

Trans Valley League Constitution

Article I: Name and Purpose

Sec. 1. The name of the league will be the "Trans Valley League."

Sec. 2. The purpose of this organization is to enable member schools to more efficiently adhere to the rules of eligibility, sportsmanship and competition and to enable membership to have satisfactory means for arranging schedules for competition.

Article II: Membership

Sec. 1. Membership in this league will consist of the area secondary schools assigned by the Board of Managers of the Sac Joaquin Section of the California Interscholastic Federation.

Sec. 2. Application for membership in this league will be in writing addressed to the Secretary of the Sac Joaquin Section of the CIF who will present it for consideration to the realignment committee.

Article III: Government and Organization

Sec. 1. Organization: The governing board of this league will be an Executive Board consisting of a Principal and Athletic Director of each school. One of these delegates will be the Principal. Voting will be by school with one vote per school.

Sec. 2. Qualifications of Members: The Executive Board will be the judge of the qualifications of its own members, provided however, that no member will be expelled from the Board without a due hearing and without the assent of at least two thirds of the entire membership of the Board.

Sec. 3. Names of Officers: The Executive Board will elect a President School, a President elect, a representative to the Board of Managers and such other officers as it sees fit. A Commissioner will be hired to act as treasurer and secretary. The Principal of the President School will be President of the Executive Board.

Sec. 4. Election: The officers named above will be selected on a rotational basis. (see Guidelines)

Sec. 5. Terms: Officers will serve two years or until their successors are duly elected. The Rotation of League Presidents is Hughson 2024-26, Orestimba 2026-28, Sonora 2028-30, Ripon Christian 2030-32, Hilmar 2032-34, Escalon 2034-36, Ripon 2036-38. The League President shall be the Principal, with the exception if the principal is a new administrator at that site, then the next school principal will serve as league president for two years, then the skipped school principal will serve the following two year term.

Sec. 6. Duties of Officers and Commissioner:

- A. The President will perform the duties commonly assigned to him/her under parliamentary law as given in "Robert's Rules of Order" and will appoint all committees. He/she will also act as parliamentarian for the league and will be responsible for distributing an updated, accurate copy of the TVL Bylaws and Constitution at the last TLV meeting each year. He/she will send out a notice and agenda for league meetings to all league members.
- B. The President or designee will exercise the power and perform the duties of the President in the President's absence or any other disqualification.
- C. The Commissioner will:
 - a. Record and distribute minutes of league meetings.
 - b. Be responsible, with the league president, for the budgetary operations of the Trans Valley League.
 - c. Present a financial report at each league meeting and be the custodian of all monies belonging to the league. The Commissioner will deposit all monies in a Commercial or Savings Bank, and read a written report of receipts and payments at each meeting of the executive Board. All bills of this league will be paid by check, signed by the Commissioner. The Commissioner must always be prepared to open his/her books for examination by any delegate of the League. Dues may be waived based on a decision of the Executive Board.
 - d. Present at the last meeting of the year an itemized account of the expenditures necessary to conduct the league business.
 - e. Work with the league sport representatives to draw up league schedules to be presented to the Executive Board for approval at the first league meeting two weeks after the last league contest of each sport season.
 - f. Serve as a resource person for the interpretation of the league's Constitution and Bylaws.
 - g. Keep the Constitution and Bylaws updated and distributed to each league member. The original and new versions are to be distributed for the second meeting approval.
 - h. Attend (with the league representative) Sac Joaquin Section CIF meetings.
 - i. Order and distribute all league awards
 - j. Serve as a resource for league meets, league tournaments and playoffs. (Work with meet directors)
 - k. Keep a record of all games and competitions held in the league and officially report a record of all league scheduled games and winners to the Secretary of the Sac Joaquin Section along with any other necessary league reports required by the CIF Commissioner.
 - l. The Commissioner will keep a file and record of all items relevant to league operations; minutes, league meet rotations, records, correspondence, protests, appeals, called for by this Constitution.
 - m. The Commissioner's position and job performance will be evaluated each year by the Executive Board.

- n. Other offers and committees will perform duties assigned to them by the Executive Board or by the President.

Article IV: Meetings and Quorum

Sec. 1. A schedule of meetings for the year will be established by the first meeting of the year. Special meetings may be called by the President at his/her discretion and notification will be sent out by the Commissioner not later than five(5) days prior to the meeting.

Article V: Finances

Sec. 1. Dues: To be a member in good standing of the eTrans Valley League, a school must:

- (a) Have paid its annual assessment to the Sac Joaquin Section of the CIF
- (b) Have paid its League dues as established annually at the fall meeting of the league.

Sec. 2. Dues may be waived based on a decision of the Executive Board.

Article VI: Registration of Competitors

Sec. 1. Competitors in any sport held in this league must comply with the eligibility rules of the Sac Joaquin Section of the CIF and must be registered for that year in the CIF, Sac Joaquin Section.

Article VII: Conditions to be Fulfilled at Time of Contest

Sec. 1. Competitors must be registered as indicated in Article VI and be eligible under CIF rules and regulations

Sec. 2. Competitors must meet individual school standards in deportment and eligibility.

Sec. 3. Competitors must be accompanied by an employee of the school who has been delegated to have complete charge of the team/individual, and who has responsibility for their conduct.

Article VIII: Penalties

Sec. 1. The Executive Board may institute penalties for infractions of the provisions of this Constitution by a two thirds vote of its membership.

Article IX: Protests

Sec. 1. Only such matters that the representatives of contesting schools cannot settle by mutual agreement may come before this committee.

Sec. 2. All protests must be in writing signed by the principal of the protesting school; must bear a postmark not later than seventy-two (72) hours after the date of the contest concerned; and must be addressed to the President of the League.

Sec. 3 No protest may be made upon the decisions of the referees or other game officials in regard to facts or interpretations of the rules of the game except in the event of a clear misrepresentation of the intent of the rule. The game official will be the supreme authority on the field of play in so far as the contest is concerned.

Sec. 4. All of the following protests concerning the eligibility of a player, the qualifications of the officials, the peculiarities of ground or places for holding contest, or the equipment or furnishings used in contests, or any other fact which reasonable observations should discover, will not be considered by the committee unless a statement has been made by the administrator or coach to the game official. All such defects are to be called to the attention of the official at the time or before the starting time of the contest.

Sec. 5. In the event of a protest being filed and accepted, notice will be given by the Protest Committee Chairperson to all parties concerned at least three days before the hearing of a protest, stating the time and place that the case will be heard.

Sec. 6. Protest Committee Formation: The "Rotation of League President" shall be used. The committee Chairperson shall be the League President or next available principal not involved in the protest or ejection. The Committee shall be formed by the Committee Chairperson and made up of Executive Board Members not involved, recruited in order of the "Rotation of League President," approaching principles first, then athletic directors. At least three members are necessary for a quorum. The Committee Chairperson shall determine the time and place of the meeting. Rotation of League President: Hughson 2024-26, Orestimba 2026-28, Sonora 2028-30, Ripon Christian 2030-32, Hilmar 2032-34, Escalon 2034-36, Ripon 2036-38.

Article X: Special Recognition Reservation by Sac Joaquin Section of the CIF

Sec. 1 This league is an integral part of the Sac Joaquin Section of the CIF. As such, in all matters not specifically herein set forth, it declares itself to be governed by the Constitution and Bylaws of the Sac Joaquin Section of the CIF and will pass no legislation in conflict with them.

Article XI: Amendments

Sec. 1. Amendments to this Constitution must be presented in writing at a meeting of the Executive Board. To be adopted, an amendment must receive the vote of two-thirds of the membership.

Sec. 2. Amendments to the Constitution require two meetings to be ratified.

Article XII: Ejection from a Contest (CIF Section Rule 503.3 & 503.4)

Sec. 1. Make ejection appeals to the Sac-Joaquin Section and inform the Trans Valley League commissioner of your appeal.

XIII Sportsmanship Guidelines for Sports Without Officials

Sec. 1 Any competitor who uses unsportsmanlike or unacceptable conduct shall be disqualified. Examples of unsportsmanlike or unacceptable conduct include the following: conduct which is unethical or dishonorable, including cheating; action and/or language which will bring discredit to the individual or his school; disrespectfully addressing a coach or authorized adult; wilful and/or repeated failure to follow the directions of a coach or authorized adult; and throwing of clubs or rackets. Specific sports may decide that additional activities or actions are unsportsmanlike, pending approval by the TVL Board of Managers.

Sec. 2. If a coach (or authorized adult) observes an unsportsmanlike or unacceptable act the following procedures are to be followed:

- A. The coach or adult addresses the athlete.
- B. Notify the other coach(es) involved in the contest.
- C. The coaches make a determination if the act warrants disqualification.
 - a. If the answer is No, then a warning will be issued as appropriate.
 - b. If the answer is Yes, then the athlete may not participate any further in that contest and will be disqualified from the next contest.
 - c. If there is a disagreement, then the athlete will be allowed to compete pending review and decision by the TVL Review Board. Such a decision may affect the result of the contest as well as the contest eligibility or the athlete.

Trans Valley League Guidelines

Article I: Rotation of League President

| <u>School</u> | <u>Year 1</u> | <u>Year 2</u> |
|-----------------|---------------|---------------|
| Hughson | 2024-2025 | 2025-2026 |
| Hughson | 2026-2027 | TBD |
| Sonora | 2028-2029 | 2029-2030 |
| Ripon Christian | 2030-2031 | 2031-2032 |
| Hilmar | 2032-2033 | 2033-2034 |
| Escalon | 2034-2035 | 2035-2036 |
| Ripon | 2036-2037 | 2037-2038 |

Article II: Scholar/Athlete

Sec. 1. The following criteria will be used for selecting two scholar/athletes from each school

- A. Senior
- B. Minimum 3.3 GPA on the State College System (grades 10,11,12 not including PE) for grades through the first semester.
- C. One boy and one girl from each school.
- D. Earn at least one varsity letter during one's senior year.
- E. There will be no use of weighted honor grades.

Sec. 2. Each school will receive twenty (20) scholar athletes per school year. Candidates will have a minimum state college GPA of 3.5 and be a varsity athlete. Additional Scholar Athlete Patches may be purchased by individual schools at \$5.00 each

Trans Valley League Financial Section

Article 1: Passes

Sec. 1. The League is to issue its own passes. Fifty (50) passes will be issued to each school and will be distributed by the principal. Student groups in uniform are to be granted free admission. The league Commissioner is responsible for printing and distributing league passes. Passes should be alternating colors from year to year. A pass is good for the bearer, plus one guest.

Article II: Admission

Sec. 1 This admission scale represents a maximum. Schools may charge less if they wish.
Revised 08/16/2022

A. Football

| | |
|--|---------|
| Adults | \$10.00 |
| Students without ASB card | \$10.00 |
| Students with ASB card | \$7.00 |
| Elementary students with parent/guardian | \$7.00 |
| College students with ASB card | \$7.00 |
| Elementary students w/o parent/guardian | \$10.00 |
| Senior Citizens | \$7.00 |

B. Sports other than football

| | |
|--|--------|
| Adults | \$7.00 |
| Students without ASB card | \$7.00 |
| Students with ASB card | \$5.00 |
| Elementary students with parent/guardian | \$5.00 |
| College students with ASB card | \$5.00 |
| Elementary students w/o parent/guardian | \$7.00 |
| Senior Citizens | \$5.00 |

C. TVL and CIF passes will be honored at all league contests. The honoring of passes from other leagues will be based on mutual agreement of the principals of the competing schools.

Article III: Awards

Sec. 1. Varsity trophies/plaques or medals may be purchased by the individual schools if desired. Each school is responsible for the cost of the trophies/plaques or medals.

Sec. 2. Each sport will select "All League Players" (patches are provided by the TVL).

- a. TVL does not provide Championship patches.
- b. Honorable mention: Only those student athletes receiving a nomination for all league recognition (according to the bylaws for each sport) shall be considered honorable mention. There will be no additional nominations for this honor.

Sec. 3. Each sport will select "All-League Players" (patches are provided by the TVL) based upon 2 times the number of starters.

Sec. 4. Number of All League Patches Per Sport (including MVP, Outstanding, etc.)

| | |
|---------------------|----|
| Football | 33 |
| Flag Football | 16 |
| Soccer (B/G) | 22 |
| Cross Country (B/G) | 10 |
| Volleyball (B/G) | 14 |
| Basketball (B/G) | 12 |
| Baseball | 22 |
| Softball | 22 |
| Tennis (Coed) | 16 |
| Golf (B/G) | 12 |
| Wrestling (B/G) | 14 |
| Track | 50 |
| Swimming (B/G) | 22 |

Sec. 4. Certificates

- A. The Coach of the year in each sport will be issued a certificate provided by the league. Co-Coaches of the Year may be selected: They must be from different schools.
- B. The Most Outstanding Player (MOP) in each sport will be issued a certificate provided by the league.

Article IV: Costs for League Tournaments

Sec. 1. Wrestling: TVL will cover officials and ticket takes. (See Wrestling Rules)

Sec. 2. Tennis: TVL will cover the cost of the venue rental with TVL approval.

Article V: Cost of Teams from other Leagues Participating in TVL

Sec. 1. Sports teams from other leagues are to pay their proportional share when they participate in TVL sports.

Article VI: Commissioner

Sec. 1. Salary to be \$10,000 per year (August through July) which includes \$1,000 for expenses.

Article VII: Student League Meetings

Sec. 1. The TVL will reimburse up to \$200 for hosting up to two (2) student league meetings per year.

Article VIII: CIF PostSeason Competition

Sec. 1. Entry fees for teams and individuals advancing to Section Competition shall be paid by the individual school.

Trans Valley League

Rules, Regulations and Policies

1. Meetings:

League meetings are held once a month or as needed. The initial meeting will be in August and the final in May of each school year. The site will rotate among the league schools. Students may be included in two meetings per year.

2. Ties for League Championship:

Ties for championship will remain. Co-championships will be declared. There will be no playoffs. (Playoff representation information can be found in the individual sports rules).

3. Scheduled Games:

A school must field a team for all scheduled games. Games not played or delayed because of events beyond the control of the responsible administrative authority will be rescheduled or started late by mutual consent of the coaches. If the game is not played or rescheduled, the matter may be referred to the TVL Protest Committee and handled like any other protest. In case of football facility failures, the game should be played on the Saturday following, if possible.

Games interrupted because of events beyond the control of the responsible administrative authority will be continued from the point of interruption unless teams agree otherwise, or there are conference, league or state association rules that apply.

Any game suspended by a power failure should be played the next day. After a wait of 45 minutes, mutual agreement by the principals or designees may declare a winner.

4. Administrative Supervision:

The host school is to provide the necessary security and administrative supervision for all TVL contests. For football games and boys basketball games, schools must be represented by an administrator or designee. For other night events the home school is to provide an administrator or designee who is not the coach of the game in progress. Supervision should also be provided for the other contests where there is potential for disruption. Host school supervisors shall make themselves known and contact the visiting supervisor upon his/her arrival. The visiting supervisor shall seek their counterpart and introduce themselves upon arrival at their host school.

5. League Sports:

If half or more of the schools on the varsity level participate in a given sport, that sport becomes a league sport. Exception: "Half the schools participating" and "Seven (7) wrestlers necessary for a team" rules are waived for girls wrestling for the 2018-19, (Refer to Girls Wrestling rules)

6. Scheduling:

All schedules will be adopted on a two year basis. The second year's schedule is to reverse the location, but use comparable dates with the adjustments as needed.

7. Classification:

- A. Varsity: Open competition, except that students less than 15 years of age may not play varsity football. See CIFSJS Bylaw 2200: Age Requirement and then Complete Fourteen Year Old Varsity Participation which is provided on Home Campus.
- B. Junior Varsity: Open to students that are either freshman, sophomores or juniors in school standing.
- C. Frosh/Soph: Open to students that are freshmen and sophomores.
- D. A student has 4 years of continuous eligibility from the time he/she is enrolled as a freshmen. No student will be eligible for Frosh/soph competition after his fourth semester of enrollment.
- E. The following regulations apply for freshmen, sophomores or juniors moving between varsity and non varsity:
 - a. There will be no restrictions on moving a participant up and down, except that the athlete may not participate at more than one level per day.

8. Participation:

- A. It is always illegal for a student to participate in more than one classification in any one day.
- B. In any sport when both individual and teams qualify for section competition, an individual from a league school which does not field a team in that sport may qualify for competition in the league qualifying contest by the following:
 - a. Compete in a minimum of two(2) league contests prior to the league qualifying contest. The athlete will compete in these contests unattached and will not score points or affect the outcome of the league contest.
 - b. An athlete in the league qualifying contest who has qualified under the provisions of this section can not score points in the league qualifying contest or affect the team outcome of this contest. The Athletic Director of the athlete's school will make arrangements in advance for the athlete to compete in league and qualifying contests. Individual sports representatives will be responsible for developing regulation to allow for this provision to function.
- C. Individual exceptions will be handled by the TVL Executive Board.

9. Penalty for Rule Violations:

- A. Any school that clearly violates league rules will have to forfeit said league contests as determined by the TVL Executive Board.

10. Cancellation of Games Because of Fog:

- A. If either school determines that a game should be postponed, that school should make every effort to notify the opposing school by 2:00pm
- B. If a game is canceled because of fog, it will be rescheduled for the first possible date (time mutually agreed upon by the school involved) following the cancellation.
- C. The TVL President is to be notified of the canceled game.

11. Lightning and Extreme Heat and Air Quality:

- A. Coaches, Athletic Directors and Administrators shall be aware of the dangers of lightning. Games are to cease and all are to take cover when danger presents itself. MCAA Rule: "Hear it, fear it. See it, flee it."
- B. Wait 30 minutes, after the last lightning strike, before resuming the contest.
- C. CIF State Guideline: [Extreme Heat and Air Quality Policy](#) (Scroll to the bottom of the page).
- D. CIFSJS Air Quality Protocol: All CIF member schools must refrain from outdoor practice and/or competition when the Air Quality Index is 151 or higher

12. Starting Times:

- A. Refer to individual sport sections.

13. Face Paint, Noisemakers and Music:

- A. Students attending TVL sporting events may not wear masks, face paint or any object that obstructs the ability of school officials to identify a student. Bandanas or hairnets shall not be worn..
- B. All decisions regarding appropriate dress are at the discretion of administrators and school officials and are not limited to this policy.
- C. Artificial noisemakers at indoor events are prohibited, except for organized pep bands and pep squads in uniform. This includes megaphones by people in the stands.
- D. Home schools may set up tunnels. Visiting schools, no tunnels.
- E. The host school will determine if music will or will not be played at the venue. The visiting team will not be able to play music outside the locker room. Visiting school bands shall be approved by the host principal before coming.

14. Non League Schools:

- A. A non league school may be approved for league competition by the TVL Executive Board.

15. Cheerleaders:

- A. Each Home school may set rules and limits for cheerleaders during basketball games.

16. Rules:

- A. All CIF rules will prevail, except where the league is more restrictive.

17. Season of Sport:

- A. TVL will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport
- B. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.

18. Officials:

- A. The TVL approved number of officials required to conduct a contest is as follows:
 - a. Football:
 - i. Varsity and JV will have at least 4.
 - ii. Frosh or frosh/soph have 3.
 - b. Flag Football
 - i. Varsity and JV will have at least 2.
 - c. Basketball:
 - i. Varsity will have at least 2
 - ii. JV will have at least 1
 - iii. Frosh and Frosh/soph will have at least 1
 - d. Volleyball:
 - i. Will have at least 1
 - e. Wrestling:
 - i. Will have at least 1
 - f. Softball:
 - i. Will have at least 1
 - ii. If two Varsity officials come to a Trans Valley League game and no JV official comes, the Varsity officials will not be split or reassigned to the JV game. For preseason or non-league games officials may be split or reassigned to the JV game.
 - g. Baseball:
 - i. Will have at least 1
 - ii. If two Varsity officials come to a Trans Valley League game and no JV official comes, the Varsity officials will not be split or reassigned to the JV game. For preseason or non-league games officials may be split or reassigned to the JV game.
 - h. Soccer:

- i. Will have at least 1
- ii. If two Varsity officials come to a Trans Valley League game and no JV official comes, the Varsity officials will not be split or reassigned to the JV game. For preseason or non-league games officials may be split or reassigned to the JV game.

Cross Country

1. Competition will be as follows: Boys Varsity, Girls Varsity, Boys Junior Varsity and Girls Junior Varsity.
2. Boys and Girls Varsity races will be 5km (5000 meters). Boys and Girls Junior Varsity races will be 3200 meters (about 2 miles).
3. Three league meets are to be held at a location to be determined by the Trans Valley League. Meets will be held on the Wednesdays of the first week in September, the last week in September and the last week in October.
4. Other schools from the area may be allowed to participate by permission of the Trans Valley League
5. League Championship is determined as follows: 1 point for each team a school beats in the first two meets and 2 points for each team a school beats in the final meet. The team with the highest total points from the three meets is the League Champion. In the event of a tie a co-championship will be awarded.
6. Scoring and rules for each meet will be followed as printed in the most current CIF Cross Country Handbook. In the event of a tie in a meet the 6th runner who finished ahead of another 6th runner breaks the tie.
7. Team medals will be awarded to seven (7) top runners on the Varsity Championship teams. Individual medals will be awarded to the league's top five (5) finishers in the final meet, excluding the Championship Teams. Coach of the Year certificates are to be awarded. Refer to TVL Constitution, Financial Section, Article 3, Awards.
8. The Trans Valley League will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport
9. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.

TVL Football Rules

1. Starting Times: Junior Varsity games will start at 5:00pm. Varsity games will start 30 minutes after the end of the JV game, but not before 7:00 pm. Frosh/Soph or JV games or scrimmages are scheduled at sites opposite the Varsity on Thursday, starting time to be determined by the home team.
2. Official Ball: A ball authorized by CIF for play will be allowed.
3. Number of Officials: Five (5) officials will be assigned for all league JV and Varsity games. Four (4) officials may be scheduled for JV, Frosh/Soph or Frosh games. Refer to TVL Constitution, Rules Regulations & Policies #18
4. Color of Jerseys: The home team will wear color (dark); the visiting team will wear light, except by mutual agreement.
5. Time: The timer must be an adult
6. TVL will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport
7. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.
8. Length of Quarters and Timing: JV, Frosh/Soph or Frosh games will be 4 Ten (10) minute quarters. Varsity games: 4 twelve (12) minute quarters. There will be a "running clock" when the point differential reaches 35 or more points in the 4th quarter as per Section Article 22, Football Rule 2208, Mercy Rule or by mutual agreement.
9. Number of games: No member school may play more than ten (10) games per season, excluding playoffs.
10. Game Procedure: Football teams in league competition have the field (20) minutes before kickoff. Administrators are to notify the visiting school of any deviation from standard procedures such as extended halftime for homecoming activities.
11. Playoff Representation: Teams going to the playoffs are determined by Section, Article 22, Football Rule 2207.8.
12. Game Tie Breaker: As per Sac Joaquin Section Rules the tiebreaker system published in the National Federation Rule Book will be in force for all TVL Games. The winner of the contest based on the tiebreaker criteria will receive a win in the TVL standings. No ties will be recorded in the standings. The official score will be the scores after the tie is broken. No tie breaker for JV, Frosh/Soph or Frosh games.
13. JV, Frosh/Soph or Frosh Scrimmages or games:
 - a. JV, Frosh/Soph or Frosh teams will play games unless by mutual agreement they decide to play a scrimmage. Scrimmage will be conducted in accordance with the JV, Frosh/Soph or Frosh Scrimmage Format.
 - b. Schools wishing to play a scrimmage must notify the other school no later than the Tuesday of the week their contest is scheduled. Both schools must agree on a scrimmage.
14. JV, Frosh/Soph or Frosh Scrimmage Format:
 - a. Putting the ball in play
 - i. A coin toss will determine which team has first possession of the ball, and which goal line each team will defend.

- ii. The team who has the first offensive possession will put the ball in play on its own 35 yard line. This procedure will replace the kick off on all occasions.
 - b. Time Structure:
 - i. Four 15 minute quarters of running time will constitute a scrimmage.
 - ii. After the 1st and 3rd quarters, a 5 minute break will be observed.
 - iii. After the 2nd quarter, a 10 minute break will be observed.
 - c. Continuance of play: the offensive team will maintain possession of the ball until any of the following occurs:
 - i. The ball is turned over to the defensive team by way of a fumble or interception. The defensive team will take over possession at the point of recovery or return.
 - ii. If a first down is not achieved in four attempts, the defensive teams will take over possession at that point.
 - iii. The offensive team elects to punt on any down. To replace an actual punt the ball will be turned over to the defensive team at a point 25 yards down field, but not inside the 15 yard line.
 - d. Miscellaneous
 - i. No score will be kept
 - ii. There will be no called time outs
 - iii. Coaches must be on the field.
15. Awards: Refer to TVL Constitution, Financial Section, Article III Awards
16. One authorized, school-sponsored air-powered mechanical noise maker (i.e., cannon) is allowed to be used by the home team at football games only, and only after a scoring play or the end of the game: this device may not be used if the point differential is 35 points or more or a running clock is in effect.
17. Honorable Mention: Only those student athletes receiving a nomination (according to the bylaws for each sport) for all leagues shall be considered honorable mention. There will be no additional nominations for this honor. (09/12/23)

Flag Football

1. Starting times: JV game will start at 5pm and the Varsity game will start 15 minutes after the end of the JV game. If there is only one game (JV or Varsity) the game will start at 6pm.
2. Official Ball: A ball authorized by CIF for play will be allowed.
3. Color of Jerseys -The home team will wear dark color uniforms and the visiting team will wear light, except by mutual agreement.
4. Timer-The timer must be an adult for all levels of games.
5. Game Length – 2 - 20-minute running halves. 5-minute halftime unless both teams agree to a longer length of time.
6. Field – Width is minimum 37.5 yards to a maximum of 40 yards. Length is 80 yards
7. Number of games – no member may play more than 28 games per season, excluding playoffs, to be in accordance with C.I.F regulations
8. Playoff Seedings: In the case of ties for playoff positions, the following procedures will be followed:
 - a. Between two teams for 1st, 2nd, 3rd:
 - i. Head-to-head - The first tie breaker used to determine CIF playoffs representation shall be head-to-head competition.
 - ii. Point system - Points will be awarded to how the team finished in the league. The first place team will be awarded 7 points with the last place team being awarded one. Teams that are tied for second place would each be assigned 5.5 points with the next team in league standings bedding awarded 4 points. The sport representative would add up the number of points tied teams earned to determine playoffs seeding.
 - iii. If still tied, use the MaxPreps Sac-Joaquin Section Rankings
 - b. Between three teams for first place:
 - i. Head to Head
 - ii. Point System
 - iii. If still tied, use the MaxPreps Sac-Joaquin Section Rankings
 - c. Between three teams for second place:
 - i. Head to Head
 - ii. Point system
 - iii. If still tied, use the MaxPreps Sac-Joaquin Section Rankings
 - d. Between three teams for second place:
 - i. Head to Head
 - ii. Point System
 - iii. If still tied, use the MaxPreps Sac-Joaquin Section Rankings
9. All-League Awards: Refer to TVL Constitution, Financial Section, Article III Awards

TVL Girls Golf Rules - Regulation and Policies

1. The Trans Valley league will consist of Seven(7) schools. Escalon, Hilmar, Hughson, Orestimba, Ripon, Ripon Christian and Sonora.
2. Participants/Events: Up to six(6) players may play; the best four (4) scores from each team will be used to determine the winner.
3. Dual Matches: Matches will start at 3:30 pm unless there is a mutual agreement between the schools and the course to start at an alternate time. At the completion of each league match coaches will record all scores and determine the winner. The host school should email the league representative The winning team will receive 2 league points for each dual win.
 - a. These individuals (AD/Rep) will record all league scores on the TVL Girls Golf Score Sheet. Coaches will have access to this document to see updates.
 - b. Dual Tie: If after four scores, the teams are tied, the scores of both #5 golfers will be used to break the tie. If the tie is not broken, the score of #6 will be used. If the #6 score does not break the tie, all six team members' scores will be added up on the #1 handicapped hole and compared. This process will continue until there is a winner determined.
 - c. Any attempted protest, alleged breach of rules, and or scoring discrepancies should be voiced at the golf course, on the day of the event, and prior to the signing of scorecards. Coaches protesting a ruling or score must do so within 24 hours of the conclusion of the match. Coaches must notify their school's athletic director and the league commissioner of the protest.
4. Mid-Year: The league will sponsor a Mid-Year tournament. The Mid Year will be hosted as a group at sites determined on a year-to-year basis. Team league points will be awarded as such, two (2) points for each team your finish ahead of.
5. League Championship: The league will sponsor a TVL Championship tournament. The TVL Championship will be hosted as a group at sites determined on a year-to-year basis. Team league points will be awarded as such, three (3) points for each team you finish ahead of. In the event of a team tie (tie in total points) for the league championship, the results of the league championship golf event will determine the winner.
6. Tournaments Ending in Ties: The same method for breaking a dual-match team tie will be used in breaking a tournament tie. See "3B" above.
7. Determining the team league champion. The overall league champion will be based on the accumulation of league points for the league duals (2 points per win), the Mid-Season (2 points for each team you finish ahead of), and the TVL Championship (3 points for each team you finish ahead of.)
8. All-League and MVP Selection: The League will provide 12 All-League Patches and a Coach of the Year Certificate.
 - a. Coach of the Year will be voted on by the coaches
 - b. All-League honors will be based on individual players' overall TVL 9-hole stroke average. The player's 9-hole stroke average A(over par) will be calculated by the USGA formula that takes into account the course rating and slope of each course

played. (Score subtracted by course Rating, multiplied by 113, divided by the course Slope rating.)

1. If a player plays in all dual matches, the Mid Year and the TVL Championship they will be able to drop their highest two 9-hole scores OR the 18-hole Mid-Year score, whichever is a higher total. Failing to play in all events will result in not getting to drop a high score(se), or potentially not being able to qualify for all leagues/postseason. Players will need 12 scores to divide by, to calculate their end-of-the-year 9 hole stroke average.
 2. Players must play in the TVL Championship to be considered for all-league status and to advance to the SJS playoffs. Exceptions can be made to this rule providing the coach provides documentation of an extreme hardship, i.e. unforeseen and unavoidable. Documentation should be presented by the school's AD who will share it with the league president and the league principals, (not involved), will make the decision.
 3. The lowest league stroke average will be named, Most Outstanding Player (MOP). Coaches will nominate and vote for the league's Most Valuable Player (MVP). The next 5 lowest stroke averages will be named 1st Team All-League. The next 5 lowest stroke avers will be named 2nd Team All-League.
9. The Sac-Joaquin Section determines the number of teams that will qualify for the Division 5 Championship: 6 Team League = 2 Teams qualify plus 6 individuals.
10. Team and Individual Qualification for the SJS Division V Championship.
 - a. Teams will qualify by their Team Points earned in TVL events, Dual Matches, Mid-Season, and TVL Championship. If there is a tie for the final team qualifier, the results of the TVL Championship will be used to break the tie.
 - b. Individuals will qualify by their TVL stroke average. The lowest 6 individuals, not on the two team qualifiers, will advance to the SJS playoffs. The next 3 individuals will be considered alternates #1, #2, and #3.
11. Rules of Play: All league play will be governed by USGA, JCGA, CIF and the TVL.
 - a. In order to expedite play, the highest score on a hole will be ten (10). Once that score is reached by a player, the ball will be picked up, and play on the hole will end for that player.
 - b. The TVL will adhere to the 2019 USGA pace of play perversion pertaining to balls lost or out of bounds: as an alternative to stroke and distance. The rule will allow golfers the option to drop the ball in the vicinity of where the ball is lost or out of bounds (including the nearest fairway area), under a two-stroke penalty.
 - i. Clarification: If a player is dropping for a ball hit out of bounds, they are dropping at the "point of entry", not where the ball ended up. In both OB and lost ball scenarios, players have the option to play the ball from the previous location under the normal B?Lost ball penalty; stroke and distance.

- ii. If the ball lost is the tee ball, the player would be dropping and playing their 4th shot from the fairway.
- 12. Coaching:
 - a. A certified coach must accompany the players on the course during the match.
 - b. A coach can coach during the match, up to the Mid-Season event. There will be a pre-match meeting at the Mid-Season event where coaches will discuss continuing this rule or stopping it for the second half of the season.
- 13. The use of “winter” rules (playing the ball up or down) will be decided by the host team in conjunction with the golf course. Schools must play the same set of tees for all home matches. In case there is a discrepancy in tees, the home school must notify the league representative.
- 14. Forfeiture: All Schools in the TVL are expected to participate in all scheduled matches, Mid-Year Tournament, and the TVL Championship. If a school only has three players, they are expected to compete against the school with a full team of six players. This contest would be considered a forfeit; however, all players would post a score that could be used to calculate their end-of-the-year strike average. In the event that a postponed match can't be made up, and the match has an effect on the league champions or team's advancement to Divisionals, the match will be played on the first available date after the league tournament.
- 15. Player Conduct:
 - a. Flagrant throwing of clubs or damaging the golf course will result in disqualification.
 - b. Vulgar or abusive language will result in a one-stroke penalty; subsequent violations will result in disqualification.
- 16. Etiquette Guidelines:
 - a. Paper, bottles, etc, are to be discarded in trash containers.
 - b. Divots are to be replaced, ball marks repaired on the greens and all bunkers need to be raked.
 - c. Players may help each other find golf balls
 - d. Players should avoid walking in front of players when they are taking a shot.
 - e. Scores are to be recorded at the end of each hole.
 - f. Players are expected to remain at the clubhouse area after all matches.
 - g. All players must stay with their foursome. Players not following the proper golf etiquette will be warned on the first offense. On the second offense, a two-stroke penalty will be assessed. On the third offense, the player will be disqualified. Before a penalty is assessed or DQ a coach needs to be notified.
 - h. Distance measuring devices will be governed by the prescribed Sac-Joaquin and CIF State guidelines. Players may use a device that measures distance only. Players may not use any cell phone applications as the use of cell phones is prohibited. The use of devices that gauge or measure other conditions, in addition to distance, that might affect a player's play (e.g, wind or gradient) is not permitted, even if that feature(s) is turned off. The penalty for breach of this rule is a disqualification. Players are encouraged to share yardage information with all members of their group if some individuals do not have a measuring device.

17. Code of Conduct for Spectators and Parents:
 - a. Stay off all fairways and greens during play.
 - b. Remain 30 yards away from all players.
 - c. Do not carry golfers' bags or clubs during competition.
 - d. No electronic devices are allowed on the course during play, including cell phones.
 - e. MAY NOT help spot or find balls.
 - f. Do not talk to any golfer during the competition.
 - g. Must be reserved when acknowledging a good shot.

VOLLEYBALL

10. Volleyballs: Official league ball will be CIF approved ball. The home team provides warm up balls and carts.
11. Start Times:
 - a. The Girls Frosh/Soph game will start at 4:00pm.
 - b. The girls JV game will start twenty minutes after the Frosh/Soph game.
 - c. If there is no Frosh/Soph game, the JV game will start at 5:00pm.
 - d. Varsity to start 25 minutes after the completion of the JV game.
 - e. Boys: JV games start at 5:00pm.
 - f. Boys Varsity starts at 6:00pm or 25 minutes after the completion of the JV game.
12. Frosh/Soph and JV pre-game warm up schedule: 3 minutes shared time, 5 minutes home team on net (visiting team first to the net), 5 minutes home team on net and 2 minutes serving time.
13. Varsity per-game warm up schedule: 3 minutes shared time, 5 minutes home team on net (visiting team first to the net), 5 minutes home team on net and 2 minutes serving time.
14. Varsity Volleyball: Matches will be decided on the basis of 3 out of 5 games. Frosh/Soph and JV, 2 out of 3 games.
15. Officials: Matches will be held with only one official if only one assigned official shows up. Refer to TVL Constitution - General Policies #17.
16. All League selection process for Volleyball:
 - a. All League meeting dates are usually within one week following the last league game. Location to be determined by Volleyball Rep.
 - b. Each team may nominate 1 player plus additional players per 2 league wins
 - c. Coaches are to email nominee(s) with stats to the league rep to distribute for review for review 3 days prior to the meeting.
 - d. Voting Procedures: 14 awards (Most Valuable Player, Most Outstanding Player, 12 All League Selections)
 - i. MVP selected by the league champion. Most Outstanding Player: Top vote recipient from the all league votes.
 - ii. Selection of the top 13: Each school votes for the candidates awarding 13 points, to the one they consider the best; 12 for the next, etc.
 - iii. Point totals are tallied, putting the players in order. The athletes with the highest 13 point totals are selected All League. The highest point total will be awarded the MOP award and the other 12 will be All League.
 - iv. Each subsequent nominee who receives at least one vote is selected to the honorable mention list.
 - v. Schools may not vote for their own players.
 - vi. Coach of the Year: The Coach of the Year is voted by secret ballot.
17. The Trans Valley League will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport

18. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.
19. TVL volleyball tie breaker procedure to determine seeding order to playoffs.
- The greatest number of game wins head to head within the tie. Example: Match #1 A-3 B-2 Match #2 A-1 B-3. Total B-5 A-4 B#1 seed A #2 seed
 - The greatest number of points head to head within the tie. Example: Match #1 A-3 B-0 (25-25, 25-15, 25-15) Match #2 B-3 A-0 (25-15, 25-15, 25-22) Total A-127 B-120 A#1 seed B#2 seed.
 - Use the MaxPreps team ranking.
 - If a tie still exists, the Commissioner shall break the tie with a coin flip.
20. Parents/Seniors may be recognized before warm ups for a game.

BASKETBALL

1. Time and Scorer: The timer must be an adult. The scorer may be a student.
2. Starting times: Frosh/Soph games start at 4:00pm. JV games are to start at 5:30pm. Varsity games are to begin at 7:00pm or fifteen minutes after the end of the JV game.
3. Officials: Games other than varsity will be played with one official if only one shows up. Refer to TVL Constitution-General Policies #18
4. Warm-up: Any practice preceding a contest is to terminate twenty (20) minutes before the contest to allow for pre-game warm up.
5. The home team shall provide warm up basketballs for the boy's games.
6. Official Basketball: A CIF approved basketball must be used.
7. Awards: Refer to TVL Constitution - Financial Section - III Awards.
8. Half Time Shooting: There will be no shooting by spectators during half time. Only players participating in the current game may shoot.
9. Basketball Mercy Rule: Frosh/Soph, JV and Varsity boys and girls: If one team leads by 40 or more points at any point in the game, there will be a "running clock". The clock will continue to be a "running clock" throughout the remainder of the game.
10. The Trans Valley League will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport
11. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.
12. All League selection process for Boys/Girls Basketball:
 - a. All League meeting dates are usually one week following the last league game. Location to be determined by Basketball Rep.
 - b. There is no limit on the number of nominees from each school.
 - c. Coaches are to email nominee(s) with stats to each coach in the league for review 3 days prior to the meeting. Rep will send out nomination forms with fax numbers for each coach.
 - d. Voting Procedures: 12 awards (Most Valuable Player, Most Outstanding Player, 10 All League Selections)
 - i. MVP selected by the league champion. Most Outstanding Player: Top vote recipient from the all league votes.
 - ii. Selection of the top 11: Each school votes for the candidates awarding eleven (11) points, to the one they consider the best; 10 for the next, etc.
 - iii. Point totals are tallied, putting the players in order. The athletes with the highest eleven point totals are selected All League. The highest point total will be awarded the MOP award and the other ten will be All League.
 - iv. Each subsequent nominee who receives at least one vote is selected to the honorable mention list.
 - v. Schools may not vote for their own players.
 - vi. Coach of the Year: The Coach of the Year is voted by secret ballot.
13. TVL basketball tie breaker procedure to determine seeding order to playoffs:

- a. The greatest number of wins within the tie. (head to head)
 - b. The greatest number of wins versus teams finishing above the tie
 - c. The greatest number of wins versus the teams finishing below the tie.
 - d. If still tied, use the MaxPreps Sac-Joaquin Section Rankings
 - e. If a tie still exists, the Commissioner shall break the tie with a coin flip.
14. Senior Nights or any other recognitions: Seniors shall be recognized after the conclusion of the JV contest and before warmups begin for the Varsity game.

BOYS AND GIRLS WRESTLING RULES

1. Duel Start Time: JV Boys and Girls exhibition matches are to start at 5:30pm. Boys and Girls Varsity matches to follow.
2. Weigh in procedure for dual matches:
 - a. Weighing in for Varsity and JV will start at 4:30pm and end at 5:00pm before the scheduled match starting time of 5:30pm
 - b. The visiting team will be given 10 minutes to privately weigh in all of their wrestlers. If any wrestlers are overweight, the team must make any adjustments it deems necessary at this time. They may reconstruct the line up or insert another wrestler (JV) into that spot.
 - c. Coaches may weigh-in multiple athletes at the same weight. The choice of who will wrestle will be made at the mat side before every match as outlined in the National Rule Book.
 - d. Varsity, JV and extras will weigh in shoulder to shoulder, starting with the lightest weight.
 - e. The home coach will be the official at the weigh-ins. His decision is final.
 - f. If the visiting coach requests, the home coach must check and verify if a wrestler is or is not on weight before the lineup cards are exchanged.
 - g. All coaches should have a prepared lineup card to give to the opposing coach for their scorekeepers.
3. To Determine the League Champion
 - a. The dual matches will count for half of the points and the TVL Tournament will count for the other half. The first place team in the duals and TVL Tournament will receive 6 points, second 5 points, 4 points, etc. The team with the highest combination of points will be the TVL champion. Ties will result in a co-championship. Any team tying in the duals or league tournament will split the points of the two places. Example: If tied for second place, both teams receive half of the second and third place points ($5+4=9 \times \frac{1}{2}=4 \frac{1}{2}$ points each). The next team would receive the next lower points (3).
4. Seeding Criteria for the Section Dual Meet Championship: (Boys Only. Two Teams Qualify) (All girls qualify for the Section Meet)
 - a. The seeding will be determined on the basis of team record during TVL dual play. The team with the best dual record would be the top seed from the TVL, the next best record would be the second seed.
5. In The event of a Two Way Tie: (Boys Only)
 - a. The team that won the dual match between the two schools would become the higher seed.
 - b. If those teams tied (i.e., 26-26), the team with the highest total of individual match wins (including forfeits), would be the higher seed.
6. In the Event of a Three Way Tie: (Boys only)
 - a. Teams A, B, & C are tied. The scores between the schools are A beats B 40-30. B beats C 35-32, and C Beats A 33-32. When you total all scores A=72, B=65

and C=65. Team A would receive the #1 seed. B would receive the #2 seed by virtue of its 35-32 dual match win over C. The rationale here is: once the tie is broken you should revert back to the criteria of a two way tie. That would be criterion #1 or winner of the head to head match.

7. Boys and Girls Varsity League Tournament (Including JV Tourney with no medals)
Coaches pay for JV medals)
 - a. Running of the Tourney is to be the responsibility of the hosting school.
(Organization, calling a seeding meeting of the league wrestling coaches Wednesday or Thursday prior to the meet, ordering and paying for the officials and ticket takers, providing mats, etc.)
 - b. League maximum admission prices are to be charged.
 - c. Any net loss after officials and ticket takers are paid will be absorbed by the TVL. Any net profit is to be paid to the TVL. The host school keeps concessions.
8. Running the Tournament:
 - a. The tournament will be run with an 8 person bracket and out brackets if needed. Out brackets, when needed, will be placed so that the winner moves onto the bracket at the highest position(s) available (4th, 5th, 6th, 7th, 8th). The out brackets will be drawn in randomly to any position. Advancement points will be given for outbrackets. Since the League Tournament is a qualifying tournament for the boys, all spaces in the 8 man bracket that are not filled by a league team will be forfeited and scored as such.
 - b. A seeding meeting will be held Wednesday or Thursday before the day of the league meet to establish the brackets for each weight class. Criteria for seeding will be as follows:
 - i. Head to head
 - ii. State
 - iii. Sections
 - iv. Subs 1-6 any weight
 - v. League at same weight or above, Placers 1-4
 - vi. League at lower weight, Placers 1-4
 - vii. Common opponent
 - viii. Agreement of coaches involved
 - ix. Records by percentage
 - x. Coaches vote, majority rules
 - xi. Coin Flip
 - c. The TVL Tournament host school shall be responsible to maintain an accurate team score (scored as per the National Rule Book for a tournament with the designated number of places). The host school will publish and make printed copies of the team scores available following each round of the Tournament and a grand total for each team will be provided. The team scores will also be announced following each round.
9. Wrestling League Meet Rotation
 - a. Hughson 25-26, Hilmar 26-27, Orestimba 27-28, Sonora 28-29, Ripon 29-30, Escalon 30-31

10. Awards: Refer to TVL Constitution - Financial Section - III Awards
11. Qualification as a TVL Team: (Boys Only)
 - a. All League wrestling schools must qualify as a team on the Monday of the third week of December. A league team is defined as any school that can fill at least 7 positions in their varsity line up. A team roster will be presented to the AD of that school on the Monday of the third week of December. If the team cannot produce at least 7 wrestlers, the AD must contact all other league schools to relieve them of the requirement to have a dual that season. Any duels before this time will not count in the league standings. The non-qualified team members will still qualify to Section Playoffs through our TVL Tournament. If a team drops below 7 varsity wrestlers at any time during the season they are to call and notify their next opponent and the match is a forfeit.
12. Parent and/or Senior Night:
 - a. Parents and Seniors may be recognized during the pre match introductions.
13. The Trans Valley League will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport
14. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.

SOCCER (BOYS & GIRLS)

1. Rules:
 - a. The Official High School Soccer Rules published by the National Federation of State High School Associations will be used.
2. Start of Practice:
 - a. League teams may begin team practices as per Sac Joaquin Section Rules
3. Game Starting Times:
 - a. Boys and girls varsity games will start at 3:30pm. Evening games may be scheduled by mutual agreement of competing schools. When playing back to back on the same field, varsity first if the field is not lit, JV first if the field is lit.
4. Length of Games:
 - a. Games will consist of two 40 minute halves.
5. Number of Officials:
 - a. Two/three officials will be assigned for each league game. Games may be played with only one official if only one assigned official shows up.
6. Tournaments: League teams will not be allowed to play in postseason tournaments except for CIF playoffs.
7. The National Federation approved Red Card System will be used. In all contests including playoffs, schools with Red Carded players are to notify their next opponent of the player not eligible to play.
8. The Red Card Rule for players will also apply to coaches.
9. Format for league representation to Section playoffs is:
 - a. Points will be assigned to each win, tie or loss as follows:
 - i. Win - 3 points
 - ii. Tie - 1 point
 - iii. Loss - 0 points
 - b. The team having the greater total points will be the first place representative to the Section playoffs. Second most, second representative and third most the third representative.
 - c. Tie Breaker: If a tie still exists for first, second or third place after points have been assigned for wins, ties and losses as described above in (a).
 - i. Head to head
 - ii. Goal differential: goals for, head to head
 - iii. Goal differential: goals against, head to head
 - iv. Use MaxPreps team ranking
 - v. If a tie still exists, the Commissioner shall break the tie with a coin flip.
10. Awards
 - a. Refer to TVL Constitution - Financial Section III Awards
11. Honorable Mention: Only those student athletes receiving a nomination (according to the bylaws for each sport) for all-league shall be considered honorable mention. There will be no additional nominations for this honor.
12. League teams shall participate as per Sac Joaquin Section Bylaws:

- a. The Trans Valley League will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport
- b. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.

BASEBALL

1. Rules: The Official CIF rules for baseball will be used.
2. Season of Sport

The Trans Valley League will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport

 - i. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.
3. Coaches on Bases
 - a. Coaches must be in uniform to coach from the coaching boxes
4. Number of Officials:
 - a. Varsity league games require two umpires. JV games require only one official. Varsity games will be played with only one official if necessary. The specified waiting time for the full complement of officials is thirty minutes. If only two officials show up, they may split to cover varsity and JV games.
 - b. If two Varsity officials come to a Trans Valley League game and no JV official comes, the Varsity officials will not be split or reassigned to the JV game. For preseason or non-league games officials may be split or reassigned to the JV game.
5. Starting Time:
 - a. Starting time will be 3:30pm. After daylight savings, starting time will be 4:00pm. Night games may be scheduled. Regularly scheduled day games shall be finished under the lights if available. (8/01)
6. Warm up:
 - a. The home team must have completed its use of the field for warm up purposes fifteen (15) minutes before game time. The visiting team shall have the use of the field for warm up purposes fifteen (15) minutes before game time.
7. Postponements
 - a. Postponed games are to be scheduled for the next available date.
8. Official Ball
 - a. CIF Approved
9. Tied and/or Suspended Games:
 - a. Tied and/or suspended games during the first round are to be completed the day of the second round game between the same two teams. The game is to be continued from the point of suspension. The regularly scheduled game is to start 15 minutes after completion of the suspended game or sooner if both coaches agree. (10/20/98)
 - b. Tied and/or suspended games during the second round of league play are to be completed from the point of suspension, at the home team's field, on the next available date. (10/20/98)
 - c. Pitching rules apply to the week that the game is completed.
 - d. Immediately after a tie or suspended game the two coaches will compare scorebooks to make sure they are consistent. The home team book is official.

10. League Champion:

- a. The TVL Champion will be decided by the best win-loss record. In case of a tie for first place, there will be a co-champions.

11. Determination of section playoff seeding:

- a. Head to head record within the tie:
 - i. The team with the best head to head record within the tie shall represent the league has the higher seed in the section playoffs.
- b. Point total:
 - i. Each team will be assigned a point value based on their league record at the end of the season. The best record will receive 7 points, second best 6 points, continuing down to the worst record receiving 1 point. Teams with the same record will split the total points for the spots that they represent. Example: two teams finishing tied for first at 13-1 would be assigned a point value of $6 \frac{1}{2}$ points each, $\frac{1}{2}$ of $7+6$. Points are accumulated for each win based on this assigned value of the teams played in the league. Seeding would then be decided by the highest point totals of the teams involved in the head to head tie.
- c. Team least scored upon:
 - i. Team with the least total runs scored against them in league play, with a max of 10 runs per game.
- d. Coin Flip:
 - i. If any teams contending for a playoff spot are still tied after stages (A), (B), © have been completed, there will be a coin flip by the commissioner.

12. Awards:

- a. Refer to TVL Constitution - Financial Section III Awards

13. Honorable Mention:

- a. Only those student athletes receiving a nomination (according to the bylaws for each sport) for all shall be considered honorable mention. There will be no additional nominations for this honor.

14. Misc:

- a. No batting practice before a league game once the school day has ended. No pitching machines. No live pitching in a batting cage. Use of wiffle balls is OK. Soft toss is OK.
- b. Batting practice in a batting cage is allowed during JV games if played before the varsity game on the same field. Equal length of time to be agreed upon by the coaches the week prior to the games.

SOFTBALL

1. Rules:
 - a. The official CIF rules for softball will be used.
2. Season of Sport
 - a. League teams shall participate as per Sac Joaquin Section Bylaws
 - b. The Trans Valley League will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport
 - c. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.
3. Number of Officials:
 - a. Varsity league games require two umpires. JV games require only one official. Varsity games will be played with only one official if necessary. The specified waiting time for the full complement of officials is thirty minutes. If only two officials show up, they may split to cover varsity and JV games.
 - b. If two Varsity officials come to a Trans Valley League game and no JV official comes, the Varsity officials will not be split or reassigned to the JV game. For preseason or non-league games officials may be split or reassigned to the JV game.
4. Starting Time:
 - a. Starting time will be 3:30pm. After daylight savings, starting time will be 4:00pm. Night games may be scheduled. Regularly scheduled day games shall be finished under the lights if available. (8/01)
5. Warm up:
 - a. The home team must have completed its use of the field for warm up purposes fifteen (15) minutes before game time. The visiting team shall have the use of the field for warm up purposes fifteen (15) minutes before game time.
6. Postponements
 - a. Postponed games are to be scheduled for the next non conflicting date.
 - b. Tied and/or suspended games during the first round are to be completed the day of the second round game between the same two teams. The game is to be continued from the point of suspension. The regularly scheduled game is to start 15 minutes after completion of the suspended game or sooner if both coaches agree.
 - c. Tied and/or suspended games during the second round of league play are to be completed from the point of suspension, at the home team's field, on the next non conflicting date.
 - d. Immediately after a tie or suspended game the two coaches will compare scorebooks to make sure they are consistent. The home team book is official.
7. Official Ball:
 - a. Wilson 9011
8. League Champion and Section Playoff Seeding:

- a. The TVL Champion will be decided by the best win-loss record. In case of a tie for first place, there will be co-champions. The format for determining league representation to playoffs will be as follows:
 - i. Head to head record within the tie. The team with the best head to head record within the tie shall represent the league as the higher seed in the section playoffs.
 - ii. Point Total:
 - 1. Each team will be assigned a point value based on their league record at the end of the season. The best record will receive 7 points, second best 6 points, continuing down to the worst record receiving 1 point. Teams with the same record will split the total points for the spots that they represent. Example: two teams finishing tied for first at 13-1 would be assigned a point value of $6\frac{1}{2}$ points each, $\frac{1}{2}$ of $7+6$. Points are accumulated for each win based on this assigned value of the teams played in the league. Seeding would then be decided by the highest point totals of the teams involved in the head to head tie.
 - 2. Team least scored upon. Team with the least total runs scored against them in league play, with a max of 10 runs per game.
 - 3. Coin Flip: If any teams contending for a playoff spot are still tied after stages (A), (B) and (C) have completed, there will be a coin flip by the commissioner

9. Awards:

- a. Refer to TVL Constitution - Financial Section III Awards

10. Honorable Mention:

- a. Only those student athletes receiving a nomination (according to the bylaws for each sport) for all league shall be considered honorable mention. There will be no additional nominations for this honor.

11. No batting practice before a league game once the school day has ended. No pitching machines. No live pitching in a batting cage. Use of a wiffle ball is OK. Soft toss is OK.

GOLFS RULES (BOYS)

TVL Boys Golf Rules and Regulations 2022 (updated 2/1/22)

Rules - Regulations and Policies

1. Participants/Events: Up to six (6) players may play; the best five (5) scores from each team will be used to determine the winner. Each school will host one 18 hole tournament at their home course. Start times for dual matches/tournaments will be determined by the host school and mutually agreed upon between the coach's home course and the athletic directors. (Host schools should make every effort to start after 1:00pm)
2. The use of "winter" rules (playing the ball up or down) and tees will be decided by the host team in conjunction with the golf course.
3. Host/tournament director shall:
 - a. Be the direct contact with the host golf course; oversee and determine if the event is to be split tee times or tee times off #1 or shotgun.
 - b. Communicate in advance with all league coaches. Create groups/tee times for the event; email all coaches by Wednesday afternoon before the event. Tee times moving forward should be based and prioritized on the overall pace of the field.
 - c. Host schools should include all on course-specific local rules. Examples: root rule, drops from flower beds, dirt roads = cart paths, OB etc. This should be included with the notification of tee times. There should also be a hard copy that can be handed out to each coach on the day of the event.
 - d. Oversee and monitor warmup and range available for all schools.
 - e. Compile all scores and submit the final results of the event to the TVL league rep (AD/coach) in charge.
4. Compiling Tournament Results: At the completion of each league tournament the host team will:
 - a. Collect all team scores: coaches will complete and record all of their team's scores on a document for the host school.
 - b. Coaches should be present and aware of all scores being posted and recorded by their team and the team they played with.
 - c. Email the results to the Athletic Director responsible for tabulating the results and send the results to the appropriate newspapers or social media.
 - d. This individual (AD) will compile the tournament results and send out updates throughout the year.
 - e. Any attempted protest, alleged breach of rules, and or scoring discrepancies should be voiced at the golf course, the day of the event, and prior to the signing of scorecards. Coaches protesting a ruling or score must do so within 24 hours of the conclusion of the match. Coaches must notify their school's athletic director and the league commissioner of the protest.
5. League Championship: League champions will be determined by a point system based on the team's point accumulation during regular-season tournaments and the league championship. Teams will be awarded 1 point for each team they finish ahead of during

the regular season league tournament and the league championship. Teams will be awarded 1 point for each team they finish ahead of during the regular season league tournaments. Teams will be awarded 2 points for each team they finish ahead of during the league championship. In the event of a team tie (tie in total points) for the league championship, the results of the league championship golf event will determine the winner.

6. Tournaments Ending in Ties: In tournaments resulting in a tie, the lowest score from the school's next player (not counted in the top 5) will be used to break the tie. If the #6 score does not break the tie, all six teams members' scores will be added up on the #1 handicapped hole and compared. This process will continue until there is a winner determined.
7. All-League and MVP Selection: The League will provide 12 All-League Patches and a Coach of the Year Certificate. Coach of the Year will be voted on by the coaches. All-league honors will be based on individual players' point accumulation throughout the course of the five league tournaments and the end of the year TVL/league championship event. The player receiving the highest points will be designated Most Outstanding Player (MOP). Each coach may recommend a candidate for MVP (the MVP Award determined by an anonymous vote from the coaches - based on the value a player brings to the team including sportsmanship- i.e. the player that shakes the coach's hand, the one your kids enjoy playing with because of attitude, follows the rules and spirit of golf, etc.) The next ten(10) players with the highest point total will be considered All-League.
 - a. The low score of a league tournament will be awarded 30 points. 2nd place will be awarded 29 points. POints will be awarded in descending order; 30-0.
 - b. The low score of a league championship will be awarded 60 points. 2nd place will be awarded 58 points. POints will be awarded in descending order; 60-0.
 - c. Tied scores will be awarded the same point total. Example - If two golfers tie for the low score both would be awarded 30 points, the next lowest score would be awarded 28 points.
 - d. Regardless of the size of the field, the low score will be awarded 30 points for a tournament and 60 for the championship.
8. Team and Individual Qualification for the SJS Division V Championship. Teams will qualify by team points earned in TVL events. If there is a tie for the final team qualifier, the results and the tiebreak (#6) from the TVL Championship will be used to break the tie.
 - a. Individuals will qualify by their individual points earned in TVL events. The highest 6 (or 3) individuals NOT on a team qualifier will earn entry into the SJS DV Championship. If there is a tie for the final individual qualifier, the score at the TVL championship and tiebreak (#6) will determine who advances.
 - b. The Sac-Joaquin Section determines the number of teams that will qualify for the Division 5 Championship.
 - i. 8 Team league = 3 Teams qualify plus 6 individuals
 - ii. 7 Team League = 3 Teams qualify plus 6 individuals
 - iii. 6 Team League = 2 Teams qualify plus 6 individuals

iv. 5 Team League = 2 Teams qualify plus 3 individuals

9. Rules of Play:

- a. All league play will be governed by USGA, NCGA, and CIF. In order to expedite play, the highest score on a hole will be ten (10). Once that score is reached by a player, the ball will be picked up, and play on that hole will end for that player.
- b. TVL will adhere to the 2019 USGA pace of play perversion pertaining to balls lost or out of bounds: as a n alternative to stroke and distance. The rule will allow golfers the option to drop the ball in the vicinity of where the ball is lost or out of bounds (including the nearest fairway area), under a two-stroke penalty.
(Clarification: If a player is dropping for a ball hit out of bounds, they are dropping at the “point of entry”, not where the ball ended up. In both OB and lost ball scenarios, players have the option to play the ball from the previous location under the normal OB/Lost ball penalty; stroke and distance.)

10. Coaching:

- a. A certified coach must accompany the players on the course during the match.

11. Player Conduct:

- a. Flagrant throwing of clubs or damaging the golf course will result in disqualification.
- b. Vulgar or abusive language will result in a one-stroke penalty on the first offense and disqualification on the second offense.
- c. Etiquette Rule: All players must stay with their foursome. Players not following the proper golf etiquette will be warned on the first offense. On the second offense, a two-stroke penalty will be assessed. On the third offense, the player will be disqualified. Before a penalty is assessed or DQ a coach needs to be notified.
- d. Advice CAN be given by a player’s teammate.

12. All Spectators following a dual match or tournament are required to be 30 years off fairways and greens. Coaches are to make this known to all spectators before each tournament. Spectators should be warned on the first offense and then asked to leave on the second offense.

13. Cell phones: Participants shall not have or use cell phones in any way.

14. Distance measuring devices will be governed by the prescribed Sac-Joaquin and CIF State guidelines.

- a. Rangefinder Rule: Players may use a device that measures distance only. Players may not use any cell phone applications as the use of cell phones is prohibited. The use of devices that gauge or measure other conditions, in addition to distance, that might affect a player’s play (e.g., wind or gradient) is not permitted, even if that feature(s) is turned off. The penalty for breach of this rule is a disqualification. Players are encouraged to share yardage information with all members of their group if some individuals do not have a measuring device.

15. Electric Golf Carts and Caddies:

- a. Players must carry their own clubs or transport them on a pull cart (caddies and golf carts are not permitted). Penalty: First violation is a two-stroke penalty; subsequent violation will result in disqualification.

TVL BOYS' GOLF SPECTATOR RELEASE FORM

For the purpose of this policy, a spectator is considered to be anyone who is at the golf course and who is not a coach or player in the Trans Valley League.

The TVL firmly believes in upholding the traditions golf teaches, including, most importantly, the values of sportsmanship, integrity and honesty. We expect our players, parents and other spectators to act with courtesy and common sense at all of our events and feel very strongly about enforcing our player Code of Conduct and this Spectator Code of Conduct. All parents have the opportunity to watch their child participate in Trans Valley League play. However, in order to maintain this ability, certain guidelines must be followed. All spectators must adhere to this policy, understanding that any breach will result in removal from the golf course and possibly being banned from future events. As a spectator at the golf course you are just that - a spectator. You are not an active participant in the day's events.

1. Spectators attend TVL events at their own risk. Spectators must observe the same golf etiquette and respect to the golf course, facilities, and policies of the host club as the players.
2. No electronic devices allowed on course during play; refrain from bringing cell phones, yardage measuring devices or radios onto the course.
3. Spectators should stay on cart paths. In the absence of cart paths, we ask that spectators stay in the rough. Please stay off fairways, tees and greens. Keep up with or ahead of your group to ensure pace of play and do not interfere with other groups' play. Be careful to not delay play for following groups by standing in their target or landing area. Remain at least 30 yards from participants.
4. Spectators may NOT assist in looking for lost balls and acting as caddies.
5. Adhere to the host facility's dress code. Some facilities may not allow blue jeans, T-shirts, etc. and may require collared shirts.
6. Spectators and spectator carts may NOT carry water, golf equipment, umbrellas, etc. for players.
7. No advice is to be given to competitors during stipulated rounds, especially if the competitor is a relation or friend. Advice (USGA Rule 8) is any counsel or suggestion which could influence a player in determining his play, the choice of a club or the method of making a stroke. In addition, any conversation between player/spectator may be construed as advice. This includes any conversation between player/spectator in their native language. In either instance, the penalty for breach of this rule is two strokes. Players are responsible for the actions of their relatives and spectators in regards to this rule. Keeping the above statement in mind, please keep your conversation with the player to words of encouragement as long as advice is not given. Make sure to avoid all communication, verbal and non-verbal, which may be construed by others (competitors, parents and Rules Officials) as advice. Spectators are encouraged to be reserved when acknowledging a good shot.
8. USGA Rule 6-1 states "The player is responsible for knowing the Rules. "Spectators should not give rulings. Spectators are encouraged not to give information on the Rules to players because frequently the information is incorrect and/or Rule 8 (Advice) is breached. Violation of the Rules will typically lead to a penalty for the player(s) involved.

9. Possession of drugs, alcohol, smoking or chewing tobacco products or sunflower seeds by spectators while on the golf course is strictly forbidden.

SPECTATOR PRIVILEGES

1. Watching a TVL event as a spectator is a privilege. Whether you are a parent or a friend of a player, your spectator privileges may be suspended if you fail to follow the spectator guidelines.
2. Remember that you are at a contest to support your team and to enjoy the skill and competition; not to intimidate or ridicule players, fans, officials or coaches.
3. Student/Athletes are involved in organized sports for their enjoyment. Make it fun! Encourage the student/athletes to play by the rules. Remember that children learn best by example, so recognize the good play of both teams.
4. By showing a positive attitude toward the game and all of the participants, all players will benefit. Do not embarrass any athletes by yelling at players, coaches, or officials.
5. Emphasize sportsmanship through your verbal and physical behavior. Know and study the rules of the sport, and support the coaches and officials on and off the field/court. This approach will help in the development and support of the game. Recognize a good effort in both victory and defeat, and enforce the positive points of the game.
6. Understand the importance of coaches. They are important to the development of athletes and the sport. Communicate with them and support them.
7. Be a positive role model during and after all events. Remember participating in athletics and being a fan in the stands is a privilege, not a right.
8. Be a positive role model during and after all events. Remember participating in athletics and being a fan in the stands is a privilege, not a right.
9. Should the Trans Valley League be informed or become aware of misconduct by a parent of spectator in TVL sanctioned events, the league reserves the right to impose its own discipline or sanctions against the parent or spectator, including, but not limited to, a verbal warning, being instructed to leave the sporting event by school personnel and denial of entry or access to TVL sanctioned events.
10. I have read the above stipulations and will abide by the principles contained therein. I recognize that I must sign this agreement to have access to the source during Trans Valley League events.

PARENT/GUARDIAN SIGNATURE / Date

TENNIS RULES (CO-ED)

1. Practice, first scrimmage and games start as per Sac Joaquin Section Rules.
2. Team Format:
 - a. A team will consist of the following classifications: #1 boys singles, #2 boys singles, #1 girls singles, #2 girls singles, #1 boys doubles, #2 boys doubles, #1 girls doubles, #2 girls doubles and one mixed doubles. Fourteen players per team, seven boys and seven girls. A match will consist of nine contests involving the above classifications. No athlete may compete in more than one classification during a league match.
3. Starting Time:
 - a. Introductions and warm ups will begin at 3:15pm. The starting time for league matches will be 3:30pm
4. Scheduled Games:
 - a. Games canceled because of events beyond the control of the responsible administrative authority, will be rescheduled at the earliest possible date. Games interrupted because of events beyond the control of the responsible administrative authority will be continued from the point of interruption unless the teams agree otherwise, or unless there are conference, league or start association rules that apply.
5. USTA rules will apply in all league matches.
6. The ball used in play will be Championship Penn, Wilson or Dunlop.
7. Singles matches are to be best 2 of 3 sets.
 - a. In case either of the first two sets reaches six-all a twelve point tie breaker will be played. (first to 10, must win by 2)
 - b. First half of the season: a third set is necessary, it will be decided by an eighteen point super-tie breaker. (first to 10, must win by 2)
 - c. Second half of the season: a third set will be played by the #1 singles, #1 doubles and mixed doubles, instead of an 18 point tie breaker.
 - d. Number 2 singles and number 2 doubles will play as above but continue to play an 18 point tie breaker for a third set throughout the season.
8. Time Limits:
 - a. CIF Section Playoff Rules
9. Coaching:
 - a. CIF Section Playoff Rules
10. Scoring:
 - a. CIF Section Playoff Rules
11. Player Movement:
 - a. The four (4) best players on each team (4 boys and girls) are to be locked in for each half of the league season and may only play as #1 singles, #2 singles, #1 couples or mixed doubles. They may be moved among these four positions from match to match. These players must fill all the singles positions. Two must play at mixed doubles.

- b. Each coach must send by email to all other coaches in the league the names of the 4 players to be locked in for the first half of the season, 5 days before the first league match. For the second half of the league season, each coach is to send to each other, their designees as top four players, five days before the first match of the second round of league play.
- c. If one of these four players is unable to play because of injury, illness, ineligibility, left school, quit, was removed from the team or similar reason, two of the remaining three must fill the singles positions. Another player on the team may fill in the 4th spot at #1 doubles or mixed doubles and may be switched between the two from match to match. If two designated players cannot play for the above mentioned reason, the remaining two players must fill the singles spot(s). In this case anyone else from the rest of the team may fill any of the doubles or mixed doubles sports.

12. Conduct:

- a. Each coach is responsible for his/her team's court conduct and discipline during all matches.
- b. During a match, if foul language or unsportsmanlike conduct occurs the player's coach will first issue a warning. A second occurrence during the match will result in a default. It is also the responsibility of each coach to teach his or her players the rules of the game, proper court etiquette, and care for the facilities of the other schools.

13. Line Judges:

- a. A player may request the opposing coach to serve as a lines judge. It is the duty of the line judge to make a ruling only on those calls that are questioned by a player or doubles team.

14. League Tournament:

- a. Upon conclusion of league play, a final league tournament will be held. Rent for a venue to be paid for by the TVL with TVL Approval. A meeting is to be called by the Tennis Rep to determine All League selections and seed the Tournament. Each team will be permitted to enter two players in each singles event and two teams in each doubles event. The events will include, boys Singles, Girls Singles, Boys Doubles, Girls Doubles and Mixed Doubles.

i. Qualification:

- 1. Any player who has participated on a school team during the regular season is permitted to play in the tournament. Players may be moved out of an event that they have played during the regular season and into another event at the discretion of the coach and the player. Coaches should note that the changing of events may affect a player's or team's seeding in their particular event. Singles players that do not qualify for the finals are eligible to play again in the doubles competition. If a player makes it to the finals in singles, then he/she is NOT eligible to play in the doubles competition.

ii. Seeding:

1. The coaches will determine at least the top four seeds in each event. The remainder of the draw will be filled out by random draw. Two players or two doubles teams from the same school may not be bracketed together, but must be put in opposite ends of the bracket.

15. Qualifying for Section Playoffs

a. Individuals:

- i. The place finish in each event in TVL Tournament play will determine seeding and advancement to Section play. In the event of an injury or other problem that may prohibit a qualified player from attending the Section Tournament, the league coaches will resolve the problem.

b. Team:

- i. The final TVL match play standings will determine seeding to the Section Team Tournament.

1. Tie-breaker progression:

- a. The best head to head record within the tie shall advance and/or receive the higher seed.
- b. Highest cumulative team scores regarding teams involved in the Tie. (i.e. A7-B2, B6-A3=A10-B8A advances/higher seed)
- c. Most set wins regarding teams involved in the tie.
- d. Coin flip if all coaches involved agree.
- e. Coaches involved may agree on seeding
- f. If still tied a play off, if time allows, on a neutral court at the earliest possible date will decide who advances and/or has the highest seed.

16. All League Selections:

a. Players are to earn points in league play as per the following:

- i. A win in #1 boys and girls singles receives 3 points. A loss receives 1 point.
- ii. A win in #2 boys and girls singles, #1 boys and girls doubles receives 2 points. Winning #2 doubles, 1 point. Mixed doubles 1 point. A loss receives no points.
- iii. A win in #2 boys and girls doubles receive 1 point. A loss receives no points. Tennis may award All League honors to the top 28 point earners as per the league formula: 14 starters x 2 = 28. Any individual going 10 wins and no losses at the same level for the season is automatically all league. There may be special awards within the 28, such as Most Valuable Player - Girls, Most Valuable Player - Boys, Most Outstanding Player - Girls, Most Outstanding Player - Boys. The coaches may vote to decide which special awards to give each year. These special awards recipients may be nominated by their coach from among the top 3 point earners and voted on by the coaches via secret ballot. (Note: The players' point totals are to be emailed to the Tennis Rep prior to the all league

meeting so that he can have a compiled list for everyone. This will facilitate seeding and all league selections)

- iv. Honorable Mentions may be awarded, but recipients must have played in at least 6 or the 12 league matches and have at least 6 wins during the league season.

17. Awards:

- a. Refer to TVL Constitution - Financial Section - III Awards.

18. Season of Sport

- a. League teams shall participate as per Sac Joaquin Section Bylaws
 - i. Article 5. General Rules. 504 Season of Sport
 - ii. "Limited Period" dates vary from year to year.

19. Basic Match Format:

- a. Nine matches:
 - i. Boys singles #1 (BS1), Girls Singles #1 (GS1), Boys singles #2 (BS2), Girls singles #2 (GS2), Boys doubles #1 (BD1), Girls Doubles #1 (GD1), Mix doubles (M), Boys doubles #2 (BD2), Girls Doubles #2 (GD2).
- b. Best of 2 out of 3 sets, no add scoring. 7 point tiebreaker at 6 all.
- c. Follow section format in regards to boys and girls ladders. Two of top three must play singles with #1 never allowed to play #2 singles. One difference from sections, we allow a forfeit in a spot where one of the top three could play if that player is absent.
- d. Your ladder must be sent to all coaches and league commissioners prior to the first league match and a new ladder for the second half prior to the first second half match.
- e. Substitutions in doubles #2. The subs can be after a complete cycle, (every four games) or at the beginning of a new set. No subs in all other matches.
- f. All match results must be text or emailed to the other coaches and the league commissioner asap. Simply take a picture and do a group text.
- g. In case of a postponed match due to rain or some conflict, the two schools involved work out a new date and contact the league commissioner.

Swimming and Diving

1. Season of Sport: Spring
2. The Trans Valley League will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport
3. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.
4. Dual or Tri-meets will be scheduled among teams so that each team has one contact against each member team, but results of duel meets will not count towards the league championship title.'
5. League Championship
 - a. The TVL Swim Championship Meet shall determine the league title each season.
 - b. Scoring for the championship meet shall follow these rules:
 - i. Only one (1) relay per team may score points per relay event with no limit on entries.
 - ii. The top eight (8) individual finishers in each individual event shall score points.
 - iii. Points will be awarded according to a standard scoring system (to be determined and agreed upon by the coaches).
 - iv. All scoring follows the NFHS Guidelines and CIF set regulations.
 - c. The team with the highest combined point total at the conclusion of the championship meet will be declared TVL Swim Champion for the season. For the purpose of Trans Valley League titles, males and females will be totaled separately to determine each.
6. All-League swimmers and relay teams will be determined by winning first place at the Championship meet.
7. Awards:
 - a. Refer to TVL Constitution - Financial Section - III Awards.

Track

1. Start of Practice:
 - a. Practice begins as per Sac Joaquin Section Rules
2. Schedule/competitive Levels:
 - a. A dual meet schedule will be drawn up and each league school participating will be required to meet each of the other league schools. Baseball and Track will be scheduled so that a school will not be playing both sports at the same time and at the same place. Track meets will be held on Wednesdays. Track will field the following levels: varsity boys, varsity girls, and JV boys. Prior to each meet roster declaring team levels for that meet shall be presented to the meet clerk and the opposing coach. (8/00).
3. Championship:
 - a. The championship will be determined by a combination of both dual meet competition and league meet placement. Points are awarded in descending order with one point differential for each place in both duals and TVL Meet.
 - i. Examples:
 1. 1st - 6
 2. 2nd - 5
 3. 3rd - 4
 4. 4th - 3
 5. 5th - 2
 6. 6th - 1
 7. 7th - 0
 - ii. If any teams tie for any given place the points will be combined for a total and divided equally among the tied.
4. Minimum facility standards for TVL track meets will be established by CIF Sac Joaquin National Federation section handbook.
5. Starting times for field events will be 3:30pm. Running events will start at 4:00pm
6. League Meet Rotation:
 - a. Between schools with all weather tracks. Escalon 2026, Ripon 2027, Hughson 2028
7. Awards:
 - a. Refer to TVL Constitution - Financial Section - III Awards. Coach of the Year certificates are to be awarded.
8. TVL Track Meet
 - a. The Track Rep will call a meeting of the track coaches to organize the TVL Meet. (seeding, starter, timing, running the field events, etc.).
 - b. League Meet Starting Times
 - i. Field events 3:00pm
 - ii. Running events 6:00pm
9. Seniors may be recognized during breaks in the action throughout the meet.
10. Season of Sport

- a. The Trans Valley League will follow CIFSJS Bylaw Article 5, General Rules 504 defining Season of Sport
- i. Dead Period: July 1-14 each year. No contact between Coach and Athlete during this period.

Trans Valley League Order of Track Events

Regarding change of order or combining events: Only by mutual agreement of the head coaches at the beginning of each meet may the order of events be changed or combined.

| <u>Order of Track Events - 4:00pm Start</u> | | <u>Order of Field Events - 3:30pm Start</u> |
|--|----------------|---|
| Varsity | 110 M HH (39") | <p><u>Group 1</u> Varsity Long Jump Girls High Jump Varsity Shot Put Frosh-Soph Triple Jump Girls Pole Vault Frosh-Soph Pole Vault</p> <p><u>Group 2</u> Varsity Pole Vault Frosh-Soph Long Jump Frosh-Soph Discus Varsity High Jump Girls Shot Put Girls Triple Jump</p> <p><u>Group 3</u> Frosh-Soph High Jump Frosh-Soph Shot Put Varsity Discus Girls Long Jump Varsity Triple Jump</p> <p>Scoring</p> <p><u>Dual Meets</u> 5-3-1 Relay 5-1</p> <p><u>Tri-Meets</u> 5-3-2-1</p> |
| Frosh-Soph | 110 M LH (36") | |
| Girls | 100 M LH (33") | |
| | | |
| Frosh-Soph & Girls | 1600 M Run | |
| | | |
| Frosh-Soph | 400 M Relay | |
| Girls | 400 M Relay | |
| Varsity | 400 M Relay | |
| | | |
| Varsity | 1600 M Run | |
| | | |
| Frosh-Soph | 400 M Dash | |
| Girls | 400 M Dash | |
| Varsity | 400 M Dash | |
| | | |
| Frosh-Soph Girls | 100 M Dash | |
| Girls | 100 M Dash | |
| Varsity | 100 M Dash | |

| | | |
|--------------------|----------------|-------------|
| | | Relay 5-3-0 |
| Frosh-Soph & Girls | 3200 M Run | |
| | | |
| Frosh-Soph | 300 M LH (30") | |
| Girls | 300 M LH (30") | |
| Varsity | 300 M MH (36") | |
| | | |
| Frosh-Soph | 800 M Run | |
| Girls | 800 M Run | |
| Varsity | 800 M Run | |
| | | |
| Frosh-Soph | 200 M Dash | |
| Girls | 200 M Dash | |
| Varsity | 200 M Dash | |
| | | |
| Varsity | 3200 M Run | |
| | | |
| Frosh-Soph | 1600 M Relay | |
| Girls | 1600 M Relay | |
| Varsity | 1600 M Relay | |

TRANS VALLEY LEAGUE MEET TRACK RECORDS

Varsity Girls

| Event | Mark | Name | School | Year |
|----------------|--------------------|-----------------------------------|----------------------|--------------|
| 100m | 12.24 | Karen Schaefer | Central Catholic | 1981 |
| 200m | 24.84 | Karen Schaefer | Central Catholic | 1981 |
| 400m | 58.14 | Taryn Garza | Modesto Christian | 2007 |
| 800m 880y** | 2:19.58 2:20.43 | Yahaira Salinas Maritza Garcia | Escalon Riverbank | 2017 2005 |
| 1600m | 5:05.74 | Maritza Garcia | Riverbank | 2006 |
| 3200m | 11:23.3 | Maritza Garcia | Riverbank | 2006 |
| 100m LH | 14.22 | Starla Skiles | Ripon | 2025 |
| 300m LH | 43.69 | Starla Skiles | Ripon | 2025 |
| Shot Put | 43'7.25" | Dot Jones | Hilmar | 1982 |
| Discus Throw | 139'6" | Gloria Randolph | Livingston | 1979 |
| Long Jump | 20'0" | Nicole Warwick | Modesto Christian | 2017 |
| Triple Jump | 37'0.75" | Taylor Fought | Sonora | 2025 |
| High Jump | 5'3" | Alex Almy | Hughson | 1997 |
| Pole Vault | 10'9" | Kasey Wool | Riverbank | 2004 |
| 4x100m Relay | 49.77 | | Hilmar | 2024 |
| 4x400m Relay | 4:01.05 | | Ripon | 2025 |
| 4x800m Relay | 10:51.38 | | Hughson | 2024 |

w = wind aided

*converted hand time

**yard track, distance race

TRANS VALLEY LEAGUE MEET TRACK RECORDS

Varsity Boys

| Event | Mark | Name | School | Year |
|--------------|----------------------------|--|------------------------------------|----------------------|
| 100m | 10.60w 10.95* | Donovan Wallace Edgar Alviso | Riverbank Hilmar | 2009 2005 |
| 200m | 21.93w 22.14* 22.14* | Donovan Wallace Jim Alfieri Elmar Snyder | Riverbank Escalon Livingston | 2009 1959 1960 |
| 400m | 49.86 | Sam Goulet | Escalon | 2006 |
| 800m/880y | 1:56.0** | German Fernandez | Riverbank | 2008 |
| 1600m/1 mile | 4:14.0** | German Fernandez | Riverbank | 2008 |
| 3200m/2 mile | 9:09.0** | German Fernandez | Riverbank | 2008 |
| 100m HH | 14.74* | DJ Crittenden | Hilmar | 1997 |
| 300m IH | 39.64* | Cesar Aranda | Riverbank | 1998 |
| Shot Put | 62'9.5" | Lucais MacKay | Hughson | 1999 |
| Discus Throw | 189'10" | Lucais MacKay | Hughson | 1999 |
| Long Jump | 22'10"w 22'4.5" | Devondre Stendardo Sam Murphy | Hughson Riverbank | 2015 1997 |
| Triple Jump | 44'5.5" | Michael Gomes | Patterson | 1980 |
| High Jump | 6'9" | Mirl McGinnis | Riverbank | 1985 |
| Pole Vault | 14'1" | Tony Winstead | Riverbank | 2006 |
| 4x100m Relay | 42.90 | | Ripon | 2025 |
| 4x400m Relay | 3:30.14 | | Ripon | 2014 |
| 4x800m Relay | 8:20.79 | | Hughson | 2023 |

w = wind aided

*converted hand time

**yard track, distance race

TVL AWARD AND HONORS

Scholar/Athlete Patches

1. Each school will select up to twenty (20) scholar athletes per school year. Candidates will have a minimum state college GPA of 3.5 and be a varsity athlete. The League will supply patches to be presented at the individual schools.

Scholar/Athlete Plaques:

1. The following criteria will be used for selecting two Scholar/Athlete of the Year from each school, one boy and one girl. A plaque is to be presented to each at a Scholar/Athlete Luncheon to be held in May of each year.
 - a. Must be a Senior
 - b. Minimum 3.3 GPA on the State College System (grades 10,11,12 not including PE) for grades through the first semester of their senior year.
 - c. There will be no use of weighted honor grades.
 - d. The scholar/athlete must earn at least one varsity letter during his/her senior year.

All-League Patches and Certificates

1. Coaches will select all-league players in the sports of football, soccer, volleyball, basketball, baseball, softball, tennis and golf to be issued all-league patches. The Coach of the Year in each sport will be issued a certificate.
2. Most Outstanding Player in each sport will be issued a certificate.

Dale Lacky CIF Sac-Joaquin Section Scholar/Athlete of the Year

1. Each school may nominate one female and one male Scholar/Athlete to the league. Each league will be allowed to submit one male and one female application to the Section Selection Committee. The Dale Lacky Award will honor one male and one female student from each league that submits nominations. Because of the institution of the Foundation Games in basketball and volleyball, each league will be eligible for one male and one female winner of a scholarship (value to be determined by the amount of income generated by the games) and a medal.
2. Dale Lackey served as CIF Sac-Joaquin Section President from 1966-1978 and was the Section's first CIF State President from 1978-80 and made a significant number of contributions to the success of our Section.
3. The Section is seeking candidates whose academic and athletic careers have been truly exemplary; students whose personal high standards and accomplishments are a positive model for others; students who possess high levels of integrity and honesty, and who have benefited from their participation in high school interscholastic programs.
4. Go to the Sac-Joaquin Section web site and click on "Awards" for more information.

Model Coach Award

1. An award, honoring coaches who are positive role models within our schools and the community at-large, is being given each year.

2. Each member school in the Sac-Joaquin Section is permitted to nominate one male and one female coach from its staff to its league. The league then selects one male and one female coach whose names are then sent to the Section office for consideration.
3. Six of these coaches are chosen to receive a plaque and a lifetime Sac-Joaquin Section pass at an awards breakfast in April.

Community Service Program

1. The CIF strongly believes in the importance of community service. This program is an opportunity for teams and athletes to assume a leadership role and give back to their communities.
2. The Sac-Joaquin Section will select a team for recognition as the Sac-Joaquin Section Community Service Award recipient. Each winning team will receive a banner and cash award.
3. Each school may nominate one team per season to their league for consideration. All applications should be forwarded to your league president. Each league will form its own selection committee and submit one team nomination to the Section office. The Community Service Award selection committee will review the nominations.
4. The selection committee for this award is seeking teams that have participated in volunteer services without pay and during non-school time. The selection committee will judge each nomination on the following criteria:
 - a. Team
 - i. Percentage of team members that participated in the project
 - ii. Hours involved in completing the project
 - iii. Level of difficulty of the project
 - iv. Team members took leadership of the project from beginning to end.
 - b. Community
 - i. Project is relevant to needs of local community
 - ii. Project builds strong relationships between the community & school
 - iii. Service is done through direct involvement with community members
 - iv. Student presentation increases community awareness.
5. The winning teams will be represented by their coach, principal and captains at a Sac-Joaquin Section Board of Managers meeting.
6. Go to the Sac Joaquin Section website and click on "Awards" for more information.

The Bill Inderbitzin Scholar Athlete Award:

1. The TVL principals and athletic directors will select the Bill Inderbitzin Scholar Athlete recipients. One boy and one girl will be selected. This award will be given at the scholar athlete luncheon in April. Schools are encouraged to nominate outstanding scholar athlete candidates. Recipients will receive a \$250 award from the TVL. Scholar Athlete criteria will be based upon the same criteria as the Dale Lackey Scholarship.