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Philosophy of Athletics

The Mission Valley Athletic League shall provide an athletic program to be defined as an integral part of the total education program, designed to provide competition in organized sports for both boys and girls in the grades 9 through 12. The program shall promote, under skilled leadership, experiences that will foster the development of mind and body together and an awareness of the importance of both to the development and success of the whole person. Athletic activities shall stimulate harmony and understanding among young people regardless of sex, race, color, creed, culture, national origin, handicapped condition, or ability.

Participation in athletic activities should provide students with an awareness of the condition and development of their bodies, improve their physical fitness, give them an opportunity to gain recognition and peer approval as well as self-esteem, provide a means for self-expression and an understanding of their own athletic ability, develop their self-discipline, increase their abilities and opinions of others. The athletic program should also foster in participants the desire to give their maximum effort in an atmosphere of fun and healthy social relationships.

The athletic program should serve as a major unifying force within each student body by fostering a sense of school spirit and identification, which can help maintain an atmosphere that enhances the total educational process.

The governing boards of education shall have general control of and be responsible for all aspects of the interscholastic athletic policies, programs, and activities in their district, including but not limited to eligibility, season of sport, number of sports, and allocate adequate funds to provide for qualified personnel, transportation, and safe facilities and equipment.

Section A: Constitution

Article I

Name

The official name of this organization shall be the "Mission Valley Athletic League."

Article II

Membership

- Section 1. The **Mission Valley Athletic League** is composed of the comprehensive high schools in the Fremont Unified School District, New Haven Unified School District, and Newark Unified School District.
- Section 2. Changes in membership shall be subject to the rules and regulations of the North Coast Section.
- Section 3. All schools are bound by their membership to enforce the Constitution and Bylaws and the Administrative Regulations and Guidelines voted by the Board of Managers. The order of descending jurisdiction is as follows: Federated Council of the C.I.F., North Coast Section, M.V.A.L., and school. The school, M.V.A.L. and North Coast Section may enact regulations, which are more stringent than those adopted by higher authorities, but shall not enact rules of regulations more permissive than those adopted by higher authorities.

Article III

Management

- Section 1. The responsible authority of this league shall be vested in the Boards of Education of the Fremont Unified School District, New Haven Unified School District, and the Newark Unified School District.
- Section 2. The Superintendents of the three public school districts, as the executive officers of the Board of Education, shall be responsible for the appropriate functioning of the M.V.A.L.
- Section 3. The governance of the league shall be vested in the Board of Managers composed of the chief administrative officers of each member school or his/her proxy.
- Section 4. The minutes of the Board of Managers meetings must be delivered to the Superintendents within 10 school days of the meeting.
- The actions of the Board of Managers are subject to review and approval by the Superintendents of the three (3) public school districts.
- With regards to a phone poll, the President, or the highest official not involved, the Commissioner and the school principal involved write down the reason they warrant a phone poll and fax to these people. After this body decides that a phone poll will be conducted, this information is then faxed to the remaining schools for a vote, by the Commissioner.
- Section 5. Any actions of the Board of Managers that have budgetary or Title IX implications must receive the approval of the Superintendents of the three (3) public school districts before enactment.
- Section 6. Subordinate to the Board of Managers shall be an Advisory Board which shall be composed of the Athletic Directors of member schools or his/her proxy responsible for the implementation of the Administrative Rules and Regulation of the league.

- Section 7. Each school shall have one vote on the Advisory Board and the Board of Managers.
- Section 8. All actions of the Advisory Board are recommendations to the Board of Managers.
- Section 9. There shall be a chairperson for each sport. (Reference--- Plan of Rotation in Appendices).

Article IV

Eligibility, Hardship, and Protests

- Section 1. All such cases must be initiated at the school level by the principal.
- Section 2. The principal of each school is responsible for correctly interpreting and enforcing C.I.F., N.C.S., and M.V.A.L. Eligibility Rules.

Article V

Decision and Appeals

- Section 1. All decisions of principals and/or the Commissioner will be binding upon all parties.
- Section 2. The Commissioner is responsible for rendering all decisions on eligibility, games, hardship, protests, and appeals.
- Section 3. An appellant may request a review of the Commissioner's decision as indicated in Article III, Section 2, of the Administrative Regulations.
- Section 4. Decisions may be appealed as indicated in Article III, Section 2, of the Administrative Regulations.
- Section 5. The M.V.A.L. will follow the N.C.S. Appellate Procedure indicated in the N.C.S. Constitution and Bylaws.

Article VI

Officers

- Section 1. Officers and the Board of Managers, the Advisory Board, and delegates will annually assume their respective offices in accordance to the “Plan of Rotation of Officers.” (Refer to Appendix E.)
- Section 2. The officers of each Board shall be President and Vice President.
- Section 3. N.C.S. delegates and representatives selected annually from the M.V.A.L. Board of Managers Rotation Plan will be N.C.S. delegates, N.C.S. Eligibility Committee Representative and Alignment and Classification Representative.

Article VII

Duties of Officers

- Section 1. **President:** The President shall perform a all the duties of the President as defined in “Robert’s Rules of Order” unless herein otherwise provided.
- Section 2. **Vice President:** The Vice President shall perform all the duties of the President in his/her absence and shall succeed the President and complete his/her term upon the resignation or removal of that officer.
- Section 3. **Treasurer:** The duties of the Treasurer will be performed by the Commissioner.
- Section 4. **Chairperson:**
- a. The chairpersons for each sport shall call a post-season meeting, which will be scheduled annually in cooperation with the Commissioner’s Office. The chairperson will be responsible for the agenda. Chairpersons shall rotate annually in accordance to the Plan of Rotation (refer to Appendices). The Chairperson may attend Advisory Board meetings when discussions or recommendations from that sport will take place. Post-season and all-league meetings will be conducted by the Chairperson with a member from the Commissioner’s Office in attendance. **(Amended 6/02)**
 - b. Procedures, policies, Constitution, Administrative Regulations, and Sports Rules provisions shall be reviewed and recommendations are to be submitted (in writing) to the Advisory Board for approval. Approval shall include a vote count. Post-season recommendations received after the deadlines outlined in the Appendix will not be dealt with during that year by the Advisory Board. **(Amended 6/02)**
 - c. Chairpersons are to organize League Finals and submit entries for N.C.S. sports where applicable.

Duties of Officers Continued

d. If a coach misses a preseason or post-season meeting, the penalty will be no vote, no consolation on matters dealing with the recommendations. In the all-league meeting when a coach doesn't show for the meeting the chair-person will notify the principal of the school/coach that misses the meeting and that votes from that school/coach must be submitted within three (3) working days to the chairperson/Commissioner. If a coach misses a meeting all votes will be kept confidential until all votes are collected.
(Entered 4/21/83) (Amended 6/18/92)

BOARD OF MANAGERS MEETINGS GUIDELINES

1. All agenda items will be submitted prior to the deadline and be accompanied by backup material. Deadline will be the Monday of the week preceding the week of the meeting. (This deadline must be strictly adhered to in order for the Commissioner's office to mail agendas back to representatives on Tuesday of the week preceding the week of the meeting.
2. During discussion of motioned items, there will be one round of discussion plus one round of rebuttal.
3. Information items may be discussed for no more than five minutes.
4. Board of Manager's guidelines may be suspended by two thirds vote of the members present.

(Amended 6/02)

Article VIII

The Commissioner

- Section 1. The Superintendents will appoint a Commissioner of Athletics to administer all league functions.
- Section 2. The Commissioner shall see that agendas are prepared and circulated in advance of meetings to the members of the Advisory Board, Board of Managers, the Superintendents.
- Section 3. The manner of financing this position shall be the responsibility of the Superintendents of member districts. The Commissioner's salary for 2007/2008 to be \$15,600.00 (\$1300.00 per month) and then each year to increase the salary by the average of the three districts COLA to the salary. **(Amended 6/19/07)**
- Section 4. The Commissioner and the President of the Board of Managers will be designated annually to be in charge of the M.V.A.L. bank funds. The Commissioner is authorized to write checks for carrying on the financial business of the M.V.A.L.

Article IX

Meetings and Quorum

- Section 1. Quorum: Representation of a majority of the member schools shall constitute a quorum.
- Section 2. The Board of Managers of this league shall meet in accordance to the schedule of M.V.A.L. meetings as adopted annually. Special meetings are on call of the President or upon written request of a majority of the members.
- Section 3. The Advisory Board shall meet in accordance to the schedule of M.V.A.L. meetings as adopted annually and may meet at the call of the President and must meet upon written request of a majority of the members.
- Section 4. The Advisory Board will attend the Board of Managers meetings.
- Section 5. Preceding each sports season (fall, winter, and spring), ALL head coaches will be required to attend an in service session to review and update the M.V.A.L. Administrative Regulations, Sports Rules, and N.C.S. Bylaws. The in service will be scheduled and conducted by the Commissioner and staff. On the same date, the in service session will lead into the preseason meetings for each sport. representatives from officials' associations will make presentations on new rules and greater emphasis of rules. **(1/15/87)**
- The Commissioner will be present to facilitate the progression and overall purpose of the meetings. **(Entered 7/27/85) (Amended 6/02)**

Article X

Certification

- Section 1. All records having to do with the certification and qualifications of an athlete shall be taken from the official records on file in the Principal's office.
- Section 2. Residential affidavits will not be considered as legal papers for establishing eligibility for athletic participation.

Article XI

Qualification and Scholastic Eligibility of Athletes

M.V.A.L., N.C.S., and C.I.F. rules of eligibility shall be adhered to in all cases.

M.V.A.L. Academic Eligibility Standards

1. If a student at the end of a regular grading period receives an F and/or a GPA of 1.5 or above but lower than 2.0, he/she will be placed on probation.
2. If a student receives two F's or falls below a GPA of 1.5, he/she becomes ineligible and cannot continue participation for the next grading period.
3. Any school or district may be more stringent in establishing their baseline.
4. Any student that is placed on probation may continue to participate during the probationary grading period.
5. Any student on probation **or ineligible** must at the end of the probationary **or ineligible** grading period raise his/her GPA to a 2.0 or better and must not receive any F's in order to be eligible **for the next grading period.**

****NOTE:** A grading period in the M.V.A.L. is defined as a quarter.

Approved 11/16/88

****Amended 4/28/89**

Amended 4/18/91

Article XII

Violations of the Constitution and Administrative Regulations

Any person and/or school committing violations of the M.V.A.L. Constitution and Administrative Regulations or N.C.S./C.I.F. Constitution and Bylaws is directly responsible to the M.V.A.L. and will be held accountable.

Article XIII

Administrative Regulations and Sports Rules

- Section 1. All rules and regulations not provided for in the body of this Constitution shall be classified as either Administrative Regulations or Sports Rules of the league and shall be codified.
- Section 2. All proposed Administrative Regulations or Sports Rules shall be presented in writing to the Commissioner who will put the proposals on the agenda for the Advisory Board meeting. The proposals will be voted on by the Advisory Board and recommendations will be sent to the Board of Managers.
- Section 3. Proposed Administrative Regulations or sports rules shall be voted upon at a regular or special meeting of the Board of Managers and upon receiving a majority vote, shall be binding upon all upon all member schools.
- Section 4. Deadline dates for submitting Administrative Regulation or Sports Rule changes affecting particular sports will be in accordance to "The Schedule of Meetings" as adopted annually.
- Section 5. Any amendments of Administrative Regulations or Sports rule affecting a particular sport shall become effective and binding upon member schools at the beginning of the next season of the sport.
- Section 6. An administrative Regulation or Sports Rule in conflict with this Constitution is not binding until the Constitution has been amended through due course of action as herein provided.

Article XIV

Amendments to Constitution

Amendments to this Constitution must be presented in writing at a meeting of the Board of Managers and acted upon at the following meeting, or a vote may be taken by mail any time after three (3) weeks from the date of the last meeting. A two-thirds vote of the entire membership of the Board of Managers shall be necessary for forwarding the adoption of any amendments of this Constitution to the Superintendents of the three (3) public school districts for their approval before being submitted to the Boards of Education of the three (3) public school districts for their approval. All Constitution amendments are to be completed by June 30th annually.

LINES OF COMMUNICATION DIAGRAM FOR M.V.A.L.

C.I.F.

N.C.S.

*BOARDS OF EDUCATION
OF THE
THREE PUBLIC SCHOOL DISTRICTS*

*SUPERINTENDENTS
OF THE
THREE PUBLIC SCHOOL DISTRICTS*

*BOARD OF MANAGERS
Governing Board
Consisting of Principals/Designees
of Each League School*

*ADVISORY BOARD COMMISSIONER
Consisting of
Athletic Directors
from Each League School*

*SPORT COMMITTEES
Consisting of Coaches for Each
League Sport from Each
Participating League School*

ADVISORY BOARD MINUTES SHOULD BE OUTLINED AS FOLLOWS:

- I. Recommendations to Board of Managers for **ACTION.***
- II. Sport Committee Recommendations **VOTED DOWN.***
- III. Items referred back to Sport Committee for **ACTION.***
- IV. Items for future action (**TABLED OR DEFERRED.**)*
- V. Items acted on by Advisory Board where no action is needed by Board of Managers - **INFORMATION.***

Section B: Administrative Regulations

Article I

Qualification and Scholastic Eligibility of Athletes

- Section 1. The M.V.A.L. must comply with the N.C.S./C.I.F. Initial and Continuing Scholastic Eligibility Rules.
- Section 2.
- a. The league shall establish the date of determination for scholastic eligibility for each regular grading period. (10/8/87)
 - b. The following are direct excerpts from the N.C.S./C.I.F. Constitution and bylaws, which the league must adhere to:

2090 Initial Scholastic Eligibility (CIF 204)

Any student entering from eighth grade into a C.I.F. four-year high school, a junior high, or junior high under the provisions of N.C.S. 202 must have achieved a 2.0 grade point average in enrolled courses on a 4.0 scale the previous grading period in order to be eligible. The student is scholastically eligible under all other C.I.F. scholastic eligibility rules. Any student entering the tenth grade of any C.I.F. high school must have passed 20 semester periods of work in the previous report period.

The governing board of each school district, private school, or parochial school may adopt, as part of its policy, provisions that would allow a student who does not achieve the above requirement in the previous grading period to remain eligible to participate in interscholastic athletics during a probationary period. The probationary period shall not exceed one semester in length but may be for a shorter period of time, as determined by the governing board of the school district, private school, or parochial school. A student who does not meet the above requirements during the probationary period shall not be allowed to participate in interscholastic athletics in the subsequent grading period.

2091 Continuing Scholastic Eligibility

A student is scholastically eligible if:

- a. The student is currently enrolled in at least 20 semester periods of work.
- b. The student passed in at least 20 semester periods of work at the completion of the last regular grading period.
- c. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
- d. The student has maintained during the previous grading period a minimum of passing grades which is defined as at least a 2.0 grade point average in all enrolled courses on a 4.0 scale.

2091.2 Probationary Period

The governing board of each school district, private school, or parochial school may adopt, as part of its policy, provisions that would allow a student who does not achieve said educational progress items (c) or (d) above in the previous grading period to remain eligible to participate in interscholastic athletics during a probationary period.

A student who does not achieve said educational progress as defined in items (c) or (d) during the probationary period shall not be allowed to participate in interscholastic athletics in the subsequent grading period. For the purpose of determining the maximum length of a semester, the measure should be the maximum as used in that school.

2901.3 Regular School Grading Period

The regular school grading period is that time when all students in a school are graded. If two grades are given at

the end of a grading period, scholastic eligibility shall be established according to the grade issued for credit.

NOTES:

1. For playing contests, one grading period does not end until the next one begins.
2. Each member school must file its dates of determination for scholastic eligibility for each regular grading period with its league or conference. All students shall be declared eligible or ineligible for athletics for the following grading period on the respective dates.

2091.4 Incomplete Grades

A grade(s) of "Incomplete" shall not be considered a passing grade under this Bylaw unless, by operation of a school grading policy, said "Incomplete" grade shall become a passing letter (or numeric) grade without further achievement or accomplishment by a student, at a certain time.

When an "Incomplete" grade is issued which does not automatically become a passing grade, as indicated immediately above, such "Incomplete" grade shall not satisfy the requirement of this Bylaw until the academic deficiency which gave rise to such "Incomplete" grade shall have been satisfied and a passing grade has been substituted for the "Incomplete" grade. Upon such substitution, the substituted grade shall be considered in determining scholastic eligibility as established by evaluation of previous grading period grades and the substituted grade. A scholastically ineligible student may become immediately scholastically eligible upon such evaluation.

Section 3.

Registration and Current Scholarship forms for each sport must be received and recorded at the athlete's respective school the last school day before the first scheduled contest of each sport in season. Forms are to contain the names of athletes, dates of birth, and units of satisfactory school work carried, past and present. Birth dates must be certified. Names may be submitted as students become eligible.
(Amended 96)

For Fall Sports:

Registration and Current Scholarship forms are due by Friday, second week of school. **(Amended 10/6/83)**
(Amended 96)

Section 4. A copy of a residence form for each athlete must be completed and held on file at the athlete's respective schools the last school day before the first scheduled contest of the first sport in which the athlete participates. Any changes in residence will require a new residence form to be submitted confirming current residence. An athlete does not become eligible unless the forms are on file at the respective athletes school.

For Fall Sports:

Residence forms are due by the second Friday after school starts. **(Amended 8/92)**

Section 5. An athlete may be allowed to compete in more than one (1) sport per season except where the constitution prohibits. (certain sports) **(Amended 5/09)**

Section 6. An athlete shall not be allowed to compete in more than one (1) class in any one contest. An athlete shall not be allowed to compete in more than one (1) class in the same sport in the same week against the same school.

Section 7. An athlete moved up in class (i.e., from F/S to Varsity) to compete in any sport once league competition starts cannot return to the lower classification in any competition during the same season unless otherwise stipulated in the Administrative Regulation or Sports Rules. Transfers, whether from within the league or from outside of the league, must comply with the same rule.

Section 8. Outside Competition: N.C.S. Rule 2300 will determine the eligibility of athletes participating in outside competition.

Section 9. A roster of all teams must be received in the Commissioner's Office prior to the first league contest of each sport in season. **(Amended 1/26/84)**

Article II

Sportsmanship Standards

The Board of Managers of the Mission Valley Athletic League recognizes that individual school administrators retain primary responsibility for the conduct of all interscholastic athletic activities in which league schools participate. Such responsibility includes the behavior of all participants: players, coaches, representative student groups, and spectators.

The Board of Managers also recognizes that each school within the league should provide leadership in the manner of upgrading the atmosphere in which all interscholastic athletic contests are conducted. The Board of Managers is appreciative and supportive of such leadership and the programs initiated at the school level.

As the coordinating body of all interscholastic athletic activity conducted within the league, the Board of Managers establishes the following policy concerning sportsmanship at all athletic events among member schools.

Section 1. Rules for Spectators, Crowd Control, Spirit Leaders, Coaches, and Athletes (Amended 8/01)

- A. Rules for spectators, spirit leaders, coaches and athletes are to be published, issued, and discussed at each M.V.A.L. school site.
- B. Rules are to be placed in the student handbook of each school.
- C. Rules are to be distributed at M.V.A.L. home games at least once during each season.
- D. Each school will inform each visiting school of any unusual or specific rules relating to the home school site no less than one week before athletic contests for each sport season.

Section 2. Standards of Conduct

- A. The use of alcoholic beverages or drugs on any school campus is strictly prohibited. Violators will be arrested. Smoking is also against school rules.
- B. Hand-stamping and reentry to contests is at the discretion of the home site. Reentry rules must be posted. (Amended 10/99)
- C. Violation of rules or flagrant instances or unsportsmanlike behavior on the part of athletes, coaches, or spectators are to be reported from school principal to school principal with notice to the Commissioner along with a description of action taken. (Amended 9/00)
- D. Spectators
 - 1. Spectators are expected to conduct themselves in a manner that shall bring credit to themselves, their families, schools, communities and coaches. They shall maintain a high degree of sportsmanship and refrain from all conduct that tends to degrade, bait, intimidate, otherwise discredit their opponent, officials, or interscholastic athletics.
 - 2. Spectators must, at all times, remain in the designated seating areas while a contest is in progress. They may not enter on the playing field or court.
 - 3. No spectator is allowed to confront an official, coach, or player before, during, or after an athletic contest.
- E. Spirit Leaders, Cheer Leaders, and Cheering Sections
 - 1. All yells must emanate from the cheerleaders. Cheerleaders should discourage impromptu yells, cheers, and comments from individuals or minor groups.
 - 2. Cheerleaders should especially discourage unsportsmanlike yells.
 - 3. Pompom debris must be kept off the gymnasium floor; it is a hazard to the players and officials. The pompom girls are responsible for picking the debris up off the floor.

4. There shall be no antagonistic or deprecating yells directed at the opposing school.
5. Students are advised to create positive signs and posters at all athletic contests; that is, they are not to have any negative, vulgar, or detrimental slogans or statements.

F. Bands

1. A faculty member should supervise his/her school's band at every performance.
2. Bands should play only before a game, during the timeouts, at half time, and after the game. The instruments should be used as musical instruments, not noisemakers.
3. Bands must terminate a number when a team breaks a huddle or the official indicates that play is to be resumed. This is extremely important.
4. Bands, song girls, entertainment, etc. should never interfere with the officials or the playing of the game. **(Amended 6/02)**

G. Athletes

1. Athletes are expected to show the highest standards of sportsmanship and conduct themselves in a manner which shall bring credit to themselves, their families, school, community and coaches.
2. Athletes are to share in the responsibility for the conduct of their teammates and supporters of their team.
3. An athlete must accept the decision of an official. Any questions regarding a call or calls are to be directed to the official by the team captain or the coach.
4. Any complaints that the athletes have should go to the coach, athletic director, and then to the Principal.
5. An athlete must keep his/her academic performance up so that he/she may continue to participate on a team.

H. Coaches

1. Coaches are expected to maintain decorum consistent with the educational values of interscholastic athletics. By personal example, coaches are expected to demonstrate their awareness of these values by showing restraint and composure in the emotional climate of an athletic contest and to insist that players in their charge conduct themselves in a sportsmanlike manner.
2. A coach may be held responsible for the behavior of his/her personnel. Repeated misbehavior by team personnel may be considered a reflection of the coach's inability to control them.
3. Coaches shall acknowledge official's primary responsibility for conduct on contests authority to make final decisions regarding rule interpretations during a contest, and authority to discontinue a contest and award a default for harassment or other unprofessional conduct by a coach.
4. Questions and complaints regarding the conditions and procedures of a contest shall be directed to the hosting coach prior to the contest.
5. Proper behavior for a coach would preclude:
 - a. Disrespectfully addressing an official
 - b. Disrespectfully addressing or baiting an opponent
 - c. Indicting his/her objection to an official's decision, using gestures or charging on to the playing field/court
 - d. Doing anything that might incite undesirable crowd reactions.
 - e. Violating rules (particularly with regard to coach decorum) listed in the official rulebook of the sport in which he/she coaches.
 - f. Coaches ejected directly related to his/her actions, shall be suspended from the following coaching contest. If a coach continues to work when on suspension, this is a Violation of the rules and the contest will then result in a Forfeiture.**(June 22, 04)**
6. In accordance with Article 5, Chapter 2 of Title 5 of the California administrative Code:

Each school district shall implement the following listed standards of ethical conduct for all athletic team coaches no later than 90 days subsequent to the promulgation of this

chapter. Any person serving as an athletic coach in the District shall:

- a. Show respect for players, officials, and other coaches
- b. Respect the integrity and judgment of game officials
- c. Establish and model fair play, sportsmanship, and proper conduct
- d. Establish player safety and welfare as the highest priority
- e. Provide proper supervision of students at all times
- f. Use discretion when providing constructive criticism and when reprimanding players
- g. Maintain consistency in requiring all players to adhere to the established rules and standards of the game to be played
- h. Properly instruct players in the safe use of equipment
- i. Avoid exerting undue influence on a pupil's decision to enroll in an athletic program of any **PUBLIC OR PRIVATE** post-secondary educational institution
- j. Avoid exerting undue influence on pupils to take lighter academic course(s) in order to be eligible to participate in athletics
- k. Avoid suggesting, providing, or encouraging any athlete to use non-prescriptive drugs, anabolic steroids, or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or American Medical Association
- l. Avoid recruitment of athletes from other schools
- m. Follow the rules of behavior and the procedures for crowd control as established by the local Board of Education and the league in which the district participates. **(Entered 8/25/89)**

I. Guidelines for Crowd Control

- a. Administrator in Charge
The supervisor in charge should arrive at the site of the contest prior to the arrival of any supervisors, spectators, or officials. The visiting supervisor should arrive prior to the first contest and report directly to the home administrator. The administrator in charge should meet and supervise police and teacher supervisors. He /she is in charge of and responsible for the home crowd behavior, the supervision of the home spirit group, the conduct of the home coach and players. The administrator should meet and work closely

with the game officials to control the game environment. The administrator should evaluate the conduct of the contest, the spectators, the supervisors, and the police, and report to his/her immediate supervisor any problem that occurred.

b. Certificated Supervisors

The assigned supervisors should report directly to the administrator in charge and supervise the assigned post in a conspicuous and responsible manner. The supervisors should not depart from their assigned post until dismissed by the administrator in charge.

c. Management of Facilities

1. Students are not allowed in and out of facilities where restrooms and concessions are available inside of the facility.
2. Loitering outside of the facility (gym or stadium) should not be allowed.
3. All doors or gates to the facility should be supervised by the certificated staff.
4. Ticket prices are not to be reduced at any time, and no spectator should be allowed in without purchasing a ticket or providing a proper pass. Any person using a staff pass in violation of MVAL rules will lose staff pass privileges, and that staff pass should be confiscated.
5. Spectators are not allowed on the game play area at any time.
6. Spectators should not be allowed to loiter around the exit door areas.
7. A list of student participants (rally squad, "stats" people, school press, etc.) should be provided to the home team for proper identification for entry to the contest without charge.

d. Contest Management

1. The number of non school participants involved in school functions should be limited to a few special occasions. Non participants should not be allowed on the sidelines of school athletic event without prior approval of the home team.
2. The number of coaches on record on the bench should be limited to one. This does not limit the number of assistants but limits only the number of coaches that deal with the officials of the game.

Recommended Procedures for Handling Unsportsmanlike
Conduct of Coaches

The expectations for appropriate conduct of coaches are cited in Article II, Section 2 h. of the MVAL Administrative Regulations.

Procedure for dealing with cases of inappropriate conduct or noncompliance with the MVAL Sportsmanship Standards are as follows:

1. All actions regarding the MVAL Sportsmanship Standards will follow procedures as indicated in Article III, Sections 2a, b, c, d, e, f, g, h, i, of the MVAL Administrative Regulations.
2. The remedies of penalties to be used for acknowledged or proven violations of the MVAL Sportsmanship Standards are as follows:
 - A. After the first violation, the school shall conduct by a coach an evaluation of its sportsmanship standards and make needed changes for improving the implementation of the MVAL Sportsmanship Standards and shall provide a written reprimand to the charged coach and copies are to be sent to the Commissioner and the party making the charge.
 - B. Second violation will require the coach to be placed on probation and the conditions of the probation shall be indicated in writing.
 - C. Third violation will require the coach to be placed on suspension for one (1) or two (2) games (school must supply supervision for a team to play when a coach is on suspension).
 - D. Fourth violation will require removal of the coach from that coaching assignment for the balance of the season. Instructions for reinstatement of the coach for the following season shall be indicated in writing to the charged coach and a copy sent to the Commissioner.
 - E. If a school attains three (3) or more coaching violations, the school will post a bond for \$200 with the MVAL and this money will be placed in the MVAL savings account and returned to the school after two (2) calendar years if no additional unsportsmanlike violations take place.

Note: These remedies do not preclude a principal from exercising disciplinary actions deemed appropriate prior to the enforcement of these rules (nor is the principal's authority limited by National Federation Rules).

3. If the principal of the school being charged disagrees with the party making the charge (other school, official, parent, etc.) and will not acknowledge the need for remedies or penalties, and if the party making the charge persists that the charge/s is/are valid and action should be taken by the Principal of the charged school, the Commissioner must be informed of the stalemate.

The Commissioner will call for a hearing to be heard by three (3) uninvolved principals having no bias or prejudice for or against the parties involved.

(Entered 8/25/89)

Article III

Eligibility, Interpretation, Documentation, Mediation or Protests and Hardship Procedures

Section 1. In order to establish standard procedures for investigating potential problems in the league related to interpretation of rules, hardship cases, and other matters that may warrant investigation and/or action, the following procedure will be adhered to:

a. All initial verbal requests for inquiry into an alleged violation(s) shall be directed to opposing principal/principal designee or athletic administrators. By 3:00 pm of the next school day, such inquiry shall be communicated to the Commissioner. If the inquiring school is not satisfied with the information provided, they shall proceed to step b.

b. A letter must be sent to the Commissioner, with a copy to the opposing school principal, within five (5) school days from the day of the initial notification to the Commissioner. The letter must describe the original problem and/or violation of rule and must cite the National Federation, CIF, NCS, or MVAL rule involved. The principal filing the charge should also state his/her recommended resolution, if he/she has one to the Commissioner.

c. The Commissioner has the authority to impose penalties as specified by the MVAL Constitution and Administrative Regulations, the NCS and CIF Constitution and Bylaws, or the National Federation rules where authorized.

d. The Commissioner will respond in writing to written charges from principals WITHIN TEN (10) SCHOOL DAYS FROM THE DATE OF RECEIPT OF SUCH CHARGES, unless a hearing is conducted. If a hearing is conducted, the Commissioner will respond within three (3) days from the day of the hearing.

e. The Commissioner will reject any protest that does not adhere to the timeline prescribed in Article III, Section 1, listed above.

Section 2. In the event of a serious problem resulting from an athletic contest or a violation of the M.V.A.L. Constitution, Administrative Regulations or Sports Rules, or the N.C.S. and C.I.F. Constitution and Bylaws, and with the potentiality of a protest or appeal being filed, the following steps must be followed:

a. The protesting or appealing principal must call the principal of the opposing school within five (5) school days after the event, problem, or alleged violation. Within 24 hours of such call, the Commissioner must be called and informed of the circumstances.

1. The principal's designee has the authority to receive the protest or report in the absence of his/her principal.

b. If the problem is resolved between the two (2) principals, individual documentation of the resolution must be sent by each of the two (2) principals to the Commissioner's Office within five (5) school days from the day of the verbal resolution.

c. If the problem is not resolved, a letter must be sent to the Commissioner, with a copy to the opposing school principal, within five (5) school days from the day of disagreement between principals by the principal filing the charge. The letter must describe the original problem and/or violation of rule and must cite the National Federation, C.I.F., N.C.S., or M.V.A.L. rule involved. The principal filing the charge should also state his/her recommended resolution, if he/she has one, to the Commissioner.

d. The Commissioner has the authority to impose penalties as specified by the M.V.A.L. Constitution and Administrative Regulations, the N.C.S. and C.I.F. Constitution and Bylaws, or the National Federation rules where authorized.

e. The Commissioner will respond in writing to written charges from principals *WITHIN TEN (10) SCHOOL DAYS FROM THE DATE OF RECEIPT OF SUCH CHARGES*, unless a hearing is conducted. If a hearing is conducted, the Commissioner will respond within three (3) school days from the day of the hearing.

1. The Commissioner has the authority to change his/her decision if he/she sees it is necessary because of additional evidence or facts that develop after he issues his original decision.

2. The Commissioner may call together a panel of three (3) uninvolved M.V.A.L. principals for a hearing of eligibility, games, hardship, or protest for unusual cases.

3. Protests on matters of judgment of an official's call will not be considered.

4. Protests involving game conditions must be filed before the beginning of the game.

5. Within five (5) school days of the receipt of the Commissioner's/ hearing body's response, if such response supports the charge of the protesting school, the principal of the opposing school must submit in writing to the principal of the protesting school what action will be taken in response to the Commissioner's/hearing body's recommendation, and a copy of such document is to be sent to the Commissioner's Office.
6. If either principal remains dissatisfied with the Commissioner's/ hearing body's recommendation or with the implementation of such recommendation, that principal may appeal the question in writing to the Commissioner within ten (10) school days from the day of receipt of the Commissioner's/hearing body's recommendation/resolution.
7. Within ten (10) school days of receipt of the submitted appeal, the Commissioner may deny the appeal or call together an advisory panel of three (3) M.V.A.L. principals who are not involved in the original protest or appeal to review the case and submit their recommendation/resolution to all parties involved within five (5) school days.
8. If a party is not satisfied with the preceding resolutions, he/she may file an appeal within five (5) school days of receipt of the submitted resolution to the next appropriate body, either the Superintendents of the three (3) districts or the N.C.S. Protest Committee.

Section 3. In the event a disagreement develops between a coach and an official on the interpretation of a rule of a sport and the coach feels strongly on his interpretation, he must file a written protest in the Commissioner's Office before 12:00 noon the following day. The protest must be filed immediately with the official at the time of the disagreement at the contest. Protests on matters of judgment of an official's call will not be considered.

Article IV

Violations of the Constitution and Administrative Regulations

Section 1. A forfeit caused by a violation during competition or directly affecting the outcome of a contest will be declared a loss for the offending team and will be declared a win for the opponent.

Section 2. A violation caused by a failure to submit proper documents on time will be declared a loss for the offending team and will remain a loss for the losing team.

Section 3.

a. Any person and/or school committing violations of the M.V.A.L. Constitution, Administrative Regulations or Sports Rules, or N.C.S./C.I.F. Constitution and Bylaws is directly held accountable. Penalty: The prescribed penalty as indicated by the M.V.A.L. Constitution, Administrative Regulations or Sports Rules, or the N.C.S./C.I.F. Constitution and Bylaws. In the absence of a prescribed penalty, the Commissioner or a hearing body will have the authority to determine a penalty.

b. If a coach is ejected from a contest and if another qualified certificated person from the school involved is not there to take over, the team whose coach was ejected would forfeit the contest to the opponent.

Section 4. Playing of an ineligible player (scholastic, 9th semester, age, residence, M.V.A.L., N.C.S., C.I.F. Rules). Penalty: Take away win of each game in which the ineligible player or players have participated and be charged with a loss for each such game and declared a win for the opponent. The league standings are to be adjusted as soon as the enforcement of penalty is enacted. Player or players will be removed from the team until adjudication affects change. In individual sports (cross country, gymnastics, wrestling, track, swimming, etc.), take away the points attained by the ineligible player and readjust the final scoring of the contests involved.

Section 5. Out of Season Coaching. Penalty: If a teacher or coach is found in violation of the rule, he/she is subject to disciplinary action by the Board of Managers which may result in the suspension of that teacher or coach from his/her assignment in the sport involved.

Section 6. Illegal Practice. Penalty: Take away the next league win after the infraction was reported.

Section 7. Illegal Contest: Penalty: Take away the next league win following the infraction. In the event the infraction occurs at the end of the season or at a time when there are no more wins in the balance of the season, the win taken away will revert to the first league win of the current season. The team will be charged with a loss in the standings and will be so indicated as soon as the enforcement of the penalty is enacted.

Section 8. Illegal Number of Contests. Penalty: Take away the first league win and be charged with a loss in the standings as soon as the enforcement of the penalty is enacted.

Section 9. All-Star Team: Playing on a selected all-star team during the school year without Board of Managers Approval. Penalty: The student shall be out of league competition for one year from the date of the offense.

Section 10. Unprofessional Conduct (refer to N.C.S./C.I.F. Code of Ethics) of Coaches or Other School Personnel. Any offense reported by school personnel or duly designated official to League Commissioner shall be:

- a. Thoroughly investigated by League Commissioner.
- b. Reported to the Principal of school involved.
- c. Penalty, if any, to be determined by the Commissioner or Hearing Body.

Section 11. Repeated Violations of the Constitution. Penalty: Barred from league competition the following school year.

Section 12. Defaults.

- a. Any school defaulting to another school will be charged with a defeat, and the school defaulted to will be credited with a win.
- b. Additional penalties, if necessary, shall be decided by the Commissioner or Hearing Body.

Article V

Scoring and Championships

Section 1.

- a. The league champion in each sport will be determined by the team with the best league win/loss record unless otherwise specified in the sports rules.

- b. The following point system will be used for keeping the standings in those sports where the win/loss records determine the champion of the league: three (3) points for a win, one (1) point for a tie, and no points for a loss. It shall be the duty of the sport's chairperson to keep a record of the wins, losses, and ties of his/her sport and submit it to the Commissioner's Office at the end of the sports season.

- c. Perpetual championship trophies will rotate annually for all varsity sports.

Section 2. Sports chairperson from each sport will be responsible for submitting the league standings at the end of the season to the Commissioner's Office. For those sports where the championship is determined by the results of the dual meet season and also the league finals, the following point system will be used for the respective rankings.

<u>DUAL MEET</u>	+	<u>LEAGUE FINALS</u>	=	<u>TOTAL POINTS</u>
1st = 1 point		1st = 1 point		Ex: 2 points
2nd = 2 points		2nd = 2 points		
3rd = 3 points		3rd = 3 points		
4th = 4 points		4th = 4 points		
5th = 5 points		5th = 5 points		
6th = 6 points		6th = 6 points		
7th = 7 points		7th = 7 points		
8th = 8 points		8th = 8 points		

The team that accrues the least number of points from the dual meets standings and the league finals results will be declared the champion.

Section 3. Teams tying for championships in any sport may be declared co-champions except as may be indicated in specific sport rules.

Section 4. **Robert F. Vares Varsity Cup**

a. There will be a Robert F. Vares Varsity Cup Champion school Selected annually based upon the following criteria:

1. Varsity Sports only
2. Champion based upon the school receiving the highest Number of total Varsity points over the school year.
3. The Scoring system is as follows:

Talley – 1st = 13 pts
2nd = 10 pts
3rd = 8 pts
4th = 6 pts
5th = 5 pts
6th = 4 pts
7th = 2 pts
8th = 0 pts

4. The Champion will retain the VARSITY CUP for one year.

Section 5. **Jim Sperou All-Sports Champion**

a. There will be an All-Sports Champion school selected annually on the greatest number of points accumulated from school standings at the end of each sport season. The point system for varsity sports champions shall be 12 for 1st, 9 for 2nd, 7 for 3rd, 5 for 4th, 4 for 5th, and 3 for 6th places. The point system for other than varsity sports champions shall be 7 for 1st, 5 for 2nd, 4 for 3rd, 3 for 4th, 2 for 5th and 1 for 6th places. To determine the All-Sports Champion school, the points accumulated from each sport standing at the end of the sports season will be totaled for each school, and the school receiving the highest number of total points will be declared the All-Sports Champion.

<u>VARSITY</u>	<u>JV/FS</u>
1 st = 13	1st = 8
2nd = 10	2nd = 6
3rd = 8	3rd = 5
4th = 6	4th = 4
5th = 5	5th = 3
6th = 4	6th = 2
7th = 2	7th = 1
8 th = 0	8 th = 0

b. The champion school will retain the Jim Sperou All-Sports Champion trophy for one (1) year.

Article VI

Awards

- Section 1.
- a. The league may offer or accept trophies as provided by the Board of Managers.
 - b. Additional awards, ribbons, or medals beyond those awarded by the MVAL may be given by the Host school in Wrestling. These additional costs will be incurred by the Host school and not be a gate cost from the League.
 - c. Individual schools may make awards to their own students who are member of championship teams.

Section 2. All-League Awards

- a. The league will present all-league awards to the athletes as prescribed by the sport rules of each sport.
- b. A nominee for an all-league award must be a team member in good standing at the end of the season. **(4/10/87)**

Section 3. Policy and Procedure for Naming of Events, Contests and Properties.

Policy:

The Board of Managers of the Mission Valley Athletic League retains authority for naming all M.V.A.L. contests, events and properties.

Each proposal for naming an event, contest or property shall be considered on its own merits. No commitment for naming shall be made prior to the Board of Managers approval of the proposed name.

A name of an M.V.A.L. event, contest or property must meet on or more of the following criteria:

1. It must designate the function of the event or property.
2. It must honor an individual:
 - 2.1 When no gift is involved:

2.1.1 It must honor a person who has achieved unique distinction in high school athletics or other significant areas of secondary education service.

2.1.2 It must honor a person who has served the M.V.A.L.

2.1.3. It must honor a person who has served the M.V.A.L. as an athletic administrator, coach, and official and who, during their service, made extraordinary contributions to a M.V.A.L. school or to the system which warrant special recognition.

2.1.4. When a proposal for naming in honor of an individual involves service to the M.V.A.L. or member high school, a proposal shall not be made until the individual has been retired or deceased at least one year.

2.2 When a gift is involved, the Board of Managers will take into consideration the significance and amount of the proposed gift as it relates to the event or contest.

3. In special circumstances, the Board of Managers may waive any or all of the above criteria.

PROCEDURE

The following procedure will be when submitting a proposal for naming the M.V.A.L. Commissioner to the Advisory Board.

1. The request to name a specific event, contest or property shall be sent by the M.V.A.L. Commissioner to the Advisory Board.

Each naming request must:

1.1 Be submitted at least eight weeks prior to the Advisory Board meeting at which the item is to be presented.

1.2 Comply with Board of Managers policy.

1.3 Succinctly state reasons for the proposed name.

1.4 Name the school, individual or group proposing and approving the request.

- 1.5 Include complete biographical data if the naming is to honor an individual.
- 1.6 Contain “special circumstances” justification language if the special circumstances section of this policy is applicable.
2. Upon receipt of the naming request, the M.V.A.L. Commissioner and Advisory Board will consider the request.
3. After its review, the Advisory Board will transmit its recommendation to the Board of Managers.
4. Confidentiality is to be maintained on all request submitted.

Article VII

Rules Governing the Play of Contest

- Section 1. a. All league contests shall be governed by the official interscholastic rules of the current year except as the league may vote special rules.
- b. The home school is responsible for making known ground rules created by unusual circumstances.

Section 2. Rules Changes:

In order for any changes or adjustments of the rules agreed on by sport committees to be effective, they must be included in the minutes of the sport committee meeting and such minutes must be submitted to the Advisory Board, the Commissioner, and the Board of Managers for approval.

Article VIII

Schedules

- Section 1.
- a. The athletic schedules for all fall sports shall be presented to the Advisory Board at the January meeting. Schedules for all other sports are to be presented to the Advisory Board at the April meeting.
 - b. Random selection for schedules will be used for basketball and volleyball.
 - c. A schedule of practice contests must be filed with the Commissioner's Office, on forms provided, one month prior to the first day of practice.
 - d. The Commissioner's approval must be granted for all changes in games or contests. All schedule changes must be submitted to the Commissioner's Office on the appropriate league forms two (2) weeks (10 school days) before the date of the rescheduled contest. Emergencies and an act of God are to be handled by the Commissioner and the principals involved.
 - e. The first contest of winter and spring sports may not take place prior to the last league contest of the preceding season. (N.C.S. contest and intra-league playoffs excluded).

Section 2. **Sports Season**

- a. Starting and ending sport season dates are determined by the N.C.S. Constitution and Bylaws.
- b. For clarity, Sports Seasons are divided into three parts: Preseason (practice), League season, and Post-season.

Article IX

Practices

- Section 1.
- a. In accordance with Rule 200H of the N.C.S. General Rulings, practice is the association of a coach or coaches with a potential team member or members for the purpose of teaching the mental or physical skills of a C.I.F. – approved sports. Practices in our league shall be limited to one (1) per day unless otherwise stated in the specific sport rules or as directed by special permission handed down by the Board of Managers.
 - b. In accordance with Rule 201H of the N.C.S. General Rulings, practice by a school team shall only be allowable during the season of sport (excluding Sundays and Christmas Day).
 - c. Number of preseason meetings - Refer N.C.S. 205H.
 - d. There shall be no practices on Sunday or Christmas Day.
 - e. If a holiday does not fall on the same day due to different district calendars and one school is allowed to practice when others are not, then all schools will be allowed no practice **(Entered 3/8/85)**
 - f. All athletes except those in football & wrestling are required to participate in five (5) days of practice before participating in a contest unless they participated in a sport the preceding sports season within the same school year. **(Entered 1/26/84)**
 - g. In football & wrestling participants must conform to N.C.S. practice rules before participating in any competition. (10 day practice rule) **(Amended 6/29/89)(Amended 6/02)**

Article X

Scrimmages

- Section 1. a. In accordance with Rule 109H of the N.C.S. General Rulings, a scrimmage is defined as follows:
1. Uniforms are optional.
 2. The scrimmage will be controlled by the coaches. Examples include: unlimited time periods, free substitution, coach may stop play and make individual instruction to players. Time periods, as specified by the appropriate rule book, shall be waived.
 3. Game officials are optional. A school could utilize officials or a parent, player coach to officiate a scrimmage. Officials may be paid.
 4. If the scrimmage is played out of the North Coast Section, the opposing school's coach should be informed of the N.C.S. definition of a scrimmage.
 5. No official score will be kept.
 6. It must be on the school's season schedule and listed as a scrimmage.
 7. Maximum number of scrimmages allowed per sport is two (2) with the exception of football, which may be one (1) or * two (2).
- b. Teams may participate in authorized scrimmages prior to their first league contest. It is permissible to participate in a scrimmage once league play has started provided it is on the school's schedule and listed as a scrimmage, and the maximum number of scrimmages per sport is not exceeded. **(Amended 4/96)**

Note: 2 scrimmages if 9 regular season contests.

Article XI

Contests

Section 1. Athletic Contests

- a. The definition of a school week for all sports shall be Monday through Thursday.
- b. The maximum number of contests per school week cannot exceed two (2); however, a third contest may be played on Friday or Saturday, unless otherwise stated in specific sport rules. **(The above statement was removed at the April 16th BOM meeting because of rainouts and rescheduling of pre-season and league games.) Entered 4/16/2010**
- c. There shall be no contests on Sunday or Christmas Day.
- d. A contest, per NCS definition, shall be defined as any time two teams meet. The failure on the part of any school in the schedule to field a team will not cause cancellation of the remaining league contests. Forfeiture of the entire season will result if a school drops a sport after the league season starts. If a school drops a sport before the league season starts, the open dates will be counted as byes and no penalties will be levied. When a school drops a sport before the league season starts, the principal must notify the Commissioner and other principals in writing of this fact.
- e. Participation in a tournament is counted game for game when considering the maximum number of games per season, except as otherwise stipulated by N.C.S./C.I.F. rules.
- f. The approval of the Board of Managers must be granted for a game or contest to be scheduled after the last league games. When a tie occurs in a M.V.A.L. sport and if a post season tournament representative is to be selected, principals must agree or the decision will be in the hands of the Board of Managers or as stipulated in the sports rules.
- g. Any team that arrives late for a contest and the lateness was caused by transportation will be allowed up to 15 minutes for warmup. **(Entered 4/21/83)**

h. All N.C.S. and C.I.F. regularly scheduled events are automatically sanctioned by the Board of Managers and are not governed by any restricting rules regarding participation.

i. "In all sports, league contests that are rained out or postponed due to unforeseen circumstances must be rescheduled for the next possible day following the postponed contest with mutual agreement of both principals. If there isn't mutual agreement between the principals of the schools involved regarding the rescheduling of the postponed contest, the Commissioner shall make the final decision. **(Amended 6/02)**

Section 2. Practice Contests

a. Practice contests can be scheduled before the league season begins, during any MVAL vacation period, or on bye dates throughout the school year as long as the maximum number of contests per week and per season are not exceeded and those exceptions currently stipulated in the sport rules. The exception being golf, do to course availability. **(Amended 4/26/84, 6/22/04)**

Section 3. Playing Fields

a. The playing field and area immediately adjacent to it at all athletic contests shall be restricted to team members, coaches, managers, officials, and other parties necessary to the conduct of the game. **(Amended 6/02)**

Section 4. Post Season Contests - Financial

a. The MVAL will sponsor only those tournaments/meets that qualify athletes to NCS. The MVAL office will incur all gains and losses. In gymnastics: cost for the league gymnastics finals will be divided equally among All MVAL schools. (Amended 9/92) **(Amended 04.13.06)**

b. In a Shaughnessy type playoff, the MVAL office will incur all gains and losses.

Section 5. Post Season Contests

- a. The Advisory Board will approve the sites for all MVAL Shaughnessy playoffs.
- b. In individual sports where there are athletes from schools that do not have a team participating in the round robin schedule, those athletes may participate in the MVAL/NCS Qualifying Meet for that sport.

Section 6. Tournaments

- a. Schools may participate in tournaments any time during the season of sport as long as the maximum number of contests for each sport is not exceeded. If a weekend tournament begins on Thursday or Friday, the Thursday or Friday contest will not be in violation of any MVAL rules limiting a team to two (2) contests per school week. If a tournament during a vacation period has three (3) contests during one week, these contests will not be in violation of any MVAL rules limiting a team to two (2) contests per school week.
- b. Tournament contests are not to be construed as practice contests.

Section 7. Athletic Contests Related Activities

- a.
 1. Any type of mascot should be kept on the side of its rooting section.
 2. The visiting team shall sing their hymn first. They must remain in their rooting section until the home school has sung their hymn.
- b. Student activities designed to arouse schools spirit for athletic contests shall be confined to acceptable behavior by the students. Incidents involving vandalism or disorderly conduct will be called to the attention of the governing body of the league whose decision regarding corrective action shall be final.
- c. When damage to a school and/or its property is ascertained, the student body responsible shall make a full and complete restitution.

- d. Battery-fed horns, bells, and other loud noise-making or unusually loud instruments are prohibited at all indoor contests. This does not apply to musical instruments used by bands under a faculty member's supervision.
- e. Only the home team will be allowed to provide warm-up music or have pep band at winter sports contests. At playoff games both schools may bring a pep band. The visiting band director must contact the home band director in advance to get up a playing schedule. **(Amended 4/20/90)**

- f. 1. Bands at football games (Amended 4/20/90). Refer to Sportsmanship Standards for additional rules pertaining to bands.

2. At games where a home team has a band, only the home band shall be allowed to perform. Any exceptions to this rule must be approved by the home school. The home school will determine the order and length of each performance.

3. Pre game procedure:

If both bands are present, the band not performing will refrain from playing or warming up (including any sub group) while a band performance is being executed. The total time allotted to pre-game for band performance(s), (entering, performance, and exiting) is ten (10) minutes. The band will start their performance ten (10) minutes immediately preceding the start of the varsity games. Teams may continue to warm up beyond each goal line staying clear of the 100 yard plying field.

4. Half time procedure:

At half time the band is to be allowed twelve (12) minutes to enter, perform, and exit the field. During the bands allotted time, the football teams must not enter or cross the field. Warm-ups during this time are restricted to areas outside the 100 yard play field. The home school, represented by the activities director, shall determine the length of the rally squad performance.

Request for extension of time must be approved by the two principals and the Commissioner.

5.No member school shall hold a night rally or bonfire in connection with any athletic contest.

6.Visiting teams are to furnish their own towels.

Section 8. Filming Athletic Contests

- a. Schools or parents are permitted to film or videotape athletic contests from the spectator area. **(Amended 4/10/86, 6/26/86, 6/02, 1.14.05)**

Section 9. Admission

- a. Admission prices will be charged for those athletic contests (combination of levels) that commence at 4:00p.m. or after.
- b. The admission prices for athletic contests are as follows: \$7.00 for Adults; \$7.00 for students from participating/non-participating schools that do not have an ASB card; \$5.00 for participating/non-participating ASB card holders; \$3.00 for junior high and elementary students; children under five years of age and anyone 60 years or older possessing an identification card are free. For special games or occasions such as Thanksgiving Day football games, and increase in the standard admission price from \$7.00 may be obtained by petitioning the Board of Managers. A single charge will be made for triple headers. **(Amended 6/95, 6/07)(Amended 8/14)**
- c. For night freshman football games the charge for admission will be \$5.00 Adults/Students w/o ASB, \$3.00 students with ASB/Junior HS Students. **(Amended 8/14)**
- d. Separate admission fees are to be charged for the M.V.A.L. Wrestling Preliminaries and Finals.
- e. Hands are to be stamped at all M.V.A.L. evening contests. **(10/10/85)**
- f. Holders of M.V.A.L., N.C.S. and C.I.F. passes will be allowed entry at any time during the contest for such contests where passes are honored. **(6/26/86)**

- g. Admission can be charged for regularly scheduled night contest that are changed to day contests. **(Amended 6/02)**

Section 10. Passes

a. Staff Passes (School Color)

A system of colored passes designating specific school shall be issued to school personnel who provided non-paid services to M.V.A.L. athletics. Principals shall have the discretion to issue staff passes to junior high and elementary personnel if the schools are in their attendance area. **(Amended 6/24/82)**

b. General Passes (White) are to be issued to:

1. High school principals and their administrative staff
2. Coaches
3. Superintendents
4. Assistant Superintendents
5. Members of the Boards of Education
6. Press
7. Those school district personnel whom the Board of Managers deem deserving on the basis of non-paid contribution to M.V.A.L. athletics.

c. Staff or General Passes will be honored at all post-season playoff contests (Shaughnessy, M.V.A.L. Championship Meets, etc.) for participating schools. **(Amended 1/14/88)**

Article XII

Coaching

Section 1. The M.V.A.L. will adhere to the N.C.S. Rules on coaching.

Section 2. Out of Season Coaching

The M.V.A.L. Board of Managers supports the position that students should be encouraged to participate in as many sports as they wish. The program policies and practices should in no way violate this intent by encouraging specialization.

Coaching is defined as any organization of activity and/or instruction.

- a. Gymnasiums at each school may be open when available to any student for a maximum of three (3) hours per day for three (3) days per week, Monday through Saturday.
- b. Gymnasiums will not be open during the first two (2) weeks of the fall and spring sport season for winter sports.
- c. Students will not be required to attend.
- d. There will be no organized team drills.

Article XIII

Supervision

- Section 1.
- a. All teams must be accompanied by sufficient faculty members to provide proper supervision for team members at all times.
 - b. Supervision for Home M.V.A.L. League Contests
 1. The home schools will provide supervision commensurate with the intensity of the rivalry and the anticipated crowd. Planned supervision may be modified at the request of the visiting principal.
 - a. An administrator must be present at all football and boys basketball games.
 - b. An athletic director or administrative designee must be at all girls basketball games and wrestling matches. **(Amended 10/99)**
 2. The home school will assign staff to supervise crowd control at the gate/door until the end of the contest.
 3. For all football and boys basketball games when a large or intense crowd is anticipated, the home school will provide at least one professional security officer.
 - c. Visiting Night M.V.A.L. Contests
 1. Visiting schools must provide at least one administrator/designee and an appropriate number of staff supervisors.
 2. The visiting administrator/designee must report to the home administrator no later than 7:00p.m.
 3. In football, the visiting team administrator must report to the home administrator no later than 10 minutes before the start of the J.V. game. **(Amended 6/02)**

Article XIV

Publicity

Adequate control of publicity shall be responsibility of the host team in each activity.

Article XV

Officials

- Section 1.
- a. The officials shall be obtained, rated, and reimbursed in accordance with a plan approved by the Commissioner.
 - b. Officials associations are to develop an ongoing evaluation system in conjunction with the negotiating team. **(Entered 6/88) (Amended 6/02)**
 - c. Officials associations are to provide evidence of an annual mandatory training program. **(Entered 6/88)**
 - d. Each league school is responsible for providing non-M.V.A.L. officials for cross country, swimming, track, tennis and linesman for volleyball.
 - e. A contest may proceed with less than the required number of officials upon mutual agreement of both coaches and the official/s present.
 - f. The penalty for a late official who causes the delay of a contest without an excuse approved by the Commissioner's Office will be the deduction of one half the regular fee. **(Entered 4/26/84)**
 - g. Anyone that graduated from a M.V.A.L. school within three (3) years of a sport season shall not be assigned to officiate contests involving that school. Any school district employee or parent affiliated with a M.V.A.L. school shall not be assigned to officiate contests involving that school within one (1) year from the time of that affiliation. The Commissioner can use his discretion regarding the use of substitute school employees as officials for contests involving their affiliated school. **(Amended 6/29/89)**
 - h. Officials have the prerogative to declare a suspension of play in any contest at which they deem the crowd to be uncontrollable or unsafe. Further consequences of the contest will be determined by the Board of Managers.

- i. Adult timekeepers will be required in varsity basketball, junior varsity and varsity football, and varsity wrestling contests.
- j. Schools may be billed at the end of the preseason (practice season) for officials cost when necessary. **(1/15/87)**
- k. Officials shall print their name legibly in the score book so that coaches can clearly direct their comments and evaluations. **(Entered 6/88)**
- l. The M.V.A.L. will pay each person who assigns officials for M.V.A.L. contests an assigning fee determined by accepted, valid contract. **(Amended 6/30/97)**
- m. Volleyball officials will be provided for one (1) scrimmage free of charge for each school. **(Entered 4/18/91) (Amended 6/02)**

Article XVI

Starting Times and Order of Events

The following starting times and order of events will be official. No changes will be permitted unless the necessary form for change of schedule is approved by the principals from the schools involved in the necessary schedule change.

FALL:

Football: a. Starting times for games:

Varsity and Junior Varsity	Afternoons	3:45p.m.*
Freshman	Afternoons	3:45p.m.*
Varsity	Evenings	7:00p.m.
Junior Varsity	Evenings	4:30p.m.
Varsity	Mornings (Sat)	12:30p.m.
Junior Varsity and Freshman	Mornings (Sat)	10:30a.m.

*All afternoon freshman and junior varsity games will start at 3:00p.m. when daylight savings time changes to standard time. (Time changes take place the last Sunday in October and the last Sunday in April).

b. Start all Junior Varsity games in Football at 4:30. At the completion of the JV game, start a running clock for 35 minutes allowing Varsity players time to warm up before the start of their game; however the Varsity game shall not start earlier than 7:00p.m.

c. Length of playing quarters:

Freshman and Junior Varsity - 10 minutes
Varsity - 12 minutes

Cross Country:

- a. Starting time - 3:45p.m. until Daylight Savings takes effect, then to start at 3:30 p.m.
- b. The frosh/soph team will run first with the Varsity to follow.

- c. The M.V.A.L. Finals will start at 1:30p.m. **(Amended 4/20/89)**

Gymnastics:

- a. Starting time - dual competition 4:00p.m. for day meets and 6:00p.m. for night meets. **(Amended 1/10/91) (Amended 10/93)**
- b. Starting time for M.V.A.L. Finals - Junior Varsity at 3:30p.m. and Varsity at 6:00p.m. **(Amended 12/4/84, 12/8/87)**

Girls Tennis:

- a. Starting time - 3:45p.m. **(Amended 1/96)** (2:30p.m. after daylight savings time) **(Amended 6/97)**

Monday - 1:30p.m. (2:00p.m. if lights available)
2 round singles 1 round doubles

Tuesday - 1:30p.m. (2:00p.m. if lights available)
1 round singles 2 round doubles

Wednesday - 1:30p.m. (2:00p.m. if lights available)
singles/doubles, semi finals/finals

Show up time/warm up time is subject to tournament site.
Agreement to be arranged at the annual preseason coaches meeting.

Volleyball:

- a. All contests will start at 3:45p.m. and warm-up time (exclusive of common time for stretching) will be in 10/10 format not to exceed 20 minutes, which is established by the National Federation Rule Book. **Same format used at NCS (Amended 1/21/94, 6/02)**

WINTER

Basketball: a. Starting times for games:

<u>Boys</u>		<u>Girls</u>	
Freshman	4:30p.m.	Junior Girls	5:30p.m.
Junior Varsity	6:00p.m.	Varsity	7:00p.m. (or 20 minutes after frosh game)
Varsity	7:30p.m. (or 20 minutes after junior varsity game)		

b. There will not be more than a 20-minute intermission between games.

c. Length of quarters shall be:

<u>Boys</u>		<u>Girls</u>
Freshman	8 minutes	Junior Varsity 8 minutes
Junior Varsity	8 minutes	
Varsity	8 minutes	Varsity 8 minutes

Boys Soccer:

- a. Afternoon games - varsity - 3:45p.m.
- b. December league games - 3:15p.m.

Girls Soccer:

- a. Afternoon games - varsity - 3:45p.m.
- b. December league games - 3:15p.m.

Wrestling:

- a. The junior varsity teams will wrestle last for afternoon matches and first for evening matches with the varsity team wrestling first for afternoon matches and last for evening.

b. All afternoon matches will start at 3:45p.m.. All varsity evening matches will start at 6:00p.m. If two mats are being used simultaneously the match will start at 6:00p.m.

c. The M.V.A.L. League Finals will start at 2:30p.m. on weekdays and 9:00 a.m. on Saturdays. Weigh-ins for MVAL League Finals are at 7:00am. (Starting after daylight savings time goes into effect will be 3:45p.m.)
(amended 04.13.06, 4/17/15)

SPRING:

Badminton:

a. Starting time - 3:45p.m.
M.V.A.L. league tournament times - Tuesday at 2:30p.m.
Wednesday at 2:30p.m., and Thursday at 2:30 p.m..

Baseball:

a. Starting time - 3:45p.m./4:30p.m. after daylight savings time**(amended 06.05.14)**

Softball:

a. Starting time - 3:45p.m./4:00p.m. after daylight savings time**(amended 06.05.14)**

Boys and Girls Swimming:

a. All dual swimming meets shall start at 3:45p.m. The M.V.A.L. Championships on Friday: warm-ups at 2:00pm and the meet will start at 4:00pm. Championships on Saturday: warm-ups at 7:00am and the meet will start at 9:00am. The order of events is so indicated in the swimming rules of the Mission Valley Athletic League Administrative Regulations.

Boys Tennis:

a. Tennis matches shall start at 3:45p.m./3:45p.m. after daylight savings time. Matches may begin earlier if both coaches are agreeable.

b. M.V.A.L. Tournament Times:

Tuesday - 1:00p.m. (2:00p.m. if lights available)
2 round singles 1 round doubles
Wednesday - 1:00p.m. (2:00p.m. if lights available)
1 round singles 2 round doubles

Thursday - 1:00p.m. (2:00p.m. if lights available)
singles/doubles, semi finals/finals

Show up time/warm up time is subject to tournament site.
Agreement to be arranged at the annual preseason coaches
meeting. **(Amended 6/97)**

Associate Track & Field:

a. All league track meets shall be held on Wednesday and will start at 3:45p.m. (field events - 3:45p.m., track events - 4:00p.m.). Meets may start earlier if both coaches are agreeable. The order of events is so indicated in the Track Rules of the Mission Valley Athletic League Administrative Regulations.

b. The MVAL Trials and Finals shall commence accordingly:

Wednesday Trials -
Field Events - 3:00p.m.
Track Events – 3:00p.m.

Thursday Trials-
Field Events- 3:00pm
Track Events- 3:00pm

Friday Trials -
Field Events - 3:30p.m.
Track Events – 3:30p.m. **(Amended 6/97)**

At the discretion of both principals, contests may start earlier in different sports. However, a change of schedule form must be filed with the Commissioner's Office

Boys Volleyball:

a. Boys volleyball have the following start times:

1. Boys JV: 5:00 P.M.
2. Boys Varsity: 6:30 P.M. **(Amended 06.21.05)**

Article XVII

Athletic Activities

1. The M.V.A.L. participates in the following interscholastic Sports so classified:

a. Boys Sports:

Baseball	Junior Varsity and Varsity
Basketball	Freshman, Junior Varsity, and Varsity
Football	Freshman, Junior Varsity, and Varsity
Soccer	Junior Varsity and Varsity
Swimming	Junior Varsity and Varsity
Tennis	Junior Varsity and Varsity
Wrestling	Junior Varsity and Varsity
Water Polo	Junior Varsity and Varsity
Golf	Varsity

b. Girls Sports:

Basketball	Junior Varsity and Varsity
Gymnastics	Junior Varsity and Varsity
Soccer	Junior Varsity and Varsity
Softball	Junior Varsity and Varsity
Swimming	Junior Varsity and Varsity
Tennis	Junior Varsity and Varsity
Volleyball	Junior Varsity and Varsity
Water Polo	Junior Varsity and Varsity

c. Associate Sports:

Cross Country	Boys - Frosh/Soph and Varsity Girls - Junior Varsity and Varsity
Track	Boys - Frosh/Soph and Varsity Girls – Varsity, Junior Varsity

d. Coed Sports:

Badminton	Varsity
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- e. A league sport will not be recognized if there are less than four (4) schools who have teams in a sport.
- 2.
- a. Boys teams -- teams on which only boys compete.
 - b. Girls teams -- teams on which only girls compete.
 - c. Associate Teams -- teams on which both girls and boys may compete at the same meet. Boys versus boys and girls versus girls except for mixed doubles in badminton. Separate scoring.
 - d. Coed Team -- teams on which girls compete with boys. Combined scoring.

SECTION C: SPORTS RULES

COED BADMINTON

Current N.A.G.W.S rules shall be used with the following modifications:
(Amended 6/18/76, 6/21/77, 6/18/83)

1. Each varsity team is allowed to participate in twenty-four (24) contests/2 scrimmages. **(Entered 1/20/83) (Amended 12/30/03)**
2. a. A varsity team shall consist of the following:
 - 4 Girls Singles
 - 4 Boys Singles
 - 3 Mixed Doubles
 - 3 Girls Doubles
 - 3 Boys Doubles**(Amended 6/23/83, 5/03)**
3. Rule 18.8 of the Officials Rules of Play must be a point of emphasis at the preseason coaches meeting.
4. Yonex Mavis 350 Shuttlecock shall be used in M.V.A.L. Tournaments.
(Amended 6/21/77, 6/22/78, 6/21/84, 6/27/88, 6/21/94 and 1/22/00, 5/03)
5. During league meets, each coach is to complete his/her lineup in writing to his/her opponent by 3:45 p.m. No substitutions or lineup changes will be allowed after 3:45 p.m. All players not in the gym at 3:45 p.m. may not be included in the lineup.

M.V.A.L. tournament times: Tuesday, Wednesday, Thursday- 2:30 p.m.

(As per Article XVI-Badminton) (Entered 6/22/78) (Amended 6/18/81, 6/02)

M.V.A.L. Finals will now be played on Friday and Saturday to avoid missing classes and AP exams. Newark Memorial, Logan, and Washington's gyms will be used to host the tournaments. (entered 6/15)

6. Competitors shall be arranged in order of skill in each category (singles doubles, and mixed doubles) with the highest-skilled players competing in the number one position, the next highest-skilled players competing in the number 2 positions, etc. for the overall varsity.

(If any highly skilled player is unable to play for whatever reason, all other players are moved up in order of skill to fill all brackets.) **(Entered 6/21/90)**

7. All doubles games and men's and women's singles games shall use rally scoring to 21 points. If tied 20-All, the first one to win by 2 points or the first to 30 determines the winner. Each match is 2 out of 3 to determine the winner. **(Amended 10/3/98)**

8. a. The M.V.A.L. Coed Badminton Tournament will allow the following number of entries per school:
 - 3 Girls Singles
 - 3 Boys Singles
 - 3 Girls Doubles
 - 3 Boys Doubles
 - 3 Mixed Doubles**(Amended 6/23/83, 6/26/87)**

Starting time is 2:30 p.m. Each participating school will provide two (2) tubes of coxks. **(Entered 6/18/76) (Amended 6/22/87)**

b. Seeding for the M.V.A.L. Coed Badminton Tournament will be held on the Friday following the last league dual meet. Each coach will come to the seeding meeting with his/her teams for each category written out on separate pieces of paper. Coaching wanting to submit top seeds will circle the names on the pieces of paper before turning them in. Each coach will have enough copies to give one to each opposing coach. The finals will be held on the following Tuesday, Wednesday, and Thursday. **(Amended 6/18/87)**

1. Seeded players cannot be replaced.
 2. Unseeded players can be replaced.
 3. Players in the draw cannot switch to different brackets.
 4. All changes must be reported to the tournament director before the start of the tournament.
 5. Players cannot be replaced once the tournament begins.
- (Amended 5/03)**

c. A 24-person bracket will be used with one to eight players being seeded according to the vote of the coaches. Coaches may vote for their own player with the highest vote tally being No. 1, the second highest vote tally being No. 2, etc. Seeds will receive byes during the first round, and schools will be separated by school in quarter brackets. **(Amended 5/02)**

- d. Alternates to the NCS Championship are the highest seeded players after the top four M.V.A.L. qualifiers are selected. These players will be the 5th and 6th place finishers from the M.V.A.L. Badminton Finals Tournament. This 5th and 6th place designation must be determined by an out bracket game within the existing tournament format. **(Amended 5/02)**
- e. Require uniforms for the MVAL League Matches and League Finals. (shirts and shorts of the same color) (Entered 5/10) (Amended 5/13)**
9. The all-league team will be comprised of the same numbers as indicated in Rule 2a of the M.V.A.L. Coed Badminton Sports Rules. **(Amended 6/26/86)**
10. **MVAL Division 1: League Tournament**
Each team will submit 3 entries per event for the Division 1 league tournament. Division 1 All league will be the top 4 singles and top 3 doubles. (girls/boys and mixed) Top 4 finishers qualify for NCS Division 1 Tournament.
- MVAL Division 2: League Tournament**
Each team will submit 3 entries per event for Division 2 tournament. All league Division 2 will be top 1 for all events. Top 3 finishers qualify for NCS Division 2 Tournament. **(Amended 3/13)**

BASEBALL

1. The National Federation Rule Book will govern all baseball games, except for the following exceptions and changes.
2.
 - a. No varsity or junior varsity team may play more than 24 games, including tournaments. Tournaments will count a minimum number of games guaranteed with a three (3) tournament maximum. **(Amended 6/72, 6/7/73, 6/20/75 1/79 N.C.S., 10/9/80, 1/20/83, 10/01)**
 - b. All-league games are to be seven (7) innings.
3. The maximum number of baseball games to be played during baseball season will be two games per school week, except for makeup of rained out games. **(Amended 1/93)**
 - a. The Commissioner has the authority to use Saturday for varsity league makeup games in the following progressive order: Wednesday rained-out games are to be played Thursday or Saturday or Monday or Tuesday, in that order. Friday rained-out games are to be played Monday or Tuesday or Thursday or Saturday, in that order. **(Entered 4/5/73) (Amended 5/5/77, 6/02)**
4. Junior varsity baseball games will have two (2) umpires. **(Entered 6/18/87)**
5. Non-varsity baseball players may play varsity spring tournaments and then be able to go back to the non varsity team when league play resumes. In addition varsity players may play in non-varsity spring tournaments, however, they **MUST** return to their varsity team when league play resumes.
6. A called game shall be considered a suspended game and shall be continued from that point of suspension at a later time. **(Entered 1/93)**
7. No batting practice before games.
8. Fielding practice shall have a time limit of ten minutes, which shall include outfielders throwing to the bases and regular infield practice.
9. No player is allowed to be on the field unless he is in full school uniform with shoes, baseball socks, belt, pants and cap.
10. On disputed plays only, the coach or captain may approach the umpire to question his decision. No coach has the right to question the umpire's

decision except in the case of misinterpretation of the rule. In questioning the decision of the umpire, the captain and the coach must be gentlemen at all times.

11. Approved league baseballs are the Wilson A1010, Diamond D-1 and Rawlings 100 or the ball selected for N.C.S. post-season play. **(Amended 6/18/76, 6/24/82, 6/2/85) (Amended 6/29/89) (Amended 6/21/94)**
12. In case of a co-championship the following formula will be used to determine the automatic berth into NCS:
 1. Head to head competition among those involved in the tie.
 2. The team beating the highest team in the "Final League" standings, starting with the first place and going down, will get the automatic berth into NCS.
 3. The team losing to the lowest team in the "Final League" standings will be eliminated from the automatic berth to NCS.
 4. If a tie remains unbroken, the teams will draw a "chip" or flip a "coin" to determine the automatic berth into NCS.
13. During JV games to add an EH(extra hitter) to the lineup. Potential to start 11 players verses 10 players. (MVAL League games) **Entered 06.05.14**
14. **All-League**
 - a. A meeting of the M.V.A.L. coaches will be held at the end of the regular league season and before the Shaughnessy Playoffs to select the all-league teams and shall be conducted by the sport chairperson.
 - b. One week **PRIOR** to the meeting, each coach will submit his/her nominations to the M.V.A.L. Office. Each coach will be allowed five (5) nominations. In addition to the five (5) nominations, the coach of the first place team may nominate three (3) additional players, the coach of the second place team may nominate two (2) additional players, and the coaches of the third and fourth place teams may nominate one (1) additional player each. A master list will be made from these nominations and distributed to the coaches at the meeting.
 - c. Each coach will have five minutes to update statically information on his nominees.
 - d. Immediately following the comments of each coach, coaches will select an all-opponent team by ranking players at each position. Coaches then nominate players for first team all-league. Once all nominations are made, coaches then rank in accordance with specified number per position (ex. if 2 pitchers are to be selected the number one ranked player

gets 2 points, number 2 ranked player gets 1 point. 4 Infielders - #1 ranked player gets 4 points, #2 ranked player gets 3 points, #3 ranked player get 2 points, #4 ranked player gets 1 point. Votes are totaled and the highest ranked player are/will be first team all-league.

e. The process for second team is repeated without names of players now on first team or any new nominees for second team all-league.

Any players not named on the second team all-league, but receives a vote(s) will be listed as honorable mention.

f. The all-league team will be made up of the following:

1. 2 Pitchers
2. 1 Catcher
3. 4 Infielders
4. 3 Outfielders
5. 1 Utility Man
6. 1 Designated Hitter

(Amended 6/97)

g. The results will be given to the coaches and the Commissioner at the end of the meeting. The Commissioner Office will distribute the results to the press, athletic directors, and principals. **(Amended 6/95)**

BOYS – GIRLS BASKETBALL

1. The National Federation Rules shall govern this sport in our league except for the following changes:
2. The home team will provide the ball before warm-up and said game ball will not be used by either team before the game. Official game ball to be used will be the Spalding 1000.
3. **Boys freshmen, boys and girl's junior varsity and boys and girls varsity teams:**
 - a. Schools are limited to 26 games including tournaments. Tournaments are to be counted game for game. (Limit of two (2) contests per school week except in cases of tournaments.) **(Amended 11/5/79, 5/7/81)**
 - b. Varsity, junior varsity, and frosh basketball teams may participate in two (2) scrimmages with other schools prior to the first scheduled league contest of the season. **(Entered 6/7/73) (Amended 5/7/81, 4/14/88, 10/96)**
 - c. Players can move up and down for any non-league contests. However, once a player competes in a varsity league contest he/she must remain on varsity for all remaining league contests. **(Amended 5/22/08)**
4. The length of quarters and time schedules are indicated in Article XVI. (Starting Times and Order of Events)
5. League games shall use two (2) officials in all divisions unless changed by mutual agreement.
6. Friday and Saturday games for the two (2) finals weeks are permissible if necessary to accommodate all league schools. **(Entered 4/18/91)**
7. **Varsity Post-Season Tournament**

Breaking ties at the end of the league season for determining places to enter post-season tournament will be resolved by the "Regulations Governing Ties and Places in Shaughnessy/NCS Tournaments".

8. **All League**

a. A meeting of the M.V.A.L. coaches will be held at the end of the regular season and before the Shaughnessy Playoffs to select the all-league team. Each coach will nominate his/her players (maximum of five (5) and a master list will be made up of these nominations. **(Girls Basketball)**

b. **Boys/Girls Basketball nominations for All League:**

1. First place team will have 5 nominations
2. Second place team 4 nominations
3. 3rd through 8th place teams 3 nominations
(Amended 3/13) (Girls BB Adopted 2/16)

c. Coaches are to submit their nomination ballot to the MVAL office one (1) week before the all-league meeting.

d. At the meeting, each coach will be given the opportunity to present his/her comments on their players

e. **Boys and Girls**

Immediately following the comments of each coach, coaches will select on a secret ballot ten (10 boys/12 girls) **all league** players. The #1 rated player receives 10 points, the #2 rated player receives 9 points, continuing until the #10 rated player receives 1 point. The top 10 (10) vote getters will be selected all league, and anyone receiving at least one (1) vote will be named honorable mention. **(Amended 4/8/05)**

1. Coaches can nominate as many players as they desire for the first team all-league. Each coach cannot vote for their own team members.

2. After the nominations, each coach will be allowed to give a brief list of statistics, qualifications and reasons they believe their player should be selected.

3. Ballots must be returned at the end of the meeting to the sports chairperson. The commissioner will compile the ballots. The results will be given to the coaches at the end of the meeting. The commissioner's office will distribute the results to the press, athletic directors, and principals.

9. The girls start times for league will be 5:30/7:00. The boys will be 4:30/6:00/7:30 for all league games. **(girls adopted 3/17)**

BOYS-GIRLS TENNIS

1. U.S.T.A. rules are to be followed in all matches unless specifically changed by the MVAL Tennis Rules. **(Entered 6/20/69) (Amended 5/14/04)**

a. U.S.T.A. cell phone rule is considered always posted and applied **(Entered 4/28/03)**

2. Tennis may schedule the NCS number of matches for the season. **(Amended 2/10)**

3. The M.V.A.L. boys/girls varsity title shall be decided by a double round robin schedule. The league format will be the same format used by the NCS team championships. The method of determining the championship team will be resolved by keeping a league season cumulative win-loss record on each team. In the case of a playoff to determine the M.V.A.L. representative to the NCS Team Tennis championships, a single match will be held on the Friday following their respective M.V.A.L. single/doubles tournament. **(Amended 5/18/98) (Amended 10/9/98)**

4. The host (home) school coach is the director for dual matches and is responsible for final decisions. If a problem can't be resolved by the coaches, they are to refer to the M.V.A.L. office, then to the site administrator. **(Entered 1/16/86) (Amended 5/18/98)**

a. In league matches, coaches will rank singles players and doubles players by ladder placement. All players have the option to play doubles. **(Entered 1/16/86) (Amended 5/18/98)**

b. Doubles teams may not be moved intact to a lower position without being beaten in a challenge match. **(Entered 4/26/84)**

c. Coaches cannot use a walkover to keep their ladder in place. If a player is unable to play (absent, injury, etc.) coaches will have to move up players in the proper dual ladder order. **(Entered 12/7/78) (Amended 5/18/98, 4/28/03)**

d. Line ups will be prepared by the coaches ahead of time and exchanged simultaneously prior to the start of the match. Introduction of players and assistant coaches shall take place at this time. **(Entered 1/26/84) (Amended 5/01)**

e. A player must play at least four (4) matches in the first round and four (4) matches in the second round to qualify for the M.V.A.L. final tournament. If a player has been "spot played" (moving up a player without challenge, done for team advantage) the entire team match must be defaulted (7-0) except for injury,

illness, transfer, or junior varsity moving up to varsity. **(Amended 1/16/86)**
(Amended 6/20/91) (Amended 5/18/98)(Amended 5/15/14)

f. If for reasons of injury, illness, transfer, or junior varsity moving up to varsity, a player may be eligible to play in the league finals if he/she has played in no less than four (4) matches during the double round robin season (except JV players being drawn to play at league finals). **(Entered 6/27/85) (Amended 5/18/98, 4/28/03)**

g. If play has been stopped due to equipment failure, the player must continue play within five (5) minutes warm-up prior to the match resuming. **(Entered 6/21/90)**

h. The U.S.T.A. allows coaching for both Varsity and JV on every official breaks **(Entered 1/15/87) (Amended 6/29/90) (Amended 5/18/98)**

5. The four (4) point scoring system will be used by the M.V.A.L. This rule eliminates the deuce point. **(Entered 6/6/74)** If the dual team match is already decided, then a Match Tie Breaker (first to 10 points win by 2) may be used instead of a third set, if agreed upon by both teams. **(Entered 11/1/04)**
(Amended 2/10)

a. All M.V.A.L. teams use "scorecards" for all home matches. Coaches are to be sure scorecards are visible.

b. All players are to report their scores immediately following the match to the home coach. **(Entered 6/27/85)**

c. It is the responsibility of the home coach to call the match score into the local paper and the league commissioner.

6. If the varsity tennis match, in progress, is the deciding match and darkness does not allow it to be completed, the players will continue the match the next possible day in accordance with Article 10, Section 2 g. of the Administrative Regulations. **(Entered 5/2/74) (Amended 1/16/8**

a. For junior varsity teams, in the case of a tie, due to darkness, rain etc. a tie will remain a tie in the team score. No tie breaker game will be used. **(Amended 5/18/98)**

b. In JV matches, a 12-point tie breaker at 8-8 will be played. **(Entered 5/2/74) (Amended 4/21/83)**

7. To determine the league representative at the NCS tournament, an M.V.A.L. varsity tournament shall be held. Each school shall enter the number of singles and doubles teams that correspond to the format used during league play. The format will be the same as used in the NCS team championship. The winner of the singles and winner of the doubles shall represent the league in the NCS tournament. **(Amended 6/68, 1/12/78, 6/19/80, 5/18/98)**

a. An "At-Large" entry for singles is to be the runner-up in the M.V.A.L. league finals. **(Entered 5/18/98)**

b. When appropriate, wild card doubles teams will be the doubles runner-up in the M.V.A.L. league finals. **(Entered 5/18/98)**

c. If for any reason the wild card double team is unable to go, then the highest seed of the semi-finals will go. If there is no highest seed, the league commissioner will flip a coin. **(Entered 5/18/98)**

d. The League Champion will represent the M.V.A.L. at the NCS Team Tournament. **(Entered 5/18/98)**

e. If there is a tie for the team championship, the following criteria will be used to select the team representative to the NCS. **(Entered 5/18/98)**

1. **Two Teams Tie:** A head to head team match, where the winner will be the representative to the NCS.

2. **Three or more Teams Tie:** A point system will be used at the M.V.A.L. singles and doubles tournament, where each victory in a match is worth 1 point. The two highest point gathering teams in the tournament will play a head to head match and the winner of that match will be the M.V.A.L. team representative to the NCS.

3. If teams aren't able to play for the NCS representative spot, due to weather and time constraints, the league commissioner may flip a coin to decide. (This is a final solution only.)

8. The M.V.A.L. chairperson will be the director of the league finals and will be responsible for enforcing league and U.S.T.A. rules, with the consent of the tournament committee (all head coaches). **(Amended 5/18/98)**

a. Coaches must turn in entries for the M.V.A.L. league finals to the league commissioner, one week before the draw is made. **(Entered 4/26/84) (Amended 5/18/98)**

9. Junior Varsity tennis will be recognized as an official sport and there will be a league champion determined by dual matches. There will be no final tournament. **(Entered 6/22/71)**

10. No participant shall compete in both singles and doubles in any M.V.A.L. tournament or M.V.A.L. match. **(Amended 6/8/72)**

11. M.V.A.L. tennis players may go to weekend tournaments provided they comply with NCS bylaws. **(Amended 6/8/72)**

12. Junior varsity team members may move up to the varsity and back down to the junior varsity competition during the tennis season. **(Entered 4/30/73)**

a. The number of players on the junior varsity team shall consist of the same number of players as the varsity team.

13. The post-season meeting for recommendations will be conducted at the convenience of the head coaches. **(Amended 1/15/87) (Amended 5/18/98)**

a. The league seeding meeting will be set by the chairperson, with the direction of the head coaches, on the Friday after the last league match. **(Amended 5/18/98)**

14. Tennis balls for the M.V.A.L. finals will be supplied by the competing schools, eight (8) cans per school must be supplied **(Entered 6/70) (Amended 5/31/73, 5/18/98)**

a. Penn or Wilson extra heavy-duty yellow optic tennis balls are to be used in league and tournament play. **(Entered 6/70) (Amended 5/31/73)**

15. The scoring of a forfeit in tennis shall consist of the following: the team not forfeiting will get a win, and the forfeiting team will get a loss. All forfeitures in tennis will count as 7-0 match score. A forfeit would occur when: playing an ineligible player or not having a certified coach in attendance. (Ed. Code or Default Rule 15 min. U.T.S.A.) **(Amended 6/8/76) (Amended 5/18/98)**

16. Foot Faults/Line Calls

a. Following any question of foot faults or line calls, two (2) lines people will be placed by the host coach (one judge from each school) at each baseline for the remainder of the match. **(Entered 3/6/75) (Amended 1/14/88, 5/18/98)**

b. **Boys/Girls Tennis:** Following any question of foot faults or line calls (coaches/players) may request line people. Lines people will be placed

randomly at the net post. Players continue to make calls. If asked upon by a player, the lines person, on the side of the call (from center line to their side line) makes the call. If the call is in the center of the court both lines people may make a call if asked. If they do not agree on the call then the call on the court by the player stands. There are no **LETS**. They stay on the court for the remainder of the match. **(Amended 5/13)**

c. A foot fault must be a clear and blatant cross of either the baseline or the service mark prior to the server striking the ball. **(Amended 5/18/98)**

17. Seeding

No two (2) people or teams from the same school will play against each other in the first round of a tournament. **(Entered 1/12/78)**

18. Tennis Uniforms

a. Tennis players must wear appropriate attire for all M.V.A.L. league matches. "Appropriate" is defined as matching shorts (no cutoffs) and shirts (tank tops are acceptable). The shirt must be worn at all times. The individual match is declared "forfeit" for noncompliance. Warm-up suits are acceptable. **(Entered 6/18/87) (Amended 4/28/03)**

b. Team shirt is defined as a shirt worn by all members of the team that has some indication of school affiliation. (Ex. school name, or logo, or colors etc. year to year shirts (colors) may be used)

19. Etiquette for the Gallery- refer to the U.S.T.A. Handbook

20. All League

a. Voting for selection of the all-league First and Second Team will be conducted at the seeding meeting for the league tennis finals. **(Amended 5/18/98)**

b. One week prior to the meeting, each coach will submit his/her nominations to the M.V.A.L. office. Each coach will be allowed three (3) nominations plus one (1) additional nomination for each team win. Each school may nominate no more than six (6) positions. **(Amended 5/18/98)**

c. An in-depth section is to be supplied on the All League Nomination Form so all coaches can see accomplishments of the players. Information to be included should be positions played during the season and win/loss record. (Example: 1st singles 8-2, 2nd singles 2-1) Nominees must play a minimum of eight (8) league matches (singles or doubles) with the same partner in doubles, four(4) matches in the first round and four (4) matches in the second round to qualify. **(Amended 5/15/14)**

d. A master list will be made from these nominations and distributed to the coaches at the meeting.

e. Each coach will be given the opportunity to present his/her comments on their players.

f. Immediately following the comments of each coach, coaches will select an "all opponent team" by ranking players at each position on a secret ballot. The number of points to be given to the ranked players is based on the number of selections that are to be chosen for singles and doubles. (Example: eight (8) singles are to be selected for all-league, a number 1 ranking would receive eight (8) points, a number 2 ranking would receive seven (7) points, and so on until the number 8 ranking would receive one (1) point. Coaches have eight (8) votes for singles and six (6) votes for doubles.

g. Ballots must be returned at the end of the meeting to the commissioner. Coaches may not vote for their own team. The commissioner will compile the ballots. **(Amended 5/18/98)**

h. The highest total points, in accordance with the number to be selected for singles and doubles, will be the all-league team. In addition, players receiving at least one vote will be named as honorable mention.

i. **First team all-league** will consist of the highest total of points for the first four (4) singles and the first three (3) doubles teams. **Second team all-league** is the next highest total of points for the next four (4) singles and next three (3) doubles teams. If there are any ties, both players teams receive the points. **(Amended 2/10)**

j. The commissioner's office will distribute the results to the press, athletic directors, and principals.

ASSOCIATE CROSS COUNTRY

1. National Federation Rules shall govern cross country meets in the M.V.A.L.
2. Boys frosh/soph, boy's junior varsity and girls junior varsity participants will run a two (2) mile course. **(Amended 1/10/91)**
3. There will be no limit on the number of participants a team may enter in the league championships unless safety dictates a limit. This limit will be determined by the officials of the meet.
4. There shall be a league championship meet to be held on the first Thursday or Saturday following the last league meet. If the meet is on a Thursday the starting time shall be 1:30p.m. **(Amended 1/93)**
5. There will be five (5) teams - one (1) boys' varsity, one (1) girls varsity, one (1) boys junior varsity, one (1) boys frosh/soph and one (1) girls junior varsity.
6. Participants may move up and down during the season.
7. A participant may not run in more than one (1) race per meet. **(Amended 1/10/91)**
8. If the team winning the league finals also has the best dual meet record, that team would be the champion. Team standings will be determined by combining the dual meet place with the league finals place. Each team will receive the same number of points as their place in the standings, combining both the dual meet season and the league finals meet.

All teams will be ranked by their accumulation of points. (The point system for ranking teams for the purpose of determining the championship is found under Article V., Section 2. of the Administrative Regulations.)
(Amended 11/4/71, 1/10/83)
9. The host school shall choose the site of the M.V.A.L. Cross Country Finals with the majority approval of all the head cross country coaches which will be determined at the preseason meeting.
10. In accordance with N.C.S. guidelines regarding hardships, the league meet director and the hardship committee (head cross country coach from each school) may certify an individual athlete from the league meet to the divisional meet. In the event it becomes necessary that there be a runoff between the hardship athlete and the last qualifier in his/her division, the

- race will be held at the M.V.A.L. meet site on the Tuesday prior to the divisional meet.
11. At the fall preseason meeting, coaches will present maps and course distances for home meets.
 12. A team must run a varsity team in order to have a scoring JV team. **(9/14)**
 13. All league matches will be held on Thursday's instead of Wednesday's. **(12/16)**
 14. **All-League**
 - a. The top ten (10) in the league finals for boys.
 - b. The top ten (10) in the league finals for girls.

FOOTBALL

1. All the football games shall be played under the current National Federation Rules with the following exceptions.
2. M.V.A.L. schools shall engage in pre-practice conditioning and football practice in accordance with dates set annually by N.C.S.
3. The length of quarters and time schedules are indicated in Article XVI, Starting Times and Order of Events. **Note:** Timing Rule Exception: If, at the beginning of or at any time during the 2nd half the point differential becomes 35 or more, the Referee would notify both head coaches that the modified timing rule is going to be put into effect. In this event, the clock would be stopped as usual in situations such as an incomplete pass, runner going out of bounds, change of possession, assessment of a penalty, following a score, for an injury, etc. However, once the ball was marked ready for play (i.e., - placed within the hash marks and the players given time to return to their huddle), the clock would be restarted by the Referee. **(Amended 4/21/98)**
4. The varsity and junior varsity may play four (4) non-league games and six (6) league games. The freshman will play four (4) non-league games and six (6) league games. Freshman football games shall be scheduled for Thursday or Friday. **(Amended 1/69, 1/70, 12/2/71, 6/7/73, 1/15/76, 8/20/79, 6/02, 1/11) (Amended 8/15)**
5. For all games, the home team is required to confirm that a certified athletic trainer, registered physical therapist, doctor, nurse, Physician's assistant, EMT, or paramedic is in attendance before games can commence. **(Amended 10/8/88, 9/14)**
6. The home coach shall notify their opponents of unnatural playing conditions.
7. The visiting team administrator must report to the home administrator no later than ten minutes before the start of the JV contest.
8. In pre-game and halftime warm-ups, the visiting team shall use the half of the field away from the scoreboard. **(Entered 3/2/67)** During the preseason football meeting coaches will determine the warm up areas for the visiting teams. **(Amended 1/11/08)**
9. The regular league schedule shall be so arranged to end no later than the Saturday preceding Thanksgiving Day unless by mutual agreement and approval of the Board of Managers another date is set.

10. a. Rules established by C.I.F. regarding practice are to be obeyed.
 - b. Two (2) practices a day are allowed before school begins and each session cannot be any longer than two (2) hours in length. After school begins, only one (1) practice a day will be permitted with Saturday practices allowed.
 - c. Spring practice may start and end as annually prescribed by N.C.S. Spring practice shall not exceed 10 practice sessions, none of which may be held on Saturday/or Sunday. The only allowable equipment shall be: *Football *Helmets *Football shoes * Blocking bags. **(Amended 6/22/67, 1/21/82, 6/26/86)**
 - d. Freshman football coaches may meet with prospective freshmen football players for the purpose of screening, organization, and conditioning. The first meeting shall take place the same date recognized for the start of two-a-days for JV and Varsity teams. **(Amended 12/17/86, 6/02)**
 - e. Freshman football games will be played with no less than three (3) officials. If there are not at least three (3) officials present by one-half hour after the scheduled starting time, the game will be rescheduled. **(Entered 1/14/88)**
 - f. Athletic Directors will be responsible for contacting opposing schools to make sure the freshman football teams will be wearing contrasting colored football jerseys at freshman games. **(Amended 10/6/88)**
12. Junior varsity players may move up and down on a weekly basis during the practice season. Once a junior varsity player is moved up to varsity for a league game, he must stay up. **(Entered 2/68) (Amended 2/70)**
 13. A fifth (5th) quarter for freshman football games is permissible under game conditions only if both coaches agree to have it prior to game time. **(Amended 1/20/83)**
 14. If a Friday game is rained out, the game should be played the following Monday. If the game is rained out on Monday, every effort should be made to replay the game after the conclusion of the season. If both Friday and Saturday are rained out, games will be played Monday afternoon as directed by the Commissioner. The Board of Managers endorses the position that football games will not be canceled and/or postponed because of the playing condition of the fields due to inclement weather. **(Entered 11/14/72)**

15. Those schools not having a visible scoreboard are to have the timer for freshman football games give a four (4) and two (2) minute warning to the officials. **(Entered 4/6/78)**

16. Coaches will do scouting from the spectator area only.

a. Scouting with video tape is permissible. **(Amended 12/19/97)**

17. Film exchange is on an optional basis. If option is exercised, the home coach will contact the opposing coach two (2) weeks prior to the respective contest and discuss the exchange. The quality of the film is on an "as is" basis and in no way precludes the other option of regular scouting. **(Amended 10/6/89)**

18. The junior varsity and varsity may participate in a preseason controlled scrimmage with non-league teams on the weekend preceding the first practice game.

Note: No school shall participate in an inter school scrimmage before the 10th day of team practice for that particular school. (An inter school scrimmage is defined as practice where the teams alternate in carrying the ball, downs are not counted, no score is kept and coaches are on the field directing play.)

19. The following criteria will be used for breaking end-of-season ties in football. After the designated place has been selected from the tied teams, the procedure for breaking any remaining ties will be to return to number one of this criteria for the selection of the subsequent places needed thereafter.

a. The winner of the head-to-head competition.

b. If a tie is still unbroken, then the team with the best record against the team immediately below the tied teams in the standings shall be selected for the designated place.

c. If the tie is still broken, then the records of the tied teams against the next team immediately below in the standings shall be selected for the designated place.

d. If the tie is still unbroken, the involved coaches will draw for a marked chip to determine who will be selected for an automatic berth to NCS. This draw to be at the completion of the season where date, time, and place are to be determined by the Commissioner. **(Amended 1.12.07)**

20. **Freshman Pre-league Scrimmages**

The Board of Managers approved one (1) freshman football controlled scrimmage with the understanding that the coaches would make a strong effort to play all players on their teams an equal amount of time and, at the same time, to use this period for screening the players while they are performing under modified game conditions.

The following rules are to be observed for the preseason freshman football scrimmage:

- a. The scrimmage will be played on either Thursday or Friday afternoon at 3:30p.m or Saturday morning at 9:30a.m. as scheduled by the Commissioner's office.
- b. Coaches must be on the field, downs will not be kept and no score will be kept.
- c. The scrimmages must be conducted within the rules and regulations of the M.V.A.L., C.I.F. and National Federation of the State High Schools Associations. **(Entered 12/1/71) (Amended 6/02)**

21. **All-League** (Consult "Duties of Officers", Article VII, Section 5.a. and 5. e.)

- a. A meeting of the M.V.A.L. coaches will be held at the end of the regular league season and before the N.C.S. playoffs to select the all-league teams. Each coach will nominate his/her players and submit his/her own team nominations to the Commissioner's office one (1) week before the all-league meeting.
- b. Each head coach will be allowed six (6) nominations plus one (1) additional nomination for each league win and/or tie. Nominations may be on offense or defense or both. Nominations for kicker, punters and kick return specialist are to be presented **AT** the all-league meeting, as part of the nomination list. **(Amended 1/93)**
- c. At the meeting, each coach will be given the opportunity to present his/her comments on their players.
- d. Immediately following the comments of each coach, coaches will select an all-opponent team by ranking players at each position on a secret ballot.

e. Ballots must be returned at the end of the meeting to the sport chairperson. The sport chairperson will compile the ballots. The highest score(s) in accordance with the number to be selected for each position becomes first team all-league and the next highest score(s) in accordance with the number to be selected for each position becomes second team all-league.

f. There will be a first and second team selected on both offense and defense. In addition, players receiving at least one vote will be named as honorable mention. Selections for the all-league are to be made accordingly:

Offense	Center 2 tackles 2 guards tight end quarterback 2 backs 2 wide receivers 1 punt return/kickoff return specialist 1 place kicker
Defense	4 down linemen 2 outside linebackers 2 inside linebackers 4 backs 1 punter

(Positions amended 12/2/94)

g. The results will be given to the coaches and the Commissioner at the end of the meeting. The Commissioner's Office will distribute the results to the press, athletic directors and principals.

h. An "Offensive Player of the Year" and a "Defensive Player of the Year" will be voted on by all head coaches. The "Player of the Year" must be a first team all leaguer and could be any grade level. The winner of the award home school will provide the recipient with a trophy. **(Entered 1/11/08) Revised 1/11**

Cost for Frosh Football Games:

Adults	\$3.00
Students	\$2.00

BOYS - GIRLS GOLF

1. Current U.S.G.A. rules will be followed, local rules & NCS rules will apply to all matches. **(Amended 6/22/04)**
2.
 - a. League play – Each school will play a double round robin with matches consisting of 9 holes of golf against each other. This will count as 1/3 of the points in determining the final league rankings. Low scorer after League play and MVAL Tournament play will determine the League individual champion. **(Adopted 5/17)**
 1. If Final ends in a tie, the 6th man's scorecard will be used to break the tie. **(Amended 6/22/04)**
 - b. League matches may be played on alternate days Monday through Thursday to prevent overcrowded conditions at the golf course, as per availability of course. League Dual match play and League Tournament play begins the last 6 weeks of the regular season prior to the date set by NCS for the South Qualifier to be determined. **(Amended 6/22/04)**
 - d. MVAL golf teams will be allowed to play more than two (2) contests per school week. (Under the current set up, MVAL Golf is tied into Sunol Golf Courses availability, making it impossible for individual MVAL Schools to schedule contests without breaking MVAL rules regarding number of contests per school week).
3. On the day of league finals each school is to have only the six (6) participating players on the course for the league match. Non-competing golfers are not allowed to play on finals. Count 5 players for the match.
4. The top two teams and 3 individual players, other than those included in the top 2 teams, progress to the NCS South Qualifier Meet determined after League play plus the MVAL Tournament. **(Amended 6/22/04)**
5. Guidelines for determining post season representative when tie occurs, see 2c.
6. Golf team members may participate in other golf events such as Junior Championships, Recreation Golf Championships, etc., during the golf season provided individuals comply with NCS bylaw 604.

7. All League golf selections will be the top ten (10) golfers who attain the lowest scores in the league finals.
8. MVAL League Tournament- Will consist of two rounds of 18 holes of golf played on back to back weeks. Week #1 will be played on Wednesday and Week #2 on Thursday so students will not miss the same class for finals. **(Adopted 5/16)**
9. Team scoring awarded for League play finish and the 36 hole tournament round: **(Amended 6/08)**

	<u>League</u>	<u>#1Tourn.</u>	<u>#2 Tourn.</u>
a. First Place	7 points	7 points	7 points
b. Second Place	6 points	6 points	6 points
c. Third Place	5 points	5 points	5 points
d. Fourth Place	4 points	4 points	4 points
e. Fifth Place	3 points	3 points	3 points
f. Sixth Place	2 points	2 points	2 points
g. Seventh Place	1 point	1 points	1 point

10. Tie Breaker for league standings:
To break a tie between two (2) schools the following will be looked at to determine the tie break:
 1. The two-day tournament team scores will be calculated (top 5 team scores from each of the tournament days) and the team with the lowest total 2-day tournament team score would be ahead of the other team.
If both teams are still tied:
 2. Round 2 team scores: The team with the lowest score would be ahead of the other team and determine the tie breaker. **(Adopted 4/16)**
11. Behavior policy for golf:
 - a. Club throwing incidents:
 - 1st incident: Warning
 - 2nd incident: Suspension from course for one week
 - 3rd incident: suspension for the season
 - b. Swearing and/or unsportsmanlike conduct: Same penalty as in "a".
12. Dress Code:

All players must wear slacks and collared shirts during practices and matches. Shorts may be worn, but must have 6" inseam.
13. The use of Range Finders for league and tournament play by players is acceptable for the MVAL.

GYMNASTICS

Current C.I.F. official rules shall be used with the following exceptions:

1. M.V.A.L. gymnasts may participate in the following meets: league dual meets, area qualifying meets, section, compulsory, optional, and state meets.
2. M.V.A.L. schools may participate in a maximum of 15 contests per season.
3. For dual league meets, the following rules shall apply:
 - a. The school division shall include the following skill levels: J.V. class IV 1987 U.S.G.F. and Varsity Optional C.I.F. and Varsity Elite Division. **(Amended 1/11/90)**
 1. The Elite Division is for those varsity gymnasts with club experience. **(Entered 1/11/90)**
 2. The Elite team is to be determined by an All-Around (league avg) score 33.0 or greater in the MVAL League Finals the previous year (coaches may discuss gymnast in question at the pre season coaches meeting) or any level 6 (2012 and previous) or level 5 (2013 and following) competition experience at club level. **(Entered 1/10/90) (Entered 11/17/05) Amended 1/12/12 Amended 1/10/14**
 3. "Each school may enter a maximum of ten (10) participants in each event at each level: JV, Var, and Elite. **(Amended 1/10/91) Amended 1/10/14**
 4. Competition-open stretching begins at 4:30pm; marching in starts at 5:00pm **(entered 11/17/05) Amended 1/10/14**
 5. Host school (meet director) will decide the procedure in which the meet will be run. However, dual meets (30 or less routines) will run two events at a time and tri-meets (30 or more routines) will be run with three events going at one time. **(Entered 11/6/86) (entered 11/17/05)**
 6. Host school to supply 3 stop watches and two designated timers. The host school to also supply timers timing procedures.**(entered 11/17/05)**

b. **Scoring**

1. Team score will still be top four (4) in varsity division (school plus Elite). **(Amended 1/11/90)**
2. The four (4) highest scores from each school in each of the four (4) events, (bars, beam, floor exercise, and vault) will be added for a team score.
3. Varsity team scores will be separate from junior varsity team scores.
4. The varsity or junior varsity winner will be the team with the highest score.
5. The varsity league champion is determined by the varsity team with the best win-loss record in dual meet competition. The junior varsity league champion is the junior varsity team with the best win-loss record in dual league meet competition.

c. **Officials**

Whenever possible, for dual meets, there should be two (2) officials per meet with one (1) official per event. The head official shall be the official with the highest rating. If neither official is rated, the official with the most experience will be declared the head official.

4. **League Finals**

- a. Each school is to have a maximum of six participants at each level. **(Entered 1/16/86)**
- b. The league qualifying meet shall follow league competition.
- c. All-league awards shall be given to all-around gymnasts who place first through sixth.
- d. A certified licensed trainer must be hired for the league finals and the fee to be paid from the gate receipts. **(Entered 1/15/87)**
- e. At the conclusion of the MVAL Finals Meet, the School Champion will be determined by a total combination of 4 individual events scoring the top 4 individuals in each event.

(entered 11/17/05) (amended 1/11/08)

5. Competitive Divisions and Skill Levels for M.V.A.L.

a. School Division - the gymnast is a “school” product, trained and developed in a school program by school instructors. She has and does receive the majority of her gymnastics instruction from school sources.

1. Junior Varsity - A junior varsity gymnast shall be defined as any girl who has not had any previous private club competitive gymnastic experience. If she places in the top 10% of all-arounds at the M.V.A.L. Finals Meet, she must move up to the **varsity level the following season.**

(entered 11/17/05)

a. Junior Varsity gymnasts may only compete the USAG level 6 vault onto stacked matts.

**(Amended 1/11/90) (amended 11/17/05)
Amended 1/10/14**

b. Junior Varsity gymnastics may only compete at the USAG level 3 bar routine. **(entered 1/11/08) Amended 1/10/14**

2. Varsity - a varsity gymnast shall be defined as any gymnast who has placed in the top 10% of all-around at **finals or receives a net 33.0 or greater in the Final competition. (amended 11/17/05, 9/14)**

6. Skill Level and Practice Information

a. A gymnast may be advanced to any level upon the discretion of the coach.

b. Once a girl has competed at the varsity level, she may not move back to the junior varsity level for competition.

c. A girl must compete in all events at the same skill level.

7. MVAL Meet Site

a. At the preseason coaches meeting, the majority vote among the coaches shall determine the site location of the MVAL Finals Meet. If the location is to be an on-site(School) facility, then an unbiased qualified Gymnastics Official can/or cannot deem the equipment safe for competition. **(Entered 11/17/05)**

BOYS - GIRLS SOCCER

All soccer games shall be played under the current rule book published by the National Federation Rules with the following exceptions derived for the M.V.A.L.

1. Soccer season shall take place during the winter sports season. There shall be a maximum of twenty-four (24) games per season. Two (2) games per school week are permissible. Practice games are permissible during Christmas vacation as long as the twenty-four-game maximum is not exceeded.
2. All M.V.A.L. soccer teams will be allowed two (2) preseason controlled scrimmages as per N.C.S. format. **(Amended 4/15/82)**
3.
 - a. The varsity games are to be played in two 40-minute halves with ten (10) minutes between halves. Teams will exchange sides at half time.
 - b. To play the JV girls games at 35-minute halves instead of 40-minute halves. **(Adopted 3/17)**
 - c. League games are to be scheduled for Tuesdays and Thursdays for girls and Wednesdays and Fridays for boys unless changed by the M.V.A.L. Board of Managers. **(Amended 5/68, 4/19/76, 5/19/77, 1/12/78, 6/02)**
4. Tie games will stand in practice and league games. Tournament ties will be played off as indicated in the rule book under "Tournament Progression."
5. In boys and girl's competition, the championship will be determined by the team having the best win-loss record at the end of the double round league season.
6. Breaking of ties at the end of the league season for determining places to enter a post season tournament (Shaughnessy/NCS) will be resolved by the "Regulations Governing Ties for Round Robin League and Placing in Shaughnessy Tournament." **(Amended 4/26/84)**
7. Home teams have the option to determine the location of team benches on the soccer field. **(Entered 1/14/84)**

8. Soccer players (JV and Varsity) may move up and down during tournaments falling in the Thanksgiving and Winter break period. **(Entered 4/96)**
9. **Officials**
 - a. Boys and girls have three (3) officials for each game. The referee is always in the middle of the field. It is mandatory for a referee to carry a stopwatch for the purpose of keeping official time of the contest. **(Amended 4/6/67, 6/68, 4/21/83)**
 - b. Two (2) linesmen (one from each school playing) will aid the referee only on out-of-bounds calls but not on off-side calls. They will be used only in the case when there is one referee. **(Amended 5/68)**
10. The playing costume shall consist of **soccer shoes or cloth gym shoes, shirt, shorts, shin guards, and long socks** to cover shin guards. Each team must have two (2) sets of jerseys with number.
 - a. Goalies must be dressed in the same above manner with the following exceptions:
 1. Shin guards need not be worn.
 2. Shirt color must not conflict with either of the two teams; therefore, it must be of a different color than either two teams playing.
11. All M.V.A.L. soccer teams will use hand-stitched soccer balls for league games.
12. If a player is awarded a yellow card (caution) by the official, the coach must take the player out of the game. The player may return to the game at a later time in the game. **(Entered 5/8/80)**
13. a. If a player receives one red card, he/she is ejected for the remainder of that game and is ineligible to play in the next game. If a player receives a second red card during the season, he/she is ejected for the remainder of that game and is ineligible to play the remainder of the season. This rule extends through all post season contests; i.e., Shaughnessy playoffs, N.C.S. playoffs and tournaments.

14. a. If a student receives a red card in the next-to-the-last or last game of the season or in a post-season game, he/she will sit out the required number of games and that penalty will be carried over to the following year if applicable. The intent is to prevent a student from becoming ineligible for the entire following season. **(Amended 1/17/85)**

15. **All-League**

a. A meeting of the M.V.A.L. coaches will be held the first Monday after the season ends to select the all-league teams. The boys/girls coach will nominate his/her players (maximum of seven (7) and a master list will be made up of these nominations. **(Amended 4/14/88) (Amended 3/19/93) (Amended 3/20/06)**

b. Coaches are to submit their nomination ballot to the M.V.A.L. office one (1) week before the all-league players.

c. At the meeting, each coach will be given the opportunity to present his/her comments of their players.

d. Immediately following the comments of each coach, coaches will select an all-opponent team by ranking players at each position on a secret ballot. The number of nominations will determine the number of points to be given for the respective ranked positions. (example: if ten (10) names are nominated for a specific position, the nominee you ranked one (1) would receive ten (10) points. The nominee you ranked two (2) would receive 9 points, etc.).

e. There will be a first and second team selected. In addition, players receiving at least one (1) vote will be named honorable mention. Selections for the boys all-league first team are to be made in the following manner:

The first sixteen (16) players by positions: 4 forwards, 5 midfielders, 5 defenders and 2 goalkeepers.

The second team to be selected in the same manner.

f. The girls all-league team will consist of the following positions:

- 4 Forwards
- 5 Mid fielders
- 5 Defenders
- 2 Goal Keepers

There will be a first and second team selected. In addition, any player receiving a vote will be selected as honorable mention. **(Amended 4/14/88) (Amended 4/15/94) (Amended 04/13/06)**

SOFTBALL

Current National Federation official rules shall be used with the following exceptions.

1. The official M.V.A.L. softball will be the Dudley CFP 12 Y Optic Yellow w/ Red Stitches or the ball selected by N.C.S. for post season competition. **(Amended 6/21/00)**
2. Varsity and junior varsity softball will be offered in the spring sports season. **(Amended 1/24/80)**
3. Varsity games shall consist of seven (7) innings (plus extra innings for ties) or until darkness, whichever occurs first. **(Amended 6/18/76, 6/22/78)**
4. The time limit for junior varsity games is that no inning shall start after the game has been in progress for two (2) hours. **(Entered 6/22/78)**
5.
 - a. In junior varsity games run rule to the following: 10 runs after 5 innings then the game is called **(Amended 12/95) (Amended 06.21.05) (Amended 06.05.14) (Amended 5/16)**
 - b. Junior varsity games will use the International Tie Breaker after 2 hours or in the top of the 8th inning, whichever comes first until the game is complete or darkness. **(Entered 06.20.06)**
 - c. Junior varsity softball games will have two (2) umpires.
 - d. In varsity games, the 10 run rule will be in effect after four and a half (4 1/2) innings for the visiting team, five (5) complete innings for the home team. **(Amended 12/95)**
 - e. Varsity games to use the International Tie Breaker in the top of the 10th inning. **(Entered 06.20.06)**
6. Players can move up and down for any non-league contests, however once a player competes in a Varsity league contest he or she must remain on the Varsity for all league contests for the remainder of the season.
7. Once an inning is started, it is to be completed. (An inning is started as soon as the first pitch is thrown.)

8. No varsity or junior varsity team or player may play more than twenty-four games. Tournaments will count a minimum number of games guaranteed with a three (3) tournament maximum. **(Amended 10/9/80, 1/20/83, 10/01)**
9. The maximum number of softball games to be played during softball season will be two (2) games per school week except for makeup rained out games. **(Amended 6/29/89)**
 - a. Suspended (rain outs, darkness, etc.) or tie games will be played the next possible school day following the suspended or tie game with first the mutual consent of both principals or at the discretion of the league Commissioner, who will determine the playability of the field. **Teams that complete at least three (3) innings and the game called because of weather will start the makeup game where the game was left off. (Amended 6/72, 6/0/75, 6/18/76, 6/5/15)**
 - b. The Commissioner has the authority to use Saturday varsity league makeup games in the following progressive order: Tuesday rained out games are to be played Wednesday or Friday or Saturday or Monday in that order. Thursday rained out games are to be played Friday or Saturday or Monday or Wednesday, in that order.
 - c. Junior varsity makeup games due to rain outs will be rescheduled just like varsity games; however, if it conflicts with a varsity game, varsity takes preference. **(Entered 6/21/77)**
 - d. If there is a tie for first place at the end of the regular season, there will be a one (1) game playoff to determine who would have the automatic berth into NCS.
10. The following recommendations have been approved by the Board of Managers:
 - a. Both varsity and junior varsity fields must be lined.
 - b. Legal bases must be used for varsity and junior varsity games.
 - c. Legal home plate must be used for varsity and junior varsity games.
 - d. Pitchers plate must be used for varsity and junior varsity games.
 - e. Junior varsity standings shall count officially in all-sports computations.
 - f. Participating teams will not be able to use pitching machines or pitching to a player with live balls within two hours of the

scheduled game time. Soft toss with live balls is allowed and any use of foam or whiffle balls is allowed. A violation would result in a forfeit by the offending team. **(Entered 6/15/10)**

- g. Unlimited substitution will be allowed at the JV level. **(Amended 6/96)**

11. **All-League**

- a. Softball all-opponent selections will be determined by the coaches at the post season coaches meeting to be held Friday immediately following the end of the season at 4:30p.m. **(Amended 6/20/91)**
- b. Each coach will be allowed five nominations. In addition to the five nominations, the coaches of the first and second place teams may nominate two additional players, and the coaches of the third and fourth place teams may nominate one additional player. Coaches of the fifth through eighth place teams may only nominate the basic five. **(Entered 6/23/88) (Entered 6/18/87)**
- c. At the meeting, each coach will have five minutes to present statistical information on his/her nominees.
- d. Immediately following the comments of each coach, coaches will select an all-opponent team by ranking players at each position on a secret ballot. The number of personnel allowed per all league team will determine the number of points to be given for the respective ranked positions. (example: if six (6) names are nominated for a specific position and 4 people allowed for first team, the nominee ranked one (1) would receive 4 points, the nominee ranked two (2) would receive 3 points etc.). The following positions receive the all-league votes: Pitcher-vote 2 to each team, catcher-vote 1, infield-vote 4, outfield-vote for 3, utility-vote for 2. If there are insufficient numbers to fill any position to make a complete 1st or 2nd all league team, then floor nominations will be allowed, without having to take away teams previously allocated nominations. **(Amended 4/10/91, 5/14/04, 6/20/06)**
- e. Ballots must be returned at the end of the meeting to the sport chairperson. The sport chairperson will compile the ballots. The highest score(s) will, in accordance with the number to be selected for each position, become first team all-league, and the next highest score(s), in accordance with the number to be selected for each position, become second team all-league.
- f. Players receiving at least two (2) votes will be named honorable mention.

g. The results will be given to the coaches and the Commissioner at the end of the meeting. The Commissioner's office will distribute the results to the press, athletic directors, and principals.

h. The all-league team will be made up of the following:

- 2 pitchers
- 2 catchers
- 6 infielders
- 3 outfielders
- 2 utility persons

(Amended 6/22/78, 6/23/83, 6/21/82, 6/18/87, 6/23/88, 6/14, 6/5/15)

BOYS - GIRLS SWIMMING

1. All teams will strictly adhere to the National Federation swimming rules.
2. Both boys and girls swimming shall be classified as junior varsity and varsity. **(Amended 6/23/88)**
3. A swimmer may be entered in four (4) events in a dual meet, two (2) individual maximum and two (2) or three (3) relays. A name which appears as an alternate in any event shall be counted as an event for that swimmer. **(Amended 4/6/70) (Amended 1/98)**
4. There will be a league wide event, "Washington Township Relays", to be held on the Saturday prior to the beginning of the league dual meet season. **(Entered 6/26/86)**
5. The league championship shall be decided on the basis of combined dual meet and league championship meet records. Each team earns points as designated in Article V Section 2 of the Administrative Regulations. **(Amended 6/23/88) (4/10/91) (6/21/00)**
6. **M.V.A.L. League Meet**
 - a. A M.V.A.L. meet shall be held on Friday & Saturday at the conclusion of the dual meet season. The purpose of the M.V.A.L. meet will be to:
 1. Score as a championship meet. The value will be the same as in track and cross country. It will be scored on a third finals basis. **(Amended 6/26/86)**
 2. Give athletes an opportunity to achieve N.C.S. qualifying times.
 3. MVAL Finals to start at 4:00pm to include varsity only trials meet, with the top eight (8) moving on to Saturday Finals and 9-16 swimming in the consolation. Swimmers 17 and 18 are alternates in case a swimmer in the top 16 drops out. **(Entered 6.20.06)(Amended 6/19/07)**
 4. Saturday to start at 9:00am with the Varsity Finals/Consolation and JV Championships meet and 1 relay team (A) moves from each school **(Amended 6/19/07)**

- b. Each school participating in the M.V.A.L. meet shall be required to furnish three (3) timers and three (3) stopwatches plus one (1) recorder.
- c. Diving is non-scoring separate event in the M.V.A.L. (provided for the benefit of area divers to compete in N.C.S.) **(Amended 6/20/74)**
- d. Swimming entries must be submitted no less than 15 minutes before the meet begins, and the entry sheets to be made in triplicate with the third copy to be sent to the Commissioner's office. No changes are to be made on the score sheet by either coach after the score sheets are submitted, unless both coaches mutually agree to such a change. **(Amended 6/23/88)**

This rule is also applicable in dual meets **(4/10/91)**

- 7. Once a swimmer is moved up to varsity for league dual meet competition, he/she must stay at that level for any additional competition. **(Amended 6/24/82)**
- 8. There will be no dual meets during the week of the M.V.A.L. championships.
- 9. There will be junior varsity competition in the M.V.A.L. championship meet.
- 10. There shall be no more than two (2) meets per school week. **(Amended 1/12/78)**
- 11. Schools will not be allowed to compete in not more than fourteen (14) contests. This would include both league and non-league dual meets. However, this amount would not include the M.V.A.L. championship meet, Washington Township Relays, and N.C.S. meets. Schools may attend sanctioned invitational meets on Saturdays.
- 12. Non league dual meets may be conducted at any time during the season, provided no team exceeds fourteen (14) meets (NCS rule) and no team swims more than two (2) meets during any given week. **(Entered 6/26/86)**

13. All-league swimmers will be chosen from the M.V.A.L. championship meet.
14. Scoring of the championship meet shall be determined by rule #7, Section 1, Article 3 in the National Federation swimming rules as it applies to the championship meets. **(Amended 6/23/88)**
15. Swim team members are required to practice with their respective school team during all school practices. **(Entered 10/94)**
16. Ticket Prices:
 - \$6.00 for Adults
 - \$5.00 for students from participating/non-participating schools that do not have an ASB card
 - \$3.00 for participating/non-participating ASB card holders
 - \$3.00 for junior high and elementary students.
 - Children under five years of age and anyone 60 years or older possessing an identification card are free.
 - For special games or occasions such as Thanksgiving Day football games, an increase in the standard admission price from \$5.00 may be obtained by petitioning the Board of Managers. A single charge will be made for triple headers. **(Amended 6/95)**
17. The following personnel are to be selected by the host school, and the appropriate service fee to be paid is listed after the position.

1 Director	\$50.00
1 Starter	\$30.00
4 Stroke and Turn Judges	\$30.00 ea.
1 Announcer	\$30.00
1 Ticket Seller	\$30.00
1 Ticket Taker	\$20.00
1 Colorado Timing System	<u>\$50.00</u>
Total	\$330.00

18. Girls Order of Events:

Class	Event
J.V.	200 yd. Medley Relay
Varsity	200 yd. Medley Relay
J.V.	200 yd. Freestyle
Varsity	200 yd. Freestyle
J.V.	100 yd. Individual Medley
Varsity	200 yd. Individual Medley
J.V.	50 yd. Freestyle
Varsity	50 yd. Freestyle

Rest Period - 15 minutes (When meets are conducted during inclement weather, this time may be reduced upon mutual consent of both coaches).

J.V.	50 yd. Butterfly
Varsity	100 yd. Butterfly
J.V.	100 yd. Freestyle
Varsity	100 yd. Freestyle
J.V.	500 yd. Freestyle
Varsity	500 yd. Freestyle
J.V.	200 yd. Freestyle Relay
Varsity	200 yd. Freestyle Relay
J.V.	100 yd. Backstroke
Varsity	100 yd. Backstroke
J.V.	100 yd. Breaststroke
Varsity	100 yd. Breaststroke
J.V.	400 yd. Freestyle Relay
Varsity	400 yd. Freestyle Relay

Amended 6/29/89 Amended 1/98

19. Boys Order of Events: NCAA Ruling

CLASS	EVENT
JV	200 YD. MEDLEY RELAY
VARSAITY	200 YD. MEDLEY RELAY
JV	200 YD. FREESTYLE
VARSAITY	200 YD. FREESTYLE
JV	100 YD. INDIVIDUAL MEDLEY
VARSAITY	200 YD. INDIVIDUAL MEDLEY
JV	50 YD. FREESTYLE

VARSIITY

50 YD. FREESTYLE

Rest Period - 15 minutes (when meets are conducted during inclement weather this time may be reduced upon mutual consent of both coaches.)

JV	50 YD. BUTTERFLY
VARSIITY	100 YD. BUTTERFLY
JV	100 YD. FREESTYLE
VARSIITY	100 YD. FREESTYLE
JV	500 YD. FREESTYLE
VARSIITY	500 YD. FREESTYLE
JV	200 YD. FREESTYLE RELAY
VARSIITY	200 YD. FREESTYLE RELAY
JV	100 YD. BACKSTROKE
VARSIITY	100 YD. BACKSTROKE
JV	100 YD. BREASTSTROKE
VARSIITY	100 YD. BREASTSTROKE
JV	400 YD. FREESTYLE RELAY
VARSIITY	400 YD. FREESTYLE RELAY

(Amended 5/31/73 in order not to conflict with the interscholastic rule.) (Amended 1/98)

ASSOCIATE TRACK AND FIELD

1. The National Federation Rules for Track and Field are to be followed at all meets unless specifically changed by the N.C.S. or M.V.A.L. bylaws.
2. The number of events an athlete can participate in is four (4) events. **(Amended 5/14/04)**
3. The four (4) kilo shot put is used for the girl's competition, the ten (10) pound shot shall be used in boys Frosh/Soph competition, and the twelve (12) pound shot shall be used in the boy's varsity competition. **(Amended 7/21/77, 6/24/80, 6/22/04)**
4. If the team winning the league finals also has the best dual meet record, that team would be the champion. Team standings will be determined by combining the dual meet place with the league finals place. Each team will receive the same number of points as their place in the standings, combining both the dual meets and the league finals meet. All teams will be ranked to the accumulation of points for both events. **(Amended 6/22/04)**
5. The number of meets and scrimmages will be in accordance with N.C.S. guidelines. **(Amended 6/22/04)**
6. Seeding

The league meet will be seeded according to the C.I.F. formula. **(Amended 6/22/04)**
7. Dual Meets
 - a. In league dual meets, there will be unlimited entries in all events. **(Amended 6/20/69; 6/97; 6/22/04)**
 - b. The height of the girls high hurdles will be 33". **(Amended 6/21/90, 6/22/04)**
 - c. Heats will be run in all events when necessary. **(Amended 10/4/84, 6/22/04)**
 - d. In dual meets each athlete will receive four (4) attempts in the shot put, discus, triple jump, and long jump. Placing will be awarded according to the best efforts. In the league finals, all athletes will receive three (3) attempts in the trials with the top nine going to the finals for three (3) more attempts. **(Amended 6/72, 5/14/04)**

- e. Points in dual meets shall be five (5) for first; three (3) for second; and one (1) for third. Relays will count five (5) for the winner and zero (0) for all others. **(Amended 5/14/04)**
 - f. All athletes will be given a time and distance in league dual meets. Times are to be recorded on result sheet and provided to the visiting school at the conclusion of the meet. **(Amended 6/21/90, 5/14/04, 6/09)**
 - g. Special circumstance- if there is an equipment/facility problem, we would run that event before the regularly scheduled event if possible or as soon as we could. **(Amended 6/22/04)**
8. No school shall compete 2 consecutive days with an MVAL school. **(Entered 5/14/04).**
 9. Athletes invited to invitational meets may enter the meet if the meet is sanctioned by the North Coast Section. Check with the MVAL commissioner first. **(Entered 5/14/04)**
 10. All MVAL pole vaulters are recommended to wear helmets during competition and warm-ups. **(Amended 06.21.05,6/09)**
 11. Coaches voted to have a Frosh/Soph girl's divisions instead of JV girl's division. **(Entered 5/16/13)**

DUAL MEETS - ORDER OF EVENTS:

Time schedule to be determined by the Track and Field Committee and Commissioner **(Amended 5/14/04)**

<u>ORDER</u>	<u>CLASS</u>	<u>EVENT</u>	<u>ORDER</u>	<u>CLASS</u>	<u>EVENT</u>
1.	Girls F/S	400M Relay	21.	Girls F/S	800M Run
2.	F/S	400M Relay	22.	F/S	800M Run
3.	Girls Var	400M Relay	23.	Girls Var	800M Run
4.	Boys Var	400M Relay	24.	Boys Var	800M Run
5.	Girls F/S	1600M Run	25.	Girls F/S	300M H.
6.	F/S	1600M Run	26.	Girls Var	300M H.
7.	Girls Var	1600M Run	27.	F/S	300M H.
8.	Boys Var	1600M Run	28.	Boys Var	300M H.
9.	Boys Var	110M H.H.	29.	Girls F/S	200M Dash
10.	F/S	65M H.H.	30.	F/S	200M Dash
11.	Girls F/S	55M H.H.	31.	Girls Var	200M Dash
12.	Girls Var	100M H.H.	32.	Boys Var	200M Dash
13.	Girls F/S	400M Dash	33.	Girls F/S	3200M Run
14.	F/S	400M Dash	34.	F/S	3200M Run

15.	Girls Var	400M Dash	35.	Girls Var	3200M Run
16.	Boys Var	400M Dash	36.	Boys Var	3200M Run
17.	Girls F/S	100M Dash	37.	Girls F/S	1600M Relay
18.	F/S	100M Dash	38.	F/S	1600M Relay
19.	Girls Var	100M Dash	39.	Girls Var	1600M Relay
20.	Boys Var	100M Dash	40.	Boys Var	1600M Relay

Field Events – Order of Events

Long Jump – Men’s Varsity, Boys Frosh/Soph, Women’s Varsity and Girls Frosh/Soph

Triple Jump – Women’s Varsity and Girls Frosh/Soph, Mens Varsity, and Boys Frosh/Soph.

Pole Vault – Men’s Varsity, Boys Frosh/Soph, Womens Varsity, and Girls Frosh/Soph.

High Jump – Boys Frosh/Soph, Womens Varsity, Girls Frosh/Soph, and Mens Varsity.

Discus – Women’s Varsity, Girls Frosh/Soph, Mens Varsity, and Boys Frosh/Soph.

Shot Put – Men’s Varsity, Boys Frosh/Soph, Womens Varsity, and Girls Frosh/Soph

Starting Heights will be determined by the host school.

(Entered 5/14/04)

Women and Girls Frosh/Soph may combine flights in field events. **(entered 6/09)**

M.V.A.L. Track and Field Trials and Final

- a. Following the last MVAL meet, coaches must enter athletes for the MVAL Track and Field Finals. There will be a meeting after the last dual meet. Entries will be done online. The meeting will discuss the

league trials and finals. **(Amended 6/19/80, 6/26/86, 5/14/04, 6/09))**

- b. On Monday each coach will receive entries to review, to check for errors or make final adjustments. All corrections must be made by 12:00 p.m. on Tuesday and given to the meet Director. **(Amended 6/21/90, 5/14/04)**
- c. The meet director will have the responsibility to make sure all schools know their duties, have officials and meet details are followed in coordination to MVAL and NCS rules and regulations. **(Amended 5/14/04)**
- d. There will be a mandatory coaches meeting 30 minutes prior to the starting of the meet on Wednesday, Thursday, and Friday. Hardships will be discussed on Thursday. Information and scratches will be discussed at these meetings. There will be a meeting 30 minutes after the conclusion of the meet. **(Entered 5/93) (Amended 5/14/04) (Amended 6/09)**

QUALIFYING FOR THE FINALS IN TRACK EVENTS

Track Events

In races from the 100 meters to the 400 meters, the top 8 times will qualify for the finals. The final qualifiers will be based on time. In the 800 and 1600 meters the top three placers in each heat will qualify for the finals. There will be two or three heats. There will be 12 athletes who will qualify for the finals. The 3200 meters will be a final race on Friday.

Field Events

In the Shot Put, Discus, Long Jump, and Triple Jump each athlete will receive three attempts. The top nine will qualify for the finals and get three more attempts. Distances will carry over to the finals.

In the Pole Vault the starting height for the girls will be 7' and the boys height will be 9'. **(Entered 06.05.14)**

Lane Assignment

In all races except the 3200 meters, lanes will be assigned based on time and will be placed in positions as follows;4, 5, 3, 6, 2, 7, 1, 8. **(Amended 6/21/90, 5/14/04)**

Meet Responsibilities

The MVAL office will obtain the services for an athletic trainer.

Each school is required to have four adult helpers for the meet.

Listed below are the assignments for each school:

Assignments will be determined at the preseason coaches meeting by the meet director.

(Amended 6/21/94, 5/14/04, 2/15)

All coaches and athletes of all teams will serve as the hurdle crew for the hurdle races.

Hardship

If an athlete is unable to participate in the MVAL trials or finals due to injury or illness the coach must submit, in writing, the name and circumstances of the condition and a written note from the physician stating the illness or injury. The written letter should include the event to be hardship for and as many specifics on the athlete as possible.

The information must be given in writing to all the coaches at the start of the meet on Thursday. Coaches will vote on the hardship after the meet has concluded.

Any athlete to be considered by the committee must be one who has been proven in the MVAL during the current track and field season.

League Trials/Finals are to be held the first Wednesday, Thursday, and Friday the week following the conclusion of the league dual meet season.

The hardship will take place on the next Tuesday at a site which both coaches agree on.

Winners of the hardship will take the place of the sixth place finisher at the next meet. The sixth place points will still go to the athlete who competed at the MVAL finals.

The Host School will provide:

Meet Director	\$100.00	Ticket Taker	\$30.00 / day
Clerk / Course	\$30.00 / day	Ticket Seller	\$30.00 / day
Assistant Clerk/Course	\$30.00 / day	Head Timer	\$30.00 / day
Announcer	\$30.00 / day	Head Field Judge	\$30.00 / day
Starter	\$30.00 / day	Event Recorder	\$30.00 / day
Recall/Starter	\$30.00 / day		

Fees shall be paid from gate receipts by the host school. If the host school takes a loss, the loss will be divided equally among the schools in the league.

The host school will furnish results of the meet at the conclusion of the meet.

**Mission Valley Athletic League
Track and Field Trials and Finals**

**Wednesday 3:00 Start Time for All Events
Coaches' Meeting 2:30**

Running Events

1600 Meters	Girls Frosh/Soph	Frosh/Soph Boys
55 Hurdles	Girls Frosh/Soph	
60 Hurdles	Frosh/Soph Boys	
400 Meters	Girls Frosh/Soph	Frosh/Soph Boys
100 Meters	Girls Frosh/Soph	Frosh/Soph Boys
800 Meters	Girls Frosh/Soph	Frosh/Soph Boys
300 Meter Hurdles	Girls Frosh Soph	Frosh/Soph Boys
200 Meters	Girls Frosh/Soph	Frosh/Soph Boys

3200 Meters Girls Frosh/Soph Final

3200 Meters Boys Frosh/Soph Final

Field Events

Pole Vault Girls Frosh/Soph Frosh/Soph Boys

High Jump Frosh/Soph Boys Frosh/Soph Girls

Long Jump Frosh/Soph Boys Frosh/Soph Girls

Triple Jump Frosh/Soph Girls Frosh/Soph Boys

Shot Put Frosh/Soph Boys Frosh/Soph Girls

Discus Frosh/Soph Girls Frosh/Soph Boys

**Thursday 3:00 Start Time for All Events
Coaches' Meeting 2:30- Hardships Due**

Running Events

1600 Meters Women Men

110/100 Meter Hurdles Women Men

400 Meters Women Men

100 Meters Women Men

800 Meters Women Men

300 Meter Hurdles Women Men

200 Meters Women Men

Field Events

Pole Vault	Men
High Jump	Women
Long Jump	Men
Triple Jump	Women
Shot Put	Men
Discuss	Women

Friday 3:00 Start Time for All Events
Coaches' Meeting 2:30

Running Events

400	Meter Relay	Girls F/S	Frosh/Soph Boys	Women	Men
1600	Meters	Girls F/S	Frosh/Soph Boys	Women	Men
High	Hurdles	Mens Varsity	Frosh/Soph Boys	Girls F/S	Women
400	Meters	Girls F/S	Frosh/Soph Boys	Women	Men
100	Meters	Girls F/S	Frosh/Soph Boys	Women	Men
800	Meters	Girls F/S	Frosh/Soph Boys	Women	Men
300	Meter Hurdles	Girls F/S	Women	Fr/So Boys	Men
200	Meters	Girls F/S	Frosh/Soph Boys	Women	Men
3200	Meters	Women	Men		
1600	Meter Relay	Girls F/S	Frosh/Soph Boys	Women	Men

Field Events

Pole Vault	Women
High Jump	Men
Long Jump	Women
Triple Jump	Men
Shot Put	Women
Discus	Men

**Coaches' Meeting will be held 30 minutes after the meet has concluded.
(Amended 6/28/91, 5/14/04, 6/09)**

10. M.V.A.L. Trials and Finals

- a. The M.V.A.L. Finals will be contested at a facility that can conduct all the events for a meet. The facility will be an all-weather track with no safety concerns and meets all guidelines needed for optimal competition. The meet will have automatic timing. **(Entered 6/21/90, 5/14/04) (Amended 6/09)**
- b. The gate will pay for the use of the automatic timing and the operator. **(Entered 6/21/90, 5/14/04)**
- c. Each school can enter up to 8 athletes in each event and one relay for each division of competition. **(Entered 6/09)**
- d. All field events will be seeded from the lowest performance to the highest performance.
- e. Eight (8) athletes will qualify for the running event finals and nine (9) athletes will qualify for the field event finals. If there is a tie in any race from 100 to 400, the tie will be broken after that day's events. Ties in any other events will qualify for the finals. **(Amended 6/21/77, 6/27/85, 5/14/04, 6/09)**
- f. All implements used for that day's competition will be weighed and marked ½ hour before the start of the competition. Weigh-ins will last 45 minutes. **(Amended 1969) (Amended 6/97, 5/14/04,6/09)**

- g. All league winners will be selected from the first place winners in the varsity events.
- h. Places first thru sixth will qualify for the next meet. The seventh place finisher will be the alternate for the next championship meet. An athlete may also qualify for the next meet by obtaining a mark which has been set by the North Coast Section. This mark will automatically qualify the athlete for the next meet no matter what their place may be. The mark has to be obtained at the finals.
(Entered 6/27/85) (Amended 5/14/04) (Amended 6/09)

VOLLEYBALL

Current National Federation official rules shall be used with the following exceptions:

1. The league volleyball schedule will be a double round robin with two (2) games per school week.
2. a. Volleyball teams are allowed to schedule practice contests during the first four (4) weeks of the league season, as long as they do not exceed their maximum number of contests allowed for the season (24) and be limited to a maximum of two (2) contests per school week. A third contest may be played on Saturday. **(Amended 5/7/81)**
- b. The M.V.A.L. will schedule varsity matches as 3 out of 5 games.
- c. Tournaments are permitted within the league's maximum limitation.
3. The following are the official league volleyballs:

Mikasa Baden 15.0
Tachikara
Molten V58L
Molten V58SL
To use a universal game ball during competition. The type of ball to be used would be the Spalding TF400 or Spalding TF500 in accordance with CIF/NCS official balls. (Boys Volleyball)
(Entered 5/10)
For all league matches all schools to use the game ball NCS will be using. (Spalding TF5000 NFHS) **Girls Volleyball Amended 1/10/14**
(Amended 1/15/76, 12/13/79, 1/22/81, 1/11/90)
4. Net height of 7'4 1/2" will be official height for the girls **(Entered 5/1/75)**
Net height of 7'11" will be the official height for the boys.
5. All matches are to be played on regulation size courts. **(Entered 5/1/75)**

(Whenever it has been determined that the home school cannot meet the requirements of the governing rules of the game with regard to such items as minimum court dimensions, visibility of timer's clock, etc., the home school principal shall be required to notify the visiting school principal and

give the option of: 1) relocating the game, or 2) obtaining the agreement of the visiting school to play under the stated conditions.

6. Court warm-up time for both junior varsity and varsity teams will be twenty minutes and follow the national federation rule book recommendation:
(Amended 1/01, 5/14/04, 12/09)

4-minute common time

7-minute hitting visitor

7-minute hitting home

Girls Volleyball: Moved to change warm-up protocol to match NCS 10 and 10 from 4,7,7 (Amended 1/9/15)

3-minute break between JV and Varsity games. Start captain meeting/coin toss after 3-minute break. Prior to this, refs would start immediately after or soon after. (added 9/14)

Move the warm-up time for Frosh/JV teams from 10 minutes to 8 minutes prior to game time. (added 12/16)

7. Rally scoring:
- a. Dual Competition Pre-Season and League Season – Rally scoring must be used at all levels of competition (Frosh, Frosh-soph, Junior Varsity, Varsity, etc.) All varsity competition must play 3 out of 5 games. Sub-varsity competition may be 2 out of 3 or 3 out of 5 contests. As always, all National Federation rules must be followed at all times. The “old” system of side-out play with rally scoring in the last game cannot be used under any circumstances.
 - i. Rally scoring shall be adopted for all rounds of the State Volleyball Championships beginning in 2003- 2004. All games shall be played to 25 points and the 5th deciding game shall be played to 15 points.
 - ii. Rally scoring shall be adopted for all Volleyball contests at the varsity level for all CIF sections beginning in 2003-2004. All games shall be played to 25 points and the 5th and deciding games shall be played to 15 points.
 - iii. Rally scoring shall be adopted for all sub-varsity volleyball contests for all CIF sections beginning 2003-2004. All games shall be played to 25 points with the deciding game played to 15 points. **[Entire section 7 – Amended 12/30/03]**

8. The warm-up clock should be started after the captains and officials have tossed the coin for serve/side. Coin toss will be conducted after the six-minute common time.
9. **Girls Volleyball:** 3-minute break between JV and Varsity games. Start captain meeting/coin toss after 3-minute break. Prior to this, refs would start immediately after or soon after. **(Amended 1/9/15)**
10. Home coaches shall report scores to all newspapers (Argus, San Jose Mercury, etc.)
11.
 - a. One linesman from each school will be used for the junior varsity and varsity matches. **(Entered 1/11/90)**
 - b. Home team will provide lines people for the games. **(Girls Volleyball) entered 1/10/14**
12. The all-league meeting will take place on the Wednesday following the last league contest. The MVAL chairperson will host the meeting at 6:00 pm.
13. If there is a tie for first place at the end of the regular season, there will be a playoff game on Friday. **(Adopted 01.12.07)**
14. All-League
 - a. A meeting of the M.VA.L. coaches will be held at the end of the regular league season to select the all-league teams. Nomination for Girls Volleyball will be the following:
 - 1st and 2nd place teams: 6 players
 - 3rd and 4th place teams: 5 players
 - 5th and 6th place teams: 4 players
 - 7th and 8th place teams: 3 players**(Adopted 12/3/15)**
 - Nomination for Boys VB all league will be the following:
 - 1st and 2nd place teams: 8 players
 - 3rd and 4th place teams: 7 players
 - 5th and 6th place teams: 6 players
 - 7th and 8th place teams: 5 players**(Adopted 5/17 for Boys VB)****The Girls All League meeting will take place on the Monday following the end of the season @ 6:00pm.**

- b. Coaches are to submit their nomination ballot to the M.V.A.L. office one (1) week before the all-league meeting.
- c. At the meeting, each coach will be given the opportunity to present his/her comments on their players.
- d. Girls: Immediately following the comments of each coach, coaches will select on a secret ballot 16(sixteen) Hitters with the top 8 first team and the next 8 second team. Next will vote for 4(four) setters with the top 2 first team and the next 2 second team. (same with the Libero) Anyone receiving a vote would be Honorable mention. **(Amended 1/93) (Amended 1/06) (Amended 1/13)**

Boys: Eleven (11) first team members:
 - 1-setter, 1 defensive specialists/liberos.
 - 3 outside hitters, 2 middle blockers
 - 4 utility players (coach's choice)Eleven (11) second team members (same as 1st team)
Honorable Mention to any players receiving at least one vote
(Amended 6/20/06) (Amended 6/19/07) (Amended 6/12)
- e. Ballots must be returned at the end of the meeting to the sport chairperson. The sport chairperson will compile the ballots. The results will be given to the coaches and the Commissioner at the end of the meeting. The Commissioner's office will distribute the results to the press, athletic directors, and principals.

WRESTLING

1. The M.V.A.L. dual meets and tournaments will follow the current National Federation High School Rules except as modified in NCS and M.V.A.L. rules. Referees will have a National Federation copy available.

a. Current State Modifications:

1. Any student **not** participating on a fall sports team must have at least ten (10) days of practice before the student can compete in a meet or tournament.

2. Any student **completing** the regular season in a fall sport shall have at least five (5) days of practice before the student can compete in a meet or tournament.

3. A wrestler becomes ineligible for further competition during the season if, prior to a league championship tournament (if any) he/she accumulates more than 40 matches. Forfeitures do not count towards the 40 matches. Competition is defined as a wrestling activity in which any match and/or team score is determined and/or the service of a wrestling official is used. Each league and CIF Section shall take any necessary action to enforce this provision.

(Amended 8/01) (Amended 10/01, 4/17/15)

2. The varsity and junior varsity wrestling championship will be determined by the team winning the greatest number of league dual meets during the league season. **(Amended 4/69, 6/21/00, 5/14/04)**

3. All wrestlers, not on varsity, will be entered in a "novice style" tournament that runs along with the league finals. **(Amended 3/01)**

4. The order of weights for dual meets will be decided as soon as weigh-ins are completed as stated in the NFSHSA. **(Amended 5/14/04)**

5. All league wrestling matches will start according to the time schedule indicated in Article XV-Starting Times and Order of Events. Weigh-ins will start at 4:30(JV: 5:30 p.m. Varsity: no sooner than 15 minutes after the JV match. Any school wishing to wrestle in the afternoon instead of the evening will be able to exercise that option. **(Entered 5/2/74) (Amended 1/02) (Amended 4/17)**

6. Junior varsity team members may move up and down to varsity and back to junior varsity competition during the wrestling season.

7. Any refusal by a school to wrestle at a scheduled time and place, without the consent of the competing school, will constitute a forfeit-except where a coach of a visiting team deems the facilities are a hazard to the contestants. It is suggested that protests, due to hazardous conditions, be made as early as possible in order to arrange for other facilities, transportation, and the referee.

8. An M.V.A.L. varsity wrestling tournament will be held at the end of the dual meet season to determine the individual league champion and the NCS entries in each weight class of the varsity division. **(Amended 4/69) (Amended 6/21/00, 5/14/04)**

a. The number of entries per weight class in the M.V.A.L. varsity wrestling finals tournament will be one (1) per school. **(Entered 5/68) (Amended 6/18/76)**

b. No dual meets will be scheduled the week of league finals.

c. Seeding will take place during the week of the tournament as established by the tournament director. **(Amended 6/97)**

d. The following seeding criteria will be used for the M.V.A.L. Finals Tournament:

1. State Placer
2. NCS Placer
3. Head to head competition
4. League Record
5. Overall Record/Tournament Place
6. Common Opponents
7. Coaches Vote

This proposed criteria will align with NCS guidelines. **(Entered 4/10/08)**

e. A certified athletic trainer, physical therapist, or doctor shall be hired to work the M.V.A.L. finals. **(Amended 4/14/88)**

f. A junior varsity tournament will coincide with the varsity tournament, but it will run separately with no seeding. Outstanding wrestlers will be separated to the best of the tournament director's ability. **(Entered 5/7/08) (Amended 1/93)**

g. At the MVAL Championships, the top 2 seeds in each weight will always be the first to receive the automatic BYE when applicable. Byes will then be randomly drawn to fill the bracket as needed. **(Entered 4/17/15)**

h. Official start times for the MVAL Championships will be as follows:

 Weigh-ins: 7:00am

 Wrestling starts at: 9:00am **(Entered 4/15)**

I. To start the MVAL Championship one (1) hour after the last round of session one (1). **(Adopted 4/17)**

9. Hardship Clause

In the event that an outstanding wrestler is injured prior to the league finals, he/she will have the opportunity to challenge the last league qualifier in the weight class for the qualifying position to the North Coast Division Tournament. The following criteria will have to be followed:

a. The injury must be documented by a physician and the wrestler must be released from the physician's care.

b. The request for the "hardship" must be made prior to the beginning of the league finals.

1. The consolation finalists are to be notified of the hardship challenge prior to the match.

c. A three-fourths majority vote by the M.V.A.L. wrestling coaches will be needed in order to grant the hardship case.

d. The match is to take place on the Tuesday, following the M.V.A.L. finals at a neutral school.

e. When there is a wrestle-off for a hardship, wrestlers in a wrestle-off must be within weight class. (February weight).

(Entered 5/19/77)

10. MVAL Wrestling At-Large Process:

10a. Wrestlers qualifying to the NCS tournament must qualify through the MVAL Finals. In an event an athlete is injured on or before the day of the league tournament, or suffers from a communicable skin condition and is unable to compete, the coach can petition for an at-large to the NCS Championships. In that case, a school may not enter a substitute in the MVAL tournament for that weight class, unless and until the CIF and NCS amend their bylaws to allow schools to enter more than one athlete per weight class.

10b. If an athlete cannot compete at the MVAL Finals due to circumstances that are not injury or skin related issue, the coach may present a case of hardship. This hardship must be declared to the league coaches in writing, or via e-mail no later than the league seeding meeting or at the league tournament. The coaches, by a majority vote will determine whether or not to allow participation at the NCS Tournament through the at-large process. In that case, the school may not enter a substitute for the wrestler in that weight class.

10c. In an event that the wrestler was not granted participation into the NCS Tournament from either case above thru the at-large process from the NCS seeding meeting, held on that Sunday, immediately following the MVAL Finals,

the wrestler who did not compete at the tournament may challenge the lowest qualifying wrestler... per our MVAL bylaw.

10d. In cases where the wrestler is unable to wrestle due to disciplinary reasons, the school administration must approve the hardship in writing **BEFORE** the coach asks for a hardship for that wrestler. **(Adopted 6/16)**

11. Girls All MVAL Wrestling Team:

Coaches would nominate girls in their weight classes for all league. Girls records will be updated and coaches would vote on those weight classes based on information provided by the coaches. There will be only "ONE" wrestler at each class.

BOYS-GIRLS WATER POLO

1. National Federation rules are to be followed in all matches unless specifically changed by the MVAL Sports Rules.
 2. The MVAL Water Polo Title shall be decided by a single round robin schedule, with the winner of the most contests determined Champion. MVAL competition must be completed by the annual NCS listed deadline.
 3. End of season MVAL Water Polo Championships tournament to determine who gets the automatic berth into NCS. This will take place the week before the NCS tournament. (both boys and girls) The site for the championship will be Newark Memorial, James Logan, or American. If there is a 2-way tie for the championship a playoff match will take place on the Tuesday of the final week of the season. (neutral site) If there is a 3-way tie then the MVAL constitution for 3-way tie's will take place. All seven schools will participate in the playoffs. **(Adopted 1/8/16)**
 4. During the MVAL Finals a running clock will be used when the differential score is 8 goals or more. **(Adopted 12/1/16)**
3. Each varsity water polo team is allowed to participate in twenty-four (24) contests, with tournaments counting 1 for 1 and non-league and league counting likewise.
4. There shall be 2 varsity water polo teams; 1 male, 1 female.
5. Contest will be 4-7 minute quarters, with the Junior varsity playing first and then the varsity to follow. There shall be a 10 minute common warm up time for each team.
6. In the event officials do no show, coaches shall by mutual consent, officiate the contest. In the event there is no mutual agreement, the contest shall be rescheduled on the next available day.
7. Girls water polo shall use a No. 4 ball.
Boys water polo shall use a No. 5 ball.

8. NCS ejection policy: In water polo the term **ejection** seems to have a multiple meaning. You can receive three (3) "ejections" per game before truly being ejected.
9. Contest times - MVAL school sites - 4:30pm.
10. An All MVAL team shall be selected at the conclusion of the season.
The MVAL post season meeting to be held the week after completion of the NCS tournament. Each coach shall nominate according to their placement in the final league standings. 1st place - 6 nominations, 2nd place - 5 nominations, 3rd place - 4 nominations, 4th place through 7th place - 3 nominations. **(Amended 1.12.07)**

1st team shall consist of 6 field players and 1 goalie.
2nd team shall consist of 6 field players and 1 goalie.

Nominations shall be submitted 1 week prior to the last week of the season. A general ballot shall be generated by the league office and distributed at the selection meeting. Each coach shall have one minute to talk about each of their respective nominees.

Ballots will be returned at the end of the meeting to the sport chairperson. The sport chairperson will compile the ballots. The highest score(s) in accordance with the number to be selected for each position become first team All MVAL. After selection of the 1st team another vote will be taken for the 2nd team. After selection of the 2nd team, all remaining nominees shall be accorded honorable mention.

11. There will be a matrix to schedule league games. Teams will be given points on how they placed in the league season. Top teams will play each other at the end of the league season. **(Added 9/14)**

Section D: Appendix

Appendix A – List of Designees Having Authority

LIST OF DESIGNEES HAVING AUTHORITY IN ABSENCE OF PRINCIPAL

Whenever a problem arises regarding interscholastic contests between two (2) schools, the official contact is between the principals involved.

Only in the absence of the principal are designees to be contacted according to the following order to resolve the problem.

It is not the responsibility of the designees to be contacted according to the following order to resolve the problem.

It is not the responsibility of the designees to handle such things as regular cancellation and rescheduling of games.

American

1. Greg Bailey
2. Ken Peffer
3. Brian Hashimoto

Mission San Jose

- 1.
2. Tom Thomsen
- 3.

Irvington

1. Sarah Smoot
2. Michelle Stone
- 3.

Newark Memorial

1. Philip Morales
2. Rachel Kahoalii
- 3.

James Logan

1. Amy McNamara
2. Tom Rosenthal
- 3.

Washington

1. Bob Moran
2. Mike Tripp
- 3.

Kennedy

- 1.
2. Paul McDermott
- 3.

Moreau

1. Lisa Torktorich
2. Christine Krisman
3. Katie Teekell

**Appendix B – Plan for Rotation For League Finals and
Chairpersons**

PLAN FOR ROTATION FOR LEAGUE FINALS AND CHAIRPERSONS
FOR THE YEARS

12/13, 13/14, 14/15, 15/16, 16/17, 17/18, 18/19 19/20

This plan of rotation was approved by the Board of Managers as an ongoing schedule and will be used to determine annually what schools will host the league finals and the NCS meets in different applicable sports and from what school the sports chairperson to the Commissioner's office is at the beginning of the school year. When an NCS meet falls the same year as the league meet, the school in the following year position will host the NCS meet. (Amended 6/87)

FALL

CROSS COUNTRY

2012/2013-Irvington
2013/2014-Mission
2014/2015-Kennedy
2015/2016-American
2016-2017-Moreau
2017/2018-Newark Memorial
2018/2019-Washington
2019/2020-James Logan

GIRLS/BOYS TENNIS

2012/2013-Mission San Jose
2013/2014-Kennedy
2014/2015-American
2015/2016-Newark Memorial
2016/2017-Moreau
2017/2018-Washington
2018/2019-James Logan
2019/2020-Irvington

FOOTBALL

2012/2013-Washington
2013/2014-James Logan
2014/2015-Irvington
2015/2016-Moreau
2016/2017-Newark Memorial
2017-2018-Kennedy
2018/2019-American
2019/2020-Washington

WINTER

NOVICE WRESTLING

2012/2013-Kennedy
2013/2014-American
2014/2015-Newark Memorial
2015/2016-Washington
2016/2017-James Logan
2017/2018-Irvington
2018/2019-Mission San Jose

WRESTLING

2012/2013-Mission San Jose
2013/2014-Kennedy
2014/2015-American
2015/2016-Newark Memorial
2016/2017-Washington
2017-2018-James Logan
2018-2019-Irvington
2019/2020-Mission San Jose

BOYS/GIRLS BASKETBALL

2012/2013-Mission San Jose
2013/2014-American
2014/2015-Kennedy
2015/2016-Newark Memorial
2016/2017-Moreau
2017/2018-James Logan
2018/2019-Washington
2019/2020-Irvington

SPRING

BADMINTON

2012/2013-Newark Memorial
2013/2014-Mission
2014/2015-James Logan
2015/2016-Washington
2016/2017-Moreau
2017/2018-Irvington
2018/2019-Kennedy
2019/2020-American

BOYS/GIRLS SWIMMING

2012/2013-James Logan
2013/2014-Mission San Jose
2014/2015-Irvington
2015/2016-Kennedy
2016/2017-Moreau
2017/2018-American
2018/2019-Newark Memorial
2019/2020-Washington

TRACK & FIELD

2012/2013-Mission San Jose
2013/2014-Kennedy
2014/2015-American
2015/2016-Moreau
2016/2017-Newark Memorial
2017/2018-Washington
2018/2019-James Logan
2019/2020-Irvington

GIRLS/ VOLLEYBALL

2012/2013-James Logan
2013/2014-Irvington
2014/2015-Mission San Jose
2015/2016-Moreau
2016/2017-Kennedy
2017/2018-American
2018/2019-Newark Memorial
2019/2020-Washington

BOYS/GIRLS SOCCER

2012/2013-American
2013/2014-Washington
2014/2015-Newark Memorial
2015/2016-Irvington
2016/2017-Moreau
2017/2018-James Logan
2018/2019-Mission San Jose
2019/2020-Kennedy

BASEBALL

2012/2013-American
2013/2014-Washington
2014/2015-Moreau
2015/2016-Newark Memorial
2016/2017-James Logan
2017/2018-Mission San Jose
2018/2019-Kennedy
2019/2020-Irvington

FALL

WATER POLO

2012/2013-Mission San Jose
2013/2014-Irvington
2014/2015-American
2015/2016-James Logan
2016/2017-Newark Memorial
2017/2018-Washington
2018/2019-Mission San Jose

WINTER

SPRING

SOFTBALL

2012/2013-Newark Memorial
2013/2014-James Logan
2014/2015-Washington
2015/2016-Moreau
2016/2017-Irvington
2017/2018-Mission San Jose
2018/2019-Kennedy
2019/2020-American

GIRLS/BOYS GOLF

2012/2013-Irvington
2013/2014-Mission San Jose
2014/2015-American
2015/2016-Moreau
2016/2017-Washington
2017/2018-Newark Memorial
2018/2019-Irvington
2019/2020-Mission San Jose

BOYS VOLLEYBALL

2012/2013-Mission San Jose
2013/2014-Kennedy
2014/2015-Moreau
2015/2016-Washington
2016/2017-James Logan
2017/2018-American
2018/2019-Irvington

GYMNASTICS

2012/2013-Irvington
2013/2014-Mission San Jose
2014/2015-Washington
2015/2016-James Logan
2016/2017-Irvington
2017/2018-Mission San Jose
2018/2019-Washington

Appendix C – Plan for Rotation of Officers

The following is a rotation of MVAL officers and NCS representatives for the purpose of anticipating duties and responsibilities. Officers will hold a two year term. **(Amended 6/24/94, 5/14/04, 8/19/09)**

Mr. Thomas Breen, Commissioner

2013/2014	President	Washington
2014/2015	Vice President	Mission San Jose
	NCS Eligibility	American
	NCS Delegates	Kennedy–Sr. Rep
	No Office	James Logan–Jr. Rep
		Irvington
		Moreau
		Newark Memorial
2015/2016	President	Mission San Jose
2016/2017	Vice President	American
	NCS Eligibility	Kennedy
	NCS Delegates	James Logan-Sr. Rep
	No Office	Irvington-Jr. Rep
		Moreau
		Newark Memorial
		Washington
2017/2018	President	American
2018/2019	Vice President	Kennedy
	NCS Eligibility	James Logan
	NCS Delegates	Irvington-Sr. Rep
	No Office	Moreau-Jr. Rep
		Newark Memorial
		Washington
		Mission San Jose
2019/2020	President	Kennedy
2020/2021	Vice President	James Logan
	NCS Eligibility	Irvington
	NCS Delegates	Moreau-Sr. Rep
	No Office	Newark Memorial-Jr. Rep
		Washington
		Mission San Jose
		American

Appendix D – Official's Fee Schedule

MISSION VALLEY ATHLETIC LEAGUE

BASEBALL

(Contra Costa Athletic Assignors) CCAA

2015:

Varsity - 1 game - 2 officials - \$60.00

Junior Varsity - 1 game - 1 official - \$60.00/ 2 Officials @ \$52 each

Freshmen-1 game-1 official - \$52.00/ 2 Officials @ \$48.00 each

Assigning Fee - \$44.00/team

Check Writing Fee - \$78.00/per team

2016

Varsity - 1 game - 2 officials - \$60.00

Junior Varsity - 1 game - 1 official - \$60.00/ 2 Officials @ \$52 each

Freshmen – 1 game – 1 official - \$52.00/ 2 Officials @ \$48 each

Assigning Fee - \$44.00/team

Check Writing Fee - \$78.00/team

2017:

Varsity - 1 game - 2 officials \$60.00

Junior Varsity - 1 game - 1 official - \$60.00/ 2 Officials @ \$52 each

Freshmen – 1 game – 1 official - \$52.00/ 2 Officials @ \$48 each

Assigning Fee - \$44.00/team

Check Writing Fee - \$78.00/team

2018:

Varsity – 1 game – 2 officials - \$60.00

Junior Varsity – 1 game – 1 official - \$60.00/ 2 Officials @ \$52 each

Freshmen – 1 game – 1 official - \$52.00/ 2 Officials @ \$48 each

Assigning fee - \$44.00/team

Check Writing Fee - \$78.00/team

One (1) umpire fee only applies if only one (1) is assigned due to availability.

BOYS AND GIRLS BASKETBALL
(Contra Costa Basketball Officials Association)

2013-14:

Varsity - 2 officials - \$66.00 ea./3 @ cost of CCAA
Junior Varsity - 2 officials - \$51.00 ea.
Freshman - 2 officials - \$45.00 ea.
Assigning(per team) \$42.00
Writing fee: (per school) \$78.00

2014-15:

Varsity - 2 officials - \$66.00 ea./3 @ cost of CCAA
Junior Varsity - 2 officials - \$51.00 ea.
Freshman - 2 officials - \$45.00 ea.
Assigning: (per team) \$42.00
Writing fee: (per school) \$78.00

2015-16:

Varsity - 2 officials - \$66.00 ea./3 @ cost of CCAA.
Junior Varsity - 2 officials - \$51.00 ea.
Freshman - 2 officials - \$45.00 ea.
Assigning: (per team) \$42.00
Writing fee: (per school) \$78.00

2016-17:

Varsity - 2 officials - \$66.00 ea./ 3 @ cost of CCAA
Junior Varsity - 2 officials - \$51.00 ea.
Freshman - 2 officials - \$45.00 ea.
Assigning: (per team) \$42.00
Writing fee: (per school) \$78.00

2017-18:

Varsity- 2 officials- \$66.00 ea/ 3 @ \$60.00 ea.
Junior Varsity- 2 officials \$51.00 ea.
Freshman- 2 officials- \$45.00 ea.
Assigning fee: (per team) \$42.00
Writing fee; (per school) \$78.00

FOOTBALL

(Mission Valley Football Officials Association-MVFOA)

2012:

Varsity- 5 man- \$365.00
Junior Varsity- 4 man- \$216.00
Frosh- 4 man- \$216.00
Assigning Fee- \$55.00 / per team

2013:

Varsity- 5 man- \$365.00
Junior Varsity- 4 man- \$216.00
Frosh- 4 man- \$216.00
Assigning Fee- \$55.00 per team
Ind. Officials pay per game- \$73.00/ JV-Frosh- \$54.00

2014-

Varsity 5 man- \$365.00
Junior Varsity- 4 man- \$224.00
Frosh- 4 man- \$224.00
Assigning Fee- \$55.00 per team
Ind. Officials pay per game- \$73.00/ JV-Frosh- \$56.00

2015-

Varsity- 5 man- \$380.00
Junior Varsity- 4 man- \$232.00
Frosh- 4 man- \$232.00
Assigning Fee- \$55.00 per team
Ind. Officials pay per game- \$76.00/ JV-Frosh- \$58.00

2016-

Varsity- 5 man- \$395.00
Junior Varsity- 4 man- \$240.00
Frosh- 4 man- \$240.00
Assigning Fee- \$55.00 per team
Ind. Officials pay per game- \$79.00/ JV-Frosh- \$60.00

GYMNASTICS

2015:

The judge fee is \$100.00 per meet.

The fee for Officials for the MVAL League Finals shall be a total of \$800.00
The total salary to be split by the Officials as they recognize their need between
the Junior Varsity and Varsity Competition. **(04/13/06)**.

SOCCER:

(Tri-Valley Soccer Referee Association-TVSRA)

2013-2017:

Level	#Officials	2013/14	14/15	15/16	16/17
Varsity	3	\$145	\$150	\$150	\$155
	2	100	100	100	100
JV	3	85	85	85	85
	2	75	75	75	75
	1	45	45	50	50
Frosh/Soph	2	70	70	70	70
	1	40	40	40	40

Assigning Fee: \$5.00 per game played

VOLLEYBALL:

(Mission Valley Sports Officials, Incorporated)

	11/12	12/13	13/14	14/15
Non Varsity & Varsity (2 of 3) (3 of 5)	\$80.00	\$80.00	\$80.00	\$82.00
Varsity Only (3 of 5)	\$60.00	\$60.00	\$62.00	\$62.00
Non-Varsity (2 of 3)	\$50.00	\$50.00	\$52.00	\$52.00
Post season Line Officials	\$40.00	\$40.00	\$42.00	\$42.00
Stand-By Officials	\$40.00	\$40.00	\$42.00	\$42.00

THE FEE SCHEDULE IS FOR EACH OF TWO (2) OFFICIALS PER GAME

Assigners Fee: \$65.00 for Girls season per School participating
\$65.00 for Boys season per School participating

SOFTBALL:

(Contra Costa Athletic Assignors, CCAA)

2015:

Varsity - 1 game - 2 officials - \$53.00
Junior Varsity - 1 game - 2 officials - \$53.00
Assigning Fee - \$44.00/team
Check Writing Fee - \$78.00/team

2016:

Varsity - 1 game - 2 officials - \$53.00
Junior Varsity - 1 game - 2 officials - \$53.00
Assigning Fee - \$44.00/team
Check Writing Fee - \$78.00/team

2017:

Varsity - 1 game - 2 officials - \$53.00
Junior Varsity - 1 game - 2 officials - \$53.00
Assigning Fee - \$44.00/team
Check Writing Fee - \$78.00/team

2018:

Varsity – 1 game – 2 officials - \$53.00
Junior Varsity – 1 game – 2 officials - \$53.00
Assigning Fee - \$78.00/team
Check Writing Fee - \$78.00/team

WRESTLING

Alameda County Wrestling Association

2012-2013

2013-2014

2014-2015

2015-2016

Varsity Matches (Dual) - One Official - \$68.00
Varsity & JV (Dual) - One official - \$85.00
JV Matches (Dual) - One official - \$48.00
Dual Meet Tournaments- \$58.00- per match officiated

Tournaments:

Frosh & JV: \$175.00 flat fee for first 7 hrs. \$28.00 per/hr. per official after 7 hrs.

Varsity - \$225.00 flat fee for first 8 hrs. \$28.00 per official after 8.5 Hrs.

Same rates apply for 2 day tournament

Tournaments require 3 officials for every 2 mats. 1 extra official will be assigned for odd number of mats. Example: 2 mats = 3 officials, 3 mats = 5 officials

Finals in OT require 1 mat in finals= 4 officials, 2 mats= 5 officials, 3 mats=8 officials. If no assistant referees are used, 3 officials will be used for every 2 mats used.

Weigh-ins \$30.00/hour

Novice Tournaments at beginning of season: \$500.00 per tournament up to 4 hours and 3 mats \$100.00 per hour after that.

Association Fees for Services - Per School - \$125.00

No Cancellation Call for Meet/Official Arrived At Site - \$30.00

Invoices not paid within 45 days of Invoice Date will be subject to a \$10.00 late fee.

WATER POLO
MAC -WP RA

2011-2013 Referee Game Fees

Games:

	<u>1V 0JV</u>	<u>1V 1JV</u>	<u>2V 0JV</u>	<u>2V 1JV</u>	<u>2V 2JV</u>
1 Ref	\$85	\$100	\$150	\$200	\$250
2 Ref	\$75	\$90	\$130	\$160	\$175

Tournaments: [per Quarter time]

<u>Varsity</u>	<u>7 min</u>	<u>6 min</u>	<u>5 min</u>
2 Ref	\$50	\$45	\$40
1 Ref	\$75	\$65	\$60
<u>JV/Frosh/Soph</u>	<u>7 min</u>	<u>6 min</u>	<u>5 min</u>
2 Ref	\$50	\$45	\$40
1 Ref	\$75	\$65	\$60
Rookie Fee	\$35	\$30	\$25

Administrative Fees

	<u>2011</u>	<u>2012</u>	<u>2013</u>
MVAL Boys Program(6 x \$150)	\$900	\$900	\$900
MVAL Girls Program(6 x \$100)	\$900	\$900	\$900

Assignment Fees

	<u>2011</u>	<u>2012</u>	<u>2013</u>
MVAL Boys Program (per school)	\$100	\$100	\$100
MVAL Girls Program (per school)	\$100	\$100	\$100

**Appendix E – Regulations Governing Ties and Placing in
Shaughnessy Tournament**

**REGULATIONS GOVERNING TIES FOR ROUND ROBIN LEAGUE
AND PLACING IN SHAUGHNESSY TOURNAMENT**

1. In the event a playoff contest is needed to determine the #1 seed for the Shaughnessy Tournament, a neutral field, court or pool will be used. A participating school's facilities may be used if agreeable by the parties involved.
 - a. The timer and scorekeeper must be an adult and come from the neutral school or designated by the Commissioner.
 - b. Faculty personnel to supervise the facility to come from the neutral school or designated by the Commissioner.
 - c. Concession stand to be operated by the neutral school.
 - d. Ticket sellers, ticket takers, timer, clock operators, scorekeeper, announcer, tournament director, and any other personnel necessary will be reimbursed for their services.
 - e. Custodial services will have to be paid for from gate receipts.
2. The Board of Managers will determine the date and time of the playoff game and the time that the doors are to be opened.
3. The Commissioner and the principal of the neutral school will organize and delegate additional responsibilities and duties not covered above.
4. Specifics that will be determined from the flip of a coin are:
 - a. To determine the home school which will determine the color of uniform to be worn by each school, on what side of the court or field each school will sit, what school will keep the official score book, etc.
5. Officials for the contest will be obtained by the Commissioner. An alternate official shall be made available. The working officials will be paid regular rate each in basketball. The alternate non-working official will be paid one half of the regular rate.

6. Police and the fire marshal should be consulted regarding supervision of the facility.
7. Staff passes from participating schools, all general passes, and NCS/CIF passes shall be honored. Tickets are to be sold in accordance with the MVAL Constitution, Administrative Regulations, and Sports Rules.

Appendix F - MVAL Shaughnessy Playoffs

The Mission Valley Athletic League will conduct Shaughnessy Playoffs in the following team sports:

- Girls Volleyball
- Boys / Girls Water Polo
- Boys / Girls Basketball
- Boys / Girls Soccer
- Baseball
- Softball
- Boys Volleyball

The MVAL will conduct League Finals* in the following individual sports:

- Girls Tennis
- Gymnastics
- Boys / Girls Cross Country
- Wrestling
- Badminton
- Boys / Girls Swimming
- Track and Field
- Boys Golf
- Boys Tennis

*Guidelines for seeding and post season tournament formats can be found within the Sports Rules (Section C) of the MVAL Constitution.

**Appendix G - Regulations For Governing Seeding In
Shaughnessy Tournaments**

1. a All sports participating in Shaughnessy playoffs will be conducted with a format to include teams finishing in place 1 through 4. The League round robin winner will be declared the League champion, will receive a “point”, and must be defeated twice in tournament play. No team may participate in the MVAL Shaughnessy playoffs if they have exceeded the allowable number of contests as prescribed by NCS. In the event that any team qualifies for MVAL playoffs, does not participate, the seeds shall be adjusted accordingly. If the #1 team (seed) does not participate for any reason in the playoffs, the the tournament shall become a single elimination. The ‘Point Game’ shall not be played. The winner of the Shaughnessy playoff will be awarded the MVAL’s automatic entry into the NCS playoffs in their respective division/classification. All other participating teams may apply for NCS at-large berths provided they meet the NCS qualifying standards.

(Amended 06.21.05)

- b. The pairings in the playoffs will be: 1 vs. 4 and 2 vs. 3.
- c. The team finishing highest in the League standings will always be designated as the “Home” team.
- d. The number 1 seed will host the tournament.

2. If two teams tie for the League round robin championship, a single game playoff will be held to determine the #1 seed and the “point” will be scheduled prior to the Shaughnessy tournament.

*Criteria for first place ties in baseball are addressed in their tournament format.

3. A tie for first place by three teams will be seeded according to the following criteria:
 - a. Head to head competition among those involved in the tie.
 - b. The team beating the highest team in the “Final League” standings, starting with first place and going down, will be the highest seed.
(Entered 6.20.06)
 - c. The team losing to the lowest team in the “final league” standings will be the lowest seed.**(Entered 6.20.06)**
 - d. If a tie remains unbroken, the teams will draw “chips” to determine their seeding order.

4. A tie for first place involving four teams will be seeded using the same criteria as listed above, 3 a, b, c, and d.
5. A tie for 2nd, 3rd, or 4th place involving two teams will be seeded using the same criteria listed above, 3 a, b, c, and d.
6. A tie for 2nd, 3rd, or 4th place involving three teams will be seeded using the same criteria listed above 3 a, b, c, and d.

Guidelines For Boys/Girls Volleyball Shaughnessy Tournament

- a. The League Champion will be the #1 seed, the host school, and their court used for the tournament.
- b. League play will conclude on a Tuesday with Friday to be set-aside for a potential first place tie playoff.
- c. The highest seeded team will be designated as the "Home" team. They are to provide the game ball and sit on the "Home Bench".
- d. The Shaughnessy Playoffs will be on Tuesday / Thursday with Friday set aside for the "point" game. **Amended 6/09**
- e. Round 1(Tuesday):
 - 2 seed vs. 3 seed 5:00pm
 - 1 seed vs. 4 seed (20 minutes after completion of first contest or no earlier than 7:00pm)
- Round 2(Thursday) Winner 2/3 vs. 1/4 5:00pm
- Point Game (Friday) If necessary:
Winner of Round 2 vs. #1 seed
(If 1st or 2nd round loss) 5:00pm

TOURNAMENT SPECIFIC RULES

1. Home bench is to the right side of scoring table as you are looking at the court.
2. Game ball must be a new ball. It is not to be used in warm-ups.

SERVICE PERSONNEL

1. The following service personnel are to be from the host school, and the appropriate service fee to be paid is listed after the position:

1 scorekeeper/timer	\$20.00 per match
1 ticket seller	\$20.00 per match
1 ticket taker	\$20.00 per match
1 tournament director	\$30.00 per match

2. The tournament director checklist:
 - a. Determine the reporting time for the above personnel.
 - b. Arrange for cash boxes for ticket sellers and provide change.
 - c. Have stamps and stamp pads for use for reentering the gym arrange for a different stamp for each night and different colored stamp pads.
 - d. The host school will furnish the tickets used for selling at the games.

3. The host school is to determine the need for police coverage.

4. The Director of Student Activities, Athletic Director, or Supervisor of the four (4) teams who will be playing in the Shaughnessy tournament:
 - a. Submit two copies of a list, showing your varsity song girls, yell leaders, and letter girls to the tournament director at least one half hour before your scheduled game time. No spirit group members from the competing schools will be admitted unless this list has been given to the tournament director.
 - b. Submit a list showing the names of the team members, statisticians, and coach to the tournament director at least one half hour before your scheduled game time. This list will be used by the ticket taker to determine free entry to the tournament.

FIRST AID / TRAINER

Please see that you have first aid equipment available that is adequate if a severe injury is incurred.

OFFICIALS

Officials for the Shaughnessy Tournament will be obtained by the Commissioner's office. An alternate official shall be made available. The alternate official will be paid half of the regular rate. In addition to the officials assigned to work the tournament, two (2) officials will be paid to work as lines people.

TICKET PRICES

Adults (amended 04.13.06)	\$6.00
Participating/Nonparticipating ASB card holders	\$3.00
Participating/Nonparticipating students without ASB cards	\$5.00
Junior High and Elementary students	\$3.00
Children under 5	Free
Senior Citizens (anyone 60 years of age or older)	Free

Staff passes from participating schools, all general passes, and NCS/CIF passes shall be honored at the MVAL Shaughnessy playoffs.

FINANCIAL REPORT

A financial report is to be submitted to the Commissioner's office listing:

1. The proceeds from each day or game.
2. The names and positions of the service personnel that worked each day or game. If you wish to pay the personnel before you submit the profits to this office, you may do so. Please be certain that the list of personnel paid accompanies the financial report.
3. A check covering the proceeds from the tournament.

Guidelines For Boys/Girls Water Polo Shaughnessy Tournament

1. The League champion will be declared the #1 seed. The seasons Chairperson to host the Shaughnessy tournament at their respective District site and both girls and boys teams to play at the same site. Fremont Schools to use American High, James Logan and Newark Memorial to use their own facility when they are the chairperson. **(1/18/04)**
2. League play will conclude on a Tuesday. Thursday will be set aside for potential first place tie playoff.
3. The highest seeded team is designated the "Home" team. They are to provide the game ball and sit on the "Home Side".
4. All other ties will be resolved in accordance with Items 3, 4, and 5 of the Regulations for Governing Seeding of the MVAL Constitution.
5. Friday **(Amended 5/19/09)**

1 vs. 4	4:00pm (Boys)
1 vs. 4	5:15pm (Girls)
2 vs. 3	6:30pm (Boys)
2 vs. 3	7:45pm (Girls)

Saturday

Winner	2/3 vs. 1/4	2:00pm (Girls)
Winner	2/3 vs. 1/4	3:15pm (Boys)
Point Game (Girls) 5:00pm	Should 1 seed lose in Round 1 or 2	
Point Game (Boys)	Should 1 seed lose in Round 1 or 2 5:00pm (if no Girls game) or 6:30pm	

TOURNAMENT SPECIFIC RULES

2000, 2002, 2004, 2006, 2008, 2010

Girls: 4:00pm and 5:15pm Friday games with 3:15 Saturday Final

Boys: 6:30pm and 7:45pm Friday games with 2:00pm Saturday Final

2001, 2003, 2005, 2007, 2009, 2011

Boys: 4:00pm and 5:15pm Friday games with 3:15 Saturday Final

Girls: 6:30pm and 7:45pm Friday games with 2:00pm Saturday Final
(Entered 6/98) (Amended 1/00, 6/09)

SERVICE PERSONNEL

1. The following service personnel are to be from the host school, and the appropriate service fee to be paid is listed after the position:

1 clock operator	\$20.00 per game
1 scorekeeper	\$20.00 per game
1 ticket seller	\$20.00 per game
1 ticket taker	\$20.00 per game
1 tournament director	\$30.00 per game

2. The tournament director checklist:
 - a. Determine the reporting time for the above personnel.
 - b. Arrange for cash boxes for ticket sellers and provide change.
 - c. Have stamps and stamp pads for use for reentering the gym. arrange for a different stamp for each night and different colored stamp pads.
 - d. The host school will furnish the tickets used for selling at the games.

3. The host school is to determine the need for police coverage.

4. The Director of Student Activities, Athletic Director, or Supervisor of the four (4) teams who will be playing in the Shaughnessy tournament:
 - a. Submit two copies of a list, showing your varsity song girls, yell leaders, and letter girls to the tournament director at least one half hour before your scheduled game time. No spirit group members from the competing schools will be admitted unless this list has been given to the tournament director.
 - b. Submit a list showing the names of the team members, statisticians, and coach to the tournament director at least one half hour before your scheduled game time. This list will be used by the ticket taker to determine free entry to the tournament.

FIRST AID / TRAINER

Please see that you have first aid equipment available that is adequate if a severe injury is incurred.

OFFICIALS

Officials for the Shaughnessy Tournament will be obtained by the Commissioner's office. An alternate official shall be made available. The alternate official will be paid half of the regular rate. In addition to the officials assigned to work the tournament, two (2) officials will be paid to work as lines people.

TICKET PRICES

Adults	\$6.00
Participating/Nonparticipating ASB card holders	\$3.00
Participating/Nonparticipating students without ASB cards	\$5.00
Junior High and Elementary students	\$3.00
Children under 5	Free
Senior Citizens (anyone 60 years of age or older)	Free

Staff passes from participating schools, all general passes, and NCS/CIF passes shall be honored at the MVAL Shaughnessy playoffs.

FINANCIAL REPORT

A financial report is to be submitted to the Commissioner's office listing:

1. The proceeds from each day or game.
2. The names and positions of the service personnel that worked each day or game. If you wish to pay the personnel before you submit the profits to this office, you may do so. Please be certain that the list of personnel paid accompanies the financial report.
3. A check covering the proceeds from the tournament.

Guidelines For Boys/Girls Basketball SHAUGHNESSY TOURNAMENT

1. The round robin champion will be declared the #1 seed and host the playoffs.

2. In the event of a two way tie for the championship, a single game playoff will be held on the Monday following the conclusion of the League season and before the Shaughnessy Tournament begins. The winner will be awarded the #1 seed in the tournament.

3. The #1 seed is awarded a point and must be defeated twice.

4. All other ties will be resolved in accordance with Items 3, 4, 5, and 6 of the Regulations for Governing Seeding of the MVAL Constitution (Appendix H).

5. The highest seeded team will provide the game ball, sit on the "Home Side" and wear white (light colored) jerseys.

Tuesday (Girls)
Wednesday (Boys)

Game 1	2 vs. 3	6:00pm
Game 2	1 vs. 4	7:30pm

Thursday (Girls)
Friday (Boys)

Winner 2/3 vs. Winner 1/4	7:00pm
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Saturday (Boys/Girls)

Point Game should #1 seed lose in the 1st or 2nd round.	7:00pm
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TOURNAMENT SPECIFIC RULES

1. Coaches of participating teams are not to allow any of their players on the floor for warm-up practice until all players from the previous game have cleared from the floor.
2. If visiting teams wish to use lockers, they should take their own towels and locks.
3. Any participating school that wishes to have an activity at halftime must contact the tournament director the day preceding the game.

SERVICE PERSONNEL

1. The following service personnel are to be from the host school, and the appropriate service fee to be paid is listed after the position:

1 scorekeeper	\$20.00 per game
4 ticket takers	\$20.00 per game
4 ticket sellers	\$20.00 per game
1 timer	\$20.00 per game
1 "thirty second" timer	\$20.00 per game
1 announcer	\$20.00 per game
4 teacher supervisors	\$20.00 per game
1 tournament director	\$30.00 per game

2. The tournament director checklist:
 - a. Determine the reporting time for the above personnel.
 - b. Arrange for cash boxes for ticket sellers and provide change.
 - c. Have stamps and stamp pads for use for reentering the gym. arrange for a different stamp for each night and different colored stamp pads.
 - d. The host school will furnish the tickets used for selling at the games.
3. The host school is to determine the need for police coverage.

4. The Director of Student Activities, Athletic Director, or Supervisor of the four (4) teams who will be playing in the Shaughnessy tournament:
 - a. Submit two copies of a list, showing your varsity song girls, yell leaders, and letter girls to the tournament director at least one half hour before your scheduled game time. No spirit group members from the competing schools will be admitted unless this list has been given to the tournament director.
 - b. Submit a list showing the names of the team members, statisticians, and coaches to the tournament director at least one half hour before your scheduled game time. This list will be used by the ticket taker to determine free entry to the tournament.

5. The tournament director will be the supervisor in charge. Participating schools will send a minimum of one (1) administrator from their school and must have a total of four (4) supervising personnel present at the games in which their school is a participant. The administrator and the supervising personnel from the participating schools are to report fifteen minutes before their scheduled game time. The administrators from the participating schools will give a list of their supervising personnel to the tournament director at the time he/she reports in to the tournament director. Administrators are to remain at the site until all the students from his/her school have cleared the area.

FIRST AID / TRAINER

Please see that you have first aid equipment available that is adequate if a severe injury is incurred.

OFFICIALS

Officials for the Shaughnessy Tournament will be obtained by the Commissioner's office. An alternate official shall be made available. The alternate official will be paid half of the regular rate.

TICKET PRICES

Adults	\$6.00
Participating/Nonparticipating ASB card holders	\$3.00
Participating/Nonparticipating students without ASB cards	\$5.00
Junior High and Elementary students	\$3.00
Children under 5	Free
Senior Citizens (anyone 60 years of age or older)	Free

Staff passes from participating schools, all general passes, and NCS/CIF passes shall be honored at the MVAL Shaughnessy playoffs.

FINANCIAL REPORT

A financial report is to be submitted to the Commissioner's office listing:

1. The proceeds from each day or game.
2. The names and positions of the service personnel that worked each day or game. If you wish to pay the personnel before you submit the profits to this office, you may do so. Please be certain that the list of personnel paid accompanies the financial report.
3. A check covering the proceeds from the tournament.

Guidelines For Boys/Girls Soccer Shaughnessy Tournament

1. The round robin champion will be declared the #1 seed, will receive a "point", and must be defeated twice in tournament play. The #1 seeded team will be the host school for the Shaughnessy playoffs. (**Amended 6/02, 6/23/04**)
2. In the event of a two way tie for the championship, a single game playoff will be held on the Monday following the conclusion of the League season and before the Shaughnessy Tournament begins.
3. All other ties will be resolved in accordance with Items 3, 4, 5, and 6 of the Regulations for Governing Seeding of the MVAL Constitution (Appendix H).
4. The highest seeded team will be the home team throughout the tournament, will provide the game ball, sit on the "Home Side", and wear white (light colored) jerseys.

Tuesday Round 1

Game 1	2 vs. 3 (Girls)	5:30pm
Game 2	1 vs. 4 (Girls)	7:30pm

Wednesday Round 1

Game 1	2 vs. 3 (Boys)	5:30pm
Game 2	1 vs. 4 (Boys)	7:30pm

Thursday Round 2

Final Game	Winner 2/3 vs 1 / 4 (Girls)	7:00 pm
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Friday Round 2

Final Game	Winner 2/3 vs. 1/4 (Boys)	7:00 pm
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Point Games(if needed)

Girls -	Friday	7:00 pm
Boys-	Saturday	7:00 pm

(Amended 6/22/04)

TOURNAMENT SPECIFIC RULES

1. Tournament ties will be played off as indicated in the rule book under "Tournament Progression".

SERVICE PERSONNEL

1. The following service personnel are to be from the host school, and the appropriate service fee to be paid is listed after the position:

1 ticket seller	\$20.00 per game
1 ticket taker	\$20.00 per game
4 teacher supervisors	\$20.00 per game
1 tournament director	\$30.00 per game
2. The tournament director checklist:
 - a. Determine the reporting time for the above personnel.
 - b. Arrange for cash boxes for ticket sellers and provide change.
 - c. Have stamps and stamp pads for use for reentering the gym. arrange for a different stamp for each night and different colored stamp pads.
 - d. The host school will furnish the tickets used for selling at the games.
3. The tournament director will be the supervisor in charge. Participating schools will send a minimum of one (1) administrator from their school. The number of supervising administrators will be determined by the principals of the participating schools. All supervising personnel are to report to the tournament director fifteen (15) minutes before the game starting time for identification purposes.
4. The host school is to determine the need for police coverage.
5. The Director of Student Activities, Athletic Director, or Supervisor of the four (4) teams who will be playing in the Shaughnessy tournament:
 - a. Submit two copies of a list, showing your varsity song girls, yell leaders, and letter girls to the tournament director at least one half

hour before your scheduled game time. No spirit group members from the competing schools will be admitted unless this list has been given to the tournament director.

- b. Submit a list showing the names of the team members, statisticians, and coach to the tournament director at least one half hour before your scheduled game time. This list will be used by the ticket taker to determine free entry to the tournament.

FIRST AID / TRAINER

1. A certified athletic trainer will be obtained by the Commissioner's office for the boys and girls soccer Shaughnessy Tournament.
2. Please see that you have first aid equipment available that is adequate if a severe injury is incurred.

OFFICIALS

Officials for the Shaughnessy Tournament will be obtained by the Commissioner's office. An alternate official shall be made available. The alternate official will be paid half of the regular rate. In addition to the officials assigned to work the tournament, two (2) officials will be paid to work as lines people.

TICKET PRICES

Adults	\$6.00
Participating/Nonparticipating ASB card holders	\$3.00
Participating/Nonparticipating students without ASB cards	\$5.00
Junior High and Elementary students	\$3.00
Children under 5	Free
Senior Citizens (anyone 60 years of age or older)	Free

Staff passes from participating schools, all general passes, and NCS/CIF passes shall be honored at the MVAL Shaughnessy playoffs.

FINANCIAL REPORT

A financial report is to be submitted to the Commissioner's office listing:

1. The proceeds from each day or game.
2. The names and positions of the service personnel that worked each day or game. If you wish to pay the personnel before you submit the profits to this office, you may do so. Please be certain that the list of personnel paid accompanies the financial report.
3. A check covering the proceeds from the tournament.

Guidelines For Baseball Shaughnessy Tournament

1. At the conclusion of the round-robin league season, teams finishing 1st through 4th will participate in a post season Shaughnessy style playoff. The team possessing the best record in round-robin play will be declared the MVAL Champion and accorded the #1 seed in the tournament. The #1 seed must be defeated twice and be the Host School for the Playoffs.

(Amended 6/22/04)

2. Ties will be resolved in the following manner:

A. 1st Place Tie – Two Teams

If two teams tie for first place, a one game playoff will be played on the first Saturday prior to the playoffs. The winner of this game will be the #1 seed in the tournament, the loser will be the #2 seed. If weather conditions or natural acts prevent this game from being played, the #1 and #2 seed will be determined by the highest number (1 being the highest, 7 the lowest) drawn at the preseason meeting. This number will be for seeding only and the tournament will become a single elimination tournament.

The site of the playoff game will be hosted by the participating team drawing the highest number at the preseason meeting.

B. 1st Place Tie – Three Teams

1. Seeding will be determined by head to head competition among those involved in the tie.
2. If that does not break the tie, the team beating the highest team in the standings, starting with the first place team going down, will be the highest seed.
3. If a tie remains unbroken, the number drawn at the preseason meeting will be the determining factor. The team drawing highest (#1 being highest, #7 being lowest), will be the #1 seed, the team with the next highest # will be the #2 seed and the third highest number will be the #3 seeded team.

C. 1st Place Tie – Four Teams

1. Head to head competition among those involved in the tie.
2. The team beating the highest team in the final league standings first place and going down will be the highest seed.
(Entered 6.20.06)
3. If the ties remain unbroken, the number drawn at the preseason meeting will be the determining factor.

D. 2 Way Tie For 2nd, 3rd, or 4th Place

1. Same criteria listed in C above.

E. 3 Way Tie For 2nd, 3rd, or 4th Place

1. Same criteria listed in C above.

3. The fields for the tournament will be selected and approved annually by the Host School. The Host School will act as the tournament director.
(Amended 6/22/04)
4. Each team will provide six (6) new balls per game. The host school will make available one dozen new balls for extended need, and the cost may be deducted from the tournament receipts.
5. Throughout the tournament, the higher seeded team is designated the "home team". They have their choice of dugout and bat last.
6. Game times are as follows: **Game one (1) host for the Shaughnessy will be at the top two (2) home sites. Games will start at 4:00pm. The rest of the tournament will then go back to the Champions home site.(Amended 5/22/09 Afternoon Tournaments Only)**

Afternoon Tournament

Wednesday	Game 1	2 vs. 3	4:00pm @ #2 site
	Game 2	1 vs. 4	4:00pm @ #1 site
Friday	Game 3	Winners from Game 1 and 2	4:00pm @ #1 site
Saturday	Game 4	Winner of Game 3 vs. #1 seed, if #1 lost a game in 1st or 2nd round.	11:00am

Evening Tournament

Wednesday	Game 1	2 vs. 3	4:00pm
	Game 2	1 vs. 4	30 minutes after the completion of Game 1, but no earlier than 7:00pm
Friday	Game 3	Winners from Game 1 and 2	7:00pm
Saturday	Game 4	Winner of Game 3 vs. #1 seed, if #1 lost a game in 1st or 2nd round	11:00am

TOURNAMENT SPECIFIC RULES

1. Teams are expected to arrive in uniform. Locker rooms will not be available.
2. There will be a minimum of a 30 minute break between games to allow for infield practice and field preparation.
3. Each team will be allowed a maximum of five minutes for infield practice (this will be strictly enforced). The visiting teams will take the infield site.
4. Participating teams will not be allowed to take batting practice at the game site.
5. Site directors shall provide each participating team and the umpires with a written copy of the ground rules.
6. Umpires will be instructed to strictly enforce the limits of three defensive timeouts per seven inning game and one offensive timeout per inning and to limit pitchers to one minute or five pitches, whichever come first, between innings.
7. All games will be terminated in accordance with the National Federation rule book.
8. A game will end when, after five innings of a seven inning game, a team is behind by ten runs and has completed its turn at bat.

9. No new innings will start after two and one half hours have elapsed from the beginning of the first game of a double header, unless the score is tied at the completion of the inning.
10. Teams involved in tied games, which are called due to the time limit, will continue the game on the next day prior to any scheduled playoff game. If the next day is Sunday, the game will be continued on Monday after school hours.
11. When a game is tied at the completion of seven or more innings and two and one half hours have elapsed since the beginning of the game, and another game is scheduled for the field, and no other field is available, the tied game will be interrupted and the regularly scheduled game allowed to begin. If the tied game is interrupted, it will be continued:
 - a. When a field becomes available within the limits set in items 10 and 11.
 - b. At an alternate field on the next morning or on Monday, if the game was a Saturday game.
12. Each team will:
 - a. Provide at least one ball shagger for each game in which the team participates.
 - b. Provide its own bats.
13. The umpire's decision will be final. Decisions based on an umpire's judgment may not be protested.
14. The game management is solely responsible for determining whether or not a game will be started. After it is underway, the decision as to whether or not it should be suspended rests solely with the game umpires.

SERVICE PERSONNEL

1. The following service personnel are to be from the host school, and the appropriate service fee to be paid is listed after the position:

1 scorekeeper	\$20.00 per game
1 ticket seller	\$20.00 per game
1 ticket taker	\$20.00 per game
1 announcer	\$20.00 per game
2 teacher/supervisors	\$20.00 per game
1 tournament director	\$30.00 per game

2. The tournament director checklist:
 - a. Determine the reporting time for the above personnel.
 - b. Arrange for cash boxes for ticket sellers and provide change.
 - c. Have stamps and stamp pads for use for reentering the gym. arrange for a different stamp for each night and different colored stamp pads.
 - d. The host school will furnish the tickets used for selling at the games.

3. The tournament director will be the supervisor in charge. Participating schools will send a minimum of one (1) administrator from their school and must have a total of two (2) supervising personnel present at the games in which their school participates. The administrator and the supervising personnel from the participating schools are to report fifteen minutes before their scheduled game time. The administrators from the participating schools will give a list of their supervising personnel to the tournament director at the time he/she reports in to the tournament director. Administrators and supervising personnel are to remain at the site until all the students from their school have cleared the area.

4. The host school is to determine the need for police coverage.

5. The Director of Student Activities, Athletic Director, or Supervisor of the four (4) teams who will be playing in the Shaughnessy tournament:

- a. Submit two copies of a list, showing your varsity song girls, yell leaders, and letter girls to the tournament director at least one half hour before your scheduled game time. No spirit group members from the competing schools will be admitted unless this list has been given to the tournament director.
- b. Submit a list showing the names of the team members, statisticians, and coach to the tournament director at least one half hour before your scheduled game time. This list will be used by the ticket taker to determine free entry to the tournament.

FIRST AID / TRAINER

Please see that you have first aid equipment available that is adequate if a severe injury is incurred.

OFFICIALS

Three officials will be obtained by the Commissioner's office. An alternate official shall be made available. The alternate official will be paid half of the regular rate.

TICKET PRICES

Adults	\$6.00
Participating/Nonparticipating ASB card holders	\$3.00
Participating/Nonparticipating students without ASB cards	\$5.00
Junior High and Elementary students	\$3.00
Children under 5	Free
Senior Citizens (anyone 60 years of age or older)	Free

Staff passes from participating schools, all general passes, and NCS/CIF passes shall be honored at the MVAL Shaughnessy playoffs.

FINANCIAL REPORT

A financial report is to be submitted to the Commissioner's office listing:

1. The proceeds from each day or game.
2. The names and positions of the service personnel that worked each day or game. If you wish to pay the personnel before you submit the profits to this office, you may do so. Please be certain that the list of personnel paid accompanies the financial report.
3. A check covering the proceeds from the tournament.

Guidelines For Softball Shaughnessy Tournament

1. At the conclusion of the round-robin league season, teams finishing 1st through 4th place will participate in a post season Shaughnessy style playoff. The team possessing the best record in round-robin play will be declared the MVAL Champion and accorded the #1 seed in the tournament. The #1 seed must be defeated twice and will be the Host School for the Shaughnessy.

2. Ties will be resolved in the following manner:

a. 1st Place Tie-Two Teams

If two teams tie for first place, a one game playoff will be played on the first Friday after the conclusion of league play. If weather conditions or natural acts prevent the game from being played on that day, the game shall be scheduled for the next available day. Should conditions, weather or natural, prevent the tournament from being played and/or completed, the MVAL representative shall be determined by the team drawing the highest number (# 1 being the highest,#7 the lowest) drawn at the preseason meeting.

The site of the playoff game will be hosted by the participating team drawing the highest number at the preseason meeting.

b. 1st Place Tie-Three Teams

1. Seeding will be determined by head to head competition among those involved in the tie.

2. If that does not break the tie, the team beating the highest team in the standings, starting with the first place team going down, will be the highest seed.

3. If the tie remains unbroken, the number drawn at the preseason meeting will be the determining factor. The team drawing the highest number (#1 being the highest, #7 the lowest), will be the #1 seed, the team with the next highest number will be the # 2 seed and the third highest number will be the # 3 seeded team.

- c. 1st Place - Tie-Four Teams
 - 1. Head to head competition among those in the tie.
 - 2. The team beating the highest team in the final league standings, first place going down, will be the highest seed.
(Entered 6.20.06)
 - 3. If the ties remain unbroken, the number drawn at the preseason meeting will be the determining factor.
 - d. 2 Way Tie For 2nd, 3rd or 4th Place
 - 1. Same criteria listed in C above.
 - e. 3 Way Tie For 2nd, 3rd or 4th Place
 - 1. Same criteria listed in C above.
- 3. The fields for the tournament will be selected and approved annually by the Host School. The Host School for the year will act as the tournament director.
 - 4. Each participating team will provide three (1) ball per game. The host team will make available one dozen new balls for extended need and the cost may be deducted from the tournament receipts.
 - 5. Throughout the tournament the higher seeded team is designated the "home team". They have their choice of dugout and bat last.

Game times are as follows: If the Host site has no lights, games to start At 3:00 and the second game at 5:00 PM. If the host site has lights, Shaughnessy's to start at 5:00 and 7:00 PM.**(Amended 06.21.05)**

Afternoon Tournament

Tuesday	Game 1	2 vs. 3	4:00 pm
	Game 2	1 vs. 4	30 min. after the completion of game 1, but no earlier than 6:00 pm
Thursday	Game 3	Winner of Game 1 and 2	4:00 pm
Friday	Game 4	Winner of game 3 vs. #1 seed, if #1 lost a game in 1 st or 2 nd round.	4:00 pm

Evening Tournament (Amended 06.21.05)

Tuesday	Game 1	2 vs. 3	4:00 pm
	Game 2	1 vs. 4	30 min. after the Completion of Game 1, but no Earlier than 6:00 pm
Thursday	Game 3	Winners of game 1 and 2	6:00 pm
Friday	Game 4	Winner of game 3 vs. #1 seed, if #1 lost a game in 1 st or 2 nd round.	6:00 pm

TOURNAMENT SPECIFIC RULES

1. Teams are expected to arrive in uniform. Locker rooms will not be available.
2. There will be a minimum of a 30 minute break between games to allow for infield practice and field preparation.
3. Each team will be allowed a maximum of five minutes for infield practice (this will be strictly enforced). The visiting teams will take the infield site.
4. Participating teams will not be allowed to take batting practice at the game site.
5. Site directors shall provide each participating team and the umpires with a written copy of the ground rules.
6. Umpires will be instructed to strictly enforce the limits of three defensive timeouts per seven inning game and one offensive timeout per inning and to limit pitchers to one minute or five pitches, whichever come first, between innings.
7. All games will be terminated in accordance with the National Federation rule book.
8. A game will end when, after five innings of a seven inning game, a team is behind by ten runs and has completed its turn at bat.

9. No new innings will start after two and one half hours have elapsed from the beginning of the first game of a double header, unless the score is tied at the completion of the inning.
10. Teams involved in tied games, which are called due to the time limit, will continue the game on the next day prior to any scheduled playoff game. If the next day is Sunday, the game will be continued on Monday after school hours.
11. When a game is tied at the completion of seven or more innings and two and one half hours have elapsed since the beginning of the game, and another game is scheduled for the field, and no other field is available, the tied game will be interrupted and the regularly scheduled game allowed to begin. If the tied game is interrupted, it will be continued:
 - a. When a field becomes available within the limits set in items 10 and 11.
 - b. At an alternate field on the next morning or on Monday, if the game was a Saturday game.
12. Each team will:
 - a. Provide at least one ball shagger for each game in which the team participates.
 - b. Provide its own bats.
13. The umpire's decision will be final. Decisions based on an umpire's judgment may not be protested.
14. The game management is solely responsible for determining whether or not a game will be started. After it is underway, the decision as to whether or not it should be suspended rests solely with the game umpires.

SERVICE PERSONNEL

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1 ticket taker	\$20.00 per game
1 announcer	\$20.00 per game
2 teacher/supervisors	\$20.00 per game
1 tournament director	\$30.00 per game

2. The tournament director checklist:
 - a. Determine the reporting time for the above personnel.
 - b. Arrange for cash boxes for ticket sellers and provide change.
 - c. Have stamps and stamp pads for use for reentering the gym. arrange for a different stamp for each night and different colored stamp pads.
 - d. The host school will furnish the tickets used for selling at the games.

3. The tournament director will be the supervisor in charge. Participating schools will send a minimum of one (1) administrator from their school and must have a total of two (2) supervising personnel present at the games in which their school participates. The administrator and the supervising personnel from the participating schools are to report fifteen minutes before their scheduled game time. The administrators from the participating schools will give a list of their supervising personnel to the tournament director at the time he/she reports in to the tournament director. Administrators and supervising personnel are to remain at the site until all the students from their school have cleared the area.

4. The host school is to determine the need for police coverage.

5. The Director of Student Activities, Athletic Director, or Supervisor of the four (4) teams who will be playing in the Shaughnessy tournament:
 - a. Submit two copies of a list, showing your varsity song girls, yell leaders, and letter girls to the tournament director at least one half hour before your scheduled game time. No spirit group members from the competing schools will be admitted unless this list has been given to the tournament director.
 - b. Submit a list showing the names of the team members, statisticians, and coach to the tournament director at least one half hour before your scheduled game time. This list will be used by the ticket taker to determine free entry to the tournament.

FIRST AID / TRAINER

Please see that you have first aid equipment available that is adequate if a severe injury is incurred.

OFFICIALS

Three officials will be obtained by the Commissioner's office. An alternate official shall be made available. The alternate official will be paid half of the regular rate.

TICKET PRICES

Adults	\$6.00
Participating/Nonparticipating ASB card holders	\$3.00
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FINANCIAL REPORT

A financial report is to be submitted to the Commissioner's office listing:

1. The proceeds from each day or game.
2. The names and positions of the service personnel that worked each day or game. If you wish to pay the personnel before you submit the profits to this office, you may do so. Please be certain that the list of personnel paid accompanies the financial report.
3. A check covering the proceeds from the tournament.