2026-2027 Sports Guidelines

Bay Valley Athletic League















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Cross Country

Season

A. Cross Country is a fall sport as defined by the NCS and CIF.

B. Recognized teams (and/or race divisions) for participation are both boys and girls varsity, junior varsity and frosh/soph. Races may be combined (e.g. JV boys and girls) if head coaches or their designee are in agreement at a particular meet.
   a. Each school must field a varsity team that includes their top five runners before fielding a JV team or the results will not be counted. This must occur for the entire season. Coaches who decide to not run a varsity team, will in good faith, tell all other coaches at the pre-season meeting that they choose not to run a varsity team due to "special circumstances" This needs to be recognized especially at Championship meets and 30 minutes prior to competition at the coaches meeting when it matters most. It also needs to be approved by all head coaches before the races begin so no conclusion occurs at any time before, during, or after all of the competed races.
   b. Teams are required to run the majority of their top varsity athletes in dual/tri-meets. The BVAL Championship Meet. This fosters good competition and does not undermine the true competition the sport deserves, especially in regular season dual/tri-meets.
   c. In Dual/Tri-meets/ and non-League Championship meets, each school may enter more than (7) seven varsity runners as long as the total combined number of runners for that race does not exceed a safe amount as determined but the meet director.

C. League meets will be on Wednesdays unless specified by a coach that it is necessary to move a meet to a date that both coaches agree upon. (**Note: all changes must be approved by the principals of both schools or their designees)**

D. All varsity races will be either be 3.0 miles or 5K.
   a. All JV and F/S races will be 2.0 miles.
   b. Courses, accuracy or distance, quality, and safety of courses will be determined by the home team head coach
   c. Home site will be determined by each school
   d. All courses must adhere to National Federation guidelines (safety first).
   e. Course maps and locations should be brought to the pre-season meeting by each respective school. Copies should be available by each coach of both courses and back -up course maps when available.

E. Starting times for regular season meets will be 3:30 PM.

F. Forfeits count as a loss in league. Prior notification of forfeits should be made whenever possible.

G. Each season a volunteer for the school of records will be designated.
   a. All home meet coaches are required to send their complete results to the visiting school of records by 10:00pm of the day of the day competition was completed and upload or enter all teams results to athletic.net within 48 hours from the completion of the meet. It is recommended that a computer and/or electronic timing be used be available at the finish line to expedite that uploading of results.
   b. The coach of the host school are to send in their results to the local media and others as needed.
   c. The coach of the host school must report team scores to league designated recorder.
   d. Each host team will provide results to participating schools within 24 hours. Recommend Use of Athletic.net for all league results. Uploading result to athletic.net.

e. The host school's head coach will contact all visiting coaches no later than Monday evening at 8:30 PM to discuss that Wednesday's meet mechanics.

H. Maximum number of contest for a school is 14 (not including special premier invitations or the Stanford invitation or Mt. SAC or post season competitions.

League Championships

A. The approved 2.0 and 3.0-mile course will be the Contra Loma Regional Park in Antioch. Other courses will be approved at future dates including Shadow Lakes Golf Course in Brentwood and Black Diamond Mines in Antioch. Any team has the option in selecting any course that is approved within this list of championship course. Home courses are acceptable as long as they conform to the National Federation Rule Book. The meet director for the year may choose an alternate course if their respective course is not available and/or does not qualify and/or does not have a backup course in case of inclement weather. A back up course is required to have the course approved for this contingency.

B. Each school is responsible for providing two responsible adults to help out at the BVAL finals –upon the discretion of the league director for the year that they are needed most.

C. The league director must have a written plan regarding the league procedures and the responsibilities assigned to each school for the Center and BVAL meets and all documents must be faxed/emailed to each head coach two (2) weeks before competition occurs.

D. Schools may NOT enter more than seven (7) runners in the varsity race

E. BVAL Championship Meets entries will be in Athletic.net and due by 9 pm Sunday prior to the BVAL Championship.

F. All coaches are responsible to enter their school runners in ezmeets.com or per NCS bulletin for the NCS Championship meet. The code for each school shall be provided by the school's AD

G. The time schedule for the BVAL Championship shall be:

9:30 am (Course Set-Up)

Mark Course—Setup finish line area, start areas, and team area. Set up will be done by BVAL coaches and race staff. Start line is in the North parking lot area. Chalk line to mark start. Finish line south parking area. Will have flags on pole. Timing tent and table with a generator powering the timing equipment. Markers will be placed as needed for directions indications with arrows on the ground and some signs and pole markers. First Aid area will be set up near finish line area.

11:30 am	Girls Open 2-Mile
12:00 pm	Boys Open 2-Mile
12:30 pm	JV Boys/Girls 3.1 Mile Combined
1:15 pm	Varsity Girls 3.1 Mile
1:45 pm	Varsity Boys 3.1 Mile
2:30 pm	Awards Ceremony… Awards presented at the conclusion of a brief ceremony.
2:45-4:00 pm	Clean-Up Complete… Clean-Up will be done by BVAL coaches and race staff.

** The JV Limited race is 3.1 mile course limiting teams to 7 JV runners. Moving the JV race to the 3.1mile course from a 2 mile race and limiting teams to 7 runners for JV & Varsity races. This allow the Varsity race to be more a lined w/ NFHS

rule that XC teams are 7 members. Often team have displacers by running 8-12 runners who might be on the verge of making the NCS team to get times to determine who runs at NCS. The Open 2 mile will allows coach to enter as many athletes as needed to maximize student-athlete participation. Varsity 3.1 mile course.

League Champion

The league championship will be determined at the league championship event. The team with the lowest score will be the league champion.

The league champion will receive a league pennant.
In case of a tie for first place the league title, teams will be recognized a Co-Champions and each school will receive a banner.

All League

A. The top ten (11) individual runners in the BVAL Varsity League Championship meet will be designated as All-League. Recipients, with the 1st place runner being named MVP. Those runners, both boys and girls will receive an All-League Medal (or MVP medal) and All-League (or MVP) Certificate.
B. Those runners placing 12-20 in the varsity championship meet will receive Honorable Mention Certificates.
C. MVP – Determined by the Winner of the Varsity Division at the League Championships.
D. Sportsmanship Award—Each coach will select the Sportsmanship Award winner for their team.

League Championship

The rotation for the cross-county league championship host starting in 2023 will follow this order: Heritage, Liberty, Antioch, Deer Valley, Emerald, Freedom, Pittsburg.

Board of Managers Approved—May, 21, 2024

Flag Football

Season

A. Girls Flag Football is a fall sport as defined by the NCS.
B. Maximum number of games at all levels is 24.
C. Each team will be allowed two scrimmage contests.
D. BVAL teams will play a triple or double round robin (TBD)

Contests

A. All games will be played under the NIRSA rules.
B. All equipment will follow NIRSA specifications.
C. A maximum of 24 games may be played during a season and no more than two games may be played in a single day.
D. Each game will consist of two 20-minute halves with a five-minute halftime.
E. Running clock until the last two-minutes of each half. The game clock will start on the snap following the stoppage for notification of the two-minute warning.
F. Each team receives two timeouts per half. They do not carry over from one half to the next or overtime.

Field Specifications

A. Width: 30 yd. minimum to 40 yd. maximum
B. Length: 50 yd. minimum to 80 yd. maximum
C. No-Run zones are located 5 yds. From each end zone and 5 yds. From each line-to-gain.

Uniforms and Equipment

A. Shoes: Must completely cover the foot. Turf shoes or molded rubber cleats only. No metal or baseball cleats.
B. Shirts/Jerseys: 6 in. numbers on the front and 8 in. numbers on the back
C. No identical numbers on the field at the same time.
D. Shirts/jerseys must be tucked in at all times.
E. Must have both home (dark colored) and away (light colored) jerseys.
F. Sweats (including hoods) must be worn under the uniform (if worn).
G. Pants or shorts must be contrasting color than the flags.
H. Flags: One-piece flag belt without knots.
I. Flags: One flag on each side and one in the center of the back (3 total)
J. Flags: 2 ¼ wide by 14 ½ in length (may not be torn or altered, no tape)
K. **IT IS MANDATORY FOR ALL PLAYERS TO WEAR A MOUTHPIECE.**
L. Players may not wear jewelry. Religious medals or medical alert medals are not considered jewelry and may be worn provided the religious medals are taped down and under the uniform. Medical alert medals may be worn outside the uniform provided they are taped down.

Players

A. A team consists of at least 7 players.
B. Must have a minimum of 7 players to start a game.
C. Minimum of 5 players must be available to complete games.

Film Exchange (Flag Football)

1. Mandatory film exchange between BVAL coaches.
2. For games between BVAL schools: The home team must release HUDL film access to the visiting team by noon the following day.
3. Coaches may request the two most recent game films of their next opponent. Film must be exchanged upon request by:

- Noon Friday of the week prior to scheduled game(s)

4. Failure to comply with film exchange Guidelines may result in forfeiting upcoming games or other disciplinary action determined by BOA.

League Champions

A. The league champion shall be the member school with the best record in league play. In case of a two-way tie, the winner of the head-to-head matchup will be declared league champion.
B. The NCS automatic qualifier shall be the team with the best record in head-to-head competition. In the event of a three-way tie head-to-head competition shall determine the qualifier; if it cannot be determined by head-to-head competition, MaxPreps rankings will determine the automatic qualifier.

All League Selection

A. The all-league flag football teams will consist of (1) MVP, (1) Offensive Player of the Year, (1) Defensive Player of the Year. The MVP and POY candidates will be nominated by the league coaches and voted upon by the BVAL athletic directors.
B. The all-league selections will be made by the league coaches:
   1st Place Team (5 Selections)
   2nd Place Team (4 Selections)
   3rd Place Team (3 Selections)
   4th Place Team (3 Selections)
   5th Place Team (2 Selections)
   6th Place Team (1 Selections)
   7th Place Team (1 selection)
C. Each team will also receive (2) honorable mention selections.
D. Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.

Player Participation

All players must meet the standards for participation as determined by the North Coast Section and their member schools. Players are subject to the same policies and guidelines established by the North Coast Section in regard to transfer protocols.

Board of Managers Approved—May 21, 2024
Updated on October 15, 2024, October 24, 2025

Football

Season

A. Football is a fall sport as defined by the NCS
B. Maximum number of games at all levels is ten, and a maximum number of scrimmages for all levels is one.
C. BVAL teams will play a single round robin

Contests

D. All games will be played under the NFHS rules
E. All equipment will follow NFHS specifications
F. A fifth quarter freshman period may be played if both coaches agree to play
G. Home teams will provide visiting teams with a game management plan
H. Visiting teams may have their own team physicians and/or trainers to evaluate player's injury.
I. In the event of a tie game the CIF tie breaker system will be used.

Film Exchange

A. Mandatory film exchange between BVAL coaches.

B. For games between BVAL schools: The home team must release HUDL film access to the visiting team by noon the following day.

C. Coaches may request the two most recent game films of their next opponent. Film must be exchanged upon request by:

- Noon Saturday for games played on Friday
- Noon Sunday for games played on Saturday

D. Failure to comply with film exchange Guidelines may result in forfeiting upcoming games or other disciplinary action determined by BOA.

League Champions

A. The league champion shall be the member school with the best record in league play. In case of a two-way tie, the winner of the head-to-head matchup will be declared league champion
B. The NCS automatic qualifier shall be the team with the best record in head-to-head competition. In the event of a three-way tie head-to-head competition shall determine the qualifier; if it cannot be determined by head-to-head competition, MaxPreps rankings will determine the automatic qualifier.

All League Selection Process

A. The all-league football team will consist of (1) MVP- Offense, (1) MVP- Defense and (1) MVP- OL, (1) MVP-DL. These four MVP awards will be nominated by the league coaches and voted upon by the BVAL athletic directors.
B. The all-league selections will be made by the league coaches:
   1st Place Team (8 Selections)
   2nd Place Team (6 Selections)
   3rd Place Team (5 Selections)
   4th Place Team (4 Selections)
   5th Place Team (3 Selections)
   6th Place Team (2 Selections)

C. Each team will also receive (2) honorable mention selections.
D. Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.

Player Participation and Movement

A. If a player suits up for a game, he/she is deemed to have participated. A player may participate in no more than two games in eight days. Players may participate in no more than one game per day.
B. A freshman shall not participate in a freshman game and a higher level game in the same calendar week.
C. Seniors may not participate at the junior varsity level

Sportsmanship

Teams are not permitted to bring school flags or banners to away games. Teams will not celebrate victories at mid-field or on the opposing team logos before or following games. Celebrations will be conducted in a sportsmanship like manner in the designated endzone for the visiting team.

Athletic Directors and head coaches will review sportsmanship protocols with their teams prior to the start of the season. The preseason sportsmanship meeting is considered the warning for all schools/athletes.

Consequences for Violations: To be determined by BVAL Board of Administrators. (This may include escalating levels of a fine for each occurrence should it be approved by BOA)

Visiting teams will not be allowed to take their school flags or banners to opposing venues.

> ***Note: Consequences for any violation will be determined by the offending team's administration and brought forward for discussion/vote at the next AD/BOA meeting.***

Board of Managers Approved—May 21, 2024
Updated: October 24,2025

Girls/Boys Golf

Season

A. Girls Golf is a fall sport as defined by CIF
B. Boys Golf is a spring sport as defined by CIF
C. Teams play a double round robin schedule plus a league tournament
D. Number of contests shall not exceed 22 matches.

Contests

A. Matches will be held on Tuesday and Thursday or otherwise agreed upon (per course availability)
B. A team consists of a maximum of six girls/boys for scoring purposes and the team score is the combined score of the lowest five competitors. In the event of a tie the six player's score shall count as the tiebreaker. If that results in a tie, then all six scores of the number one handicap hole shall be counted.
C. Teams must field a minimum of four players in order to compete.
D. Contests shall be nine holes of stroke play. The home team will determine the nine holes and the placement of tees. Visiting team shall have first honors at first tee.
E. Coaches are to remain at the course throughout the match.
F. Uniform and dress codes of the home course shall apply.
G. Any dispute concerning procedure that cannot be immediately resolved will result in a provisional ball being played. The two coaches shall make a final decision prior to final scores being posted.
H. All results are final once participants and coaches leave the scoring area.

I. In case of a postponement or cancellation due to inclement weather the home coach is to call the visiting school no later than 12:00 noon on the day of the match.

J. ***All contests shall be played under the rules of the USGA.***

K. ***League coaches shall be considered a Committee on Competition as described by USGA rules.***

L. ***Any rules adopted by the league Committee on Competition for league play shall be in writing as an appendix to the guidelines and distributed to the coaches prior to the beginning of the season.***

M. Non-electric pull carts are permitted; ***Range finders may be used per NCS rules***

N. Matches not played may not be counted towards league or all-league honors.

O. **During league match play (only): Once a player has reached a score of double-par, the player shall pick up his/her ball and record a score of double-par on their scorecard. The league will play true to sport in the BVAL Championship Tournament.**

League Champion

A. The league champion will be the team with the best record in the regular season round robin. In case of a tie, the champion shall have the best head-to-head record. Second tie breaker is the league tourney team score. Second place is based upon BVAL tournament team scores.

B. The league champion will also be the NCS team representative; the at-large berth will be the team with the best finish in the league tourney.

League Tournament

A. School of record for each season shall be responsible for maintaining accurate records arranging for the league tourney, assigning duties and responsibilities to all personnel at the league tourney, and arranging for the home course. Designated course for BVAL Championships is Lone Tree G.C.

B. Beginning with the fall of 2023, the rotation shall be, in order, Heritage, Liberty, Pittsburg, Antioch, Deer Valley, and Freedom.

C. The tournament director shall submit the Rules of Play to all coaches no later than seven days prior to the event.

D. The tournament shall consist of 18 holes medalist play. Ties shall be broken in the same manner as they are during the regular season.

E. Disputes shall be resolved with the aid of the resident professional of the host course. USGA rules shall apply in all situations.

F. The individual championship shall be determined by the lowest score. In the event of a tie there shall be a sudden death playoff.

League Awards

A. All league awards will be based upon a point system that is doubled for the league tournament. The points will be computed at the conclusion of the tournament and the top eleven scorers in total points shall be awarded All-BVAL honors, with the top scorer in the league being named the League MVP.

B. Sportsmanship Award—Each coach will select the Sportsmanship Award winner for their team.

Board of Managers Approved—May 21, 2024

Girls/Boys Tennis

Season

A. Girls Tennis is a fall sport as defined by CIF
B. Boys Tennis is a spring sport as defined by CIF
C. League competition will consist of a double round robin.
D. The BVAL meet shall be held prior to the NCS tournament
E. The United States Tennis Association (USTA) will be the official rules
F. Matches will be played on the dates scheduled by the league unless both coaches, Athletic Directors, and Principals consent otherwise.
G. It is the responsibility of the home team coach to decide whether a rain-out needs to be announced. If a match has already determined a school winner (five wins) and rain forces a stop of play, the score is defined as a completed match. If a match is made up, the same participants must compete in their respective positions as in the discontinued match or it is officially a default. The matches will continue from where scores are left off
H. Rainouts will be rescheduled on the next available date as determined by each site athletic director and principal. League matches will take priority for re-scheduling.
I. The number of matches shall not exceed 24 plus 2 scrimmages.

Participation of Players

A. All players must be at the courts by 3:30 PM. Players not there at that time will be dropped from the team roster and players must be moved up on the ladder.
B. If a team does not arrive at the away site by 4:15 PM, the match will be rescheduled on the next available date.
C. Warm-up time prior to matches is not to exceed ten minutes. Serving is included in this warm-up.
D. If a player requests a linesman during a match, the coaches must provide a linesman from each school to perform this duty. Coaches are not allowed to be line judges unless mutually agreed upon.
E. Servers are responsible to call out game score after every point.
F. Schools are limited to two active coaches at each contest. However, when applicable and mutually agreed upon, teams with an equal number of cleared coaches on staff may allow all coaches to coach, provided home and away teams have the same number of coaching staff present. Coaches must verify clearance status upon request.
G. Questions, comments, or complaints regarding coaches need to be directed to both athletic directors in writing within 24 hours of completion of event.
H. **College Coaching Standards**

Coaching during team competition is allowed by designated coaches only and will never interfere with continuous play. A coach may coach a player any time during the match so long as the coach does not interfere with play. (USTA has a maximum of 20 seconds between points and 90 seconds on changeovers)

Coaches shall not in any way distract or annoy the opposing player.

A violation of these provisions shall result in the player on the court where the violation occurred being assessed a point penalty. (Penalties for coaching are not treated as part of the Point Penalty System, and they do not accumulate)

Coaches Location: Coaches may not sit or stand anywhere that interferes or obstructs with play. The coach's movement shall be limited so as not to distract the players. A coach may change courts when the movement will not interrupt play.

Coaches may coach within the lines of the court only during a changeover, set break or when changing courts.

At no time during the course of a match, excluding injury, will a coach, parent or other player be allowed within the playing area of the competitors.

Coaching will follow all NCS and USTA guidelines with regards to the BVAL tournament.

I. Players cannot leave the courts once the match has started unless for an injury or a bathroom visit. Maximum time allowed is five minutes for bathroom and fifteen minutes for injury.
J. League varsity matches shall consist of six singles and three doubles.
K. Junior varsity matches will consist of doubles competition unless other arrangements are made prior to the match. JV Scoring will be an eight game pro set with a seven point set tie-breaker at eight all. Teams may use the alternative JV scoring format in item V. below if both coaches are in agreement.
L. Varsity matches will be best two out of three sets, no ad, with a twelve point tie-breaker at six all (i.e. the first to seven points and winning by two).
M. The order of play will be from top down.
N. Team ladders are required to be maintained in the public UTR platform. Coaches will update their rosters into UTR at the start of the season.
O. All Challenge Matches within teams that effect the ladder position must be entered into UTR.
P. There will be no defaulting - Coaches must move players up.
Q. League matches consist of:

    i. Six singles players
    ii. Three doubles teams

R. At conclusion of match, both coaches will verify scores and participants names for the official record book. The official book is the home record book.
S. Matches will not begin unless both coaches are present**.** A team captain MAY NOT be sent in place of the school coach. An assistant coach or adult representative assigned by the school Principal may represent the head coach.
T. If open courts exist at any time during team match play, teammates may watch from open court on the farthest side of the center line.
U. Home Coaches shall contact each visiting team coach prior to their matches in order to find out the number of Junior Varsity players.
V. Alternative JV scoring format is decided prior to the match and is as follows:
    a. Junior Varsity format will consist of a five point total; two singles and three doubles.
    b. All matches are eight or ten game pro sets depending on home site preference.
    c. Additional matches may be played but will not count against the team final point total.
W. Linesmen may be requested during matches only by players participating in the match.
    a. Linesmen are placed at the net posts and will cover the half-width of the court closest to them.
    b. The linesmen would include one member from each team; coaches may not be linesmen.
    c. Linesmen do not offer calls on their own; they only respond when requested by a player.
    d. Linesmen do not keep score or call anything other than the lines.
    e. If a player is not in agreement with his/her opponent, that player can appeal to the linesman on the half-width of the court nearest to the call in question.
    f. Once that linesman makes a ruling, his/her call stands.
    g. If the linesman who is being appealed to did not see the ball clearly, he/she can shield his/her eyes and defer to the other linesman who then can make the call only if he/she saw it clearly. If neither linesmen can make a call, the original call stands.
X. If a player requests a linesman in the BVAL Championship Tournament, the coaches must provide linesmen, preferable from a neutral school site, to perform this duty. Tournament Director must notify all participating coaches and neutral team coaches of the use of neutral linesmen. If no neutral site linesmen are available, Guideline D above.
Y. Any medical time out, including those for injuries, may have a maximum of 10 minutes to assess and treat as appropriate.

League Champion/NCS Qualifier Determination

A. Team champions will be the winner of the BVAL round robin as decided by the win/loss record.
B. Prior to the BVAL Tennis Championships, all varsity players that are nominated for a seed in the league tournament must have a UTR score to be seeded.
C. In the case of a tie after round-robin play, the champion will be determined by head-to-head competition. If a tie still exists, both schools will receive a co-championship banner. The automatic qualifier for NCS will be the team with the higher UTR score.
D. Individual champions will be the first-place winners in singles and doubles in the BVAL Championship Tournament.

Awards

A. A BVAL Pennant and Certificates will be awarded to the Championship Team.
B. League Medals will be awarded to the first, second, third, and fourth place singles and doubles players in the BVAL Championship Tournament.
C. All league certificates will be awarded to the first and second place singles and doubles players in the BVAL Championship Tournament and Honorable Mention certificates will be awarded to the third and fourth place finishers.

Equipment and Uniforms

A. The official league ball is a USTA approved championship ball.
B. Home team shall furnish two new balls for each varsity match.
C. If a third set is played, two new balls will be issued to players.

Classification of Players

A. Match player position is determined by ladder position. Coaches will carry a copy of their ladder.
B. Coaches are to exchange lineups simultaneously. Lineups must be played according to ladder position.

BVAL Championship Tournament

A. The BVAL Championship Tournament will be held prior to the NCS Tournament.
B. Winners of the league Championship Tournament will represent the BVAL in the NCS Tournament.
C. The coaches will meet before the Championship Tournament to determine the draw and seeding according to the guidelines and league records. In order to be eligible for play, all participating players must play at least half of the league season. JV league matches count in participation total. (If this criteria is not met, an athlete may fulfill the requirements of guideline Q. below).
D. All coaches will provide ladders and order of play at meeting prior to seeding.
E. No higher number on an individual team ladder may be seeded higher than a teammate with a lower number on an individual team ladder.
F. League Tournament Seedings and First Round Matchups
When applicable, during the seeding meeting and after all seeded players are placed in the draw, the coaches may review the draw to avoid same-school matchups within the first round only. For a season where a bracket cannot be filled due to a limited number of player entries, seeding of players and placement of top 1 and 2 singles players from each school will take precedent.
G. Each school team may enter six singles entrants into the BVAL tournament. The draw for the singles tournament is 32 with four entry matches to be played by the #6 players in the league and two #5 players. The #5 players will be selected based upon the final league standings; the fifth and sixth place teams will have their #5 players in the

entry matches. Tournament day draws will determine which schools will face each other with the exception that no #5 player will face a #6 player from the same school. The winners of the entry matches will play the #1, #2, #3, and #4 seeds in the singles tournament.

H. Each school may enter three doubles teams into the BVAL tournament. The draw for doubles is 16 with two entry matches to be played. The doubles entry match will be played by four #3 doubles teams. The #3 doubles teams that play in entry matches will be selected from the final BVAL standings; the 3rd, 4th, 5th, and 6th place teams will have their #3 teams play in the entry matches. The entry match draw will occur before the main draw and the winners of the entry matches will play the #1 and #2 seeds.
I. League coaches (or designee) of non-finalist teams will monitor for foot faults and lines.
J. Coaches are to bring eight cans of balls.
K. The BVAL Championship Tournament is single elimination.
L. Players receive a 30 minute resting period between matches for 10 game pro-sets and one hour between any 2 out of 3 No-Ad tie-break sets.
M. BVAL Tournament Format: Replace the 10-game pro-set with Fast 4 mini-sets (Seven-point tiebreak at 4-All, 10-point tiebreak if sets are split) for all play-in and early round matches through the quarterfinals. Semi-Finals and Finals will remain with the existing scoring format.
N. Playoff for third and fourth place will be two out of three sets, No-Ad Scoring.
O. Tournament Default: First 5 minutes, loss of toss and 1 game; Second 5 minutes, same as previous plus the loss of additional game; Third five minutes, same as previous and loss of match.
P. BVAL Championship site rotates alphabetically on a yearly basis provided the host school has eight or more courts. Host school may choose not to host if principal, athletic director, or coach objects.
Q. Players who have played less than half of the league matches must be voted in by coaches to play in the BVAL Championship Tournament. Coaches who propose entry for such players must explain hardship before vote.

BVAL All Sportsmanship Team

A. At the conclusion of the BVAL postseason tournament, the league coaches will recognize those individuals that have demonstrated and serve as models for others in sportsmanship.

Board of Administrators Approved—May 21, 2026

Girls/Boys Volleyball

Season

A. Girls Volleyball is a fall sport as defined by CIF. Boys Volleyball is a spring sport as defined by CIF.
B. Teams may play a total of 24 matches plus two scrimmages. A jamboree counts as one scrimmage. Each day of participation in a tournament shall count as two matches.
C. The league season will consist of a double round robin. Game days will be determined by league AD's.
D. Starting times shall be: Frosh – 4:15 pm; JV – No earlier than 5:15 pm; Varsity – No earlier than 6:00…For Boys Matches, Frosh- 4:15 pm JV – 5:15 pm and Varsity- no earlier than 6:00 pm.
E. Matches shall be conducted under the rules of the NFHS and league approved changes.
F. Varsity matches shall consist of best three of five games; JV and frosh matches shall be best two of three matches.
G. Warm up times shall consist of the following: 10 minutes visitor hitting/serving; home team off court. 10 minutes of home team hitting/serving; visiting team off court. Total time = 20 minutes.
H. During league play, teams will remain on the same side during every set. There will be no switching of sides at the end of a set. (Home team determines their side)

League Champion/NCS Qualifier/Tie Breaker

A. In the event of a tie for first place where the tie cannot be broken by head-to-head competition, the NCS automatic qualifier will be determined by MaxPreps rankings.
B. In the event of a three-way tie for first place the team with the better second half record against its other opponents tied for first shall be declared the NCS qualifier.
C. Co-Champions will both receive banners.

Equipment and Uniforms

A. All equipment and uniforms shall meet the specification of the NFHS.
B. A league-approved ball may be any approved leather ball with NFHS approval stamp.
C. A visible score shall be provided at each home court.

Participation of Players

A. A JV player may move up to the varsity anytime, but may not participate on both levels on the same day.
B. If a player suits up for a game he/she is considered to have participated.
C. Seniors shall not play at the JV level and freshmen shall not participate in freshmen and Junior varsity games on the same day.

All League

J. The all-league volleyball teams will consist of (1) MVP. The MVP candidates will be nominated by the league coaches and voted upon by the BVAL athletic directors.
K. The all-league selections will be made by the league coaches:
   1st Place Team (4 Selections)
   2nd Place Team (3 Selections)
   3rd Place Team (3 Selections)
   4th Place Team (2 Selections)
   5th Place Team (1 Selections)
   6th Place Team (1 Selections)
L. Each team will also receive (1) honorable mention selection.
M. Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.Board of Managers Approved—May 21, 2024

Water Polo

Season

A. Water Polo is a fall sport as defined by the NCS.
B. Contests shall be 24 with two scrimmages. Tournament games count one for one
C. League schedule is a single round robin format with a BVAL Championship Tournament.

Contests

A. Game days will be determined by league AD's. Changes to games must be approved by the AD's from both sites.
B. League games shall begin at 4:00 PM.
C. The order of play is Boys Varsity, Girls Varsity, Girls Junior Varsity, Boys Junior Varsity.
D. The length of the game shall be four seven-minute quarters for both boys and girls varsity; five minute quarters for both boys and girls junior varsity.
E. If both coaches agree one and no more than two extra quarters may be conducted at the end of junior varsity regulation time.
F. The home coach is responsible for reporting the results to Max Preps.

Players Participation

A. Each participating athlete may compete in no more than 24 matches total per year regardless of level.

League Championships

A. League champion and NCS automatic qualifier shall be determined by the BVAL Championship tournament
B. A pennant shall be awarded to the winner of the championship tournament.
C. * BVAL Championships will be seeded according to the results of a single round-robin league schedule. In the event of a tie in the standings, seeding will be determined by MaxPreps rankings.

All League Selection

A. The all-league water polo teams will consist of (1) MVP. The MVP candidates will be nominated by the league coaches and voted upon by the BVAL athletic directors.
B. The all-league selections will be made by the league coaches:
   1st Place Team (4 Selections)
   2nd Place Team (3 Selections)
   3rd Place Team (3 Selections)
   4th Place Team (2 Selections)
   5th Place Team (1 Selections)
   6th Place Team (1 Selections)
C. Each team will also receive (1) honorable mention selections.
D. Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.

Board of Managers Approved—May 21, 2024
*(updated) October 2024 by vote of Board of Administrators

Boys/Girls Basketball

Season

A. Basketball is defined as a winter sport by NCS.
B. League play will consist of a double round robin.
C. Game days will be determined by league AD's
D. There shall be a regular season limit of twenty-six games and two scrimmages. Scrimmages may not be scored nor recorded for win or loss purposes but may be timed and have officials.
E. Games will be played under NFHS rules.
F. Tournament games count one for one.
G. Alumni or Foundation games do not count as one of the 26 contests or scrimmages.

Participation of Players

A. A junior varsity player may move up to the varsity at any time, but he/she cannot return to the junior varsity team in the same calendar week (Sun.-Sat.). This rule applies to movement from freshmen to junior varsity teams.
B. If a player suits up for a game he is considered to have participated.
C. Seniors shall not play at the junior varsity level.
D. Freshmen shall not participate in freshmen competition and any higher competitive level games on the same day.
E. It shall be the coach's responsibility to record the number of contests played in so that player does not exceed the 26-contest limit.

Rules

A. Games will be played under the rules of the NFHS with the exception of those modifications approved by CIF.
B. The home scorebook is the official record of play.

Equipment and Uniforms

A. Uniforms must conform to the rules of the NFHS rule book.
B. The home team shall wear the lighter colored jersey; the visitors shall wear the darker colored jersey. If there is to be a change the home team must notify the visiting team.
C. The game ball shall be an approved NFHS/CIF/NCS ball provided by the host school.

League Champion/NCS Qualifier Determination

A. In the event of a tie for first place where the tie cannot be broken by head-to-head competition, the NCS qualifier will be determined by MaxPrep rankings.
B. In the event of a three-way tie for first place the team with the better second half record against its other opponents tied for first shall be declared the NCS qualifier.
C. Co-Champions both receive a banner.

All League Selection

A. The all-league basketball teams will consist of (1) MVP. The MVP candidates will be nominated by the league coaches and voted upon by the BVAL athletic directors.
B. The all-league selections will be made by the league coaches:
   1st Place Team (3 Selections) — 4th Place Team (1 Selection)
   2nd Place Team (2 Selections) — 5th Place Team (1 Selection)
   3rd Place Team (2 Selections) — 6th Place Team (1 Selection)
C. Each team will also receive (1) honorable mention selections.
D. Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.Board of Managers Approved—May 21, 2024

Boys/Girls Soccer

Season

A. Soccer is a winter sport as defined by NCS.
B. League play will consist of a double round robin.
C. Game days will be determined by league AD's
D. There shall be a regular season limit of twenty-four matches and two scrimmages. Scrimmages may not be scored nor recorded for win or loss purposes but may be timed and have officials.
E. Matches will be played under NFHS rules.
F. Varsity games shall consist of two (2) forty-minute (40) halves.
G. Points for league standings shall be three points for a win, one point for a tie, and zero points for a loss.
H. A postponed game shall be played on the first available date following the original date (regularly scheduled league games take precedent). The game shall be played if the conditions are safe and playable.
I. Alumni games do not count as one of the 26 contests or scrimmages.

Participation of Players

A. Rosters including numbers shall be exchanged at the beginning of each match.
B. Players or coaches red carded or ejected are subject to the rules of NCS' ejection policy.
C. Junior varsity players may move up to the varsity anytime, but he/she cannot return to the junior varsity team in the same calendar week (Sunday through Saturday). This rule applies to movement from freshmen to junior varsity teams.
D. If a player suits up for a game he is considered to have participated.
E. Seniors shall not play at the junior varsity level.
F. Freshmen shall not participate in freshmen and junior varsity games on the same day.

Rules

A. The four corners of the field must have corner flags that are constructed in such a fashion as to not be a hazard to the players.
B. Teams must start with seven players.
C. Soccer goals must be secured for safety.
D. All scores must be reported by the home team to Max Preps (or NCS approved website) in accordance with NCS Rules.
E. Visiting teams will have at least a 15-minute warm-up period.
F. When one half of a match is completed, it is considered to be an official contest. Matches may be called by game officials due to lightning or inclement weather, creating unsafe playing conditions.

Equipment and Uniforms

A. Teams shall have two sets of jerseys. The home team will wear dark colored jersey with numbers on the back. The visitors will wear the light-colored jerseys with numbers on the back.
B. If there is a conflict in jersey color, the home team shall change jerseys.
C. The home team shall provide three game balls and approved by the referee.

League Champion/NCS Qualifier Determination

A. Points will determine the league champion. Three points are awards for each win, one for each tie, and zero for a loss. The team with the most total points at the end of the season shall be declared league champion.
B. Teams tied for first at the end of the season shall be declared co-champions if a champion cannot be determined by head-to-head competition.
C. A championship pennant will be awarded to the championship team. In the event of a tie for first place, both teams will be declared co-champions and both teams will receive a banner.
D. In the event of a tie for first place where the tie cannot be broken by head-to-head competition, the NCS qualifier will be determined by MaxPrep rankings.
E. In the event of a three way tie for first place the team with the better second half record against its other opponents tied for first shall be declared the NCS qualifier.

All-League Selection

A. The all-league soccer teams will consist of (1) MVP. The MVP candidates will be nominated by the league coaches and voted upon by the BVAL athletic directors.
B. The all-league selections will be made by the league coaches:
   1st Place Team (5 Selections)
   2nd Place Team (4 Selections)
   3rd Place Team (3 Selections)
   4th Place Team (3 Selections)
   5th Place Team (2 Selections)
   6th Place Team (1 Selections)
C. Each team will also receive (2) honorable mention selections.
D. Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.

Board of Managers Approved—May 21, 2024

Boys/Girls Wrestling

Season

A. Wrestling is a winter sport as defined by NCS.
B. Match days will be determined by league AD's
C. The maximum number of matches is 40 and two scrimmages.
D. Each wrestler must have ten days of practice before he/she can compete in a meet or tournament. Exception: if coming from another sport a wrestler will have five days of practice before he/she can compete.
E. No senior may wrestle as a junior varsity competitor.

League Championships

A. Final league standings will be determined by the following scoring chart:

Dual Meet	League Standing	League Tournament
100 points	**1st Place**	**72 points**
90 points	**2nd Place**	**64 points**
80 points	**3rd Place**	**56 points**
70 points	**4th Place**	**48 points**
60 points	**5th Place**	**40 points**
50 points	**6th Place**	**32 points**

B. The league champion will receive a league championship pennant
C. A wrestler who may miss the league championship due to injury or illness (with doctor's note) may challenge the third-place wrestler in his/her weight class in order to advance to the NCS championships or a wrestler may apply for an at-large spot at the NCS seeding meeting prior to the event. A petition must be filed with the league coaches at the seeding meeting and weigh-in must occur at the league tournament.

All-League Selection

A. Medals shall be awarded to 1st, 2nd, 3rd, and 4th place finishers.
    a. 1st Place league champions by weight class are considered to be All-League and will be awarded a medal and certificate.
    b. 2nd, 3rd, and 4th place finishers will receive their respective medals along with an Honorable Mention certificate.
    c. MVP Wrestler for boys and girls will be nominated by coaches and voted upon by the athletic directors following the conclusion of the league championships.

Equipment and Uniforms

A. Uniforms and equipment must conform to all NFHS Rules and Guidelines

Weight Classes

A. Weight classes are those as determined by NCS

Dual Meets

A. Participants must weight in one hour prior to starting time
B. Coaches will provide official with a copy of participants and each other. No changes may be made thereafter.

JV Championship

A. Junior Varsity championships will be held on the same day as the Varsity championships
B. May wrestle more than one wrestler per weight class.
C. No Seniors
D. No varsity wrestlers who plan to wrestle in league championship.
E. In the event of an injury, a coach may petition to move the JV wrestler to varsity status.

Novice Tournament

A. First year high school wrestlers only may compete.

BVAL All Sportsmanship Team

A. Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.

Girls Wrestling

A. Girls from each BVAL school will wrestle at league dual matches against the opposing league team. Coaches will match girls up as close as possible if weights do not match.
B. Girls will wrestle at BVAL dual matches prior to the Junior Varsity matches.
C. Girls will participate at the BVAL tournament at the prescribed NCS weight classifications.
D. Girls will receive league medals and all-league awards at BVAL tournament.
E. The Girls champion will be determined by the dual meet/league tournament scoring format. The girls wrestling champion will be awarded a banner.
F. All girls will still qualify for NCS, as per NCS guidelines.

Board of Managers Approved—May 21, 2024

Baseball

Season

A. Baseball is a spring sport as defined by the NCS.
B. Games will be conducted under National Federation rules.
C. Maximum number of games is 24 and maximum number of scrimmages 2.
D. Game days will be determined by league AD's
E. Tournament games are counted at a one-to-one ratio.
F. Any batting practice is governed by NCS rules and restrictions.
G. Alumni games do not count as one of the 24 contests or scrimmages.
H. All scores must be reported by the home team to Max Preps.

Participation of Players

A. If a player suits up for a game he is considered to have participated.
B. Seniors shall not play at the junior varsity level.
C. Freshmen shall not participate in freshmen and junior varsity games on the same day.
D. Varsity coaches must be in uniform to coach from the field. If a coach is not in uniform that coach is restricted to the confines of the dugout.

Equipment

A. All equipment including balls must comply with National Federation and NCS rules.
B. All players must wear a batting helmet while on base.
C. All coaches must wear a helmet while in the field of play.
D. Teams shall have two sets of jerseys. The home team will wear white or the lighter colored jersey with numbers on the back. The visitors will wear the darker colored jerseys with numbers on the back.
E. If there is a conflict in jersey color, the home team shall change jerseys.
F. The home team shall provide game balls.

Officials

A. If only one umpire shows, the game shall be played. In the event no umpire shows, the game shall be rescheduled at the earliest possible mutually agreed upon date.

League Champion/NCS Qualifier Determination

A. The league champion shall be the team with the best record in league play. In the event of a tie for first place, league champion will be determined by head-to-head competition. When head-to-head does not determine a league champion, co-champions will be declared and both will receive a banner.
B. In the event of a tie for the league championship, the NCS automatic qualifier will be determined by MaxPrep rankings.

All-League Selection

A. The all-league baseball team will consist of (1) MVP and (1) Pitcher of the Year (POY). These two awards will be nominated by the league coaches and voted upon by the BVAL athletic directors.
B. The all-league selections will be made by the league coaches:
   1st Place Team (5 Selections)
   2nd Place Team (4 Selections)
   3rd Place Team (3 Selections)
   4th Place Team (3 Selections)
   5th Place Team (2 Selections)
   6th Place Team (1 Selections)
C. Each team will also receive (2) honorable mention selections.

Postponed Games Suspended Games, or Site Changes

A. A game postponed due to inclement weather must be played on the first available date following the postponement. No team shall exceed four games per a calendar week. The home team will determine the playability of the field.
B. In the event of multiple postponements the makeup games shall be played in sequential order
C. Coaches may have the option of switching sites during the first round if both school principals and athletic directors agree. It shall be the responsibility of the original home team to notify the league office and the officials association of the change.
D. Suspended or called games:

    a. All games shall be played to their conclusions
    b. Suspended games shall be completed prior to the next round's regularly scheduled game.

Sportsmanship Award

Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.

Board of Managers Approved—May 21, 2024

Softball

Season

A. Softball is a spring sport as defined by the NCS.
B. Games will be conducted under NFHS rules.
C. Maximum number of games is 24 and the maximum number of scrimmages is two.
D. The league season shall consist of a double round robin. The junior varsity shall play the same schedule at the opposite site.
E. Tournament games shall count at a one to one ratio.
F. Game days will be determined by league AD's
G. Any batting practice prior to a game is governed by NCS rules and restrictions.
H. There shall be a two-hour limit for junior varsity games. No new innings may star after the 2 hour time limit.
I. After five completed innings the ten run rule shall apply.
J. Alumni games do not count as one of the 24 contests or scrimmages.
K. All scores must be reported by the home team to Max Preps.

Participation of Players

A. If a player suits up for a game he is considered to have participated.
B. Seniors shall not play at the junior varsity level.
C. Freshmen shall not participate in freshmen and junior varsity games on the same day.
D. Varsity coaches must be in uniform to coach from the field. If a coach is not in uniform that coach is restricted to the confines of the dugout.
E. At the freshman and junior varsity levels only, a player who has been moved from the freshman level to junior varsity level may move back down during the same calendar week only under the following two circumstances:

    a. An illness and/or injury to players that would leave the roster short of the number of participants to start the game two plus two for substitutions.
    b. The school whose players are moved will be responsible for notifying other league schools as soon as it is practical to do so.

Equipment

A. All equipment including balls must comply with NFHS and NCS rules.
B. All players must wear a batting helmet while on base.
C. All coaches must wear a helmet while in the field of play.
D. Teams shall have two sets of jerseys. The home team will wear white or the lighter colored jersey with numbers on the back. The visitors will wear the darker colored jerseys with numbers on the back.
E. If there is a conflict in jersey color, the home team shall change jerseys.
F. The home team shall provide game balls.

Officials

A. If only one umpire shows, the game shall be played. In the event no umpire shows, the game shall be rescheduled at the earliest possible mutually agreed upon date.

League Champion/NCS Qualifier Determination

A. The league champion shall be the team with the best record in league play. In the event of a tie for first place, league champion will be determined by head-to-head competition. When head-to-head does not determine a league champion, co-champions will be declared and both will receive a banner.
B. In the event of a tie for the league championship, the NCS automatic qualifier will be determined by MaxPrep rankings.

All-League Selection

A. The all-league softball team will consist of (1) MVP and (1) Pitcher of the Year (POY). These two awards will be nominated by the league coaches and voted upon by the BVAL athletic directors.
B. The all-league selections will be made by the league coaches:
   1st Place Team (5 Selections)
   2nd Place Team (4 Selections)
   3rd Place Team (3 Selections)
   4th Place Team (3 Selections)
   5th Place Team (2 Selections)
   6th Place Team (1 Selections)
C. Each team will also receive (2) honorable mention selections.

Postponed Games, Suspended Games, or Site Changes

A. A game postponed because of inclement weather must be played on the first available date following the postponement. No team shall exceed four games in a single calendar week. The home team shall determine the playability of the field.
B. In the event of multiple postponements the games shall be rescheduled in sequential order
C. Coaches may have the option of switching sites during the first round if both the schools principals and athletic directors agree. It shall be the responsibility of the original home team to notify the league office and the officials association of the change
D. Suspended or called games

    a. All games shall be played to their conclusions
    b. Suspended games shall be completed prior to the next round's regularly scheduled game.

Sportsmanship Award

Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.

Board of Managers Approved—May 21, 2024

STUNT (Competitive Sport Cheer)

Season

A. Competitive Sport Cheer is defined as a spring sport by NCS.
B. Contests will be played according to CIF state bylaws.
C. There shall be a limit of twenty-four maximum contests.
D. Each performance event counts as a contest.
E. The earliest day practice may begin is the first day of the NCS Spring Sports Calendar as described by NCS.
F. Sunday practice, team meetings, or contests are expressly prohibited due to state bylaws.

Contests

A. Home and Away sites in league games are designated by the commissioner. Each team will play each other twice during the league season. The first five scheduled league games will be considered the first round and the second five scheduled league games will be considered the second round.
B. League contests will take place on Wednesdays. The schedule will be established to allow for quad meets as needed.

Participation of Players

A. Junior varsity player may move up to the varsity anytime, but he/she cannot return to the junior varsity team in the same calendar week (Sunday through Saturday). This rule applies to movement from freshmen to junior varsity teams.
B. If a player suits up for a contest s/he is considered to have participated.
C. Seniors shall not compete at the junior varsity level.
D. It shall be the coach's responsibility to record the number of contests participated in so that player does not exceed the 24-contest limit.

Rules

A. Contests will be played under the rules of the USA Cheer Stunt, CIF, and NCS with the exception of those modifications approved by the BVAL Board of Managers.
B. The home team is responsible for calling the media and reporting the scores.
C. The home scorebook is the official record of play and shall be kept by a competent and knowledgeable scorer.
D. All scores must be reported by the home team to Max Preps in accordance with NCS Rules.

Competition

A. 20-minute official warm-up prior to competition
B. Home team provides music for routines and person to play music
C. Home team provides judges scoresheets and scoring table
D. Home team provides 9-mat floor and 2 warm-up mats

Equipment and Uniforms

A. Uniforms must conform to the rules of the National Federation of High School rule book.
B. The home team shall wear uniforms that distinguish participants as members of the league school.

Officials

A. There shall be two league-approved officials for each varsity contest. If only one official is present the game shall be played; if no official is present the game shall be cancelled and rescheduled at the earliest agreeable date.

League Champion/NCS Qualifier Determination

A. The league champion will be determined by the results of the league championship tournament. The winner of the tournament will be the league champion, receive the banner and be the automatic qualifier to NCS. The winner of the dual meet schedule will be the second qualifier for NCS (regardless of their finish in the league tourney). If the winner of the dual meet schedule and the winner of the league championship tournament are the same school, the second qualifier to NCS is the team that finishes second at the league championship tournament.

B. All-League Selection

A. The all-league Stunt Cheer team will consist of (1) MVP and will be nominated by the league coaches and voted upon by the BVAL athletic directors.

B. The all-league selections will be made by the league coaches:
   1st Place Team (4 Selections)
   2nd Place Team (3 Selections)
   3rd Place Team (3 Selections)
   4th Place Team (2 Selections)
   5th Place Team (1 Selections)
   6th Place Team (1 Selections)

C. Each team will also receive (1) honorable mention selections.

Sportsmanship Award

Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.

Board of Managers Approved—May 21, 2024

Swimming and Diving

Season

A. Swimming and Diving is a spring sport as defined by the North Coast Section ("NCS").
B. Meets shall be conducted in accordance with the National Federation of State High School Associations Swimming and Diving Rules ("NFHS") and in alignment with the NCS.
C. All BVAL meets are to run on a six-lane basis. Home team has even lanes; visitors have the odd lanes. In an eight-lane pool, the outside lanes (lane 1 & lane 8) will be non-scoring.

    1. At dual meets, the home team will try to provide a minimum of 2 timers per lane. It is the home team's obligation to inform the visiting coach if extra timers are needed in the advance of the dual/double meet. If Diving is held, and help is needed to adjudicate the diving meet, it is the home team's obligation to inform the visiting coach should help be needed.
    2. The Home team will provide: an electronic timing & scoring system (including functional timing mechanisms for each lane), and diving score sheets, for the dual meets. If Diving is to be held, the home team will provide necessary materials for a diving desk.
    3. All league meets will be scored according to NFHS rules.

D. Meet entries to be submitted to Home Team the morning of the day before a meet (by 10:00am) and must be submitted electronically using a format accepted by Hy-Tek Meet Manager.
E. The visiting team is to provide as many timers as possible.
F. Meet days will be determined by league AD's
G. The swimming and diving season starts on the Monday in February as stated in the NCS Sports Handbook.
H. Maximum number of contests is fourteen plus two scrimmages, as stated in the NCS Sports Handbook.
I. Athletes will adhere to the NFHS rules pertaining to uniforms (NFHS 3-3-2). Exceptions will be made for transgender athletes and athletes citing religious observation.

League Champion

A. The BVAL champions will be the winner of the BVAL Championship Meet.
B. League medals will be awarded to the first, second, third and fourth place finishers in the BVAL Swimming and Diving Championship Meet. The first place finishers will be declared "First Team All-League" and they will be receive a certificate and medal. Second place finishers will receive "Honorable Mention" certificates. Third and fourth place will receive medals only. "MVP" of the BVAL will be determined for one boy and one girl.
C. The Championship meet will be at a site to be chosen by the Swimming and Diving coaches at their post-season meeting.
D. The Meet Director will determine the office entries date.

Classification of Teams

A. Varsity and Junior Varsity teams. Junior Varsity swimmers are defined as any swimmer not competing on the varsity level for that particular meet.

Athlete Eligibility

A. Paralympic events will be designated Junior Varsity or Varsity, included in the dual meet and BVAL Championship meet format, and scored in accordance with NFHS and CIF rules and consistent with the NCS Championship meet. Paralympic athletes must meet the California Interscholastic Federation ("CIF") State Swimming & Diving meet criteria for Paralympic, and eligibility will be confirmed by either the school's Athletic Director and/or Principal. Documentation will be maintained in the student's confidential cumulative file.

B. Paralympic athletes will designate whether they will swim Paralympic swimming events at the beginning of the season.
C. Paralympic athletes may compete in Paralympic events and traditional events in the same meet. They may not compete in the same event as a Paralympic and as a traditional athlete in the same meet (i.e. they may not compete in the Paralympic 50 freestyle and the traditional 50 freestyle in the same meet).
D. Scoring of Paralympic events will follow CIF guidelines (2 points for first place and 1 point for places two through six)
E. All athletes in their senior year must compete in all dual meets and the BVAL Championship in the Varsity division. A senior may be entered into a meet in the Junior Varsity division, but must be marked "exhibition" (non-scoring) for all individual events, and if they are placed on a relay team, that relay team must also be marked "exhibition" (non-scoring).

Incomplete Meet

A. If a meet is stopped for unreasonable weather conditions before a winning score has been reached, entries will be resubmitted and the meet will be resumed at an agreed upon date.

Meet Results/Records

A. The Host team should deliver a full set of results (including the Hy-Tek Meet Manager backup file) within 24 hours of the completion of the meet. A meet is considered "completed" when all events have been completed (i.e., if diving is being conducted separately, meet results must include diving to be considered complete). Both coaches should review meet results as soon as possible following the conclusion of the meet and any corrections should be made within 48 hours of the completion of the meet (NFHS 4-2-3). It is host coach's responsibility to make any corrections. If any corrections affect the outcome of the meet, the host coach must report this to the visiting coach or vice-versa.

League Championship Meet Format

A. There may be unlimited entries of swimmers and divers per event. Only four will advance to finals and be eligible to score. Schools may enter unlimited relay teams, however only one advances to finals and will be eligible to score. Junior Varsity Divers must be able to perform six (6) dives. Varsity divers must be able to perform eleven (11) dives.

B. The following structure will be used:
    a. When possible, JV and Varsity diving will be held on the same day.
    b. Day one: JV and Varsity Diving
       Day two: Swimming Trials
       Day three: Swimming Finals

Note: After time trials on day two, individual time trials may be run to qualify for NCS. After the Finals event 400 Varsity Men's Freestyle Relay, no time trials may be run for NCS qualifying.

League Championship Meet Management

A. All coaches will share responsibilities for successful BVAL meets.
B. BVAL Meet responsibilities will be determined at the pre-season meeting.

Examples of responsibilities are listed, but not limited, to the list below.

1. Meet Director: Seeding, Meet Desk, Entries
2. Meet Director: Administrative
3. Colorado Timing System:

4. Set Up – Security:
5. Announcer :
6. Officials: Starter, Stroke and Turn Judges:
7. Program:
8. Snack Bar: Money to hosting school.
9. Posting and Runners:
10. Awards:
11. Clean up:
12. Media Contact:
13. Diving Referee:
14. Diving Desk:

    a. All BVAL schools will be required to staff one competition lane with three (3) timers for both the trials and finals session of the championship meet.
    b. All BVAL schools will be required help with the set-up and clean-up efforts before and after the championship meets on both days.
    c. All BVAL schools will assist / support the efforts to run the championship meets.

Other Requirements and Procedures

All head coaches are required to attend the Bay Valley Athletic League Pre-Season and Post-Season meeting during their sport's season. A representative may be sent as a substitute with the approval of the school's athletic director.

The following procedure will take place at the sport's pre-season meeting.

1. Coaches will exchange schedules with opposing coaches and, when applicable, with a representative of the officials' association.
2. Coaches will review their sports guidelines.
3. Coaches will create the tentative schedule for the following season.

The following procedures will take place at the sport's post-season meeting:

1. Coaches will review the season and their sport's guidelines and make recommendations for change (which must be approved by the Athletic Directors and Board of Managers to be official).
2. Coaches will select the "All League" team for their specific sport (where applicable). A school not represented at the post-season meeting may be assigned "Honorable Mention" player positions ONLY.

All-League Selection

A. Medals shall be awarded to 1st, 2nd, 3rd, and 4th place finishers.
    a. 1st Place league champions by event are considered to be All-League and will be awarded a medal and certificate.
    b. 2nd, 3rd, and 4th place finishers will receive their respective medals along with an Honorable Mention certificate.

Sportsmanship Award

Sportsmanship Award— Each coach will select the Sportsmanship Award winner for their team.

Board of Managers Approved—May 21, 2024

Track and Field

General Guidelines

A. Track and field is a spring sport as defined by NCS.
B. Meet days will be determined by league AD's
C. Maximum number of contests per athlete will be fourteen meets and two non-scoring practice meets.
D. *UNIFORMS* - School issued uniforms required. NCS, CIF, and NFHS rules should be followed regarding uniforms (i.e. tights and boxer shorts under the uniform etc.).
E. *For BVAL dual and League Championships meets,* an athlete cannot compete in more than one division in the same meet. *This applies to league only. Unified classification is exempt from this rule, but all athlete are limited to 4 event for the meet.*
F. NON-CIF COMPETITION
    a. UNIFORMS- School uniforms may NOT be used as USATF, AAU and any other meet not sponsored by the CIF.
    b. NCS does not have an indoor season.
    c. For un-attached outside competition by track and field athletes, see the CIF & NCS Sports Handbook.
G. *BVAL TEAM CHAMPION* – The BVAL League Championship will be determined at the league championship meet. The highest scoring school in the boy's events will be declared the boys team champion. The highest scoring school in the girl's events will be declared the girls team champion.
H. *BVAL ALL LEAGUE HONORS* – All league team is determined by the League Championship meet. For the varsity division, 1st place finisher is considered members of the 1st team and receives a 1st team medal and certificate; 2nd place finishers receive a 2nd team medal and Honorable Mention certificate. The 3rd place finisher received a 3rd place medal. 4th place finishers receives a 4th place medal.
I. *MVP AWARDS*- MVP awards are given to one running athlete and another to a field event athlete in varsity boys and girls divisions. MVP is determined at the end of season league meeting by a vote of the athletic directors. Each head coach may nominate one boy and one girl athlete for each MVP. After presentation of nomination, each AD will get one vote.
J. *NCS TRI-VALLEY* **–**
    - Athletes advancing from the BVAL will be determined at the BVAL League Championship meet.
    - Coaches need to notify the meet management of ANY athlete that may qualifies for the Tri-Valley Meet but is not able to compete so that the BVAL can fill that spot with an alternate from the next best performance.
    - ONLY FINAL TIMES are passed on to Tri-Valley meet management for consideration to fill remaining 8 at large spot.
    - The BVAL will not advance from the League Championship any disqualified individuals or relays team on to North Coast. Coaches must scratch any athletes in any event that the athletes does not want advance into the NCS meet. Failure to notify the meet director prior to the NCS Scratch deadline will make that athlete subject the NCS Honest Effort Rule.
    - Current advancement protocol- Top 4 finishers in the finals receive the automatic qualify to advance to the NCS Tri-Valley Meet. All other final times are submitted for consideration for the at large sport in events.

Dual Meet Guidelines

A. BVAL dual meet competition includes varsity for boy and girl divisions and Unified classifications when appropriate.
    - If Unified competition included: if is recommended unified running event begin before the scheduled meet start time. [Unified start no later than 3:00 pm.] Unified order of events: 100m followed by the 4x100 unified relay to begin the regular meet. Long jump may be competed either during the open period of the long jump or separate. Schools may adjust depending on the needs of the athletes.
B. Dual meets do not have a separate frosh/soph division.
C. The host school should try to cover assignment for meet operations as much as possible, but the visiting school should be prepared to help w/ meet management. i.e. field events, hurdles, etc.
D. The host coach can elect to go to the visitor's track facility if agreed upon by both coaches and approved by both school's athletic directors or administration. The change should be for unsafe or inadequate facilities.

E. Rain-outs are to be rescheduled on the next available date. The host school is responsible for rescheduling. Commitment to a Friday or Saturday "Invitational" meet shall be given precedence over rescheduling a rain-out on Friday. Every effort should be made to avoid back to back dual meets.
F. All efforts should be made to enforce ALL NFHS rules during Dual Meets. This includes Uniform and False Starts. Teams are encouraged to use trained and qualified officials.
G. If running events requires multiple heats, the first heat will be the scoring heat. At tri-meets or double dual all heat will be scored. Attempts should be made to put fastest athletes in the first heat. All other heats are considered non team scoring heats for dual meets.
H. Meets shall be conducted under the rules of the National Federation Rule Book.
I. The host team is required to compete all sixteen events. If they cannot have all sixteen events due to unsafe conditions, they must forfeit the points for those events not held. If agreed by both school AD's, competition of the event(s) with unsafe conditions may take place at the visitor's facility the day prior to the schedule dual meet and result brought to the meet.
J. Lane assignments. School should alternate between lanes "One team assigned odd lanes the other team assigned even lane.
K. Team rooster must be up to date on Athletic.net by 9 PM the night before the dual meet so host school can upload information into meet management software.
L. Dual Meets Order of Divisions & Events:
    a. Girls *Varsity scoring followed by Girls non-scoring, Boys Varsity followed by Boys non-scoring.*
    b. *Running Events: 4x100 relay, 1600m, 100H girls, 110H boys, 400m, 100mm 800m,300H, 200m, 3200m, 4x400 relay.*
    c. *Field Events:*
        - *Start of Meet at 3:30 pm until 800m : Long Jump [boys & girls], Boys Shot Put, Girls Discus.*
        - *After 800m until end of the meet. Triple Jump [boys & girls], Girls Shot Put, Boys Discus.*
        - *High Jump & Pole Vault – Depending on the number and skill of competitors, the official will determine starting height, whether to complete boys & girls simultaneous or separate keeping in mind the rule stating that once the bar height increases, it can NOT be lowered for a returning athlete. The athlete must compete at the current height.*
        - *All Field events are open pits. If coaches agree they may run flights, however, any athlete that arrived during the time period indicated for that event will be allowed to compete.*
        - *F/S boys shot may be competed as Non Scoring event due to 10# implement.*
M. Host school is responsible to upload dual meet result to designated web hosting site within 24 hours from the completion of the meet and email results to visit team coach.
N. <u>Tri-Meets / Double Dual Meets:</u>
    - In the event tri-meets or double dual meets are used for competition, the following apply:
    - All heat will be scored.
    - Lane assignment. As much as possible the lane assignments will alternate schools. Meet management may choose to rotate or have static lane assignments.

<u>BVAL League Championship Meet</u>

A. The BVAL Championship meet will be a 2 -day event. Frosh/Soph will compete on Day 1 (along with one-half of the varsity field event finals) . The second day of the event will be Varsity Finals.
B. BVAL Varsity Finals will be held on the Saturday prior to the Tri-Valley area meet. The Frosh/Soph Finals will be held the Wednesday prior to the Varsity Finals.
C. The format and responsibilities for the meet will be determined at the pre-season track and field coaches' meeting. SEE Attached BVAL League Championship Bulletin
D. Per NCS there are NO hardship for consideration to NCS Area Meet advancement.
E. BVAL Meet Championship Bulletin includes: dates for trials and finals, event times and schedule, entry deadlines, school assignments, and all meet mechanics.
F. BVAL Meet Championship Bulletin should be updated annually and available to coaches by March 1st.

G. The following officials will be compensated: Head Starter, recall starter & timer for both trails and finals.
H. Advancement to the NCS Tri-Valley Area Meet is determined by the results at the BVAL Meet Championship Meet.
I. Division and Order of Events at League Championship meet –
   - Frosh/Soph Girls, Frosh/Soph Boys , Varsity Girls, Varsity Boys. The exception is the hurdle events which will run F/S Girls Varsity Girls, F/S Boys, Varsity Boys.
   - *Running Events: 4x100 relay, 1600m, 100H girls, 110H boys, 400m, 100mm 800m,300H, 200m, 3200m, 4x400 relay.*
   - Field Events: All Frosh/Soph Field Events are day one.
   - Frosh/Soph 3200m final will complete on Day 1 during the trials.
J. Varsity Field events:
   - Group 1 [Day 1]: Girls Pole Vault, Boys High Jump, Girls Shot Put, Boys Discus, Girls Triple Jump, Boys Long Jump.
   - Group 2 [Day 2]: Boys Pole Vault, Girls High Jump, Boys Shot Put, Girls Discus, Boys Triple Jump, Girls Long Jump.
   - Group 1 and Groups 2 will alternate each year on which group compete on day 1 and day 2.
K. Any athlete that qualifies for the finals is expected to run in all finals or which he/she has qualified.
L. SEE League Meet Guideline Sheet for more details - Appendix A

Host Rotation for League Championship:

2022	Freedom HS
2023	Liberty HS
2024	Deer Valley HS
2025	Pittsburg HS
2026	Antioch HS
2027	Heritage

Unified Competition

A. Unified 100m and 4x100 relays will run at 3:00 pm and the beginning of the dual meet to allow proper supervision and minimize the required resources for unified sports.
B. Unified athletes may also run as part of the regular track meet, but are limited to the NHSF rule of 4 total events for the meet which included unified events.
C. UNIFIED EVENTS

4x100 Relay

- *Team will consist of 1 gen ed boy & 1 gen ed girl and 2 special education students.*
- *A 3rd & 4th gen ed student may assist the special ed student at the exchange area but may not run.*
- *Special ed student must the 4th runner for the team.*

100 Meter Dash

- Two teammates will combine their times for a total time.
- One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students rece iving Special Education services verified by the site administrator are eligible to participate as Unified Sports At hletes. The other participant is a General Education Unified Partner and must be eligible for competition accordin g to all CIF eligibility rules.
- Starting blocks and running spikes are optional.

Long Jump

- Two teammates will combine their distance for final score.
- One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students rece iving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athl etes. The other participant is a General Education Unified Partner and must be eligible for competition accor ding to all CIF eligibility rules.
- Teammates will jump sequentially.

D. SCORING/AWARDS - Times/Distances will be combined to establish the placing. Unified teams will receive individual awards only. Unified team scores do not count toward overall team points for the school.
E. POSTSEASON ADVANCEMENT Teams declared at the League Championship must remain intact for the entire postseason competition. A Unified partner alternate may be declared at the league qualifying tournament and cannot be changed throughout the remainder of post-season competition.
F. Unified Track Competition will NOT be factored in team scoring for dual meets or league championships.
G. Unified Athletes and partners will receive medals for 1st, 2nd, 3rd, & 4th places.
H. Post season competition is dictated by NCS Unified Sport Guideline for Track and may change. See NCS website for current guidelines for Unified Track.

Awards

A. Medals shall be awarded to 1st, 2nd, and 3rd place finishers.
    a. 1st Place league champions by event are All-League and will be awarded a medal and certificate.
    b. 2nd, and 3rd place finishers will receive their respective medals. 2nd place finishers will also receive an Honorable Mention certificate.

Honest Effort Rule – Any athlete that competes in trials of an event and qualified for the finals of that event MUST compete in the finals of that event and all other finals they are scheduled to compete or the athlete becomes subject to the honest effort rule.

NCS Tri-Valley Qualification

Top 4 finishers in the finals receive the automatic qualify to advance to the NCS Tri-Valley Meet. Coaches need to notify the meet director of **ANY athlete** that may qualifies for the Tri-Valley Meet **but is not able to compete** so that the BVAL can fill that spot with an alternate of the next best performance. ONLY FINAL TIMES will be passed on to Tri-Valley meet management for consideration to fill remaining 8 at large spot at Tri-Valley. The BVAL will not advance any disqualified individuals or Relays on to North Coast.

Coaches must scratch any athletes in any event that the athletes does not want advance into the NCS meet. Failure to notify the meet director prior to the NCS Scratch deadline will make that athlete subject the NCS Honest Effort Rule.

Hardships – No Hardship cases will be considered for advancement to Tri-Valley.

AP TESTING CONFLICT- Applies to BVAL Trials ONLY --- If a student's scheduled AP EXAM conflicts w/ their ability to complete at the trials, meet management will explore option to allow the athlete to compete and possibly advance to the finals. There is NO guarantee. If trials are over 2 days, athletes may compete in the opposite trial date if that event has a trials on both days. Advancement to Saturday Finals will be determined by TIME ONLY and NOT by place finish. AP TESTING athletes must be declared to meet management via email prior to the entry deadline for meet management consider options. It is recommended athletes with AP conflicts take advantage of AP make up day and school assist if needed.

Board of Managers Approved: May 21, 2024

Unified Sports (Basketball)

Purpose: Unified Sports are run by each school to create inclusive opportunities for all students. The impact of these programs has been demonstrated to create a more positive, inclusive environment for all students.

Season:

A. Unified Basketball is defined as a spring sport by NCS.
B. League play will consist of a single round robin.
C. Games will be played on Tuesday and Thursday opposite the boys' volleyball schedule.
D. There shall be a regular season limit of twenty-six games and two scrimmages. Scrimmages may not be scored nor recorded for win or loss purposes but may be timed and have officials.
E. Games will be played under National Federation, CIF, NCS, and BVAL rules.
F. The earliest day practice will be the first date of Spring Sports as selected by the NCS office.
G. Maximum number of contests is 26 with two scrimmages permitted
H. Tournament games count one for one.
I. Alumni or Foundation games do not count as one of the 26 contests or scrimmages.
J. Sunday practice or team meetings are expressly prohibited.

Contests:

A. Home and Away sites in league games are designated by the commissioner. Each team will play each other twice during the league season. The first five scheduled league games will be considered the first round and the second five scheduled league games will be considered the second round.
B. Game time is at 3:30pm
C. Duration of game is four 5 minute running clock quarters OR four 8 minute running clock quarters with a 5 minute halftime.
D. Before each game, one participant from the home team should recite the Special Olympics oath before the start of the game: "Let me win. But if I cannot win, let me be brave in the attempt."

Participation of Players

A. Team composition on court must always have at least 2 special education students at all times.
B. If a player suits up for a game he is considered to have participated.
C. It shall be the coach's responsibility to record the number of contests played in so that player does not exceed the 26-contest limit.

Rules

A. Games will be played under the rules of the NFHS, CIF, NCS, and BVAL with the exception of those modifications approved by school principals.
B. A competent, knowledgeable timekeeper shall keep the game clock.
C. The home scorebook is the official record of play and shall be kept by a competent and knowledgeable scorer.
D. The home team is responsible for calling the media and reporting the scores.

Equipment and Uniforms

A. Uniforms must conform to the rules of the National Federation of High School rule book.

B. The home team shall wear the lighter colored jersey; the visitors shall wear the darker colored jersey. If there is to be a change the home team must notify the visiting team.
C. The game ball shall be an approved NFHS/CIF/NCS ball provided by the host school.

Officials

A. There shall be one league-approved officials for each game. If no official is present, the game may be played with the consent of the athletic directors.

League Champion/ NCS Qualifier Determination

A. Teams tied at the end of BVAL competition will be declared co-champions.
B. Each champion will receive a BVAL banner.

Unified Sports (Bowling)

Season:

A. Unified Bowling is a winter sport as defined by NCS.
B. League play will consist of a single round robin.
C. Games will be played on Mondays and Wednesdays.
D. There shall be a regular season limit of twenty-four matches and two scrimmages. Scrimmages may not be scored nor recorded for win or loss purposes but may be timed and have officials.
E. Matches will be played under BVAL prescribed rules.
F. Games shall consist of a maximum of two per team.
G. The home team must notify the opposing team before 1:00 PM on game day if a match is to be postponed/canceled.
H. A postponed game shall be played on the first available date following the original date (regularly scheduled league games take precedent). The home team shall determine the location.
I. Sunday practice or team meetings are expressly prohibited.

Participation of Players

A. Typewritten rosters including numbers shall be exchanged one day prior to the match via email.
B. Each school may field a maximum of 5 teams.
C. Teams consist of four players with one alternate. All teams must have two special education students on them.
D. Cross Bowling is not allowed.

Rules

A. Each school may field a total of 5 teams per contest.
B. If teams do not have five teams, the lowest number of equal teams will be used for scoring the contest.
C. To get a team score, the four highest point earners are combined while the lowest point total (fifth scorer) is omitted.
D. To get a contest score, the number of winning teams defines the school score (i.e. 3-2).
E. 10 lanes are to be secured by the home team for each contest…5 for each school.
F. Teams may have a one frame warmup if approved by site.
G. Home school is responsible for lane fees for each contest.

Equipment and Uniforms

A. Teams shall have a jersey that represents their school.

League Champion/NCS Qualifier Determination

A. Teams tied for first at the end of the season shall be declared co-champions.
B. A championship pennant will be awarded to the championship team(s)

Unified Sports (Soccer)

Season:

A. Unified Soccer is a fall sport as defined by NCS.
B. League play will consist of a single round robin.
C. Games will be played on Fridays opposite the varsity football schedule.
D. There shall be a regular season limit of twenty-four matches and two scrimmages. Scrimmages may not be scored nor recorded for win or loss purposes but may be timed and have officials.
E. Matches will be played under National Federation Rules
F. Games shall consist of 2 ten minute running clock halves with a 5 minute halftime.
G. Start time of games is 3:15pm unless otherwise approved by principals.
H. Points for league standings shall be three points for a win, one point for a tie, and zero points for a loss.
I. The home team must notify the opposing team and officials before 1:00 PM on game day if a match is to be postponed/canceled.
J. A postponed game shall be played on the first available date following the original date (regularly scheduled league games take precedent). The home team shall determine the playability of the field.
K. Alumni games do not count as one of the 26 contests or scrimmages.
L. Sunday practice or team meetings are expressly prohibited.

Participation of Players

A. Typewritten rosters including numbers shall be exchanged at the beginning of each match.
B. Players or coaches red carded or ejected are subject to the rules of NCS' ejection policy.
C. If a player suits up for a game he is considered to have participated.

Rules

A. The four corners of the field must have corner flags that are constructed in such a fashion as to not be a hazard to the players.
B. Teams must start with seven players.
C. Soccer goals must be secured for safety.
D. Goals are set at the 20 yard line of the football field to create meaningful play.
E. As long as one half of a match is completed, the match is considered completed. Matches can be called because of weather i.e. lightning or rain or if conditions make the playing surface unsafe. A half game does not count if stopped for inclement weather.

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