

# SOUTH YOSEMITE ATHLETIC CONFERENCE

## CONSTITUTION RULES AND REGULATIONS

Originated September 1994

Revised October 2013

Revised April 2014



### **SOUTH YOSEMITE LEAGUE**

East Bakersfield  
Golden Valley  
Independence  
Ridgeview  
Tehachapi  
West

### **SOUTHEAST YOSEMITE LEAGUE**

Foothill  
Highland  
Mira Monte  
North  
South

### **SOUTHWEST YOSEMITE LEAGUE**

Bakersfield  
Centennial  
Frontier  
Garces  
Liberty  
Stockdale

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## SOUTH YOSEMITE LEAGUE PRESIDENTS

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

### SOUTHEAST YOSEMITE LEAGUE

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

### SOUTHWEST YOSEMITE LEAGUE

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

### **SEYL**

|         |              |
|---------|--------------|
| 2010-11 | Ted Armijo   |
| 2011-12 | Ted Armijo   |
| 2012-13 | Steve Matney |
| 2013-14 | Steve Matney |
| 2014-15 | Steve Matney |
| 2015-16 | Steve Matney |
| 2016-17 | Steve Matney |

### **SYL**

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

### **SWYL**

|         |            |
|---------|------------|
| 2010-11 | Mark Hance |
| 2011-12 | Mark Hance |
| 2012-13 | Tim Davis  |
| 2013-14 | Tim Davis  |
| 2014-15 | Tim Davis  |
| 2015-16 | Tim Davis  |
| 2016-17 | Tim Davis  |

**YOSEMITE/SEQUOIA LEAGUE REPRESENTATIVES**

| <b>SCHOOL</b>                | <b>REPRESENTATIVE</b>       | <b>POSITION</b>   |
|------------------------------|-----------------------------|---|
| <b>Arvin (SSL)</b>           | Ed Watts, Principal         | Ralph Gonzalez, Director of Athletics                               |
| <b>BHS (SWYL)</b>            | David Reese, Principal      | Jeff Scott, Director of Athletics                                   |
| <b>Centennial (SWYL)</b>     | Dean Juola, Principal       | Tom Haskell, Director of Athletics                                  |
| <b>East (SYL)</b>            | Leo Holland, Principal      | Ken Chapman, Director of Athletics                                  |
| <b>Foothill (SEYL)</b>       | Gail Bentley, Principal     | Mike Biezd, Director of Athletics<br>Maggie Western, Female Rep.    |
| <b>Frontier (SWYL)</b>       | Vicky Thompson, Principal   | Mike Gibson, Director of Athletics                                  |
| <b>Garces (SWYL)</b>         | Myka Peck, Principal        | Joan Finch, Director of Athletics                                   |
| <b>Golden Valley (SYL)</b>   | Paul Helman, Principal      | Robert Haskell, Director of Athletics<br>Nicole Oliver, Female Rep. |
| <b>Highland (SEYL)</b>       | Debra Vigstrom, Principal   | Steve Matney, Director of Athletics                                 |
| <b>Independence (SYL)</b>    | Debbie Thompson, Principal  | Derek LaRosa, Director of Athletics                                 |
| <b>Kern Valley (Sequoia)</b> | John Meyers, Principal      | Mike Genthner, Director of Athletics                                |
| <b>Liberty (SWYL)</b>        | Libby Wyatt, Principal      | Tim Davis, Director of Athletics                                    |
| <b>Mira Monte (SEYL)</b>     | Will Sandoval, Principal    | Josue Valenzuela, Director of Athletics                             |
| <b>North (SEYL)</b>          | Mark Balch, Principal       | Brian Huens, Director of Athletics                                  |
| <b>Ridgeview (SYL)</b>       | Steve Holmes, Principal     | Mark Thompson, Director of Athletics                                |
| <b>Shafter (SSL)</b>         | Russell Shipley, Principal  | Brian Feaster, Director of Athletics                                |
| <b>South (SEYL)</b>          | Connie Grumling, Principal  | Dante Borradori, Director of Athletics                              |
| <b>Stockdale (SWYL)</b>      | Scott Odlin, Principal      | Justin Roberts, Director of Athletics<br>Maria Collatz, Female Rep. |
| <b>Tehachapi (SYL)</b>       | Scott Heightman, Principal  | Robert Ramirez, Director of Athletics                               |
| <b>West (SYL)</b>            | Terrie Bernardin, Principal | Scott Davisson, Director of Athletics                               |

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**SOUTH YOSEMITE ATHLETIC CONFERENCE  
CIF REPRESENTATIVES**

|                    | <u>SYL</u>                    | <u>SEYL</u>               | <u>SWYL</u>               |
|--------------------|-------------------------------|---------------------------|---------------------------|
| President          | Scott Davisson – West         | Steve Matney – Highland   | Tim Davis – Liberty       |
| Vice President     | Mark Thompson – Ridgeview     | Brian Huens – North       | Jeff Scott – BHS          |
| CIF Representative | Nicole Oliver – Golden Valley | Maggie Western – Foothill | Maria Collatz – Stockdale |

**SPORTS REPRESENTATIVES**

| <u>SPORT</u>              | <u>SYL</u>                      | <u>SEYL</u>                   | <u>SWYL</u>                 | <u>A.D.<br/>ASSIGNED</u> |
|---------------------------|---------------------------------|-------------------------------|-----------------------------|--------------------------|
| <b>Baseball</b>           | Brandon Parks<br>West           | Chris Ryan Branson<br>North   | Tony Mills<br>Liberty       | Davisson                 |
| <b>Basketball (Boys)</b>  | Mike Martin<br>Ridgeview        | Robert Lumsden<br>Highland    | Greg Burt<br>BHS            | T. Haskell               |
| <b>Basketball (Girls)</b> | Nate Johnson<br>Independence    | Raylyn Francisco<br>South     | Terrance Hubbert<br>Liberty | LaRosa                   |
| <b>Cross Country</b>      | Bill Parviainen<br>Independence | Paul Contreras<br>Foothill    | Bree Tape<br>Stockdale      | Valenzuela               |
| <b>Football</b>           | Erich Smith<br>Golden Valley    | Cary Mills<br>South           | Bryan Nixon<br>Liberty      | Matney                   |
| <b>Golf (Boys)</b>        | John Alvarez<br>Golden Valley   | Steve Landerdahl<br>Foothill  | Kirk Bowyer<br>Liberty      | Scott                    |
| <b>Golf (Girls)</b>       | John Alvarez<br>Golden Valley   | Carlos Azparren<br>North      | Nick Kaiser<br>Stockdale    | Scott                    |
| <b>Soccer (Boys)</b>      | Brock Snyder<br>West            | Diego Cano<br>South           | Archie Parks<br>BHS         | Biezd/<br>Matney         |
| <b>Soccer (Girls)</b>     | Daniel Celedon<br>West          | Tom Feralli<br>Highland       | Max Bluemel<br>Frontier     | Biezd/<br>Matney         |
| <b>Softball</b>           | Jerry Dumatrait<br>Ridgeview    | Manuel Alderete<br>Mira Monte | Amanda Hocket<br>Stockdale  | Thompson                 |
| <b>Swimming</b>           | Carey Jue<br>East               | Jan Graves<br>Foothill        | Marc Urmston<br>Liberty     | Wylie                    |
| <b>Tennis (Boys)</b>      | Robert Smith<br>West            | Steve Kirkman<br>South        | Tamara Maiocco<br>BHS       | Finch                    |
| <b>Tennis (Girls)</b>     | Ed Crosby<br>Golden Valley      | Sander Stothers<br>Mira Monte | Dave Hillestad<br>Stockdale | Finch                    |
| <b>Track</b>              | Nicole Oliver<br>Golden Valley  | Paul Contreras<br>Foothill    | Dave Lonsinger<br>Stockdale | Davis                    |
| <b>Volleyball</b>         | Debbie Whitbey<br>Ridgeview     | Melanie Gibson<br>Highland    | Maria Collatz<br>Stockdale  | R. Haskell               |
| <b>Wrestling</b>          | Aaron Wherry<br>Golden Valley   | Brady Gardner<br>North        | Kirk Moore<br>Frontier      | Chapman                  |

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## LEAGUE MEET HOSTS

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

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

## **GUIDELINES FOR LEAGUE REPRESENTATIVE**

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

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

## CONFERENCE AGREEMENTS FOR ADOPTING SCHEDULES

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

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

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

| Round 4 | Round 5 |
|---------|---------|
| Bye - 4 | Bye - 5 |
| 3 - 5   | 4 - 1   |
| 2 - 1   | 3 - 2   |

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

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

This rotation results in this:

Team 1<sup>st</sup> Round

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

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



## **SPIRIT-LEADER GUIDELINES**

### **SCRIMMAGE**

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

### **FOOTBALL**

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

### **EXCEPTIONS: PLAYOFFS**

### **BASKETBALL – WRESTLING - VOLLEYBALL**

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

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

### **ALL ATHLETIC CONTESTS**

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

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

**FOOTBALL:**

**\$7.00** Adults and Students without ID Cards

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

\$3.00 – High School Students with ASB Card

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

Children (5 years and under) with parent are free

**FROSH/SOPH FOOTBALL:**

**\$4.00** Adults and Student without ID Cards

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

\$2.00 – High School Students with ASB Card

**\$3.00** – Senior Citizens (60 and over)

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

Children (5 years and under) with parent are free

**BASKETBALL, VOLLEYBALL, WRESTLING, AND SOCCER**

**\$5.00** Adults and Students without ID Cards

**\$3.00** Adults Frosh/Soph games on Friday

**\$2.00** – Students Frosh/Soph games on Friday

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

\$2.00 – High School Students with ASB Card

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

Children (5 years and under) with parent are free

## **INFORMATION REGARDING ACTIVITY/ATHLETIC PASSES**

1. High School Identification Cards can be used for free admission by a school staff member and one guest when their school is a participant and the event is sponsored by the South Yosemite Conference.
2. High School and KHSD Staff Identification Cards will be honored at other school activities where their school is not participating with a \$2.00 cost per staff member and a \$2.00 cost per one guest. Additional tickets are to be purchased at the regular prices.
3. The South Yosemite Conference Activity/Athletic Pass admits bearer and one guest to most student body activities or athletic events sponsored by the South Yosemite Conference. Additional tickets are to be purchased at regular prices.

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

## **GENERAL LEAGUE POLICIES REGARDING ADMISSION PRICES:**

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

## DETERMINATION OF SYL, SEYL, & SWYL CHAMPIONSHIPS

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

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

In case of ties, points will be split.

\*\* Refer to League rules

## AWARDS

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

#### Baseball Awards

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

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

Total of 25 Awards

Certificates provided by AD assigned

#### Basketball – (boys and girls) – Plaques

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

#### Cross Country (boys and girls) - Medals

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

#### Football – Plaques

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

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

#### Golf – Plaques

10 Plaques awarded to golfers with the best average scores

#### Soccer (boys and girls) – Plaques

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

#### Softball – Plaques

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

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

Total of 24 Awards

#### Swimming (boys and girls) – Medals

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for each event including relays

#### Tennis (boys and girls) – Medals

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for each event

**Track** (boys and girls) – Medals

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each event, VRB, VRG, FSB & FSG

**Volleyball** – Plaques

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

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

Plus One MVP and One Rookie of the Year

\*\*2<sup>nd</sup> teams may be selected and certificates given

**Wrestling** – Medals

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each weight class

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

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

**ATHLETIC STARTING TIMES**  
**SOUTH YOSEMITE ATHLETIC CONFERENCE**

**Baseball**

Varsity 3:30 p.m. (after time change 4:00 p.m.)  
Frosh/Soph 3:30 p.m. (after time change 4:00 p.m.) (No new inning may start after 2 hours)

**Basketball** (boys and girls are at separate sites)

Girls Varsity 6:30 p.m.  
Boys Varsity 6:30 p.m.

Girls Junior Varsity 5:15 p.m.  
Boys Junior Varsity 5:15 p.m.

Boys Frosh/Soph 4:00 p.m.  
Girls Frosh/Soph 4:00 p.m.

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

**Football**

Varsity 7:30 p.m.  
Junior Varsity 5:00 p.m.  
Frosh/Soph 5:00 p.m. on Thursday for all schools

**Golf** 1:00 p.m.

**Soccer**

Varsity 6:00 p.m.  
Junior Varsity 4:30 p.m.

**Softball**

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

**Swimming** 3:30 p.m.

**Tennis**

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

**Track** 3:30 p.m.

**Volleyball**

Varsity 6:15 p.m.  
Junior Varsity 5:00 p.m.  
Frosh/Soph 4:00 p.m.

**Wrestling**

7:00 p.m. (2 mats) unless otherwise mutually agreed upon  
5:00 and 7:00 p.m. (double dual)



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

Revised 1/29/13

## BASEBALL REGULATIONS

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

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

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

## BASEBALL REGULATIONS – continued

8. The baseball schedule shall be limited to 20 contacts with tournaments considered as two games. Double headers played against the same opponent on the same day and separated by less than 30 minutes shall be considered as a single game toward the season total. Finances or other reasons may necessitate curtailment in the number of games and the league will legislate changes as they become necessary. (Rule when need to be changed if/when CIF changes)
9. The season of sport for baseball is established by Central Section CIF. It ends with the final league contest and the league's divisional representative with the final play-off contest.
10. Regulations Preliminary to the Start of a Game:
  - a. All contests -Junior Varsity and Varsity -shall be scheduled for seven innings.
  - b. Each team shall be entitled to 15 minutes of infield practice. Umpires shall permit a five-minute warm-up by both teams, followed by 15 minutes of infield.
  - c. No hitting practice will be permitted preliminary to weekday contests. No pitching machines can be used. Hitting practice is permitted prior to Saturday contests, but it is to be emphasized that umpires are instructed to start Saturday contests no later than 11:30 a.m. hitting practice also is permitted prior to nonleague contests. Teams violating hitting practice regulations shall forfeit the game.
  - d. All grade levels may participate on the varsity team (freshmen, sophomore, juniors are eligible for participation on the Junior Varsity team).
  - e. No player may be brought up or sent down from a lower or higher classification during the process of a game. This rule shall apply even though the player has not participated in any of the games being played that day.
  - f. CIF --State Pitching Rule - thirty outs and 3 appearances in a calendar week throughout the season, Monday through Saturday.
    - i. Innings pitched in a no game, i.e., rain out, power failure, etc., shall count towards the total.
    - ii. If the 30<sup>th</sup> out involves a double or triple play, the team will not be penalized.
    - iii. An appearance is defined as a pitcher pitching at least one pitch.
    - iv. Any violations constitute a forfeit of the contest.
  - g. Team coaches may coach from either of the coaching lines.
  - h. At the start of the 2<sup>nd</sup> Round of league play, no player may be moved down in classification. A player may be moved up in classification during the 2<sup>nd</sup> Round but must remain on the roster and is not permitted to be brought down to a lower classification if he has participated in any league contest with the team of higher classification during the 2<sup>nd</sup> Round. In rounds previous to the final round, players may be moved to teams of higher and lower classification with the only restriction being that seniors are ineligible to

participate on the Junior Varsity team, both during the practice and the championship season.

## BASEBALL REGULATIONS – continued

### Regulations Pertaining to the Game:

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

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

Criteria for All League Selection:

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

## **BASEBALL REGULATIONS – continued**

15. Additional rules governing South Yosemite Conference League:

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

## **BASKETBALL REGULATIONS – BOYS AND GIRLS**

1. All teams shall be permitted a maximum of 20 games. Tournaments count as two games. School finances or other reasons may necessitate curtailment in a number of games and the league will legislate changes as they become necessary.
2. See athletic starting times on page 15.
3. Length of quarter for each game shall be: Junior Varsity girls and Junior Varsity boys, 7 minutes, girls' and boys' Varsity, 8 minutes. For girls, a 30-second shot clock is to be used. For boys a 35 second shot clock is to be used. Frosh/Soph boys and girls will be four 6-minute quarters.
4. Unless changes are made through legislation, National Federation rules shall be followed in the conduct of all contests.
5. Scrimmages against other schools are permitted and will not be considered an official game as long as the school conducts only one scrimmage in the sport season.
6. No player may participate in both a Varsity, Junior Varsity or Frosh/Soph tournament on the same week. Athletes competing for their school on the Varsity or Junior Varsity basketball squads may not participate in any outside program during their season.
7. A closed ballot will be used in the selection of All-League teams. Six players will be named to the All-League team. A 7<sup>th</sup> player shall be added to the roster and designated as the league's "Most Valuable Player". An 8<sup>th</sup> player will be chosen as "Rookie of the Year"; this player must be of freshman or sophomore status in school. This All-League meeting shall be conducted on the first Monday following completion of the league.
8. Once a player participates in a Varsity league contest he/she cannot, thereafter, play in a league Junior Varsity or Frosh/Soph contest. Once playing in a league at a higher level, player cannot move to a lower level. After the 1<sup>st</sup> round no moving down.
9. SYL/SEYL/SWYL basketball games, which are cancelled, shall be made up on the next available date in the same order in which the games are missed.
10. No individual trophy shall be awarded in basketball tournaments.
11. Basketball teams will be Varsity, Junior Varsity and Frosh/Soph. Varsity level 1, grades 9 through 12. Junior Varsity level 2, grades 9 through 11. Frosh/Soph level 3, grades 9 through 10.
12. Locker room control procedures
  - a. Locker rooms to be locked during games.

## **BASKETBALL REGULATIONS – BOYS AND GIRLS – continued**

13. Warm-up times and starting times – League Athletic Directors will establish warm-up and starting times to be adhered to by all schools throughout the league season.
14. Each team entering the gym for warm-up or the start of the contest will proceed directly to their designated half of the floor or bench. They are not to circle the entire court before proceeding to their warm-up area.
15. If a contest is forfeited, the school forfeiting must notify the District Director of School Support Services and all other league schools.
16. Governing Rules: All basketball competition in the League shall be conducted in accordance with the National Federation of State High School Associations basketball guide along with the C.I.F. Central Section Rules and Regulations recommended by the Section's Basketball Advisory Committee and approved by the Executive Board.
17. Season of Sport: The season of sport of basketball is defined as that period which starts with the first inter-school contest (practice game, inter-school scrimmage, league game, etc.) and ends with the last regularly scheduled league game.
  - a. First practice, first contest and last regular scheduled contest are set by Central Section C.I.F.
  - b. There must be ten (10) days of team practice prior to the first game (practice games included). Each athlete must have had five (5) days of practice prior to participating in their first game. Waive the mandatory five (5) days of practice for all athletes who complete the prior sports season.
  - c. Schools shall be limited to two (2) games per week excluding play-offs and tournaments.
  - d. The maximum number of games per season shall be 20. Tournaments count as two (2) games.
18. The winning team is responsible for notifying media of scores.



## CROSS COUNTRY REGULATIONS – BOYS AND GIRLS

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

## **CROSS COUNTRY REGULATIONS – BOYS AND GIRLS - continued**

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

## FOOTBALL REGULATIONS

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

11. A player may participate in their own or a higher classification prior to the start of league competition. After playing in a higher classification during league competition they may not move back to the lower classification for the remainder of the league football season.

## FOOTBALL REGULATIONS – continued

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

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

## **GOLF REGULATIONS - BOYS AND GIRLS**

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

Area tournament qualifiers are selected according to current CIF rules.

Ties - the following criteria will apply to ties:

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

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

The tie breaking procedure is as follows:

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

## **GOLF REGULATIONS - BOYS AND GIRLS – continued**

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



## SYC Mini Tournament Scoring

Report Score to Zack Ewing Prep Editor Bakersfield Californian  
395-7324

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

You can E-mail

E-mail to [Sports\\_Staff@bakersfield.com](mailto:Sports_Staff@bakersfield.com) and then call to confirm they received it.

Information needed: Team Total Scores i.e.

Team A 490

Team B 540

Team C 550

ect., until all teams in the tournament are reported

Individual Total Scores IE. School Name; Last Name Score

Acme High School

Smith 75

Jones 77

Williams 85

Doe 99

Woods 101

Team Standings

Course i.e. North Kern

Par 72

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

Revised 3/13/96, 9/11/97,5/00,11/30/01,1/14/02, 1/18/07, 1/31/08, 4/2011

**SYC GOLF  
COURSE GUIDELINES**

**North Kern  
Kern River  
Buena Vista**

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

**Stockdale  
Riverlakes**

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

**Bakersfield C.C.**

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

**Rio Bravo**

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

**Sundale**

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

**Seven Oaks**

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

9/11/97, 5/00, 11/30/01, 1/14/02, 07/08, 4/2011

## **SOCCER REGULATIONS – BOYS AND GIRLS**

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

- i. Least goals allowed at home in head to head
- b. Least Goals Against in League play
- c. Goal Differential (Goals For – Goal Against= Goal Differential)
- d. Number of shutouts
- e. Coin Flip

## **SOCCER REGULATIONS – BOYS AND GIRLS – continued**

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

- a. 11 first team, 11 second team, 3 Players of the Year = 25 for the league**
  - i. Each School gets a minimum of one representative on the All-League team.**

**This**

**Player may be awarded 1<sup>st</sup> team or 2<sup>nd</sup> team status.**

- b. All voting for team selection will be by a show of hands.**

- i. Each league will select one Offensive and Defensive Player-of-the-Year and a Goal

Keeper-of-the-Year. (Will receive a League Plaque)

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

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

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

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

## SOFTBALL REGULATIONS

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

## **SOFTBALL REGULATIONS – continued**

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

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

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

## **SOFTBALL REGULATIONS – continued**

### 15. Regulations Preliminary to the Start of a Game:

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

### 16. All League Teams:

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

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

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

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

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



## SWIMMING REGULATIONS – BOYS AND GIRLS

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

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

17. JV Girls 100-Yard Butterfly
18. JV Boys 100-Yard Butterfly
19. Varsity Girls 100-Yard Butterfly
20. Varsity Boys 100-Yard Butterfly
21. JV Girls 100-Yard freestyle
22. JV Boys 100-Yard Freestyle

23. Varsity Girls 100-Yard Freestyle
24. Varsity Boys 100-Yard Freestyle
25. JV Girls 500-Freestyle
26. JV Boys 500-Yard Freestyle
27. Varsity Girls 500-Yard Freestyle
28. Varsity Boys 500-Yard Freestyle
29. JV Girls 200-Yard Free Relay
30. JV Boys 200-Yard Free Relay
31. Varsity Girls 200-Yard Free Relay
32. Varsity Boys 200-Yard Free Relay
33. JV Girls 100-Yard Backstroke
34. JV Boys 100-Yard Backstroke
35. Varsity Girls 100-Yard Backstroke
36. Varsity Boys 100-Yard Backstroke
37. JV Girls 100-Yard Breaststroke
38. JV Boys 100-Yard Breaststroke
39. Varsity Girls 100-Yard Breaststroke
40. Varsity Boys 100-Yard Breaststroke
41. JV Girls 400-Yard Freestyle Relay
42. JV Boys 400-Yard Freestyle Relay
43. Varsity Girls 400-Yard Freestyle Relay
44. Varsity Boys 400-Yard Freestyle Relay
45. League Diving shall be staged by the district diving coach prior to League swimming championships.
46. For the league dual meets, there shall be Boys' Varsity, Boys Junior Varsity, and Girls Varsity and Girls Junior Varsity diving competition with each class limited to three divers. No unofficial divers shall be permitted to compete unless all coaches involved in diving competition mutually agree.

## 5. Officials

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

## 6. League Championship Meet

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

1. League Championship meets, for each league, will be held as time-based finals on a single day to be determined by the individual league.
  - a. Each swimmer would swim their individual and relay events once during the League meet.
  - b. The league meet would take approximately 4 hours.
  - c. League diving would be unaffected by this change.
  
2. SYC swim coaches will submit HYTEK entry cards and master entry sheets for the League Championship swim meet on the Sunday preceding the League Championship meet. The meet director will distribute warm-up times and lane assignments for each school prior to the meet.

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

- 1<sup>st</sup> place – in dual Meets – 14 points
- 1<sup>st</sup> place – in League Championship Meet – 14 points
- 2<sup>nd</sup> place – in Dual Meets – 12 points
- 2<sup>nd</sup> place – in League Championship Meet – 12 points
  
- 3<sup>rd</sup> place – in Dual Meets – 10 points
- 3<sup>rd</sup> place – in League Championship Meet – 10 points
- 4<sup>th</sup> place – in Dual Meets – 8 points
- 4<sup>th</sup> place – in League Championship Meet – 8 points
  
- 5<sup>th</sup> place – in Dual Meets – 6 points
- 5<sup>th</sup> place – in League Championship Meet – 6 points
- 6<sup>th</sup> place – in Dual Meets – 4 points
- 6<sup>th</sup> place – in League Championship Meet – 4 points
  
- 7<sup>th</sup> place – in Dual Meets – 2 points
- 7<sup>th</sup> place – in League Championship Meet – 2 points
- 8<sup>th</sup> place – in Dual Meets – 0 points
- 8<sup>th</sup> place – in League Championship Meet – 0 points

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

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

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

3. Section Championship

Qualifying for the section championship meet is based on C.I.F. regulations.

Any swimmer may qualify for the Section Championships

- a. If a contest is forfeited, the school forfeiting must notify the District Director of School

Support services and all other league schools.

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

## TENNIS REGULATIONS – BOYS AND GIRLS

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

## TENNIS REGULATIONS – BOYS AND GIRLS - continued

9. There are (6) possible points in singles and 4 (3) possible points in doubles. Total of (9) points.
10. Rain rule – Only if the first round has been completed will the match begin where play was halted. All games will revert back to the last complete game.
  - a. Example: A lead B, 3-2, and 2-1 in the game. Rain halts the match for the day. When the match is rescheduled, A will start serving to B at 3-2, 0-0.
  - b. There shall be a 5-minute limit between rounds. All players shall be on the court ready for play 5 minutes after the completion of their previous match. This must be enforced in order to complete matches before dark.
11. If a player is defaulted for disciplinary reasons, he may complete his second round match.
12. The host school will run the match and assign courts.
13. Balls will stay at the same court after each round. There will be warm-up period for the first round only. Warm-up for singles, including serves, will be 10 minutes; doubles, including serves, 15 minutes. The host school must make sure all matches have started as per athletic starting times outlined on page 15 (if players between matches are waiting 15 minutes, they should get 1-2 minutes to hit some warm-up balls. Times should be kept on the score sheet when matches finish so there could be no question on waiting time).
14. During the playing of a match in a team competition, a player may receive coaching when he changes ends at the end of a game, but not when he changes ends during a tie-break game. \*Since Rule 18 prohibits non-players in the immediate court area, such coaching would be done through the fence. Also, since USTA rule 30, Section A, states that only 90 seconds are allowed when changing ends, the coaching must be brief enough to be within this time frame.
15. \*USTA rule 31, paragraph one.
16. Spectators are not permitted in the immediate court area without agreement of both competing schools. There shall be no seating of spectators between courts.
17. Regular scoring will be used in the league tournament.
18. The athletic director of the host school or his designated representative shall make the decision of play or no play in the case of inclement weather. The visiting school shall be informed of the decision no later than 2:00 p.m. on the day of the scheduled contest by the host school athletic director or administrator in charge. If inclement weather forces cancellation of the league tournament on its scheduled date, it shall be rescheduled, if possible, prior to the Central Section CIF seeding meeting.
19. The only reason for rescheduling a tennis match shall be if a school has players participating in the Ojai tournament, Lynch Cup, or Lewis Cup (a CIF sanctioned event). Athletic directors of schools with players who will be participating hits event should contact the opposing school at least three weeks prior to the original match date.

20. Individual matches will be played at the school site as scheduled, unless both coaches agree to move to another facility. This change will be approved through the athletic directors, and must be done at least one day prior to the match.

### **TENNIS REGULATIONS – BOYS AND GIRLS - continued**

21. All matches will be played. A team will not default matches if the team has won five or more matches. Failure to comply may result in a team default which will be determined by CIF Central Section Board of Managers.(CIF rule 2.22.5)
22. Ladders to Prevent Stacking for Playoffs. All second round ladders are sent to Tennis Advisory Chair and the Commissioner then sends those ladders to be posted online at [www.cifcstennis.org](http://www.cifcstennis.org). Those ladders MUST be turned in by the first Saturday of the second round of league. Playoff ladders must be submitted via [www.cifcstennis.org](http://www.cifcstennis.org) by midnight Saturday BEFORE the team draw comes out. If your playoff ladder is not submitted by the deadline you MUST use your second round league ladder. Any variation of this playoff ladder will result in your team forfeiting the ENTIRE team playoff match.

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

#### 12 POINT TIE-BREAKER PRCEDURE

Used at 6 games all  
7 out of 12 points

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

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

- a. A seeding meeting will be held on the Tuesday preceding the tournament at 4:00 p.m.
- b. If a coach cannot attend the seeding meeting, a representative should be sent with the entries from that school. If no entries are received from a school by the seeding meeting, the school loses their entries and “byes” will be drawn.

- c. Substitutions: After the draw is completed, the only permissible substitutions will be by a lower ladder-ranked player who was not entered in the tournament.
- d. If a contest is forfeited, the school forfeiting must notify the District Director of School Support Services and all other league schools.

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



## TRACK AND FIELD REGULATIONS – BOYS AND GIRLS

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

## **TRACK AND FIELD REGULATIONS – BOYS AND GIRLS – continued**

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

### **DUAL AND THREE-WAY (TRIPLE DUAL) MEETS**

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

## TRACK AND FIELD REGULATIONS – BOYS AND GIRLS – continued

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

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

### FROSH/SOPH CHAMPIONSHIP MEETS

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

Early Field Events (approximately 4:00)

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

Late Field Events (approximately 6:00)

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

## **TRACK AND FIELD REGULATIONS – BOYS AND GIRLS – continued**

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

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

### **VARSITY CHAMPIONSHIP MEETS**

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

## TRACK AND FIELD REGULATIONS – BOYS AND GIRLS – continued

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

| <b>Event #</b> |                   | <b>Event #</b> |                   |
|----------------|-------------------|----------------|-------------------|
| 1              | Girls 100 Hurdles | 11             | Girls 800         |
| 2              | Boys 110 Hurdles  | 12             | Boys 800          |
| 3              | Girls 400         | 13             | Girls 300 Hurdles |
| 4              | Boys 400          | 14             | Boys 300 Hurdles  |
| 5              | Girls 100         | 15             | Girls 200         |
| 6              | Boys 100          | 16             | Boys 200          |

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

### **Early Field Events (4:00)**

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

### **Late Field Events (6:00)**

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

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

## TRACK AND FIELD REGULATIONS – BOYS AND GIRLS – continued

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

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

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

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

### AWARDS

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

## VOLLEYBALL REGULATIONS

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

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

1. National Federation rules shall govern play.
2. School names may be written on game balls in lettering no larger than one-half inch.
3. Game time: See athletic starting times page 15.

Regulation two out of three game matches - first 2 games to 25 points 3<sup>rd</sup> game is to 15 points for both Junior Varsity and Frosh/Soph same format.

Varsity – rally scoring first four games to 25 points; rally scoring in fifth game to 15 points.

4. Warm-up time: Official Varsity warm-up shall begin immediately upon completion of the JV

match. \*Warm-up time for varsity will be a minimum of 20 minutes. The official coin toss is to take place before the 20 minute warm-up period begins. 6 minutes shared court, 6 minutes for the home team followed by 6 minutes for the away team. This 6 minutes is to include serving warm-ups.

5. Teams tied for league placement shall hold the position for which they are tied.
6. All equipment should be as close as possible to official standards. The home school has the

responsibility of having facilities and equipment ready for official competition at least 30 minutes prior to game time.



7. A school must field a varsity team first, and then a JV and/or frosh/soph team.
8. During the first round of league play, a player may be moved down once to a junior varsity  
or frosh/soph team and brought up again. A player may not be moved down a second time and no player may be moved down during the second round of league play.

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

## **VOLLEYBALL REGULATIONS – continued**

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

### Procedure for all-league selection:

- a. Varsity coaches shall submit nominations to the volleyball chairperson before the last League game. Coaches may nominate any number of players, but may only nominate players from his/her team. The chairperson will prepare a ballot from these nominations.
- b. A coaches' meeting will be held within a week of the end of league play. Coaches should bring statistics and pictures of players (when available). Each coach will talk briefly about each-of her/his nominees.
- c. Leagues with 5 teams, coaches will vote for and elect ten (10) 1<sup>st</sup> team members plus a Player of the Year and a Rookie of the Year. A second team of 12 players can be selected and will receive certificates.

- d. Leagues with 6 teams, coaches will vote for and elect twelve (12) 1<sup>st</sup> team members plus a Player of the Year and a rookie of the Year. A second team of 12 players can be selected and will receive certificates.
- e. **The information given and comments made at the All-League selection meeting are confidential and should not be discussed with team members, friends, etc.**
- f. The media shall be notified of winners after the Section Finals. Coaches may announce their own team winners at their discretion, but should not announce winners from other schools until all league schools have completed play-off competition.
- i. The league representative shall order plaques from Raymond's Trophy 300 Chester Ave. Bakersfield, CA 93301, 661 323-4015. Schools involved will pay for the plaques.
- ii. If a contest is forfeited, the school forfeiting must notify the District Director of School Support Services and all other league schools.

## **WRESTLING REGULATIONS**

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

### **CONDUCT OF COACHES, CONTESTANTS, AND SPECTATORS AT MATCHES:**

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

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

## WRESTLING REGULATIONS – continued

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



## **WRESTLING REGULATIONS – continued**

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

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

## Extreme Heat and AQI Guidelines

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

**AQI:** Determined by *San Joaquin Valley Unified Air Pollution Control District (SJVUAPCD)* email for that date

**Temperature:** As forecasted in *The Bakersfield Californian* on that day.





