

# COASTAL CANYON LEAGUE

CALIFORNIA INTERSCHOLASTIC FEDERATION

SOUTHERN SECTION

## CONSTITUTION

Revised as of October 16, 2018

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**COASTAL CANYON LEAGUE  
CALIFORNIA INTERSCHOLASTIC FEDERATION  
SOUTHERN SECTION**

**CONSTITUTION  
Revised as of January 5, 2018**

ARTICLE I      NAME

Section 1:      This organization shall be known as the Coastal Canyon League of the California Interscholastic Federation, Southern Section.

ARTICLE II      PURPOSE

Section 1:      The purpose of this organization shall be:

- A.    To direct and control all interscholastic athletic programs of the high schools of the League.
- B.    To maintain standards as prescribed by the CIF-SS.
- C.    To cultivate good standards of sportsmanship and friendly relations among the League schools.

ARTICLE III      COASTAL CANYON LEAGUE

Section 1:      The governing body of this organization shall be known as the Coastal Canyon League. It shall consist of a principal and/or authorized designee from each member school, with the principal/designee being designated as the voting member. Membership shall be defined as a school approved by the Northern Area and CIF-SS as a League school with participating teams in all three seasons of sport. Should any school principal be unable to attend a League meeting, he/she may delegate his/her responsibility to another member of his/her school.

A. Any school assigned to the Coastal Canyon League by the Northern Area and CIF-SS for less than all three seasons of sport shall have the following "limited membership":

Attendance is required at all meetings during the season of sport in which the "limited member" school has teams participating. In addition, at such time as action items are on the agenda that will impact the sports in which "limited member" schools participate, those "limited member" schools are allowed to be in attendance for voting purposes on items which pertain to the sports in which they participate.

League Leadership (i.e. the Presidency) shall be only to schools which are full members of the Coastal Canyon League Council.

Section 2: Each school shall be entitled to one vote on each question brought before the League for decision. The principal or authorized delegate shall cast the vote for each school. In the event of a tie vote, the motion is lost.

Section 3: Any decision of the League may be appealed to the CIF-SS.

Section 4: A quorum of the League shall consist of representatives from a majority of the schools in the Coastal Canyon League. It is understood that the number of representatives necessary for a quorum may vary from one season to the next due to "limited member" school participation. Majority is four schools.

ARTICLE IV OFFICERS

Section 1: The officers of the Coastal Canyon League Council shall consist of the following: President; Vice-President; League Coordinator. The President and the Vice-President shall be from the next two schools of rotation. If the President is unable to serve, the League may vote to have the next school in the rotation assume the duties of League officers for the remainder of the term as outlined in Section 4. The officers of the League are to be confirmed annually at the last regular meeting in May.

Section 2: Duties:

- A. The President, shall preside at meetings and call special meetings. The President shall act as Secretary-Treasurer
- B. The Vice President shall assume all duties of the President in his/her absence.
- C. The League Coordinator keeps records of all teams and reports team advancing to the playoffs to the CIF office.
- D. The League Representative shall represent the League in accordance with the CIF-SS Constitution and By-Laws.
- E. Rotation of the presidency shall be by alphabetical order or a school may volunteer for the position.

League Schools  
 Agoura  
 Camarillo – League Coordinator  
 Moorpark  
 Oak Park  
 Royal  
 Simi Valley

Section 4: Term of Office: The customary term of office for each officer is one year (June 1 to May 31). Officers can be elected multiple years.

ARTICLE V MEETINGS

Section 1: Roberts Rules of Order for Parliamentary Procedure shall be used to conduct meetings.

Section 2: There shall be regular meetings throughout the school year. The League President shall establish the dates at the last meeting each year. League AD's will meet prior to the regular League meetings to discuss the upcoming agenda items.

Section 3: The President of the League may call special meetings at any time. Notification of the time, place, and purpose of the meeting shall be given in writing at least one week in advance, or shorter notice if a majority of the schools of the League agree.

Section 4: Copies of the minutes of League meetings are to be mailed to each Principal and Athletic Director.

#### ARTICLE VI OFFICIAL SPORTS

Section 1: The Coastal Canyon League shall specify the official League sports in which varsity championships shall be determined.

#### ARTICLE VII SCHEDULES

Section 1: Schedules shall be approved for all sports in which there are League Championships.

Section 2: Athletic Directors are responsible for drawing up all League schedules.

Section 3: The League must approve schedules before becoming official. Changes in times and dates of contests may be established by mutual agreement between schools. Only the Athletic Directors/Principals may approve any changes. League must be notified of league schedule.

#### ARTICLE VIII PROTESTS

Section 1: Protest on the outcome of a contest may be only on the basis of an alleged misinterpretation of CIF, National Federation, or Coastal Canyon League Rules. (Not Judgment Calls). The game official shall be informed immediately of the rules misinterpretation of the game that the result will be protested. The Principal of the protesting school must file a written notification with the President of the League within 24 hours after protest is discovered. A protest must include a statement of the points upon which the protest is based. Failure to make such notification or file such statement shall nullify the protest.

The League President shall appoint a committee from three schools not directly involved in the protest to meet within three school days to study the matter and make recommendations to the League. The Area Liason or his/her representative shall be present. The recommendations will be reported to all League Schools called by the President. If the protest is allowed, the game will continue from the point of the protest to its completion on the same field on which the original contest took place. The

Ventura County Officials Association shall supply officials for the continued or protested game.

Section 2: Ejection Review Procedure

1. Ejection Review Procedures will follow the CIF Bluebook.
2. The decision can then be appealed to the CIF by the individual schools if deemed appropriate by the Area Liason.

ARTICLE IX      SUSPENSION

Section 1: Schools that violate the Coastal Canyon League Constitution or By-Laws, and which have had protest filed against them in accordance with the Constitution, may be recommended to the CIF-SS for suspension upon unanimous decision of the voting members of the league. The school name in the protest shall not vote.

ARTICLE X      AMENDMENTS

Section 1: The Constitution and By-Laws of the League may be amended at any regular meeting of this League by a majority vote of the members present, providing a notice of such amendment shall have been sent to all members of the voting League members five calendar days in advance, but such amendments shall not be in effect for a period of ninety days after passage, except by unanimous consent of all schools present and voting.

**COASTAL CANYON ATHLETIC LEAGUE  
CALIFORNIA INTERSCHOLASTIC FEDERATION  
SOUTHERN SECTION**

BY-LAWS  
Revised as of December 22, 2015

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**COASTAL CANYON LEAGUE  
CALIFORNIA INTERSCHOLASTIC FEDERATION  
SOUTHERN SECTION**

BY-LAWS

ARTICLE I      GENERAL RULES

Section 1:      Amendments: The By-Laws maybe amended by a two-thirds or majority vote in accordance with Article X, Section 1 of the Constitution and will come into effect 90 days after vote. The By-Laws amended by a unanimous vote will come into effect immediately.

Section 2:      CIF Rules: Unless otherwise specified herein, the CIF regulations shall govern.

Section 3:      League Dues: Assessment of League dues will be divided equally among all member schools. The assessment will be based upon a budget adopted by the Council.

Section 4:      CIF Playoffs: The Coastal Canyon League is a member of the playoff section as designated by the CIF.

Section 5:      Playoff Representatives: The League Playoff Representatives will be determined in accordance with the rules governing the particular sport within this set of By-Laws. It is the individual school's responsibility to apply for an At-Large bid according to CIF rules.

Section 6:      Admission Procedures and Prices:

League schools can charge for the following sports: Volleyball, Basketball, Soccer, Water Polo, Swimming, Wrestling, Lacrosse and Track and Field.

A.      All sports

- |                                  |               |
|----------------------------------|---------------|
| a. General Admission             | \$7.00        |
| b. Home Students                 | Set by school |
| c. Visiting Students with ASB    | \$5.00        |
| d. Seniors/Children under 12     | \$5.00        |
| e. Children under 5 (with adult) | Free          |

Section 7:      Gate Receipts: Each school shall keep its gate for home events and pay all expenses unless a different arrangement can be mutually agreed upon.

Section 8:      League Passes: Passes are to be issued by the League President, Passes are to be inspected, not collected, at the gate. A standard League Pass will be issued by the League, printed at League expense, and distributed on the basis of requests by schools. League passes are good for pass holder plus one guest. In addition to the Coastal Canyon League pass, League schools shall also honor the following passes: CIF, CIF media, all valid media passes, and visiting high school staff passes. Visiting staff passes shall include one guest. The Coastal Canyon League will also recognize the gold

card issued by the Channel Coast Officials Association honoring officials with 25 years of service, for admission to League events.

- Section 9: Band and Cheerleaders: Band members, cheerleaders, drill teams and song leaders in uniform of competing schools shall be admitted to League contests without charge. Refer to individual sports for exceptions.
- Section 10: Scores: Each school is to report all varsity scores to the League Coordinator. Each school is also responsible for reporting all wins/losses of lower level games to the League Coordinator. It is the responsibility of the winning team to report scores, after the conclusion of the game, to the local newspapers.
- Section 11: Scouting Regulations: During playoff games, League schools will not send scouting reports or any electronic information to the opposing schools without approval of the schools involved.
- Section 12: Media Coverage: Each school has the right to enter into media coverage agreements of their own construction. However, this must be agreed upon by both schools a week in advance.
- Section 13: Scheduling and Hosting All League Voting Meetings: The following schools are responsible for scheduling sports and hosting All-League voting meetings:

*Athletics*

Cross Country	Camarillo
Tennis	Camarillo
Water Polo	Agoura
Basketball	Royal
Soccer	Royal
Swimming	Agoura
Track	Moorpark
Volleyball	Oak Park
Baseball	Simi Valley
Softball	Simi Valley
Golf	Moorpark
Wrestling	Camarillo
Lacrosse	Simi Valley/Royal
Competitive Cheer	Moorpark

Section 14: Hosting League Tournaments:

The following schools are responsible for hosting the League Tournaments:

Cross Country	Camarillo	Swimming	Royal
Boys/Girls Tennis	Moorpark	Wrestling	Camarillo
Track and Field	Moorpark	Golf	Moorpark

CIF entries are entered by host schools.

A meeting will be called on the evening of the first Monday following the last League contest for the purpose of selecting All-League teams.

Guidelines for profit-sharing for League sponsored events:

- a. Prior approval of the sale of souvenirs (programs, buttons, pins, etc.) must be obtained by the League.
- b. No school shall be permitted to sell souvenir items representative of only one school at preliminary and final League events.
- c. Host schools shall be permitted to keep all profit generated from the sale of concession items (food, drink and T-shirts).

Section 15: Approved Equipment: According to CIF/NFHS rules, all student athletes shall wear school approved uniforms and equipment in all athletic competitions. Individual alterations or logos representing other teams or organizations are prohibited.

Section 16: Postponed Contests: All postponed athletic contests must be made up at the earliest mutually agreed upon date by Athletic Directors. If all schools involved can not mutually agree on a date because of extenuating circumstances, then the League President will render a decision.

Section 17: Suspended Contests: All Coastal Canyon League contests shall be suspended that do not meet the National Federation High School minimum standards for the length of a contest. All contests shall be continued at the earliest mutually agreed time and date.

Section 18: Senior Night – All Senior Night activities held prior to a contest shall only include the following: 1) Introduction of athlete, 2) Introduction of Parents, 3) Picture. All warmups, except football, will cease during Senior Night ceremonies.\*Note, if the Senior Night is held after the final contest, there shall be no required format or length restriction.

ARTICLE II      OFFICIAL LEAGUE SPORTS

Section 1: The following are official League sports in which League Championships will be determined:

BOYS SPORTS

Cross Country:	Varsity, Junior Varsity, Frosh/Soph
Water Polo:	Varsity, Junior Varsity, Frosh/Soph
Basketball:	Varsity, Junior Varsity, Frosh/Soph
Soccer:	Varsity, Junior Varsity, Frosh/Soph
Wrestling:	Varsity, Junior Varsity
Baseball:	Varsity, Junior Varsity, Frosh/Soph
Golf:	Varsity, Junior Varsity
Swimming:	Varsity, Junior Varsity
Tennis:	Varsity, Junior Varsity
Track and Field:	Varsity, Junior Varsity, Frosh/Soph

Volleyball: Varsity, Junior Varsity, Frosh/Soph  
 Lacrosse Varsity, Junior Varsity

GIRLS SPORTS

Cross Country: Varsity, Junior Varsity, Frosh/Soph  
 Tennis: Varsity, Junior Varsity  
 Volleyball: Varsity, Junior Varsity, Frosh/Soph  
 Basketball: Varsity, Junior Varsity, Frosh/Soph  
 Soccer: Varsity, Junior Varsity, Frosh/Soph  
 Water Polo: Varsity, Junior Varsity, Frosh/Soph  
 Softball: Varsity, Junior Varsity, Frosh/Soph  
 Swimming: Varsity, Junior Varsity  
 Track and Field: Varsity, Junior Varsity, Frosh/Soph  
 Golf: Varsity, Junior Varsity  
 Lacrosse Varsity/JV  
 Competitive Cheer Varsity

- Section 2: Deletion or Addition of a Sport: Coastal Canyon League sports must contain at least four of the Coastal Canyon League schools to be an official Coastal Canyon League sport. Official League sports that have four of the Coastal Canyon League schools participating may be added or dropped upon a majority vote by the members present provided that a notice of proposal was given at the preceding regular Council meeting, or sent in writing to each school at least one month in advance of the meeting at which the proposal is to be considered. (This procedure is designed to allow time for school districts to consider the advisability of adding or dropping a sport in advance of the vote).
- Section 3: Dates for Change: The effective date for the addition or deletion of a sport shall be set by the League, at the time action is taken. If you drop a sport, league games are not guaranteed the following season.
- Section 4: Official Recognition: Schools may engage in other sports or field additional teams, but no official League Championship, scheduling, or recognition shall be granted to other than official League sports.
- Section 5: Rights of Schools to Participate: Schools may decline to take part in a given sport if they have inadequate participation supervision, supplies, equipment, or facilities. No school shall field a lower division team in any sport unless they also field a varsity team.
- Section 6: Determination of League Championships:  
 League championships shall be determined on a percentage basis of won-lost games in the following: Basketball, Tennis, Water Polo, Soccer, Wrestling, Baseball, Volleyball, Softball, and Track and Field, Lacrosse, Competitive Cheer.

League championships shall be determined by a combination of dual meet standings and final League meet standings in the following: Cross Country, Swimming, and Golf. See rules for each sport

For dual meets, points are allocated on the basis of won-lost dual meet records: 1 point = First Place, 2 points = Second Place.

For League Final meets another set of points will be awarded based on final standings, with first place equal to 1 point, second place equal to 2 points, etc. The team with the lowest cumulative total points shall be declared the League Champion. Teams tied for lowest points shall be declared co-champions. In case of a tie in either dual meet or final League meet standings, the two places shall be totaled and then divided equally (i.e. two teams tied for first- total of first and second is three divided by two equals one and a half points each.)

EXAMPLE:

<u>Team</u>	<u>Dual Meet Place</u>	<u>League Meet Place</u>	<u>Total Points</u>	<u>League Place</u>
A	First	First	2	1 <sup>st</sup>
B	Second	Third	5	2 <sup>nd</sup>
C	Third	Fourth	7	4 <sup>th</sup>
D	Fourth	Second	6	3 <sup>rd</sup>

In Cross Country, the three teams finishing first, second, and third in the League Final meet shall be the CIF playoff representatives.

Section 7: The Coastal Canyon League shall require that both schools have an administrator or designee present at all varsity basketball games, and that the visiting administrator shall be obligated to seek out the home school administrator or before the contest and identify himself/herself. A home school administrator or designee will be present at all wrestling, volleyball, and soccer contests. In all cases administrators from each school will establish procedures for communication with each other. At all other contests the visiting school has the right to decide if a significant number of spectators will be present to necessitate the presence of an administrator.

The home school is responsible for all facilities and security of those facilities. The visiting coach or responsible adult will remain with his/her team until they are out of the locker room. The home school will have an administrator or representative to make sure the visiting teams have no problem boarding the bus or exiting the home campus.

Section 8: Security Requirements: Every school will have appropriate security arrangements for soccer and basketball games, prior to the beginning of the season. At soccer games, at least one visible supervisor shall be assigned to the visiting side, and the visiting administrator shall be made aware of the presence and whereabouts of this person.

Section 9: Resolving Ties:

A. In the case of a tie between two or more teams for a championship, the teams so involved shall be considered co-champions.

- B. Unless specified under the individual sport by-laws, the following will occur: In the case of a tie for the League championship, or any other position, the team that won both games between one another shall be the designee for the highest playoff seed.

Any team under CIF or League sanction, and /or any team not meeting the CIF minimum requirement that would otherwise be considered in this tie resolving system shall not be nominated by the League for a playoff spot.

- C. In the case of multiple ties for the League championship or any other position, the team having the best league record against those teams involved in the tie shall be the highest seed into the playoffs.

The above steps should be used and reused to resolve ties. In cases where “head to head” competition does not break a tie, then proceed to step D.

- D. In the case of ties not resolved in step C, the “points for win” system is the next alternative. The team finishing first in the League shall be accorded a point value equal to the total number of teams competing in that sport. The team finishing last shall be accorded a point value of “1” and all other teams shall be given point according to their standing. When two or more teams tie for a position, the points for those positions shall be totaled and divided by the number of teams tied. Each of the tied teams shall be accorded a number. Teams will acquire a point total by adding to their point values accorded the teams they have defeated and one-half the point value of teams they have tied. (If two or more teams have the same points and are still tied, then proceed to step E.)

- E. A coin flip would be the last alternative to determine CIF playoff seeds. League President is responsible for all coin flips unless they are involved. If the League President is involved, then the coin flip goes to the Vice President.

Section 10:

League Contests: Game Times are schedule as follows:

<b>FALL SPORTS</b>				
	FROSH	JV/SOPH	VARSITY	
X-CTRY	3:00	ALL	LEVELS	
G – TENNIS	2:30-3:00	ALL	LEVELS	
G GOLF	1:00	OR BY	SCHEDULE	
B WATER POLO	5:15	4:15	3:15	
G-VOLLEYBALL	4:00	5:00	6:30	
<b>WINTER SPORTS</b>				
	FROSH	FR/SOPH	JV	VARSITY
B-BASKETBALL	3teams	4:00	5:30	7:00
B-BASKETBALL	3:00	4:30	6:00	7:30
G-BASKETBALL		4:00	5:30	7:00
SOCCER		3:30	5:00	6:45
WRESTLING			5:00	6:30 (to follow)
G-WATER		5:15	4:15	3:15

		POLO			
		SPRING SPORTS			
		FROSH	JV	Varsity	
ALL	BASEBALL	3:30	ALL	LEVELS	
	SOFTBALL	3:30	ALL	LEVELS	
	B-TENNIS	2:30-3:00	ALL	LEVELS	
	TRACK	3:00	ALL	LEVELS	
	SWIM	3:00	ALL	LEVELS	
	BOYS GOLF	1:00	OR BY	SCHEDULE	
	B-VOLLEYBALL	4:00	5:00	6:30	
	B-LACROSSE		6:00	7:30	
	G-LACROSSE		6:00	7:30	
	COMPETITIVE CHEER			5:00/6:00	

(AMENDED 9/17)  
TIMES MAY BE ADJUSTED

**ARTICLE III**

**CLASSIFICATION OF ATHLETES**

Section 1: Classification of athletes in sports (unless otherwise noted in a sport specific by-law):

- Varsity Eligible 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> grade students
- Junior Varsity Eligible 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, grade students
- Frosh/Soph Eligible 9<sup>th</sup> and 10<sup>th</sup> grade students
- Sophomore Eligible 9<sup>th</sup> and 10<sup>th</sup> grade students
- Freshmen Eligible 9<sup>th</sup> grade students

**ARTICLE IV ELIGIBILITY OF PLAYERS**

Section 1: CIF Rules: The current CIF-SS blue book policies/penalties for eligibility will be followed.

Section 2: ADA: Effective the start of the 2014-2015 school year, all students who compete for a Coastal Canyon League school must be included on the ADA at that school and any CIF approved multi-school agreement

**ARTICLE V AWARDS AND TROPHIES**

Section 1: Championship Awards: The League will purchase and award a suitable engraved plaque designating the receiving school as champion in that sport. In the event of a tie, co-championships will be designated, and duplicate plaques will be awarded.

Section 2: All-League Awards: The League will select per Appendix 2 for All-League teams for boys/girls basketball, baseball, boys/girls volleyball, softball, boys/girls soccer, boys/girls water polo, and boys/girls tennis.

The following general guidelines shall be used:

- A. A meeting of all head coaches will be called at the conclusion of each of the seasons, prior to the CIF playoff. Information for the teams selected should

be released for publication as soon as all League schools are eliminated from the playoffs in that sport. The school assigned the responsibility for scheduling the sport will call the meeting. The meeting is to be held on the Monday following the last League contest.

- B. Those coaches present will nominate their choices.
- C. The League will award an appropriate certificate to each recipient.
- D. An "Outstanding Player(s) of the Year" will be determined. This honor will be noted by the League and so noted on the Individual's certificate. This player will not occupy a berth on the First or Second All-League team.
- E. Coach of the Year: If there are no nominations for "Coach of the Year," it will automatically go to the League Champion.

Section 3: All League Certificates: All-League Certificates will be awarded as follows:

Cross Country	The first seven places in each division.
Wrestling	The first three places in each of the 14 weight classes in varsity.
Track and Field	The first three places in each event in each division, with first place only for members of relay teams.
Swimming	The first three places in each event in each division, with first place only for members of relay teams.
Golf	The first six places in the League Individuals Tournament.

Section 4: All-Academic Certificates: All-Academic certificates will be issued to varsity athletes with an unweighted 3.5 or above GPA during the season of sport. Fall 1<sup>st</sup> Quarter Grades, Winter – 1<sup>st</sup> semester grades, Spring – 3rd Quarter Grades.

## ARTICLE VI SPORTSMANSHIP RATING

At the conclusion of the year each school will submit a ranking of the top three Coastal Canyon League schools (excluding its own), awarding three points to the top ranking school, two points to the second ranking school and one point to the third ranking school. This ranking will reflect how well each school has met the letter and spirit of the sportsmanship guidelines in the League Constitution. Each school may use the input of coaches, administrators, players, ASB officers, pep squads, etc., in whatever manner it sees fit. However, only one final ballot will be accepted from each school.

The top school will be announced at the League meeting and awarded the League's Sportsmanship banner for that year and the Adohr Farm/Los Angeles Dodgers Sportsmanship Trophy.

All schools should publicize the sportsmanship competition and use this opportunity to promote sportsmanship among all of our students.

Section 1: Sportsmanship: Each member school should take steps to ensure that its student body is aware of the value and need of good sportsmanship. The guidelines set down in Section 2, along with the rules of "Pursuing Victory with Honor" will ensure this.

Section 2: Guidelines for Good Sportsmanship:

- A. Fans should refrain from booing or other un-sportsmanlike conduct.
- B. Cheerleaders, fans, and students should continue in good spirit to support the team throughout the game.
- C. Student cheering sections should give the impression of being well organized and behaved.
- D. Student cheering sections are to remain on their own team side. Students will not be allowed to move from bench to bench, or sit behind the opposing team.
- E. Fans should reflect an attitude of friendly, sportsmanlike competition to opponents.
- F. Fans should show respect for property by avoiding vandalism, theft, or defacement.
- G. Fans should disperse in an orderly manner, and maintain a sportsmanlike attitude in doing so.
- H. Fans should show respect for the officials and accept their decisions as final.
- I. Fans should yell at appropriate times, with courtesy to others.
- J. Fans should refrain from making personal remarks to opposing players or spectators.
- K. Players on the bench should exhibit good sportsmanship.
- L. The coach should attempt to encourage good team behavior by word and example.
- M. Team members should be good sports, win or lose.
- N. Team members should show a sincere desire to adhere to rules and the spirit of the rules.
- O. Each host school will make every effort to accommodate the visiting teams providing a friendly and secure field, court, or facility.

Section 3: Signs or Posters: Must be approved by the administration of the school concerned.

## ARTICLE VII BASEBALL

Section 1: Length of Games: Seven Innings (CIF Rules).

- Section 2: Junior Varsity and Freshman games will be played the same day at the same general location. The Varsity will play on the same day at the alternate JV and Frosh site.
- Section 3: Time: Game times will be officially set and printed as part of the adopted League schedule.
- Section 4: Officials: There will be two requested umpires for all varsity league games, and one umpire requested for all lower level games.
- Section 5: Batting Practice: There shall be no pre-game batting practice with the exception of soft toss (defined as underhand and from the side); only an equitable warm-up infield practice is allowed.
- “Teams entered in the baseball playoffs will not be permitted to take batting practice on the day of a playoff game prior to the commencement of the contest.” Batting practice will be construed as ANY type of pitching motion with ANY type of ball from in front of the batter (including pitching machines and overhand throwing). With the consultation and support of the CIF Southern Section Baseball Coaches Advisory Committee, the rules are as follows...THE ONLY ACCEPTABLE BATTING WARMUP WILL BE SIDE SOFT TOSS, BATTING TEE WORK OR PEPPER.
- A) For side soft toss, the guidelines are as follows: the tosser should be on a knee, to the side of the batter and the ball should be lifted, not pitched, to the batter.
  - B) For pepper, the guidelines are as follows: the maximum distance between the pitchers/fielders and the hitter is 40 feet and batted balls are to be directed toward the pitchers/fielders.
  - C) To clarify any questions that may arise: “Tracking”, the idea that hitters will stand in a batter’s position, while pitchers throw overhand to a catcher, and “track” pitches as they come toward the plate, is not considered batting practice by definition and is allowable prior to playoff contests. Batters who swing, or attempt to swing or bunt in any fashion, will be in violation of this rule and may face the consequences of that action. Coaches should be very careful to monitor any and all pregame activities.
- Section 6: Balls: The Rawlings NFHS baseball will be the approved ball for Varsity competition. Lower levels may use any NFHS baseball, preferably Rawlings..
- Section 7: Rules: League rules will follow the NFHS rulebook, as well as CIF Blue Book rulings.
- Section 8: League Games: League games will be played on Wednesdays and Fridays.
- Section 9: Rainouts: Rainouts will be scheduled on the next Saturday, Monday or Tuesday at a playable site after a rainout day. Every effort must be made to schedule games to complete the League schedule prior to completion of the CIF season.
- Section 10: Tiebreaker: The tie-breaker will go as follows:

See Article 2, Section 9

Section 11: All-League Selection Guidelines:  
See APPENDIX 2

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## ARTICLE VIII BASKETBALL

Section 1: Length of Games: All games will consist of eight-minute quarters.

Section 2: Time: Game times will be officially set and printed as part of the adopted League schedule.

Section 3: Officials: Two Association officials will be requested for each League game. The assigner will make every effort to assign “fresh” officials to all Varsity games.

Section 4: Rules: League rules shall follow NFHS rules as well as CIF Bluebook.

Section 5: Timer: CIF Blue Book regulations shall apply.

Section 6: Ball: The official game ball for all contests shall be the CIF sponsored ball when at all possible.

Section 7: Jersey Color: Per CIF Rules

Section 8: Bands: Home schools only may have a pep band. The band will be limited to 20 members. (This can be changed if mutually agreed upon between schools involved).

Section 9: Noisemakers: The use of artificial noisemakers is prohibited by CIF regulations.

Section 10: All-League Selection Guidelines:  
See APPENDIX 2

ARTICLE IX COMPETITIVE CHEER

- Section 1: Length of Games: All games will consist of 4 - 10 minute quarters
- Section 2: Time: Game times will be officially set and printed as part of the adopted League schedule.
- Section 3: Officials: Two Association officials will be requested for each League game. The assigner will make every effort to assign "fresh" officials to all Varsity games.
- Section 4: Rules: League rules shall follow NFHS rules as well as CIF Bluebook.
- Section 5: Timer: CIF Blue Book regulations shall apply.
- Section 6: Jersey Color: Per CIF Rules
- Section 7: Cheer Mats: Minimum of 9 cheer mats and 8 Velcro rolls required.
- Section 7: Noisemakers: The use of artificial noisemakers is prohibited by CIF regulations.
- Section 8: All-League Selection Guidelines:  
See APPENDIX 2

ARTICLE X CROSS COUNTRY

- Section 1: Teams:  
Boys: Three divisions- Varsity, Junior Varsity, Frosh/Soph  
Girls: Three divisions- Varsity, Junior Varsity, Frosh/Soph
- Varsity will be comprised of the 5-7 fastest eligible runners (from any grade level).
- The Frosh/Soph team will be comprised of the 5-10 fastest freshmen or sophomores unless they are on varsity. Only the top seven runners from each team will figure into the team scoring.
- The Junior Varsity division will be comprised of the remaining squad members not able to be on the Varsity or Frosh/Soph team.
- Section 2: Time: Meet times will be officially set and printed as part of the adopted League schedule.
- Section 3: Length of Course: Course shall be approximately three miles and well-marked.
- Section 4: Schedule of Races
- |         |          |
|---------|----------|
| 3:00PM  | JV Girls |
| 3:30PM  | JV Boys  |
| 4:00PM  | FS Girls |
| 4:25 PM | FS Boys  |
| 4:50 PM | V Girls  |
| 5:15PM  | V Boys   |

Section 5: Conducting Cluster Meets:

- A. At the fall coaches' meeting each school shall supply a map of its home course clearly marked and labeled. If during the course of the season a change should be necessary in any course, the other schools must be notified before a home meet.
- B. All reasonable care shall be taken on each course to ensure safety of athletes, officials, and spectators. Portions of the course not visible from the start and finish area shall be monitored. Any area in which there is vehicle traffic shall be monitored.
- C. The host school shall conduct the meet in such a way that the position of finish can be determined for scoring the meet. There shall be an adequate finish chute to facilitate all runners finishing; and an adequate scoring procedure to handle all finishers.

Section 6: Conducting League Finals: Coastal Canyon League Finals shall be held each year, with the host school responsible for making arrangements. The Championship meet shall be at predetermined site.

Rules and regulations as to general procedure shall follow current CIF policy on Cross Country and current Track and Field rules.

Entry lists shall be sent to each school ten days prior to the Finals on forms provided by the host school. Changes can be made on the day of the meet. Each school must enter a Varsity and Frosh/Soph team in both boys' and girls' competition, before a Junior Varsity team can be entered. There are to be no more than seven entries in the Varsity and Frosh/Soph divisions. A school may enter an unlimited number in the Junior Varsity division. It is understood that there will be no stacking of lineups.

Schedule of Races for League Finals

1:00PM	JV Girls
1:30PM	JV Boys
2:00PM	F/S Girls
2:25PM	FS Boys
2:50PM	V Girls
3:15PM	V Boys

Section 7: Cluster Meet and League Finals Scoring

League #1	25%
League #2	25%
League Finals	50%

See point procedure - Article II, Section 6

CIF Prelims will be represented by top 3 teams determined at League Finals.

Section 8: Forfeits: In order for a team to get a forfeit win, it must declare its seven fastest runners in that division. In no way can a forfeit winning team member count for score in another division.

Section 9: All League Certificates

1-7 First Team

8-14 Second Team

\*Placement will be determined by best place in 2 of the 3 league contests.

League Championship Medals

JV Runners 1-20

FS runners 1-10

Varsity runners 1-10

Section 10: Heat/Poor Conditions Protocol for Meets

- Proposed change shall happen by noon on the day before meet
- Decision made by 10AM on day of meet supported by majority of schools
- Possible changes
  1. Later start
  2. Reduction of distance

ARTICLE XI GOLF

Section 1: The League team championship in golf will be determined by using both the season head to head League record (50%) as well as the Three Day Tournament (50%) (two day tournament for girls). Five member teams will participate in each tournament for both boys and girls. Each tournament will be played at a different home course. Medal play will be the method of scoring at each tournament, and the team with the best overall total score for the three tournaments will be accorded the championship points. The top five scores of the six for both boys and girls will be counted in team scoring. The three (two) tournaments will be held throughout the CIF calendar season, with no more than two tournaments in any calendar week. The tournament will be 18 holes for boys. The girls will play 2 days instead of three. With day one being 9 holes and second day being 18 holes which will count as the 2<sup>nd</sup> and 3<sup>rd</sup> tournament days.

**The following format is used to determine League Champions:**

TEAM	Head to Head 50%	League Tournament 50%	Total Points	Place
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<b>SIMI VALLEY</b>	1	1	2	<b>First</b>
<b>OAK PARK</b>	2	3	5	<b>Second</b>
<b>CAMARILLO</b>	3	4	7	<b>Fourth</b>
<b>MOORPARK</b>	4	2	6	<b>Third</b>
<b>ROYAL</b>	5	5	10	<b>Fifth</b>

- Section 2: Time: Match times will be officially set and printed as a part of the adopted league schedule. League tournaments for boys will be at 12:00. The girls 18 hole league tournament will begin at 10:30, if agreeable to the course.
- Section 3: Number of Contests: the maximum number of contest is set to the current Blue Book Regulations.
- Section 4: Players: The number of players will be set to the current Blue Book, NFHS regulations. The players are to be numbered 1-6 according to their ability, the number one player being the best player. The League Tournament opening round assignment to foursomes/threesomes will be done alphabetically by school with each school #1 assigned first, then their #2 player assigned and so on until all players have been assigned. Rounds 2, 3 and 4 will be assigned according to the players scores with the lowest score first, second lowest second and so on until all the players have been assigned. No more than two players from any one school team may be placed into a foursome for the League Tournament. In the event that three players are assigned to one foursome because of their standing by score, then the top player or bottom player, whoever is paired next to one of their own team members, will move up or down foursomes. The last player in the upper foursome or the first player in the lower foursome, accordingly, will take their place.
- Section 5: Procedure: Team rosters to be exchanged by coaches immediately prior to tee-off. Order of tee-off will be as follows: players #1 and #2 first, 3 and 4 second and 5 and 6 third, unless the coaches agree to a change.
- Section 6: Scoring of Dual matches: The best five scores of the six players will be used to break a tie. If a tie still exists the match is recorded as a tie.
- Section 7: CIF Qualifying Meets: The League tournament will determine the Individual qualifiers for CIF. The number of future qualifiers to CIF is determined by the play of league players the preceding year.
- Section 8: Rules: All rules will be governed by the current Blue Book, unless otherwise noted in the by-laws. By mutual agreement of the committee rules can be adapted as needed.
- Section 9: If at the end of the tournament, two or more teams are tied for a position, then co-champions will be awarded. A card playoff will be used for CIF seeding as necessary. This consists of taking scorecards of the five scoring team members from the fourth and final round of the tournament and starting with the #1 handicap hole adding all five scores on that hole for both teams. Lowest combined score for that hole wins. In the event it is still tied, continue the card-off system with the #2 handicap hole, and so on until a winner is decided. If there is still a tie after 18 card-off holes, the six team members from each team will play a playoff, on a hole chosen by the tournament committee (the golf coaches), and their scores will be added up for that hole to determine a winner. This would continue until a winner emerges. Any ties for individual champion and/or CIF entries would be broken by a sudden death playoff starting at a hole to be determined by the tournament committee.

Section 10: Rangefinders: Coaches have decided to allow rangefinders for use in all league matches. Players may not use phone apps or GPS with slope technology. Players should share rangefinders if requested to allow for fair competition.

Section 11: All League Selection Guidelines

MVP

First team is made up of players 2-6 in the league tournament.

Second team is made up of players 7-11 in the league tournament.

## ARTICLE XII LACROSSE

### BOYS LACROSSE

Section 1: Length of Games: All levels will have four 12 min quarters with a halftime between periods 2 and 3 not to exceed 10 min (Per CIF Blue Book).

Section 2: Time: Game times will be officially set and printed as part of the adopted League schedule.

Section 3: Officials: Two Association officials will be requested for each League game.

Section 4: Rules: League rules shall follow NFHS rules as well as CIF Bluebook.

Section 5: Timer: Official time will be kept by the referee and coordinated with the timekeeper at the scoring table. The scoring table will consist of a clock operator, home (official) scorebook, home stat keeper, visiting scorebook, and visiting stat keeper. The scoring table must be located on the field between the home and visiting benches.

Section 6: Ball: The official game ball for all contests shall be the CIF sponsored ball when at all possible.

Section 7: Games Allowed per Day: *No student shall be allowed to play a game on more than one level of competition per day..*

Section 8: Tie Games: If a Junior Varsity regular League game ends in a tie score, it is recorded as a tie. If a Varsity regular League game is tied at the end of regular playing time, overtime is to be played. Both teams will have a 5-minute rest and toss a coin (visiting captain calls) for choice of ends. The alternate possession shall continue from regulation. The game will be restarted by a center draw. The winner will be decided by "sudden victory." The team scoring the first goal wins the game. Each overtime period will be no more than six minutes in length of stop-clock time (clock stops on every whistle). The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. No substitutions may occur at this time. The game will be restarted by a center draw. If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends. Substitutions may occur at this time. Play will continue with "sudden victory" stop-clock overtime periods of six minutes in length (two 3-

minute halves) with 3 minutes in between and change of ends until a winning goal is scored.

- Section 9: Jersey Color: The home team shall wear “white” or “light”; the visiting team shall wear contrasting color.
- Section 10: Bands: Home schools only may have a pep band. The band will be limited to 20 members. (This can be changed if mutually agreed upon between schools involved).
- Section 11: Noisemakers: The use of artificial noisemakers is prohibited by CIF regulations.
- Section 12: All-League Selection Guidelines:  
 Most Valuable Player  
 1<sup>st</sup> and 2<sup>nd</sup> Teams – 13 players per team (3 defenders, 3 midfielders, 3 attackers, 1 goalie, 1 long-pole midfielder, faceoff and short stick D-midfielder)

## GIRLS LACROSSE

- Section 1: Length of games: Varsity games will have two 25 minute halves and the clock is to be stopped on the official’s whistle and arm signal after each goal during the entire game, and on every whistle (to stop play) in the last 2 minutes of each half. Half time will be 10 minutes unless a lesser time is mutually agreed upon by the coaches prior to the game. Lower level games will have two 25 minute running clock halves with a half time between not to exceed 10 minutes. Teams at all levels must change ends to begin the second half.
- Section 2: Time: Games times will be officially set and printed as part of the adopted League Schedule
- Section 3: Officials: Two association officials will be requested for each League game
- Section 4: Rules: League rules shall follow NFHS rules as well as CIF Bluebook.
- Section 5: Timer: Official time will be kept by the referee and coordinated with the timekeeper at the scoring table. The scoring table will consist of a clock operator, home (official) scorekeeper, home stat keeper, visiting scorebook and visiting stat keeper. The scoring table must be located on the field between the home and visiting benches.
- Section 6: Ball: The official game ball for all contests shall be the CIF sponsored ball when at all possible. The ball must be yellow and meet NOCSAE standards.
- Section 7: Games Allowed per Day: No student shall be allowed to play a game on more than one level of competition per day.
- Section 8: Tie Games: If a lower level game regular league games ends in a tie score, it is recorded as a tie. If a Varsity regular League game is tied at the end of

regular playing time, overtime is to be played. Both teams will have a 5-minute rest and toss a coin (visiting captain calls) for choice of ends. The alternate possession shall continue from regulation. The game will be restarted by a center draw. The winner will be decided by "sudden victory." The team scoring the first goal wins the game. Each overtime period will be no more than six minutes in length of stop-clock time (clock stops on every whistle). The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. No substitutions may occur at this time. The game will be restarted by a center draw. If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends. Substitutions may occur at this time. Play will continue with "sudden victory" stop-clock overtime periods of six minutes in length (two 3-minute halves) with 3 minutes in between and change of ends until a winning goal is scored.

Section 9: Jersey Color: The home team shall wear "White" or "light"; the visiting team shall wear contrasting color.

Section 10: Bands: Home schools only may have a prep band. The band will be limited to 20 members. (This can be changed if mutually agreed upon between schools involved)

Section 11: Noisemakers: The use of artificial noisemakers is prohibited by CIF regulations.

Section 12: All-League Selection Guidelines:  
Most Valuable Player  
1<sup>st</sup> and 2<sup>nd</sup> Teams – 13 Players per team (3 defenders, 5 midfielders, 3 attackers, 1 goalie, faceoff)

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### ARTICLE XIII SOCCER

Section 1: Length of Games: The length of games will be determined by current Blue Book regulations. In the case of darkness or inclement weather, coaches and officials will be able to make time adjustments.

Section 2: Time of Contest: Contest times will be officially set and printed as part of the adopted League schedule. Varsity games begin at 6:45 p.m., which includes the necessary warm-up time needed between games.

Section 3: Officials: Two Association officials are mandatory for a Varsity game. Three will be requested for Varsity, two for Junior Varsity, and one for Frosh/Soph. Officials will be paid according to current Blue Book specifications.

Section 4: Timers: Timers of soccer games will be the head referee who will keep time on the field.

Section 5: Balls: The officials ball for all divisions shall be a first line, all-weather all or equivalent mutually agreed upon by both coaches and the officials. Each school

should have three balls for each contest. The home team must provide two ball shaggers throughout the game.

Section 6: Tie Games: If a regular League game ends in a tie score, it is recorded as a tie after two 10 minute full time overtime periods are played (with golden goal) – Varsity Only. See system below in Section 11 for determining a League Champion.

Section 7: Crowd Control: In an effort to improve the level of play and to ensure that the student athletes in the Coastal Canyon League schools are playing under the best conditions possible, the following guidelines will be followed in all Coastal Canyon League games: No spectators allowed on the field. If separate bleachers are available, fans should sit separately.

Section 9: Players' Equipment: Equipment must meet the standards of the NFHS rules. Screw in cleats will be permitted unless the referee feels they are unsafe.

Section 10: Playing Fields: All soccer fields for Coastal Canyon League competition shall be (53 yards one foot – 75 yards wide) and 110 - 120 yards in length.

Section 11: Determination of League Champion: The League Champion shall be the team accumulating the greatest number of points in League competition in the following manner:

- A. Three points awarded for each League win
- B. One point for each League tie.
- C. No points for each League loss.

Section 12: Tiebreaker:  
In the event two or more teams accumulate the same amount of points for any place, ties will be broken in the following order:

A. See Article 2, Section 9

B. Play-in game if all of the above still results in a tie. Game would include the two full 10 minute overtime periods (including golden goal) and go to penalty kicks if necessary.

Section 13: All-League Teams: All-League teams will be selected on the first Monday following the last League game.

All-League Selection Guidelines:  
See APPENDIX 2

Section 14: Red Card. Yellow Card: The current Blue Book regulations will be followed.

Section 15: Contests will be played at 3:30pm, 5:00pm, and 6:45 pm or mutually agreed.

Section 16: Club and Academy soccer players cannot compete in an outside organized competition as of the first Monday after Thanksgiving if they choose to play on their high school team. As of the first Monday after Thanksgiving, he/she

may not play on an outside team and retain their eligibility for the entirety of the high school season, including playoffs. No player declaring eligibility for a (an) Academy or Club team can be added to the high school roster after the first Monday after Thanksgiving.

#### ARTICLE XIV SOFTBALL

- Section 1: Length of Games: The length of games will be seven innings.
- Section 2: Game Sites: Varsity, Junior Varsity, and Frosh/Soph will all play at the same time and general location, unless changed by the Council
- Section 3: Time: Game times will be officially set and printed as part of the adopted League schedule. Camarillo F/S play at 3PM.
- Section 4: Officials: There will be two required for Varsity, unless mutually agreed for one, and one for lower levels.
- Section 5: Rules: League rules shall follow NFHS rules as well as CIF Bluebook.
- Section 6: Batting Practice: There shall be no pre-game batting practice with the exception of "soft toss"; only an equitable warm-up infield practice is allowed. (Soft Toss is defined as underhand and from the side).
- Section 7: Varsity and Lower Level Mercy Rule: Varsity level games shall end after five innings of seven inning game when a team is behind by 10 runs. All lower levels will end if a team is ahead by 15 or more runs after 4 innings.
- Junior Varsity and Frosh/Soph Time Limit. For Junior Varsity and Frosh/Soph games only, no new inning shall start after two hours of play. These games are not limited to seven innings, if the game is tied.
- Section 8: Approved Softball: All games will use a ball agreed upon by the League coaches and approved by CIF.
- Section 9: Tiebreaker:
- See Article 2, Section 9
- \*\* All schools need to keep the last Friday of the CIF regular season open and also secure 2 fields at their home site.
- Section 10: Rainouts: Rainouts will be scheduled on the next Saturday, Monday or Tuesday at a playable site after a rainout day. Every effort must be made to schedule games to complete the League schedule prior to completion of the CIF season.
- Section 11: Teams need to keep updated stats via online resource (MaxPreps) or email the head coaches with weekly updated stats, every 7 to 10 days.
- Section 12: All-League Selection Guidelines:

## See APPENDIX 2

## Voting Procedures/Guidelines:

1. Coaches can vote for their own players
2. Votes will be written on paper, returned to the host school (Simi Valley) , and stated as what athletes received votes. The votes will be tallied on the board.

ARTICLE XV SWIMMING

- Section 1: Time: Meet times will be officially set and printed as part of the adopted League schedule.
- Section 2: Rotation: The rotation of events for combined boys' and girls' meets shall be: Girls JV; Boys JV; Girls Varsity; Boys Varsity. The order of events applying this rotation follows the standard order designated by the current CIF Blue Book.
- Section 3: Host School Responsibilities: Adequate starting blocks, flags and the host school must provide lane lines. The host school shall provide timers, judges, and starter/official. The host school must supply at least two timers for each lane.
- Section 4: Standard Meet Forms: It is strongly recommended that the League adopt a meet form for all schools to use for management of meets.
- Section 5: The national swim rule that the visitor gets to select lanes for each meet must be enforced.
- Section 5: All-League Meet:
- A. The All-League meet shall be held at the end of the dual meet season with the date, place, and time specified in the schedule approved by the Council. Conduct of the All-League meet shall be in accordance with NFHS Rules. Individual entries shall be accepted from a member school not fielding a team. If necessary, there shall be a League swimming prelim preceding the meet.
  - B. Entry Deadline: The school hosting the championships (Royal) shall publish an entry deadline. The entry form deadline will be three days before the prelims. The form should be in the hands of the coaches at least one week before the deadline.
  - C. Responsibility for the League meet will lie with Royal H.S.
  - D. It is the responsibility of the host school (Royal) to see that the pool is properly set up, and that timers and judges are provided. Violations of this requirement are to be reported to the League President. Each League school shall provide one timer and one judge to help with the League Meet.

ARTICLE XVI TENNIS

- Section 1: Time: Match times will be officially set and printed as part of the adopted League schedule.
- Section 2: Number of Matches: Each varsity match shall consist of round robin play – three singles and three doubles. Players shall play a round robin each player of one team playing one traditional set with each player of the other team. A 12-point tiebreaker will be used when the set score is six all. Each set won counts one point in singles and also counts one point in doubles. In round robin play visiting players shall remain on the same court for all of their matches, while the home team shall rotate from court to court. In case of a tie in points when all sets have been counted, the total number of games shall determine the winner. If the teams are still tied a round robin of tiebreakers will be played using the same lineup and playing in the same order as the sets were played. The team winning the most tiebreakers will determine the winner.
- Section 3: Junior Varsity Matches: All players will play doubles and use No-Ad scoring. Each match shall consist of an eight game pro set. The boys and girls will play five doubles matches. A tiebreaker will be played when the score is eight to eight.
- Section 4: Player Limitation: No player may play singles and doubles, or Varsity and Junior Varsity in the same contest. Seniors may play at the JV level.
- Section 5: Line-Ups: Coaches shall exchange line-ups before the players are introduced and assigned to courts. Current CIF Blue Book will determine substitution rules. It is agreed that there is to be no stacking of line-ups for competition. Number one players will play each other in the first round. The home team players will rotate up after each round. Home team number three plays visitor number two, home number two plays visitor number one, and home number one plays visitor number three in the second round.
- Section 6: Coaching: Head Coaches may coach during the 90-second maximum of time allowed for changeovers. Coaching must not delay the start of play at the end of the 90 seconds or distract the opposing player.
- Section 7: Warm-Up: A ten-minute pre-game warm-up will be permitted each competing school. Home schools will allow visitors freedom of the courts for pre-game warm-up. Before each individual match a minimum five minutes of warm-up will be permitted. Longer pre-game warm-up time can be arranged through the mutual agreement of competing coaches. Players are allowed a minimum of five minutes between each set.
- Section 8: CIF Qualifying Tournament: The League shall sponsor this event at the conclusion of the dual match season on the CIF approved dates. Entries in CIF are the responsibility of the host meet Manager
- Section 9: CIF Individual Qualifying Entries: Each school shall be entitled two singles players and two doubles teams for the CIF Qualifying meet.
- Section 10: League Tournament Seeding: A seeding meeting for the CIF Individual Qualifying Tournament shall be held before the League Tournament. At the seeding meeting,

coaches shall designate who plays doubles. No defeated singles player may participate in doubles qualifying.

- Section 11: Ojai Tournament: In Boys' Tennis if a school has a player in the Interscholastic Division of the Ojai Tournament; the League Dual Match between those schools will be moved. It will be moved back to the Wednesday before the Ojai Tournament.
- Section 12: Continuous Play: All serves must be taken prior to the start of the set. Ninety seconds are allowed for changing sides after each odd game. Players may not leave the court during the set.
- Section 13: Penalties: The UTSTA Code of Penalties will be in effect and will be administered by each coach against his/her players.
- Section 14: Balls: The home team furnishes the balls for each match.
- Section 15: Rules: UTSTA rules will be used except as superseded by CIF rules and Coastal Canyon League rules.
- Section 16: Ties: If teams league records tied at the end of the season, the Coastal Canyon League will enforce the following tiebreaker.
- A. Compare head to head match scores.
  - B. Compare head to head set scores.
  - C. Compare head to head game scores.
  - D. Apply Coastal Canyon League Tie-Breaker (Article II, Section 9)
  - E. Coin Flip

## ARTICLE XVII TRACK AND FIELD

- Section 1: Time: Meet times will be officially set and printed as part of the adopted League schedule. (3:00pm)
- Section 2: Starter: A qualified officials Association member is required.
- Section 3: Classification:
- A. Boys: Varsity- any eligible (9-12); Junior Varsity- any eligible (9-12); Frosh/Soph- any eligible (9-10)
  - B. Girls: Any eligible (9-12) student can compete at either JV or Varsity. Frosh/Soph – any eligible (9-10)
- Regular Season Divisions:  
JV, Varsity
- League Finals:  
FS, Varsity
- Section 4: Conducting Dual/Tri Meets:

- A. Rules and regulations as to general procedure will follow the CIF policy and the current NFTF rules.
- B. The starter will act as meet referee.
- C. The visiting and host coach will exchange entries to the host school at 5:00PM the day before the meet. League entries will be submitted on Hy-Tek Team Manager Software. In the event the visiting school is not in compliance, if either school does not meet the deadline the meet will be under protest and reported to the League.
- D. A contestant is officially entered in an event when the host school receives entries. Once a contestant has been officially entered in an event, it will be charged against his/her total number of allowed events, even though he does not actually compete in the event.
- E. The meet will be seeded by 9:00AM on the day of the meet and sent to all schools. Coaches have until 2:00PM to make changes (up to five per division.) No changes shall be made after 2:00 PM. The Meet Manager has 30 minutes to make changes to the meet and give the seeded meet to the Clerk of the Course. Changes may consist of replacements/insertions into existing lane assignments whereas reseeding will not occur. Home team will have odd number lanes and the visiting team will have even number lanes.
- F. Scoring in a dual meet is 5-3-1, with 5 for the winning relay team. If a tie occurs, the points will be split.
- G. A backup stopwatch should be used for every race.
- H. All throwing events will consist of 3 attempts.
- I. All jumping events will consist of 3 attempts.
- J. Field events will be seeded worst to best, except horizontal jumps will be open pit.
- K. Scoring-Only the first heat in each event/division shall score.
- L. The Host School's Athletic Director or their designee shall act as Meet Director for all home meets. The Host school to act in capacity of event manager will supply one responsible adult per each field event; as many students as required may assist them.
- M. The host school will provide a Hy-Tek qualified computer operator to facilitate entry of meet data to obtain scoring/results.
- N. Each participating school shall leave the meet with a complete set of results.
- O. All relay names shall be listed including as many as two alternates. Results should list actual competitors.
- P. Starting Heights
  - a. Pole Vault: 1 foot below prelim standard
  - b. High Jump: 6" below prelim standard.

Section 5: Individual Championships: Shall be determined at the All-League Final Meet only.

Section 6: Adult Assistance: Three adults from each participating school shall be in attendance at League prelims and finals to assist the host school in running the meet.

Section 7: Conducting League Prelims and Finals:

- A. Rules and regulations as to general procedure will follow CIF and National Federation Policy.
- B. Participants: All levels will have unlimited entries into league prelims as long as athletes have met the minimum league standard.

- C. Entries will be sent to Moorpark High School via E-Mail by Tuesday before League Prelims by 5:00PM. Meet will be seeded and returned to schools by 9:00 AM Wednesday. Coaches should submit revisions by Saturday at noon. Meet will be re-seeded and sent out by Monday 9:00 AM. Final revisions are due Monday (day before meet) by 5:00 PM. No changes after 5:00PM Monday. Meet Program will be sent out Tuesday by 9:00 AM. Scratches for League Finals are due on Wednesday by 7:00 PM. Meet will be seeded by Thursday at noon.
- D. Qualifying for Finals: In running events the number of finalists will be equal to the number of lanes available, in distance events 12 runners will advance to finals. Heats will be run in all events except relays and varsity 3200m. Lane assignments in relays will be based on best season League marks. Nine will qualify for finals in field events. Heat winner plus next fastest times will qualify for finals.
- E. Schools will not be allowed to trade lanes or move a runner from his/her assigned lane to another.
- F. Lanes for the prelims will be assigned by best time in a League meet during the current year. Seeding will follow CIF and National Federation rules. All athletes must meet qualifying standards in a dual league meet. No exceptions.
- G. Starting Heights:
- a. Pole Vault/High Jump: at prelim standard.
- H. Field Events: Frosh/Soph field events shall be run as finals on the day of the prelims. In the long and triple jump, the shot put and discus, each contestant shall receive three trials.  
Varsity Field Events: No prelims will be held in Varsity field events. In the long and triple jump, shot put and discus, each contestant shall receive four trials.
- I. Although no prelim is run in the 3200m, contestants must be listed and this counts as one of their events.

Section 8: CIF Qualifying: Immediately following the League meet, all head coaches shall gather to determine CIF entries. CIF standards and guidelines will be used for entries.

Section 9: Coastal Canyon League Prelim Qualifying Standards:

Event	V Boys	FS Boys	V Girls	FS Girls
100	12	13	14	15
200	25	27	29	31
400	58	62	68	75
800	2:15	2:30	2:40	2:50
1600	5:00	5:30	6:00	6:30
3200	11:00	13:00	13:00	14:00
High Hurdles	19	20	20	21
300 Hurdles	50	55	55	60
Long Jump	18	15	14	13
Triple Jump	35	30	28	25
High Jump	5'6	4'8"	4'6"	4

Pole Vault	10	9'	7.6"	6.6"
Shot Put	35	30	25	22
Discus	100	80	70	50

## Section 11: Adopted Coastal Canyon League Schedule of Track Events

### A. Coastal Canyon League Track and Field Order of Events: Dual Meets

#### Running Events: 3:00PM

4x100m Relay - Girls JV, Boys JV, Girls V, Boys V  
 1600m Run - Girls JV, Boys JV, Girls V, Boys V  
 100m Hurdles (30") - Girls JV  
 100m Hurdles (33") - Girls V  
 110m Hurdles (36") - Boys JV  
 110m Hurdles (39") - Boys V  
 400m Dash - Girls JV, Boys JV, Girls V, Boys V  
 100m Dash – Girls JV, Boys JV, Girls V, Boys V  
 800m Run - Girls JV, Boys JV, Girls V, Boys V  
 300m Hurdles (36") - Boys JV, Boys V  
 300m Hurdles (30") – Girls JV, Girls V  
 200m Dash – Girls JV, Boys JV, Girls V, Boys V  
 3200m Run - Girls combined, Boys combined  
 4x400m Relay – Girls JV, Boys JV, Girls V, Boys V

#### Field Events: All except pole vault start at 3:00 PM

Long Jump - 3:00 to 4:30 (Two Pits) Approximate  
 Triple Jump - 5:00 to 6:30 (Two Pits) Approximate  
 High Jump - Boys V, Girls V, Girls JV, Boys JV (Two Pits)  
 Pole Vault starts at 2:30PM Boys V, Girls V, JV combined  
 Shot Put - Girls V, Girls JV, Boys V, Boys JV  
 Discus - Boys V, Boys JV, Girls V, Girls JV

#### All field events will consist of three attempts

**Coaches can mutually agree to lengthen or shorten time for field events. If agreement is not reached the above time schedule will be followed.**

### B. Coastal Canyon League Track and Field Order of Events Prelims.

#### Running Events: 4:00PM

1600m Run - Girls FS, Boys FS, Girls V, Boys V  
 100m Hurdles (30") - Girls FS

100m Hurdles (33") - Girls V  
 110m Hurdles (36") - Boys FS  
 110m Hurdles (39") - Boys V  
 400m Dash - Girls FS, Boys FS, Girls V, Boys V  
 100m Dash – Girls FS, Boys FS, Girls V, Boys V  
 800m Run - Girls FS, Boys FS, Girls V, Boys V  
 300m Hurdles (36") - Boys FS, Boys V  
 300m Hurdles (30") – Girls FS, Girls V  
 200m Dash – Girls FS, Boys FS, Girls V, Boys V  
 3200m Run - Girls FS, Boys FS  
 4x400m Relay – Girls JV, Boys JV, Girls V, Boys V

Field Events: 3:00PM, FS Finals

Long Jump - 3:00 to 4:30 (Two Pits) Approximate  
 Triple Jump - 5:00 to 6:30 (Two Pits) Approximate  
 High Jump - Girls FS, Boys FS (Two Pits)  
 Pole Vault - Boys FS, Girls FS  
 Shot Put - Girls FS, Boys FS  
 Discus - Boys FS, Girls FS

**All field events will consist of three attempts**

**Meet director has discretion to allow an AP Exam athlete to begin competing after event has started. Coaches can mutually agree to lengthen or shorten time for field events. If agreement is not reached, the above time schedule will be followed.**

C. Coastal Canyon League Track and Field Order of Events Finals

Running Events: 5:00PM

4x100m Relay – Girls FS, Boys FS, Girls V, Boys V  
 1600m Run - Girls FS, Boys FS, Girls V, Boys V  
 100m Hurdles (30") - Girls FS  
 100m Hurdles (33") - Girls V  
 110m Hurdles (36") - Boys FS  
 110m Hurdles (39") - Boys V  
 400m Dash - Girls FS, Boys FS, Girls V, Boys V  
 100m Dash – Girls FS, Boys FS, Girls V, Boys V  
 800m Run - Girls FS, Boys FS, Girls V, Boys V  
 300m Hurdles (36") - Boys FS, Boys V  
 300m Hurdles (30") – Girls FS, Girls V  
 200m Dash – Girls FS, Boys FS, Girls V, Boys V  
 3200m Run - Girls FS, Boys FS

4x400m Relay – Girls JV, Boys JV, Girls V, Boys V

Field Events: 4:00PM, Varsity Only

Long Jump - 3:00 to 4:30 (Two Pits) Approximate

Triple Jump - 5:00 to 6:30 (Two Pits) Approximate

High Jump - Girls V, Boys V (Two Pits)

Pole Vault - Boys V, Girls V

Shot Put - Girls V, Boys V

Discus - Boys V, Girls V

**All field events will consist of three attempts**

**Meet director has discretion to allow an AP Exam athlete to begin competing after event has started. Coaches can mutually agree to lengthen or shorten time for field events. If agreement is not reached, the above time schedule will be followed.**

ARTICLE XVIII    VOLLEYBALL

Section 1: Rules: Current CIF Blue Book policy along with National Federation Volleyball rules shall govern all League contests.

Section 2: Match: A match will consist of three out of five for varsity, and two out of three for lower levels.

Section 3: Time: Match times will be officially set and printed as part of the adopted League schedule. The varsity match will start no later than 20 minutes after the end of the Junior Varsity match.

Section 4: Officials: Officials will be assigned by the area Liaison.

Section 5: Ball: Regulation NFHS leather volleyball shall be used in all League contests.

Section 6: All League Teams: All League teams will be selected and honored.

Section 7: All-League Selection Guidelines:  
See APPENDIX 2

Section 8: The tiebreaker will be as follows:

For 1<sup>st</sup> and 2<sup>nd</sup> spot ties – head to head will be the determiner. ***If still tied coin flip would be used.***

For ties for the final play-off spot(s), a match would happen. If there is a 2-way tie for the 3<sup>rd</sup> place spot, a 3 out of 5 match would be played. If there is a 3-way tie for the 3<sup>rd</sup> place spot, coin flip would be done designating schools A, B and C. A would

play B (2 out of 3 match) and the winner would play C (two out of three match). The winner of the 2<sup>nd</sup> match would get the 3<sup>rd</sup> place spot.

All “play-in” matches would be played at neutral sites.

## ARTICLE XIX    WATER POLO

Section 1: Rules: The NFSH Water Polo Guide and the CIF Blue Book shall govern the water polo competition except where otherwise stated in this section.

Section 2: Water Temperature: The water temperature for all games must be between 76-82 degrees Fahrenheit. If these temperatures are not maintained, the visiting school must be notified four hours in advance. Officials must also be notified. The game must be rescheduled within the following week.

Section 3: Time: Game times will be officially set and printed as part of the adopted League schedule.

Section 4: Officials: There will be two officials (if available) for all games.

Section 5: The tiebreaker will be as follows:

1. Head to Head competition. Head to head will only apply to 2 teams. If 3 or more teams are involved, the Coastal Canyon Point System will be used to rank teams for playoff games.
2. Playoff in the pool after regular season (for final playoff spot only, 3rd place, not seeds) \*
3. Coastal Canyon Tiebreaker Point System
4. Coin Flip

In case of a 2, 3 or 4-way tie for 4<sup>th</sup> place, after applying head to head competition, the following playoff system will apply:

1. Blind Draw for seeds 1 and 2, 2 and 3, or 1, 2, 3 and 4.
2. In the 3-way tie, seeds 2 vs 3 play and the winner plays 1. In a 4-way tie, seeds 1 vs 4 and seeds 2 vs 3 play and the winners play to determine the playoff spot.
3. Site: Mutually agreed alternate site or at League Representative for Water Polo (Agoura), unless included in playoff.

\*All schools need to keep the last Thursday and Friday of the CIF regular season open and secure pool time at their home site.

Section 6: All-League Selection Guidelines:  
See APPENDIX 2

ARTICLE XX    WRESTLING

- Section 1:    Time: Meet times will be officially set and printed as part of the adopted League schedule.
- Section 2:    Weigh-In: Wrestlers shall weigh-in in accordance with National Rules, along with the CIF Blue Book.
- Section 3:    Rules: All meets shall be conducted and directed according to National High School Federation rules with CIF modifications. Junior Varsity matches will have one and a half minute periods.
- Section 4:    Varsity and Junior Varsity Tournament: The League shall sponsor a League Finals Tournament, which shall serve as the CIF qualifying meet. That meet will be held one week prior to the CIF tournaments. After all expenses are taken out of the gate, any additional expenses shall be charged to the League.
- A. Awards: An appropriate certificate shall be given for first, second and third in each weight class.
  - B. Eligibility: Each school shall be allowed one representative per weight class.
  - C. Officials: Will be assigned by the Liaison.
  - D. Seeding: Seeding shall be determined at a coaches meeting prior to the first match.
- Section 5:    Tournament Responsibilities: The Junior Varsity and Varsity League Final Meets will be held at Camarillo High School. The host school will get the concessions. Host school shall be responsibility for CIFSS entries.
- Section 6:    Seniors: Seniors may wrestle on Junior Varsity teams.

## APPENDIX 1

Coastal Canyon League  
Gymnasium Fan Management Guidelines

(These guidelines are a compendium of the efforts being made throughout the league by administration and athletic staff to better control student cheering sections at basketball games.)

1. Promote behavior expectations to students
  - a. Have students sign a conduct agreement before the season.
  - b. Meet and discuss prior to the beginning of the season proper, acceptable behavior for student cheering sections. Students should be reminded to support their team without deriding or making personal attacks towards their guests.
  - c. Have public address announcer promote sportsmanship as part of event and player introductions.
2. Logistically place student cheering sections within the gymnasium
  - a. Keep home group on opposite side of gym directly across from the home bench
  - b. Place visiting group behind visiting team bench diagonally opposite home group
  - c. Keep the first(bottom) row or two of the bleachers free of students with the exception of uniformed cheerleaders
  - d. Under no circumstances should an opposing team's cheering section be placed behind an other teams' bench
3. Supervise student cheering sections during and following the event
  - a. Place supervising administrators/designees adjacent to the student cheering section
  - b. Hire/assign additional personnel to supervise student cheering sections
  - c. Place supervisors in all four corners of the gymnasium
  - d. Keep administrators on the gymnasium floor during the after-game handshake
  - e. Remain vigilant to fans and students and supervise them as they exit the gymnasium
  - f. Encourage a swift exit at the conclusion of the game
  - g. Escort visiting team to locker room following the game
  - h. Whenever possible, establish an exit route for the visiting teams from the locker room to their transportation to avoid the lingering fans
  - i. Enlist cheerleader involvement with student cheering section
  - j. Select a student "Captain" to lead the cheering section
4. Hold students responsible for inappropriate behavior at events
  - a. Remove offending students from the event
  - b. Restrict entrance to future gymnasium activities/events

- c. Consistently follow the school-established student contract regarding student behavior as spectators at sporting events

## COASTAL CANYON LEAGUE SPORTSMANSHIP PLEDGE

Good sportsmanship is viewed by the California Interscholastic Federation and the Coastal Canyon League as a measure of the understanding and commitment to ethical behavior, integrity and "Victory with Honor." CIF and the Coastal Canyon League expect all participants and spectators in tonight's contest to exhibit good sportsmanship.

Our games are learning experiences for all our student athletes. We expect you to support your team's efforts without displaying any disrespect towards the officials or the opposition. Your sportsmanship will ensure that this contest displays the positive values of the community and the school that each of you represent.

Remember, we cannot always be winners, but we can always be good sports.

(National anthem/Team introductions)

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