

SOUTH YOSEMITE ATHLETIC CONFERENCE

CONSTITUTION RULES AND REGULATIONS

Originated September 1994

Revised October 2013

Revised April 2014

Revised September 2018



SOUTH YOSEMITE LEAGUE

Bakersfield Christian
Golden Valley
Independence
Ridgeview
Tehachapi
West

SOUTHEAST YOSEMITE LEAGUE

East Bakersfield
Foothill
Highland
Mira Monte
North
South

SOUTHWEST YOSEMITE LEAGUE

Bakersfield
Centennial
Frontier
Garces
Liberty
Stockdale

CONTENTS

	PAGE
League Presidents	3
League Representatives	4
CIF Representatives	5
League Meet Hosts	6
Guidelines for League Representatives	7
Conference Agreement for Adopting Schedules	8
Spirit Leader Guidelines	9
Admission Prices & Policies	10
Information Regarding Activities/Athletic Passes	11
Determination of Champions	12
Awards	13-14
Athletic Starting Times	15
<u>SPORTS REGULATIONS</u>	
Baseball Regulations	16-19
Basketball Regulations (boys & girls)	20-21
Cross-Country Regulations (boys & girls)	22-23
Football Regulations	24-25
Golf Regulations	26-29
Soccer Regulations (boys & girls)	30-31
Softball Regulations	32-34
Swimming Regulations (boys & girls)	35-37
Tennis Regulations (boys & girls)	38-39
Track & Field Regulations (boys & girls)	41-46
Volleyball Regulations	47-48
Wrestling Regulations	49-51
Extreme Heat & AQI Guidelines	52
Activity/Athletic Control Code – <i>See activity/athletic code</i>	

SOUTH YOSEMITE LEAGUE PRESIDENTS

1951-56	Kenneth Rich
1956-61	George Williamson
1961-65	Grant Jensen
1965-67	Bus Mills
1967-69	Jack Hilton
1969-71	Arthur Johnson
1971-74	Kenneth Robesky
1974-75	Wes Anderson
1975-77	James Waterman
1979-81	Tom Jones
1981-83	Jeannine Thompson
1984-87	Jordon Kanikkeberg
1987-89	Hollis Shannon
1989-91	Lloyd Williams
1991-93	Hal Eggleston
1993-94	Sue Kinney

SOUTHEAST YOSEMITE LEAGUE

1994-95	Sue Kinney
1995-96	Sue Kinney
1996-97	Calvin Meek
1997-98	Ted Oliver
1999-00	Ted Oliver
2000-01	Ted Oliver
2001-02	Ted Oliver
2002-03	Ted Oliver
2003-04	Mark Weir
2004-05	Mark Weir
2005-06	Vince Fanucchi
2006-07	Vince Fanucchi
2007-08	Vince Fanucchi
2008-09	Gary Fowler

SOUTHWEST YOSEMITE LEAGUE

1994-95	Don Noriel
1995-96	Don Ward
1996-97	Don Ward
1997-98	Don Ward
1999-00	Don Ward
2001-01	Don Ward
2001-02	Gary Fowler
2002-03	Gary Fowler
2003-04	Gary Fowler
2004-05	Gary Fowler
2005-06	Gary Fowler
2006-07	Gary Fowler
2007-08	Gary Fowler
2008-09	Brad Harris

SEYL

2010-11	Ted Armijo
2011-12	Ted Armijo
2012-13	Steve Matney
2013-14	Steve Matney
2014-15	Steve Matney
2015-16	Steve Matney
2016-17	Steve Matney
2017-18	Steve Matney
2018-19	Brian Huens

SYL

2010-11	Brad Harris
2011-12	Brad Harris
2012-13	Tom Haskell
2013-14	Kyle Wylie
2014-15	Scott Davisson
2015-16	Scott Davisson
2016-17	Scott Davisson
2017-18	Scott Davisson
2018-19	Scott Davisson

SWYL

2010-11	Mark Hance
2011-12	Mark Hance
2012-13	Tim Davis
2013-14	Tim Davis
2014-15	Tim Davis
2015-16	Tim Davis
2016-17	Tim Davis
2017-18	Tim Davis
2018-19	Tim Davis

YOSEMITE/SEQUOIA LEAGUE REPRESENTATIVES

SCHOOL	REPRESENTATIVE	POSITION
Arvin (SSL)	Ed Watts, Principal	Ralph Gonzalez, Director of Athletics
BHS (SWYL)	David Reese, Principal	Jeff Scott, Director of Athletics
Bakersfield Christian (SYL)	John Buetow, Principal	Blake Van Der Schaff, Director of Athletics
Centennial (SWYL)	Matt Guinn, Principal	Tom Haskell, Director of Athletics
East (SEYL)	Leo Holland, Principal	Ken Chapman, Director of Athletics
Foothill (SEYL)	Gail Bentley, Principal	Mike Biezd, Director of Athletics Maggie Western, Female Rep.
Frontier (SWYL)	Vicky Thompson, Principal	Mike Gibson, Director of Athletics
Garces (SWYL)	Myka Peck, Principal	Brian Dignan, Director of Athletics
Golden Valley (SYL)	Paul Helman, Principal	Robert Haskell, Director of Athletics VACANT, Female Rep.
Highland (SEYL)	Debra Vigstrom, Principal	Justin Finch, Director of Athletics
Independence (SYL)	Dean Juola, Principal	Derek LaRosa, Director of Athletics
Kern Valley (High Desert)	John Meyers, Principal	Mike Genthner, Director of Athletics
Liberty (SWYL)	Libby Wyatt, Principal	Tim Davis, Director of Athletics
Mira Monte (SEYL)	Will Sandoval, Principal	Josue Valenzuela, Director of Athletics
North (SEYL)	Mark Balch, Principal	Brian Huens, Director of Athletics
Ridgeview (SYL)	Steve Holmes, Principal	Shane Koerner, Director of Athletics
Shafter (SSL)	Russell Shipley, Principal	Brian Feaster, Director of Athletics
South (SEYL)	Connie Grumling, Principal	Dante Borradori, Director of Athletics
Stockdale (SWYL)	Scott Odlin, Principal	Justin Roberts, Director of Athletics Maria Collatz, Female Rep.
Tehachapi (SYL)	Scott Heightman, Principal	Victor Morones, Director of Athletics
West (SYL)	Terrie Bernardin, Principal	Scott Davisson, Director of Athletics

**SOUTH YOSEMITE ATHLETIC CONFERENCE
CIF REPRESENTATIVES**

	SYL	SEYL	SWYL
President	Scott Davisson – West	Brian Huens – North	Tim Davis – Liberty
Vice President	Robert Haskell	Josue Valenzuela	Jeff Scott – BHS
CIF Representative	VACANT	Maggie Western – Foothill	Maria Collatz – Stockdale

SPORTS REPRESENTATIVES

<u>SPORT</u>	<u>SYL</u>	<u>SEYL</u>	<u>SWYL</u>	<u>A.D. ASSIGNED</u>
Baseball	Chad Shelton Independence	Chris Ryan Branson North	Tony Mills Liberty	Davisson
Basketball (Boys)	Mike Martin Ridgeview	A.J. Shearon North	Greg Burt BHS	T. Haskell
Basketball (Girls)	Mario Zetina Independence	Britt Peters Highland	Terrance Hubbert Liberty	LaRosa
Cross Country	Bill Parviainen Independence	Paul Contreras Foothill	Bree Tape Stockdale	Valenzuela
Football	Derrick Dunham West	Cary Mills South	Bryan Nixon Liberty	Chapman
Golf (Boys)	John Alvarez Golden Valley	Steve Landerdahl Foothill	Kirk Bowyer Liberty	Scott
Golf (Girls)	John Alvarez Golden Valley	Carlos Azparren North	Nick Kaiser Stockdale	Scott
Soccer (Boys)	Brock Snyder West	Diego Cano South	Archie Parks BHS	Bieзад/ Finch
Soccer (Girls)	Derik Watson BCHS	Marty Martinez East	Max Bluemel Frontier	Bieзад/ Finch
Softball	Jerry Dumatrait Ridgeview	Manuel Alderete Mira Monte	Amanda Hockett Stockdale	Gibson
Swimming	Jacob Montecito BCHS	Carey Jue East	Marc Urmston Liberty	Huens
Tennis (Boys)	Robert Smith West	Steve Kirkman South	Tamara Maiocco BHS	Koerner
Tennis (Girls)	Ed Crosby Golden Valley	Sander Stothers Mira Monte	Dave Hillestad Stockdale	Koerner
Track	Bill Parviainen Independence	Paul Contreras Foothill	Dave Lonsinger Stockdale	Davis
Volleyball	Debbie Whitbey Ridgeview	Melanie Gibson Highland	Maria Collatz Stockdale	R. Haskell
Wrestling	Aaron Wherry Golden Valley	Brady Gardner North	Carlo Franciotti Frontier	Chapman

LEAGUE MEET HOSTS

SPORT	SEYL	SWYL	SYL
Cross Country	Foothill	Foothill	Foothill
Wrestling Junior Varsity	South South	Frontier Frontier	East East
Tennis (Girls) Tennis (Boys)	Foothill Foothill	Stockdale Stockdale	Ridgeview Ridgeview
Track	Highland	Liberty	Golden Valley (FS) Highland (JV & VR)
Swimming/Diving JV Swimming	North North	BHS BHS	East East

Players may be moved up or down between the varsity and JV teams throughout the first round of league play. Once the second round of league play begins, a player who competes in a varsity game cannot move down to JV for the remainder of the season. A player is not allowed to compete on both the varsity and JV teams in the same day.

GUIDELINES FOR LEAGUE REPRESENTATIVE

League sport representatives will be assigned annually by the league president. League sport representatives will be selected from the administrative staffs of the schools when possible and shall be reviewed annually.

1. League representatives shall properly schedule meetings that will allow recommendations of coaches to be presented to the league. It is recommended that a meeting be held prior to the start of the season and one towards the completion of the season.
2. League representatives will listen to all recommendations presented by coaches and offer, if appropriate, his/her knowledge and feelings concerning the recommendation. However, the view of the majority of coaches present at the meeting will be presented to the league in an unbiased manner for the league's decision.
3. League representatives having voting privileges shall vote according to the desire of his/her school principal even though it may be in opposition to his/her presentation as a league representative.
4. League representatives shall represent and present the SEYL/SWYL/SYL concerns and recommendations in all central section sports advisory meetings.
5. League representatives shall call a meeting of all coaches two weeks prior to the last league contest and no later than one week after the last contest for the purpose of "All League" selections. Athletic Directors should also be notified of the meeting in order to notify "walk on" coaches.
6. League representatives may ask the group if they want an open or closed ballot for "All League" selections. This is up to each sport and may be listed in the league rules of that sport. If no one can decide, the sports chairperson makes the decision.
7. League representatives will inform the group that no one will discuss the "All League" selections with their teams, friends, etc. The voting is to be kept between the coaches who are present.
8. League representatives will provide the results of the "All League" selections to the proper news media and order award plaques for the recipients.
9. League representatives shall keep league records of their individual sport and provide league standing to the Director of School Support Services.
10. League representatives shall provide a league schedule for their sport to all Athletic Directors and the Director of School Support Services one week prior to the appropriate conference meeting. Fall sports in October, winter sports (except wrestling) in January and spring sports and wrestling in February.

CONFERENCE AGREEMENTS FOR ADOPTING SCHEDULES

Schedules for each sport will be adopted on the basis of a two-year cycle. The schedule for the second year will be the same as the 1st year except the sites will be opposite. Sports schedules will be adopted using the following procedure.

1. A representative from each school will meet.
2. If the leagues are odd in number and a “bye” is necessary in scheduling league contests, League representatives will “draw” for or otherwise “agree” upon “bye partners”.
3. School representatives will draw numbers. If “bye partners” are necessary, “bye partners” must have the same number.
4. For a two-year cycle schools will use the following rotation using the numbers drawn.

Round 1	Round 2	Round 3
Bye (Or 6) - 1	Bye - 2	Bye - 3
5 - 2	1 - 3	2 - 4
4 - 3	5 - 4	1 - 5
Round 4	Round 5	
Bye - 4	Bye - 5	
3 - 5	4 - 1	
2 - 1	3 - 2	

Note: The following is the home/away rotation that was used for 1996/97

B - 1	2 - B	B - 3	4 - B	B - 5
5 - 2	1 - 3	2 - 4	3 - 5	4 - 1
4 - 3	5 - 4	1 - 5	2 - 1	3 - 2

This rotation results in this:

Team 1st Round

- | | |
|----------|----------|
| 1. BHAHA | 2. ABHAH |
| 3. HABHA | 4. AHABH |
| 5. HAHAB | |

5. All possible sports will use the adopted league schedule.
6. Some sports will use the adopted rotation for 1 round (football), some for two rounds and some for 3 rounds (baseball).
7. Add 1 round of conference contest where possible.
8. In 2010-11 the 5-team leagues (SEYL & SYL) are playing basketball and soccer on Wednesday/Friday and baseball, softball, boys’ tennis on Tuesday/Thursday. The 6-team SWYL will play in the winter on Tuesday/Thursday and in the spring on Wednesday/Friday. Those should be rotated in 2011-12.

SPIRIT-LEADER GUIDELINES

SCRIMMAGE

1. No spirit leaders or Pep Band of any kind at any scrimmages.

FOOTBALL

1. No mechanical or air horns allowed.
2. Tunnels restricted to bands and uniformed spirit leaders.
3. Signs must be in good taste and posted on own side of field.
4. No activity or yell that would incite crowd in a negative way.
5. No speakers toward playing field.
6. Pep Band/P.A. systems – no music, during plays.

EXCEPTIONS: PLAYOFFS

BASKETBALL – WRESTLING - VOLLEYBALL

1. No megaphones allowed in gyms.
2. Do not kick or stomp bleachers for safety and maintenance reasons.
3. No “you-you” yells following fouls (display good sportsmanship at all times).
4. Do not use yells with double intent.
5. Artificial noisemakers – horns, kazoos, etc., will not be allowed.
6. Signs are to be displayed only in home gyms. (Exception: playoffs, your side only, masking tape only)
7. Discourage unauthorized spirit leaders by maintaining positive control of crowd.
8. Discourage crowd reaction to official calls.
9. Yells should not distract during free throws or volleyball service.
10. Tunnels for player introductions will be limited to 10-12 uniformed spirit leaders.
Remember your behavior has a great impact on crowd behavior.
11. Music amplifiers may be used during pre-game and half time shows only. Caution should be used in using amplifiers. (1-5-83)
12. Pep Band attendance and sound systems will be limited to home gyms only.

REMEMBER – your behavior has a great impact on crowd behavior.

ALL ATHLETIC CONTESTS

There shall be no chants or yells unless they are approved school yells led by the school spirit leaders. If violations occur, game management has the right to ask game officials to stop play until the situation has been corrected. Continued abuse of the regulations will result in removal of offender’s rights to attend future contests.

ADMISSION PRICES, ATHLETIC EVENTS
SOUTH YOSEMITE LEAGUE
SOUTHEAST YOSEMITE LEAGUE
SOUTHWEST YOSEMITE LEAGUE

FOOTBALL:

\$7.00 Adults and Students without ID Cards

\$5.00 High School and Junior High Students with ID card and Senior Citizens (60 and over)

\$4.00 – Children (ages 6-11) with parents

Children (5 years and under) with parent are free

FROSH/SOPH FOOTBALL:

\$4.00 Adults and Student without ID Cards

\$3.00 – High School and Junior High Students with ID Card

\$3.00 – Senior Citizens (60 and over)

\$3.00 – Children (ages (6-11) with parent

Children (5 years and under) with parent are free

BASKETBALL, VOLLEYBALL, WRESTLING, AND SOCCER

\$5.00 Adults and Students without ID Cards

\$3.00 Adults Frosh/Soph games on Friday

\$2.00 – Students Frosh/Soph games on Friday

\$4.00 – High School and Junior High Students with ID card and Senior Citizens (60 and over)

\$3.00 – Children (ages 6-11) with parents

Children (5 years and under) with parent are free

INFORMATION REGARDING ACTIVITY/ATHLETIC PASSES

1. High School Identification Cards can be used for free admission by a school staff member and one guest when the event is sponsored by the South Yosemite Conference/KHSD.
2. The South Yosemite Conference Activity/Athletic Pass admits bearer and one guest to most student body activities or athletic events sponsored by the South Yosemite Conference. Additional tickets are to be purchased at regular prices.

Certain contests and tournaments, as well as all CIF play-off games, will not honor the South Yosemite Conference Activity/Athletic Pass or High School Identification Card.

GENERAL LEAGUE POLICIES REGARDING ADMISSION PRICES:

1. Only ASB Cards from the two schools involved in game or matches are to be honored.
2. No special passes for SYL, SEYL or SWYL games shall be issued.
3. Frosh/Soph football home teams may be admitted free.

DETERMINATION OF SYL, SEYL, & SWYL CHAMPIONSHIPS

Baseball	League W-L Record
Basketball	League W-L Record
*Cross-Country	League Meet/W-L Record
Football	League W-L Record
*Golf	League Tournament/League W-L Record
**Soccer	League W-L Record
Softball	League W-L Record
*Swimming	(See Below)
Tennis	League W-L Record
*Track	League Meet/Varsity W-L Record
Volleyball	League W-L Record
*Wrestling	(See Below)

*The League championship in cross country, swimming, wrestling, track and field shall be determined on a point basis (Established by each league) for league meet W-L Record, plus team placement in the league championship meet. In league competition, points shall be awarded for each win, and points will be awarded for each tie. For team placement in the league meet/tournament, points will be awarded for 1st, 2nd, 3rd, 4th, 5th, and 6th place as determined by each league. In golf, the league champion will be determined by league tournaments.

In case of ties, points will be split.

** Refer to League rules

AWARDS

First Team SYL/SEYL/SWYL League (Plaque, Medals)

Baseball Awards

Baseball-(14) Plaques (1st Team): 1-Most Valuable Player, 1-Most Valuable Pitcher, 1 - Rookie of the Year, 2-Pitchers, 1-Catcher, 4-Infielders, 3 Outfielders, and 1-UT/DH.

(11) Certificates (2nd Team): 2-Pitchers, 1-Catcher, 4-Infielders, 3 Outfielders, and 1-UT/DH.

Total of 25 Awards

Basketball – (boys and girls) – Plaques

8 awards – 6 All-League plus 1 Most Valuable Player and 1 Rookie-of-the-Year

Cross Country (boys and girls) - Medals

10 awards in each of VRB, VRG, BJV, GJV, BFS, and GFS – 1st 7 runners in both boys and girls Varsity races are considered All-SYL/SEYL/SWYL 1st team

Football – Plaques

28 awards – 12 offense; 12 defense; 1 punter; 1 field goal kicker; 1 MVP offensive player and 1 MVP defensive player. (12) players chosen on offense. These players will consist of: (5) offensive linemen, (5) Skill positions to include at least one (1) running back and one (1) receiver. (A Tight end may be selected as part of the 5.) one (1) quarter back and one (1) floating player. There will be twelve (12) players chosen on defense. These players will consist of: four (4) down linemen, four (4) linebackers and four (4) defensive backs.

11 second team offensive and 11 second team defensive shall be selected.

Golf – Plaques

10 Plaques awarded to golfers with the best average scores

Soccer (boys and girls) – Plaques

14 awards – 11 First Team, 11 Second Team, 1 MVP offense and 1 MVP defense, 1 Keeper of the Year

Softball – Plaques

13 awards – 2 catchers, 2 pitchers, 4 infielders, 3 outfielders, and 2 utility players

(11) Certificates (2nd Team): 1-Rookie of the Year, 2-Pitchers, 1-Catcher, 4-Infielders, 3 Outfielders, and 1-UT/DH.

Total of 24 Awards

Swimming (boys and girls) – Medals

1st, 2nd and 3rd for each event including relays

Tennis (boys and girls) – Medals

1st, 2nd and 3rd for each event

Track (boys and girls) – Medals
1st, 2nd, and 3rd in each event, VRB, VRG, FSB & FSG

Volleyball – Plaques

10 awards – for leagues with five (5) teams.

12 awards – for leagues with six (6) teams.

Plus One MVP and One Rookie of the Year

**2nd teams may be selected and certificates given

Wrestling

NOTE: Each sport chairperson will order awards. Total cost for medals will be divided among the schools. Plaques will be paid for by each school individually

All League Plaques must be 8x10 and 8x10 for MVP's.

ATHLETIC STARTING TIMES
SOUTH YOSEMITE ATHLETIC CONFERENCE

Baseball

Varsity 3:30 p.m. (after time change 4:00 p.m.)
Frosh/Soph 3:30 p.m. (after time change 4:00 p.m.) (Game ends at two hours)

Basketball (boys and girls are at separate sites)

Girls Varsity 6:30 p.m.

Boys Varsity 6:30 p.m.

Girls Junior Varsity 5:15 p.m.

Boys Junior Varsity 5:15 p.m.

Boys Frosh/Soph 4:00 p.m.

Girls Frosh/Soph 4:00 p.m.

Cross-Country 4:00 p.m. (after time change 3:30 p.m.)

Football

Varsity 7:30 p.m.

Junior Varsity 5:00 p.m.

Frosh/Soph 5:00 p.m. on Thursday for all schools

Golf 1:00 p.m. Based on Course availability

Soccer

Varsity 6:00 p.m. 40 minute halves, 10 minute halftime

Junior Varsity 4:30 p.m. 35 minute halves, 10 minute halftime

Frosh/Soph 3:30 p.m. 25 minute halves, 5 minute halftime, no stoppage time

Softball

Varsity 3:30 p.m. (after time change 4:00 p.m.)

Frosh/Soph 3:30 p.m. (after time change 4:00 p.m.) (CIF CS bylaw 4.9)

Swimming 3:30 p.m.

Tennis

Girls Tennis 4:00 p.m. (after time change 3:30 p.m.)

Boys Tennis 3:30 p.m. (after time change 4:00 p.m.)

Track 3:30 p.m.

Volleyball

Varsity 6:15 p.m.

Junior Varsity 5:00 p.m.

Frosh/Soph 4:00 p.m.

Wrestling

7:00 p.m. (2 mats) unless otherwise mutually agreed upon

5:00 and 7:00 p.m. (double dual)

NOTE: All athletic contests (unless CIF Play-Offs) should end by 11:00 p.m. If this happens, try to notify parents of late time.

BASEBALL REGULATIONS

1. There shall be no changes in the league schedule or site unless agreed upon by both schools and approved by the Kern High School District Director of School Support Services and the League President.
2. See athletic starting times on page 15.
3. Only the last regular season league game will be made up on that Saturday. This will allow The field to be free from dampness and permit extra time to get the field in playable condition. It is the responsibility of the home team to inform the visiting team and umpires if inclement weather or any other reason resulting in cancellation of the make-up contest. It is important that such notification be handled at the earliest possible hour.
4. If a game is postponed due to inclement weather, it shall be made up the next playable day at the originally scheduled site. If the field is still unplayable, the game, by mutual agreement of the teams involved, may be moved to another site. If two or more games are postponed, they shall be replayed in regularly scheduled sequence as above with no more than three games to be played in anyone week unless permission is granted by the area commissioner and the league president. Such permission would be granted during playoffs, tournaments, etc., where the time element was a factor.
5. South Yosemite Conference league games postponed due to inclement weather shall be made up the next playable date at a site agreed upon by the two schools' athletic directors. Only league contests will be made up. A game that is called because of inclement weather, and is a complete game after 5 innings play. A suspended game that has not gone 5 innings will be played the next playable date at the same site from the point it was stopped. If the visiting team has had 5 innings at bat and the home team is ahead but does not get their at bat in the 5th inning, the game is final after 4½ innings of play.
6. Tie baseball games involving Junior Varsity and Frosh/Soph teams shall not be replayed and will count in the standings as one-half win and one-half loss.
7. **VARSITY ONLY**--Protests are to be filed on rule interpretations only. A phone call from the athletic directors to the Kern High School District Director of School Support Services must be made within 24 hours (excluding Saturday and Sunday) explaining the protest. The protests must then be made in writing and in the hands of the Kern High School District Director of School Support Services within 3 school days. A protest must be cleared through the athletic director of the school before being sent to the Kern High School Director of School Support Services. If a protest is upheld the game will resume at the point of the protest, at the earliest possible date. Protests will be handled at the League level first. Protests not settled at the League level will be sent to the Office of the South Area Commissioner for a decision.

The Protest Committee will consist of the Kern High School District Director of School Support Services, and two neutral athletic directors from the SYAC.

JV/FROSH (NO PROTEST): The decision of the umpire is final.

BASEBALL REGULATIONS – continued

8. The baseball schedule is limited to 28 contests. Finances or other reasons may necessitate curtailment in the number of games and the league will legislate changes as they become necessary. (Rule when need to be changed if/when CIF changes)
9. The season of sport for baseball is established by Central Section CIF. It ends with the final league contest and the league's divisional representative with the final play-off contest.
10. Regulations Preliminary to the Start of a Game:
 - a. All contests -Junior Varsity and Varsity -shall be scheduled for seven innings.
 - b. Each team shall be entitled to 15 minutes of infield practice. Umpires shall permit a five-minute warm-up by both teams, followed by 15 minutes of infield.
 - c. No hitting practice will be permitted preliminary to weekday contests. No pitching machines can be used. Hitting practice is permitted prior to Saturday contests, but it is to be emphasized that umpires are instructed to start Saturday contests no later than 11:30 a.m. hitting practice also is permitted prior to nonleague contests. Teams violating hitting practice regulations shall forfeit the game.
 - d. All grade levels may participate on the varsity team (freshmen, sophomore, juniors are eligible for participation on the Junior Varsity team).
 - e. No player may be brought up or sent down from a lower or higher classification during the process of a game. This rule shall apply even though the player has not participated in any of the games being played that day.
 - f. Pitching limitation rule-Pitch Count
 - i. SYC will follow NFHS rules.
 - g. Team coaches may coach from either of the coaching lines.
 - h. At the start of the 2nd Round of league play, no player may be moved down in classification. A player may be moved up in classification during the 2nd Round but must remain on the roster and is not permitted to be brought down to a lower classification if he has participated in any league contest with the team of higher classification during the 2nd Round. In rounds previous to the final round, players may be moved to teams of higher and lower classification with the only restriction being that seniors are ineligible to participate on the Junior Varsity team, both during the practice and the championship season.

BASEBALL REGULATIONS – continued

Regulations Pertaining to the Game:

11. All games in the Central Section C.I.F. shall be played under Federation rules, including adoption of the designated hitter rules. Razzing of players, use of profanity, demonstrations, and remarks tending to incite or reflect upon players, umpires and spectators will not be permitted. Umpires will be requested to rigidly:
 - a. Enforce this regulation. Coaches are asked to abide by the "Conduct at Baseball Games" code adopted by the Central Section C.I.F.
 - b. Teams may throw the ball around the infield after an out is made.
 - c. Pitchers are permitted 8 pitches for warm-up between innings.
 - d. Any-player who has not been removed from the game by the umpire may serve as a base coach.
 - e. Everyone hustles to his position, including the pitcher.
 - f. The pitcher's jacket should be in the hands of the base coach for instant use.
 - g. The "withdrawn player" option of the Federation rules shall be in effect in the South Yosemite League.

12. Regulations Pertaining to All-League Selections:

The Varsity Head Coaches or a team representative is required to attend the All League Team meeting at the end of the season. The All League meeting must be conducted on the first Monday following completion of league. Both 1st and 2nd team selections shall consist of 2 Pitchers, 1 Catcher, 4 Infielders, 3 Outfielders, and 1 *UT/DH*. This totals 11 players for each team. 1st selectees shall receive plaques; second team selectees and players are given honorable mention and shall receive certificates. "Most Valuable Player", "Most Valuable Pitcher" and "Rookie-of-the-Year" in SWYL will be selected by head coaches and said player is entitled to a plaque, paid for by his school. "Rookie-of-the-Year" award shall be presented to a sophomore or freshman member of the Varsity squad in his 1st year of being on the Varsity Team. Voting/Ranking will be by the league's Varsity Head coaches Criteria for All League Selection:

- a. Demonstrates good sportsmanship towards his coach and teammates.
 - b. Respected by his coach and teammates for his leadership qualities.
 - c. Demonstrates good sportsmanship towards his opponents, officials and spectators.
 - d. Demonstrates a skill level that deserves consideration for All League selection.
 - e. Attained statistics that deserve consideration for All League selection.
13. When a shortage of baseball officials prevents assignment of crews to cover all games for a particular day, the Kern High School District Director of School Support Services is empowered by the league to reschedule any contest or contests to ensure the availability of the necessary number of qualified officials to handle all games. The Kern High School District Director of School Support Services shall use his best judgment in rescheduling and shall set the "next playable date" as closely as possible to the originally scheduled date. Final decision on such matters is left solely to the Kern High School District Director of School Support Services office.
 14. If a contest is forfeited, the school forfeiting must notify the District Director of School Support Services and all other league schools. The winning team is responsible for notifying the media of scores.

BASEBALL REGULATIONS – continued

15. Additional rules governing South Yosemite Conference League:

- a. Home team will provide ALL game balls.
- b. NO "BATTING PRACTICE" before or during game.
- c. NO "SOFT TOSS" during the game.
- d. Home teams are listed 2nd on the schedule
- e. Host team has choice of dugouts.
- f. Both teams will shag foul balls to their side of the field.
- g. Each team will clean and clear out their dugout after each game.
- h. Run Rules: Varsity (None), JV (10 after 5 Innings), and FROSH (10 after 5 Innings)
 1. Two-hour time limit.
 2. Athletic Director discretion to terminate.
- i. Winning Team will CALL-IN the game result to the newspaper (All 3 Levels).

BASKETBALL REGULATIONS – BOYS AND GIRLS

1. See athletic starting times on page 15.
2. Length of quarter for each game shall be: Junior Varsity girls and Junior Varsity boys, 7 minutes, girls' and boys' Varsity, 8 minutes. For girls, a 30-second shot clock is to be used. For boys a 35 second shot clock is to be used. Frosh/Soph boys and girls will be four 6-minute quarters.
3. Unless changes are made through legislation, National Federation rules shall be followed in the conduct of all contests.
4. Scrimmages against other schools are permitted and will not be considered an official game as long as the school conducts only one scrimmage in the sport season.
5. No player may participate in both a Varsity, Junior Varsity or Frosh/Soph tournament on the same week. Athletes competing for their school on the Varsity or Junior Varsity basketball squads may not participate in any outside program during their season.
6. A closed ballot will be used in the selection of All-League teams. Six players will be named to the All-League team. A 7th player shall be added to the roster and designated as the league's "Most Valuable Player". An 8th player will be chosen as "Rookie of the Year"; this player must be of freshman or sophomore status in school. This All-League meeting shall be conducted on the first Monday following completion of the league.
7. Once a player participates in a Varsity league contest he/she cannot, thereafter, play in a league Junior Varsity or Frosh/Soph contest. Once playing in a league at a higher level, player cannot move to a lower level. After the 1st round no moving down.
8. SYL/SEYL/SWYL basketball games, which are cancelled, shall be made up on the next available date in the same order in which the games are missed.
9. No individual trophy shall be awarded in basketball tournaments.
10. Basketball teams will be Varsity, Junior Varsity and Frosh/Soph. Varsity level 1, grades 9 through 12. Junior Varsity level 2, grades 9 through 11. Frosh/Soph level 3, grades 9 through 10.
11. Locker room control procedures
 - a. Locker rooms to be locked during games.
12. Warm-up times and starting times – League Athletic Directors will establish warm-up and starting times to be adhered to by all schools throughout the league season.
13. Each team entering the gym for warm-up or the start of the contest will proceed directly to their designated half of the floor or bench. They are not to circle the entire court before proceeding to their warm-up area.
14. If a contest is forfeited, the school forfeiting must notify the District Director of School Support Services and all other league schools.

BASKETBALL REGULATIONS – BOYS AND GIRLS – continued

15. Governing Rules: All basketball competition in the League shall be conducted in accordance with the National Federation of State High School Associations basketball guide along with the C.I.F. Central Section Rules and Regulations recommended by the Section's Basketball Advisory Committee and approved by the Executive Board.
16. The winning team is responsible for notifying media of scores.

CROSS COUNTRY REGULATIONS – BOYS AND GIRLS

1. There must be 14 days of team practice prior to the first inter/intra school meet. Competitors shall have nine (10) days of practice before being eligible to enter meet. (per CIF rule 2.3 in the Cross Country Section)
2. The classifications for league meets: Frosh/Soph, Junior Varsity and Varsity for boys, and Frosh/Soph, Junior Varsity and Varsity for girls.
3. The number of runners permitted in each race shall be:
 - a. In league meets, a Varsity team consisting of a minimum of five (5) and a maximum of ten (10) must be entered before Junior Varsity runners may be entered. The runners on the Varsity teams will be superior to the Junior Varsity team. Up to ten (10) runners may be entered in the Varsity race. Seven (7) scores must be declared before the race.
 - b. In the SYL, SEYL & SWYL league championships, a Varsity team of seven (7) runners must be entered before any Junior Varsity runners may be entered. The runners on the Varsity teams will be superior to the Junior Varsity team. A maximum number of seven (7) runners may be entered in each of the Frosh/Soph and Varsity races. A school lacking runners to fill a Frosh/Soph team (5 runners) may run those athletes on Junior Varsity if necessary to complete the Junior Varsity team. Unlimited runners may be entered in the Junior Varsity races with the top 7 scoring.
 - c. The distance to be run: Varsity boys and girls races shall run three (3) miles or 5K. For all other teams the distance shall be two (2) or three (3)miles, as determined by host school.
 - d. If either school has a full girls' team (at least 5 competitors), and the opponent has at least one competitor, the race must be run.
 - e. If neither school has a full team, the girls may run with the boys. The host school may make a ruling in such cases. If combined the girls will be given equal representation on the starting line.
 - f. No vehicle will be permitted to be driven around the cross-country course during league meets. The host school shall be responsible for enforcement of this regulation. An emergency on the course will be an exception to this regulation-meet management only.
4. The League Championship shall be determined by combining the league meet record and the results of the league Cross Country meet. Teams will be awarded points for each win as determined by each league. The total points accumulated in league meet competition plus points earned in the league championship meet will determine the league championship. League Championship meet points are to be awarded as follows: 5 schools 10-8-6-4-2: 6 schools 12-10-8-6-4-2: 7 schools 14-12-10-8-6-4-2: points are awarded in descending order 1st = most. Ties will be broken by using the national rulebook tiebreaker – place of 6th finisher.
5. League standings for Junior Varsity and Frosh/Soph teams will be determined by each league.
6. The Varsity league championship meet for the three leagues will be run on the same day, at the same site. The boys and girls Varsity teams will run separately.

CROSS COUNTRY REGULATIONS – BOYS AND GIRLS - continued

7. The first seven (7) finishers in the league championship meet shall be recognized as the All League Boys' or Girls' Cross Country team.
8. The JV and F/S league championship meet may be run 1-2 days prior to the Varsity league championship. Each league will host their own meet at a site agreed upon by the schools within that league.
9. Scoring – The finish places of the first five (5) runners from each team (boys & girls) will be added to determine team scores. In case of a tie the best finishing 6th runner will be used to determine the team winner.
10. When a meet is cancelled due to weather-related conditions, it must be rescheduled by mutual agreement at the first available date.
11. If a contest is forfeited, the school forfeiting must notify the District Director of School Support Services and all other league schools.

FOOTBALL REGULATIONS

1. Follow CIF guidelines for age requirements.
2. An eighth grade student from a junior high school may not take part in the spring football practice at high school. It is contrary to the spirit and philosophy of C.I.F. rules for a high school coach to conduct a football practice session at a separate junior high school.
3. There shall be divisional champions in Class A Varsity only. All other teams end their season with the last league game.
4. A high school football team and/or individual of whatsoever classification or name shall not play more than two games in any 8-day period.
5. The last permissible date for playing a league game is determined by the C.I.F. Central Section Executive Board.
6. There shall be no football games until the squad has had 14 days of practice before the first game. Each individual player on the team must have had at least 10 days of practice before he may be allowed to compete in a game.
7. The earliest date for the starting of football practice shall be determined by the Central Section C.I.F. No Sunday practice is permitted. No Sunday meetings are permitted.
8. Pre-practice Conditioning Program:
 - a. It is permissible (not mandatory) for a high school coach to conduct a physical conditioning program for prospective members of his high school football team on five weekdays, set by the Central Section prior to the official opening of practice. Each coach shall limit his program to four hours or in two sessions of two hours each. The session or sessions may be held in the morning, afternoon or evening.
 - b. All such pre-season conditioning drills must be held at the school's regular practice field. No workouts will be permitted at beaches, mountain resorts or military installations. No meals and/or housing of athletes shall be provided free of charge by the schools.
 - c. Spring football may be conducted for 10 days at the last scheduled spring league contest. No pads or helmets are allowed.
9. Football games will be moved from the scheduled home site to the Bakersfield College stadium if the anticipated crowd exceeds the capacity of the home stadium. The Kern High School District Director of School Support Services is empowered to make this decision through the Assistant Superintendent of Instruction.
10. Teams of all classifications (Frosh/Soph, Junior Varsity, and Varsity) may schedule a maximum of ten contests unless restricted by district policy.
11. A player may participate in their own or a higher classification prior to the start of league competition. After playing in a higher classification during league competition they may not move back to the lower classification for the remainder of the league football season.

FOOTBALL REGULATIONS – continued

12. The athletic director of the home school shall be responsible for assigning adequate supervision at all contests. This supervision shall include personnel to be stationed near the visiting school's bus or other transportation mode.
13. National Federation rules shall apply in the staging of all football contests. Frosh/Soph and Junior Varsity league games will be played in ten-minute quarters.
14. All footballs used in league games must meet the standards of the National Federation Rule Book. Each team may use their own ball on offense.
15. See athletic starting times on page 15.
16. Appropriate plaques will be awarded players named to the All-League first team. There will be twelve (12) players chosen on offense. These players will consist of: (5) offensive linemen, (5) Skill positions to include at least one (1) running back and one (1) receiver. (A Tight end may be selected as part of the 5.) one (1) quarter back and one (1) floating player. There will be twelve (12) players chosen on defense. These players will consist of: four (4) down linemen, four (4) linebackers and four (4) defensive backs. One (1) offensive player of the year and one (1) defensive player of the year will be chosen from the list of all league offensive and defensive players. One player will be chosen as an all-league kickers and one (1) player as an all-league punter. There shall be eleven (11) offensive players and eleven (11) defensive players chosen as 2nd team all-league players. No later than Tuesday of the week of the last scheduled game, coaches will submit their nominations for all-league to the other coaches in the league. Those names to the nominations for all-league to the other coaches in the league. Those named to the second team and given honorable mention shall receive certificates. The football chairman will meet with the head coaches at the end of the season to select the teams.
 - a. The criteria used for selecting the all-league team shall consist of, but not limited to, the following:
 - i. Player must be nominated by a coach.
 - ii. Player must display athletic ability.
 - iii. Player shall exhibit good sportsmanship and attitude.
 - iv. Player must be academically eligible at the end of the season.
 - v. Comparison to others nominated at a particular position (this may include statistics).
17. It is mandatory that coaches make arrangements to exchange the most recent videos of their games no later than 12:00 p.m. the day following the Varsity contest. Two videos at the Varsity level and at least one video at Junior Varsity and Frosh/Soph level.
18. It is the responsibility of each school to furnish their own sideline communications system. If one school's system fails, it will NOT be necessary for the opposing school to discontinue the use of their own system.
19. If a contest is forfeited, the school forfeiting must notify the District Director of School Support Services and all other league schools.

The winning team will be responsible for notifying media of scores.

GOLF REGULATIONS - BOYS AND GIRLS

1. Mini tournaments will be held at courses in the area. All mini tournaments count equally towards the league championship. Five of six player scores will count as the team total. An individual golfer may qualify for the South Area tournament by averaging under the qualifying score during all the league mini tournaments. An individual golfer must participate in at least 80% of the league mini tournaments in order to use their average as a qualifying score for the South Area. An individual golfer may also qualify solely based on their score from their last league mini tournament. Team wild card entries can only come from qualifying team scores at the last league mini tournament.
2. Two points will be awarded for each team defeated in an 18-hole mini tournament and the final league tournament. League champion will be the team with the most points.

Area tournament qualifiers are selected according to current CIF rules.

Ties - the following criteria will apply to ties:

Case I. At the completion of the league tournament, if two teams are tied in total points accrued during the season, the team that finished higher in last mini tournament will advance.

Case II. At the completion of the season, if two teams are tied the medal scores of the "sixth person" are compared with the lowest score breaking the tie. If there is a tie in sixth person scores, the tie breaking procedure outlined below will be employed.

The tie breaking procedure is as follows:

- a. First tiebreaker; total of six person team score on last nine holes. (does not apply for dual matches)
 - b. Second tiebreaker; total of six person team score on last six holes.
 - c. Third tiebreaker; total of six person team score on last three holes.
 - d. Fourth tie breaker; total of six person team score on each hole starting with the last hole and working backwards until the tie is broken.
 - e. In the event the tournament was a shotgun start the last hole will be the 18th hole on the scorecard.
3. Mini tournaments start times will be set by the individual course guidelines. Tournaments will be 18 holes unless warm weather (100) or bad air conditions exist. The district will advise the league golf reps in those cases.
 4. The league champion plus the 10 low medalists and ties will represent the league. Wild card entries may apply to teams who shoot under the qualifying score at the last league mini tournament.
 5. Central section play-off participants (team & individual) are selected according to CIF Central section criteria and regulations.

GOLF REGULATIONS - BOYS AND GIRLS – continued

6. General Regulations:
 - a. USGA rules apply unless in conflict with CIF/local course rules.
 - b. Falsifying of a score is disqualification for the player and his/her medal score cannot be used.
 - c. Use of caddies and electric carts is forbidden.
7. Penalty: Disqualification of the player and his/her medal score cannot be used.
8. All players participating in a team match must wear an identifying golf shirt. Players without identifying golf shirt will not be permitted to play.
9. All league teams will consist of the ten (10) lowest averages for holes played for at least 80% of the league mini-tournaments. Each All League player will receive a plaque.
10. In League, Area, Sectional and other tournaments that league players participate in, the Athletes must follow the rules that are outlined by the tournament committee. The rules can be more restrictive rules than those outlined by the USGA. Players who fail to follow these rules may be disqualified.
11. During the league tournament, the conduct of the players must be consistent with accepted golf etiquette. No boisterous actions, profanity or club throwing will be allowed. One warning will be made by the marshal. A second offense will result in disqualification of the player.
12. Spectator rules as stated in the CIF apply at all times during tournament play.
13. Coaches shall marshal and score league mini-tournaments. Coaches must be present to verify all scores. Coaches are responsible to make sure pace of play is being administered by their athletes.
14. No more than 6 golfers can be present from any one school at each mini tournament.
15. Host School:
 - a. Coach is responsible for determining the tournament pairings.
 - b. Coach is responsible for reporting the mini-tournament results to the newspaper.

SYC Mini Tournament Scoring

Report Score to Teddy Feinberg Prep Editor Bakersfield Californian
395-7324

Other Numbers to call 395-7391; 395-73293; 395-7395 (Todd)

You can E-mail

E-mail to Sports_Staff@bakersfield.com and then call to confirm they received it.

Information needed: Team Total Scores i.e.

Team A 490

Team B 540

Team C 550

ect., until all teams in the tournament are reported

Individual Total Scores IE. School Name; Last Name Score

Acme High School

Smith 75

Jones 77

Williams 85

Doe 99

Woods 101

Team Standings

Course i.e. North Kern

Par 72

The Host School is responsible for reporting results to the Bakersfield Californian.
Before 8:00 pm

**SYC GOLF
COURSE GUIDELINES**

**North Kern
Kern River
Buena Vista**

1. Tee off as early as possible. (*they prefer you tee off before 1:30*)
Note: no food or drinks to be brought to the course by the coaches.
2. Team must either have identifying jersey or team bag.
3. Softspikes shoes, no steel spikes.

**Stockdale
Riverlakes**

1. Tee off after 3:00 for dual matches 1:00 for mini tournaments.
2. Dress code: team jerseys required for (practice Stockdale only) or matches. Below mid-thigh type golf shorts ok, no blue jeans or cut offs, or swim type shorts.
3. Twelve players maximum in dual matches.
4. Softspikes shoes, no steel spikes

Bakersfield C.C.

1. Tee off before 1:00 for matches.
2. Dress code: (same as Stockdale).
3. Twelve players maximum in dual matches.
4. Softspikes shoes, no steel spikes.

Rio Bravo

1. Tee off after 12:00 noon for matches.
2. Dress code: (same as Stockdale, except no blue jeans and no shorts of any kind).
3. Twelve players maximum in dual matches.
4. Softspikes shoes, no steel spikes.

Sundale

1. Tee off after 12:00 for matches.
2. Dress code: (same as Stockdale)
3. Twelve players maximum in dual matches.
4. Softspikes shoes, no steel spikes.
5. No carts will be rented to spectators.

Seven Oaks

1. Tee off after 12:00. Except for mini tournament.
2. Dress code (same as Stockdale).
3. Twelve player maximum for dual matches, except mini Tournament, which will be six per team.
4. Softspikes shoes, no steel spikes.

SOCCER REGULATIONS – BOYS AND GIRLS

1. All soccer competition in the South Yosemite Conference will be conducted under the rules of The National Federation of State High School Associations (NFHS), California Interscholastic Federation (CIF) and CIF Central Section.
2. Conference varsity matches will consist of two 40-minute halves, a 10-minute halftime and in the event of a tie at the end of regulation, two 10-minute overtime periods. Conference JV matches will consist of two 35-minute halves and a 10-minute halftime. No overtime periods will be played for JV matches.
3. Postponed matches should be played the following day or as soon as possible after the original scheduled date. If two or more matches are postponed, they should be played in the same sequence as originally scheduled. Permission must be obtained from CIF Area Commissioner and the league president to play more than two matches in one calendar week.
4. The Kern High School District (KHSD) Director of School Support Services, the CIF Area Commissioner, the opponent's principal and the league president must be informed in writing by the athletic director if a school finds it necessary to forfeit a league match.
5. It is the winning school's responsibility to report league match results to the media. In the event of a tie, it is the host school's responsibility to inform media of the results.
6. Players may move up or down between Varsity and JV teams during the preseason. Once league play begins, a player who is on the varsity roster cannot move down to JV for the remainder of the season. A player is not allowed to compete on both the JV and Varsity teams in the same day.
7. All suspensions, red cards and accumulated yellow cards, will be handled by CIF Central Section District Manager and follow the current rules set by the Central Section and NFHS.
8. Final League Standings will be using the following point system:
 - a. 3 points for a win (including forfeits)
 - b. 1 point for a tie
9. In the event of a tie in the final standing between two or more teams, the tied teams will be declared league co-champions. However, the following prioritized tie-breakers will be used to determine the league champion for CIF Central Section playoff seeding purposes only:
 - a. Head to Head
 - i. Least goals allowed at home in head to head
 - b. Least Goals Against in League play
 - c. Goal Differential (Goals For – Goal Against= Goal Differential)
 - d. Number of shutouts
 - e. Coin Flip

SOCCER REGULATIONS – BOYS AND GIRLS – continued

10. All-League Teams will be chosen by vote of the coaches as soon as possible after the completion of league play (date and location will be provided by SYL Conference AD representative). Offensive Player of the Year, Defensive Player of the Year and Goalkeeper of the year will be selected first during the All-League selections meeting.

- a. 11 first team, 11 second team, 3 Players of the Year = 25 for the league**
 - i. Each School gets a minimum of one representative on the All-League team. This Player may be awarded 1st team or 2nd team status.**

- b. All voting for team selection will be by a show of hands.**
 - i. Each league will select one Offensive and Defensive Player-of-the-Year and a Goal Keeper-of-the-Year. (Will receive a League Plaque)

 - ii. Each League will select a First-Team, to Include 1 goal keeper and 10 players regardless of position from the total nominations provided. (Will receive an All-League Plaque)

 - iii. Each League will select a Second-Team, to Include 11 players (can include a goal Keeper) regardless of position from the total nominations provided. (Will receive a Certificate from their school)

 - iv. Each School will be allowed up to (3) Honorable Mention players regardless of position once first and second Teams have been selected.

**** It is recommended that all Offensive and Defensive Players-of-the-Year from our conference be nominated to the Californian All-Area Team****

SOFTBALL REGULATIONS

1. All softball competition in the South Yosemite/Southeast Yosemite/Southwest Yosemite League section shall be conducted in accordance with the National Federation Softball Rules along with the CIF Central Section Rules and Regulations recommended by the Section's Softball Advisory Committee and approved by the Executive Board.
2. Season of Sport:
 - a. The season of sport of softball is defined as that period which starts with the first inter-school contest (practice game, inter-school scrimmage, league game, etc.) and ends with the last regularly scheduled league game.
 - b. A scrimmage may be held after the team has had (10) days of practice excluding Sunday. An individual may scrimmage after (5) days of practice, excluding Sunday. Exception: Waive the mandatory (5) days of practice for all winter athletes.(CIF rule 4.3 Softball)
 - c. Schools shall be limited to two (2) games per week excluding play-offs and tournaments unless authorized by Area Commissioner.
 - d. The maximum number of games shall be 20. Tournaments count as two (2) games.
3. Schedules: See athletic starting times on page 15.
4. Classifications (1996): Team classifications shall be Varsity, Junior Varsity and Frosh/Soph -JVs may be composed of freshmen, sophomore, and juniors.
 - a. A player may change from one classification to the other until the first game of the second round of play. At that time a Junior Varsity player may move to Varsity level, but a Varsity player cannot move to the Junior Varsity level. Same rule applies to Frosh/Soph.
 - b. No player shall play in two classifications on the same day.
5. Equipment:
 - a. Official uniforms shall be optional during a scrimmage.
 - b. All equipment will be as close to league specifications as possible.
 - c. The wearing of caps or non-plastic visors in girls' softball games is optional and no penalty will be assessed should any team member prefer not to wear a cap or visor. Caps or visors should be school colors. Refer to page 7 of the "Rule Book Governing Softball".
 - d. Officials will make final decisions on equipment prior to game.
 - e. No game may be protested for equipment after the official has called the game to play.
6. Coaches:
 - a. Coaches must wear appropriate coaching clothes.
 - b. Coaching from bench or box is optional. Two adults are permissible.
 - c. If a coach is ejected from a game, his/her replacement must be a certified coach acceptable to the administration of the ejected coach's school.
7. Eligibility: All participants must meet the District, State and Central Section CIF eligibility requirements.
8. Batting Practice: No batting practice shall be permitted on the day of a league contest. Soft toss with waffle balls is acceptable. NO tees, NO pepper, and NO cage may be used on game day.

9. SOFTBALL REGULATIONS – continued

10. There shall be no changes in the league schedule or site unless approved by the District Director of School Support Services and the League President.
11. Make-up games shall be scheduled for the first available school day. It is the responsibility of the home team to inform the visiting team and umpires if inclement weather or any other reason results in cancellation of the make-up contest. It is important that such notification be handled at the earliest possible hour.
12. In the first round of league play before a game is postponed by A it shall be approved by B's Athletic Director. If the field is playable at B then the game will be moved to that site and played. The second round game will be played at site A. If it is not playable at either A or B then it shall be played the following day or as soon as the playing field is ready for play at A or B and if it is played at B then the second round game will be played at A. If a game is postponed in the second round of play, then it shall be made up the next available school day or as soon as possible at the scheduled site.
13. If a varsity game results in a tie, it shall be played as a continued game the next available school day at the same site. A game that is called because of inclement weather, and is not a complete game (5 innings played), shall be a suspended game and played the next playable date at the same site from the point it was stopped.
14. Tie games involving Frosh/Soph teams shall not be replayed and will count in the standings as one-half win and one-half loss.
15. Protests are to be filed on rule interpretations only. A phone call from the athletic directors to the Kern High School District Director of School Support Services must be made within 24 hours (excluding Saturday and Sunday) explaining the protest. The protests must then be made in writing and in the hands of the Kern High School District Director of School Support Services within 3 school days. A protest must be cleared through the athletic director of the school before being sent to the Kern High School District Director of School Support Services.

If a protest is upheld the game will resume at the point of the protest, at the earliest possible date. Protests will be handled at the League level first. Protests not settled at the League level will be sent to the office of the South Area Commissioner for a decision. The Protest committee will consist of the Kern High School District Director of School Support Services, and two neutral athletic directors from the Yosemite Leagues.

Protested JV games will be played in the last round, and only played if determining a league championship.

16. Regulations Preliminary to the Start of a Game:
 - a. All contests – JV and Varsity shall be scheduled for seven innings. Frosh/Soph will be seven innings unless the time limit is exceeded.
 - b. Each team shall be entitled to 10 minutes of infield practice. Umpires shall permit a five-minute warm-up by both teams, followed by 10 minutes of infield.
 - c. All grade levels may participate on the varsity team (freshmen and sophomore, are eligible for participation on the Frosh/Soph team).

SOFTBALL REGULATIONS – continued

17. All League Teams:

The South Yosemite League/Southeast Yosemite League/Southwest Yosemite League will select two (2) All-League teams, a first and a second team with fourteen (14) individuals on each team.

All-league teams consist of the following positions: 1 catcher, 2 pitchers, 4 infielders, 3 outfielders, and 2 utility players, Most Valuable Player, and Rookie of the Year.

Criteria for selections are as follows: Nominee must meet the coaches' expectations of an outstanding performer and team player for the season. Nominee's skill is rated as the coach sees it. SYL/SEYL/SWYL statistics are the important statistics used in the selection process.

Procedure for selections of All League: Coaches shall describe verbally or by picture each nominee for each position. Coaches prepare a short talk about players backed up by some statistics but not in great detail. Nomination for 1st string (rank in order). Ballots will be passed out at the beginning of the meeting. A secret ballot will be turned in to a designated person to count votes. Results will be announced immediately, so that coaches can notify players the following day.

18. If a contest is forfeited, the school forfeiting must notify the District Director of School Support Services and all other league schools.

SWIMMING REGULATIONS – BOYS AND GIRLS

1. Governing Rules
 - a. Where specific exception are provided for in the Central Section and State C.I.F. or by a majority vote by the league schools.
2. General Rules
 - a. The league will follow the National Federation Rule Book for submission of entries for all league dual meets.
3. Contestants
 - a. For league dual meets there shall be boys' Varsity, boys' Junior Varsity and girls' Varsity and girls' Junior Varsity competition. If a class forfeits, no races need be swum. In swim meets, a Junior Varsity swimmer entered in a Varsity event shall be ineligible for Junior Varsity events in that particular meet.
4. Order of Events
 - a. A dual meet program shall follow the prescribed order of events.
 1. JV Girls 200 Yard Medley Relay
 2. JV Boys 200-Yard Medley Relay
 3. Varsity Girls 200-Yard Medley Relay
 4. Varsity Boys 200-Yard Medley Relay
 5. JV girls 200-Yard Freestyle
 6. JV Boys 200-Yard Freestyle
 7. Varsity Girls 200-Yard Freestyle
 8. Varsity Boys 200-Yard Freestyle
 9. JV Girls 200-Yard Individual Medley
 10. JV Boys 200-Yard Individual Medley
 11. Varsity Girls 200-Yard Individual Medley
 12. Varsity Boys 200-Yard Individual Medley
 13. JV Girls 50-Yard Freestyle
 14. JV Boys 50-Yard Freestyle
 15. Varsity Girls 50-Yard Freestyle
 16. Varsity Boys 50-Yard Freestyle

There will be a 15-minute break after event number 16. The diving segment in league meets will be placed in the order of events designated by the home school.

17. JV Girls 100-Yard Butterfly
18. JV Boys 100-Yard Butterfly
19. Varsity Girls 100-Yard Butterfly
20. Varsity Boys 100-Yard Butterfly
21. JV Girls 100-Yard freestyle
22. JV Boys 100-Yard Freestyle
23. Varsity Girls 100-Yard Freestyle
24. Varsity Boys 100-Yard Freestyle
25. JV Girls 500-Freestyle
26. JV Boys 500-Yard Freestyle
27. Varsity Girls 500-Yard Freestyle
28. Varsity Boys 500-Yard Freestyle

29. JV Girls 200-Yard Free Relay
30. JV Boys 200-Yard Free Relay
31. Varsity Girls 200-Yard Free Relay
32. Varsity Boys 200-Yard Free Relay
33. JV Girls 100-Yard Backstroke
34. JV Boys 100-Yard Backstroke
35. Varsity Girls 100-Yard Backstroke
36. Varsity Boys 100-Yard Backstroke
37. JV Girls 100-Yard Breaststroke
38. JV Boys 100-Yard Breaststroke
39. Varsity Girls 100-Yard Breaststroke
40. Varsity Boys 100-Yard Breaststroke
41. JV Girls 400-Yard Freestyle Relay
42. JV Boys 400-Yard Freestyle Relay
43. Varsity Girls 400-Yard Freestyle Relay
44. Varsity Boys 400-Yard Freestyle Relay
45. League Diving shall be staged by the district diving coach prior to League swimming championships.
46. For the league dual meets, there shall be Boys' Varsity, Boys Junior Varsity, and Girls Varsity and Girls Junior Varsity diving competition with each class limited to three divers. No unofficial divers shall be permitted to compete unless all coaches involved in diving competition mutually agree.

5. Officials

- a. When possible, there should be one qualified adult designated as the starter-referee. There should be a minimum of one adult timer for each official lane. The starter will serve as the official place picker.
- b. For the league diving championships, a panel of at least 3 judges will serve as official judges/scorers.
- c. Junior Varsity girls and Junior Varsity boys shall be permitted six dives in a league championship meet. Varsity girls and boys divers will perform eleven dives. These dives are to be performed during each round as prescribed in the Federation Rule Book
- d. Only divers practicing in a diving program will be allowed to participate in league diving meets.

6. League Championship Meet

- a. Championship meets will be conducted according to the National Federation Rule Book, with points being awarded through sixteenth place. Medals will be awarded to the first three places including relays.
 1. **relays** 40-34-32-30-28-26-24-22-18-14
 2. **individual events** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

7. League Championship meets, for each league, will be held as time-based finals on a single day to be determined by the individual league.

- a. Each swimmer would swim their individual and relay events once during the League meet.
- b. The league meet would take approximately 4 hours.
- c. League diving would be unaffected by this change.

8. SYC swim coaches will submit HYTEK entry cards and master entry sheets for the League Championship swim meet on the Sunday preceding the League Championship meet. The meet director will distribute warm-up times and lane assignments for each school prior to the meet.

The League Championship shall be determined by combing the points awarded for Dual meet place finish and points awarded by League Championship meet finish.

- 1st place – in dual Meets – 14 points
- 1st place – in League Championship Meet – 14 points
- 2nd place – in Dual Meets – 12 points
- 2nd place – in League Championship Meet – 12 points

- 3rd place – in Dual Meets – 10 points
- 3rd place – in League Championship Meet – 10 points
- 4th place – in Dual Meets – 8 points
- 4th place – in League Championship Meet – 8 points

- 5th place – in Dual Meets – 6 points
- 5th place – in League Championship Meet – 6 points
- 6th place – in Dual Meets – 4 points
- 6th place – in League Championship Meet – 4 points

- 7th place – in Dual Meets – 2 points
- 7th place – in League Championship Meet – 2 points
- 8th place – in Dual Meets – 0 points
- 8th place – in League Championship Meet – 0 points

If a school finishes 1st in Dual meets and 2nd in League Championship Meet they would receive 26 points toward League Championship.

Points will be split for tie in both Dual Meets and League Championship Meet finishes (example – 2 teams tie for 1st (each team receives 13 points) (points for 1st 14 and points for 2nd divided by 2 = 13).

Scores, Dual meet standings, and Championship points will not be kept for JV teams. Medals will still be awarded to the top three finishers in each event at the final League meet. The final JV League meet will be run in the same fashion as the Varsity Championship.

9. Section Championship

Qualifying for the section championship meet is based on C.I.F. regulations. Any swimmer may qualify for the Section Championships

- a. If a contest is forfeited, the school forfeiting must notify the District Director of School Support services and all other league schools.

The winning team will be responsible for notifying media of scores.

TENNIS REGULATIONS – BOYS AND GIRLS

1. The team shall consist of eight members for each match.
 - a. If a team cannot field eight (8) players, the number six singles position & third doubles position must be forfeited.(CIF rule 2.21.1)
2. At the start of the match each coach will present the other with a list of his team for the day (singles players and doubles teams).
3. All matches will be played using the 6 singles and 3 doubles format during preseason, league, and postseason match play. Need 5 total matches to win.
 - a. Singles will be played first, followed by the doubles(CIF rule 2.22.2)
4. Each match is 2 sets. No add scoring will be used for the first round of league play, and then regular scoring will be used for the second round of league play. If the sets are split, then a tiebreaker is played instead of the third set. The players may take a 5-minute break before starting the tiebreaker. The winner earns 1 point for his/her team.
5. The doubles line-up is based upon the singles ladder.
 - a. The doubles line-up is exchanged between coaches after the singles matches are completed.(CIF rule 2.20.4)
 - b. A player who begins a singles match and forfeits the match due to injury or illness may not compete in a doubles match.(CIF rule 2.21.3)
 - c. In doubles, the doubles team may use after singles, no more than four of the six singles players to make up the doubles teams.(CIF rule 2.22.3)
 - d. A team may use six new players for doubles, as listed on ladder - who have not played singles.(CIF rule 2.22.4)
6. The total for combined ladder position number of the two doubles partners for the first doubles team must be equal or less than the total of the second doubles individual ladder position. The total for combined ladder position numbers of the two doubles partners for the second doubles team must be equal or less than the total of the third doubles individual ladder position.
7. Because we have ladders, substitutions can be made for the second round. A lower player may never play above a high player, though. It will be the responsibility of each coach to send his/her team's ladder to the other coaches in his/her league by the Monday before League play starts and then a revised ladder by the Monday before the second round of League play. The criterions for establishing ladder position are challenge matches that consist of at least one regular set. A coach not playing his/her line-up correctly (according to his/her ladder) will forfeit the team match.
8. Injuries – A player, who begins a first round match and forfeits the match due to injury or illness, may not compete in the second round. A coach who plays a player who will most likely not complete the match because of current injury will forfeit the team match. The intent of this rule is to prevent a coach from placing an injured player into the line-up so that he/she is not forced to move his/her lower players up.
9. There are (6) possible points in singles and 4 (3) possible points in doubles. Total of (9) points.
10. Rain rule – Only if the first round has been completed will the match begin where play was halted. All games will revert back to the last complete game.
 - a. Example: A lead B, 3-2, and 2-1 in the game. Rain halts the match for the day. When the match is rescheduled, A will start serving to B at 3-2, 0-0.
 - b. There shall be a 5-minute limit between rounds. All players shall be on the court ready for play 5 minutes after the completion of their previous match. This must be enforced in order to complete matches before dark.
11. If a player is defaulted for disciplinary reasons, he may complete his second round match.

TENNIS REGULATIONS – BOYS AND GIRLS - continued

12. The host school will run the match and assign courts.
13. Balls will stay at the same court after each round. There will be warm-up period for the first round only. Warm-up for singles, including serves, will be 10 minutes; doubles, including serves, 15 minutes. The host school must make sure all matches have started as per athletic starting times outlined on page 15 (if players between matches are waiting 15 minutes, they should get 1-2 minutes to hit some warm-up balls. Times should be kept on the score sheet when matches finish so there could be no question on waiting time).
14. During the playing of a match in a team competition, a player may receive coaching when he changes ends at the end of a game, but not when he changes ends during a tie-break game. *Since Rule 18 prohibits non-players in the immediate court area, such coaching would be done through the fence. Also, since USTA rule 30, Section A, states that only 90 seconds are allowed when changing ends, the coaching must be brief enough to be within this time frame.
15. *USTA rule 31, paragraph one.
16. Spectators are not permitted in the immediate court area without agreement of both competing schools. There shall be no seating of spectators between courts.
17. Regular scoring will be used in the league tournament.
18. The athletic director of the host school or his designated representative shall make the decision of play or no play in the case of inclement weather. The visiting school shall be informed of the decision no later than 2:00 p.m. on the day of the scheduled contest by the host school athletic director or administrator in charge. If inclement weather forces cancellation of the league tournament on its scheduled date, it shall be rescheduled, if possible, prior to the Central Section CIF seeding meeting.
19. The only reason for rescheduling a tennis match shall be if a school has players participating in the Ojai tournament, Lynch Cup, or Lewis Cup (a CIF sanctioned event). Athletic directors of schools with players who will be participating hits event should contact the opposing school at least three weeks prior to the original match date.
20. Individual matches will be played at the school site as scheduled, unless both coaches agree to move to another facility. This change will be approved through the athletic directors, and must be done at least one day prior to the match.
21. All matches will be played. A team will not default matches if the team has won five or more matches. Failure to comply may result in a team default which will be determined by CIF Central Section Board of Managers.(CIF rule 2.22.5)
22. Ladders to Prevent Stacking for Playoffs. All second round ladders are sent to Tennis Advisory Chair and the Commissioner then sends those ladders to be posted online at www.cifctennis.org. Those ladders MUST be turned in by the first Saturday of the second round of league. Playoff ladders must be submitted via www.cifctennis.org by midnight Saturday BEFORE the team draw comes out. If your playoff ladder is not submitted by the deadline you MUST use your second round league ladder. Any variation of this playoff ladder will result in your team forfeiting the ENTIRE team playoff match.

TENNIS REGULATIONS – BOYS AND GIRLS - continued

In case of a tie in league standings for either 1st or 2nd place, a one-match play-off will be played on the Tuesday following league play to determine play-off representatives. The valley play-off format will be used. In case of a 1st place tie, both teams would be recognized as co-champions and this procedure is only used to determine seeding positions in play-offs.

12 POINT TIE-BREAKER PRCEDURE

Used at 6 games all
7 out of 12 points

SINGLES: A serves the first point (from right court); B serves points 2 and 3 (left and right); A serves points 4 and 5 (left and right); B serves points 10 and 11 (left and right); and A serves point 12 (left). If points reach 6-all, players change sides and continue as before until one player establishes a margin of 2 points. Players change ends for one game to start the next set, with player B to serve first.

DOUBLES: Follow the same pattern, with partners preserving the sequence of their serving turns.

- a. A seeding meeting will be held on the Tuesday preceding the tournament at 4:00 p.m.
- b. If a coach cannot attend the seeding meeting, a representative should be sent with the entries from that school. If no entries are received from a school by the seeding meeting, the school loses their entries and “byes” will be drawn.
- c. Substitutions: After the draw is completed, the only permissible substitutions will be by a lower ladder-ranked player who was not entered in the tournament.
- d. If a contest is forfeited, the school forgetting must notify the District Director of School Support Services and all other league schools.

The winning team will be responsible for notifying media of scores.

TRACK AND FIELD REGULATIONS – BOYS AND GIRLS

1. All track and field competition in the Conference shall be conducted in accordance with C.I.F. Central Section regulations and play-off procedures.
2. All track and field competition of the Conference shall be conducted in accordance with current National Federation of State High School Athletic Association Track and Field rules.
3. For any meet an athlete may not enter more than four track and/or field events (including relays).
4. Before or after the regular track season, any high school student competing in any track and field meet must do so as an unattached individual with no school affiliation. During the regular track season, no high school student shall compete in any track meet other than a high school sponsored meet, except that a student may enter one qualifying meet for one National Amateur Championship meet, or one meet qualifying for Pan-American or Olympic competition.
5. The league champions for the leagues shall be determined as follows:
 - a. Frosh/Soph league champions shall be determined by place at the Frosh/Soph League Championship Meet.
 - b. Varsity League champions shall be determined by combining (adding) the results of the regular season dual meets and the place at the Varsity League Championships. Each dual meet win will earn 2 points, each dual meet tie will earn 1 point, and each dual meet loss will earn 0 points. Placing at the Varsity League Championship Meet will earn points as follows:
 - i. In a five-team league: 1st – 8 points; 2nd – 6 points; 3rd – 4 points; 4th – 2 points; 5th – 1 point.
 - ii. In a six-team league: 1st – 10 points; 2nd – 8 points; 3rd – 6 points; 4th – 4 points; 5th – 1 point.
 - iii. In a seven-team league: 1st – 10 points; 2nd – 8 points; 3rd – 6 points; 4th – 4 points; 5th – 3 points; 6th – 2 points; 7th – 1 point.
6. A freshman or sophomore athlete is permitted to move “up or down” between frosh/Soph and Varsity competition during the season, **but not during one meet. No athlete may compete in both the Frosh/Soph League Championship Meet and the Varsity League Championship Meet during the same season.**
7. Athletic starting times specified elsewhere in these regulations shall be adhered to.
8. If a school enters more than one relay team in an event, it must designate which shall be the official scoring team before the start of the event.
9. When a meet is cancelled due to weather or track conditions, it shall be rescheduled by mutual agreement at the first available date. If unable to make up the meet due to continuous foul weather conditions and it is agreed upon by both schools, the meet shall be declared a tie and each team will earn one dual meet point.

TRACK AND FIELD REGULATIONS – BOYS AND GIRLS – continued

10. Each league school should schedule one dual meet with every other school in the league at a mutually-agreeable site, date, and time. Three schools may decide to conduct a three-way meet which should be scored as three dual meets between the schools involved. However, if two of the teams involved in a three-way meet have already scheduled a separate dual meet, the three way meet will be scored as two dual meets with the third school only.
11. If a school is unable to host a dual meet and another site is available (for example as a three-way meet), the school choosing not to participate will forfeit the meet and the two dual meet points shall be given to the opposing team.
12. Meets shall be terminated by the host school's administrator in charge if weather or track conditions warrant such termination. Dual meet points will be awarded based on event scores attained prior to the meet termination.
13. If a meet is forfeited, the school forfeiting must notify the District Director of School Support Services and all their league schools.

DUAL AND THREE-WAY (TRIPLE DUAL) MEETS

1. There will be an unlimited number of entries in both running and field events, but the limit of 4 events per meet for each athlete will be enforced.
2. All shot put and discus throwers shall be allowed four throws. These throws are finals and will determine the final marks and places.
3. It is recommended that long jump and triple jump events be competed as "open pits" for set time periods to allow competitors to participate in other running events or field events without causing interruptions in those events. [Suggested open pit times schedule – Long Jump (3:15 to 4:30); Triple Jump (4:30 to 5:45)]. All competitors shall be allowed four jumps. These jumps are finals and will determine the final marks and places.
4. All running events of 800 meters or longer will be run with a waterfall start of all athletes competing in that event.
5. All relays and all running events of 400 meters or less will be run in lanes. If more than one section is required, then the first section should utilize all available lanes and should include (as determined by the clerk) the fastest runners entered by each competing school. In all additional sections at least five places will be picked and timed, and in cases of times in second and subsequent sections being faster than any of those in the first section, those athletes shall be awarded the appropriate place.
6. Timers and finish judges of running events should be aware that places in any section are awarded based on actual finish positions and not on times recorded on stop watches.
7. Scoring in all dual meets shall be: Individual (track and field) events (1st – 5 points; 2nd – 3 points; 3rd – 1 point); Relay events (1st – 5 points).

TRACK AND FIELD REGULATIONS – BOYS AND GIRLS – continued

8. Running events shall be competed in the following order (some events – especially distance events – may be combined, as determined appropriate by meet personnel):

Event #		Event #	
1	F/S Girls 4x100 Relay	21	F/S Girls 800
2	F/S Boys 4x100 Relay	22	F/S Boys 800
3	Varsity Girls 4x100 Relay	23	Varsity Girls 800
4	Varsity Boys 4x100 Relay	24	Varsity Boys 800
5	F/S Girls 1600	25	F/S Girls 300 Hurdles
6	F/S Boys 1600	26	Varsity Girls 300 Hurdles
7	Varsity Girls 1600	27	F/S Boys 300 Hurdles
8	Varsity Boys 1600	28	Varsity Boys 300 Hurdles
9	F/S Girls 100 Hurdles	29	F/S Girls 200
10	Varsity Girls 100 Hurdles	30	F/S Boys 200
11	F/S Boys 110 Hurdles	31	Varsity Girls 200
12	Varsity Boys 110 Hurdles	32	Varsity Boys 200
13	F/S Girls 400	33	F/S Girls 3200
14	F/S Boys 400	34	F/S Boys 3200
15	Varsity Girls 400	35	Varsity Girls 3200
16	Varsity Boys 400	36	Varsity Boys 3200
17	F/S Girls 100	37	F/S Girls 4x400 Relay
18	F/S Boys 100	38	F/S Boys 4x400 Relay
19	Varsity Girls 100	39	Varsity Girls 4x400 Relay
20	Varsity Boys 100	40	Varsity Boys 4x400 Relay

FROSH/SOPH CHAMPIONSHIP MEETS

1. There will be no preliminary meets. Finals will be held on the Tuesday, Wednesday, or Thursday of the week prior to the Varsity Championship Meets.
2. There will be unlimited entries in all events, but the limit of 4 events per meet for each athlete will be enforced. Leagues may, with the agreement of all league schools, establish qualifying standards for the Frosh/Soph Championship Meets.
3. Field events will have scheduled starting times according to Area Meet schedules:

Early Field Events (approximately 4:00)

Girls Shot Put
Boys Discus
Girls Triple Jump
Boys Long Jump
Girls High Jump
Girls Pole Vault

Late Field Events (approximately 6:00)

Boys Shot Put
Girls Discus
Boys Triple Jump
Girls Long Jump
Boys High Jump
Boys Pole Vault

TRACK AND FIELD REGULATIONS – BOYS AND GIRLS – continued

4. Field event prelims for shot put, discus, long jump and triple jump will consist of 3 throws or jumps for each competitor with the top 9 getting an additional 3 throws or jumps in the finals. Preliminary marks carry over to the finals.
5. High Jump starting heights will be 2 inches lower than the lowest entry height entered. Competition will use 2 inch intervals for each new height.
6. Pole Vault starting heights will be 6 inches lower than the lowest entry height entered. Competition will use 6 inch intervals for each new height.
7. All running events of 800 meters or longer will be run with a waterfall start of all athletes competing in that event.
8. All relays and all running events of 400 meters or less will be run in lanes. If more than one section is required, then the first section should utilize all available lanes and should include (as determined by the clerk) the fastest runners entered. In all additional sections, at least five places will be picked and timed, and in cases of times in second and subsequent sections being faster than any of those in the first section, those athletes shall be awarded the appropriate place.
9. Running events shall be competed in the following order:

Event #		Event #	
1	Girls 4x100 Relay	11	Girls 800
2	Boys 4x100 Relay	12	Boys 800
3	Girls 1600	13	Girls 300 Hurdles
4	Boys 1600	14	Boys 300 Hurdles
5	Girls 100 Hurdles	15	Girls 200
6	Boys 100 Hurdles	16	Boys 200
7	Girls 400	17	Girls 3200
8	Boys 400	18	Boys 3200
9	Girls 100	19	Girls 4x400 Relay
10	Boys 100	20	Boys 4x400 Relay

VARSITY CHAMPIONSHIP MEETS

1. Preliminary meets will be held on the Tuesday of the week before the South Area Meet. Finals will be held on the Thursday of the week prior to the South Area Meet. Preliminary meets may be held at separate venues, but it is recommended that all league finals meets be held at the same venue.
2. Schools will be limited to a maximum of 3 entries per individual event and 1 entry per relay event at the preliminary and finals meets. The limit of 4 events per meet for each athlete will be enforced. Leagues may, with the agreement of all league schools, establish qualifying standards for the Varsity Championship Meets.

TRACK AND FIELD REGULATIONS – BOYS AND GIRLS – continued

- Qualifying heats will be held at the preliminary meets for all running events except the relays, 1600 meters and 3200 meters as needed to qualify the top 8 or 9 athletes (depending on number of lanes available at the Championship Meet finals venue). Those athletes with the fastest times recorded at other meets prior to the preliminary meets should be included in the same qualifying heat if at all possible. Times recorded at the preliminary meets will be used only to determine lane assignments at the Championship Meet finals. Running events at the preliminary meets shall be run in the following order:

Event #		Event #	
1	Girls 100 Hurdles	11	Girls 800
2	Boys 110 Hurdles	12	Boys 800
3	Girls 400	13	Girls 300 Hurdles
4	Boys 400	14	Boys 300 Hurdles
5	Girls 100	15	Girls 200
6	Boys 100	16	Boys 200

- For the shot put, discus, long jump and triple jump at the Championship preliminary meets, each competitor will be allowed 3 throws or jumps. The top 12 competitors in each event will qualify to participate in the Varsity Championship Meet. The preliminary meet marks will not carry over to the Championship Meet, but will be used to determine the order of competition for the first round of the Championship Meet.
- Field events will have scheduled starting times at both the Preliminary meets and the Championship Meet according to Area Meet schedules:

Early Field Events (4:00)

Girls Shot Put
Boys Discus
Girls Triple Jump
Boys Long Jump
Girls High Jump
Girls Pole Vault

Late Field Events (6:00)

Boys Shot Put
Girls Discus
Boys Triple Jump
Girls Long Jump
Boys High Jump
Boys Pole Vault

- High Jump and Pole Vault events at the Preliminary meets are conducted (in the usual fashion) only to determine the top 12 competitors in each event who will then compete in the Championship Meet. The Preliminary meet marks will not carry over to the Championship Meet.
- For the Shot Put, Discus, Long Jump and Triple Jump at the Championship Meet, each competitor will be allowed 3 throws or jumps with the top 9 getting an additional 3 throws or jumps in the finals. These marks determine the order of competition in the finals, and these marks carry over to the finals.
- In the Championship Meet, High Jump starting heights will be 2 inches lower than the lowest entry height entered. Competition will use 2 inch intervals for each new height.

TRACK AND FIELD REGULATIONS – BOYS AND GIRLS – continued

9. In the Championship Meet, Pole Vault starting heights will be inches lower than the lowest entry height entered. Competition will use 6 inch intervals for each new height.
10. In the Championship Meet, running events shall be competed in the following order:

Event #		Event #	
1	Girls 4x100 Relay	11	Girls 800
2	Boys 4x100 Relay	12	Boys 800
3	Girls 1600	13	Girls 300 Hurdles
4	Boys 1600	14	Boys 300 Hurdles
5	Girls 100 Hurdles	15	Girls 200
6	Boys 110 Hurdles	16	Boys 200
7	Girls 400	17	Girls 3200
8	Boys 400	18	Boys 3200
9	Girls 100	19	Girls 4x400 Relay
10	Boys 100	20	Boys 4x400 Relay

11. If more than one league holds their Championship Meets at the same venue, all running events will alternate consistently between the competing leagues in all events.
12. The Varsity Championship Meets shall be scored according to National Federation rules:

Number of Teams	Individual Events	Relays
5	8-6-4-2-1	8-6-4-2
6	10-8-6-4-2-1	10-8-6-4-2
7+	10-8-6-4-2-1	10-8-6-4-2-1

AWARDS

1. Each of the leagues may give plaques for the following:
 - a. One female and one male All-League track athlete.
 - b. One female and one male All-League field athlete.
 - c. Five selections for 1st team and 5 selections for 2nd team female and male track and field athletes (suggested: sprints, throws, jumps, distance and all-around).

VOLLEYBALL REGULATIONS

The court shall be set up for play one hour prior to game time for team warm-ups. The designated home team will automatically receive choice of sides. The home team will take the court first. The coin flip to determine service will take place 30 minutes prior to the starts of the contest.

Each team will be allowed sole access of the court for 10 minutes prior to the official warm-up period. Teams will be allowed shared court access prior to the scheduled official warm-up. Officials will conduct the warm-up procedures as followed. For preliminaries, quarterfinals and semifinals there will be 6 minutes of shared ball handling then 6 minutes for each team separately. Home team will take the court first. Player introduction and the National Anthem will take place immediately prior to the contest.

1. National Federation rules shall govern play.
2. School names may be written on game balls in lettering no larger than one-half inch.
3. Game time: See athletic starting times page 15.
Regulation two out of three game matches - first 2 games to 25 points 3rd game is to 15 points for both Junior Varsity and Frosh/Soph same format.
Varsity – rally scoring first four games to 25 points; rally scoring in fifth game to 15 points.
4. Warm-up time: Official Varsity warm-up shall begin immediately upon completion of the JV match. *Warm-up time for varsity will be a minimum of 20 minutes. The official coin toss is to take place before the 20 minute warm-up period begins. 6 minutes shared court, 6 minutes for the home team followed by 6 minutes for the away team. This 6 minutes is to include serving warm-ups.
5. Teams tied for league placement shall hold the position for which they are tied.
6. All equipment should be as close as possible to official standards. The home school has the responsibility of having facilities and equipment ready for official competition at least 30 minutes prior to game time.
7. A school must field a varsity team first, and then a JV and/or frosh/soph team.
8. During the first round of league play, a player may be moved down once to a junior varsity or frosh/soph team and brought up again. A player may not be moved down a second time and no player may be moved down during the second round of league play.

A player may play in only one level of league hosted tournament frosh/soph, junior varsity or varsity. Individual players may play in more than the CIF allotted number of contests.

VOLLEYBALL REGULATIONS – continued

9. Linespersons should be trained. There will be two linespersons used for each game, both supplied from the home school. They will be paid \$4 per F/S and J/V contest and \$6 for Varsity (3 out of 5) contests.
10. A team/school shall have the approval of the opponent for any of the out-of-the-ordinary pre-game activities. Such activity shall in no way intrude upon the warm-up time or space of the opposing team. There shall be no activity that delays the start of the contest after athletes are warmed up and ready to compete.
11. The official scorer preferable will be an adult.
12. Libero tracker will be assigned by home school whether home or visiting school is using it.
13. The winning team is responsible for notifying media of scores. Each coach is responsible for calling the paper with their own stats.

Procedure for all-league selection:

- a. Varsity coaches shall submit nominations to the volleyball chairperson before the last League game. Coaches may nominate any number of players, but may only nominate players from his/her team. The chairperson will prepare a ballot from these nominations.
- b. A coaches' meeting will be held within a week of the end of league play. Coaches should bring statistics and pictures of players (when available). Each coach will talk briefly about each-of her/his nominees.
- c. Leagues with 5 teams, coaches will vote for and elect ten (10) 1st team members plus a Player of the Year and a Rookie of the Year. A second team of 12 players can be selected and will receive certificates.
- d. Leagues with 6 teams, coaches will vote for and elect twelve (12) 1st team members plus a Player of the Year and a rookie of the Year. A second team of 12 players can be selected and will receive certificates.
- e. **The information given and comments made at the All-League selection meeting are confidential and should not be discussed with team members, friends, etc.**
- f. The media shall be notified of winners after the Section Finals. Coaches may announce their own team winners at their discretion, but should not announce winners from other schools until all league schools have completed play-off competition.
 - i. The league representative shall order plaques from Raymond's Trophy 300 Chester Ave. Bakersfield, CA 93301, 661 323-4015. Schools involved will pay for the plaques.
 - ii. If a contest is forfeited, the school forfeiting must notify the District Director of School Support Services and all other league schools.

WRESTLING REGULATIONS

1. The rules of the National Federation of State High Schools Association Scholastic Wrestling Guide shall govern league competition.
2. Official weigh-in for league matches will be conducted by the wrestling official of the varsity matches a maximum of one hour and a minimum of one-half hour prior to the start of the first match. If the official has not arrived one hour prior to the start of the first match, both coaches from the opposing schools may begin weigh-ins. In a dual meet with one mat, all wrestlers will weigh-in one hour before the first match (i.e., if the Junior Varsity match starts at 6:00 p.m. all Junior Varsity and all Varsity wrestlers will weigh in a 5:00 p.m.).
3. Competitors must wrestle at their own weight or one weight above for any dual meet.

CONDUCT OF COACHES, CONTESTANTS, AND SPECTATORS AT MATCHES:

1. Conduct of a coach, contestant or spectator that becomes abusive or interferes with the orderly progress of a match shall be grounds for removal of the violators at the request of the referee.
2. All league dual meets shall be wrestled on two mats unless the host school receives approval from the visiting schools to wrestle the contest on one mat.
3. Refer to CIF contact rules.
4. The Junior Varsity League Championship shall be determined the same as Varsity by combining the dual match league records and the results of the league-wrestling tournament.
 - a. No senior will be allowed to wrestle in the Junior Varsity league tournament.
 - b. Medals for the first three places will be awarded.
 - c. Any school that does not fill a Varsity weight class cannot score in that weight class at the Junior Varsity tournament.
 - d. Junior Varsity league tournament will allow up to 3 wrestlers for each school.
 - e. Junior Varsity league tournament will be run with placement points only. If one school has two or more wrestlers place in a particular weight class, they can only use the highest place for scoring. Example: If Stockdale places 1st, 2nd, and 4th in the Junior Varsity tournament at 132 lbs., only 1st place would be scored for team scoring and all other schools in the bracket would move up and replace the 2nd and 4th place finishes. The Stockdale wrestlers, however, would be given medals for 1st and 2nd place (no medals for 4th place).

The Varsity league championship shall be determined by combining the dual match league records and the results of the league-wrestling tournament. Teams will be awarded two points for each dual match win. The total points accumulated in dual meet competition, plus points earned in the league tournament will determine the league championship. League tournament points are to be awarded as follows: 8-6-4-2-0 with 8 points going for first place, 6 for second, 4 for third, etc. Points will be split for ties in dual matches only in the league tournament.

WRESTLING REGULATIONS – continued

5. The league tournament will determine champions in each weight classification and qualify participants for the divisional meet. The host school for the league tournament shall retain all profits but if a deficit arises, it shall be prorated among the schools of the league.
6. The following criteria for determining seeded wrestlers will be used in the League.
Wrestling Tournament:
 - a. Weigh-in procedures must follow the National Federation rule book.
 - b. The seeding meeting will be held immediately after weigh-ins at a place designated by the seeding meeting director. It will begin promptly at 8:00 p.m. and once a weight is seeded, there can be no returning to that weight.
 - c. Every coach or his representative shall bring the completed season records and every coach or his representative is obligated to participate in good faith in the seeding procedure. No abstentions. Seeding meeting will consist of the head coach or his representative and the seeding meeting director only. No parents, spectators, or unauthorized persons will be allowed in the meeting.
 - d. There shall be four seeded wrestlers in each weight with the remaining wrestler being positioned by rotation. Rotation to be by draw.
 - e. If there is no unanimous vote, then the following criteria will be followed:
(Note: In order to be considered for a number one seed in a weight class outside of receiving a unanimous vote, the wrestler must have wrestled a minimum of two league matches in the weight class. This applies to the number one seed only.)
 - i. Result of the most recent head to head match.
 - ii. State, Valley, Divisional Champ/Player.
 - iii. League record at the weight the wrestler weighs in for at league tournament.
 - iv. Overall record/tournament placing.
 - v. Coach's vote-person receiving three votes gets the higher seed.
 - f. The procedure for determining the second, third, and fourth seeds shall be the same as for the number one seed except the second, third and fourth seeds do not have to have had any set number of matches in their weight.
 - g. If for any reason a seeded wrestler cannot wrestle in the tournament, the lower seeds shall move up in the bracketing and other position, including the bye created by the withdrawn wrestler shall be drawn for.
7. A 98-lb. weight class is to be included at the Junior Varsity level in both dual meets and the Junior Varsity tournament. There shall be no changes in conference schedule or site unless agreed upon by both schools and approved by the Director of School Support Services and the League President.
8. If a contest is forfeited, the school forfeiting must notify the District Director of School Support Services and all other league schools.
9. All league schools will be provided with certification forms from all other schools within one week of the certification date. The league representative will send the certification forms to all schools. Brackets sheets will be provided at the league meet by the host school. Final bracket sheets will be sent to all schools within one week after meet.

WRESTLING REGULATIONS – continued

10. Scoring will be provided to a coach from each school upon request during the league meet. The head coach can view the weight brackets at the scoring table during the meet when convenient with the meet director.
11. National, Central Section, and SYC league rules cannot be altered or changed in any way during a seeding meeting, league meet, or at any other function without an official SYC league meeting and vote.
12. Any protests at dual meets and league meets regarding technical applications of the National Rulebook will be referred to the Athletic Director assigned to wrestling. He will consult the Kern High School District Director of School Support Services who will consult with the CIF South Area Commissioner.
13. An eight-person bracket will be used for league meets. If any school does not fill a weight bracket, it shall count as a FORFEIT and rotated in by draw. That school will also not be allowed to score in the same weight bracket in the Junior Varsity league meet. Forfeits will be evenly distributed as soon as possible to all schools. Remaining openings in the eight-person bracket shall be BYES.

The winning team will be responsible for notifying media of scores.

Extreme Heat and AQI Guidelines

AQI Values	Level of Health Concern	Cautionary Statements	Outdoor Activities, Practices, Games and Camps	Temperature Degrees Fahrenheit
0-50	Good (or ROAR 1)	None	<ul style="list-style-type: none"> • Frequent hydration whenever needed 	
51-100	Moderate (or ROAR 2)	Unusually sensitive people should Consider reducing prolonged or Heavy exertion outdoors	<ul style="list-style-type: none"> • Frequent hydration whenever needed • Frequent shade breaks 	Always
101-150	Unhealthy For Sensitive Groups (or ROAR 3)	Active children and adults, and People with lung disease, such as asthma, should reduced Prolonged or heavy exertion outdoors	<ul style="list-style-type: none"> • Suggested practice before 2:00 pm and after 6:00 pm • Frequent hydration whenever needed • Frequent shade breaks 	
151-174	Unhealthy (or ROAR 4)	Active children and adults, and People with lung disease, such As asthma, should avoid Prolonged or heavy exertion Outdoors. Everyone else, Especially children, should reduce Prolonged or heavy exertion outdoors	<ul style="list-style-type: none"> • No practice with pads outside from 2:00 p.m. to 6:00 p.m. • No distance running training from 2:00 p.m. to 6:00 p.m. • Frequent hydration whenever needed • Frequent shade breaks • Indoor activities suggested 	100 to 104
175-200	Unhealthy (or ROAR 4)	Active children and adults, and People with lung disease, such As asthma, should avoid Prolonged or heavy exertion Outdoors. Everyone else, Especially children, should reduce Prolonged or heavy exertion outdoors	<ul style="list-style-type: none"> • No practice outside from 2:00 p.m. to 6:00 p.m. • No pads • No distance running training • Frequent hydration whenever needed • Frequent shade breaks • Indoor activities suggested 	105 to 107
201-300	Very unhealthy (or ROAR 5)	Active children and adults, and people with lung disease, Such as asthma, should avoid all Outdoor exertion. Everyone Else, especially children, should Avoid prolonged or heavy exertion Outdoors.	<ul style="list-style-type: none"> • No Outside Practice • No Contests or Games <p style="text-align: center;">CIF Events To Be Determined</p>	108 and over
301-500	Hazardous (ROAR 5)	Everyone should avoid all physical Activity outdoors.	<ul style="list-style-type: none"> • None <p>No Activities indoor or outside</p>	108 and over