk to any student or parent of a student who is not enrolled at your school. Refer any questions about admission to counseling or administration.

Speak about your program to any community youth group that might include players not already enrolled at your school.

Offer any scholarships, reduction or waivers of fees for athletic purposes.
Write letters encouraging potential players to enroll at your school to play in your program.

Encourage any player to transfer schools to play your sport.

Give potential players anything of any value.

Give potential players free admission to an athletic event at your school.

Encourage or tolerate parents, assistant coaches, volunteers or others contact potential players or make offers on behalf of your team or your school.

Allow community youth programs to use school facilities with any arrangements that would not be offered to any other non-profit youth group.

Allow any students to practice with your team who has not cleared through the Athletic Department.

Promise a student more playing time or any other incentive for transferring to your school.

Conduct any other activity that could be construed as recruiting.

YES! You Are Encouraged To:

Place posters or flyers around the school announcing team meetings, tryout times and games.

Use the school bulletin or parent newsletter for announcements of team meetings, tryouts or games.

Invite players to spread the word about your team to their friends at your school.

Publicize games to encourage fan attendance.

Report results of contests to local newspapers.

Nominate your players for school or local “player of the week” designation.

Inform booster clubs and team parents about recruiting rules.

Participate in rally skits or lunch time activities to promote your sport.

Refer interested parents and potential players with enrollment questions to counseling or administration.

Be very careful of conflicts of interest, use of facilities or school property if you coach for a community youth program or off-season league.

Report violations to the athletic director or principal with specifics of the situation (name of player, nature of contact, contacted by whom, when).

When in doubt, ask your athletic director or athletic administrator before proceeding or giving advice.

GENERAL RULES

The Vine Valley Athletic League will be governed by the California Interscholastic Federation, the North Coast Section, and the Vine Valley Athletic League Constitution and By-Laws; the North Coast Section Student Eligibility Bylaws; North Coast Section Sports and General Rulings Manual and the Vine Valley Athletic League Sports and General Rulings Handbook.

Adding a Sport or Level of Sport

Any proposal for establishment of a new sport or level of team must be submitted to and approved by the VVAL Board of Managers prior to the establishment of that new sport or team level.

Admission

a. There shall be a uniform maximum charge for all VVAL contests.
b. Schools shall charge admission fees for all contests; when applicable
c. All home sites may provide complimentary admission to their own students who hold a valid ASB card.
d. Member schools will charge $12 admission to VVAL Football and for rivalry games only. (both schools must agree). See chart below.
e. Member schools can charge $5 for non varsity single contests.

	General Admission	Senior/Students Visiting Boosters	ChildrenUnder 5
Baseball	$10.00	$5.00	Free
Basketball	$10.00	$5.00	Free
Football	$12.00	$5.00	Free
Lacrosse	$10.00	$5.00	Free
Soccer	$10.00	$5.00	Free
Softball	$10.00	$5.00	Free
Swim	$10.00	$5.00	Free
Track and Field	$10.00	$5.00	Free
Water Polo	$10.00	$5.00	Free
Wrestling	$10.00	$5.00	Free
Volleyball	$10.00	$5.00	Free

Band members will be admitted free if in uniform and accompanied by their director/coach.

Spirit team members will be admitted free if in uniform and accompanied by their director/coach.

VVAL passes issued by any member school to its personnel shall be honored for admission at any VVAL contests, EXCEPT for post-season playoffs.

Only current NCS or CIF passes will be honored for admission at the VVAL postseason championship events.

Life passes issued by the NCS, or CIF shall be honored by VVAL member schools.

Visitors from any VVAL member school who have and hold a student body card shall be admitted at the same rate that is charged to the home school student without a student body card. This does NOT apply to junior college or college student body cards; these students must pay general admission prices.

Gatekeepers may refuse free admission to students who are competing unless they are accompanied by their coach, administrator, or other certificated employee representing their school.

All-League Team Selection

The coaches of each sport shall select all-league teams at the post-season meeting. The method for selection of all-league teams is defined in the Rules of Sport. Students in any sport are not to be penalized or omitted from consideration on an all-league team because the coach is not present at the meeting. All first-team all-league athletes will receive patches.

Attendance at VVAL Meetings

Every varsity coach or their designee is required to attend a preseason meeting and a post-season/all-league meeting. Failure to attend a meeting will result in a $100 fine that will be levied against the school. Principals and athletic directors will be notified if any of their varsity coaches do not attend a required meeting. In the sports of football, soccer, volleyball, basketball, wrestling, baseball and softball, the coaches are also required to attend a meeting with their respective officials' association. Ukiah coaches who coach a sport that does not use the local officials' association are excused from attending an officials' meeting that is not hosted by the officials' associations that serve Ukiah.

Championship Events

If a school is participating in an VVAL playoff event where admission is charged (volleyball, basketball, baseball, lacrosse, softball, track and water polo), an administrator-in-charge must be present at least fifteen minutes in advance of the contest start time.

The administrator-in-charge must be designated by the principal and may not be the team coach or other person who performs duties to assist the team during the contest.

The VVAL Commissioner is responsible for league playoffs/tournament logistics (see specific sports by-laws)

Eligibility

All member schools of the Vine Valley Athletic League shall follow the Constitution and By-laws of the California Interscholastic Federation, North Coast Section, and Vine Valley Athletic League.

The date of determination used to determine academic eligibility for fall sports will be last weekday prior to the beginning of the new school year.

If any ineligible player participates in any individual or team contest, notification shall be to the VVAL Commissioner and NCS. Consequences determined by NCS.

In the sports of tennis and badminton, the individual match in which the ineligible player participated and the matches of all fellow teammates ranked lower within that category (i.e. singles and doubles) shall be declared to have been forfeited to the opposing team.

A student-athlete's required attendance shall be determined by each individual school for participation in school activities.

Sophomores may play on a freshmen team ONLY if there is not a sufficient number of freshmen to field a team. Freshmen students may NOT be cut and have a sophomore take their place. A team consisting of freshmen and sophomores will be considered a frosh/soph team.

A student-athlete may not play in a varsity contest and a non-varsity contest or two non-varsity contests, i.e., a freshman and a junior varsity contest, on the same day in the same sport.

Junior Varsity players may be brought up to the varsity level for a contest and then put back down to the JV at any time during the entire season.

Game Administration

1. National Federation Rules shall be used for all sports unless otherwise designated by the North Coast Section.
2. A school board-approved representative must accompany all school teams and individual competitors in a school-sponsored contest.
3. An administrator from each school, with the assistance of the coaches, shall assume full responsibility to help maintain good behavior among the players and spectators.
4. When a team refuses to play a game that is scheduled, it shall become ineligible for the league championship and none of its games shall be counted in the VVAL Standings.
5. Each member school has the obligation to field the most representative varsity team and to fill the junior varsity team with the remaining players.

Supervision

1. A home team administrator is required to be in attendance at all league varsity football, soccer, and basketball contests. The athletic director can be designated as an administrator in charge.
2. The home school shall provide adequate supervision to ensure the safety of students, officials and spectators.
3. It is recommended that school administrators communicate with one another prior to contests to determine if an administrator or his/her designee should be present at an away contest.

Student Behavior

1. Visiting students shall not sit in the bleachers of the home school section and vice-versa. Non-participating students shall stay off all playing areas before, during, at half-time and after all contests.
2. All types of artificial noisemakers, such as sirens, cowbells, megaphones, squawkers, etc, shall be prohibited at all VVAL contests. Megaphones may be used only by uniformed spirit team members.
3. Students may wear face paint in their school colors. Body paint is NOT permitted.

Intention Not To Field A Team

Any school not intending to field a varsity team in a league sport must declare that by the start of the previous season. In team sports, the school must field a varsity team first. If a school

needs to drop a varsity team and have only a junior varsity team and they have missed the deadline for notification, that school may petition the league to have a JV team instead of a varsity team.

If a school is unable to field a varsity team, the scheduled league contests that are not played as a result of that school's inability to field a varsity will be counted as no-contests (neither a win nor a loss). VVAL Board of Managers, March 13, 2018

Media and MaxPreps

It is the responsibility of the home team in all sports (win or lose) to report the contest results to the media and to post results on MaxPreps.

Officials

The VVAL commissioner is responsible for contracting with the various officials' organizations. Only those officials from contracted officials' associations may be used.

Practice

All VVAL schools must adhere to the North Coast Section Sports and General Rulings By-laws. Starting dates for all sports will be determined by the NCS Official Season of Sport Calendar (Section 104H of the NCS Sports and General Rulings Handbook).

No practices, contests, or scrimmages may be conducted on Sundays or Christmas.

Schedules

The maximum number of contests and scrimmages is determined by the North Coast Section.

Please refer to the NCS Constitution and Bylaws for this information.

Schedules, including contest dates and starting times, shall be developed based on the by-laws approved for each sport.

Any change in the date and/or time of a league contest must be mutually agreed upon by the principals (or their designees) and athletic directors of the schools involved. It is the responsibility of the school requesting the change in time or date to notify the league office and the appropriate officials association.

Contests that have been canceled due to inclement weather shall be rescheduled for the earliest possible playing date. The following procedures must be followed:

1. Mutual Agreement on Rescheduling Date
In the event that a game must be rescheduled, the Athletic Directors (ADs) of the respective schools involved shall communicate and agree upon the first mutually available date to reschedule the game. This agreement shall be reached in a timely manner to ensure fair competition.

2. Commissioner Determination
If the Athletic Directors are unable to reach an agreement on a rescheduling date within **three (3)** calendar days of the original game postponement, the VVAL Commissioner shall have the authority to determine and assign the first available reschedule date, based on facility availability, transportation, officials and other relevant logistical considerations.

3. Forfeiture for Non-Participation
If a team fails to participate on the rescheduled date determined by the VVAL Commissioner, that team shall forfeit the contest. The game will be recorded as a forfeit loss for the non-participating team and a forfeit win for the opposing team.

4. Appeals
Any appeals to the Commissioner's rescheduling decision or forfeiture ruling must be submitted in writing to the VVAL Appeals Committee within **three (3)** calendar days of notification. The Committee's decision shall be final.

If there are numerous contests to be made-up, they should be made up in the order in which they were canceled or postponed.

There shall be no games or contests played for the benefit of a non-school organization.

Season of Sport

The season of sport is determined by the NCS. Please refer to the NCS Championship schedule for starting and ending times for each sport.

Spring Break

The official VVAL spring break is the week in which the majority of schools are on break.

Starting Times

Refer to Section 16 rules of sport for playing days and starting times for each VVAL sponsored sport.

Supplemental League Members

Supplemental league members shall be assessed a fee of $300 per sport (3/13/2018)

Ties

The method of breaking ties varies from sport to sport. Refer to the Rules of Sports for the specific tie-breaker protocol for each sport.

Tie-breaker due to COVID or Fire cancellations: League Champion/Automatic Berth Criteria (unbalanced records) In the event league games are canceled, due to uncontrollable circumstances and without the ability to make up the contest, the VVAL will apply these tiebreaker criteria for all sports:

1. Team must have played at least 75% of schedule
2. Head-to-head
3. Winning percentage
4. Apply existing VVAL criteria

Timers & scorekeepers

Timers and scorekeepers for varsity football and basketball games must be qualified adults

SPORTS BYLAWS

CODIFICATION DIRECTORY OF Vine Valley Athletic League BY-LAWS MAIN HEADINGS

1.00 Badminton
2.00 Baseball
3.00 Basketball
4.00 Cross Country
5.00 Football
6.00 Golf
7.00 Lacrosse
8.00 Soccer
9.00 Softball
10.00 Swimming and Diving
11.00 Tennis
12.00 Track and Field
13.00 Volleyball
14.00 Water polo
15.00 Wrestling
16.00 Days and starting times for contests
17.00 Coaches Code of Ethics and Sportsmanship Statement for Contests
18.00 Film and video-taping policy

SUBHEADINGS .10
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Admissions .20
Practice .30
Contest Admin .40
Officials .50
Equipment .60
Eligibility and non-varsity level teams .70
Weigh-ins and non-game activities .80
League and Tournament Administration .90

BE SURE TO REFER TO THE GENERAL RULES FOR REGULATIONS THAT AFFECT ALL SPORTS.

BADMINTON 1.00

Schedules 1.10

1.11 The schedule will be in effect for two years, with home and away contests reversed in the second year. The order of games is determined by moving game 1 opponent to the end of the schedule. Remaining games/weeks move up.

1.12 League badminton matches will be played on Tuesdays and Thursdays at 4:30 PM.

Practice 1.20

1.21 All CIF and NCS practice rules MUST be followed.

Game Administration 1.30

1.31 The USA Badminton Rule Book is the governing authority in badminton, as modified by the NCS Board of Managers and/or the CIF Federated Council. NCS Modifications: One-inch (25.4 mm) lines are permitted.

1.32 Coaches must exchange line-ups at the beginning of the match. The home coach should welcome the visitors, introduce the coaches and establish the ground rules.

1.33 Coaches will determine when matches will be played according to which players are

playing singles, doubles, or mixed doubles.

1.34 The schools of the VVAL shall have a first, second, third, and fourth singles players in girls' and boys' singles; a first and second doubles team in boys' and girls' doubles; and a first, second and third mixed doubles teams.

(a) The top three ranked players do not have to play singles, but those who are playing singles and doubles must play in ranked order. (2/2/2011)

1.35 Players may play in two categories.

1.36 Match rules

(a) When matches are put on the courts, have both players come to the desk to get their score sheets and the shuttle. They should introduce themselves.

(b) Players should be reminded that play is continuous and that no coaching is allowed except at the following breaks:

Between the first and second game—2 minutes—players may NOT leave the court. Between the second and third game if split games—2 minutes—players may leave the court.

(c Water is allowed on the courts in a container that is not open. Abuse of water breaks are considered unsportsmanlike and may result in a Warning. Continued abuse may result in an ejection.

(d) When players go to the courts, they should try not to disturb the courts in play. Players should move quickly to their court when the bird is not in play on the courts they are passing.

(e) If there are questions regarding the rules, etc., players can indicate this to the coaches by sending a player to the table.

1.37 Rally scoring will be used.

1.38 Junior varsity co-ed format shall be three boys' singles, three girls' singles, one girls' doubles, one boys' doubles, and one mixed doubles. The top two singles do not have to play singles, but those who are playing singles and doubles must play in ranked order.

1.39 A player may move from varsity to junior varsity and vice-versa at any time during the season. However, a player may not participate as a varsity player and a JV player on the same day/match.

1.39.1 If a position is to be forfeited, the forfeit must be placed at the bottom of the ranked players; i.e., fourth place singles, second place doubles or third place mixed doubles. JV third place singles.

1.39.2 Players are required to wear their badminton school uniforms in all VVAL and NCS matches. NCS uniform rules will be used.

Equipment 1.40

1.41 The VVAL will use the Yonex—Mavix 350 (yellow) shuttle.

League and Tournament 1.80

1.81 There will be a VVAL qualifying tournament for qualification to the NCS Championships.

a. The singles tournament will take place on a Friday following the league Round-robin. Warm-ups will begin at 3:30 PM and match play will begin at 4:00 PM.

b. The doubles and mixed-doubles tournament will take place on the Saturday after the singles tournament. Warm-ups will begin at 8:00 AM and match play will begin at 8:30.

c. All players must play in the VVAL tournament to qualify for the NCS Championships.

d.. Participants in the tournament must have played in at least one-half of the VVAL matches at the varsity or junior varsity level.

e. All schools participating in the VVAL tournament must provide workers to assist the site directors. Each school should secure 2 – 3 volunteers.

1.80 All League selection

8 First Team - All will receive VVAL All-League Patches
- 1 Girl VVAL Champion
- 1 Boy VVAL Champion
- 1 Girls Doubles VVAL Champion
- 1 Boys Doubles VVAL Champion
- 1 Mixed Doubles VVAL Champion

8 Second Team Finalist get 2nd team All League -

No Honorable Mention

BASEBALL 2.00

Schedules 2.10

2.11 The schedule shall be established using a scheduling matrix and the numbers that are drawn for spring sports by the VVAL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is located at the end of these bylaws.

2.12 Games will be played on Tuesday and Thursdays and shall be limited to seven innings except for ties which will be played off.

2.13 When a game is canceled due to inclement weather or other unforeseen circumstances, the rescheduling procedures outlined in the General Rulings of the VVAL Bylaws (pages 27 and 28) must be followed

Practice 2.20

2.21 All CIF and NCS practice rules MUST be followed.

Game Administration 2.30

2.31 The National Federation Baseball Rule Book is the governing authority in baseball, with the addition of the listed State CIF/NCS modifications and/or adoptions. All CIF and NCS practice must be followed.

2.32 League baseball games shall begin at 3:30 PM prior to daylight savings time and 4:00 PM once daylight savings time begins.

2.33 Teams will not be allowed to take batting practice at the game site within two (2) hours of the scheduled game time. Pepper is not allowed. The use of wiffle balls for soft toss is acceptable provided it is allowed by the host facility.

2.34 Junior varsity players may play with the varsity and return to the junior varsity team anytime during the season

Officials 2.40

2.41 The Vine Valley Athletic League will use the officials from the Northern Coast Officials Association and the Redwood Empire Officials Association.

2.42 There will be two officials assigned to all varsity games and non-varsity games.

2.43 In the event of inclement weather, the officials' pay will be determined by the officials' association contract.

League & Tournament 2.80

2.81 The winner of the league round-robin shall be declared as the VVAL baseball champion and receive the VVAL Championship pennant. If two or more teams tie for first place, they shall be declared co-champions and both teams will receive a VVAL Championship pennant.

If two or more teams tie for 1st place, the team who finishes highest in the VVAL tournament will be deemed the NCS "Designated League Champion"

2.82 The winner of the VVAL League Tournament will be the Automatic Qualifier to the NCS Championships. If the VVAL receives a second Automatic Qualifier to The NCS Championships it will be awarded to the tournament runner up

4. The tournament will be held during the week following the last VVAL contest. The days may vary because of field availability. All games will be played at Arnold Field in Sonoma. All tournament games will begin at 4:00 p.m. and 7:00 p.m.

    Day 1 - 1 vs. 4 - 2 vs. 3
    Day 2 Winners play for championship

5. All participating teams must have an administrator or his/her designee present at each game before the game will begin. The designee may not be someone who is involved as a team coach, manager, scorekeeper, statistician, etc.

6. Each participating school must provide six balls per game.

7. Profits, if any, from the tournament shall go to the VVAL. Officials will be paid by the VVAL.

2.83. The following Tie-Breakers are for seeding purposes only. There is no play-in game or Tie-Breaker Game.

Head to head record within the tie. (Winnings percentage)
Record Above the tie. (Winning percentage)
The least amount of runs allowed in VVAL contests within the tie.
Numbers drawn by principals

2.84 All-League Selection: Teams will have a predetermined number of All-League selections based on their finish in the VVAL season. Each coach will determine their All League selections.

	1st Team	2nd Team
1st	4	2
2nd	3	2
3rd	3	2
4th	2	1
5th	2	1
6th	1	1
7th	1	

(from the 16 All League Players) Coaches will vote on the following VVAL Awards:

MVP
Offensive Player of the Year
Pitcher of the Year

A player can win only 1 special award per season

No Honorable Mention

BASKETBAL 3.00

Schedules 3.10

3.11 Contests for girls' basketball shall be scheduled for Tuesday/Thursday. Contests for boys' basketball shall be scheduled for Wednesday/Friday evenings during the first or second half of the season, i.e.: Girls' first half Tuesday/Thursday; Boys' first half Wednesday/Friday and rotated the second half. The first half and second half games will be rotated the next year between the girls' and boys' games. The freshman game will begin at 4:00 PM with the JV game and varsity game immediately following.

3.12 Saturday contests will start at the following times:

Regular Saturday is 2:30, 4:00 and 5:30
Super Saturday is 11:30, 1:00, 2:30, 4:00 and 5:30.

3.13 The schedule will be in effect for two years, with the home and away contests reversed in the second year. The order of games will be determined by moving game 1 opponent to the end of the schedule. Remaining games/weeks move up.

3.14 VVAL Freshman teams may play a 26-game schedule. (March 13, 2018)

Practice 3.20

3.21 There shall be no practices or games on Thanksgiving or Christmas Day.

3.22 All CIF and NCS practice rules MUST be followed.

Game Administration 3.30

3.31 The National Federation Basketball Rules Book, as modified by the State CIF Federated Council is the governing authority for girls' and boys' basketball conducted by C.I.F. member schools.

Officials 3.40

3.41 The home school must provide a qualified adult time, 30/35 second timer and scorekeeper for all varsity league games.

3.42 The VVAL shall use officials from the Golden Gate Officials Association. (March 2018)

Equipment 3.50

3.51 A VVAL, NCS, National Federation approved ball shall be used. The girls' shall use the smaller ball.

League & Tournament 3.80

3.81 The league champion shall be the team with the most league wins and will receive the VVAL Championship pennant . In the event of a tie in varsity competition, the league championship will remain a tie and each school will receive a pennant.

3.82 The winner of the VVAL League Tournament will be the Automatic Qualifier to the NCS

Championships. If the VVAL receives a second Automatic Qualifier to the NCS Championships it will be awarded to the tournament runner up

If there is No VVAL League Tournament

The league champion shall be the automatic entry into the NCS Championships.

1. If there is a two-way tie for first place at the conclusion of the VVAL Round Robin, the teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:

   If there is a three-way tie for first place at the conclusion of the VVAL Round Robin, the three teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:

   If there is a four-way tie for first place at the conclusion of the VVAL Round Robin, he teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:

   Head to head record of VVAL wins within the tie.
   The least amount of points allowed in VVAL contests within the tie.
   Numbers drawn by principals

3.83 In girls' basketball only. Sophomores may play on a freshman team ONLY if there are not a sufficient number of freshmen to field a team. Freshman students may NOT be cut and have sophomores take their place. A team consisting of freshman and sophomores students will be considered a frosh/soph. team.

3.84 VVAL Tournament Format

A. Seeding for Playoff Games

1st Round #1 Seed earns a 1st Round Bye
#2 vs. #7, #3 vs. #6, #4 vs. #5 at the higher seed.

2nd Round

#1 vs. Lowest Remaining Seed at #1, Game 2 Hosted by Higher Seed

Finals At Neutral Site

Game Times

7:00pm for Single Game
5:30 and 7:00 for Double Header
4:00, 5:30 and 7:00 for a Triple Header

Tie-Breakers are for Seeding purposes only since ALL Teams advance to the playoffs. Therefore, there is no play-in game or Tie-Breaker Game.

Head to Head (Winning %)
Record within and above the Tie (winning %)
Number of wins vs. highest ranked team
Principal Number Draw

B. Two Teams Tied for First Place

1. If one team has defeated the other team twice in round-robin play, that team shall be designated the first-place team and the other team shall be the second-place team (for VVAL tournament purposes).

2. If the two teams split in the round-robin, the team with the greater number of wins against the third seed shall be seeded number one. (VVAL Board of Managers, March 13, 2018).

3. If the tie still exists, the team with the greater number of wins against the fourth seed shall be seeded number one. (VVAL Board of Managers, March 13, 2018).

4. If the tie still exists, the positions will be determined by the numbers drawn by the principals at the beginning of the school year.

C. Three Teams Tied for First Place

1. The team with the greatest number of wins within the tie shall be designated the number one seed and the team with the next greatest number of wins shall be designated as the number two seed. The remaining team will be designated as the number three seed.

2. If a three-way tie still exists, then the positions will be determined by the numbers drawn by the principals at the beginning of the school year for the winter season, with the team with the lowest number getting the @1 seed and the team with the second lowest number getting the #2 seed. The remaining team shall be seeded #3. (VVAL Board of Managers, March 13, 2018).

D. Four Teams Tie for First Place

1. The team with the greatest number of wins within the tie shall be designated as the #1 seed. The team with the second greatest number of wins within the tie will be designated as the #2 seed. The team with the third greatest number of wins within the tie shall be designated #3 seed. The team with the least number of wins within the tie shall be designated the #4 seed.(VVAL Board of Managers, 3/13/18)

2. If a four-way tie still exists, the team with the lowest number in the winter draw shall be the #1 seed, the team with the next lowest number shall be the #2 seed, the team with the third lowest number shall be the #3 seed and the team with the highest number shall be the #4 seed. (VVAL Board of Managers, March 13, 2018).

E. If more than four teams tie for first-place, the above procedure shall be used.

F. There are other ties in the seeding for the VVAL tournament; the criteria above shall be used.

3.86 All League Selections

PRIOR TO THE ALL LEAGUE MEETING all coaches are required to submit to the commissioner their nominations. This list will be used in making the final list of all league players that are nominated.

1. Each coach should arrive at the meeting with a preliminary list of fifteen (15) players ranked with the best being ranked 15, the next best 14, etc.. The nomination list will be provided by the VVAL Commissioner.

2. The first two votes will be for Player of the Year and Defensive Player of the Year.. The player nominated and voted for should be the athlete who had the best overall season or best defensive season. Coaches may vote for their own player. (For Player of the Year or Defensive Player of the Year---if there are more than 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.)

3. Coaches will speak for one minute about their own nominated players.

4. Coaches will then make a final list of all opponents in rank order---best player first and next best second and so on ranking the top fifteen players (not including their own.)

5. Commissioner or the Commissioner's representative tallies and lists the number of vote points in rank order. (First player on a list will receive 15 points, the second 14 points and so on.)

6. After the votes are calculated, the scores will be listed in rank order highest to lowest.

7. There will be a maximum of five all league first team members. (This does not include the player of the year). They will be the top five players listed.

8. There will be a maximum of five all league second team members. They will be the next 5 players listed.

9. The next five (5) players listed receive Honorable Mention.

10. If a school has no one on 1st, 2nd, or HM, the coach may submit a name for Honorable Mention.

11. Coaches must send a substitute or email nominees to the commissioner if he/she cannot attend.

12. Athletes are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.

13. The voting is by ballot. Coaches must sign their ballots.

14. 1st Team All-League athletes will receive a patch.

CROSS COUNTRY 4.00

Schedules 4.10

4.11 The VVAL Cross Country schedule shall be developed using a four-meet model. The four-meet model will consist of three center meets and then a culminating league championship meet. In order to determine a league champion, each center meet is worth 20% and the VVAL Championship meet is worth 40%. Center meets to be determined alphabetically and on a yearly rotation. The VVAl League Championship meet will be held in each geographical area on a rotating basis.

Coaches will be allowed 7 total for both boys and girls varsity center meets without pre-designation. In other words, the first 7 are the first seven.

Practice 4.20

4.21 All CIF and NCS practice rules MUST be followed.

Game Administration 4.30

4.31 The National Federation Track & Field and Cross Country Rule Book is the governing authority in cross country.

4.32 The point system for center meets is as follows:
1st Place = 6 points
2nd Place = 5 points
3rd Place = 4 points
4th Place = 3 points
5th Place = 2 points
6th Place = 1 point
7th Place = 0 points

Points for the league championship are double the center meet points per place.

The team with the most points earned during league competition will be the league champion.

4.33 There shall be two divisions: varsity girls and varsity boys and JV girls and boys.

4.34 The distance for all divisions shall be three miles (within a range of +/- 0.3 miles).

4.35 Seven members shall constitute a team in a league center meets, but only the five (5) top finishers shall count in the league score. However, the sixth and seventh runners may be used to increase an opponent's score.

4.36 The home school must provide league center meets results to the other coaches of the member schools and to the news media.

League & Tournament 4.80

4.81 The VVAL Championship meet will be hosted by schools in alphabetical order.

4.803 Seven medals per team will be awarded to the first three (3) teams in the varsity girls' and varsity boys' divisions. In addition, the first three finishers in the varsity girls' division and the varsity boys' division will receive medals.

4.804 Expenses in the league championships will be proportional to each school participating. This will not include timers and bathrooms if needed.

4.805 All League Selections

1st Team
7 Girls
7 Boys

1st team runners will receive a VVAL All League Patch

FOOTBALL 5.00

Schedules 5.10

5.11 Varsity games shall be scheduled for Friday or Saturday. Evening junior varsity contests shall begin at 4:30 PM. There shall be a minimum of one-half hour between the JV and varsity games and the varsity games shall not start before 7:00 PM. Afternoon JV contests shall begin at 11:30 AM. There shall be a minimum of one-half hour between the JV and varsity game and the varsity game shall not start before 2 PM. Alternative times/days are permissible with the consent of the two school Principals or designees involved. Freshmen games will be played on Thursdays

5.12 The schedules shall be established using a scheduling matrix by the commissioners. The four leagues will be called (RE 1: Adobe, RE 2: Valley, RE 3: Bay, RE 4: Mountain.) While creating the schedules the commissioners will take into consideration a balance between what is best for the individual schools and the league as a whole. Consideration may be given to historical and or geographic rivalries. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn, and new schedules developed using a scheduling matrix.

5.13 The REC Commissioners will meet at the conclusion of each 2 year alignment cycle to discuss and make recommendations to the NCS Alignment Committee for any changes to the four REC leagues. Recommendations shall be based upon Competitive Equity using data collected from the NCS playoff ranking system.

Practice `5.20

5.21 All CIF and NCS practice rules MUST be followed.

5.22 The first day of practice shall be determined by the current NCS Calendar.

5.23 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.

a. Double-day practices shall not be held on consecutive days and must include a minimum of three (3) hours of rest between practices.
b. No practice may be held following the conclusion of a contest.
c. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.

5.24 CIF Rule 2001:

A. There shall be no football games until the team has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game. (The opening date of football practice will be determined by each Section.) No Sunday practice is permitted (See Bylaw 504.M. for exception).

B. Football teams are limited to two days per week of full contact practice, with **no more than 45 minutes of full contact on each of those days during the season of sport**. For purposes of this Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full-contact practices are prohibited in the off-season which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action are conducted that involves collisions at game speed where players execute tackles and other activities that are typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of "Live Action" as defined by USA Football.

C. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds, and football shoes. (Approved April 2015 Federated Council)

Game Administration 5.30

5.31 The National Federation Football Rule Book is the governing authority in footfall, except those CIF/NCS modifications and/or adoptions.

5.32 The home school will be responsible for a three-person chain and box crew for all football games. Adults must be used for varsity games.

5.33 Coaches at each level will exchange film on the weekend before each league contest. Most coaches use hudl.com to make the exchanges.

5.34 The home team shall wear dark jerseys and the visiting team shall wear light jerseys unless other arrangements are made in advance.

Officials 5.40

5.41 There shall be five officials for single varsity games and doubleheaders. Three officials may be used for a single non-varsity game.

5.42 The Redwood Conference will use officials from the North Bay Officials Association and the Redwood Empire Officials Association.

5.43 Timers in football for league games shall be qualified adults who have demonstrated previous competency.

5.44 It is mandatory for the home team to provide a doctor, paramedic, licensed nurse practitioner, Athletic Trainer, or EMT Class II who shall be present on the field for all football games from the beginning to the end of the game. No game may start without the presence of doctor, paramedic, licensed nurse practitioner, Athletic Trainer, or EMT Class II

Equipment 5.50

5.51 A National Federation approved football shall be used.

Non-game activity 5.60

5.61 Teams may/shall leave the field after the warm-up period early enough so the band will have time to come on, play the “Star Spangled Banner,” and be on the field by the scheduled game time.

League & Playoffs 5.70

5.71 The winner of each league will be the team with the most wins in league play and shall receive the automatic entry into the NCS Championships.

In case of a tie at the end of the league season, tied teams will be declared co-champions and the following criteria will be used, one at a time and in the order listed to determine which team will receive the automatic entry to the North Coast Section Championships:

1. Head-to-head in league contests versus the teams involved in the tie.
2. Tie-breaking numbers will be drawn before the beginning of the season.

5.72 All ties will be played off, using the regulations outlined in the NFHS rulebook. The winner of the tie-breaker will be declared the winner of the game.

5.73 All-League Selection

1. Players are nominated for first team or second team by their coaches/ADs before the all-league meeting. (Each league commissioner will determine the date/time) Nominations will be due to the respective commissioner 3 days before this meeting.

2. There shall be no more than 26 members on the first team and 26 members on the second team. Special awards will be nominated and voted upon first. These shall include Offensive Player of the Year, Defensive Player of the Year, Specialist of the Year, and Lineman of the Year. On offense, it is suggested that there be one quarterback, two running backs, three wide receivers, one tight end, and six linemen. On defense, it is suggested that there be four defensive backs, five defensive linemen, and four linebackers.

5.74 Miscellaneous

Video scouting is allowed at all levels but is limited to the bleacher area. There shall not be access to the press box area or where the participating schools are filming.

Visiting teams should not arrive at sites more than one hour prior to the scheduled time of the contest.

“Senior Night” celebrations should be limited in a way so as not to unfairly delay the start of the game.

Teams will exchange their previous two contests with their upcoming opponent by noon the day following their contest (or bye) each week.

A complaint form will be available for situations that cannot be resolved by the schools involved. The commissioner of the involved league will work with the schools for resolution. If needed, the other commissioners may be included. Each league’s (MCAL,NBL,VVAL) current president will be part of a conference appeals panel along with the league commissioners to rule on complaints/appeals that can not be settled by the schools involved or the commissioners.

Any expenses associated with a Redwood Empire Football league will be covered by that league commissioner’s home league.

NCS participation fees will be covered and then billed to schools by the teams’ home leagues.

Girls Flag Football 5.08

5.801 Schedules

The schedule shall be established using a scheduling matrix and the numbers that are drawn for Girls Flag Football by a commissioner. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn, and a new schedule developed using the schedule matrix. The matrix is included at the end of these bylaws.

5.802 League games will be played on Monday and Wednesday.

Practice 5.81

5.811 All CIF and NCS practice rules MUST be followed.

5.812 The first day of practice shall be determined by the current NCS Calendar.

5.813 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.

a. Double day practices shall not be held on consecutive days and must include a minimum of three (3) hours rest between practices.

b. No practice may be held following the conclusion of a contest.

c. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.

Game Administration 5.82

5.821 The CIF Girls Flag Football Rule Book is the governing authority in Girls Flag Football.

5.822 Varsity league games will start at 7:00pm. When JV games are played prior to a Varsity game, the game times will be JV: 6:00pm, V: 7:00pm

Officials 5.83

5.831 The North Bay Officials Organization shall provide the officials for games.

Equipment 5.84

5.841 The league ball shall be the same ball used in the NCS Championships. Mandatory safety equipment shall be used by all VVAL teams as defined in the CIF/NCS Rulebook.

5.842 It is MANDATORY that all players wear a mouthpiece.

5.843 Softshell helmets may be worn to protect the head. All headgear must be secured to the head and worn as intended by the manufacturer and must contain no hard objects.

5.844 All flags must be in compliance with the requirements outlined in the CIF/NCS Rule Book.

League and Tournament 5.85

5.851 The league champion shall be the team with the most league wins.

5.852 In the event of a tie, both teams will be deemed league champions and both will receive a championship pennant.

The automatic qualifier to NCS will be determined by the following criteria:

1. Best record in head-to-head competition

2. Greatest number of wins within the tie

3. Lowest number drawn by the principals at the beginning of the school year

5.853 The team winning the Vine Valley Athletic League round-robin shall be the automatic qualifier to the North Coast Section Championships.

5.854 All-league selection format for Girls Flag Football.

1. The all-league meeting will be held following the conclusion of the VVAL schedule, at a site determined by the VVAL Commissioner

2. Each team will be awarded first, and second team all-league selections based on their team's finish in the league standings, as shown below.

First place: five first-team and three second team.
Second place: three first team and three second team.
Third place: two first team and two second team.

Fourth place: two first team and two second team.
Fifth place: one first team and two second team.
Sixth place: one first team and one second team.

3. MVP--Open nominations, followed by a vote. Coaches may vote for a player on their own team. The vote will be conducted using a secret ballot. This voting will take place at the beginning of the all-league meeting. If there are three or more nominees for MVP , there shall be two rounds of voting. The first vote will require coaches to rank the nominees so that there are two finalists. The second and final vote will be just for the player the coaches feel is the most valuable player in the league.

GOLF 6.00

Schedules 6.10

6.11 League Schedules

a. The schedule shall consist of 12 home/home matches between the member schools. Schedule shall be reversed yearly and rotated every two years.

b. Each round will consist of 9 holes each followed by a 18 hole finishing league tournament held at a neutral site

c. Starting time for matches should be 3:00 prior to DST and 3:30 after start of DST, unless otherwise noted by the course. Coaches should determine which tees will be used at their course.

6.12 As golf may be played on private courses, it may be necessary for the home team to set a different date from what is listed on the league schedule. Dates of the scheduled contests may be changed only by mutual agreement of all AD's/Principals involved.

6.13 When a match is canceled due to inclement weather or other unforeseen circumstances, the rescheduling procedures outlined in the General Rulings of the VVAL Bylaws (pages 27 and 28) must be followed

Practice 6.20

6.21 No practice shall be allowed before the match except for putting and use of the driving range. No one may hit onto a green on the course before a scheduled match.

6.22 All CIF and NCS practice rules MUST be followed.

Game Administration 6.30

6.31 The U.S. Golf Association Rule Book is the governing authority in golf.

6.32 Coaching in Golf. (VVAL Board of Managers, March 13, 2018)
Coach may provide instruction, encouragement and information to his/her golfers without interfering with play or the conduct of the event is allowed under the following regulations:

The communication of advice may not impede the pace of play.

` The school's head coach may speak/coach with their players WITHOUT DELAY until the players have reached the green, at which time no coaching may occur until all players have "holed out" on that hole.

Note: Information on the rules of golf is not considered to be advice.

Coaches who are in violation of this policy may be subject to one or more of the following consequences from a member/ members of the tournament committee:

a) limited coaching time;

or

b) Removal from the golf course (coach may remain in the clubhouse/practice area)

Only the golf coach may communicate advice to his/her players. The golf coach is defined as the person who signs in the team at the event and is listed on file at his/her respective school as the golf coach.

As a reminder, players are still prohibited from communicating advice, as defined by Rule 8, to other players at any time during their round.

Any player who gives or asks for advice will be penalized according to Rule 8 of the USGA Rules of Golf.

6.32 In order to ensure sportsmanship, fairness and impartial enforcement of the “Rules of Golf”, all VVAL players will play by the most current set of rules set forth by United States Golf Association (USGA) and “The R & A” effective January 1, 2010.

Special “Local Rules”, pertaining to extreme wetness and abnormal playing conditions will be in effect. This will apply to all courses that are used by VVAL school teams. All other VVAL League rules listed will be in effect for all VVAL players. (March, 2018)

Rule 1: Temporary abnormal ground conditions—extreme wetness, mud, poor conditions and protection of the course.

1.1 Temporary abnormal ground conditions pertaining to the above name conditions must be declared by the Golf Course Staff and also must inform the Coaches of the teams involved in playing on that course when the condition exists. The home team coach must identify the general areas where the conditions will affect play. Identify the holes, special areas, etc., except for all hazards of the course, teeing grounds and putting greens of the hole being played.

1.2 If a player’s ball lies on a closely mown area through the green, the player may mark, lift, and clean his ball without penalty. Before lifting, he must mark the position of the ball. The player must then place the ball on a spot within one club length and not nearer the hole than where it originally lay, that is not in a hazard or on a putting green.

A player may place his ball only once, and it is in play when it has been placed (Rule 20-4). If the ball fails to come to rest on the spot on which it was placed, Rule 20-3d applies. If the ball when placed comes to rest on the spot on which it is placed and it subsequently moves, there is no penalty and the ball must be played as it lies, unless the provisions of any other rule apply.

If the player fails to mark the position of the ball before lifting it or moves the ball in any manner, such as rolling it with a club, he incurs a penalty of one stroke.

1.3 All other balls, other than on the closely mown area, will abide with the procedure for taking relief from “ground under repair” (GUR) or “casual water” conditions. The “nearest point of relief” is the critical factor on where the player may drop his ball without penalty stroke. When the ball

is dropped within one club length of and not nearer the hole. The nearest point of relief must not be in a hazard or on a putting green. When the ball is dropped within one club length of the nearest point of relief, the ball must first strike a part of the course at a spot that avoids interference by the condition and is not in a hazard and not on a putting green. Procedures, within the rules, for taking relief in a bunker, on a putting green and teeing ground will be followed.

1.4 When taking relief for an embedded ball anywhere through the green, the following procedure will be in effect. “Through the Green” a ball that is embedded in its own pitch mark in the ground, other than sand, may be lifted without penalty, cleaned and dropped, as near as possible to where it lay but not nearer the hole. The ball when dropped must first strike a part of the course through the green.

A ball plugged and lost that is otherwise in play. If at least two players, each from opposite teams, see a stuck ball land in a muddy area that would otherwise be in play and the ball is lost; the player may drop a ball as near as possible to the area agreed upon by the players.

Rule 2: Advice

2.1 Advice is any counsel or suggestions that could influence a player in determining their play, the choice of a club, or the method of making a stroke. Information on the rules, distance or matters of public information, such as the position of hazards or the flagstick on putting green is not advice.

2.2 In the VVAL format, where all players are competing against each other for post-season honors, there are no partners amongst teammates.

Rule 3: Scoring

3.1 VVAL play will include a double par plus one scoring system for each of the 9 or 18 holes played.

Once a player reaches double par and has not holed out, the player shall pick-up and score a double par +1 on the hole. (e.g. On a par 4 hole the player would pick up after 8 shot and mark a 9 on their scorecard)

Rule 4: Conduct

4.1 Player conduct is a serious issue and is part of the rules of golf. Courtesy will be extended to everyone involved in the competition (Players coaches, golf course personnel, and the public). If someone challenges your commitment to the conduct rule, report the incident to a coach. You may not take any action for any reason to correct the situation.

4.2 Each player must represent him/herself, his/his school, and the game of golf in an exemplary manner.

4.3 The following is specifically not tolerated: Inappropriate language
Throwing (tossing) equipment, i.e., ball or club, in anger

Penalty: Possible disqualification by the committee.

Rule 5: Dress code (in accordance with NCS rules)

5.1 Dress code

Appropriate golf course attire is mandatory- collared
golf shirts are required

5.2 Prohibited: Denim jeans (including any color designer jeans).
T-shirts and tank tops.

5.3 Appropriate manner: Shirts must be tucked in at all times (practices and competition)

Caps/visors must be worn with the bill forward.

Penalty: After one warning, disqualification

Rule 6: Completion of a round

6.1 Players are allowed to remain off the side of the last hole but must refrain from interactions with other players until their round is complete.

Rule 7: Disqualification

Rule 8: Spectators

8.1 Spectators are always encouraged and welcomed at VVAL events.

All spectators must meet the dress code requirements for the course Denim, T-shirts, and athletic or short shorts should not be worn.

Spectators should not consume alcohol on the course and must follow club policies on tobacco use.

The use of electronic devices should be limited to areas where their use will not distract players on the course.

Spectators should maintain at least 30 yards from the players and avoid even the appearance of imparting advice or assisting the player in any way.

A spectator may approach a player briefly to hand clothing, food or beverages to the player, but should not have prolonged conversations.

Please walk ahead of the group you are following and stay in the rough or near the cart paths. Do not delay groups by walking slowly.

Spectators must stay off the greens and out of the bunkers at all times.

Spectators violating these policies may be asked to leave the course.

Spectator Carts are permitted at all VVAL events if approved by the host facility. Those approved for the use of a golf cart are required to pay the appropriate cart fee to the golf course.

Rule 9: VVAL Team Tie-breaking System

9.1 The following are the tie-breaking procedures in golf if 18 holes are played.

In the event of a tie for first, second, or third, the tie will be decided by adding the 6th player's score to the team total.

If still tied, the tie will be broken by using the USGA recommended tie-breaking procedure which totals the scores of all six players on each student team for holes 10-18.

If still tied, holes 13 – 18 will be used.
If still tied, holes 16 – 18 will be used
.
If still tied, hole 18 will be used.

In the event that this tie-breaking procedure is required, the back 9 shall be deemed to be holes 10 – 18 on the scorecard.

If the teams are still tied, the tie will be broken by using the #1 handicap hole and continue this process until the tie is broken.

9.2 The following are the tie-breaking procedures in golf if 9 holes are played. In the event of a tie for first, second, or third, the tie will be decided by adding the 6th player's score to the team total.

If the teams are still tied, the tie will be broken by using the #1 player score on the lowest handicap hole and continue this process until the tie is broken.

6.33 All team matches will be medal (stroke) play. Five best scores out of six players are to be counted as the team scores. If the score is tied after the five best scores are counted, the tie will be broken by the sixth score.

6.34 In boys' golf, summer rules shall prevail with regard to movement of the ball. Aside from USGA rules shall prevail with the exception of local course rules. Each coach shall have at their disposal, at all matches, a current rule book to settle controversy. If the two coaches cannot agree, the decision of the home coach shall be final.

League & Tournament 6.80

6.83 The championship team of the VVAL plus the five highest individuals based on the season long points total qualify to compete in the NCS Championships.

6.805 All League Selection

10 players will be awarded all league honors, determined by the following method

The top 12 scorers in a match will earn points as follows: 12-11-10-9-8 etc (top golfer earns 12, ties split). Double points were to be awarded in the Championship.

The player who earns the highest amount of points will be named "Player of the Year"

Top ten points earners and ties will earn all league honors.

Patches will be awarded to each 1st Team All League player.

LACROSSE 7.00

Schedules 7.10

7.11 Boys' and girls' lacrosse shall be played in the Spring season of sport.

7.12 There will be a single round robin league schedule. In the event of 10 teams, there will be two 5 team divisions playing a double round robin schedule.

7.13 Lacrosse matches will be scheduled for Tuesdays, Wednesdays, Thursdays and Fridays.

When a match is canceled due to inclement weather or other unforeseen circumstances, the rescheduling procedures outlined in the General Rulings of the VVAL Bylaws (pages 27 and 28) must be followed

7.14 Junior varsity league contests will begin at 5:30 PM. Varsity league contests will begin at 7 PM.

7.15 The schedule will be in effect for two years, with the home and away contests reversed in the second year. The order of games is determined by moving game 1 opponent to the end of the schedule. Remaining games/weeks move up.

a. Numbers will be drawn by an administrator from each school in the fall.

b. These numbers are then used to fill slots in the scheduling matrix. Some manipulation may be required to accommodate playing fields.

Admissions 7.01

7.01 Admission may be charged for lacrosse contests, as per the VVAL general admission fee schedule.

Practice 7.20

7.21 The first date for practice shall be determined by the NCS Championship Calendar for that year.

7.22 All CIF and NCS practice rules MUST be followed.

Game Administration 7.30

7.31 The National Federation Lacrosse Rule Book is the governing authority in lacrosse except for CIF/NCS modifications or adoptions.

7.32 Games ending in a tie shall go to sudden death overtime.

7.33 The home team is responsible for providing all game personnel and field set up, including a scorer's table and a visible clock. It is recommended that the visiting team also provide a scorekeeper.

7.34 The home team shall wear light uniforms and the visiting team shall wear dark uniforms.

7.35 Spectator control:

Only players, coaches, medical personnel, game officials, scorekeepers and members of the press are allowed along the sidelines.

Spectators must remain off the field and in the bleachers.

Only ball retrievers are allowed behind the end line of the field. They must be equipped with the proper lacrosse protective equipment, including helmet, mouth guard and other protective gear required of the players. The ball retrievers shall remain at least fifteen (15) years behind the end line during play. Their attire should be in contrast to the two teams playing on the field.

Officials 7.40

7.41 All lacrosse matches must be approved by lacrosse officials' associations that are accredited by the CIF and under contract to the VVAL.

7.42 Varsity games will be played with two officials: one referee and one umpire. If a third official is provided by the officials' association, he/she will be the field judge.

The referee's decision shall be deemed as official and is not subject to protest unless it can be proven that there was a definite misinterpretation of the rules.

The officials' association under contract to the VVAL shall be used exclusively for all games.

Equipment 7.50

7.51 A VVAL, NCS and National Federation approved equipment shall be used.

7.52 All lacrosse fields shall have the required dimensions as described in the National Federation Rule Book.

League & Tournament 7.80

7.81 There will be a four-team league tournament following the conclusion of the single-round robin league schedule for the boys and the girls.

7.82 The winner of the VVAL League Tournament will be named the League Champion and receive the VVAL Pennant.

The winner of the VVAL Tournament will also receive the Automatic Qualifier Bid to the NCS Championships.

If the VVAL receives a second Automatic Qualifier to The NCS Championships it will be awarded to the tournament runner up

If there is no postseason tournament the league champion will be the team with the most league wins and will receive the Automatic Qualifier Bid to the NCS. If the VVAL receives a second Automatic Qualifier to the NCS Championship it will be awarded to the co-champion or 2nd place team.

7.83 Seeds will be determined based on total points earned during the league round-robin. One point shall be awarded for each league win. The team with the most points will be the #1 seed, the team with the second highest point total will be the second seed, etc. In case of a tie, the league tie-breaker system shall be used. In the first round, #1 vs. #4 at the site of #1, and #2 vs. #3 at the site of #2. The championship game shall be played at the site of the highest seed.

Seeding for first round games

The first-place team plays the fourth place team at the site of the first place team and the second place team plays the third place team at the site of the second place team.

Two teams tied for first place

If one team has defeated the other team in round robin play, that team shall be designated the first place team and the other team shall be the second place team (for VVAL tournament seeding purposes only).

If the two teams split in the single round robin, the team with the greater number of wins against the third seed shall be seeded number one.

If the tie still exists, the team with the greater number of wins against the fourth seed shall be seeded number one.

If the tie still exists, the positions will be determined by the numbers for the spring season that were drawn by the principals at the beginning of the current school year.

Three teams tied for first place.

The team with the greatest number of wins within the tie shall be designated the number one seed and the team with the next greatest number of wins shall be designated as the number two seed. The remaining team will be designated as the number three seed.

If a three-way tie still exists, then the positions will be determined by the numbers drawn by the principals at the beginning of the school year for the winter season, with the team with the lowest number getting the @1 seed and the team with the second lowest number getting the #2 seed. The remaining team shall be seeded #3.

Four Teams Tie for First Place

The team with the greatest number of wins within the tie shall be designated as the #1 seed. The team with the second greatest number of wins within the tie will be designated as the #2 seed. The team with the third greatest number of wins within the tie shall be designated #3 seed. The team with the least number of wins within the tie shall be designated the #4 seed.

If a four-way tie still exists, the team with the lowest number in the winter draw shall be the #1 seed, the team with the next lowest number shall be the #2 seed, the team with the third lowest number shall be the #3 seed and the team with the highest number shall be the #4 seed.

If a three-way tie still exists, the procedure in Item C noted above shall be used.

If a two-way tie should exist, the procedure in Item B above shall be used.

If more than four teams tie for first place, the above procedure shall be used.

If there are other ties in the seeding for the VVAL tournament, the above criteria shall be used.

In the case of a 3-way tie for seeding and number draw used, after the 3-way tie is broken, head to head is then used again to break the remainder of the tie.

The tie breaking criteria will be the following:

Head to head record of VVAL wins within and above the tie.

The least amount of points allowed in VVAL contests within the tie.

If multiple teams tied, the least amount of points determines the entire tie-breaker. (Ex: Team A=9 points, Team B=11 Points, Team C=14 Points. Head to head already determined the tie and Team A is seeded 1st, Team B is seeded 2nd and Team C is seeded 3rd.

Numbers drawn by principals

7.84 An administrator or his/her representative must be present at each play-off contest. The administrator or his/her designee must check-in with the officials fifteen (15) minutes prior to the start of the contest.

7.85 An all-league team shall be selected by league coaches. The all-league team shall consist of the following players:

Girls' and Boys' Lacrosse

Each coach may nominate players for the all-league team according to the format below:

1st Team and 2nd Team

1st Place	4 players
2nd Place	3 players
3rd Place	2 players
4th - 9th Place	1 player

Most valuable player

1. The MVP shall be one of the players a coach nominates to 1st Team All League

2. Coaches may vote for their own player when voting for the MVP.

SOCCER 8.00

Schedules 8.10

8.11 The schedule will be in effect for two years, with the home and away contests reversed in the second year. The order of games is determined by moving game 1 opponent to the end of the schedule. Remaining games/weeks move up.

8.12 Boys' and girls' soccer will be played in the winter season of sport. (March 13, 2018)

8.13 When a match is canceled due to inclement weather or other unforeseen circumstances, the rescheduling procedures outlined in the General Rulings of the VVAL Bylaws (pages 27 and 28) must be followed

Practice 8.20

8.21 All CIF and NCS practice rules MUST be followed

Game Administration 8.30

8.31 The National Federation Soccer Rule Book is the governing authority in soccer, except for CIF/NCS modifications or adoptions.

8.32 JV games are scheduled for 4 PM. Varsity games are scheduled to begin at 6:00 PM.

8.33 The junior varsity and varsity will play two forty minute halves.

8.34 If the contest ends in a tie in regulation time, the National Federation Rules would apply using two ten-minute overtime periods. If the contest is tied at the end of overtime, it shall remain a tie.

Equipment 8.50

8.51 A VVAL, NCS and National Federation approved soccer ball shall be used.

8.52 All soccer fields shall have the required dimensions as described in the National Federation Rule Book.

League & Tournament 8.80

8.81 In boys' and girls' soccer: The team with the highest total contest points will be the winner. If two or more teams have the highest total, then there will be co-champions. Points are determined as follows: Win: 3 points; tie: 1 point; loss: 0 points.

8.82 Tie-breaker system for VVAL automatic entry into NCS Championships, boys' and girls' soccer.

Award three points for a win and one point for a tie.

If a tie in continues to exist, then the team with the best record in head to head competition will be awarded the automatic entry.

If the head to head record is equal, then goals against in head to head VVAL competition will be used.

If a, b, and c are applied and the tie still exists, the team whose school has the lowest number in the fall draw by the administrators will be awarded the automatic entry.

8.83 All-league selection format for soccer

All League Selection: Teams will have a predetermined number of All League selections based on their finish in the VVAL season. Each coach will determine their All League selections.

	1st Team	2nd Team
1st Place	4	2
2nd Place	3	2
3rd Place	3	2
4th Place	2	1
5th Place	2	1
6th Place	1	
7th Place	1	

(from the 16 1st Team All League Players)

MVP
Offensive Player of the Year
Defensive Player of the Year
Goalkeeper of the Year
No Honorable Mention

SOFTBALL 9.00

Schedules 9.10

9.11 The schedule will be in effect for two years, with the home and away contests reversed in the second year. The order of games is determined by moving game 1 opponent to the end of the schedule. Remaining games/weeks move up.

9.13 When a game is canceled due to inclement weather or other unforeseen circumstances, the rescheduling procedures outlined in the General Rulings of the VVAL Bylaws (pages 27 and 28) must be followed

Practice 9.20

9.21 All CIF and NCS Rules MUST be followed

Game Administration 9.30

9.31 National Federation Softball Rule Book is the governing authority in softball, with the exception of CIF/NCS modifications and/or adoptions. (See NCS Sports and General Rulings Handbook, Section 22.100H)

9.32 All VVAL softball games (both JV and Varsity) will use a double first base bag. (Approved March 13, 2015)

Officials 9.40

9.41 The Northern Coast Officials Association and the Redwood Empire Officials Association shall provide officials for the contests.

Equipment 9.50

9.51 The home team shall provide two new leather balls for each contest. The yellow optic ball shall be used. The ball shall be an VVAL, NCS and National Federation-approved ball.

League & Tournament 9.80

9.81 The winner of the league round-robin shall be declared as the VVAL baseball champion and receive the VVAL Championship pennant. If two or more teams tie for first place, they shall be declared co-champions and both teams will receive a VVAL Championship pennant.

Using the 10-run rule, a team is declared the winner when one team has a lead of ten runs or more, after 4 ½ innings, if the visiting team is behind ten or more runs, or after the fifth inning, if either team is 10 runs behind.

9.82 The winner of the VVAL League Tournament will be the Automatic Qualifier to the NCS Championships. If the VVAL receives a second Automatic Qualifier to The NCS Championships it will be awarded to the tournament runner up

9.83 Tournament seeds will be determined based on total points earned during the league round-robin.

One point shall be awarded for each league win. The team with the most points will be the #1 seed, the team with the second highest point total will be the second seed, etc. In case of a tie, the league tie-breaker system shall be used. In the first round, #1 vs. #4 at the site of #1, and #2 vs. #3 at the site of #2. The championship game shall be played at the site of the highest seed.

Two teams tied for first place

If one team has defeated the other team twice in round robin play, that team shall be designated the first place team and the other team shall be the second place team (for VVAL tournament seeding purposes only).

If the two teams split in the round robin, the team with the greater number of wins against the third seed shall be seeded number one.

If the tie still exists, the team with the greater number of wins against the fourth seed shall be seeded number one.

If the tie still exists, the positions will be determined by the numbers for the spring season that were drawn by the principals at the beginning of the current school year.

Three teams tied for first place.

The team with the greatest number of wins within the tie shall be designated the number one seed and the team with the next greatest number of wins shall be designated as the number two seed. The remaining team will be designated as the number three seed.

If a three-way tie still exists, then the positions will be determined by the numbers drawn by the principals at the beginning of the school year for the winter season, with the team with the lowest number getting the #1 seed and the team with the second lowest number getting the #2 seed. The remaining team shall be seeded #3.

Four Teams Tie for First Place

The team with the greatest number of wins within the tie shall be designated as the #1 seed. The team with the second greatest number of wins within the tie will be designated as the #2 seed. The team with the third greatest number of wins within the tie shall be designated #3 seed. The team with the least number of wins within the tie shall be designated the #4 seed.

If a four-way tie still exists, the team with the lowest number in the winter draw shall be the #1 seed, the team with the next lowest number shall be the #2 seed, the team with the third lowest number shall be the #3 seed and the team with the highest number shall be the #4 seed.

9.84 If there is no postseason tournament the tie breaking criteria will be the following:

Head to head record or wins within the tie.
The least amount of runs allowed in VVAL contests within the tie.
Numbers drawn by principals
If there is no traditional postseason tournament, two top teams have a one game playoff.

9.85 All League Selection: Teams will have a predetermined number of All League selections based on their finish in the VVAL season. Each coach will determine their All League selections.

	1st Team	2nd Team
1st	4	2
2nd	3	2
3rd	3	2
4th	2	1
5th	2	1
6th	1	1
7th	1	

(from the 16 All League Players) Coaches will vote on the following VVAL Awards:

MVP
Offensive Player of the Year
Pitcher of the Year

A player can win only 1 special award per season

No Honorable Mention

SWIMMING & DIVING 10.00

Schedules 10.10

10.11 The schedule shall be developed each year in the fall after consideration of pool availability.

Practice 10.20

10.21 All CIF and NCS practice rules MUST be followed.

Game Administration 10.30

10.31 The National Federation Swimming and Diving Rule Book is the governing authority in swimming and diving, except for CIF/NCS modifications and/or adoptions.

10.32 The league meet will be varsity girls, varsity boys, and junior varsity boys and girls.

Schools may fill their varsity team based on level of experience, not based on the numbers in the varsity program.

10.33 Scoring for dual, double dual or triple dual meets:

a. Maximum of two entries per team.

Relays: 6-3-1-0 Individual: 4-3-1-0

b. Maximum of three entries per team

Relays: 8-4-2-0 Individual: 6-4-3-2-1-0

c. Maximum of four entries per team.

Relays: 10-5-3-0 Individual: 8-6-5-4-3-2-1-0

d. Only two relays may score for each team in each relay event.

e. Double-dual/triple-dual: Scoring will follow entries per team as listed under dual meets.

10.34 Diving is one of the events in the swimming and diving rules.

Penalty: When diving equipment is such that the event cannot be conducted, the host team is disqualified from that event and points shall be awarded to the visiting team according to the number of divers (maximum 3)
.
When diving is not conducted because of inadequate water depth and (a) written notice is given to an opponent at least two weeks prior to the first home meet, no points are awarded. (b) If there is NO written notice, the visiting teams shall be awarded points as in the National Federation Rule Book.

Section 3: Diving contestants (NF rule book)

Article 1: The number of team entries in diving shall be the same as in all swimming events in the meet.
Article 2: The diving event shall count as an individual event for the competitor.

Section 4: Choice of dives (dual meets)(NF rule book)

Article 6: In all other meets, the competition shall consist of one voluntary dive (dd = 1.8), which shall come first; five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive.

Article 8: No diver shall repeat a dive in a single meet. All dives of the same number, whether tuck, pike, straight or free position are considered the same dive.

Section 5: Form of the dives (NF rule book)

Article 10: This whole section should be read by the coaches and scores of the competition.

Diving table

Group 1	Forward group
Group 2	Backward group
Group 3	Inward group
Group 4	Reverse group
Group 5	Twist group

In dual meets, at least four groups must be used.

In dual meets where there is diving, the competitors must have six dives listed

and they must perform six dives to score points (NF rule book)

There can be no agreement between or among coaches on the rules that govern competition between schools in the VVAL. We must follow the rules set by the National Federation, NCS and VVAL.

10.35 Points toward the league championships shall be as follows:

One point for each dual meet win and one-half point for each tie.

In the league championship meet, the winning team will be awarded three points, the second place team two points, and the third place team one point.

The combination of dual meet points awarded in the regular season and the points awarded in the league championship meet shall determine the winning school.

Officials 10.40

10.41 The starter and/or referee should be an adult who has proven to be competent for the job by earlier experience.

10.42 The VVAL Championship Meet organizer and up to six officials will be compensated for their work at the VVAL Championships.

Equipment 10.50

10.51 The home team must furnish counters for those races requiring them.

10.52 The visiting team must furnish one competent diving official for all dual meets.

League & Tournament 10.80

10.81 All entries to the league meet must be made at least one week before the league meet.

10.84 Pennants will be given to the winning varsity boys' team and the winning varsity girls' team.

The winner of each event at the VVAL tournament shall be designated as first team all league. The second place finisher at each event shall be designated as second place all-league.

An all-league patch will be awarded to the first place winner in the league meet.

10.85 Qualifying to the North Coach Section shall be based on the following. Note: This order of events will be used in both dual and league meets (unless changed by the National Federation).

1. Girls' 200 yard medley relay
2. Boys' 200 yard medley relay
3. Girls' 200 yard freestyle
4. Boys' 200 yard freestyle
5. Girls' 200 yard individual medley (JV – 100)
6. Boys' 200 yard individual medley (JV – 100)
7. Girls' 50 yard freestyle
8. Boys' 50 yard freestyle
9. Girls' diving
10. Boys' diving
11. Girls' 100 yard butterfly (JV – 50)
12. Boys' 100 yard butterfly (JV – 50)
13. Girls' 100 yard freestyle
14. Boys' 100 yard freestyle
15. Girls' 500 yard freestyle
16. Boys' 500 yard freestyle
17. Girls' 200 yard freestyle relay
18. Boys' 200 yard freestyle relay
19. Girls' 100 yard backstroke
20. Boys' 100 yard backstroke
21. Girls' 100 yard breaststroke
22. Boys' 100 yard breaststroke
23. Girls' 400 yard freestyle relay
24. Boys' 400 yard freestyle relay

Diving: 11 dives (JV – 6 dives)

Note: In all dual meets where junior varsity events are held, they shall go first.

TENNIS 11.00

Schedules 11.10

11.11 The schedule shall be established using a scheduling matrix and the numbers that are drawn for spring sports by the VVAL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix
. The matrix may be found at the end of these bylaws.

11.12 Girls' tennis shall be played as a fall sport. League matches shall be held on Tuesdays and Thursdays beginning at 3:30 PM.

Boys' tennis shall be played as a spring sport. League matches shall be held on Tuesdays and Thursdays beginning at 3:00 PM. (3/13/2018) After daylight savings time begins, league matches shall begin at 3:30 PM.

11.13 The home coach will make the final decision on the postponement of a match due to inclement weather. The coach is to notify the visiting school if it is to be postponed by noon on the day of the match.

When a match is canceled due to inclement weather or other unforeseen circumstances, the rescheduling procedures outlined in the General Rulings of the VVAL Bylaws (pages 27 and 28) must be followed

11.15 When a singles or doubles match is called due to inclement weather or darkness, said match shall be resumed at the earliest date that is possible and with the exact score as it was at the last complete game.

11.16 An VVAL singles and doubles tournament shall be held at the end of the season. The winners of the tournament shall be the automatic entries from the league to the NCS Championships.

Practice 11.20

11.21 All CIF and NCS practice rules MUST be followed.

Game Administration 11.30

11.31 The United States Tennis Association (USTA) Rule Book is the governing authority for girls' and boys' tennis. Note: USTA rules apply for late arrivals (although consideration will be made for unforeseeable circumstances.

11:32 Every VVAL school must have all players registered with the NCS approved player rating system (UTR) before the a schools first match of the season

11.33 VVAL Matches will be as follows:

1st Matches = 2nd & 3rd Doubles/3rd & 4th Singles
2nd Matches = 1st Doubles/1st & 2nd Singles

11.34 The singles players shall not play on the doubles teams nor shall the doubles players play singles.

11.35 Challenge matches used for ranking players on a team ladder must consist of a minimum eight game pro-set.

11.36 A line-up giving the order of ranking of all team members must be exchanged prior to each league match.

Allow for Singles #3 and #4 to play doubles. Their spot in the Ladder would be replaced by the next available player on the Ladder.

The first three singles players must play in ranked order.

After the above, any combination of players can be used provided the doubles teams play in ranked order.

In case of a substitution, the singles players and doubles teams must move up in ranked order. For example, if the number one singles player or number one doubles team is not present, number two must play in the number one position. If the number two singles player or the number two doubles team is not present, the number three must play in the number two position, etc. Players may NOT jump positions
.
If a team does not have enough players, they must default to the lowest position/s in singles and/or doubles.

11.37 No Ad scoring shall be used.

11.38 The following modifications for scoring matches shall be used in varsity matches. When the set score is 6 – 6, a 12-point tie-breaker shall be used.

11.39 If both coaches agree prior to the match, a third set will be played in the event of a 1-1 match. If both coaches do not agree to a third set, then a 10 point Tie-Breaker will be used in lieu of a third set.

11.41 Side-line coaching

Prior to each league tennis match, opposing coaches will meet and agree to the number of individuals who will be coaching during the match. A maximum of two coaches will be allowed and the number of coaches from each team must be equal. Only those coaches who are agreed upon prior to the match may coach during the match. If a school believes that this rule was violated by an opposing school, the aggrieved school is instructed to contact the opposing school's athletic director and/or administrator. (3/13/2018)

Coaches may call a conference with their player after one set is completed. It will be a maximum of one minute.

Side-line coaching as described in the USTA rules: when players split sets there will be a maximum time limit of ten minutes.

Coaches may only be within the court area during the times allowed for coaching; they must be outside the fenced areas at all other times.

When a player changes sides, the coach may give side-line coaching for a maximum of ninety seconds; otherwise, the coach is limited to applause and other expressions of approval.

The players are to call the game and coaches are not to correct these calls. If there is a problem both coaches shall be involved in the discussion.

11.41 The coaches will determine as to whether or not a judge is needed.

Line judges: Each team will provide a line judge who will call lines for the opposing team. They will stand at the net and call lines ONLY if asked to do so by the players.

11.42 Conduct penalties.

The following misconduct penalties (equipment abuse, language abuse, unsportsmanlike behavior, etc.) will be used in matches.

First offense:	Warning
Second offense:	Default of game
Third offense:	Default of match—considered an ejection under the ejection policy

Both coaches shall be involved in assessing the penalties.
The penalty for an ejection shall follow the North Coast Section Policy.

11.43 The home team shall provide practice balls for both teams.

11.44 In case of a tie in team tennis requiring a playoff, the VVAL will provide a case of balls. The balls shall be the same ball that will be used in the NCS Championships for that season. (Approved March 13, 2018)

11.81 NCS Qualifying Tournaments

Singles

There shall be a singles tournament every year
The tournament shall be a 16-team single elimination tournament with a consolation round.

Each of the top 2 teams may send 3 singles/doubles; all other schools are allowed to send two entries.
If a school does not have entry, there will be a bye in the tournament bracket.
The winner of the tournament shall be the automatic entry into the NCS Championships.
The tournament must be played to third place.
Seeding will be done by the coaches on the first day before the first match.
In the girls' and boys' tournament, a minimum of four players will be seeded.

Doubles:

There shall be a doubles tournament to qualify for the NCS Championships. The winner of the tournament will be the automatic VVAL entry into the NCS Championships.

In the girls' tournament, there will be a 16-team single elimination tournament with a consolation round. Each school is allowed to send two entries. If a school does not send two entries, the team with the most wins may send three teams. If two schools do not send entries, the team in second, most wins may send three teams, etc.

The tournament must be played to third place.

Seeding shall be done on the first day of the tournament by the coaches before the first match begins. In the boys' tournament, seed according to standings.

The winner of the tournament shall be the automatic entry to the NCS tournament.

If a school in either the singles or doubles tournament has a team or individual who is still in the tournament and cannot play in his/her next match, that match will be forfeited. There will be no substitutions to a doubles team if one player is unable to play.

The VVAL will provide an official for the championship event to conduct the draw, bracket placement and serve as head judge during the VVAL Singles and Doubles Championships.

11.82 Team Tennis

If there is a tie in league for first place, the following format will be used to determine who will represent the Vine Valley Athletic League in the NCS Championships.

A. If there is a two-way tie for first place, the following format will be used to

determine who will represent the VVAL in the NCS Championships:

There will be a play-off between the teams involved. If this is not feasible due to inclement weather, it will be determined by:

Head-to-head competition

Sets won against the team

Games won against the team

If all is equal, the team with the lowest number in the fall draw will represent the VVAL in the NCS Championships.

The home team will be determined by the criteria outlined above.

B. If there is a three-way tie for first place, the following format will be used to determine who will represent the VVAL in the NCS Championships:

There will be a play-off between the three teams involved (two extra matches for one team)

The bye team and the home team will be determined by:

Head-to-head competition

Sets won against the team

Games won against the team

If all is equal, or if it is not possible to hold a playoff due to inclement weather, the team with the lowest number in the fall draw will represent the VVAL in the NCS Championships.

C. If there is a four-way tie for first place, using the criterion in 10.802 (A), team 1 will play team 4 at team 1's home site and team 2 will play team 3 at team 2's home site. Winners will play each other at the home site of the highest seed. If it s not possible to hold a playoff due to inclement weather, the team with the lowest number in the fall draw will represent the VVAL in the NCS Championships.

Home team will be determined by the criteria above.

11.83 Boys' all-league selection format

Player Of The Year—nominated by coaches and voted upon by all coaches. A coach may vote for his/her own player. Ties will be broken by a player's record in head to head competition.

Singles: four first-team singles; four second-team singles; and four honorable mention singles.

Doubles: three first-team doubles teams; three-second-team doubles teams; and three honorable mention doubles teams

The all-league meeting will be held at the end of the first day of the doubles tournament.

Girls' all-league selection format

Player Of The Year—nominated by coaches and voted upon by all coaches. A coach may vote for his/her own player. Ties will be broken by a player's record in head to head competition

All-League placement, nominations and voting will take place the week of the VVAL Singles and Doubles Championships. The 4 Semi-Finalists in the Singles and the Doubles Finalists (4) will automatically earn All-League for a total of 8 players.

11.84 The league champion shall be the team with the most league wins and will receive the VVAL Championship pennant.

TRACK AND FIELD 12.00

Schedules 12.10

12.11 Track shall be a spring sport in the VVAL. There shall be four classifications: Varsity Boys', Varsity Girls', JV boys' and JV girls.

12.12 The schedule will be no longer than 7 weeks. The first meet will be scheduled 6 weeks from the first day of practice. All meets are dual meets, and can be scheduled in bulk. Dual meet scoring will be used in all meets.

The Vine Valley Athletic League meet shall be held one week before the North Coast Section Redwood Empire Classification Meet.

12.13 When a meet is canceled due to inclement weather or other unforeseen circumstances,

the rescheduling procedures outlined in the General Rulings of the VVAL Bylaws (pages 27 and 28) must be followed

12.14 The league championship will be determined by the points earned during the league tri/dual meet season added to the points for the league meet.

Practice 12.20

12.21 All CIF and NCS practice rules MUST be followed.

Meet Administration 12.30

12.31 The National Federation Track and Field Rule Book is the governing authority in track and field, with the exception of CIF/NCS modifications and/or adoptions.

12.32 Start time for league meets will be 3:45 PM. Meets need to start on time so that they finish at a reasonable hour. Time schedule is approximate, but events will not start before the stated time unless agreed upon.

12.33 Pole vault athletes start warming up ASAP. It will be an open pit. When a vaulter's starting height has been reached, that vaulter will be given two additional run-throughs.

12.34 Heights for the 100/110 High Hurdles will be 33" for girls; 36" for JV boys and 39" for varsity boys. In the 300 Intermediate Hurdles, the height for girls will be 30" and the height for boys will be 36".

12.35 The fastest heat is the first heat! In lane events in which hand held time is used, there should be three watches on first and second place finishers in the second heat.

12.36 Lane assignments will alternate each race.

12.37 Athletes are allowed to leave the event in order to compete in another event at the discretion of the official. Athletes must be given a reasonable recovery, at the discretion of the official, after the conclusion of the other event. Officials need to make every attempt to inform the athletes if there is an unforeseen delay in starting other events and/or if the bar is to be raised.

12.38 Long jump starts at 3:45 PM. No run-throughs after the 4 x 100 starts. The long jump will end at the conclusion of the 800 m. Triple jumpers sign in before the end of the 800 m. No new run throughs while current jumpers are competing.

12.39 Field events will have three attempts during tri-meets and four attempts during dual meets.

12.40 In order to rest sprinters competing in the 4x400, there will be a 20-minute wait after the last 200 meter race if the 3200 meter is or is not run.

12.41 Starting score for high jump: 3'6" for JV girls; 4'0" for varsity girls; 4'6" for JV boys; and 5'0" for varsity boys.

12.42 Starting score for pole vault: 6'0" for JV girls; 7'0" for varsity girls; 7'6" for JV boys; and 9'0" for varsity boys.

12.43 All field event participants must sign-in before the event begins.

12.44 Field implements should have weight indication and no alteration.

12.45 Order of events for track events:

Event Running Order

4 x 100	JV girls; JV boys; V girls' V boys
1600 m	JV girls; JV boys; V girls' V boys
100/110 HH (39" VB; 36" JVB; 33"G)	Girls; JV boys; varsity boys
400 m	JV girls; JV boys; V girls' V boys
100 m	JV girls; JV boys; V girls' V boys
800 m	JV girls; JV boys; V girls' V boys
300 IMH (30" G; 36" B)	
200 m	JV girls; JV boys; V girls' V boys
3200 m	
Girls; boys 4 x 400	JV girls; JV boys; V girls' V boys

Order of events for field events:

Time	Event	Order
3:45	Shot put	Varsity girls; JV girls; varsity boys; JV boys 4= dual; 3=tri meet
3:45	Discus	Varsity boys; JV boys; varsity girls' JV girls 4= dual; 3=tri meet
3:45	High Jump	Varsity boys; JV boys; JV girls; varsity girls 5'; 4'6"; 3'6"; 4'
3:45	Pole Vault	JV girls; varsity girls; JV boys; varsity boys 6'; 7'; 7'6"; 9'
3:45	Long Jump	4 = dual 3 = tri meet Open pit End of 800 m
	Triple Jump	4 = dual 3 = tri meet Open pit

Officials 12.50

12.51 The track coaches shall have no part in the officiating of the meet.

12.52 For the league meet, the referee shall be determined by the meet director.

12.53 An officials and coaches meeting shall precede the league and qualifying meet at which time the referee shall discuss rules, events, and other matters pertaining to the handling of the meet

12.54 Officials and coaches shall be given rules from the rule book that they can keep on their event clipboard.

12.55 Track coaches and the meet director(s) will have an organizational meeting following the VVAL Track meet to formulate entries to the NCS Redwood Empire Meet.

12.56 Member schools shall assign three adults to officiate at the VVAL track meet. Names of these adults shall be sent to the meet director.

12.57 In each league track meet, the home school must provide seven adult officials, three for field events and four at the finish line.

12.58 There needs to be adult supervision at all field event measurements.

12.59 Rules (National Federation Rules and VVAL Bylaws) should be attached to clipboards to help the officials.

League & Tournament 12.80

12.81 All team scores shall count in scoring track and field events for the Vine Valley Athletic League Meet. Points shall be awarded as follows: first place, 8 points; second place, 6 points; third place, 5 points; fourth place, 4 points; fifth place, 3 points; sixth place, 2 points; and seventh place, 1 point. (VVAL Board of Manager, March 13, 2018)

12.82 All entries for the VVAL Championship Meet must be entered on EZ Meets no later than midnight on the Sunday prior to the trials.

12.83 The director of the league meet shall send to the director of the NCS Redwood Empire Track Meet a complete list of winners with times and distances. A copy of the results should be sent to the league commissioner.

12.84 In order to compete in the Redwood Empire Meet, a varsity athlete must earn his/her place. If an athlete at the VVAL Championship meet fails to make a qualifying mark in a

field event, he/she can go on to the NCS Redwood Empire Meet IF the athlete is approved by the majority of coaches at a vote taken at the scratch meeting. This would ONLY occur In the event that there are not enough athletes who have met a qualifying mark.

12.86 All-league distinction:

The first place finishers in boys' and girls' varsity competition at the VVAL Championship meet will receive recognition as VVAL First Team All-League and receive a VVAL All League Patch

The second place finishers in boys' and girls' varsity competition at the VVAL Championship meet will receive recognition as VVAL Second Team All-League; no patch awarded.

No Honorable Mention

VOLLEYBALL 13.00

Schedules 13.10

13.10 Schedules will be in effect for two years, with the home and away contests reversed in the second year. The order of games is determined by moving game 1 opponent to the end of the schedule. Remaining games/weeks move up.

13.13 When a match is canceled due to inclement weather or other unforeseen circumstances, the rescheduling procedures outlined in the General Rulings of the VVAL Bylaws (pages 27 and 28) must be followed

Practice 13.20

13.21 All CIF and NCS practice rules MUST be followed.

Game Administration 13.30

13.31 The National Federation Volleyball Rule Book is the governing authority in volleyball except for CIF/NCS modifications and/or adoptions.

13.32 Freshmen matches will begin at 4:00 p.m., JV matches will begin at 5 PM. The warm-up for the varsity match will begin at 6:00 p.m.

13.33 The varsity shall play a five-game match in which a team is considered the winner of the match when it wins 3 games. If a fifth game is necessary, a coin toss shall be conducted prior to that game. Rally scoring will be used in all games. The freshman and junior varsity teams shall play a two out of three game match.

13.34 There shall be a period of 25 minutes between the freshman and JV match and between the JV and varsity match. Warm-up shall be four minutes of shared time on the court, eight minutes on the court for the visiting team and eight minutes on the court for the home team.

13.35 It is the responsibility of the home team to provide at least eight (8) volleyballs per team for warm-up prior to the contest.

13.36 If music is used, it must be played for both teams during pre-match warm-ups.

13.37 It is the responsibility of the home team to provide line people for all matches.

Officials 13.40

13.41 The North Bay Volleyball Officials Association and the Redwood Empire Officials Association shall provide the officials for the matches.

Equipment 13.50

13.51 An VVAL, NCS and National Federation approved ball shall be used.

League and Tournament 13.80

13.81 The league champion shall be the team with the most league wins and will receive the VVAL Championship pennant.

13.82 In the event of a tie in varsity competition, the team with the best record in head-to-head competition shall be given first consideration. If there is still a tie,

Tie-breaker criteria

At the conclusion of the last league match, teams will be ranked sequentially by the following ranking statistics:

1 Match record (win/loss);
2 Head-to-Head
3. Set ratio (all sets won divided by all sets played within the tie);
4. Points ratio (all points scored divided by all points scored against within the tie).
5. Numbers drawn by the principals at the beginning of each school year.

If three teams are tied:

1. Wins within the tie
2. Set ratio (all sets won divided by all sets played within the tie);
3. Points ratio (all points scored divided by all points scored against within the tie).
4. Numbers drawn by the principals at the beginning of each school year.

13.83 The winner of the VVAL League Tournament will be the Automatic Qualifier to the NCS Championships. If the VVAL receives a second Automatic Qualifier to The NCS Championships it will be awarded to the tournament runner up

13.84 All-league selection format for volleyball.

PRIOR TO THE ALL LEAGUE MEETING all coaches are required to submit to the commissioner their nominations. This list will be used in making the final list of all league players.

1. Each coach is to arrive at the meeting with a preliminary list of nominees of opponents.

2. The first vote will be for “Player of the Year*. This is to be a vote for the athlete who had the best season. Coaches may vote for their own player in the Player of the Year vote. Note: For Player of the Year---if there are more than 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.

3. Coaches will speak for one minute about their own players.

4. Coaches will then make a final list of all opponents in rank order---best player first and next best second and so on ranking the top fifteen players (not including their own.)

5. Commissioner or the Commissioner’s representative tallies and lists the number of vote points in rank order. (First player on a list will receive 15 points, the second 14 points and so on.)

6. After the votes are calculated, the scores will be listed in rank order highest to lowest.

7. There will be a maximum of six all league first team members. (This includes the player of the year). They will be the top six players listed.

8. There will be a maximum of six all league second team members. They will be

the next 6 players listed.

9. Coaches must send a substitute or email nominees to the commissioner if he/she cannot attend.

10. Athletes are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.

11. The voting is by ballot. Coaches must sign their ballots.

12. 1st Team All-League athletes will receive VVAL patches

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WATER POLO 14.00

Schedules 14.10

14.11 Water polo will be conducted during the fall season of sport.

14.12 There will be a single round robin of league matches.

14.13 Matches will be played on various days of the week to accommodate the officials.

When a match is canceled due to inclement weather or other unforeseen circumstances, the rescheduling procedures outlined in the General Rulings of the VVAL Bylaws (pages 27 and 28) must be followed

Practice 14.20

14.21 Practice may begin on the date established by the North Coast Section for fall sports.

14.22 There shall be NO practice on Thanksgiving Day or Christmas Day.

Game Administration 14.30

14.31 The coach of the home or host team is responsible for entering match results on MaxPreps and for reporting game results to the news media within one hour of the conclusion of the match.

14.32 Varsity games at 5:00 and 6:00 with JV games determined by competing teams. Last game no later than 7:00. .

14.33 Canceled or suspended matches must be made up by the next available date. It is not necessary to make up non-varsity matches after the season has officially ended

14.34 Inclement weather: Home teams will be responsible for canceling matches due to inclement weather. ONLY the athletic director or a site administrator may cancel or reschedule a match.

14.35 Admission may be charged at any VVAL contest. See general rules for admission price guidelines.

Officials 14.40

14.41 The Vine Valley Athletic League will use officials from the Northern California Referees Association.

League and Tournament Administration 14.80

14.81 The home school is responsible for supplying an experienced scorekeeper and time.

14.82 Matches are played according to the National Federation Water Polo rule book.

14.83 All VVAL matches must be held in deep water pools.

14.84 The winner of the VVAL League Tournament will be named the League Champion and receive the VVAL Pennant.

The winner of the VVAL Tournament will also receive the Automatic Qualifier Bid to the NCS Championships.

If the VVAL receives a second Automatic Qualifier to The NCS Championships it will be awarded to the tournament runner up

If there is no postseason tournament the league champion will be the team with the most league wins and will receive the Automatic Qualifier Bid to the NCS. If the VVAL receives a second Automatic Qualifier to the NCS Championship it will be awarded to the co-champion or 2nd place team.

14.86 VVAL Tournament Format

A. All teams will participate in the water polo playoffs.

B. Quarter Final start Times 10:00 a.m. - 11:00 a.m. - 12:00 noon - 1:00 p.m. - 2:00 p.m. - 3:00 p.m. - 4:00 p.m. - 5:00 p.m.
Semi-final start times: 4:00 p.m. - 5;00 p.m. - 6:00 p.m. - 7:00 p.m.
3rd Place Match 4:00 p.m. - 5:00 p.m.
Finals start times 5:00 p.m. - 6:00 p.m.

Highest seeded team will be considered home team

C. Seeding for First Round Games

Tournament seeding will be based on a team's final league standings

D. Two Teams Tied for First Place

1. Head to Head winner

E. Three Teams Tied for First Place

1. The team with the greatest number of wins within the tie shall be designated the number one seed and the team with the next greatest number of wins shall be designated as the number two seed. The remaining team will be designated as the number three seed.

2. If a tie still exists the team with the fewest number of goals allowed within the tie shall be designated the number one seed and the team with the next fewest number of goals allowed shall be designated as the number two seed.

3. If a three-way tie still exists, then the positions will be determined by the numbers drawn by the BOM at the beginning of the school year for the fall season, with the team with the lowest number getting the #1 seed and the team with the second lowest number getting the 2 seed. The remaining team shall be seeded 3.

F. Four Teams Tie for First Place

1 The team with the greatest number of wins within the tie shall be designated as the #1 seed. The team with the second greatest number of wins within the tie will be designated as the #2 seed. The team with the third greatest number of wins within the tie shall be designated #3 seed. The team with the least number of wins within the tie shall be designated the #4 seed.

2. If a tie still exists the team with the fewest number of goals allowed within the tie shall be designated the number one seed and the team with the next fewest number of goals allowed shall be designated as the number two seed.

3. If a four--way tie still exists, then the positions will be determined by the numbers drawn by the BOM at the beginning of the school year for the

fall season, with the team with the lowest number getting the #1 seed and the team with the second lowest number getting the 2 seed..

4. If a two-way tie should exist, the procedure in Item B above shall be used.

G. If more than four teams tie for first-place, the above procedures shall be used.

H. There are other ties in the seeding for the VVAL tournament; the criteria above shall be used, with the exception that the criteria will include wins “within and above” the tie.

14.87 All League Selection: Teams will have a predetermined number of All League selections based on their finish in the VVAL season. Each coach will determine their All League selections.

Place	1st Team	2nd Team	Honorable Mention
1st	2	2	1
2nd	2	1	1
3rd	1	1	1
4th	1	1	1
5th		1	1
6th			1
7th			1
8th			1
At Large	1	1	
Total Awards	7	7	8

The 'At Large' 1st and 2nd Team All-League athletes are nominated by teams that do not receive an automatic allocation, and are then selected through a vote by all coaches

From the seven 1st Team All League Players. Coaches will vote on the following VVAL Awards:

Player of the Year
Goalie of the Year

Coaches can vote for their own players for these special awards
A player can win only 1 special award per season

7. There will be a maximum of 7 all league first team members..

8. There will be a maximum of 7 all league second team members.

9. There will be a maximum of 8 all league honorable mention members. .

10. The voting for Player of the Year and Goalie of the Year is by ballot. Coaches must sign their ballots.

14. 1st Team All-League athletes will receive a VVAl All League Patch.

WRESTLING 15.00

Schedules 15.10

15.11 There will be a single round-robin of league meets.

15.12 The dual meet schedule shall be determined by the previous year's returning NCS qualifiers and alternates from each school. The school with the largest number of returning NCS qualifiers and alternate wrestlers will be given #1, the school with the next largest number of returning qualifiers and alternates shall be given #2, and so on.

For the purpose of the following year's team order, if there are two teams with the same number of points, the team that won that year's dual meet will get the higher placing in the next year's schedule. If there are more than two teams with the same number of points, the total number of points for and against shall be totaled for the dual meets among the teams that are tied. The total differential of points shall determine the final order of the teams with the same point total.

15.13 When a meet is canceled due to inclement weather or other unforeseen circumstances, the rescheduling procedures outlined in the General Rulings of the VVAL Bylaws (pages 27 and 28) must be followed

15.14 The home and away schedule shall alternate each year.

Practice 15.20

15.21 All CIF and NCS practice rules MUST be followed.

15.22 The National Federation Wrestling Rule Book and Case Book is the governing authority in wrestling, with the exception of CIF modifications and/or adoptions.

15.23 There shall be NO practice on Thanksgiving Day or Christmas Day.

Game Administration 15.30

15.31 The coach of the home or host team is responsible for reporting match results to the news media within one hour of the conclusion of either a dual meet or the VVAL Championship Tournament. The VVAL wrestling representative to the NCS is to report final team results and VVAL standings to the VVAL commissioner within two days following the VVAL Tournament.

15.32 The following order will be held for all VVAL wrestling matches: Junior Varsity, Varsity Girls', and Varsity Boys'. The first round, JV, will begin at 6:00 PM. (March 13, 2018)

15.33 The National Federation of High School Rules shall be the official rules of the VVAL.

15.34 For the weigh-in for League dual meets, a visiting team may bring its own certified scale to use as an additional scale to challenge the "official" scale(s) supplied by the home team consistent with current NHFS rules. All scales used must have been certified for the current wrestling season and will be available to both teams for the entire weigh-in time period. The official scale(s) to be used in all VVAL wrestling events must be available to all teams at least thirty (30) minutes prior to the start of weigh-ins for dual meets and at least one hour prior to the start of tournaments.

15.35 Girls will wrestle at their own weights, with the following exception: If a school does not field a separate girls' team, a female will be allowed to wrestle a male wrestler, at the male wrestling weight. Any points earned in this situation will be counted toward the score of the boys' meet and may not be used as a win or loss for the girls' team.

Officials 15.400

15.41 The Vine Valley Athletic League will use officials from the Redwood Empire Wrestling Officials and Coaches Association. Ukiah may use officials from the Redwood Officials Association for their home dual meets and tournaments.

Eligibility 15.60

15.61 Wrestling is regarded as an individual sport. Therefore, wrestlers may move up and down during the season from varsity to junior varsity or from junior varsity to varsity. See National Federation rules for limitations.

League and Tournament Administration 15.80

15.81 The dual meet schedule shall be determined by the previous year's returning NCS

qualifiers and alternates from each school. The school with the largest number of returning NCS qualifiers and alternate wrestlers will be given #1, the school with the next largest number of returning qualifiers and alternates shall be given #2, and so on.

15.82 All wrestlers must weigh-in during the period designated by the North Coast Section, CIF, not necessarily on the same day for all wrestlers for the purpose of establishing their lowest possible eligible weight class for the season in accordance with the NWCA guidelines. The preseason assessment of the wrestler must be performed by an NCS approved assessor. No wrestler may recertify at a lower weight following the official assessment unless the initial assessment is challenged in accordance with the NCS challenge procedure and approved and entered by NCS officials. The CIF and NCS have established rules and procedures for granting consideration for those wrestlers who are not able to get assessed during the normal time period due to extenuating circumstances. Each wrestler must follow mandated CIF and NCS regulations.

15.83 California exercises the National Federation of High School Associations Wrestling options which allow a fourteenth weight class. In accordance with NFHS and CIF rules, the two pound growth allowance will be granted to each weight class after the date designated by the NCS, CIF and NFHS.

15.84 A wrestler becomes ineligible for further competition during the season if, prior to the league championship tournament (if any) he/she accumulates more than 40 matches not including matches wrestled at the NCS Dual Tournament. Forfeits and byes do not count towards the forty match rule. Competition is defined as a wrestling activity in which any match and/or team score is determined and /or the service of a paid wrestling official is used.

Any competition involving two schools shall constitute a dual meet and any competition involving more than two schools shall constitute a tournament.

Scrimmages between two or more teams per day will not count as a contest. Teams are allowed two scrimmages per season.

15.85 At the conclusion of the regular dual meet season, the Vine Valley Athletic League shall have a league tournament to qualify male wrestlers for the NCS Boys' Wrestling Championships. Female wrestlers currently can enter the NCS Girls' Wrestling Championships on an application basis which qualifies them for the CIF Girls' State Meet. Wrestlers must enter the championship series designated for their particular gender. VVAL Board of Managers, March 13, 2018.

15.85.1 A preliminary seeding meeting will be held on the Wednesday prior to the VVAL tournament. All wrestlers who will be competing in the tournament will be placed in a bracket for the tournament. If any wrestler is left off the brackets, that

wrestlers will not be eligible to compete. On the morning of the league tournament, immediately following weigh-ins, there will be a final verification of all weight classes and the seeding for the tournament will be finalized. If there are no changes to any weight class, the seeding from Wednesday will stand. If any weight class should have changes, then that weight class will be redrawn per the criteria used at the preliminary meeting. Approved for immediate implementation by VVAL Board of Managers on March 13, 2018

15.85.2 Wrestlers qualifying to the NCS Championships must qualify through the VVAL championship tournament. In the event an athlete is injured on or before the day of the league tournament or suffers from a communicable skin condition and is unable to complete, the coach can petition the NCS for an at-large berth to the NCS Championships. In that case, a school may not enter a substitute for the wrestler in the VVAL tournament in that weight class, unless and until the CIF and NCS amend their bylaws to allow schools to enter more than one athlete per weight class.

15.85.3 If an athlete cannot compete in the VVAL tournament due to circumstances that are not injury or skin-issue in nature, the coach may present a case of hardship. This hardship must be declared to league coaches in writing or via e-mail no later than the league seeding meeting prior to the VVAL Championship Tournament. The coaches, by a majority vote, will determine whether or not to allow participation at the NCS Championships through the at-large process. In that case, a school may not enter a substitute for the wrestler in the VVAL tournament in that weight class, unless and until the CIF and NCS amend their bylaws to allow schools to enter more than one athlete per weight class.

15.85.4 In Section 13.804.1 and Section 13.804.2 above: If, in either case, the wrestler was not granted an at-large berth to the NCS Championship at the NCS seeding meeting held on the Sunday immediately following the VVAL Tournament, the wrestler who was not able to participate in the VVAL tournament may challenge the lowest qualifying wrestler in the VVAL tournament (typically the third place finisher) in a series of challenge matches at the school of the qualified wrestler on the Wednesday following the VVAL tournament.

The challenging wrestler must make weight that will be used at the NCS Championships at the qualified wrestler's school one hour before the challenge match. The qualified wrestler must make weight at the same time as the challenger, but is allowed a two-pound allowance. For example, the challenging wrestler 108 pounds, and the qualified wrestler 110 pounds.

After the one-hour time period following the weight-in, a match will occur. The match will be refereed by an official referee assigned by the assigning officer of REWOCA. If the qualified wrestler wins, the challenge is over. If the challenging

wrestler wins, there will be a 45-minute rest period followed by the second and final match. The winner of the second match will become the lowest qualified wrestler from the VVAL to the NCS Championships.

If the originally qualified wrestler loses the challenge matches, that wrestler shall drop down to the first alternate position (typically fourth place) to be admitted to the NCS Championships based on the alternate selection process as determined by the NCS league medal count formula.

If the original alternate wrestler was awarded an at-large position at the NCS seeding meeting, under no circumstances can that at-large position be lost to the wrestler to whom it was granted.

15.86 The VVAL wrestling championship shall be awarded to the team earning the most points in the league season. Points shall be awarded as follows:

One point for each dual meet win.

Three points for the first place team in the league tournament; two points for the second place team in the league tournament; one point for the third place team in the league tournament.

15.88 The VVAL Novice Tournament is limited to wrestlers who have previously not placed first, second, or third in any wrestling tournament.

15.89 For the purpose of qualifying to the NCS Dual Team Championships only, the team winning the dual meet portion of the league schedule will be considered the VVAL champion and will earn an automatic entry. In the event that two or more teams are tied after the regular season is complete, the following tie breakers will be in effect.

a. If two teams are tied with the same dual meet record, the winner of the head-to-head match will receive the automatic entry to the NCS.

b. If three or more teams are tied, the tie-breaker will be the cumulative total of the points scored against each of the other teams involved in the tie. If the teams are still tied after that, the team with the largest differential between points scored and points allowed will receive the automatic entry. If a tie still exists, the automatic berth will be awarded to the team that has the lowest number in the draw that is conducted at the preseason VVAL coaches meeting.

c. If the teams are still tied after that, the representative will be determined by the draw of the principals for the winter season that is conducted at the beginning of the school year.

15.91 The position of VVAL representative to the North Coast Section shall be voted on by the Vine Valley Athletic League varsity wrestling coaches and will be a two-year term. The league representative will represent the Vine Valley Athletic League in a fair and equitable manner at required functions, to include the fall and spring Wrestling Management Committee meetings and the North Coast Section Wrestling Championships Seeding Meeting. If this position is vacated during the two-year term, a new election will be held.

The VVAL wrestling representative and a representative from the first place team will attend the NCS Seeding Meeting. If a representative from the first place team is the elected league representative or if the representative from the first place team cannot attend for any reason, then a representative from the second place team shall attend the NCS seeding meeting. If the second place team cannot send a representative, then a representative from the third place team shall go, and so on, to ensure that there will be two representatives in attendance at the NCS Championships Seeding Committee Meeting. In case of a tie for first place, which would result in a tie for the VVAL representative to the NCS Championships, the coach of the team with the highest finish in the VVAL tournament will be the representative.

The league representative is required to represent the entire league and all league wrestlers, regardless of school affiliation. The representative is to put the best interest of the league and student-athletes ahead of the interest of the representative's team. VVAL Board of Managers, March 13, 2018

15.92 The finish of the VVAL dual league and VVAL league tournament will be used as a starting point for the selection of first team, second team, and honorable mention all-league wrestlers. The all-league meeting will be held on the Monday following the VVAL Wrestling Tournament and will NOT be based upon any non-league events.

DAYS AND STARTING TIMES FOR CONTESTS 16.00

SPORT	DAY OF THE WEEK	STARTING TIME	SEASON
BADMINTON	Tuesday, Thursday	4:30 PM	Spring
BASEBALL	Tuesday, Thursday	3:30 PM until DST, then 4:30 PM	Spring
BASKETBALL	Wednesday, Friday Tuesday, Thursday	4:00 (F), 5:30 (JV),7:00 (V)	Winter

The basketball schedules are rotated between the boys' and girls' half-way through the season, yearly.

CROSS COUNTRY	Wednesday	3:30 PM	Fall
FOOTBALL	Friday or Saturday night	4:45 (JV); 7:00 (V)	Fall
GOLF, boys'	TBD by site availability	3:00 PM until DST, then 3:30 PM	Spring
GOLF, girls'	Tuesday, Thursday	3:30 PM until DST, then 3:00 PM	Fall
LACROSSE, boys'	Tuesday, Friday	One round: 4,5:30, 2nd: 5:30, 7	Spring
LACROSSE, girls'	Tuesday, Friday	One round: 7; Second round: 5:30	Spring
SOCCER, boys	Tuesday, Thursday	JV, 4:00 PM, Varsity, 6:00 PM	Fall
SOCCER, girls'	Wednesday, Friday	JV, 4:00 PM, Varsity, 6:00 PM	Fall
SOFTBALL	Wednesday, Friday (official availability dictates days of the week)	3:30 PM until DST, then 4:30 PM	Spring
SWIMMING	TBD	3:30 PM	Spring
TENNIS, boys'	Tuesday, Thursday	3:30 PM	Spring

TENNIS, girls'	Tuesday, Thursday	3:30 PM until DST, then 3 PM	Fall
TRACK	Wednesday	3:30 PM	Spring
VOLLEYBALL	Tuesday, Thursday	5:00 (JV); V follows 25 min. After Ukiah matches begin at 4:30 PM	Fall
WATER POLO	Tuesday, Thursday	4:00, 5:00, 6:00, 7:00	Fall
WRESTLING	Wednesday	6:00 PM	Winter

Game or match starting times or dates may be changed with the approval of both principals.

Daylight Savings Time (DST) begins on the second Sunday in March and ends on the first Sunday in November.

FILM AND VIDEO-TAPING POLICY 17.00

General 17.90

17.01 Video taping is allowed as long as the person during the taping is seated in the spectator seating area. Any other seating area would have to be approved by the teams involved. VVAL Board of Managers, March 13, 2018

APPENDIX

Scheduling Matrix for All Sports

Football

1. Number of League Home Games: It has been established that each team in the VVAL will have either 4 or 3 home games alternately on an annual basis. Teams have been designated as having their 4 home game seasons in either EVEN years or ODD years. Having been established, this designation will not change. This will better enable league members to reliably predict their needs in scheduling non-league opponents to achieve an optimal balance of TOTAL HOME/AWAY games within a season.

2. Biannual Match-Up Order Draw: The order in which each team plays its league opponents will be redrawn on EVEN years (every 2 years). As a result, each team will play its league opponents in the same order for 2 consecutive seasons only. For each match-up, the HOME team during the EVEN year will then be the VISITING team during the following ODD year.

   The first season of a newly drawn league schedule match-up will always be during an EVEN year.

   The second (final) season of a league schedule match-up order will always be during an ODD year.

3. Home / Visitor Alternation: Football is unique among high school sports in that each league opponent is played only ONCE during a season. Because of this fact, the matter of “which team is the HOST” takes on a greater significance than in other sports where each league opponent is played twice. For each new season, whether the order of match-ups is redrawn or not, the most important factor for determining which team will be the Home team in a given match-up is to reference the schedule from the previous season. In doing so, the following will be achieved:

   Consistent alternation of HOME/AWAY within a match-up on an annual basis. HOME/AWAY balance between league members will be immediately maintained, without requiring a cycle of 4 or more years.

	No league member will gain an advantage, either real or perceived by hosting any one league opponent in consecutive years. (3/13/2018))
Girls' Soccer	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/13/2018)
Boys' Soccer	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/13/2018)
Volleyball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3?13/2018)
Cross Country	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, from the season through the 2019 –2020 season.
Girls' Golf	The schedule shall be reversed and rotated annually. (3/13/2018)
Wrestling	VVAL dual meets will scheduled for Wednesdays, beginning on the Wednesday on the first full week of each new year. In the second week of competition there will be two dual meets, one on Wednesday and one on Friday. The last regular season dual meet will be scheduled for the Wednesday prior to the NCS dual meet championships and ten days prior to the VVAL wrestling tournament. Depending on the CIF and NCS playoff dates or calendar, there may need to be two weeks with two league dual meets. If that is the case, then the five week dual schedule would be 1, 2, 1, 2, and 1. Rotation of the schedule. Each team's last dual opponent of the current season will become next year's first dual and all teams move back one date in the schedule. Each succeeding year the home team becomes the visiting team. (3/13/2018)
Basketball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/13/2018)
Baseball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/13/2018)

Softball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/13/2018)
Badminton	Draw all schools and use the badminton scheduling matrix.
Swim and Dive	The schedule will vary from year to year because of limited pool availability. It is essential that the coaches are involved in the formation of this schedule. Travel and equity in the number of home and away meets will be considered. (3/13/2018))
Boys' Golf	The schedule shall consist of eight 18-hole mini-tournaments consisting of all VVAL schools. These tournaments will be held one time per week and each VVAL school will host one event. The day of each tournament will vary each week (based on course availability) so that students don't miss the same class every week (for those schools using a block schedule). Once daylight savings time begins, start time will be 2 PM. (3/13/2018))
Boys' & Girls'	Tennis Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/13/2018)
Track	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, from the 2018-2019 season through the 2019 – 2020 season. Lacrosse

Read before each game

Vine Valley Athletic League
Sportsmanship Statement

Schools in the Vine Valley Athletic League Are
Attempting to Promote Good
Sportsmanship Throughout the League and
Throughout the Area
To Do So, We Need Help From Everyone
Involved in the Game, Whether You Are A
Player, Cheerleader, Coach or Spectator
Please Help Us To Promote The Ideal of
Good Sportsmanship in Competition
You Can Show Your Support Best By
Extending Your Courtesy Towards The
Players, Staff, Fans and Officials
Thank You For Making This A
Positive Experience for Everyone Involved