

**BCL
SPORTS
HANDBOOK**

2016-2017

BCL SPORTS HANDBOOK

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BAY AREA CONFERENCE

BCL Sports Handbook

The North Coast Section Sports and General Rulings Handbook contain NCS policies, regulations, and pertinent information about specific sports and general interscholastic competition. The **BCL Sports Handbook** serves as an additional reference guide for regulations and procedures that are specific to the Bay Area Conference (BAC) BCL interscholastic competition. It is the responsibility of all Athletic Directors to read and understand the materials in the BCL, BCL East, BCL Central, and BCL West Sports Handbooks and to inform their respective coaches of the guidelines under which they must conduct their specific sport(s).

A. GENERAL RULINGS

1. The BAC official season of sport and maximum number of games shall not exceed the North Coast Section (NCS) maximum number of games and/or control scrimmages.
2. No more than two non-league or league games may be scheduled per week. Exceptions are:
 - a. Tournaments [no more than 5 per week] or
 - b. When two/three games must be played due to a necessary rescheduling of the contests. Note: If a third contests in necessary, all efforts are to be made to schedule the third contest on a Saturday.
3. BAC contests are scheduled for a 4:00pm start, however due to the change from standard time to daylight savings time and vice-versa; outdoor contests may begin as early as 3:30pm. A change in this format can be made providing both schools agree to the change.
4. Varsity and JV teams will be guaranteed a minimum of 15 minutes of warm up time. Regardless of the posted starting time. [11/07]
5. Varsity contests are scheduled for 4:00pm Junior Varsity and 5:30pm Varsity.
 - a. Exception: Girls' Volleyball: Junior Varsity 4:00pm, Varsity 5:30pm
 - b. Exception: Basketball – Fremont Christian home games (JV 6pm, Varsity-7pm) [2/08] and Oakland Military home games (Varsity 5pm) [9/10]
 - c. Exception: Cross Country: 4:15pm.
 - d. Exception: Boys Volleyball: When there is no Junior Varsity league, Varsity matches will begin at 4:30 pm. (approved 3/01)
 - e. Exception: All playoffs will begin at 4:00pm. If AP exams are held during the week of playoffs, the playoffs will begin at 5:00pm for any students taking APs.
 - f. Exception: Fall (Boys) Soccer Playoffs will begin no earlier than 3:00pm

- g. All baseball games scheduled during standard time will begin at 3:30pm and games scheduled during daylight savings time will begin at 4:00pm
- h. California School for the Deaf is EXEMPT from Friday's game days on the official league schedule. A change in this ruling must be approved by California School for the Deaf (CSD) Athletic Director and any Athletic Director wishing to change this rule [2/08]

Note: A change in this format can be made providing both AD's agree.

- 6. The preliminary rounds of the playoffs in all sports will be held at the "home site" of the higher seed. The semi-finals and finals will be held at the facility designated by rotation. If the facility is unable to accommodate the fans, then other facilities may be obtained, but must be first approved by the Commissioner of the BAC.
- 7. Neutral site for the semi-finals and finals is not mandatory.
- 8. **Seeding for Playoffs – See Appendix A**
- 9. **Schools unable to complete the league schedule:**
 - 1. A league schedule ends the Saturday prior to the playoff week. (2/2016)
 - a. If a majority (51%) of league schools are unable to complete their league schedule commitment due to inclement weather, only the first round contests will be recorded.
 - b. If a school(s) have tried two or more times to play the contest and were unable to complete the league schedule due to inclement weather, illness, disciplinary action or academic ineligibility, then the contest(s) shall be considered a no contest for involved schools.
 - 1. If the contest will affect the seeding of the playoffs in any way, then the contest must be played prior to the start of the playoffs.
 - 2. If on occasion #1 above cannot be achieved, then the preseason tie breaker process will determine the winner of the contest so that the playoffs may begin as scheduled.
- 10. A Conference League is defined as combining any east bay league/BCL with west/central bay leagues. A Conference League will be formulated when one or both leagues cannot field four (4) teams in one sport. If, after the season of sport begins, a league of four (4) schools loses a member school, the league will continue with the remaining schools.
- 11. Regional League Status: A Regional League is defined as combining leagues within the east bay or within the west/central bay only. All BCL Regional leagues shall provide junior varsity, frosh/soph or freshman league schedules. A Conference schedule may not be created for JV, Frosh/soph, or a freshman sport. **Process:** A school that has a JV and/or Frosh/soph team may notify the sports rep from the host league to be admitted to the host league schedule by the sport declaration date. [6/06]
- 12. A regional or Conference league is a Supplemental League. Please refer to the Sports Handbook for this league to determine how the League Champion and NCS Automatic Representative are determined. [8/07]

13. Tie breaking procedures as listed in BAC Bylaws, Article 6, K. League Playoffs, 5, shall NOT be used to break a tie when determining League Champion; only the win-loss record of round-robin play will be used.

B. SPORTSMANSHIP

1. The California Interscholastic Federation (CIF), NCS, and BAC Codes of Ethics shall govern conduct, ethics, and sportsmanship for all participants, spectators, and others involved in athletics of all member schools. [Article 4, BAC Constitution and Bylaws]
2. A “Sportsmanship Complaint Form” is to be used to formalize the lines of communication between member schools when dealing with incidents involving sportsmanship. [See Appendix D]

C. RECRUITMENT (BAC Bylaw 9)

The North Coast Section of the CIF prohibits the recruitment of students to high schools for athletic purposes. [See NCS Student Eligibility Bylaws, Article 20, 200-219] This prohibition at first glance may appear to be in conflict with the common practice of independent and parochial high schools soliciting students to benefit from their comprehensive programs. The following statement of policy from the Bay Area Conference [BAC] is intended to clarify the boundaries between legal and illegal recruitment of student-athletes. It is provided here as a means of protection for students, parents, and coaches and to ensure our students of “level playing fields”.

Bay Area Conference schools view athletics as an essential and integral part of a liberal arts education. It is therefore reasonable that students and parents will be interested in the qualities of a prospective school’s athletic program. It is also reasonable that a school’s employees will be proud of, and eager to improve, their athletic programs. The following **Principals of Good Practice** are intended to help students, parent and school personnel to solicit and provide necessary information and insights without crossing the line of illegal recruitment.

CIF, NCS, and/or BAC sanctions may be brought against a coach, school, and/or recruited student-athlete, if a recruiting violation is verified.

Principals of Good Practice

1. A high school **coach** is prohibited from initiating conversation with a prospective student concerning attendance at the coach’s school. This includes off-campus overtures or conversations that occur before or during the admissions process. The only exception to this prohibition is that coaches may speak with prospective student-athletes and/or parents during the normal admissions campus visits. Note: A coach is interpreted as any adult who assists with the athletic programs, in either a paid or voluntary capacity,

and who thereby has a vested interest in attracting certain student athletes to his/her school.

2. When approached by interested student-athletes or their parents outside the normal admissions process, a coach is required to refer either or both parties to the Head of School/Principal of the coach's school or his/her designee.
3. When prospective student-athletes visit a school's campus, they should be provided information about athletics in the same manner as they receive information about other departments of the school.
4. Excessive financial assistance [significantly beyond the family's demonstrated need] for the purpose of attracting a student-athlete is viewed as illegal recruitment.

Should a student-athlete or parent feel that the student's admission process is being, or has been, compromised by a school's deviation from the above Principals of Good Practice, the Head of School/Principal of the offending school, the League President, and/or the Conference Commissioner should be immediately contacted.

D. BADMINTON (COED)

[SECTION 14, NCS HANDBOOK]

1. The American Badminton Association Rule Book is the governing authority.
2. The official shuttlecock will be a National Federation approved high school shuttlecock.
3. A league match consists of two (2) boys' singles, two (2) girls' singles, one (1) boys' doubles, one (1) girls' doubles, and one (1) mixed doubles.
4. A player may enter in only one event.
5. The players will officiate their own matches.
6. The host school determines the order in which matches will be played.
7. The J.V. League Champion is determined by round robin play.
8. The Varsity League Champion is determined by round robin play and will be awarded the perpetual trophy. In case of a tie, Co-Champions will be declared.
9. The Varsity League Champion will represent the league at the NCS Championships.
10. The League Tournament determines which singles' players and doubles' team will represent the league in the NCS Tournament. Players who play singles during the league schedule may play doubles in the League Tournament and vice-versa. A player who is eliminated in one event at the League Tournament may compete in another event. Also, a player may not qualify for the NCS Tournament in two (2) events. **[1/2017]**
11. Awards: **[1/2017]**
 - a. Perpetual Trophy for Varsity League Champion
 - Varsity Medals: 1st and 2nd place for boys and girls in both singles/ doubles
 - 1st and 2nd place for boys and girls in mixed doubles
 - 1st play for boys and girls singles consolation
12. All-League Selection Process/Form: Appendix B & C

E. BASEBALL

[SEE SECTION 15, NCS HANDBOOK]

1. The National Federation High School (NFHS) Rule Book is the governing authority.
2. The official ball will be a National Federation approved high school baseball.
3. All games scheduled during standard time will begin at 3:30pm and games scheduled during daylight savings time will begin at 4:00pm. Both schools must agree upon changes to these rules.
4. See Appendix B for varsity playoff structures and determination of varsity league champions and NCS representatives.
5. Tie-breaking Procedures:
 - a. If two (2) teams are tied, use in this order:
 - i. Head-to-head
 - ii. Common opponents
 - iii. Tie breaker draw
 - iv. Playoff game if one team is to be eliminated from the playoffs.
 - b. If three (3) teams are tied, the tie breaker draw will determine highest seed, and then follow rules for two teams which are tied.
6. League Playoffs will begin at 4:00pm. If AP exams are held during the week of playoffs, the playoffs will begin at 5:00pm.
7. Awards:
 - a. Perpetual Trophy for Varsity League Champion
10. All-League Selection Process/Form: Appendix C

F. BASKETBALL (BOYS AND GIRLS)

[SEE SECTION 16, NCS HANDBOOK]

1. The NFHS Basketball Rule Book is the governing authority for both boys and girls with the adoption of State CIF modifications.
2. The official ball will be a National Federation approved high school basketball.
3. Varsity and JV games consist of eight (8) minute quarters.
4. Girls & Boys Basketball – JV 4pm and Varsity 5:30pm [4/09]
5. Varsity teams will be guaranteed a minimum of 15 minutes of on-court warm-up time. This is regardless of the posted starting time (i.e. 5:30p.m. game may start @ 5:40p.m. [3/07]
6. BAC Constitution and Bylaws Article 5, B, prohibits noise or distractions during free throws.
7. The J.V. League Champion is determined by round robin play.
7. If a school has both boys and girls team in the tournament, then every effort is to be made to put those teams in back to back games to encourage fans to stay and support both teams. 1st seed plays in the late game unless the 1st criterion prohibits playing in the late game. Commissioner to work closely with the tournament director. [3/08]
- 8 See Appendix B for varsity playoff structures and determination of varsity league champions and NCS representatives.
- 9 Awards:

- b. Perpetual Trophy for Varsity League Champion
 - c. Five (5) All-Tournament trophies
 - d. One (1) All-Tournament MVP trophy
- 10 All-League Selection Process/Form: Appendix B & C

G. CROSS COUNTRY (BOYS AND GIRLS) [SEE SECTION 17, NCS HANDBOOK]

1. The NFHS Track and Field Rule Book is the governing authority.
2. League meets are scheduled to start at 4:15pm. The ‘walk-through’ of the course will begin no later than 3:30pm
3. The girls’ race will precede the boys’ race during the round robin season.
4. All courses must be well marked and safe. Course monitors should be used when necessary.
5. Both teams and individual runners who will represent the BCL EAST/BCL in post-season activity will be determined by area qualifying meets.
6. The League Championship Meet determines the J.V. League Champion only.
7. The Varsity League Champion and placement of each team is determined by points totaled from the three center meets and the League Championship Meet
8. Scoring of Center Meets:
 - a. Each of the three center meets will be scored on a 6-5-4-3.... point basis, up to the number of teams in the league. Ex: If there are six (6) teams in the league, the winner of the meet receives six (6) points; the second place team receives five (5) points, etc.
 - b. Any team running incomplete (less than 5 runners) automatically receives zero (0) points for the meet.
9. Scoring of LCM:
 - a. The LCM will be scored as a “double points” meet. Ex: If there are six (6) teams in the league, the winner of the meet receives twelve (12) points; the second place team receives ten (10) points, etc.
 - b. Any team running incomplete (less than 5 runners) automatically receives zero (0) points for the LCM.
10. The Varsity League Champion will be awarded the perpetual trophy. If a tie occurs, Co-champions will be declared.
11. League Championship Meet (LCM);
 - a. A school must enter at least five (5) varsity runners in the LCM before it can enter the J.V. division. The varsity runners must be the top runners from that school.
 - b. A school is limited to seven (7) varsity runners in each varsity race in the LCM. The J.V. races have unlimited entries.
 - c. Proper uniforms are required at the LCM [NFHS Rule: 9-5, “Any competitor who competes while wearing an illegal uniform as described in the NFHS Rule Book will be disqualified.”

- d. Schools that did not compete in the round robin league schedule may enter runners in the LCM.
 - e. Starting time will be 2:30 pm
12. Awards to be given out at the conclusion of the League Championship Meet:
- a. Perpetual Trophy for Varsity League Champion
 - b. Varsity Medals:
 - i. Gold for 1st
 - ii. Silver for 2nd
 - iii. Bronze for 3rd through 7th
 - c. J.V. Ribbons:
 - i. Blue for 1st
 - ii. Red for 2nd
 - iii. White for 3rd, purple for 4th, yellow for 5th, green for 6th, light green for 7th
13. All-League Selection Process/Form: Appendix A

H. GOLF (BOYS AND GIRLS)

[SEE SECTION 19, NCS HANDBOOK]

1. The USGA Rulebook is the governing authority in golf. All players and coaches must carry a current USGA rulebook during matches as of April 1, 2003. If there is a question or problem, a player must state the incident at that time, before the next stroke is made, otherwise the score will stand. A competitor may proceed under Rule 3-3 if doubtful as to how to proceed after an infraction.
2. USGA approved golf balls may be used for league competition.
3. A match will consist of nine (9) -hole medal [strokes] plays. The host professional of the course will determine the conditions of play. In the event a host professional is not available, the "home" team coach will make the decision. Host schools are responsible for green fees for league matches. Matches may be required to end before the completion of nine holes due to darkness, if both coaches agree. The number of holes that the last group in the match completed will determine scores. All scores from the match will be based upon the number of holes the last group completed. A scoring limit of double par per hole or a maximum of ten strokes per hole may be implemented for matches if both coaches agree.
4. A maximum of six (6) players may be on a team with the top four (4) scores considered in the match results. In case of a tie of the four cumulative scores, the first tiebreaker shall be the scores of the 5th players. If still tied, the 2nd tiebreaker shall be the scores of the 6th players. If the match remains tied after both tiebreakers, the match will count as a tie. If one team cannot field a 5th or 6th player to count in a tiebreaker, the other team will be declared the winner (approved 12/04). Teams that qualify for NCS competition must enter a minimum of five players.
5. For the 5th and 6th player, there will be a scoring limit per hole of a double par, or a maximum of ten strokes.

6. A single round robin or double-round robin schedule will be played. Double-round robin schedule will be created only if school and course availability allows required matches to be completed prior to NCS.
7. Each foursome will receive two scorecards. One card is kept by the "home" team and one by the "opponents". The "home" team scorecard is the official scorecard. A player from each team in each foursome will be designated to keep score for all of the players. At completion of the match, the "home" team will verify the scores are correct for both teams and have opponents attest the scores on the official scorecard. All players must sign the official scorecard, once scores are verified. Coaches must verify match score and "home" team will submit the results to the League Representative. The "home" team coach will collect official scorecards and keep them for the entire season, in case they are needed as a reference.
8. Coaches will agree on DOUBLE PAR SCORE for all golfers if match appears to be too uneven or pace of play is adversely affected. Players scoring double par (without completing the hole) will circle score on that hole, indicating they did not complete the hole – players actually scoring double par "pick-ups" will be declared the winner in case of time matches.
9. Team partners in the same foursome may not provide advice to one another during the match.
10. No coach may give advice to a player during the match. Spectators must maintain a minimum of 30 yards from players at all times.
11. Proper attire shall consist of a collared shirt and slacks. Shorts may only be worn if allowed by the host course and must be no more than 3" above the knee. No blue jeans (including any color designer jeans), t-shirts or tank tops permitted. Metal spikes may not be worn (approved 12/04).
12. Coaches will monitor play and station themselves accordingly.
13. Girls who compete as individuals in the fall may compete as team members in the spring.
14. Participating schools are responsible for payment of green fees for their players. Depending on circumstances, green fees for the BCL East League Tournament will be paid partially or in full by the BAC.
15. The League Champion will be awarded a berth to the NCS Division II Championship along with the top 3-three individual finishers not on the championship team. If possible, a sudden victory playoff will be held for individuals tied for medals and or NCS berths. If a playoff is not possible then USGA recommended card match will determine winners.

Please Note: A NCS Division II team may petition to Division I by the deadline set by the NCS. Teams that declare Division I and win their league will advance to the NCS Division I Tournament of Champions. Teams that declare Division I and finish 2nd in their league will advance to the NCS North Qualifier Round.

Format for determine the League Champion is as follows: Points given for round robin will determine top four (4) teams for West Tournament. Additional teams will be allowed to enter individuals for NCS Qualifying. Tournament Champion will be the BCL West Champion and receive NCS team birth. Ties at tournament will be broken according to: (1) finish in round robin competition (2) 5th score (3) 6th score back nine total of top 4 players (4) back nine total of top 5 players (5) back nine of top 6 players. [1/12]

16. The BCL East Champion and NCS Automatic Qualifier is determined by:

- One (1) point awarded for each league scheduled wins
- Points to be awarded in League Championship Tournament at the conclusion of the league season:
 - Place Points
 - 1st place: 5
 - 2nd place: 3
 - 3rd place: 1

Both League and Championship Tournament points will be added together to determine the overall BCL East Champion. (1/12)

17. The Tournament format will be 18-hole medal play. The coaches will submit their players listing 1 through 6 to the tournament director the day before the event. (1/12)

18. The Tournament Director will pair the players in the order of schools' overall league record (starting with the top players playing each other (1st vs. 1st, etc.) and continuing down the list. Schools that are not on the league schedule may submit two (2) players and they will be added at the end behind the sixth (6th) players.

19. Separate tournaments in case of a tie for any of the Team NCS Qualifying berths in the League Tournament, the 1st tiebreaker shall be the scores of the 5th players. If still tied, the 2nd tiebreaker shall be the scores of the 6th players. If one team cannot field a 5th or 6th player to count in a tiebreaker, the other team will be declared the winner. If the teams remain tied after both tiebreakers, the cumulative back nine scores of the top 4 scores on each team will be the next tiebreaker. Ties for individual NCS qualifiers from the League Tournament will be determined by a sudden death playoff.

20. League Awards: Perpetual Trophy for Varsity League Champion

21. Tournament Awards: Medals for 1st, 2nd and 3rd place finishers

22. The individual scores in league matches unable to be completed (fewer than 9 holes) will not count toward individual all-conference honors (rain, dark). All-League Selection Process/Form: Appendix A [3/07]

I. LACROSSE [Conference]

[SEE SECTION 20, NCS HANDBOOK]

1. The National Federation LACROSSE Rule Book is the governing authority.
2. See Appendix B for varsity playoff structures and determination of varsity league champions and NCS representatives.
3. Awards:

1. Perpetual Trophy to Varsity League Champion
4. All-League Selection Process/Form: Appendix A (BCL West)

SOCCER (BOYS AND GIRLS)

[SEE SECTION 21, NCS HANDBOOK]

1. The NFHS Soccer Rule Book is the governing authority with NCS modifications.
2. Playoff Tie Breaking Procedure- at conclusion of regulation time
 - 2-10 minute golden goal overtimes (NCS modification of NFHS Rule 18)
 - Penalty kicks (NFHS Rule 18, Article 1, A.3)
2. The official ball will be a National Federation approved high school soccer ball.
3. A stitched soccer ball must be used for league competition.
4. The J.V. League Champion is determined by round robin play.
5. A soccer game will be terminated when there is a 7 goal differential at half time or the coach of the team that is behind may choose to end the match by notifying the official and opposing coach. **(5/13)**
6. A win is counted as three (3) points and a tie is counted as one (1) point.
7. Semi-finals and Finals will be at a location determined by the Tournament Director. Tournament Director is responsible for securing officials for all games.
8. The Varsity League Champion is determined by round robin play. NCS Automatic Qualifier is determined by the league playoffs.
9. Tie-Breaking Procedures – the following will be used sequentially to determine playoff seeding when two or more teams are tied after the completion of the regular season:
 - a. Winner in head-to-head competition
 - b. Least number of red cards (cards given to players and coaches)
 - c. Record against teams who finish above
 - d. Goal differential, maximum +/-4 per game for margin of victory or defeat across the whole regular season.
 - e. Tie breaker draw (approved 3/05)
2. See Appendix B for varsity playoff structures and determination of varsity league champions and NCS representatives.
3. Awards:
 - a. Perpetual Trophy to Round Robin Champion
4. All-League selection process/form: Appendix B & C

K. SOFTBALL

[SEE SECTION 22, NCS HANDBOOK]

- 1 The NFHS Softball Rule Book is the governing authority.
- 2 The official ball will be National Federation approved high school softball.
- 3 Fast pitch rules are in effect for league play.
- 4 The Varsity League Champion is determined by round robin play, will be awarded the perpetual trophy, and is the automatic NCS representative. (Approved 9/2011)
5. Tie-breaking Procedures:
 - a All teams tied for 1st place will be declared co-champions and a tie break will be used to determine the NCS representative

- b. If two (2) teams are tied for 1st, use in this order:
 - i. Head to Head
 - ii. One game playoff – tie breaker draw hosts
 - iii. If three (3) or more teams are tied for 1st the tie breaker draw will be the NCS representative. (Approved 9/2011)

6. See Appendix B for varsity playoff structures and determination of varsity league champions and NCS representatives.

7. League Playoffs will begin at 4:00pm. If AP exams are held during the week of playoffs, the playoffs will begin at 5:00pm.

8. Awards: Perpetual Trophy to Varsity League Champion

9. All-League Selection Process/Form: Appendix A

L. SWIMMING/DIVING (BOYS AND GIRLS) [SEE SECTION 23, NCS HANDBOOK]

1. The NFHS Swimming/Diving Rule Book is the governing authority with State CIF modifications.
2. Athletic levels for dual meets and the League Championship Meet are as follows:
 - a. Girls' Varsity
 - b. Girls' J.V.
 - c. Boys' Varsity
 - d. Boys' J.V.
3. A swimmer may participate in only one athletic level during a meet but may change levels from meet to meet.

Entries must be submitted before the entries deadline and no entries will be added after the deadline unless mistakes were made by the Meet Director or Entry Staff in transferring the data submitted by the coaches.

- **Allowable changes after the Monday deadline date & time:** event times, name spelling, and name changes for relays only. *Coaches may not change a swimmer from an individual event to another individual event and no additions can be made except for Exhibition Swimmers who swim for qualifying times only.*
- **Exhibition Swimmers (swimming for qualifying times only):** may not receive points or places for their school and any individual awards/medals.
- A team may only enter a maximum of 4 swimmers per individual event per division [varsity girls, varsity boys, JV girls, JV boys]
- A team may enter two teams per relay event per division but only one relay team [the fastest] will score points
- An individual can enter a maximum of 4 events, of which, no more can be 2 individual events [i.e. a swimmer can be in 3 relays and one individual but not 3 individual and one relay]
- Please use the correct event numbers and team abbreviations.

A swimmer must have participated in at least half of the dual meet season in order to be eligible to score/place in the championship meet and receive awards.

4. Diving cannot be scored if the home team has no diving facility. There will be no J.V. diving. A diver may dive in a varsity meet and also swim two J.V. events.

5. Schools that do not compete in the round robin schedule may enter swimmers and divers in the League Championship meet for NCS qualifying times only. These athletes will not receive any team points, medals, ribbons or All-League consideration.
6. The J.V. League Champion is determined by round robin play.
7. Points from round robin play and results of the League Champion Meet determine the Varsity League Champion and the placement of each team.
8. Formula for Varsity League Champion:
 - a. One point awarded for each round robin win
 - b. Points to be awarded in League Championship Meet

<u>Place</u>	<u>Points [for example]</u>
1	6
2	5
3	4
4	3
5	2
6	1
9. The Varsity League Champion will be awarded the perpetual trophy. If a tie occurs, Co-Champions will be declared.
10. Awards:
 - a. Trophy:
 - ☞ Perpetual Trophy for Varsity League Champion
 - b. Medals:
 - ☞ 1st through 3rd place in each varsity event at League Championship Meet
11. All-League Selection Process/Form: Appendix A

M. TENNIS (BOYS AND GIRLS)

[SEE SECTION 24, NCS HANDBOOK]

1. The United States Tennis Association [USTA] is the governing authority in both girls' and boys' tennis.
2. The official ball will be a National Federation approved high school tennis ball.
3. Proper tennis attire must be worn in all league/tournament matches.
4. **A preliminary roster and strength ladder must be submitted to the BAC office prior to the 1st league contest. Failure to submit the roster and strength ladder prior to the first league match will result in forfeited matches until the roster and strength ladder get submitted. [1/2013]**
5. Spectator conduct
 - Spectators are required to maintain high levels of sportsmanship at tennis matches.
 - Spectators must at all times remain in designated viewing areas while a match in progress. Spectators are not allowed on the court while a match is in progress.
 - Spectators are not allowed to speak to any player during a match, except brief words of encouragement from afar.
 - Spectators are not allowed to speak to line judges during a match.

- Spectators are not to make line calls or comment on line calls.
 - Cheering must be moderate, respectful of basic tennis etiquette, and not distract opposing player(s) or players on other courts.
6. Actions of a spectator or spectators detrimental to the playing of the game may be cause for forfeiture of the match. [9/10]
 7. A league match consists of four singles and three doubles matches. [10/12]
 8. A player may enter in only one event in each match.
 9. The best two out of three sets are played. No-add scoring and a 12-point tiebreaker will be used.
 10. The host school determines the order in which the matches are to be played.
 11. Coaching is only permitted on changeovers after the first changeover of a set, and between sets. Only an official team coach is allowed to coach players during a match. Parents and other players are among those prohibited from coaching during play. There is to be no coaching of players during tiebreakers. [9/10]
 12. See Appendix B for varsity playoff structures and determination of varsity league champions and NCS representatives.
 13. The League Champion is the winner of the league round robin play and the Team Tournament. If the team that wins the league round robin play is different from the winner of the Team Tournament, they will both be considered Co-Champions. A tie for first place at the conclusion of the league round robin play will set in motion the tie breaking system (Rule #16 below) to determine the winner of the league round robin play. The team tournament champion will be awarded the team perpetual trophy and will be the NCS Automatic Qualifier. Co-Champion will be listed on team trophy. [11/08]
 14. Tie breaker procedure (9/2011)
 - a. Head-to-Head
 - b. Total number of individual matches won throughout the league round robin play.
 - c. Sets lost in league play
 - d. Tiebreaker draw
 15. A "SUPER TIE-BREAK" (10 points, win by 2) may be played in LIEU OF A THIRD SET. Both coaches have to agree of the change. If no agreement is reached, the third set will be played out to its conclusion. If a "super tie-break" is used in lieu of a third set it will count as a complete set when the league tie-breaking system (Rule #11 of BCL East – "Tie Breaking Procedures") is put into use. (Approved 3/05)

Individual/Team Tennis Tournament

Per NCS Rule 24.511H - Each team will consist of four (4) singles players and three (3) doubles teams. Players may only play one event. Each school shall decide which event a player will play. Moving players around with the intent of gaining an advantage is not allowed and shall subject the team to default by NCS staff or by the tournament director(s).

- a. SINGLES – The number one singles player must be ranked higher on the teams = individual players strength ladder than the number two player. The number two singles player must be ranked higher than the number three players. The number three singles players must be ranked higher than the number four singles player, etc. Lineups between matches may change provided the above sentences apply.
- b. DOUBLES – Doubles teams will be set as of strength according to their teams = individual player strength ladder. Doubles teams will be ranked according to the highest seeded player on the team strength. If a player is injured, a substitute will be allowed for the next match. The substitution will be allowed as long as a player does not change the strength of the team or the lineup. The ladder for the team submitted will be listed on the doubles teams unless he/she is listed on the teams=s individual player strength ladder in order of their strength.

The individual strength ladder of each playoff team shall be turned into the tournament director prior to the start of the tournament. The strength ladder once turned in cannot be changed throughout the tournament. The strength ladders are also to be exchanged by competing team prior to the start of each tournament match. (Approved 3/05)

Per NCS Rule Section 24.513H – “In the event a team is short a player, they will have to default an individual match, leaving vacant the last position in either singles or doubles”. This applies to both round robin play and the Team Tournament. (Approved 3/05)

14 Awards:

- c. Trophies
 - i. Perpetual Trophy for Varsity League Champion
 - ii. Individual Trophy for 1st and 2nd place Single and Doubles winners at the League Championship Tournament
- d. Medals
 - i. 1st and 2nd place Singles and Doubles winners in the League Championship Tournament.

15. All-League Selection Process/Form: Appendix A

N. TRACK/FIELD (BOYS AND GIRLS) [SEE SECTION 25, NCS HANDBOOK]

- 1. The NFHS Track/Field Rule Book is the governing authority.
- 2. The track schedule will consist of two Regional Leagues (East/West), each having 3 Center meets. Host schools will be identified in each league by the BAC Staff and rotated according to those schools that declare having a track team. No play dates will be honored with the exception of facility and timers availability. Regional Center Meets will not be scheduled during the weeks before and after Easter Sunday. The BAC Championship Meet will include all BAC member schools and will be held at a predetermined site. **(10/2012)**
- 3. Invitational Meet Administration:
 - a. Number of entrants per event per school: 6

- b. Number of entrants able to score per school: 6
- c. Coaches meeting will occur 30 minutes prior to the field events [10/08]
- d. Starting times of regular and conference championship meets:
 - i. Field events - TBD
 - ii. Running events - TBD
- e. High jump opening heights:
 - i. Girls: 3'10"
 - ii. Boys: 4'6"
- f. In all Conference meets, heats of all running events and field events will be seeded as timed finals. In regular season meets, the field events will be seeded as finals. In the conference championship meet the fields' events will hold trials and finals. All entry times/marks must be verifiable. [10/08]
- g. "B" relays will be run as space allows, providing that all "A" teams have the opportunity to compete head-to-head.
- h. Administrative help at meets: Host schools will have primary responsibility for administering the meets, but each of the participating schools will provide at least three (3) people to help administer the meets. Automatic timing will be the primary source of use. Stop watches will be required as the secondary source of use. [10/08]. This is particularly important for the sprint events, for which timers and spotters are needed for each lane.
- i. In using spotters and timers for races run in lanes, timers will time lanes and spotters will spot places.
- j. Finish line timers should have stopwatches, as opposed to watches, as they are more accurate.
- k. Each league meet host school shall pay the announcer \$100 and the official starter \$125 (1/2017)

4. League Scoring:

- a. Each League (BCL, and East) will determine competitive standings among their respective member schools throughout the regular season, as well as separate league champions at the conclusion of the conference championship meet. [10/08]
- b. The league champion is determined by a combination of regular season meet results and the results of the conference championship meet.
 - i. Points will be awarded to schools based on their overall performances in the regular season meets. For ex: if there are 6 schools competing in the BCL East, the school that compiles the most points in a given meet will receive 6 points for that meet, the school that compiles the 2nd highest number of points will receive 5 points for that meet, etc..
 - ii. In the conference championship meet, points will be similarly awarded to schools based on their overall performances, but the point's totals are doubled. For example, if there are 6 schools competing in the West, the school that compiles the most points in this meet will receive 12 points, the

school that compiles the 2nd highest number of points will receive 10 points, etc.

- iii. At the conclusion of the conference championship meet, all of these points are totaled per school per league in order to determine the league champion. If a tie occurs, the team with the higher placing at the championship meet will be declared the champion.
- iv. Only athletes that have competed in at least 2 regular season meets can score points at the championship meets. Whether or not athletes are allowed to score points in the championship meet does not affect if they qualify for the Conference Championship Meet.

5. The Conference Championship Meet

- a. This meet is also the qualifying meet for the NCS Class A Championship Meet. The results of this meet along determine which athletes and relay teams' quality to compete in the Class A Meet. We will allow verifiable pole vault marks from regular season meets/invitational to enable athletes to enter the Class A Meet. Minimum standards: girls 7 feet; boys 9 feet. [10/08]
- b. Schools that do not compete in the regular league schedule may enter athletes in the League Championship Meet for NCS qualifying only. These athletes will not receive any team points, medals, ribbons or All-League consideration.
- c. Each team is permitted 6 automatic entries to the conference championship meet, up to a maximum of 6 heats which shall be determined by the most competitive seed times. [1/2017]
- d. All schools are expected to provide personnel to help administer the meet.
- e. Minimum participation rule will be in effect – see Bylaw Article 6, H, 1.
- f. All contestants are eligible to qualify for the NCS Class "A" meet.
- g. Number of entrants per event per school: 6
- h. Number of entrants able to score per school: 6
- i. "B" relays will be run as space allows, providing that all "A" teams have the opportunity to compete head-to-head.
- j. In using spotters and timers for races run in lanes, timers will time lanes and spotters will spot places.
- k. Finish line timers should have stopwatches, as opposed to watches, as they are more accurate.

6. Awards:

- a. Trophy:
 - i. Perpetual trophy for League Champion
- b. Medals:
 - i. 1st, 2nd and 3rd place medals for each event, including one for each member of a relay team. [10/08]

7. All-League Selection Process/Form: Appendix A

- c. Starting times of regular daytime invitational meets:

- i. Field events: 2:30 pm
- ii. Running events: 3:00 pm
- d. High jump opening heights:
 - i. Girls: 3'10"
 - ii. Boys: 4'6"
- e. Heats of sprint races will be seeded as timed finals.
- f. "B" relays will be run as space allows, providing that all "A" teams have the opportunity to compete head-to-head.
- g. Administrative help at meets: Host schools will have primary responsibility for administering the meets, but each of the participating schools will provide at least three (3) people to help administer the meets. This is particularly important for the sprint events, for which we need timers and spotters for each lane.
- h. In using spotters and timers for races run in lanes, timers will time lanes and spotters will spot places.
- i. Finish line timers should have stopwatches, as opposed to watches, as they are more accurate.

1	6
2	5
3	4
4	3
5	2
6	1

- j. The Varsity League Champion will be awarded the perpetual trophy. If a tie occurs, Co-Champions will be declared.

O. VOLLEYBALL (GIRLS)

[SEE SECTION 26, NCS HANDBOOK]

1. The NFHS Volleyball Rule Book is the governing authority.
2. The official ball will be National Federation approved high school volleyball.
3. League matches consist of the best three (3) of five (5) games for varsity matches and the best two (2) out of three (3) games for junior varsity matches.
4. Pre-match warm ups period shall be divided as follows: First 10 minutes home team shall have the entire court; Second 10 minutes the visiting team should have the entire court. **[9/2012]**
5. The host school is responsible for providing scorekeepers and lines people.
6. BAC Constitution and Bylaws Article 5, B, prohibits noise or distraction after the whistle to signal for the serve.
7. The J.V. League Champion is determined by round robin play.
8. See Appendix C for varsity playoff structures and determination of varsity league champions and NCS representatives.
9. Awards

- a. Trophies:
 - i. Perpetual trophy to Varsity League Champion
 - ii. 6 All-Tournament trophies
 - iii. 1 All-Tournament MVP trophy
- 10. All-Tournament Team: This team will be chosen from the semi-final and final playoff games and will consist of six (6) players plus (1) MVP.
 - a. The winning team will receive at least two (2) players.
 - b. Second place will receive at least one (1) player.
 - c. Each coach will submit a player that most impacted those games (two votes for opponent and one vote for one team). Coaches are not to vote for their own players; they can only vote for other team's players. [5/07]
 - d. The Sports Rep and Host School will be in charge of finalizing the All-Tournament Team.
 - e. Trophies will be awarded.
- 11. Playoffs: 1 official, 1 umpire and 2 linesmen shall be scheduled for all playoff Games. (Approved 3/06)
- 13. All-League Selection Process/Form: Appendix C

P. VOLLEYBALL (BOYS)

[SEE SECTION 26, NCS HANDBOOK]

- 1. The NFHS Volleyball Rule Book is the governing authority.
- 2. The official ball will be National Federation approved high school volleyball.
- 3. League matches consist of the best three (3) of five (5) games for varsity matches and the best two (2) out of three (3) games for junior varsity matches.
- 4. Pre-match warm-ups period shall be divided as follows: first 10 minutes home team shall have the entire court, Second 10 minutes the visiting team should have the entire court. [9/2012]
- 5. The host school is responsible for providing scorekeepers and lines people.
- 6. BAC Constitution and Bylaws Article 5, B, prohibits noise or distraction after the whistle to signal for the serve.
- 7. When there is no Junior Varsity division in Boys, varsity games will begin at 4:30 pm
- 8. The J.V. League Champion is determined by round robin play.
- 9. See Appendix C for varsity playoff structure and determination of varsity league champion and NCS representative. If there is a tie, Co-champions will be declared.
- 10. Awards
 - a. Trophies:
 - i. Perpetual trophy to Varsity League Champion
 - ii. 6 All-Tournament trophies
 - iii. 1 All-Tournament MVP trophy
- 11. All-Tournament Team: This team will be chosen from the semi-final and final playoff games and will consist of six (6) players plus (1) MVP. In each semi-final and final playoff game, each coach will submit a player that most impacted those games (two

votes for opponent and one vote for one team) to the tournament director. The tournament director, sports rep, and participating coaches will select the all-tournament team players based on the voting. Trophies will be awarded:

- a. To one (1) player from each team that loses in the semifinal round. (Trophies to be awarded immediately following semi-final game)
 - b. Immediately following championship game to two (2) players on each team.
 - c. MVP will be selected from among the two (2) teams in the championship game.
- (10/11)**

12. Playoffs: 1 official, 1 umpire and 2 linesmen shall be scheduled for all playoff games. (Approved 3/06)

13. All-League Selection Process/Form: Appendix B and C

Q. WRESTLING (COED) [5/2011]

1. Each wrestling coach will be responsible for knowing and obeying all the wrestling regulations of the National Federation and the North Coast Section as well as the BAC.
2. Schedule
 1. There shall be a single round-robin schedule with matches being played on Thursdays unless agreed upon by AD's to reschedule.
 2. Winner of the Dual League Schedule will earn automatic berth to the NCS Team Tournament. If there is a tie between schools: total points scored in all league duals will break the tie. If tie still occurs then total points allowed in all league duals will break the tie. If still tied numbers will be drawn to break the tie.
 3. There shall be a League Tournament held the Friday one week prior to the NCS Championship Tournament.
 4. Matches start at 4 pm. Any JV/exhibition matches will be held before the varsity meet and after weigh-ins.
 5. Weigh-ins shall be completed by 2:30 pm on the day of the dual meet.
3. Results
 1. All dual scores will be reported to the BAC.
4. Championship
 1. The league champion will be determined by both the league dual meets (50%) and the league tournament (50%)
 2. Dual meet Competition
Teams will receive 1 point for each dual win
 3. League tournament
A varsity team score will be kept
The tournament winning team will receive points equal to the number of league dual meets (per team). Place teams receiving one (1) point less in descending order.
 1. Example: If there are five teams in the league each team would have four dual meets. The first place tournament finisher would receive 4 points, the second place would receive 3 points, the third place would receive 2 points, etc.

Tournament format

2. Bracket type with a true second place.

If the consolation champion (3rd place) has not already wrestled the 2nd place wrestler then they must wrestle to determine the 2nd NCS qualifier.

This will only be done when the league sends the top two places to the NCS individual championship. If and when there are 6 or more teams this rule will expire and the top 3 wrestlers from the league tournament advance to the NCS Championship Tournament.

- Each team will receive
- 5 points for a first place
- 3 points for a second place finish
- 1 point for a third place finish
- Seeding Criteria
- Majority of victories head to head
- Most recent head to head
- Common opponents
- Overall record and league dual record
- Tournament places
- Special circumstances

Tie-Breaker procedures

If after the Dual and League Tournament, two teams are tied with the same points; both schools will be Co-League Champions. If a three way tie exists, the number of 1st place finishes will break the tie and so on until the tie is broken to determine the league champion.

All league: Will be determined by league place

JV division: JV wrestlers will be in grouped weight classes

Location: The league meet shall be held at each school following an alphabetical order.

If a school does not feel it has the infrastructure to host they may arrange for another school to take their turn in the rotation

Weigh-in rules: Weigh-ins will occur between 5-5:30 pm the day of the dual meet

All wrestlers must be in the room at the start of weigh-ins

Wrestlers will weigh in by weight class starting at 103 lbs. and progressing upward

Varsity and JV will weigh in simultaneously

Each coach will provide the other with a copy of their NWCA weight sheet at the beginning of weigh-ins

3. Any wrestler who does not appear on the sheet cannot wrestle at the varsity level, however if mutually agreed upon by coaches can wrestle an exhibition match.
A 2 lb. growth allowance will go into effect on January 15th of each season.

APPENDIX A: League Playoff/Tie Break Procedures for Seeding Purposes only

1. A final date for League competition will be established in each sport. The Commissioner may grant exceptions to the deadline.
2. Each league's Athletic Directors Committee will determine bracketing for league playoffs.
3. There are no Junior Varsity or freshman and/or sophomore playoffs.
4. Each league will identify tie breaking procedures and place in the Sports Handbook.
5. **Tie Breaking Procedures:** if no other procedures have been established in the respective Leagues Sports Handbook, the following procedures will be used:
 - a. To break a tie for all seeds except the last seed (to be done in the following order):
 1. Head to Head competition
 2. Win-Loss record against all other teams in their order of league finish, beginning with the first place team.
 3. Games (not matches) won "head to head" against team(s) tied [Volleyball only]
 4. If 1, 2, 3 above do not break the tie, and then the tie-breaking draw done at the beginning of the school year will break the tie. The lower number drawn by a school breaks the tie and becomes the higher seed. The higher seeded team is determined as the home team.
 5. When three or more teams are tied, the draw will eliminate all but two teams. Repeat process a.1-4 above each time to determine a seed.
 - b. To break a tie for the last seeded position (to be done in the following order):
 1. Head to Head competition
 2. Win-Loss record against all other teams in their order of league finish, beginning with the first place team.
 3. Games (not matches) won "head to head" against team(s) tied with [Volleyball only]
 4. If two teams are tied, a tie-breaking game will be held between the two teams. Every effort will be made to secure a neutral site. If a neutral site cannot be secured, tie breaker drawing will be used.
 5. When three or more teams are tied, the draw will eliminate all but two teams. Repeat process b.1-4 to determine last place seed.

APPENDIX B: ALL LEAGUE SELECTION PROCESS

BASEBALL See Appendix C for 1st, 2nd team and honorable mention.

1. In case of a tie in the league standings the tie breaker process will be used to determine the final league standings. [3/2017]
2. Coaches to vote on any special recognition awards. [3/2017]

BASKETBALL

1. See Appendix C for 1st, 2nd team and honorable mention
2. In case of a tie in the league standings the tie breaker process will be used to determine the final league standings. [3/2017]
3. Most Valuable Player (MVP)
 - a. Coaches nominate and place names on board
 - b. Each coach as 30 seconds to speak on each nominee
 - c. Questions/discussion will follow
 - d. Each coach will have one vote
 - e. Discussion
 - f. Coaches may change their vote
 - g. In case of tie, a re-vote will be taken.
 - h. If still tied, co-MVPs will be declared.

CROSS COUNTRY

1. 1st Team All-League is the 1st through 7th place finishers at the LCM.
2. 2nd Team All-League is the 8th through 14th place finishers at the LCM.

GOLF

Each coach will submit the top four players' stroke averages. If a coach feels that their fifth (5th) or sixth (6th) person will have a stroke average that may qualify; those may also be submitted. The Sports Representative shall keep an ongoing record. The top six (6) stroke averages will receive 1st Team All-League recognition and the next six (6) stroke averages will receive 2nd Team All-League recognition

LACROSSE – see BCL West

SOCCER

1. See Appendix C for 1st, 2nd team and honorable mention.
2. In case of a tie in the league standings the tie breaker process will be used to determine the final league standings. [3/2017]

SOFTBALL

1. See Appendix C for 1st, 2nd team and honorable mention.
2. In case of a tie in the league standings the tie breaker process will be used to determine the final league standings. [3/2017]
3. MVP Selection: All nominees will be presented (season stats, accomplishments, awards, etc.) allowing 1 minute for coach to speak on the player's behalf. Coaches will then rank the nominees (#1 being highest ranked). Each nominee's rankings will be totaled. Nominee with the lowest "point total" will be the MVP. In case of a tie, there will be Co-MVPs. The MVP(s) are not eligible for the All-League team voting. All other MVP nominees can be re-nominated for the All-League teams. A coach must be present to nominate and vote. If multiple coaches from one school are present, only one may turn in MVP nominees (approved 12/04).

SWIMMING

1. 1st Team All-League is the 1st place finisher in each event at the League Championship Meet.
2. 2nd Team All-League is the 2nd place finisher in each event at the League Championship Meet.
3. Hardship appeals may be submitted at the "End of the Season Coaches' Meeting".

TRACK & FIELD (approved 3/05)

1. The athlete must appear in at least half the meets in a specific event to qualify for all-league in that event = 2 out of the 4 meet (i.e. 3 regular season meets and the Championship). The number of meet performances in that event would be the denominator used below in criteria #2 below to determine the athlete's average score.
2. After criteria #1 is met, the athlete with the highest **average** point score in an event is awarded All-League First Team honors; the athlete with the second highest average is awarded All-League Second Team honors. *Example:* Athlete A competes in the Triple Jump in two meets. She finishes first in one meet and third in the other = 16 points. Her Average is $16/2 = 8$. Athlete B competes in the Triple Jump in four meets. She finishes 2nd in one meet, 3rd in two, and 1st in another = 30 total points. Her average is $30/4 = 7.5$. Athlete A earns all-league first team. Athlete B earns all-league second team.
3. In case of a tie either first or second team, the athlete with the better performance (faster time, longer distance, and higher height) is awarded the honor. *Example:* Athlete A competes in the Triple Jump in two meets. She finishes first in one meet and third in the other = 16 total points. Her Average is $16/2 = 8$. Athlete A's longest jump in these league meets is 31' 10". Athlete B competes in the Triple Jump in four meets. She finishes 2nd in two meets, 3rd in one, and 1st in another = 32 total points. Her average is $32/4 = 8$. Athlete B's longest jump in these league meets is 32'3". Athlete B wins the tiebreaker and earns all-league first team. Athlete A earns all-league second team.
4. Points will be assigned using the 10-8-6-4-2-1 (for 1st through 6th) regardless of the number of teams participating in a meet, i.e. even if team scoring uses a lower point scheme, this one will be used in calculating an individual's all-league points and averages in specific events.

VOLLEYBALL (approved 3/2017)

1. See Appendix C for 1st, 2nd team and honorable mention.
2. In case of a tie in the league standings the tie breaker process will be used to determine the final league standings. [3/2017]
3. Coaches vote via secret ballot for the league MVP.

WRESTLING (approved 5/11)

1. League individual champion even will determine 1st and 2nd team all-league.

APPENDIX C: All League Format [3/2017]

The following format will be used for all the following sports:

<u>VOLLEYBALL</u>	<u>1ST TEAM</u>	<u>2ND TEAM (7/7 EACH)</u>	
1 PLACE	2	2	
2 PLACE	2	1	
3 PLACE	1	2	
4 PLACE	1	1	
5 TH PLACE	1	1	
6 TH PLACE	0	0	Honorable Mention (unlimited)
<u>BASKETBALL</u>	<u>1ST TEAM</u>	<u>2ND TEAM (6/6 EACH)</u>	
1 PLACE	2	1	
2 PLACE	1	2	
3 PLACE	1	1	
4 PLACE	1	1	
5 PLACE	1	1	
6 PLACE	0	0	Honorable Mention (unlimited)
<u>SOCCER/LACROSSE</u>	<u>1ST TEAM</u>	<u>2ND TEAM (12/12 EACH)</u>	
1 PLACE	4	2	
2 PLACE	3	3	
3 PLACE	2	3	
4 PLACE	2	3	
5 PLACE	1	1	
6 PLACE	0	0	Honorable Mention (unlimited)
<u>SOFTBALL/BASEBALL</u>	<u>1ST TEAM</u>	<u>2ND TEAM (10/10 EACH)</u>	
1 PLACE	3	3	
2 PLACE	2	3	
3 PLACE	2	2	
4 PLACE	2	1	
5 PLACE	1	1	
6 PLACE	0	0	Honorable Mention (unlimited)

APPENDIX D: PLAYOFF FORMATS

If a school has both boys and girls team in the tournament, then every effort is to be made to put those teams in back to back games to encourage fans to stay and support both teams. 1st seed plays in the late game unless the 1st criterion prohibits playing in the late game. Commissioner to work closely with the tournament director. [3/08]

One Division (up to 8 teams) - 4 Team Playoffs (Rev/approved 3/14/06)

The Varsity League Champion is determined by a single or double round robin play and will be awarded the perpetual trophy. If there is:

- a three way tie for first place, the league playoff tournament will determine the league champion.
- a two way tie for first place, head to head results between both teams will determine the league champion.
- a tie for first place and both teams are split with each other (head to head); a league co-championship will be award to both schools.

The winner of the playoffs is the automatic NCS Representative.

Note: Volleyball - Association line officials must be provided for the Semi/Finals of the playoffs.

Semi Finals (at host site):	1 st place vs 4 th place	(Game 1)
	2 nd place vs 3 rd place	(Game 2)
Finals (at host site):	Game 1 Winner vs. Game 2 Winner	(Game 3)

Two Divisions (9 teams) Sports: Volleyball, Soccer, Softball, Lacrosse, Basketball, Baseball [rev/approved 4/2013]

1. Each Division will play double round robin within its division and single round robin in the other division.
2. Division 1 will be designated as the more competitive division
3. Home/Away competition will alternate each year between divisions unless division change occurs.
4. The winner of the playoffs is declared the League Champion, awarded the perpetual trophy, and is the automatic NCS Qualifier to the NCS Championship Series.
5. At the conclusion of each season the coaches will meet, discuss, and make a recommendation to the AD board what schools will be in Division 1 and Division 2 for the next year for boys/girls.
6. There will be 4 or 5 schools in Division 1 and 4 or 5 schools in Division 2 for both boys and girls. Division 1 & Division 2 will play an 11 or 12 game league schedule.
7. Girls/Boys may be in separate divisions. The sports rep will develop a tentative schedule acknowledging the no play dates and, where appropriate, have boys/girls playing opposite of each other, boys home-girls away and vice versa and submit the schedule to the BAC office for FINAL approval and distribution.

8. If necessary, the AD's will do an email vote to support or not to support (majority vote required). The AD's will make the final decision as to alignment within divisions.
9. If there are less than four (4) schools supporting JV teams in the BCL, then the JV teams will be placed on a Regional schedule and play the BCL East in a single round robin schedule and a double round robin schedule with the BCL.

PLAYOFFS: TOP four (4) teams in Division 1 & TOP two (2) teams in Division 2

1st round hosts determined by regular season matchups. (1/2015)

Division 1 - 1st place & 2nd place BYES

Game 1: Division 1 - 3rd place vs. Division 2 - 2nd place

Game 2: Division 1 - 4th place vs. Division 2 - 1st place

Game 3: Division 1 - 1st place vs. winner of Game 2

Game 4: Division 1 - 2nd place vs. winner of Game 1

Game 5: Winner of Game 3 vs. Winner of Game 4 for Champion/NCS Automatic Qualifier

One Division (11+ teams) – (rev/approved 3/14/06)

League shall be single round robin play. League champion determined at end of league play. Exception: when 3 or more teams are tied for 1st place at the end of the league single round robin play, the playoffs will determine league champion and automatic birth to NCS. Home and away games will be alternating every year.

League champion is determined by round robin league play.

Top (8) schools at the completion of the single round robin play will enter into the single elimination playoffs. Playoffs determine automatic birth to NCS

Quarter Final (at higher seed):	8 th place @ 1 st place	(Game 1)
	5 th place @ 4 th place	(Game 2)
	7 th place @ 2 nd place	(Game 3)
	6 th place @ 3 rd place	(Game 4)
Semi-finals (at host site):	Winner Game 3 vs. Winner Game 4	(Game 5)
	Winner Game 1 vs. Winner Game 2	(Game 6)
Finals (at host site):	Winner Game 5 vs. Winner Game 6	(Game 7)

LEAGUE TROPHY- If there are co-league champions: 1st criteria-head to head results at the end of league play, if the teams split, 2nd criteria- the playoffs determine who is awarded the league trophy. If the league champions do not make it to the championship game, then the tiebreaker determines who is awarded the league trophy. Co-Champions will be listed on the team trophy by the school awarded the trophy.

Conference Softball Divisions: National and American BCL East (5/2013)

Each Division shall have a Sports Representative

- If even numbers of teams are participating, the Divisions must be balanced (same number of teams in each Division). If an odd number of schools are participating, then one division may have 1-one more team than the other Division.
- Each Division will play a double round robin within the Division.
- The Division Champions will be the winner of the double round robin play.
- If two teams tie for 1st place within the Division, a playoff game will be played to determine the Division Championships.
- In case of three or more way ties for 1st place, see BCL East Sports Handbook.
- Each Division Champion will have an automatic berth in the NCS Softball Championships.
- Each Division will select a MVP and All Tournament players according to the BCL East Sports Handbook.

Every two years the Divisions may be realigned by the coaches sending the recommendation of realignment of the Divisions to the AD's for consideration. This process will occur again at the conclusion of the 2nd year (2015).

APPENDIX E: Tournament Directors Rotation (subject to change)

	13-14	14-15	15-16	16-17	17-18	18-19	19-20
FALL							
XCountry-REG E/BCL	BS	FC	HRS	RC	SJS	ATH	CPS
XCountry-REG C/W	UHS	URB	DS	CSH	SDS	MA	LW
Boys Soccer-East	HRS	CPS	RC	SJS	VC	BENTL	ATH
Boys Soccer - BCL	CCC	MW	St. Liz	OMI	MW	CCP	RC
Boys Soccer-West	LW	MA	I.H.S.	URB	----	----	----
Boys Soccer-Central	SFW	DS	PHS	GHS	SFW	BAY	SDS
Girls Tennis - Reg C/W	MA	UHS	CSH	SDS	DS	I.H.S.	URB
Girls Tennis- Reg E/B	AS	CCS	FC	HRS	RC	CPS	BENTL
Girls Volleyball- East	VC	RC	BENT	ATH	CPS	HRS	SJS
Girls Volleyball- West	CSH	I.H.S. UHS	MA	URB	LW	CSH	UHS
Girls Volleyball-Central	DS	SDS	BAY	SFW	GHS	DS	I.H.S.
Girls Volleyball - BCL	ESS	St.LIZ	HN	CCHS	CSD	FC	OMI
Girls Golf - Conf.	BAY	CSH	SDS	HN	BAY	SJS	CSH
WINTER							
Basketball-East	RC	BENT	CPS	VC	HRS	SJS	ATH
Basketball-West	I.H.S.	LW	URB	UHS	MA	CSH	LW
Basketball-Central	BAY	SFW	GHS	PHS	I.H.S.	SDS	DS
Basketball - BCL	ST. LIZ	CCC	FC	MW	CCCP	OMI	CSD
Wrestling - Conf	VC	SH	ATH	CSD	LVCP	LW	CSH
Girls Soccer-West	I.H.S.	UHS	LW	MA	RC	UHS	SJS
SPRING							
Badminton - CONF	LW	CCS	SDS	CSH	I.H.S	UHS	DS
Baseball-West	UHS	URB	SH	LW	UHS	URB	CSH
Baseball-Central	PHS	GHS	SFW	DS	GHS	BAY	I.H.S.
Baseball- BCL	FC	LVCP	MW	CSD	OMI	FC	LVCP
Golf-East	HRS	BENT	CPS	VC	ATH	LVCP	HRS
Golf-West	MA	UHS	URB	BAY	CSH	MA	UHS
Lacrosse -West Boys	LW	MA	UHS	SH	URB	LW	MA
Lacrosse - West Girls	---	---	HRS	BAY UHS	MA	URB	LW
Girls Soccer-East	BS	VC	ATH	CPS	MW	BENT	VC
Girls Soccer-Central	GHS	PHS	BAY	SFW	I.H.S	SDS	GHS
Girls Soccer - BCL	CCS	MW	LVCP	HN	CCC	OMI	FC
Swimming -CONF	CPS/VC	MA/ HRS LVCP	CCC/UHS	HRS/LW	CSH/ATH	CPS/DS	MA/BEN
Boys Tennis-Reg C/W	SH	DS	MA	UHS	SDS	I.H.S.	BAY
Boys Tennis-Reg E/BCL	AS	HRS	CPS	BENT	SJS	ATH	HRS
Track & Field-CONF	CPS/CCS	ATH/SH	FC/CSH	RC/I.H.S	CCP/URB	UHS/HRS	VC/LW
Boys Volleyball -EAST	RC	CPS	BENT	HRS	VC	RC	CPS
Boys Volleyball - BCL	OMI	CCS	St. Liz	OMI	BAY	MW	OMI
Softball - C/W	---	---	---	Bay	UHS	DS	PHS

APPENDIX F: SPORTSMANSHIP COMPLAINT PROCEDURE (4/2013)

The purpose of the Sportsmanship Complaint Form is to formalize the lines of communication when dealing with incidents involving unsportsmanlike behavior. Hopefully, any problems can be dealt with “on the spot” between the two coaches. The form, however, provides a means to inform all the involved parties of any breaches of conduct by players, coaches or fans outside the confines of the contest (when the officials take charge of the contest and when the officials relinquish their responsibilities after the contest) per NFHS/CIF/NCS rules. It is important that the incidents be handled within the proper “chain of command” coach to coach, athletic director to athletic director, principal/head to principal/head in that order.

1. If a coach feels that an unsportsmanlike act has taken place before, during, or after a contest outside the confines of the contest itself, he or she should communicate with his/her Athletic Director. The A.D. will determine whether to have a Sportsmanship Complaint Form filled out in order to proceed with the complaint. The completed form will then be forwarded to the Principal/Head of School for review. At that point, the Principal/Head may determine that the complaint should or should not be lodged with the offending school.
2. If the Principal/Head of School decides to go forward with the complaint, a copy of the Sportsmanship Complaint Form will be sent to the Principal/Head and Athletic Director of the offending school and the BAC Commissioner. The two Principals/Heads have the opportunity to resolve the issue, or have their A.D.s find a resolution.
3. If no satisfactory resolution can be achieved between the schools, the matter will be brought before a 3-three person panel made up of 2-two Administrators from another BAC league and the Commissioner. This hearing panel would convene within 7-seven working days to hear the complaint. If any penalties are awarded, the use of the NCS Ejection Policy penalties will be the hearing panels’ guideline.
4. If a hearing is required each school may bring witnesses and/or supporting information to support their position.
5. The hearing panel decision will be considered final. The hearing panel decision may not be appealed.

APPENDIX F: SPORTSMANSHIP COMPLAINT - continued

Please submit this form and written complaint to the Conference Commissioner, Principal/Head and AD of offending school.

School Making the Complaint

Offending School

Date of Contest

Sport/Gender/Level

Nature of Complaint: check one

- Vandalism
- Fan Behavior
- Coaches Behavior
- Player Behavior
- Other

Resolved between Athletic Directors? Yes _____ No _____

Resolved between Principals/Heads? Yes _____ No _____

Attach a written complaint explaining the nature of the complaint, circumstances, issues, and full names, pertaining to the complaint. It is extremely important that all information be submitted and no new information be presented at a later date as this may delay the process and extend the 7-seven working days to convene a hearing panel.

Principal/Head Making the Complaint Date _____

Athletic Director Making the Complaint Date _____

Complaint Received by the Commissioner Date _____

Hearing Panel: Place _____ Date _____ Time _____

Hearing Panel Members

1. Commissioner

2. _____ School: _____

3. _____ School: _____

Decision will be emailed or mailed to both Principals/Heads and AD's within 2-working days of the hearing date.

APPENDIX G: PROTEST PROCEDURE

ALL PROTESTS PERTAINING TO ELIGIBILITY, VIOLATIONS OF THE LEAGUE AND/OR NCS AND CIF CODE OF ETHICS, IMPROPER FACILITIES, OFFICIALS, OR ANY OTHER VIOLATION OF LEAGUE, NCS, CIF, OR NFHS SPORT RULES MUST BE FILED ACCORDING TO THE FOLLOWING PROCEDURES. **GAME OFFICIALS MAY SUBMIT NO PROTESTS REGARDING JUDGMENT CALLS.**

1.

Failure to follow Steps 1, 2 and 3 listed below will result in the protest being disallowed and no action being taken.

The protesting school must inform the opposing school and game officials immediately following the incident about which the protest may be filed. The contest must be completed. All efforts should be made to reach a satisfactory conclusion of the difficulty. If a satisfactory conclusion cannot be reached, or if specific League prohibitions and sanctions are involved, proceed to Step 2.
2. **A written protest must be filed with the opposing school and game officials within 24 hours.** The protest must include:
 - a. A complete accounting of what occurred
 - b. The rule that has been violated.
 - c. The names and address of game officials.
3. **A copy of the written protest must be sent to the BAC Commissioner, the Head/Principal and Athletic Director of the opposing school within five (5) days of the initial protest.**
4. Within two (2) school days after receiving the letter of protest, the school or person about whom the protest is being made may file a statement concerning the incident. Copies of the statement must be sent to the Commissioner, Head/Principal and Athletic Director of the school making the protest.
5. At this point a resolution may occur between the two parties.
6. If a resolution cannot be made, the Commissioner will investigate and hold a hearing within one (1) week and will render a decision within two (2) days of the hearing. The decision will be in writing and will be mailed to all parties involved, and to the Heads/Principals of all League schools.
7. Either side of the dispute may appeal the decision of the League to the NCS Appeals committee.
8. If the protest is up held, the contest shall resume at the point and time, the protest was made.

APPENDIX H: CHECK REQUEST/REIMBURSEMENT FORM

1. Attach bills, receipts, invoice, etc. to this form

2. Complete this form and mail to BAC office:

Bay Area Conference
18724 Center Street
Castro Valley, CA 94546

Requested by (print name): _____

Signature: _____

Phone Number: _____ Date: _____

Amount: \$ _____

Description -- specify league, sport (if applicable) and category (facility rental, officials, etc.)

Payee: Name: _____
 Address: _____

FOR OFFICE USE ONLY

Check # _____

Amount: \$ _____

Date Mailed: _____

APPENDIX I: PROPOSAL FORM

Submitted by (name and school): _____ Date: _____

Sport: _____ Who Voted: _____ Vote Count: _____

Requested Implementation Date: _____

Change to the following:

- BCL Sports Handbook, Sport _____ Rule # _____
- BAC Bylaw and Constitution, Article _____ Section # _____

Current Rule:

Proposed change/addition/deletion (circle one). Please write the exact wording you want used.

Pros:

1. _____

2. _____

3. _____

Cons:

1. _____

2. _____

3. _____
