

**BCL EAST
SPORTS
HANDBOOK**

2016-2017

BCL EAST

SPORTS HANDBOOK

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BAY AREA CONFERENCE

BCL East 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 EAST Sports Handbook** serves as an additional reference guide for regulations and procedures that are specific to the Bay Area Conference (BAC) BCL EAST 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; outdoors 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 at 5:30pm.
 - a. Exception: Girls' Volleyball: Junior Varsity 4:00pm, Varsity 5:15pm **[1/15]**
 - b. Exception: Cross Country: 4:15 start
 - c. Exception: Boys Volleyball: When there is no Junior Varsity league, Varsity matches will begin at 4:30 pm. (approved 3/01)
 - d. 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.
 - e. Exception: Fall (Boys) Soccer Playoffs will begin no earlier than 3:00pm
 - f. All baseball games scheduled during standard time will begin at 3:30pm and games scheduled during daylight savings time will begin at 4:00pmNote: 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 – Refer to 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. If majorities [51%] of league schools are unable to complete their seasons due to inclement weather, only the first round contest of a double round robin schedule will be recorded in league standings.

11. 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.

12. 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]

13. 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]

14. 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 **Principles 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.

Principles 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 **Principles 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]**
10. Awards: **[1/2017]**
 - a. Perpetual Trophy for Varsity League Champion
 - b. Varsity Medals:
 - i. 1st and 2nd place for boys and girls in both singles/ doubles
 - ii. 1st and 2nd place for boys and girls in mixed doubles
 - iii. 1st play for boys and girls singles consolation
12. All-League Selection Process/Form: Appendix A

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. The Varsity League Champion is determined by round robin play, will be awarded the perpetual trophy, and is the automatic NCS representative.
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. Least runs allowed in head to head competition [9/13]
 - iii. Tie breaker draw [9/13]
 - c. if three (3) or more teams are tied for 1st the tiebreaker draw will be the NCS representative unless the head to head can break the tie. [11/08]
6. Awards:
 - a. Perpetual Trophy for Varsity League Champion
- 7 All-League Selection Process/Form: Appendix A

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. 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]
5. **All double-header contests will be played at 4:30pm (JV) and 6:00pm (Varsity). All single game contest will be played at 4:30p.m. [3/2017]**
6. 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 A

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 sequence of the races at the league cross country meets will be at the meet directors’ discretion. (approved 1/2014)
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 in the final league standings, the results of the League Championship Meet will break that tie. (1/12)
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. ELIGIBILITY:

- A. Girls may participate on the Boys teams, but cannot qualify for postseason play as individuals, only as part of a team if said team should qualify.

2. RULES:

- A. In the absence of any local course/club rules to the contrary, the USGA rule book will govern play.
- B. All players and coaches at a match or tournament must carry a current rule book.
- C. If there is a problem or incident a player must state the question or concern at the time it takes place and before the next stroke is played, otherwise the score will stand.
- D. Players may proceed under rule 3.3 if doubtful as to how to proceed (play 2 balls)
- E. USGA approved balls may be used for League competition (eff. 12/4/12)
- F. Players and coaches are directed to USGA Rules section 1 "Etiquette & Behavior on the Course" serious breach of these rules and etiquette by a player may after review of the League coaches lead to timed suspension or disqualification. Infractions under this rule should be brought to the attention of a team coach and that coach should contact the League representative to proceed.

3. FORMAT OF PLAY:

- A. A regular season match will consist of nine (9) holes of Stroke (medal) play. The Season will consist of a single or double round robin schedule based on school & course availability.
- B. The host club/course professional will determine conditions of play. In the event a host Pro is not available, the "home" team coach will make the decision.
- C. The "Home" team is responsible for green fees (when applicable) for League matches.
- D. If a match is completed before 9 holes are played due to darkness or other circumstances, both coaches will agree to the number of holes the last group completed and scores will be calculated accordingly.
- E. A maximum of six (6) players may be on a team for scoring purposes.
- F. During a league match or Tournament NO ELECTRONIC DEVICES are permitted, including measuring devices, GPS, cell phones, MP players etc. Use = disqualification.

4. DRESS CODE:

- A. Proper "Golf Attire" must be worn during all league matches.
- B. For Boys, collared golf shirts and slacks (no jeans or cargo style) or shorts as permitted by host course (normally no more than 3" above the Knee) eff. 12/4/12

- C. For Girls, approved golf attire as permitted by host course.
- D. No Jeans, designer (colored) jeans, tank tops or T-shirts are permitted
- E. Metal spikes are not permitted.

5. SCORING OF MATCHES:

- A. The top (lowest) four (4) scores will be calculated for determining match results.
- B. In case of a tie after the top four cumulative scores, the 1st tie breaker will be the score of the 5th players, if still tied the 2nd tie breaker will be the scores of the 6th players, if still tied, the 3rd and final tie breaker will be a score card playoff of the lowest scoring players for each team, starting with the last hole completed, going back (i.e. 9th hole, 8th hole etc.) until a winner is determined.
- C. Note: if a team cannot field a 5th or 6th player, to count in a tie breaker, then the other team that does will be declared the winner.
- D. Each Foursome will receive 2 cards with the 4 players listed. One is kept by the "home" team and the other by the "opponent". The "Home" team card will be the official card.
- E. A player from each team will be designated to keep the score for all players. At the conclusion of the round, the players will verify the scores and all players will sign and attest the scorecard.
- F. The "home" team coach will verify that the scores are correct & post them to a match score sheet.
- G. The "Home" team coach is responsible to submit the Match results to the BCL East League office within 48 hours of the match conclusion.
- H. The "Home" team coach will collect and keep the "official" scorecards for the entire season, in case they are needed at a later date as reference.
- I. In regular season League Matches, the 5th & 6th players will play a scoring format of "DOUBLE PAR" when scoring a "DOUBLE PAR" pick up, rather than "holing out" for double par, the player will circle the score to show it was a "pick up". Players scoring actual double par (holing out) will be declared the winner vs a "double par" Pick up in case of a tie.
- J. Coaches may agree to "DOUBLE PAR" for other players or all players when a match appears to be uneven or pace of play may be adversely affected.
- k. Since matches are stroke play, players on the same team during a match MAY NOT provide advice (other than allowed by rules- see rule 8) to a fellow team member.
- L. No coach may give advice to a player during a Match.
- M. Spectators may not give any advice to a player and MUST maintain a minimum distance of 30 yds. from the players at all times.
- N. It is the intent that all coaches during league matches will arrange their players according to playing/scoring ability, i.e. best #1 etc. - 6 and will not move better players to lower spots.

6. LEAGUE CHAMPION DETERMINATION (FORMAT):

- A. The League Champion (s) will be determined on a points system. The system will score a point for each win during the round robin league schedule and to that will be added the points for their finish in the year end League Championship tournament.
- B. In case of a tie in total points between teams after the League Tournament, the teams tied will be designated BCL-East Co-Champions.
- C. There will be 1 point for each win during the round robin matches & yearend Championship tournament points will be as follows:
 - 1. 1st place = 5 points
 - 2. 2nd place= 3 points
 - 3. 3rd place = 1 point
 both league match points & Tournament points will be added to determine the League Champion.

- D. In case of a tie after the points are added together, there will be league Co-Champions, the NCS post season berth will be awarded to the team of the Co-Champions based which team finished higher in the League Tournament, if no tie League champion gets automatic berth in NCS.
- E. The League Champion will get the Perpetual Trophy to keep for the year they are Champions

7. League Championship Tournament:

- A. The year- end League Championship Tournament will consist of 18 holes stroke (medal) play.
- B. The coaches of participating schools will submit their rosters listing players 1-6 according to playing ability to the "Host" Tournament Director at the end of regular season round robin play.
- C. The Tournament director will prepare a pairing sheet, pairing players 1-6 in the order of the schools overall league standings at the finish of the regular season.
- D. Schools that are not on the league schedule may submit up to 2 players for individual play. those players will be added to the end behind the 6th players of league teams, unless their playing ability as determined by the Tournament Director would be better suited to be seeded higher.
- E. Scoring shall be stroke play and the overall team winner will be the team with the four (4) lowest cumulative scores.
- F. In case of a tie for the League Tournament Championship after the four (4) lowest scores have been tabulated, the tie breakers shall be:
 - 1. The score of the 5th players of tied teams
 - 2. If still tied, the scores of the 6th players of the tied teams
(NOTE: if one team cannot field either a 5th or 6th player the team that does will be the winner)
 - 3. If still tied after the 6th players, the cumulative scores of the back nine (9) of the top four (4) players on each team will be the tie breaker, then the cumulative scores for the front nine(9) of those same players.
- G. The Top 3 individuals by score, **not on the team that qualifies for NCS**, will be awarded berths to the Division 2 NCS TOC. In case of a tie for those three spots or a ties for the top 3 finishing spots in the League Tournament, a sudden death playoff will be conducted (if possible). In the case that an actual playoff is not possible; a scorecard playoff according to USGA Rules will apply.
- H. Tournament Awards for the League Championship Tournament will be:
 - 1. Plaque (trophy) to winning team
 - 2. Medals (Gold, Silver, Bronze) to the 1st, 2nd and 3rd place finishers.

8. POST SEASON - NCS

- 1. A Division 2 team may petition to move up to Division 1 by the deadline as set by NCS (see NCS website).
- 2. Teams that declare Division 1 and win their league will advance to the NCS Div. 1 TOC
- 3. Teams that declare Division 1 and finish 2nd in the league will advance to the Div. 1 Qualifier.

9. POST SEASON BCL-EAST AWARDS/HONORS:

A. All-Conference Honors:

- 1. Coaches will keep a record at the end of each 9 hole match during the round robin competition of each players score.
- 2. Coach will then post to an All-League sheet each players score and calculate the scoring differential of that score to the course rating (not par).
Example = 9 hole score 39 course rating = 34.9 differential = 4.1
- 3. After all matches are complete, an average differential rating will be calculated for each player &

will be sent to the League representative and the year-end Tournament Director.

4. A player **MUST** have played in at least 1/2 (half) the round robin matches to be eligible for post season honors.
5. The score in a match that is terminated before the completion of 9 holes during the season will not count in determining league averages.
6. After all matches are completed and an average differential rating is established for each player, the Tournament Director will arrange the list of players with their ratings from the lowest to the highest for all players.

B. Awards:

1. Lowest Differential = League MVP
2. Next 6 lowest = 1st Team All -League
3. Next 6 lowest = 2nd Team All-League
4. Next group under 10= Honorable Mention

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

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.** 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)**
- 5.** The J.V. League Champion is determined by round robin play.
- 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.** League round robin play will determine league champion. (All schools tied for 1st place will be considered co-league champions). The playoffs will determine the automatic NCS qualifier.

(Approved 9/2011)

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:

- Head to Head Competition
- Goals against in league play, max of –4 per game
- Goals in league play, max of +4 per game
- Goal differential in League play max of +4/-4 per game
- Record against team that finished about in league, starting with first place team
- Fewest red card
- Goal differential in the head to head competition
- Tie breaker draw

(Approved 9/2011)

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

11. Awards:

- a. Perpetual Trophy to Varsity League Champion

12. All-League selection process/form: Appendix A

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. There will be two divisions: American and National **(approved 5/2013)**
5. Off campus facilities: A two hour time limit may be required if so, no new inning shall start after the two hour time limit which begins from the first pitch of the game. A tied game will finish tied if the two hour time limit has expired and both teams have completed 5 innings. A win = 3 points and a tie = 1 point. **(Approved 5/2016)**
5. Each division will play double round robin within its division **(approved 5/2013)**
- 6 The Varsity Division Champions are determined by round robin play within its division. Divisions must be balanced in numbers. If there are an odd number of schools, one division may have one more school in its division than the other. The winner each division will be awarded the perpetual trophy, and is the automatic NCS representative. **(Approved 5/2013)**
5. Tie-breaking Procedures:
 - a If two (2) teams are tied for 1st, use in this order:
 - i. One playoff game will break the tie. Tiebreaker draw will determine host school
 - ii. If three (3) or more teams are tied for 1st the tiebreaker draw will be the NCS representative. **(approved 5/2013)**
- 6 Awards: Perpetual Trophy to each division champion
7. All-League Selection Process/Form: Appendix A

8. At the post season coaches meeting the divisions may be realigned by the coaches sending the recommendation of realignment of the divisions to the AD's prior to May 30th for consideration. This process **MUST** occur during the post season meeting. (approved 5/2013)

L. SWIMMING (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.
1. Entries must be submitted before the entries deadline and no entries will be added after the deadline unless the Meet Director made mistakes 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.
3. 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.
4. 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.
5. The J.V. League Champion is determined by round robin play.
6. Points from round robin play and results of the League Champion Meet determine the Varsity League Champion and the placement of each team.
7. 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>
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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:
 - i. Perpetual Trophy for Varsity League Champion
 - b. Medals:
 - i. 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.
 - Actions of a spectator or spectators detrimental to the playing of the game may be cause for forfeiture of the match. [9/10]
6. A league match consists of four singles and three doubles matches. [10/12]
7. A player may enter in only one event in each match.

8. The best two out of three sets are played. No-add scoring and a 12-point tiebreaker will be used.
9. The host school determines the order in which the matches are to be played.
10. 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]**
11. See Appendix B for varsity playoff structures and determination of varsity league champions and NCS representatives.
12. 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 #11 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]**
13. Tie breaker procedure [1/11]
 - a. Head-to-Head competition
 - b. Total number of individual matches won head to head
 - c. Fewest sets lost in head-to-head play
 - d. Fewest games lost in head-to-head play
 - e. Tiebreaker drawing
14. 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)
15. 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.

16. 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)
 17. Team Tournament teams and Individual Tournament players shall have the same amount of warm up time that their opponents have before the tournament starts. A team or player cannot warm up until their opponent is warming up also. This applies unless the opposing entrant is late in which case the other team or individuals may start warming up 30 minutes prior to the start of the match on the tennis courts. [11/08]
 18. JV players may be elevated to play on the 10 person Team Tournament if roster if a team has fewer than 10 players. Teams who may wish to do must file a JV roster with the league before the start of the season. This roster shall be available to coaches who request it. [11/08]
 19. If there are not enough courts to start all participants in the Team Tournament at the same time, #1 singles, and #2 singles shall start their matches last. [11/08]
 20. 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)
 21. Awards:
 - a. 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
 - b. Medals
 - i. 1st and 2nd place Singles and Doubles winners in the League Championship Tournament.
17. 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, East, West, and Central) 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 West, 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' qualify 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. All schools are expected to provide personnel to help administer the meet.
- d. Minimum participation rule will be in effect – see Bylaw Article 6, H, 1.
- e. All contestants are eligible to qualify for the NCS Class "A" meet.
- f. 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] (All of a team's seed times/marks in a given event must exceed the standard in order to receive an fifth or sixth entry.) For example, the twelfth-place finishers in the boys 1600 in 2012, 2013, and 2014 ran 4:59.10, 4:47.07, and 4:37.81, respectively, which averages to 4:47.99. In the 2015 BAC Championship, each team can enter four athletes in the boys 1600 without regard to their seed. If team A has five athletes, all of whom have run 4:47.99, as measured by fully automatic timing, in 2014 competition, it may enter all five. In addition, each team is allowed to enter 2 relay teams in each of the 4x100 and 4x400. Times to be submitted to Sports Rep/Tournament director then to the BAC office [1/15]
- g. Number of entrants able to score per school: 6

- h. "B" relays will be run as space allows, providing that all "A" teams have the opportunity to compete head-to-head.
- 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.

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 will be 30 minutes. The first 10 minutes will be shared court time, followed by 10 minutes from the home team, and 10 minutes for the visiting team. **(implementation fall 2014)**
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)
12. All-League Selection Process/Form: Appendix A

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 B 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:
 - Perpetual trophy to Varsity League Champion
 - 6 All-Tournament trophies
 - 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 A

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

- The league champion will be determined by both the league dual meets (50%) and the league tournament (50%)
- Dual meet Competition
- Teams will receive 1 point for each dual win
- 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.
- 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
- 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

5. 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
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

1. The All-League team will consist of MVP, three pitchers, four outfielders, five infielders, one catcher, and one utility player.
2. Each school will have one honorable mention selection.
3. Selection process is as follows:
 - a. Each coach will nominate players and put them up on a board by position.
 - b. Nominations and voting will start with MVP and end with the utility player
 - c. Coaches cannot vote for their own player.
 - d. Vote will be by silent ballot.
 - e. One (1) Most Outstanding Pitcher Award for the league **(1/12)**
 - f. 2nd Team All-League: 10 players (2 pitchers, 3 outfielders, 4 infielders and 1 catcher) **(1/12)**
 - g. Coaches will vote for players by ranking them in the following scale: 1-best, 2-second best, 3-third best, 4-four best, 5-fifth best, and so on.
4. Any school after voting that does not have a 1st team all-league player will get to pick one player for 1st team all leagues. [3/08]

BASKETBALL – GIRLS/BOYS [1/2010]

- Coaches submit names for consideration for Player of the Year. Each coach is allowed to present rationale for players whom they nominate.
- Coaches will rank the nominees for Player of the Year (POY)

Once the Player of the Year (POY) has been selected:

- Coaches will list the names of their players they want considered for All League. Each coach is allowed to present rationale for players whom they nominate.
- Coaches will vote for 5 players from the submitted list for 1st team all-league. Each of these players shall receive 10 points. Coaches may not select any players from their own team.
- Coaches will vote for 5 players from the submitted list for 2nd team all-league. Each of these players shall receive 5 points. Coaches may not select any players from their own team.
- The points are then totaled and the top five players who receive the most points are first team, and next five are second team
- All others players who received points are given honorable mention. In case of a tie both players will be given a spot. For three-way ties coaches can elect to revote or award as is.
- Number of players that may be nominated per team (this is a maximum number, coaches may put up fewer if deemed appropriate):
 - 1st Place team: 5
 - 2nd Place team: 4

3rd Place team: 3

4th Place team: 3

5th Place through 7th place team: 2

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

1. Coaches will keep a record at the end of each 9 hole match during the round robin competition of each players score.
2. Coach will then post to an All-League sheet each players score and calculate the scoring differential of that score to the course rating (not par).
Example = 9 hole score 39 course rating = 34.9 differential = 4.1
3. After all matches are complete, an average differential rating will be calculated for each player & will be sent to the League representative and the year-end Tournament Director.
4. A player MUST have played in at least 1/2 (half) the round robin matches to be eligible for post season honors.
5. The score in a match that is terminated before the completion of 9 holes during the season will not count in determining league averages.
6. After all matches are completed and an average differential rating is established for each player, the Tournament Director will arrange the list of players with their ratings from the lowest to the highest for all players.

LACROSSE – see BCL West

SOCCER [1/2017]

1. Coaches submit names for consideration for each of the above awards. Each coach is allowed to present rationale for players whom they nominate.
2. Coaches will rank the nominees for each respective award. Highest ranked player for each respective award wins that award.
3. Coaches will start with MOD. After MOD is selected coaches will move on to MOO. After MOO is selected coaches will move on to MOGK
 - Most Outstanding Defensive Player (MOD)
 - Most Outstanding Offensive Player (MOO)
 - Most Outstanding Goal Keeper (MOGK)

Once the 3 respective awards have been selected coaches will use formula below to determine first and second team all-league. Players who win MOD, MOO & MOGK will not be listed on 1st or 2nd team.

<u>Place after League Champ.</u>	<u># of 1st Team Players</u>	<u># of 2nd Team Players</u>
First	3	3
Second	2	3
Third	2	2
Fourth	2	2

Fifth	1	1
Sixth	1	0

After all selections are complete; each school can select 1 team member for Honorable Mention

SOFTBALL

1. 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).
2. Each school will have one (1) Honorable Mention selection [9/2012]
3. All-League selections will be done by position. The positions are: Pitchers (2 per team), Catcher, 1B, 2B, SS, 3B, OF (3) and a Utility Player for a total of 22 players.
4. Lowest total will be 1st Team All-League; next lowest will be 2nd Team All-League. In the pitching position, the lowest 2 will be 1st Team; the next lowest 2 will be 2nd team. In the outfield, the lowest 3 will be 1st Team; the next lowest 3 will be 2nd Team. (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".

TENNIS:

1. The top 4 seeds in single and the top 2 seeds in doubles in the league individual tournament will automatically earn at least 2nd team all-league honors
2. Any unseeded player who makes it to the quarterfinals in singles or semi-finals in doubles will also earn at least 2nd team all-league honors.
3. 1st team all-league honors will go to the players who make it to the finals in singles or win the doubles.
4. To be eligible for all league selection, a player must have competed in at least half of their team's round robin matches.
5. If a player/team is not able to compete in the league individual tournament for reason of injury or other compelling reason and the player/team had one of the two best round robin records, then that player can be selected to all league by a vote of 2/3 or more of the league coaches
6. If the league individual tournament is not held, then the coaches would vote on the top 4 singles players and top 2 doubles teams to make all league with half on 1st team and half on send team (regular season record).

TRACK & FIELD (immediate implementation 1/2014)

1. A first place finish at LCM results in a 1st team all-league. 2nd place finish at LCM results in 2nd team all-league and 3rd place at LCM results in honorable mention.
2. Schools who are not on the league schedule who wish to compete at the LCM will not receive any recognition awards.

VOLLEYBALL (approved 9/04)

1. Each coach or representative must attend the end of the season coaches meeting. If a coach or representative does not attend, no All-League players will be selected from that school. Coaches nominate however many players they want from their own team.
2. The coach gets a specified amount of time to talk about their players – 2 minutes total.
 - i. After all coaches present their players there will be a discussion time. Coaches may ask specific questions of other coaches regarding players and stats.
3. Coaches vote via secret ballot for the league MVP.
4. Top vote getter(s) is (are) the MVP (Co-MVP).
5. Coaches do not vote for their own players.
6. If there is a tie for 6th, there is a re-vote between the tied players.
7. After the MVP and First Team are selected, the voting process repeats for Second Team (six players).
8. Each coach then nominates one player from his or her team for Honorable Mention and no vote is taken.

WRESTLING (approved 5/11)

1. Will be determined by league place – Use form located in Appendix A

-

Appendix B continued:

The following format will be used if: [1/2017]

1. The league sport does not have a selection process
2. The post season coaches meeting cannot be held

VOLLEYBALL	1ST TEAM	2ND TEAM (7/7 EACH)	
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)
BASKETBALL	1ST TEAM	2ND TEAM (6/6 EACH)	
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)
SOCCER/LACROSSE	1ST TEAM	2ND TEAM (12/12 EACH)	
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)
SOFTBALL/BASEBALL	1ST TEAM	2ND TEAM (10/10 EACH)	
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)

ALL-LEAGUE SELECTION FORM

LEAGUE: _____ SPORT: _____

1ST TEAM

NAME	GRADE	POSITION (if applicable)	SCHOOL

2ND TEAM

NAME	GRADE	POSITION (if applicable)	SCHOOL

APPENDIX C: LEAGUE & P LAYOFF FORMATS

League schedule shall be double round robin (Exceptions must be approved by a majority vote by the athletic directors). [11/08]

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.

One Division (up to 8 teams) (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. (Exceptions: Softball and Baseball)

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

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

Two Divisions (9-10 teams) – (rev/approved 3/14/06)

Each division will play double round robin within its division and single round robin in the other division. Home and away competition will alternate each year between divisions. The winner of the playoffs is declared the League Champion, is awarded the perpetual trophy, and becomes the automatic NCS Representative.

Quarter Final (@ higher seed):	3 rd place Div II @ 1 st place Div. I	(Game 1)
	2 nd place Div II @ 2 nd place Div. I	(Game 2)
	1 st place Div II @ 3 rd place Div. I	(Game 3)
	5 th place Div I @ 4 th place Div. I	(Game 4)

APPENDIX C: LEAGUE & PLAYOFF FORMATS – continued

Semi-finals (at host site):	Winner Game 2 vs Winner Game 3	(Game 5)
	Winner Game 1 vs Winner Game 4	(Game 6)
Finals (at host site):	Winner Game 5 vs Winner Game 6	(Game 7)

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)
------------------------	---------------------------------	----------

EXCEPTION: GIRLS SOFTBALL [5/2013]

The division champions will be the winner of the double round robin play. If two teams tie for 1st place, a play-off game will be played to determine the division champion. In case of a 3+ tie for 1st place refer to BCL East sports handbook. Each division champion will have an automatic birth to NCS championships.

BCL/BCL EAST REGIONAL BASEBALL PLAYOFF FORMAT (10/09)

Top (10) schools at the completion of the single round robin play will enter into the single elimination playoffs. Playoffs determine league champion and automatic birth to NCS. Seeding tiebreakers will be as follows: **1st Head to Head and 2nd Pre-season draw of numbers**

Play-off Structure for 10 teams

First Round (at higher seed):	10 th place @ 7th place	(Game 1)
	9 th place @ 8th place	(Game 2)
Quarter Final (at higher seed):	Game1 winner @ 2nd place	(Game 3)

Game2 winner @ 1st place (Game 4)
5th place @ 4th place (Game 5)
6th place @ 3rd place (Game 6)

Semi-finals (at host site or higher seed): Winner Game 3 vs. Winner Game 6 (Game 7)
Winner Game 4 vs. Winner Game 5 (Game 8)

Finals (at host site): Winner Game 7 vs. Winner Game 8 (Game 9)

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 D: **TOURNAMENT DIRECTOR 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 E: SPORTSMANSHIP COMPLAINT PROCEDURES (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 E: SPORTSMANSHIP COMPLAINT PROCEDURES – 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 F: 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 G: 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 H: PROPOSAL FORM

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

Sport: _____ Who Voted: _____ Vote Count: _____

Requested Implementation Date: _____

Change to the following:

BCL East 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. _____
