

# South Sequoia League Constitution

Revised 2013

## Article I

### ***NAME & PURPOSE:***

1. This organization shall be known as the SOUTH SEQUOIA LEAGUE.
2. The purpose of this organization shall be to direct and control all the interscholastic athletic contests involving League Schools in accordance with CIF regulations.

## Article II

### ***JURISDICTION:***

1. The jurisdiction of this organization shall include all schools assigned to the South Sequoia League by the CIF Central Section Executive Board.

## Article III

### ***GOVERNMENT, OFFICERS, AND ELECTIONS:***

1. The governing board of this organization shall consist of the member schools athletic directors and administrators.
  - a) Each school shall have one vote, which shall be cast by the athletic director.
  - b) All issues presented to the League shall be first discussed with the site principal for their input before a final vote.
  - c) The votes cast at the time a measure is considered shall be the final unless the measure is formally reopened for consideration at a subsequent meeting.
2. Officers:
  - a) The officers shall consist of a president, secretary, and treasurer.
  - b) The president shall be a school administrator with the athletic director from that school serving as the secretary.
3. Appointments:
  - a) Appointments shall be held at the last regularly scheduled League meeting of the school year.
  - b) The league treasurer and all advisory committee representatives will be appointed at this time.
  - c) Schools will serve for a term of one year in the secretary/president positions.

## **ARTICLE IV**

### ***DUTIES OF OFFICERS:***

1. Duties of the Secretary:
  - a) Shall call and preside at all league meetings.
  - b) Shall authorize the expenditure of all league funds as voted upon by league.
  - c) Shall preside over the appointment of the two representatives to represent the league at the CIF Central Section meetings.
  - d) Shall keep minutes of each league meeting and shall mail one copy of these minutes to: the Athletic Director of each member school and the Area Supervisor.
  - e) Shall prepare an agenda for each league meeting and distribute it to member schools in advance of the meeting.
2. Duties of the Treasurer:
  - a) Shall receive and deposit all income to the league and make all disbursements on the approval of the league president.
  - b) Shall make an annual report of all income and expenditures at the last regular meeting of the year.
  - c) Shall order and be responsible to see that all awards are delivered to the proper school or person.
3. Duties of the Executive Council Representatives:
  - a) One male and one female shall represent the league at CIF Central Section Executive Board meetings.
  - b) He and she will keep member schools informed of CIF Central Section action and shall poll the league schools on all issues before the next Central Section Executive Board meeting.
  - c) Both representatives shall attend all South Sequoia League meetings.

### **LEAGUE REPRESENTATIVES**

- a) All League representative positions will be re-opened yearly.
- b) Nominations from athletic directors will occur at the scheduled league meeting in March, after which time athletic directors will report back to their respective coaches and discuss the nominations.
- c) All league representatives will be appointed at the April Meeting.
- d) The league representative shall be in direct communication with all other member coaches about League Rules and CIF information.
- e) Representatives shall attend CIF sport advisory meetings and will keep member schools informed of CIF Central Section recommendations.
- f) Each representative shall host the All-League Selection Meeting.

## **ARTICLE V**

### ***MEETINGS:***

1. There shall be at least five regularly scheduled league meetings during the school year. The first meeting of the year will be early August. All other meetings shall be held at least one week before the quarterly CIF Central Section meeting.
2. Special League meetings shall be called at the request of a League member when approved

by one-half of the League members. All League members must be notified of a special meeting a minimum of two days prior to the time of the meeting unless there is unanimous agreement to meet earlier. At the time the date of the meeting is determined, the secretary shall notify all League administrators.

3. A simple majority of League members shall be present in order to constitute a legal meeting, either a special meeting or a regularly scheduled meeting.
4. Measures considered by this organization at a legally constituted meeting shall be decided by a simple majority of the members present.
5. Any school placed in the South Sequoia League by Central Section CIF shall be permitted a vote on any measure applicable to such school from the time such placement is made.

## **ARTICLE VI**

### ***FINANCE:***

1. The League shall approve all expenditures for league play-off games.
2. League admission prices and passes will be set at the last meeting of the year. Schools may charge less but not more than the maximum established.
3. Schools assigned to South Sequoia League by CIF, shall pay an equal % of all league costs to the League each year they are a member school.

## **ARTICLE VII**

### ***PLAYOFF GAMES TO DETERMINE LEAGUE CHAMPIONSHIPS***

1. See sport regulations for particular sport.
2. In sports where there is no additional CIF competition there shall be no play-offs.
3. The home school shall make all game arrangements.

## **ARTICLE VIII**

### ***MEDALS***

1. The League will recognize championships in each sport per sport regulations.
2. Medals will be purchased by the league in the sports and numbers per sport regulations.

## **ARTICLE IX**

### ***AMENDMENTS:***

1. This constitution may be amended by a two-thirds vote of the member schools.
2. An amendment to the constitution must be proposed in writing to the League secretary two weeks prior to the League meeting at which it will be considered. The secretary shall notify all of the League members of the proposed amendment one week prior to the time of the meeting where it will be considered.



## **BY - LAWS**

### **ARTICLE I**

#### ***C. I. F.***

1. Regulations of the League may be more stringent than State or Central Section C. I. F. regulations. In all other cases, the higher authority shall take precedence.

#### ***GAME ADMINISTRATION:***

1. Canceled or postponed games shall be made up on the next available date.
2. Protests shall be handled in accordance with CIF regulations.
3. Inter-school relationships: The League position on relationships of schools and the meeting of League schedules is as follows:
  - a) Administration and staff of each League school shall be accountable for establishing athlete, student, crowd and contest control at all home games regardless of sport or school.
  - b) Contest site shall be as per League schedule unless two schools agree to another site by mutual agreement of athletic directors or administrators.
  - c) Any major problems involving game management or crowd control should be reviewed with action to be taken by the two participating schools administrators.
  - d) Any unresolved issues will be presented to the league.

### **ARTICLE II**

#### ***VIOLATIONS:***

1. Principals shall report, in writing, all violations of the CIF rules and regulations or League rules and regulations to member administrators of their League with a copy sent to the CIF Commissioner. The League will consider the report prior to any action taken.

### **ARTICLE III**

#### ***RESPONSIBILITY OF HOME SCHOOLS:***

1. The home school shall be responsible for the items listed below and for other related items essential to the successful staging of the athletic event concerned:
  - a) Primary responsibility for supervision and general conduct of all spectators.
  - b) Adequate control of seating capacity and convenient exit and entrance doors.
  - c) Adequate arrangements for parking and traffic control.
  - d) Separate dressing rooms for visiting teams, and officials.
  - e) The field or area of the sport shall be marked in conformity with the official rules of the sport in which the contest is to be held.
  - f) Supplies and equipment used in connection with any contest shall be provided by the host team.
  - g) Game distracting noisemakers shall not be allowed.
  - h) The home school shall be responsible for half-time activities.

## **ARTICLE IV**

### ***RESPONSIBILITY OF VISITING SCHOOLS:***

1. Coaches shall be responsible for teams prior to, during, and after games.
2. Head coaches shall be responsible for checking the locker rooms or facilities used prior to departure.
3. When roter buses are to be sent, notification to the home school shall be at sent in advance.
4. Visiting schools shall provide adequate faculty supervision of their students for JV and Varsity football games.

## **ARTICLE V**

### ***BENCH/COACHES BOX:***

1. Persons permitted on the players' bench shall be limited to eligible team members, members of the physical education staff and administrative staff, physicians, and student managers. Students, other than players, are not permitted on the bench.

## **ARTICLE VI**

### ***ELIGIBILITY:***

1. If a school does not field a team in an individual sport, any student from that school who otherwise meets CIF eligibility standards may compete as an individual in League championship meets or League qualifying meets providing League deadlines regarding application forms for seeding, etc., have been met.
  - a) The participating individual shall be provided with high school supervision such as a coach, athletic director, administrator, etc.

# South Sequoia League Baseball Regulations

1. All games will be played under the National Federation and CIF rules.
2. There shall be a varsity, junior varsity, and frosh-soph team with a championship in each division.
3. Baseball games shall be played on Tuesdays and Fridays starting at 3:30 until daylight savings time where it will change and start at 4:00 there after. Frosh-Soph scheduled as field usage permits.
4. Lower levels Time Limit 2 hours (No new inning may start after the time limit).
5. It is the responsibility of the home team athletic director to inform the visiting team and umpires of any cancellation due to inclement weather, etc.
6. Suspended games - refer to National Federation Rule Book.
7. Postponed Games:
  - a) Postponed games should be played on the earliest mutually agreed upon date keeping in mind the maximum 3 games per week rule. If successive games are postponed they shall be made up in the order they were postponed.
  - b) All postponed games are to be played at the same site, unless a change is mutually agreed upon.
8. If lights are available at the site of the contest; varsity games shall be played to completion.
9. Varsity tie games will be continued at the same site, at a time and date mutually agreed upon by both schools. If lights are available, it should be ascertained before the start of the game if a tie will be broken under the lights.
10. In case of a first place tie at the conclusion of the league season, each team shall be declared co-champions.
  - a) When two teams tie for first place, the team having won the most league games between the two schools shall be the SSL #1 representative in the playoffs. If the schools evenly split their games, a coin flip will determine representative positions for divisional play.
  - b) If a second place representative must be determined from a second place tie between two teams head to head competition will be the first tie breaker. If the schools evenly split their games, a coin flip will determine the second place representative.
  - c) When three teams tie for first place head to head competition will be the first tie breaker. The next tie breaker will have coins flipped with the odd team being declared the SSL #1 representative. The remaining two teams first tie breaker will be head to head competition. The next tie breaker will be a single game (time permitting) with the winner becoming the #2 representative. If a tie still remains, a coin will be flipped with the winner becoming the #2 seed.
  - d) All necessary tie breaking playoff games will be at a mutually agreed upon neutral site.
11. The field must be cleared by the home team 15 minutes before game time for the visiting team.
12. A player may move up to varsity but not down after the first round of play.
13. No batting practice shall be allowed for either team before league games. This includes either machine or live hitting.
14. Baseballs shall be of a type recommended by CIF.
15. There shall be a minimum of two officials for varsity and one official for Junior Varsity & Frosh-soph games.

16. Night baseball is permitted by mutual agreement.
17. There will be a 15 run mercy rule after 5 innings with coaches mutual agreement.
18. Only players and coaches may appear in the coaches' box.
19. **All League Selection:**
  - a) Head coaches will meet at the end of the season with the sports representative to select an all-league team of 12 FIRST TEAM players and 9 SECOND TEAM players. Plus an MVP (2006-2007).
  - b) This meeting will take place sometime before the second Monday after the last regularly scheduled league contest. The announcement to the media will not be made until after the last CIF playoff contest of a league participant.
  - c) All league meetings will be chaired by the specific sport's league representative's athletic director at a site to be announced.

## 20. **Frosh/Soph**

1. There shall be a frosh/soph team championship.
2. Baseball and softball games shall be played on Wednesdays and Saturdays. Normal starting times on Saturday for baseball shall be 10 a.m. and 12:15 p.m. Normal starting time on Saturday for softball shall be 10 a.m. and 12:00 noon. \*\*\* Note: Third round games have different starting times (Check Schedule). Starting times on Wednesday for both shall be 3:30 p.m. until daylight saving time change and at 4 p.m. thereafter.
3. Game sites: Games will be played at three sites—normally on Saturday (Each school will host at least three games). Note: The third round will be played at one site with the exception of the Wednesday contest. Two Saturdays and one Wednesday (See schedule).
4. Time Limit: Baseball—2-hour limit. Softball—1  $\frac{3}{4}$  hour limit. (Whatever comes first, completion of seven innings or time limit? No new inning may start after the time limit).
5. It is the responsibility of the host school athletic director to:
  - i) Inform the visiting team(s) and umpires of any cancellation due to inclement weather, etc.
  - ii) Make sure that all facilities are ready for competition.
6. It is the responsibility of the visiting schools to assist in cleaning up the facilities before leaving.
7. Postponed Games:
  - i) Postponed games should be played on the earliest mutually agreed upon date keeping in mind the maximum 3 games per week rule. If successive games are postponed they shall be made up in the order they were postponed.
  - ii) All postponed games are to be played at the same site, unless a change is mutually agreed upon.
8. Free substitutions on defense.

9. Batting order must remain consistent through-out the game

10. Ten man batting order is optional. It will be the responsibility of the HOME SCOREKEEPER TO KEEP TRACK OF THE ORDER.

11. Players may reenter one time in the batting line-up.

12. Speed up rule: You may put in a pitch runner for the catcher to allow him/her to get ready for the next inning.

13. Each team shall supply 2 baseballs/softballs of a type recommended by CIF for each contest.

14. Non-playing Junior Varsity players may play on the frosh/soph team if there is a need to fill out a roster. (Safety issue)

15. First round of play (5 games):

HOME SCOREKEEPER SHALL NOTIFY UMPIRES OF GAME FORMAT PRIOR TO STARITNG.

a. 6 batters per inning.

Note: 1) If sixth batter is hit by pitch or walked then he/she will start off on first the next inning.

2) Game can't end by walk of hit batter. Next batter will become sixth batter.

Second round of play (5 games):

HOME SCOREKEEPER SHALL NOTIFY UMPIRES OF GAME FORMAT PRIOR TO STARITNG.

a. 5 run rule. MAXIMUM OF FIVE (5) RUNS PER INNING.

Third round of play (5 games):

HOME SCOREKEEPER SHALL NOTIFY UMPIRES OF GAME FORMAT PRIOR TO STARITNG.

a. To be mutually agreed upon by the frosh/soph coaches prior to starting the third round.

16. Coaches will help monitor game atmosphere.

# SOUTH SEQUOIA LEAGUE BOYS AND GIRLS BASKETBALL REGULATIONS

1. All games shall be played under National Federation and CIF rules and regulations.
2. There shall be a varsity, junior varsity and freshman/sophomore team.  
Varsity Teams will play 8 minute quarters with 4 minute overtime(s).  
JV Teams will play 7 minute quarters with 3 minute overtime(s).  
FS Teams will play 6 minute quarters with one 2 minute overtime after which time the game shall end in a tie if the game is still tied at the end of the 2 minute period.
3. There shall be a championship in each division. In case of a first place tie at the conclusion of the league season, each team shall be declared co-champions.
4. A CIF approved ball shall be used.
5. Games are to be played as scheduled by the league.
6. League game dates and/or sites may be changed by mutual agreement of the two schools involved.
7. There shall be 10 minutes halves.
8. Only the home team's band will perform unless by request of the home school.
9. Game distracting noisemakers shall not be allowed in the gym.
10. Varsity and Junior Varsity player may move up in competition level but not down after league competition begins. Freshman players may move up but not down after the first round of league competition.
11. A team should have at least a **.500 record** (overall) to qualify for the state play-offs. This can be waived by the principal of the site school.
12. Stats are encouraged to be placed on MaxPreps by the Monday following Friday's game.
13. **All League Selection:**
  - a) Head coaches will meet at the end of the season with the sports representative to select an all-league team of 8 FIRST TEAM players and 8 SECOND TEAM players, an MVP, and a Rookie of the Year (Fr. or Soph. only in their first full season of Varsity play. (Any freshmen player brought up after the second round of league play is eligible for Rookie of the Year consideration the following year) Each coach will pick Honorable Mention athletes from their schools.
  - b) The announcement to the media will not be made until after the last CIF playoff contest of a league participant.
  - c) All league meetings will be chaired by the specific sport's league representative's athletic director at a site to be announced.

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# SOUTH SEQUOIA LEAGUE BOYS AND GIRLS CROSS COUNTRY REGULATIONS

1. Section 1: Competition Rules
  - a) C.I.F and National Federation rules and standards will be adhered to at all SSL cross country competitions.
    - i) The Course shall be 2500m to 5000m (1.5 to 3.1 miles) in length with all competitors at one meeting competing over the same course.
    - ii) In the interest of the safety of runners, the use of public roads should be avoided. When roadways must be used or crossed the host school must adhere to all state, county and municipal laws and regulations.
    - iii) Ties in meet scores will be broken by comparing the place of the school's 6th place runners, the team with the best 6th place finisher shall prevail. If neither team has a 6th runner the totals of the team's first 4 runners shall be compared.
2. Section 2: Competition Schedule
  - i) League team standings have been determined only by how teams place at the League Finals Meet at the end of the season.
  - ii) 2.2c Any other competition between SSL member schools whether scheduled by the individual schools or at Invitational meets will not impact the scoring for the SSL Championship.
  - iii) SSL Championship Finals shall be held during the week preceding the sectional Finals. Entries with rosters must be submitted to the host school no later than the week prior to the finals, or per request of meet director.
1. Section 3: Scoring
  - i) Meet Scoring shall follow Section 2 of the National Federation rules.
    - 3.1a Seven (7) runners constitute a team, but up to twelve (12) runners will be allowed to compete in the varsity races at duels and triangular with only the first seven (7) finishers entering into the team scoring. Unlimited entries are allowed in Junior Varsity competition but only the first seven (7) runners will enter into the team scoring. LEAGUE FINALS ONLY
    - 3.1b A full seven (7) member varsity team must be entered before a school may enter a Junior varsity team (exception may be made in accordance with article 4.3).
    - 3.1c All races will run the identical course at a given meet. By a consensus of the coaches the J.V. races can be held simultaneously with the varsity race as long as the varsity team is designated and scores are keep separately.
2. Section 4: Teams and Divisions
  - a) The divisions shall be Varsity and Junior Varsity. Equity between boys and girls individual and team competition divisions will be maintained.
    - i) A Varsity Team shall consist of a schools best seven (7) runners regardless of grade, based on the last competition, in accordance with C.I.F. guidelines.
    - ii) A Junior Varsity Team shall consist of any runners not on a schools varsity team, regardless of grade.
    - iii) Exceptions to rule in 3.1b, which requires a full varsity team prior to JV team entry may be made on a case by case basis, with approval by the a majority of

the SSL member schools.

Consideration would be given to schools that have only 9th and 10th grade enrollment or a very limited number of varsity caliber runners.

The case must be made prior to the first points scoring competition.

The school must compete for the entire season, only in the Junior Varsity team competition (individuals not on the Junior Varsity team may compete as individuals in Varsity competition).

3. Section 5: **Awards**

a) Equity between boys and girls awards for both individual and team competition will be maintained.

- i) The Varsity teams (boys and girls) with the best score at the conclusion of the SSL Finals Meet shall be declared Varsity league champions.
- ii) The Junior Varsity teams (boys and girls) with the best score at the conclusion of the SSL Finals Meet shall be declared Junior Varsity league champions.
- iii) The first 7 finishers at the SSL Finals meet varsity competition will be recognized as the All SSL Team (both boys and girls).
- iv) Individual awards will be determined by the performance of individuals based on grade. Medals will be presented at the conclusion of the SSL Finals meet to the seven fastest times recorded that day by freshmen, the seven fastest sophomores, the seven fastest juniors and the seven fastest seniors (both boys and girls), regardless of which division (JV or Varsity) in which those runners competed.

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# **SOUTH SEQUOIA LEAGUE FOOTBALL REGULATIONS**

1. There will be a Varsity, Junior Varsity and Freshman / Sophomore team with a championship in each division.
2. A tie game in league competition will be decided by The California Tie Breaker. (Varsity Only)
3. The Varsity and J.V. games will be played on Friday. Times are 5:00 and 7:30 p.m. The Frosh-Soph will play on the preceding Thursday at same sites at 5:00 p.m.
4. The offensive team may use the CIF approved ball of its choice.
5. The home teams shall make every effort to have medical facilities and a physician available. The home team must notify the other school the day before the contest if a physician and/or ambulance will not be available at the field.
6. C.I.F. regulations pertaining to the colors of the jerseys shall be followed.
7. Visiting scouts, statisticians, etc. shall not be permitted in the press boxes without prior permission of the home school.
8. Video of the most recent game (including lower levels) and one additional game for the varsity level will be exchanged at a mutually agreed upon time by the coaches involved. In the event that a visiting school is unable to film the athletic director should make prior arrangements with the home school.
9. Half-time activities at football games are the responsibility of the home school, and should not exceed 20 minutes.
10. A player may move up in competition level but not down when league play begins if he has played in an S.S.L. game. If a team is forced to drop J.V. players to Frosh-Soph they may play if both schools are in agreement. In the event a school cannot provide a lower level team the opposing team shall be allowed to move athletes up for that week's game and are allowed to move the athlete back down for the remainder of league play.
11. Stats are encouraged to be placed on MaxPreps by the Monday following Friday's game.
14. The league schedule shall conclude each year with Wasco playing Shafter.
15. The Playoffs format will be set by C.I.F.

## **ALL – LEAGUE SELECTION – FOOTBALL**

The following is a recommended procedure to follow for selecting the first and second teams for the South Sequoia League.

### **SSL Football Regulations for All-League Selection**

1. 12 First Team Offense and 1 Offensive MVP = Total 13
  - 5 OL (includes center), 1 TE, 2 WR's, 2 RB's, 1 QB, and 1 extra
2. 12 First Team Defense and 1 Defensive MVP = Total 13
  - 3 DL, 1 Utility, 4 LB's, and 4 DB's
3. 1 First Team Special Teams player (kicker, punter, KO return, etc...)
4. 11 Second Team Offense and Defense – one for each position

### **Criteria**

1. Evaluate based on information from 2 trade games and performance against your team.
2. Look at League Stats and coaches recommendations – (Coaches make sure to rank your players if they are from same position. For example, RB “A” is better than RB “B”).
3. Overall Stats

### **Process**

1. Turn in nominations to SSL rep will get information to everyone before meeting.
2. Each School is to rank players nominated, minus their own players (can't vote for own kid).
3. Best player gets a #1, second best gets a #2, and so on.
4. Each player's points are added up and player with lowest total will be named 1<sup>st</sup> team all-league. If a tie, the coaches will discuss the players tied, and revote to break tie.
5. Second Team – If agreed by all the next vote getter that did not make 1<sup>st</sup> team will be named 2<sup>nd</sup> Team all-league. If revote is necessary remove 1<sup>st</sup> Team all-league and revote.
6. MVP on Offense and Defense will be removed from the All League nominations list.
7. Any player nominated by coach that does not make 1<sup>st</sup> or 2<sup>nd</sup> team, will be considered an honorable mention.
8. It is extremely important that everyone follow the process so that the meeting is fair and concise.

**4/25/13**

# SOUTH SEQUOIA LEAGUE GOLF REGULATIONS

- Matches will be held on Wednesdays (Girls) at 12PM and Thursdays (Boys) at 1PM.
- 1. Teams shall be composed of six (6) players. The Coach will place his players in positions 1 through 6.
- 2. The best five (5) individual scores will be used in team scoring. A team must have five (5) players finish in order to qualify for a team total.
- 3. League Matches shall be played from the RED tee box (Girls) and the BLUE tee box (Boys). Matches will be 18 holes (The first 2 girls' matches will be 9 holes). In following the SJVAD Guidelines matches will be 9 holes when the temperature exceeds 99 degrees or the AQI exceeds 174. (Excessive heat of 105 degrees or excessive AQI of 200 the match shall be postponed)
- 4. If a player exceeds double par for a particular hole, the player will record the double par score +1 and will pick up and proceed to the next hole. This rule does not apply to the SSL Championship Match.
- 5. Matches will be decided by total strokes. Each team will add their best five (5) scores to get a team total. The team with the lowest total score will be the winner, the next lowest will be second, etc.
- 6. In case of a tie the following tie breaker will be used:
  - a.) Use the 6<sup>th</sup> man's score.
  - b.) top 5 scores back 9
  - c.) top 5 scores back 6
  - d.) top 5 scores back 3
  - e.) top 5 scores 18<sup>th</sup> hole
  - f.) Items (b.) & (e.) are the guidelines established by the USGA in Rule 33.6 on breaking a tie.
- 7. The number of points a team receives shall be:
  - a) Winning Team = 12 points
  - b) Second Place = 10 points
  - c) Third Place = 8 points
  - d) Fourth Place = 6 points
  - e) Fifth Place = 4 points
  - f) Sixth Place = 2 points
  - g) Seventh Place= 0 points
- 8. Girls'-The league shall award individual medals to the top ten (10) finishers in the League with the best average of 10 9 hole scores, as well as, a team award to the league champion. Boys'- The league shall award individual medals to the top ten (10) finishers in the SSL League Championship Match. Season averages will be used to determine First and Second team SSL awards as well as SSL player of the year. To qualify for SSL honors a golfer must participate in a minimum of 6 SSL matches. Note. Scores from a course played with a par other than 72 must be adjusted. Example: Course with a par 64= players need to add 8 to their score (Delano GC) this is for league averages only.
- 9. The league championship shall be determined by a combination of all league match points earned and the results of the League Tournament. The team with the greatest number of points shall be the champion. In case of a tie there will be a co-championship. The tournament

will be worth the equivalent of two league mini-tournaments.

- h) Winning team = 24 points
  - i) Second Place = 20 points
  - j) Third Place = 18 points
  - k) Fourth Place = 12 points
  - l) Fifth Place = 8 points
  - m) Sixth Place = 4 points
  - n) Seventh Place= 0 points
  - o) Tie Breaking Procedure: Host course consenting, individual ties for 1st place will be decided by a sudden death playoff beginning on Hole #1. All other place ties will be broken by using the guidelines established by the USGA in Rule 33.6. Cards will be matched to determine the winner on the basis of the best score for the last 9 holes. If the tying players have the same score for the last 9 holes, determine the winner on the basis of the last 6 holes, the last 3 holes and finally, the 18th hole. If this method does not produce a winner, the same procedure should be applied to the 1st nine holes.
  - p) In the event of a tie, the higher placing teams at the SSL Championship will advance to the area match.
10. The league Final shall be played when possible at the CIF Area Course.
11. The top team from each League Championship will automatically qualify for the area Championship. Additionally, any team that shoots the following or better:  
D2-Girls 500 D3 600  
D2-Boys 410 D3 450  
In addition, the ten low medalists will also qualify. Maximum score that will be allowed to qualify for Girls Area Meet is 100 and for Boys 85. Any team member who qualifies for the Area is also included in the individual competition.
12. A player with a physically disability may be allowed to use a cart if agreed upon by the SSL.
13. All Rules are under the USGA/H.S. Federation rules.

4/25/13

# SOUTH SEQUOIA LEAGUE BOYS & GIRLS SOCCER REGULATIONS

1. All games will be played under National Federation and CIF rules and regulations.
2. There shall be a varsity and junior varsity team and a champion for each division. In case of a tie or ties, the following system will be used to determine league positions:
  - a. A point system for league games.
    - i. 3 points for a win
    - ii. 1 point for a tie
    - iii. 0 points for a loss

## IN CASE OF A TIE (SAME NUMBER OF POINTS) IN OVERALL STANDINGS

- b. Head to head competition
- c. Greatest goal differential in head to head competition in league
- d. Fewest goals allowed in league
3. Coaches will submit weekly scores to league representative who will keep updated league standings that will be shared with all league coaches.
4. Junior varsity games will be played at 4:30pm and varsity games will be played at 6:00pm.
5. League game dates, sites, and times may be changed by mutual agreement of the two schools involved.
6. A player may move up in competition level at any time during the season. Once league begins and a player has played in an SSL game they may not move down from varsity to junior varsity.
7. League representative will rotate between league schools in alphabetical order every 2 years. Current representative is Arvin (2015-2016) followed by Cesar Chavez (2017-2018), etc.
8. All-League selection:
  - a. Head coaches will meet at the end of the season, either in person or through email, to select an all-league team, league MVP, and all area selections.
  - b. The announcement to the media will not be made until after the last CIF playoff contest, of all league participants.
  - c. The leagues representative will chair all-league selection meetings.
  - d. Coaches will select their all-league selections. Each team will be awarded a predetermined number based on the league placement.

### 1<sup>st</sup> Team – 14 players

Champion 4  
 2<sup>nd</sup> place - 3  
 3<sup>rd</sup> place - 2  
 4<sup>th</sup> place - 2  
 5<sup>th</sup> place - 1  
 6<sup>th</sup> place - 1  
 7<sup>th</sup> place - 1

### 2<sup>nd</sup> Team- 14 players

2  
 2  
 2  
 2  
 2  
 2  
 2

## SOUTH SEQUOIA LEAGUE SOFTBALL REGULATIONS

1. All games will be played under the National Federation and CIF rules.
2. There shall be a varsity, junior varsity, and frosh-soph team and, if recognized by the League, a championship in each division.
3. Softball games shall be played on Tuesdays and Fridays at 3:30 p.m. prior to daylight saving. After this, the time will change to 4:00.
4. Lower levels Time Limit: 2 hour limit. (No new inning may start after the time limit)
5. It is the responsibility of the home team athletic director to inform the visiting team and umpires of any cancellation due to inclement weather, etc.
6. Postponed Games:
  - a) Postponed games should be played on the earliest mutually agreed upon date keeping in mind the maximum 3 games per week rule. If successive games are postponed they shall be made up in the order they were postponed.
  - b) All postponed games are to be played at the same site, unless a change is mutually agreed upon.
7. If lights are available at the site of the contest; varsity games shall be played to completion.
8. Varsity tie games will be replayed at the same site, at a time and date mutually agreed upon by both schools.
9. In case of a first place tie at the conclusion of the league season, each team shall be declared co-champions.
10. The field must be cleared by the home team 15 minutes before game time for the visiting team.
11. A player may move up to varsity but not down after having played in one or more games.
12. No batting practice shall be allowed for either team before league games. This includes either machine or live hitting by taking a full swing with a bat.
13. Softballs shall be of a type recommended by CIF.
14. There should be a minimum of two officials for varsity and one official for junior varsity & frosh-soph games.
15. Night softball is permitted by mutual agreement.
16. Only players and coaches may appear in the coaches' box.
17. Frosh-Soph Softball - see addendum after Baseball.

### 1. **All League Selection:**

- Head coaches will meet at the end of the season with the sports representative to select an all-league team of 14 FIRST TEAM players and 12 SECOND TEAM players. Plus an MVP (new item 2006-2007).
2. This meeting will take place sometime before the second Monday after the last regularly scheduled league contest. The announcement to the media will not be made until after the last CIF playoff contest of a league participant.
    - d) All league meetings will be chaired by the specific sport's league representative's athletic director at a site to be announced.

# **SOUTH SEQUOIA LEAGUE SWIMMING REGULATIONS**

1. League competition in Swimming/Diving will be Boys' Varsity and Girls' Varsity.
2. A Championship shall be declared for Boys Varsity and Girls Varsity.
3. The League Championship will be determined by the best win/loss record meets and the outcome of the SSL Championship Meet. In the event of a tie the winner of the League Championship Meet will be declared the champion.
4. A League Meet in Swimming and Diving will be held after the conclusion of the League Schedule. Medals will be given for the first three places in each event in the League Championship Meet.
5. The SSL Championship Meet will score to twelve places.
6. All National Federation Rules of Swimming and Diving and the rules of the C.I.F. shall be followed.
7. Meets start at 4:00 p.m. The SSL Finals will start Diving at 10AM and Swimming at 2PM.
8. League strongly recommends that meet timers be at least 18 years of age, and that participating schools make every effort to find non-students.
9. There will be six (6) competition dives in dual meets; eleven (11) dives in the League Meet. Week one dive group shall begin on the first SSL Meet and progress within the meet schedule (each new dive group shall progress along each subsequent SSL meet).

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# SOUTH SEQUOIA LEAGUE BOYS & GIRLS TENNIS REGULATIONS

1. All league matches shall be played under USTA / CIF Rules and Regulations.
2. League matches are to be played Tuesdays and Thursdays at 4PM for both the Boys and Girls.
3. Procedures and Mechanics for league team play:
  - a) Governing Rules
    - i) Central Section CIF tennis matches will be played in accordance with the United States Tennis Association rules and the CIF Central Section Rules & Regulations.
  - b) Classification of Teams
    - i) A varsity team consists of 8 different players of (6) singles and (3) doubles.
  - c) Eligibility
    - i) All participants must satisfy all State and CIF Central Section rules and regulations and State Law governing academic eligibility.
  - d) Equipment
    - i) Dual matches: The host school will furnish the balls.
  - e) Tennis Format
    - i) In each event, play consists of two (2) six game sets.
      - a) Games will be regular scoring for boys and NO-ADD scoring for girls.
      - b) A twelve point tie-breaker (first to 7 winning by 2 points) will be used when a set is tied at six games all.
      - c) If opponents split the two sets, a ten point super tie-breaker (first to 10 winning by 2 points) will be used to determine the winner.
    - ii) Continuous play and rest periods
      - a) Players have thirty seconds between points to put the ball in play.
      - b) When changing ends, players have one minute, thirty seconds to start the next game.
      - c) If players split sets, they are allowed a five minute rest period before starting the ten point super tie-breaker.
    - iii) Coaching is allowed only during the ninety second change over and during the rest period between split ends.
    - iv) A team must win at least five of the nine events to win the team match.
    - v) Coaches will exchange a singles ladder that includes the positions of all players on the varsity team. The purpose of the ladder is to prevent stacking.
      - a) A ladder ensures that all singles matches will be positioned according to strength of players (e.g. a player who occupies ladder position #5 cannot play above the player who occupies ladder position #4.)
      - b) A coach not playing his / her line-up correctly (according to his / her ladder) will forfeit the team match.
      - c) Criterion for establishing ladder position: A challenge match must consist of at least one regular set.
      - d) (Ladders are set prior to the first league match and remain for the first

round of play. They are re-set for the second round and again if the team enters the playoffs.)

4. The doubles line-up is based upon the singles ladder
    - e) The total for combined ladder position numbers of the two doubles partners for the first doubles team must be equal or less than the total of the second doubles individual ladder position.
    - f) The second double combined total must be equal to or less than the total of the third doubles individual ladder position.
    - g) The doubles line-up is exchanged between the coaches after the singles matches are completed.
  - f) Rules and Injuries, Absences and Substitutes
    - i) If a team can not field eight (8) players, the number six singles position or the third doubles position must be forfeited.
    - ii) A coach who plays a player who most likely will not complete the match because of a current injury will forfeit the team match. The intent of this rule is to prevent a coach from placing an injured player into the line-up so that he is not forced to move his lower players up.
    - iii) A player, who begins a singles match and forfeits the match due to injury or illness, may not compete in a doubles match.
    - iv) A three (3) minute time-out is allowed for an injured player to ascertain the ability to continue the match
      - a) Each coach should at all times have on hand an emergency medical card for each player and a first aid kit for the team.
      - b) It is the duty of the host school to point out any potential court hazards.
5. The league championship for varsity competition shall be awarded to the team winning the most total matches won over the league season.
4. Lineups must be prepared in advance and exchanged at the start of the match.
  5. Each player calls the lines on his or her side. That decision can be questioned, but if the player being questioned knows the call was correct the decision is final. If he or she is not certain, the point may be replayed.
  6. During a match with no umpire present, the players must conduct the match in accordance with these Rules. If there is a disagreement as to the score, the players will go back to the last agreed upon score
  7. Players may not accept any coaching during the progress of the match, except when players change side of the court. At no time will a player consult with a parent, friend or spectator.
  8. Players conduct will be dealt with according to CIF and USTA RULES.
  9. All players, coaches and spectators are to stand back and away from the court where the match is being played. This will be done in accordance with rules and regulations established by the USTA.
    - a) There shall be a league tournament held at the conclusion of the league schedule. Each school may enter two singles players and two doubles team.
      - i) Medals shall be awarded to the first four places in each varsity event.
      - ii) The first four places will qualify for the CIF Central Section Area Tennis Tournament.

10. Match Procedures:

1. The tennis coach will exchange the ladder of the tennis players ranking and the lineup of the match.
2. The ladder will remain constant for each round. The ladder may change at the beginning of each round.
3. Singles will be played first, followed by the doubles.
4. In doubles, the team may use no more than four of the six singles players to make up the doubles teams.
5. A team may use six new players for doubles, as listed on ladder—who have not played singles.
6. All matches will be played. A team will not default matches, if the team has won five or more matches. Failure to comply may result in a team default, which will be determined by the South Sequoia League.
7. If two teams tie for a playoff position, the teams will playoff. If three teams tie, there will be a flip of a coin—odd team out—two teams will play, the winner will play the odd team out for the playoff position.

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## SOUTH SEQUOIA LEAGUE BOYS & GIRLS TRACK REGULATIONS

- 1) **Section 1: South Sequoia Track Regular Season Power Meets.**
  - a) There will be 3 power meets that each count 20% toward determining the league champion.
    - i) All power meets should be at least 2 weeks apart.
    - ii) The final regular season power meet should be at least 2 weeks before the league championship.
    - iii) Power meets should be held on an all weather running surfaces with automatic timing unless agreed upon by majority of schools.
    - iv) Only SSL schools are allowed to compete.
    - v) All league meets shall be played under USTA/CIF Rules and Regulations.
  - b) All races will be run in seeded sections. There will be no heats or preliminaries.
  - c) Athletes will receive 4 attempts with no finals in shot put, discus, long jump, and triple jump. High jump and pole vault will follow USTAF rules and regulations.
  - d) Entries: Unlimited
    - i) An athlete can be entered into a maximum of 4 events (relays and alternates on a relay count as an event). A runner may drop an event after the meet has started without penalty. However, he or she may not enter another event, unless he or she was already entered in that event.
    - ii) Deadline for entries: Entries must be submitted via athletic.net by noon on the Sunday before the meet.
    - iii) Entries received after the deadline must be approved by a majority of the coaches in the league, and the meet manager must approve it.
    - iv) Athletes are allowed to move up or down levels from one meet to the next, with no penalty. An athlete may not be entered in both frosh soph and varsity events at the same power meet.
  - e) Start Time: Meet will start at 2 pm.
  - f) Scoring: Points will be awarded as follows: 1st - 10, 2nd - 8, 3rd - 6, 4th - 5, 5th - 4, 6th - 3, 7th - 2, 8th - 1. A school can have no more than 4 athletes score in an event. Places beyond 8th will be score in the event that a school has more than 4 in the top 8.
  - g) Uniforms: Uniform policy will be strictly enforced. All uniforms must clearly be issued by the school. In the event that a school is unable to provide a uniform, then the head coach must alert the meet officials prior to the start of the event, or the athlete may be disqualified.
  - h) Awards: There will be no medals for regular season power meets.

- i) Each school will be assigned an event to work. The schedule will be on a rotational basis, and determined before the first meet. Schools can exchange events as long as both school agree to the change, and the host school is notified in advance.
- 2) **Section 2: SSL Championship Meet.**
  - a) The SSL Championship meet will count for 40% toward determining the league champion.
    - i) The SSL Championship Meet should be on an all weather running surface with automatic timing.
    - ii) Only SSL schools are allowed to compete.
  - b) Races to be seeded and run in different sections according to number of entrants, and/or as deemed necessary by SSL Meet official(s)
  - c) For the shot-put, discus, long jump and triple jump: THREE preliminary attempts. TOP 9 go to the finals for three additional attempts. High jump and pole vault will follow USTAF rules and regulations. All frosh soph field events will will have FOUR ATTEMPTS only. An allowance for minimum opening heights will be available if deemed necessary by SSL Meet officials.
  - d) Entries:
    - i) Timeline to be followed
      - (1) Entries are due by noon on the Sunday before the league meet.
      - (2) Entries will be emailed to the head coach of each school by the end of the day on Monday to check for errors.
      - (3) Any corrections due to system error will need to be reported by the end of the day Tuesday.
    - ii) Any athlete entered must have competed in a previous regular season power meet. An exception can be made for an athlete that has been injured, but must be approved by a majority of coaches in the league at least a week in advance of the meet. If this is not done, then the athlete will be dropped.
    - iii) An athlete can be entered into a maximum of 4 events (relays and alternates on a relay count as an event). If a runner is entered in more than 4 events, then they will automatically be placed in the first 4 events chronologically based on the proposed schedule.
    - iv) The honest effort rule will be enforced. If an athlete does not compete in an event they are entered, then they may not compete in any more events. If an athlete does not finish an event, then they will not be allowed to compete in any more events (this does not include passing on attempts in field events). If an athlete purposely gives a sub par effort in an event, as determined by meet officials, then they will not be allowed to compete in any more events.
    - v) Each school can enter up to 4 athletes per event.
      - (1) For any event ran in lanes (100m, 200m, 400m, 100mH, 110mH, 300mH) the top 27 seeds are guaranteed a lane based on seed time, and the 28th seed will be an alternate.

- (2) Seed times submitted must be run at a verified meet, during the current season, for the distance they are entered. Hand times will be converted. Relay splits and guesses cannot be used.
  - (3) If a runner does not have a seed time, then they will be seeded behind any runner that has a verified seed time.
  - (4) If there are multiple runners without a seed time, then the alternate will be determined by a random draw.
  - (5) The 800m can be split into 2 or 3 heats as determined by the meet officials. The 1600m can be split into 2 heats as determined by the meet officials. The 3200m will be run in one heat. The 3200m races can also be combined if approved by a majority of the head coaches and timer.
  - vi) Frosh Soph entries will be unlimited.
  - vii) NO add-ons or substitutions the day of the event. Athletes cannot be entered in both frosh soph and varsity events.
- e) Start Time: Meet will start at 1:00 p.m.
  - f) Scoring: Points will be awarded as follows: 1st - 10, 2nd - 8, 3rd - 6, 4th - 5, 5th - 4, 6th - 3, 7th - 2, 8th - 1. This is meant to follow the scoring for the CIF Central Section Meet and CIF State Meet, and can be changed if those meets change.
  - g) Uniforms: Uniform policy will be strictly enforced. All athletes are expected to wear school issued uniforms. If an athlete does not have a school issued uniform, then his uniform must be approved by a majority of head coaches prior to the start of the meet.
  - h) SSL individual champions will be determined at the SSL Meet, and medals will be awarded to the TOP THREE finishers in each event.
  - i) The SSL Meet shall follow USTAF/CIF rules and regulations. SSL Meet shall match Central Section Div II Meet order of events.
- 3) **Section 3: Determining Team League Champions:**
- a) Regular season power meets will count for 20% each toward the league champion.
    - i) Scores for each meet will be determined as follows: 1st - 7 points, 2nd - 6 points, 3rd - 5 points, 4th - 4 points, 5th - 3 points, 6th - 2 points, 7th - 1 point.
    - ii) The scores from the regular season power meets will be added together and multiplied by .6 (60%).
  - b) The SSL Championship meet will count 40% toward the league champion.
    - i) The scores for the meet will be determined as follows: 1st - 7 points, 2nd - 6 points, 3rd - 5 points, 4th - 4 points, 5th - 3 points, 6th - 2 points, 7th - 1 point.
    - ii) The scores from the SSL Championship meet will be multiplied by .4 (40%).
  - c) The score from the regular season power meets and SSL Championship meet will be added together to determine the champion.
  - d) There shall be Team Champions for the VAR Boys, VAR Girls, FS Boys and FS Girls.

(Tied teams will be co-champions)

## **SOUTH SEQUOIA LEAGUE VOLLEYBALL REGULATIONS**

1. All games will be played in accordance with National Federation and CIF rules.
2. There shall be a varsity, junior varsity and frosh-soph team with a championship in each division. In case of a tie there shall be a co-championship.
3. Games will be played on Tuesdays and Thursdays beginning at 4:00 p.m.
  - a) The order of competition shall be frosh-soph, junior varsity, and varsity.
  - b) Established game times will be 4:00, 5:00, 6:15 p.m. All three games will be at the same site on the same day.
4. All game balls are to be from the approved list and the game balls will be provided by the host school.
5. Game Procedures:
  - a) There should be two officials assigned by the commissioner's office for each game.
  - b) The host school shall provide the official score keeper, timer, and two linesmen. The linesman may be students.
  - c) There will be a maximum of a 18 minute warm-up for each game. The time will be divided 6-6-3 with the toss of the coin to determine which team has the floor first.
  - d) The junior varsity and frosh-soph will play the best 2 out of 3 games Rally scoring to 25 points.
  - e) The varsity will play the best 3 out of 5 games Rally scoring to 25 points (5th game to 15 points).
6. A player may move up in competition level but not down after league competition begins.
7. A team should have at least a .500 record (overall) to qualify for the state play-offs. This can be waived by the principal of the site school.
8. The league representative will attend the seeding meeting to represent the SSL team.
9. All League Selection:
  - a) Head coaches will meet at the end of the season with the sports representative to select an all-league team of 10 FIRST TEAM players which includes a MVP and a Rookie of the Year and 7 SECOND TEAM players.
  - b) This meeting will take place sometime before the second Monday after the last regularly scheduled league contest. The announcement to the media will not be made until after the last CIF playoff contest of a league participant.
  - c) All league meetings will be chaired by the specific sport's league representative's athletic director at a site to be announced.

**4/25/13**

# **SOUTH SEQUOIA LEAGUE WRESTLING REGULATIONS**

There shall be a varsity and a junior varsity team.

1. League (dual) matches shall be held on Wednesday unless otherwise mutually agreed upon by the schools involved. The junior varsity match shall start at 6:00 p.m. and the varsity match shall begin twenty minutes after the completion of the junior varsity match. Some schools may choose to use two mats and run junior varsity and varsity matches simultaneously.
2. **WEIGH-INS:**
  - a) The host team will be responsible for setting up the weigh-ins one hour before the start of the junior varsity match. These weigh-ins are to be supervised by the Athletic Director or a designated administrator. A wrestling official from the K.C.O.A. may conduct the weigh-ins. The head coach or an assistant from schools involved should be present to supervise their wrestlers. If weigh-ins go over the designated time, wrestlers will have one attempt to make weight.
3. All rules of the NATIONAL FEDERATION AND CENTRAL SECTION C.I.F shall be observed in league competition.
4. **LEAGUE CHAMPIONSHIP:**
  - a) The criteria for determining the league championship team for varsity and junior varsity shall be as follows:
    - i) The winner of the dual meet competition will receive five points, second/four, third/three, fourth/two and fifth/one.
    - ii) The winner of the league tournament will receive five points, second/four, third/three, fourth/two and fifth/one.
    - iii) The team with the most points following the league tournament shall be declared the SOUTH SEQUOIA LEAGUE CHAMPION.
5. All weight classes in the varsity for dual and league championship must be filled before a wrestler can wrestle junior varsity. Penalty: forfeit junior varsity match at that weight.
6. All matches, both varsity and junior varsity, will be six minutes. (except in case of fall or default)
7. **LEAGUE TOURNAMENT RULES**
  - a) All rules of the NATIONAL FEDERATION AND CENTRAL SECTION C. I. F. will be used to determine both individual weight class and team champions.
  - b) **SEEDING CRITERIA**
    - i) Individual's league won/lost record with most wins being the primary determiner regardless of weight classes wrestled.
    - ii) Individual's won/lost record at league tournament weight with wins being the primary determiner.
    - iii) Majority vote of uninvolved coaches.
    - iv) Coin toss.
  - c) Championship varsity and junior varsity finals will be run simultaneously. Consolation finals for varsity and junior varsity will be run simultaneously immediately preceding the championship finals.
  - d) **AWARDS:**
    - i) Medals will be awarded for first, second, and third places for varsity and junior varsity in all weight classes.

