

# Valley Oak League 2024/2025

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## PRINCIPALS:

<b>Nate Juarez</b>	<b>Central Catholic</b>	<b>Mike Moore</b>	<b>Oakdale</b>
<b>Eric Simoni</b>	<b>East Union</b>	<b>Dave Smith</b>	<b>Patterson</b>
<b>Megan Peterson</b>	<b>Manteca</b>	<b>Steve Clark</b>	<b>Sierra</b>
<b>Adam Auerbach</b>	<b>Mt. House</b>		

## ATHLETIC DIRECTORS:

<b>Billy Hylla</b>	<b>Central Catholic</b>	<b>Dave Bacigalupi</b>	<b>Oakdale</b>
<b>Abbas Akhtar</b>	<b>East Union</b>	<b>Rob Cozart</b>	<b>Patterson</b>
<b>Eric Reis</b>	<b>Manteca</b>	<b>Les Wheeler</b>	<b>Sierra</b>
<b>Renee Nunn</b>	<b>Mt. House</b>		

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## **Brief History of the Valley Oak League**

The Valley Oak League was formed in 1947 to provide common opponents in the sports of football, basketball and baseball. Charter members of the league were Ceres, Livingston, Manteca, Oakdale, Sonora and Tracy High Schools. From time to time, other valley schools came into the league and some of the charter schools left for brief periods of time. In the 50's and 60's new members included St. Mary's, Lincoln, Atwater, Downey and Los Banos. During that period of time, Manteca and Oakdale left the league for a brief stint in the Central California Conference (CCC) and Tracy left for the San Joaquin Athletic Association (SJAA). East Union joined the league in the late 60's. Livingston also left the league in the early 70's, rejoined then left in the 80's then rejoined again in the 90's. After two more years in the VOL, Livingston left again to join a smaller league. New to the league in 1993-1994 was Merrill West High School, the second high school in Tracy, and in 1994-1995, Sierra, the third high school Manteca joined the VOL. Bear Creek of Lodi joined the league in 1992-1993, and left after four years to join the larger SJAA. Long time VOL member Ceres, joined the Division 1 CCC League in 1995-1996. Tracy returned to the league from the SJAA in 1996-1997. Buhach Colony of Atwater joined the league in 2001. Pitman of Turlock joined the league in 2002. Tracy and West left to join the SJAA in 2002. Weston Ranch joined the league in 2008. Los Banos and Pitman joined the CCC in 2004. Central Valley of Ceres joined the league in 2005. Buhach Colony left in 2006 and Ceres returned in 2006. Lathrop joined the league in 2008. Central Valley and Ceres left in 2020 and Kimball of Tracy joined in 2020. Sonora left the VOL in 2014 and was replaced by Central Catholic. Weston Ranch left in 2022 to join the SJAA and was replaced by River Islands of Lathrop in 2022-2023. River Islands left for the CCAA in 2024 and Kimball left for the TCAL league also in 2024. Mountain House and Patterson joined the VOL in 2024-2025.

Ed Brasmer became the first VOL Commissioner in 1994. He served until 1998, and Dick Durham took over the Commissioner duties in April 1998. He served until January 2001, when Norm Antinetti took over the Commission duties. With the sudden passing of Norm Antinetti in December of 2021 the Commissioner position was left vacant until Rick Francis took over the duties in April 2022.

Starting the 2024-2025 school year the VOL current members are: Central Catholic, East Union, Manteca, Mt. House, Oakdale, Patterson and Sierra.

## **VALLEY OAK LEAGUE CONSTITUTION**

**2024/2025**

### **ARTICLE I - NAME AND PURPOSE**

**Section 1.** Name: The name of the athletic conference will be the **Valley Oak League**.

**Section 2.** Purpose:

- A. To sponsor and govern competitive sports among the several members of the conference in accordance with the C.I.F. and in accordance with the provisions of this Constitution and By-Laws.
- B. To foster and sponsor sports to the end that many students, both male and female, may qualify for participation and that each school may have a well-balanced program of interscholastic competition.
- C. To foster high standards of scholarship and sportsmanship within the member schools.

### **ARTICLE II - MEMBERSHIP**

**Section 1.** Membership in this conference shall be composed of the secondary schools in this area (which are assigned to it by the Board of Managers of the San Joaquin Section of the CIF).

### **ARTICLE III - GOVERNMENT AND ORGANIZATION**

- Section 1.** Organization: The governing board of this league shall be known as the Policy-Making Board and shall consist of the Principal from the member league. The President of the league shall be chairman of this committee.
- Section 2.** Names of Offices: The Policy-Making Board shall elect a league President, who is also the representative of the Board of Managers of the Sac-Joaquin Section of the CIF. The Valley Oak League Commissioner shall develop agendas and record the minutes of league meetings.
- Section 3.** Terms: The President shall serve two years commencing after installation at the May meeting of even numbered years, to be followed by the next school in alphabetical order, unless a new Administrator is appointed to the next school. Then the Policy-Making Board will hold a special election. The league President shall serve as the league representative to the Section Board of Managers.
- Section 4.** Duties of Officers and Committees:

- A. The league President shall perform the duties commonly assigned to him/her under parliamentary law as given in Robert's Rules of Order and shall appoint all committees.
- B. The League Commissioner shall perform the duties commonly assigned to him under parliamentary law. He shall send out notices of meetings as directed by the President, shall keep a record of all games and competitions held in this league, shall officially report a record of all league scheduled games and winners to the secretary of this section, and shall keep a file of all features called for by this Constitution.
- C. The Treasurer is responsible for reporting fiscal appropriations voted by the Board of Principals. Reports may be available to the membership at each meeting. The Treasurer and the League Commissioner shall prepare an annual summary of the fiscal activities of the league.
- D. The Athletic Director in charge of each sport shall act as a liaison between the Policy-Making Board (Principals) and the Coaches. They are responsible to present records of competitive sports and recommendations to the League Commissioner. They shall call all meetings and provide all scheduling that affects their sport or sports. The list of school responsibilities include:

Baseball	Manteca	Swimming	Oakdale
Basketball	East Union	Tennis	East Union
Cross-Country	Patterson	Track	Sierra
Football	Oakdale	Volleyball	Central Catholic
Golf	Patterson	Water Polo	Mt. House
Soccer	Sierra	Wrestling	Central Catholic
Softball	Manteca	Flag Football	Mt. House

- E. Moving Up and Down in Classification of Sport

**503.3** The Sac-Joaquin Section has set the following classifications for all sports except cross-country, which will have classifications of varsity, junior, sophomore and freshman. In an effort to allow CIF Bylaw 503.5, the Valley Oak League has adopted a policy that athletes should only be moved down a designation in order for that school to field a lower-level team. This bylaw may not be used solely as a development tool for an individual athlete. Potential lower-level athletes should not be cut to make room for an upperclassman to be moved down. Site Athletic Directors must approve all downward movement before an athlete will be allowed to play in a VOL contest.

- a. Varsity – a student in any grade may play varsity athletics.  
NOTE: a 14-year-old student needs a waiver to play varsity football.
- b. Junior Varsity – freshmen, sophomore or junior may participate at the junior varsity level.
- c. Frosh/Soph – Only freshmen, sophomore may compete at the frosh-soph level

- d. Only freshmen may participate at the freshmen level

503.6 Each league, at its discretion, may adopt additional classifications for league competition, such as: Freshmen, Junior Varsity, etc.

503.7 An athlete being eligible in all respects – academic, age and grade level competition – may move from one athletic classification to another (varsity, junior varsity, etc.) However, they may not compete in more than one classification in one day.

NOTE: Please refer to Bylaw 1206 for the limitations on the number of contacts. The number of contacts applies to the number of both team and individual contacts.

The Valley Oak League has adopted the following guidelines for levels of play:

1. When the designated sport only fields two levels of play (i.e. Soccer) the two levels of play will be considered Junior Varsity and Varsity.
2. Fall and Winter Sports; levels of play will be:
  - a. Frosh, Junior Varsity, Varsity
3. Spring Sports; levels of play will be:
  - a. Frosh, Junior Varsity, Varsity

#### **Section 5. Voting.**

- A. **Each school** assigned to the league as full-time (majority of sports) participants by the Board of Managers of the Sac-Joaquin Section of the CIF **shall have one vote.**
- B. All voting will be done by the schools with the Principal or the school's Athletic Director casting the vote.
- C. Schools that have applied for league status for the purpose of competing in single sports shall not have a vote unless:
  1. The voting members have, by a majority of those present and voting, approved such participation.
  2. Voting participation shall be restricted to those matters directly affecting the sport in which the school in question participates.
  3. The vote, if granted, shall be cast by the principal only of the school.

### **ARTICLE IV - MEETINGS, QUORUM**

- Section 1.** The Policy-Making Board and the Athletic Directors of this conference should meet regularly as required during each school year; the League Commissioner sends a notice of each meeting. Special meetings shall convene upon the call of the President, who may call one at his discretion. If the Principals from two (2) member schools request a meeting, one shall be granted. Notice must be given 5 days prior to the meeting. A quorum consists of a majority of the member schools.
- Section 2.** In the event that the five-day period for a special meeting cannot be met, the President of the league may conduct a special league meeting by telephone or zoom on line.
- Section 3.** The Athletic Directors shall meet at least four (4) times each year to work on athletic schedules, constitution and other such work as assigned to them by the league Principals.
- Section 4.** Each agenda will include time for comments from the General Public. These comments shall be limited to five (5) minutes per TOPIC.

- Section 5.** The agenda for each meeting will be posted in a place that may be seen by the public 24 hours per day, 72 hours prior to the meeting. The office of the League President has been designated as the official posting place for the Valley Oak League. The other schools in the league may post the agendas as they see the need.

## **ARTICLE V - FINANCES**

- Section 1.** Dues: To be a member in good standing of the Valley Oak League, a school must have paid its annual assessment to the Valley Oak League, Sac-Joaquin Section of the California Interscholastic Federation, and to the League Commissioner, as assessed annually. Current salary is \$9,500. Each school will be assessed the sum equal to that which will be used to compensate the League Commissioner. Mileage for the League Commissioner will be consistent with the current IRS rate.
- Section 2.** Finances: In all contests under the direction of the conference, the proceeds and expenses shall go to the home school, unless the administration of any two schools can agree on other arrangements.
- Section 3.** Three hundred dollars (\$300) shall be provided to the school selected by the Commissioner for operational costs for the year.
- Section 4.** The Valley Oak League will receive the money for Championship Meets and other regularly scheduled contests where payment is required for personnel, officials, or a facility. The Valley Oak League will write checks to cover the required costs. Exceptions to this policy must be presented to the Governing Board of the Valley Oak League for approval.

## **ARTICLE VI - CERTIFICATION AND REGISTRATION OF ATHLETES**

- Section 1.** Competitors in any branch of sport held in this league must comply with the eligibility rules of the Sac-Joaquin Section of the California Interscholastic Federation and must be certified for that year in the California Interscholastic Federation Sac-Joaquin Section, by the Principal.
- Section 2.** Sports competitors in the Valley Oak League must maintain a 2.0, "C", GPA with no more than one F. Eligibility will be determined each quarter upon receipt of grades from the data processing center. Eligibility and ineligibility become effective at the same time.
- Section 3.** Any school board can adopt the by-laws established by the California Interscholastic Federation regarding all other eligibility.
- Section 4.** The Valley Oak League requires all student-athletes who participate for member schools to be enrolled in the school of participation. Students enrolled in necessary small schools, charter schools, or other alternative educational programs shall not participate in any athletic program of a member school unless enrolled as a full- time student.

## **ARTICLE VII - CONDITIONS TO BE FULFILLED AT TIME OF CONTEST**

- Section 1.** Competitors must be certified as indicated in Article VI, above.
- Section 2.** Each competitor must be satisfactory to his principal in deportment and attention to his school duties.
- Section 3.** A member of the school's staffs who has been delegated to have complete charge of the team and who is responsible for its conduct must accompany each competitor.

## **ARTICLE VIII - PENALTIES**

- Section 1.** The Policy-Making Board may institute penalties for infractions of the provisions of this Constitution by a two-thirds vote of its membership.

California Interscholastic Federation 500.6 Policy on Enforcement of California Interscholastic Federation Violations

If a league committee or California Interscholastic Federation Section Appeal's Committee has found a member school guilty of a CIF by-law or league violation, any combination of the following suggested penalties might be imposed upon the school and/or the involved program:

1. In house action reported back to the league.
2. A written league reprimand to the Principal of the school.
3. The program (sport) involved would not be eligible for league championship or Sac-Joaquin Section playoff participation for one year.
4. A loss of any financial shares for one year.
5. A request by the league that his/her Principal suspend the coach of the affected program.
6. Other penalties as determined by the league.

Final decisions of the league may be appealed to the California Interscholastic Federation Sac-Joaquin Section Commissioner.

### **ARTICLE IX - PROTESTS**

- Section 1.** The League Commissioner shall handle requests from schools concerning a possible protest that needs to be resolved.
- Section 2.** There can no protests over judgment calls made by an official. (IE) Balls and strikes in baseball, foul calls in basketball, off side in football, and so on.
- Section 3.** The best chance to get an ejection over-turned, is video evidence that proves that the ejection was a mistake made by an official.
- Section 4.** The League Commissioner and the Commissioner of Officials from the South will review any video evidence to determine if the ejection should be over-turned.

### **ARTICLE X - SPECIAL RECOGNITION OF RESERVATIONS BY SAC-JOAQUIN SECTION OF C.I.F.**

- Section 1.** This league is an integral part of the Sac-Joaquin Section of the California Interscholastic Federation. As such, it declares itself to be governed by the Constitution and By-Laws of the Sac-Joaquin Section of the CIF and shall pass no legislation in the conflict with them.

### **ARTICLE XI – AMENDMENTS**

- Section 1.** Amendments to this Constitution or by-laws must be presented in writing at a meeting of the policy making board, to be adopted at the following meeting. Any amendment must receive a majority vote of the policy making board present. Amendments can be made at the final meeting without prior reading with the unanimous approval of the policy making board.
- Section 2.** Changes to the constitution shall be made only under extraordinary circumstances during the season of a sport. No constitutional changes may be adopted by use of a telephone poll.

### **ARTICLE XII - STUDENT CHANGE OF RESIDENCE**

- Section 1.** The Valley Oak League will abide by the Sac Joaquin Section, California Interscholastic Federation Constitution.

### **ARTICLE XIII - RULES AND REGULATIONS GOVERNING ATHLETIC COMPETITIONS**

- Section 1.** A sport must have 50% of the Valley Oak League school's participation prior to recognition as a Valley League sport.

## **Section 2. Baseball - Varsity – JV- Frosh**

- A. The starting time for league games shall be at 3:30 PM/4:00 PM after Daylight Savings Time or mutual agreement between Principals/Athletic Directors.
- B. The home team must have completed its use of the field for warm-up purposes fifteen minutes prior to the game
- C. The visiting team shall have the use of the field for warm-up purposes the last fifteen minutes prior to the game.
- D. Rain-outs will be played on reverse sites if possible. (Providing no team loses a home game). League games will have priority in setting dates for make-ups, even to the extent of canceling a practice game. Make-ups shall be played on the first available date with approval of Principals/Athletic Directors.
- E. Varsity games have no time limit. Junior Varsity and Freshmen games have a two-hour time limit.
- F. Tie games in Varsity Baseball that end in darkness or weather will be played-off only if it has a bearing on a League Championship or California Interscholastic Federation Playoffs. If the teams involved have another head-to-head game the tie game, will be played prior to the regularly scheduled game. The League Commissioner in conjunction with the AD in charge of baseball will determine if this game will be played.

## **Section 3. Basketball - Varsity – J.V. - Frosh**

- A. The starting time for all league games shall be at 4:30 PM for the Frosh, 6:00 PM for the JV's, with the Varsity to follow at 7:30 PM.
- B. An adult must be in charge of the scoreboard and the clock for home Varsity and Sophomore games.
- C. Two officials are to be assigned by the Commissioner of Officials for Frosh Basketball.
- D. The schools involved will mutually agree Scheduling of games during final examination week.
- E. The League Ball will be the same as the CIF Section Ball for both boys' and girls' basketball.
- F. The home team is to provide at least 6 game type basketballs for warm-ups to the visiting team.
- G. No one will be allowed on the main floor during the half time of games except for spirit leaders. Players currently playing the game in progress are the only players allowed on the main floor.
- H. Seating is allowed on the front row of the bleachers if it does not interfere with play. No standing is allowed on the floor by the front row.
- I. At half time of the JV game, there will be no balls on the floor, only stretching is allowed.
- J. At half time of the Varsity game, what activities are allowed is up to the home school.
- K. There will be no cups on the bench, only water bottles.

### **Tie Breaking Procedure for Basketball Playoffs**

#### **A) Tie Between Two Teams**



Head-to-head competition

If still tied, use the sixteen (16) point system in league play. (Example: Team A defeated Team B 70-51, Team B defeated Team A 59-52)

Result: Team A receives the higher playoff seeding.

If still tied, use the sixteen (16) point system considering all league contests.

**B) Tie Between Three or More Teams:**

Head-to-head competition.

In all cases of ties involving more than two teams, as each team is removed from the tie, all other tied teams revert back to head-head competition based on the number of teams remaining in the tie.

Example of multiple team ties:

Games:

Team A defeated Team B twice and split with Team C

Team B lost to Team A and split with Team C

Team C split with Team A and split with Team B

Mini Standings:

Team A is 3-1

Team C is 2-2

Team B is 1-3

Results:

Team A is awarded the highest seed.

Team B and Team C are 1-1 head-to head, so they use the Sixteen (16) point system to break the tie.

**C) 3<sup>rd</sup> Place Tiebreaker**

If two teams are tied for 3<sup>rd</sup> place, the team ranked in the top 15 according to MaxPreps rankings will receive an automatic bid, and the other team will receive the bid from VOL. If both teams aren't ranked in the top 15 for MaxPreps, they will play a game if external factors allow it. If not, we will use the tie breaking-system to determine the playoff qualifier.

**Note:**

**The Valley Oak League will only receive three bids for playoffs. However, teams may still receive a bid if they are ranked in the top 15 of MaxPreps rankings.**

**Section 4.**

**Cross Country**

- A. A league meet schedule shall be drawn up and each school in the conference will be required to meet each of the other schools in the conference. School's outside of the conference may be invited, but they will not affect dual meet scoring between Valley Oak League schools.
- B. The starting time for all regular meets will be 3:30 PM. It is recommended that there be four races; Frosh/Soph Boys and Girls Varsity Girls, Varsity Boys, and Junior Varsity Boys and Girls. Designated schools will provide marshals to maintain course rules and regulations.
- C. Valley Oak League Championships in Varsity Boys', Boys' Junior Varsity, Varsity Girls', Girls' Junior Varsity, F/S Boys', F/S Girls' Cross Country shall be determined by a combination of each school's dual meet record and its finish in the Valley Oak League Championship Meet. One point will be awarded for each dual meet and two points will be awarded for each school a team beats in the Championship Meet. All teams must enter a varsity team in event in order to compete at the Junior Varsity level. In the event two teams tie for first place after the Valley Oak League Championship Meet, both teams will be declared Co-Champions. All teams' placing in the Championship Meet will break ties (for other than first place).
- D. The Valley Oak League Championships involving all member schools will start at 2:00 PM. Designated Schools will provide marshals to maintain course rules and regulations. The top

seven Varsity Boys and the top seven Varsity Girls at the league meet will be designated All Valley Oak League.

- E. The maximum number of runners allowed at the starting line for each team:
  - 1. During regular season league meets is unlimited.
  - 2. At the Valley Oak League Championship Meet the number is seven (7).

## **Section 5. Football - Varsity - JV - Frosh**

- A. No member school may play a schedule of more than ten (10) games per season, play-off games excepted.
- B. The starting time for the preliminary Sophomore game shall be at 5:00 p.m.; the Varsity game shall follow at no earlier than 7:00 PM. In the event of a later starting time, it must be mutually agreed upon by both schools. Thirty (30) minutes must be allowed between games.
- C. The time for starting practice in the Fall shall be the same as the Section rule, which covers this item.
- D. Starting time for Frosh football will be 6:00 p.m. unless otherwise mutually approved.
- E. An adult must be in charge of the clock and use on the chains at all Varsity-level games.
- F. Film Exchange:
  - 1. In any film exchange, the film will be the one with the best clarity, i.e.; original vs. copy.
  - 2. The varsity level is two films. The films would be of the games in one week as well as two weeks prior to the contest. Frosh/Soph level is mandatory, which would be one film two weeks prior to the contest. The Freshmen level is optional. The Varsity head coaches will coordinate the exchange of all films on the Saturday prior to the contest.
  - 3. There are no restrictions on film exchanges with non-league opponents.
  - 4. There will be no film exchanges with playoff opponents except as specified in the Division playoff information sheet prepared by the Sac-Joaquin Section office.
- G. Every effort should be made to provide press box facilities for cameramen/coaches of the visiting team (not to exceed three).
- H. At varsity level only, games interrupted because of events beyond the control of the responsible administrative authority shall be continued from the point of interruption unless the teams agree to terminate the game with the existing score. In determining whether a game should be continued or not, the following procedure applies:
  - 1. If the game is interrupted prior to the mid 3rd quarter (6 min.), the game will not count.
  - 2. If the game is interrupted after the mid 3rd quarter (6 min.), the game will count. The score at the point of interruption will be the final score.
  - 3. Any interrupted game to be continued at a later date will be completed on the first available day.
- I. Varsity Football Tie-Breaker: The Valley Oak League will use the Tie-Breaker system published in the National Federation Rules Book to determine the winner of any game that ends in a tie. This is the same system the Sac-Joaquin Section uses in the California Interscholastic Federation Play-Off Games. This format is covered in Article 19, Section 1906 and 1907.3h of the Sac-Joaquin Section Bylaws.
- J. No school will start their summer football program prior to June 1. (Section Rule)
- K. When a medical transport is not available, medical personnel (Doctor-EMTs) must be present.
- L. The home team shall endeavor to have a doctor at the game.

**M. Universal Tie-Breaker (Football) (qualifying for the post-season)**

1. The win-loss record(s) of the teams in league play shall determine seeding into the section playoffs. The league's administrators will determine win-loss records based on previously approved schedules. In the event of a tie, the tie shall be broken using the following procedures:

**2. TIES BETWEEN TWO (2) TEAMS**

- A. Head-to-head competition in league play among tied teams.

**3. TIES BETWEEN THREE (3) OR MORE TEAMS**

- A. In all cases of ties involving more than two teams, as each team is removed from the tie, all other tied teams revert back to head-to-head competition based on the number of teams remaining in the tie.
- B. Head-to-head competition in league play among tied teams.
  1. Games
    - Team A defeated Team B and Team C
    - Team B defeated Team C but lost to Team A
    - Team C lost to Team A and Team B
  2. Mini Standings
    - Team A is 2-0
    - Team B is 1-1
    - Team C is 0-2
  3. Results
    - Team A is awarded highest seed
    - If applicable, Team B is awarded second highest seed because of head-to-head record against Team C.

**C. If the tie remains-Thirteen (13) point system:**

Tied teams will compare their margin of victory with each other in league play. Each team will total their margin of points against the other tied teams with marginal points being the difference in the score of a game. Winning teams will add the margin of points while losing teams will subtract the margin of points. Nor more than thirteen (13) points will be added or subtracted in any league game. The team with the highest number of marginal points will be awarded the best possible seed. If there is a tie for highest marginal points, then those tied teams shall revert back to head-to-head to break the tie. Once a team is eliminated, refer back to head-to-head for the remaining teams.

Example of 13-point system:

1. Games
  - Team A defeated Team B, 23-7
  - Team B defeated Team C, 21-16
  - Team C defeated Team A, 10-9
2. Mini-Standings
  - Marginal points for A    +12
  - Marginal points for C    -4
3. Results
  - Team A is awarded highest seed.
  - If applicable, Team B is awarded second highest seed because of head-to-head record against Team C.

**D. If the tie remains-Defensive points allowed between tied teams**

Each tied team will total their defensive points allowed up to but not more than thirteen (13) points for each league game with the tied teams. The team with the lowest total is awarded the highest seed. If there is a tie for the lowest defensive point total, the tied teams shall revert back to head-to-head to break the tie. Once one team is eliminated, revert back to head-to-head for the remaining teams.

Example of defensive points with 13-point rule:

1. Games

- Team A defeated Team B, 20-7
- Team B defeated Team C, 20-18
- Team C defeated Team A, 6-3

2. Mini-Standings

- Team A's total defensive points allowed, 13
- Team B's total defensive points allowed, 26
- Team C's total defensive points allowed, 16

3. Results

- Team A is awarded highest seed.
- If applicable, Team B is awarded second highest seed because of head-to-head record against Team C.

**E. If the above procedures do not break the tie, the following procedures will be used:**

1. A coin flip will be conducted by the league commissioner from the affected league at a site to be determined by the league commissioner and attended by the principal and/or athletic director of the affected schools.

## Section 6.

### Flag Football

**Rules, Regulations, and Policies**

1. **Starting times** – JV game will start at 6:00 p.m. Varsity games will start 15 minutes after the end of the JV game. If there is only one game (JV or Varsity)
2. **Official Ball** – Pebble grained, or rubber covered football. Must be a youth or intermediate size football. The referee shall be the judge of any ball offered for play.
3. **Color of Jerseys** -The home team will wear dark color uniforms and the visiting team will wear light, except by mutual agreement.
4. **Timer**-The timer must be an adult for all levels of games.
5. **Game Length** – 2 - 20-minute running halves. 5-minute halftime unless both teams agree to a longer length of time.
6. **Field** – Width is minimum 37.5 yards to a maximum of 40 yards. Length is 80 yards
7. **Number of games** – no member may play more than 28 games per season, excluding playoffs, to be in accordance with C.I.F regulations
8. **Playoff Seedings:** In the case of ties for playoff positions, the following procedures will be followed:
  - Between two teams for 1st, 2<sup>nd</sup>, or 3<sup>rd</sup> place:**
    - Head-to-head – The first tie breaker used to determine CIF playoffs representation shall be head-to-head competition. If still tied, a point system will be used.
    - Point system – Points will be awarded to how the team finished in the league. The first-place team will be awarded 7 points with the last place team being awarded one. Teams that are tied for second placed would each be assigned 5.5 points with the next team in league standings being award 4 points. The sport representative would add up the number of points tied teams earned to determine playoffs seeding.
    - If still tied, a coin toss will be held to determine who is the higher seed.

**Between three teams for first place:**

- . Head-to-head
- . Point system

- . If there are three teams still tied, coin toss. Odd team out will be the number one seed. The determination for the second seed will revert back to the criteria for two teams that are tied.

**Between three teams for second place:**

- . Head-to-head
- . Point System
- . If there are three teams still tied, coin toss. Odd team out will be the number two seed. The Determination for the third seed will revert back to the criteria for two teams that are tied.

**Between three teams tied for third place:**

- . Head-to-head
  - . Point System
- If there are three teams still tied, coin toss. Odd team out will be the number three seed.

- 9. All-League awards:** At the beginning of the last week of league play, a ballot will be sent out to all coach in the league to nominate players. The ballot will indicate the deadline for the return of the ballot to the league rep and the time/date/place for the all-league meeting. The athletic director of the school will sign off on the nominations before they are sent to make sure the coach is not overly aggressive in nominating athletes. At the meeting, the coaches will discuss their athlete (s) and then proceed to vote.

At the All-League meeting, league coaches will vote for the league MVP, an Outstanding Offensive Player, and an Outstanding Defensive Player. This will be conducted by a voice vote. The league representative will record the voting. The player (s) receiving the most votes will be selected as MVP as well as for the Outstanding O/D Player award.

There will be a total of 19-1<sup>st</sup> Team All-League players and 14-2<sup>nd</sup> Team Players. League coaches will then select 8-1<sup>st</sup> Team All-League Offensive players on a written ballot. No point totals will be assigned to the list of players. Coaches may vote for their own players, and coaches must complete the ballot. The league representative will count the 1<sup>st</sup> team All-League Offensive ballots. Players will receive one point for every ballot they appear on. Players will then be ranked from most points to least points. The eight players who receive the most points will be named 1<sup>st</sup> team offense. Any ties for the last spot will be voted upon by voice count. If a player tied for the last position is not selected, she will automatically be placed on the second team All-League. The number of 2<sup>nd</sup> Team All-League members will be adjusted accordingly, resulting in a total of 7-2<sup>nd</sup> Teamers. The same process will then be followed for All-League Defensive players.

After the selection of the 1<sup>st</sup> Team All-League, the second team All-Leagues will be selected following the same process outlined above. Players nominated for the first team who were not selected, along with any other players of the coach's choosing will be eligible to be on the 2<sup>nd</sup> Team ballot. Each school will be allowed to name two Honorable Mention recipients. League awards will be distributed at the All-League meeting.

**Section 7.  
Varsity Golf**

**Golf**

- A. The Golf team shall consist of six (6) members and the best five scores will be counted.
- B. Golf will be limited to 24 contacts, plus tournaments allowed by CIF rules.
- C. A Maximum score of 9 will be used for the play of any hole during League play.
- D. The League Champion and Sub-section qualifiers will be determined by League play plus VOL Championships (see below)

- E. Compiling Dual Match and Tournament Results: At the conclusion of each League Dual Match the home team will:
1. Complete the dual match form.
  2. Make sure both coaches are in agreement / sign the form.
  3. E-mail a copy of the form to the person in charge of tabulating the results.
  4. This individual will compile team and individual standings and send out reports throughout the year.
- F. All Valley Oak League Selection Process: An MVP will be chosen based on attitude, sportsmanship, and the results from the league matches and tournaments. Six All League Players will also be chosen. Ties could result in CO-MVP's or additional all league members.
1. **Boys Golf:** 4 league tournaments: 6,5,4,3,2,1 points. For each tournament (18 holes) places 1-6 for a total team score with 6 count 5 scoring format. – ties broken with 6<sup>th</sup> score – shared pts for ties if tied after 6 scores (ex: 3<sup>rd</sup> and 4<sup>th</sup> place tied–both teams earn 4.5pts  $4 + 5 = 9/2 = 4.5$  pts each  
**Girls Golf:** 2 League Tournaments: Same scoring as above
  2. **VOL Championship** 12,10,8,6,4,2 pts for each place in the tournament (18 holes) places 1-7 for a Total team score with 6 count 5 scoring format – ties broken with 6<sup>th</sup> score -share pts for ties if after 6 scores (ex: 3<sup>rd</sup> and 4<sup>th</sup> place tied – both teams earn 9 pts  $10 + 8 = 18/2 = 9$ pts each
  3. **Teams advancing** to the CIFSJS Playoffs – top teams based on the points earned during the (CIFSJS 6 team league qualifies 2 teams and 6 individuals not on those two teams League matches (9) / tournaments (18) and the VOL Championships (18) match.  
**Individuals qualifying for playoffs – Boys Golf:** Scores will be added for 3 of 4 League tournaments (18) – using the best 3 scores for each player and adding the VOL Championship score for a four day/score -total score to determine the top Individuals for advancement to playoffs. **Girls Golf:** Scores will be added for the best League Tournament plus the VOL Championship score for a two-day total score to determine the top Individuals for advancement to playoffs. 6 individuals not on the top 2 teams will advance to play in the CIF SJS Divisional Tournament. 4 using the method above and then 2 spots for the best Individual scores from only the VOL Championship Tournament (Players not on any team advancing as a team for playoffs).
- G. Valley Oak League Team Standings Process:
1. Dual Match Points: One point will be given for each dual match (9holes) victory.
  2. One half point will be given to each team if a dual match ends in a tie.
  3. League Tournament Team Points - 6,5,4,3,2,1
  4. VOL Championship Team Points - 12,10,8,6,4,2
- H. Qualifying for the CIFSJS Divisional Tournament:
1. The number of teams qualifying will be determined by the Section. If there is a tie for the final position there will be a sudden-death playoff that will be conducted at the completion of the league tournament (6 count 5 - 6th score used to break the tie - if still tied play another hole)
  2. The number of individuals that qualify will be determined by the Section. The top individuals not on a qualifying team will advance. These individuals will be selected by using the all-league selection points' process. Any ties for the last playoff spot will be broken by a sudden death playoff conducted at the completion of the league tournament.
  3. CIF playoff level will add the sixth player's score to the team total. If the teams are still tied the tie will be decided using USGA method of matching score cards which totals the scores of all six players on each team for holes 10-18, if still tied holes 13-18, if still tied holes 16-18, if still tied hole 18.
- I. Competition shortened due to darkness:

In the event of a match not being able to be played to conclusion the scores will be added for the holes that all groups completed (must complete at least 6 holes)

If the last group only finishes 6 hole then it becomes a 6 hole match and totals are counted for all players using only those 6 holes that were completed by all before it was too dark to continue.

- J. General Rules for League Play: The USGA rules of golf will be used in addition following rules will be followed in the game of Golf. Both coaches involved in the match must verify breaking of any of the following rules. The first offense is a two-stroke penalty and the second offense is disqualification of the current match and the following match suspension.
1. No cell phones.
  2. Throwing a club or clubs.
  3. Deliberate destruction of a playing area.
  4. Foul language or obscene gestures.
  5. The host team will provide one large bucket of balls per two players, if possible.
  6. Coaching during Matches: (See CIF Golf Coaching Appendix A)
    - a. Should be done between holes, not during the playing of a hole.
    - b. The coach can coach before a player tees off and after they putt out.
    - c. Coaching may be done all season.
    - d. One designated coach only (Observer) for individuals (1-4 players) Two coaches allowed for teams (see Appendix A).
    - e. Other coaches will be considered spectators.
    - f. If spectators communicate with players they will be given a warning, the second time they will be asked to leave.
    - g. When in doubt, use Rule 20.1 Play another ball. Give players the option and let them decide.
    - h. No other observers and no markers.
    - i. Teams need 5 scores to count as a match. No points will be given to a team not having 5 players. If both teams do not have 5 players both teams get a loss. Individual scores will count.
- K. DMD - Distance Measuring Devices may be used. The use of slope or wind features is not allowed. Range Finders may be used to determine distances only.
- L. **Local Rule for Root rule** - During League play in order to prevent injury if your ball or swing may come into contact with a root near your ball you may take **free relief** using the taking back on a line relief. Three points for the straight line 1) Pin - 2) Ball position near the root (mark it with a tee before picking it up) - 3) relief spot back on a line. This is one option - it is **not** relief from a tree. Local Rule for League play only.
- M. **Local Rule for Lost Ball or Ball Out of Bounds** - *For League Play ONLY...Not for use in CIFSJS Playoffs* - E5 Alternative to Stroke and Distance for Lost Ball or Ball Out of Bounds - As an alternative to stroke and distance relief for a ball lost outside a penalty area or out of bounds. You will now have an additional option that comes with a penalty of two strokes. Determine where your ball went out of bounds or is likely to be lost. Find the nearest fairway edge no closer to the hole-determine the two club lengths into the fairway - your drop area is now anywhere behind the point where the ball was lost or went out of bounds and the point in the fairway no closer to the hole (this could be a large area for your drop) and using the straight line from the pin location to determine your drop spot. \_
- N. Selection of a golf coach to run the California Interscholastic Federation, Sac-Joaquin Section Golf tournament shall be offered on an alphabetical order basis. If school A ran the last tournament, school B would be the next in line. If school B does not want that opportunity it would go to school C, and so on. Girls' and Boys tournaments will be considered separately.
- O. **Golf Championship Rotation:**
- |                     |      |                      |      |
|---------------------|------|----------------------|------|
| <b><u>Boys:</u></b> |      | <b><u>Girls:</u></b> |      |
| Mt. House           | 2025 | Oakdale              | 2024 |

Oakdale	2026	Patterson	2025
Patterson	2027	Central Catholic	2026
Sierra	2028	East Union	2027

\*\* Whenever possible championships should be held at a neutral site \*\*

**P. Golf Tournament Rotation:**

**Boys:**

2023 – Sierra /Central Catholic/East Union/Oakdale  
 2024 - Kimball/Oakdale/Sierra/Central Catholic  
 2025 – East Union/Oakdale/Mt. House/Central Catholic  
 2026 – Patterson/Central Catholic/East Union/Oakdale  
 2027 – Sierra/Mt. House//East Union

**Girls:**

2023 - Central Catholic - Sierra  
 2024 – East Union/Patterson  
 2025 – Manteca/Sierra  
 2026 – Oakdale/Mt. House  
 2027 – Sierra/Central Catholic

**Section 7. Soccer - Varsity – JV**

- A. Starting times are to begin at (Boys'; 5:00/6:45 after Daylight Savings Time ends; Girls'; 4:00). No time changes unless there is mutual agreement with the participating schools. Unless there is an emergency, 15 minutes for warm-ups should be provided. \*\* Matches at Oakdale 3:15/5:00 \*\*
- B. Contests shall be two 40-minute halves.
- C. All competition shall be conducted under National Federation Rules.
- D. Yellow Card & Red Card: (Rules explained below.)
- E. When games are played at non-stadium venues, the players will be on one side of the field and the spectators on the opposite side.
- F. When games are played in stadiums, players and spectators will sit on opposite sides.

**COACH:**

- A. When a coach is ejected, the game is forfeited unless a certified assistant takes control of the team. The coach cannot coach the next game if he was ejected from the previous game.
- B. The red/yellow card rule applies to a coach the same as it applies to the players. A yellow card given to the sidelines is automatically assigned to the head coach.

**PLAYERS:**

- A. A player who received two yellow cards in any game will be disqualified for that contest and may not play the remainder of the game. The player will be eligible for the teams' next game.
- B. There will be no carry over to the next season for two yellow cards.
- C. Any red card will put the athlete out of the game and the next game. A red card given, not associated with the yellow card rule, will not eliminate yellow cards that the athlete has accumulated. An example would be fighting, where an athlete would be red carded, sit out the remainder of that game and the next two games, and return with any yellow cards still on his record.



- D. A red card given in the last game of the season will carry over to the next season when the player will not participate in the first league game. If the players' team makes the playoffs, the player will miss the first game of the playoffs and the card does not carry over to the next season.
- E. Any player red carded for fighting during the season will be given an additional two game suspension. (3 games total)
- F. Any player given a red card for fighting during the last game of the season will sit out the first non-league game and the first league game of the next soccer season. If the players' team makes the playoffs, the player will miss the first game of the playoffs and the card does not carry over to the next season.
- G. The following point system will be used to determine the league champion.
  - a. Every win - 3 points.
  - b. Every tie - 1 point.
  - c. Every loss - 0 points.
- H. After a game involving any yellow or red cards each coach will submit to his Athletic Director a short written report documenting any yellow cards, red cards, or other misconduct or unsportsmanlike conduct during the game.
- I. Five minutes prior to the game each school will provide a game card to the official with a roster of the team, and the red and yellow card indicator area. The referee will return the game card to the coach at the conclusion of the contest.

#### **Tie-Breaker for Soccer Playoffs**

In the event of playoff implications, tiebreaker procedures will be implemented. Tie-breaking has no bearing on standings nor league champions, and will be used for seeding purposes and playoff qualifiers only. These procedures are general and would be implemented if external factors allow:

- 1. If two or more teams are tied in standings, the winner of head-to-head shall receive the better seed.
- 2. If teams are still tied, goal differential between head-to-head match-ups will be used (goals scored minus goals allowed to a maximum differential of 5 per match) Team with highest differential shall receive better seed.
- 3. If teams are still tied, least goals allowed in the season shall receive the better seed.
- 4. If teams are still tied, most goals scored (to a maximum of 5 per game) in the season shall receive the better seed.
- 5. If still tied, ties shall be settled using coinflip. Winner receives the better seed.

#### **Section 8.**

##### **Softball – Varsity - Sophomore – Fresh**

- A. The starting time for conference games shall be at 3:30 PM/4:00 PM after daylight savings time/or by mutual agreement between Principals/Athletic Directors.
- B. The home team must have completed its use of the field for warm-up purposes fifteen minutes before game time.
- C. The visiting team shall have the use of the field for warm-up purposes the last fifteen minutes before game time.
- D. Rain-outs will be played on reverse sites in order of games scheduled, if possible. League games will have priority in setting date for make-ups even to the extent of canceling a practice game. Make-ups shall be played on the first available date with approval of principals/athletic directors.
- E. National Federation Rules shall be official unless superceded by C.I.F. rules.
- F. There is **no time limit** in Varsity games.

- G. Varsity and sophomore games will have a ten (10) run rule after the fifth (5<sup>th</sup>) inning.
- H. Frosh and sophomore games are limited to two (2) hours. (Section Rule)
- I. Tiebreaker: All levels will play games until there is a winner. If a game is still tied after the ninth (9<sup>th</sup>) inning, the international tiebreak system will be used in the tenth (10<sup>th</sup>) inning.
- J. Tie games in Varsity Softball that end because of darkness or weather will be played-off only if it has a bearing on a League Championship or California Interscholastic Federation Playoffs. If the teams involved have another head-to-head game the tie game, will be played prior to the regularly scheduled game. The League Commissioner in conjunction with the Athletic Director in charge of Softball will determine if this game will be played.
- L. The League Ball will be the same as the California Interscholastic Federation Section Ball.
- M. **Tie Breaker for Soccer Playoffs**  
In the event of playoffs implications, tiebreaker procedures will be implemented. Tie-breaking has no bearing on standings nor league champion, and will be used for seeding purposes and playoff qualifiers only. These procedures are general and would be implemented if external factors allow.
  - 1. If two or more teams are tied in standings, the winner of head-to-head shall receive the better seed.
  - 2. If teams are still tied, goal differential between head-to-head match ups will be used (goals scored minus goals allowed to a maximum differential of 5 per match) Team with the highest goal differential shall receive better seed.
  - 3. If teams are still tied, least goals allowed in the season shall receive the better seed
  - 4. If teams are still tied, most goals scored (to a maximum of 5 per game) in the season shall receive the better seed.
  - 5. If still tied, ties shall be settled using coinflip. Winner receives the better seed.

## **Section 9. Swimming**

- A. Valley Oak League Championships will be determined by dual meet competition.
- B. The starting time for all meets held on school days between member schools shall be no earlier than 3:30 PM. A league dual meet swim schedule shall be prepared and each school in this league will be required to meet each of the other schools in this league in competition on Tuesdays and/or Fridays. An unofficial Frosh/Soph (Junior Varsity) meet may be run with the coaches' approval prior to the meet. Junior Varsity Swimming results will be tallied, but no medals will be awarded at the Championship Meet.
- C. Team size limits levels of competition; therefore, there will be Boys' Varsity competition and Girls' Varsity competition. Heats may be added on a non-point basis with agreement of coaches prior to the meet date.
- D. A rotation format has been established to conduct the Championship meets. See Appendix.
- E. Dual/Championship meet scoring is the following:

### DUAL

Individual: 6-4-3-2-1

Relay: 8-4-2-0

### CHAMPIONSHIPS

Individual: 9-7-6-5-4-3-2-1

Relay: 18-14-12-10-8-6-4-2

In the event of a tie, refer to the National Federation of State High Schools rules.

- F. Tri-meets shall be scored as double dual meets.

- G. A seeding meeting will be determined one week prior to the conference meet. Adjustments on the day of the conference meet will be made only due to illness or ineligibility.
- H. A recommendation of two qualified timers per lane will be used for Dual and Conference meets.
- I. Meet management for league meets recommends each participating school to provide two qualified timers to provide accurate times for CIF Sections.
- J. All-League swimmers and relay teams will be determined by winning first place at the Championship Meet.

## **Section 10. Tennis**

Starting dates are as established by C.I.F.

Number of contests – 24

### **Section 1 – CIF Regulations**

All rules shall be governed by C.I.F. regulations

### **Section 2 – Equipment**

- 1. Three new tennis ball, Wilson, Penn, or any approved USTA hard court ball shall be provided by the home team for All-League matches.

### **Section 3 – Schedules and Match Times**

- 1. Schedule will be a double round robin.
- 2. Changes in starting times or dates of matches must be by mutual consent of both schools and administrators.
- 3. Both coaches must agree to postpone or cancel the match due to darkness. The major factor when calling a match is the safety of the players.
- 4. In the event of rain during a match, play may be halted for 20 minutes. After this time, if the courts are not playable, the match will be suspended. Play will continue on where play was stopped. At the start of the second rainfall of the day, play will be called.
- 5. If play is called, only completed sets and completed games will count and a later date is set for the continuation of the match. Each team involved should record the scores upon stoppage of the match for future agreement of the continuation of the match.
- 6. Every effort shall be made to play all matches.

### **Section 4 – Matches and Scoring**

- 1. Coaches will meet 30 minutes before each match to exchange and review each team's line-ups. If there is a protest concerning line-ups, it must take place before the match begins. Any protests during a match will follow Article IX in the constitution.
- 2. There will be six singles and three doubles matches at each date. Doubling back is not allowed. (You can't play both singles and doubles). The home team will determine the order of play for the match. The home coach will notify the visiting coach 48 hours in advance if option #2 is chosen.

Option 1. Start at #1 and play down, 2,3,4,5,6, 1d, 2d, 3d, in order

Option 2. Start at 3d,2d,1d,6,5,4,3,2,1 in order

3. The team match will be won by the team which wins the most matches (best of nine)
4. Singles shall consist of two out of three sets, no-ad scoring. By mutual agreement of both coaches, the doubles play at 10 pt. match tie-breaker for the 3<sup>rd</sup> set if darkness is a factor. No ad scoring. Twelve (first to 7) tie breaker at 6-all. If the team match has been decided (example a school has already earned 5 points) a 10- point tiebreaker will be played.
5. It is the responsibility of the coach not to stack the ladder. A flagrant violation can be protested as per the VOL bylaws. An infraction can lead to a forfeit. Rules for player placement is governed by Section Rules below:

**Singles play:** The No. 1 singles player must be ranked higher on the team individual player strength ladder than the No. 2 singles player. The No. 2 singles player must be ranked higher than the No. 3 singles player. The No. 3 singles player must be ranked higher than the No. 4 singles player. The No. 4 singles player must be ranked higher than No. 5 singles player. The No. 5 singles player must be ranked higher than the No. 6 player.

**Doubles play:** Doubles teams will play according to the two players' combined ranking on the player strength ladder. (lowest combined sum of a team's ranking is the No. 1 team) If the sum of any of the ladder positions for two or three of the teams are equal, then the highest ranked individual player shall play on the higher ranked doubles team. **NOTE:** Your singles lineup has no affect on your doubles order. You can play your #5 and #6 in doubles and your #10 in singles. The final order is then determined by the rules above.

Example based on the note above as a dual match lineup

Singles 1-1

Singles 2-2

Singles 3-3

Singles 4-4

Singles 5-7

Singles 6-8

Doubles 1 – 5/6 = 11

Doubles 2 – 9/10 = 19

Doubles 3 – 11/13 = 23

#### 6. Ladder Due Dates (no exception)

. Ladder 1: one (1) day (M-F) before the first VOL match. 9:00 a.m.

. Ladder 2: one (1) day (M-F) before 2<sup>nd</sup> round of VOL play starts (first business day after the novice tournament) 9:00 a.m.

Ladder movement is restricted to 3 rungs.

i.e., Player A is the #5 player after the first ladder submission. Player A can go higher than #2 and no lower than #8 for the 2<sup>nd</sup> half submission.

7. Play should be continuous. Coaching is allowed at the changeovers (90 seconds) by coaches only (no parents or teammates) The coach has 90 seconds before the match begins after warm-ups to talk with the players on the court.

8. The league championship will be determined by dual competition in a double round-robin schedule. In the event of a tie, a co-championship will be awarded. To determine the team in further advancement in section playoffs, the team advancing will be based on the following criteria: A; head-to-head, B; total matches won between teams, C; total sets won/lost between teams, D; total games between teams, E; coin flip

#### **Section 5 – Uniforms**

1. All players shall wear uniforms representing the school.

#### **Section 6 – VOL Singles and Doubles Tournament**

1. The VOL tournament will be awarded based on a rotating basis amount member school. The host school can use their school courts or any tennis facility as long as they meet USTA standards. The order is determined alphabetically. If the host school wishes to decline the host, they may defer to the next order.
2. Each school will bring three players.
3. Players from the same school cannot play each other until the Semifinals.
4. The tournament should seed 4 players based on league records.
5. 8 game Pro sets (tiebreaker played at 8-8) will be played until the Quarterfinals
6. Remaining tournaments will be two out of three sets no ad scoring
7. Finals of singles tournament will play on the day of the double's tournament

#### **Section 7 – Novice Tournament**

1. The VOL novice tournament will be awarded based on a rotating basis among member schools. The host school can use their school courts or any tennis facility as long as they meet USTA standards. The order is determined alphabetically. If the host school wishes to decline the host, they may defer to the next in order.
2. VOL novice will be played at the mid-way point in the season.
3. Players can play in this event only if they played in one or none of the varsity matches up to this tournament.

#### **Section 8 – Sportsmanship**

1. Head coaches should call violations regarding inappropriate language, conduct, or sportsmanship on their own team. Warnings will be given during pre-game announcements and any subsequent violations will be a game penalty and then forfeiture of the match.

#### **Section – 9 All-League Selections**

1. A Most Valuable Singles Player will be honored (Based on Winning VOL Singles Tournament)
2. 12 First-Team All-League Players will be honored
  - a. 3 from VOL Singles Tournament (players finishing at the Semifinal Round)
  - b. 8 from Doubles Tournament (players finishing at the Semifinal Round)
  - c. If a player overlaps, coaches will decide on who else should be award All-League to have a total of 12 individuals.

## Section 11. Track - Varsity - Frosh/Sophomore

- A. VOL championships will be determined by dual meet competition. **In Dual meet competition, if multiple heats are required, athletes placed in the first heat only may score team points.**
- B. Following the conference meet, schools may compete only in those meets that are established for qualifying purposes, excepting for participation in annual invitational meets that fall on Friday nights or Saturdays.
- C. The starting time for all meets held on school days between member schools shall be no earlier than 3:30 p.m.  
 Schools with one pit:  
 Long Jump 3:30-5:00 pm  
 Triple Jump 5:00-6:30 pm.  
 Schools with two pits:  
 3:30-5:30 open pit  
 3:30-5:30 Marks\* (Once athletes take first marks, they may not take any further practice attempts. They must declare their first legal jump.)
- D. A league track schedule shall be drawn up and each school in this league will be required to meet each of the other schools in this league.
- E. If conditions are such that a site is not playable, sites may be reversed on the same date league contests will have priority in setting dates for make-ups even to the extent of canceling a practice contest. Make-ups shall be held on the first available date with the approval of the principals/athletic directors.
- F. All League in track will be determined by winning first place in individual and relay events at the League Championship Meet.
- G. **Four attempts** will be allowed for each of the throwing events and horizontal jumps in dual meets. **Three attempts** will be allowed for each of the throwing events and horizontal jumps at the VOL Championship track meet. The top 9 advancing to the finals where **three more attempts** will be allowed.
- H. VOL Dual Meets will be scheduled on either Wednesdays or Thursdays.
- I. **Close Meets/Ties:** In the event that a dual meet is perceived to be close (within 10 points), there will be a 24-hour period in which the outcome of the meet can be challenged. It is suggested that the head coaches of each school get together at the end of the meet and review the results, score, and other pertinent information with regards to the outcome. Home/visitor coaches will be permitted to photograph the results sheet at the conclusion of the meet.  
**Officials:** Schools will make a reasonable attempt to hire and/or train coaches/meet officials through USA Track and Field. A USAFT certificated starter/official will be present at all league dual meets.

## Section 12. Volleyball - Varsity - JV - Frosh

- A. The starting time for conference matches will be 5:00 for schools with two gymnasiums or 4:00 for those with one gym, or by mutual agreement of the principals/athletic directors. Varsity matches shall start no earlier than 6:00.
- B. The league championship will be determined by wins in dual matches, with a league Championship in Varsity, Sophomore and Frosh divisions.

- C. Each school will follow the National Federation Volleyball Rule Guide.
- E. Warm-up time shall be for a total of 15 minutes distributed as follows: 3-5-5-2.
- F. In warm-up, the home team shall have the net last. The visiting team shall have the net first.
- G. The game ball shall be the same as that used by the CIF section.
- H. The home team will provide a regulation court with no obstructions to hinder the play or officiating of matches.
- I. Each home team is to provide warm-up balls for each visiting team, with at least ten (10) balls and a cart provided for the varsity team.
- J. All League Guidelines: All schools will be able to nominate any player for All League consideration. All coaches will vote for the MVP Selection, but coaches cannot vote for their own players for All League. There will be (1) MVP and (1) Outstanding Player.

### **Section 13. Wrestling - Varsity - J.V.**

- A. In regard to dual meet competition, the VOL will adhere to the National Federation Rulebook.
  - 1. All participants shall adhere to the CIF limit of 40 matches previous to the qualifying tournaments. Participating in the Team Section playoffs and individual forfeits shall not count.
  - 2. The 40-match limitation shall apply to each wrestler regardless of the levels of the competition in which the wrestler participates during the season of sport. Competition shall be defined as wrestling activity in which any match and/or team score is determined and/or the services of a wrestling official is used. (Novice Tournament included)
  - 3. A school shall be represented by only one Varsity team for dual meets and tournaments. The Varsity team shall be composed of the best-skilled wrestlers in the school, commonly called the first team. In league dual meet competition, a coach may choose, at his discretion, to forfeit a weight class at the varsity level while filling the same weight class on the junior varsity level.
- B. Dual league matches are to be scheduled by the league's wrestling athletic director after the VOL boys' and girls' basketball schedule is drawn up to avoid facility conflicts.
- C. For V.O.L. dual matches, Varsity and J.V. wrestlers shall weigh in between 5:00 p.m. and 5:30 p.m., with competition starting at 6:00 p.m. For double dual matches, weigh in is at 3:00 p.m. and 3:30 p.m. with the competition beginning at 4:00 p.m.
- D. If a school is found to have used an ineligible athlete in a league dual match, **the offending team will forfeit the entire dual match.**
- E. Female wrestlers will be weighed in by a female who has been deemed acceptable by consent of both coaches involved in the match. Notification of opponent's school as to participation of females in the match MUST occur at least 24 hours prior to the match.
- F. The league tournament shall be held at a time and day of the League Governing Board's discretion and shall be hosted by all league schools on a rotating basis. See Appendix.
- G. The league tournament shall be the qualifying meet for the Sub-Section Tournament. The Section determines the number of qualifiers from each weight.
- H. All League in wrestling is determined by the winner of each weight class at the League Tournament. The wrestling coaches at the conclusion of League Tournament can choose two MVP's.

- I. The J.V. Tournament will allow one (1) wrestler per weight class per school to wrestle. However, coaches will fill weight classes to eight using extra wrestlers selected by mutual agreement. Seniors will be allowed to wrestle J.V. during the year. There will be no trophy awarded for the team championship at the J.V. Tournament.
- J. The novice tournament will allow two (2) wrestlers per weight class per school to wrestle. However, coaches will fill weight classes to sixteen using extra wrestlers selected by mutual agreement. There will be no team trophies. Wrestlers are eligible for the novice tournament if they have not medaled in a varsity tournament, a league novice tournament or a J.V. tournament. They are not eligible for the novice tournament if they qualified in any way for previous years Sub-Section Tournament.
- K. Schools involved with fall sports playoffs having wrestlers participating in those playoffs, may move the first league match to a later date picked by mutual agreement of the coaches involved, approved by each school's athletic directors.

#### **Section 14**

##### **Water Polo – Varsity – JV**

- A. The official conference ball is the KAP 7 for both boys' and girls. The order of games will be F/S Girls, F/S/ Boys, Varsity Girls, Varsity Boys', unless mutually agreed upon by the teams competing. The starting time for the first game will be 4:00 p.m., unless mutually agreed upon by both teams competing.
- B. The visiting team will provide their own warm-up balls.
- C. The visiting team will wear white caps and the home team will wear contrasting color caps. All caps must have ear guards.
- D. Current National High School Federation Interscholastic Water Polo rules will govern all games unless superseded by a league or CIF rule.
- E. Teams will be allowed an agreed upon warm-up time, not to exceed 10 minutes.
- F. Pool measurements will be waived as requirements.
- G. An adult will run the time clock unless otherwise agreed upon by the coaches involved.
- H. Shot clocks shall be available and visible at each end of the pool.
- I. Game time clock(s) shall be visible.

### **ARTICLE XIV - GENERAL GUIDELINES**

#### **Section 1.**

##### **Scheduling**

- A. The coaches of each sport shall have the opportunity to review the schedule for the following year that was developed by the Athletic Director in charge of that sport, 1) Choose the All-League Team for that sport; those chosen will receive All League patches provided by their school, 2) Make recommendations for possible changes to the VOL Constitution representing their sport.
- B. Any league scheduled athletic contest postponed by unusual circumstances or weather must be rescheduled on the next available day (including Saturdays) with mutual agreement of the Athletic Directors of the schools involved. The games must be made up in the same order as the games missed. If a championship is involved, it must be re-scheduled.
- C. If conditions are such that a site is not playable, sites may be reversed on the same date. League contests will have priority in setting dates for make-ups even to the extent of canceling a practice contest. Make-ups will take place up until the date of the playoffs or the final championship league meet.



- D. IN TRACK, TENNIS, SWIMMING, AND CROSS-COUNTRY, THE DUAL MEET STANDINGS OF TEAMS WHO HAVE BEEN UNABLE TO MAKE UP A GAME WILL BE DETERMINED BY THEIR COMPARATIVE RANKING AT THE LEAGUE MEET.

## **Section 2. Season of Sports**

A. The starting season for various sports shall be as follows:

FALL: Cross Country, Football, Girls' Flag Football, Girls' Golf, Girls' Tennis, Girls' Volleyball, Water Polo shall begin according to the CIF Section Rule.

WINTER: Basketball, Wrestling, & Soccer shall begin according to the CIF Section Rule.

SPRING: Boys' Tennis, Baseball, Softball, Boys' Golf, Track, Swimming, & Boys' Volleyball shall begin according to the CIF Section Rule.

Dead Period: (by-law 511B.1)

Prior to these specified starting dates, the only activity that will be permissible during the school year will be the Limited/Dead Periods as sanctioned by the SJS CIF. The use of sports equipment at other times is not permitted.

The Valley Oak League and Sac-Joaquin Section will be "dark" from June 1 until the first day of pre-conditioning set by the CIF. Therefore, all athletic activities during this time period shall be under the authority of each league and/or school district. All out-of season activities sponsored by an agency not under the authority of the State CIF or the section in which a school employee-coach and his/her student athletes are participating shall be exempted from this rule.

DEAD PERIOD -- (By-law 504.3) **Universal Dead Period: July 1-July 14**

**Questions: Refer to the 2024-2025 Sac-Joaquin Section Sport Calendar**

### **FALL SPORTS**

Any member of the coaching staff (paid or volunteer) may not have any contact with his/her athletes and use the sports equipment for their given sport from (The SJS designated dates) until the first day of fall practice. Weight training and conditioning are the only activities that will be allowed during this time period. Note: The use of outside agencies will not be allowed to circumvent this "dead period".

### **WINTER SPORTS:**

Any member of the coaching staff (paid or volunteer) may not have any contact with his/her athletes and use the sports equipment for their given sport from (The SJS designated dates) that until the first day of winter practice. Weight training and conditioning are the only activities that will be allowed during this time period. Note: The use of outside agencies will not be allowed to circumvent this "dead period."

### **SPRING SPORTS:**

Any member of the coaching staff (paid or volunteer) may not have any contact with his/her athletes and use the sports equipments for their given sport from January 13 until the first day of spring sports (per: SJS). Weight training and conditioning are the only activities that will be allowed during this time period. Note: The use of outside agencies will not be allowed to circumvent the "dead period".

**Note: Violations of this rule will be referred to the league for appropriate action.**

### **WAIVER PROCESS:**

The Section Commissioner may waive this Bylaw provided the activity during the established dead period involves regional and/or national competition. The school to the Section Office must file petitions within thirty days of this event.

**Section 3. Championships:**

- A. League championships will be decided by dual meets, with the exception of Golf and Cross-Country.
- B. When a school wins a championship, the VOL will present an award to the school listing all League Championships.

**Section 4. Tiebreaker System for Determining Play-Off Teams (Except Football)**

In the event of playoff implications, tiebreaker procedures will be implemented. Tie-breaking has no bearing on standings nor league champions, and will be used for seeding purposes and playoff qualifiers only. These procedures are general and would be implemented if external factors allow. (Recommended sports: Basketball, Soccer, Baseball, Softball, Tennis, Volleyball, Water Polo)

- 1. If two or more teams are tied in standings, the winner of head-to-head shall receive the better seed.
- 2. If teams are still tied, the teams will compete in a tie-breaker game/match and the winner shall receive the better seed (if more than two teams, use MaxPreps ranking for seeding and establishing home/away for single elimination tournament style format)
- 3. If no tiebreaker/match is possible due to external factors, ties shall be settled using coinflip. Winner receives the better seed.
- 4. If more than two teams are tied, use MaxPreps ranking for seeding and establishing home/away for play-in games.
  - a. If three teams are tied for one spot the #1 ranked in MaxPreps will host and have a bye. MaxPreps #2 and #3 ranked teams will play each other in round 1 of the single elimination tournament. The winner will then take on MaxPreps #1 with the winner earning the top spot/

**Section 5. Contest Management**

- A. Pre-game warm-ups, including each team's entrance onto the playing area, are to be restricted to the end of the court or field assigned to the team. At no time is one team to enter the playing area by circling their entire area. This by-law is not intended to circumvent the practice of those sports where the teams are assigned separate times to warm up using the entire court.
- B. **Supervision of Athletic Events**
  - 1. An administrator or designee must attend away league contests for varsity football. A visiting administrator or designee must also be present for traditional "big game" varsity contests for boys' and girls' basketball and for volleyball. Visiting team spectator supervision must be provided for other sports and levels when the host and visiting principals mutually agree that such supervision is prudent.
  - 2. A home administrator or designee must be present at home football, basketball, volleyball and wrestling events at the varsity and sophomore levels. A home administrator, or designee, shall be present when deemed necessary at all boys' varsity soccer matches.
  - 3. Administrators or designees in charge of both schools will meet prior to the varsity game for introductions and instructions.

4. When teams have to exit together, the home coach will wait with his team at the opposite goal for a few minutes.
5. Coaches will supervise team members prior to, and/or between games, including locker room supervision. They should not be responsible for bench coaching.
6. Supervisors of athletic events should be identifiable (badges, vests).
7. Spectators that habitually create problems at athletic events should be encouraged to change or not be allowed to attend athletic events.

**C. Halftime Activities:**

1. Are limited to: pep squads, drill/dance teams bands or activities approved by the principal or designee of the home school.

**D. Fighting:**

The Valley Oak League believes that the primary purpose for athletics is to promote good sportsmanship and declares its intent to do all within its power to guarantee that athletic contests are held in a sportsmanlike environment.

All member schools are committed to enforcing a code of behavior that encourages good sportsmanship and provides for appropriate consequences for unsportsmanlike conduct. Therefore, the member schools agree to enforce the following:

1. Any player ejected from an athletic contest will be removed from the next regularly scheduled game and will not be allowed to be in uniform for that contest.
2. Any individual athlete participating in a fight may be subject to any or all of the following disciplinary actions imposed by the member schools:
  - a. Immediate removal from the contest.
  - b. Removal from the next regularly scheduled contest.
  - c. Suspension from school.
  - d. Removal from the team.
  - e. Removal from all athletic programs for a period of time to be determined by the school.
  - f. Other appropriate disciplinary action.
3. Any team or group of players that leaves the bench while a fight is in progress may cause the game to be forfeited. If either teams or groups of players leave the bench while a fight is in progress a double forfeit may be imposed (Official's call).
4. Any fan that steps onto the court or playing field to start or join a fight is to be automatically ejected from the gym or playing field. The member Valley Oak League School is expected to take disciplinary action on the next regular school day. Suspension from school for students and denial of future opportunities to participate, as spectators for adults, as well as students, at athletic events are two (2) penalties, which may be imposed.
5. Unruly spectators may be ejected from a contest at the discretion of the site administrator/designee.
6. It is recommended that the Valley Oak League schools participating in contests involving fights confer regarding disciplinary action regarding their own athletic team members prior to the next competition.
7. Coach ejected from contest follow C.I.F. rule 503.4

**E. Tobacco Use**

1. The use of tobacco products by coaches or athletes prior to and/or during athletic contests is prohibited.

## **Section 6. Awards**

- A. No team trophies will be awarded by the league for any sports.
- B. For VOL meets, matches, and tournaments in Wrestling, Cross Country, Track, and Swimming:
  1. Medals to places 1, 2, & 3.
- C. Cross-Country: Varsity Boys and Varsity Girls top ten finishers will receive medals
- D. The Valley Oak League shall recognize athletic excellence by awarding All League patches. Individual schools shall purchase All League patches from the VOL as needed.
- E. The Valley Oak League shall recognize academic excellence of athletes by awarding Scholar Athlete patches. Individual schools shall purchase Scholar patches from the VOL as needed.
  1. Students so recognized must participate in at least one varsity sport during the school year.
  2. Those students so recognized must achieve at least a 3.7 on a 4.0 scale for the semester of participation in the qualifying sport. Fall and Winter sports will be awarded the first semester and Spring sports will be awarded the second semester.
  3. A minimum of 3 academic A-G subjects is required.
  4. A minimum of 2 academic A-G subjects for schools having a 4-period day.
  5. A patch will be awarded to an athlete who participates in 2 varsity sports in a school year
  6. A patch will be awarded to an athlete who participates in 3 varsity sports in a school year
- E. VOL ALL LEAGUE INFORMATION
- F. All League Honors may be awarded to a student/athlete in any sport, who would normally have qualified but due to an injury or special circumstances did not receive this award. The VOL Principals and Athletic Directors may vote to award this honor under the conditions listed above

### **Maximum All League Awards by Sport**

<b>FALL</b>	<b>#</b>	<b>Starters</b>	
GIRLS' GOLF	7/8	6	
GIRLS' TENNIS			
Singles	6	6	
Doubles	6	6	
VOLLEYBALL	10	7	
X-COUNTRY	7* each	7	
*Both boys' & girls'			
FOOTBALL	33	22	33 + punter/kicker
WATER POLO	7/8	6	
GIRLS' FLAG FOOTBALL	19	8	
<b>WINTER</b>			
BOYS' BASKETBALL	7	5	
GIRLS' BASKETBALL	7	5	
SOCCER (Boys & Girls)	16/17	11	
WRESTLING	14	14	

**SPRING**

BASEBALL	16/17	11
SOFTBALL	15/16	10
BOYS' GOLF	7/8	6
TRACK*	44	44
SWIMMING*	40	40
BOYS' TENNIS		
Singles	6	6
Doubles	6	6
BOYS VOLLEYBALL	10	7

\*VOL Championship meet winners are awarded All League. (This includes both boys' and girls combined.)

**Every team (school) is not guaranteed an All-League Selection.**

**Ties for the final spot on an All League Team may result in an increase in the number of All League Selections allowed for that particular sport.**

**M-V-P are included in the All-League Selection numbers allowed per sport.**

**Norm Antinetti Commissioner's Cup**

The Norm Antinetti Commissioner's Cup is awarded to the school with the most total points at the end of the academic year. School point totals are based on final league standings in each of the 22 VOL – sponsored sports. Points are awarded in order of finish in each sport with seven points to the winner, six points for second, five for third, four for fourth, three for fifth, two for sixth and one point to the last place team. A school that does not field a VOL recognized sport does not receive any point (DNF). Only the regular season is counted. If there is a tie for first place, then each team will receive 7 points and the next team will receive 5 points and so on. The same is true for 2<sup>nd</sup>-6<sup>th</sup> place finishes. 1<sup>st</sup> – 7 points, 2<sup>nd</sup> – 6 points, 3<sup>rd</sup> – 5 points, 4<sup>th</sup> – 4 points, 5<sup>th</sup> – 3 points, 6<sup>th</sup> – 2 points, 7<sup>th</sup> – one point, DNF – 0 points

**LIFETIME PASS CRITERIA**

1. Life passes may be awarded to anyone who has worked as a coach, teacher athletic advocate, athletic director or administrator in the Valley Oak League.
2. The quality of a candidate's contribution to athletics within the league or a league school is the primary criteria.
3. Length of tenure of the candidate is only a secondary consideration and the ten-year minimum can be waived by the league principals in the manner described in number 5 below in favor of the quality of his/her contribution.
4. The league commissioner will make recommendations to the league representatives at the April league meeting each year. The Principals and the Athletic Directors at the March league meeting each year will make nominations for recognition.
5. A 2/3-majority vote of the league Principals is required for a nominee to become a recipient. As each Principal has one vote, an actual 2/3 vote is not possible without the total membership being divisible by three. In a case where that is true, the fractional number is dropped and the nearest whole number becomes the required vote. (Ex. 2/3 of 8 principals is 5.2; drop the .2 and the vote needed is 5.)

**Section 7. General**

- A. The Commissioner is responsible for providing courtesy passes for all the School Board Members and 50 VOL passes for each school. These passes are for adults and their guests only. Minor children or students may enter only if they are a guest of an adult cardholder.
- B. Players may move up and down according to Section 301.3 of the Sac-Joaquin Section Constitution and By-Laws, if they qualify by grade classification. If a player moves up in a league game they can no longer move to a lower lever, even if their year in school remains the same.
- C. Athletes must wear the standard of dress and color as specified by the official school uniform. Regulations must meet CIF post-season requirements.
- D. When the playoffs in one-sport overlaps the start of league competition in the next sport, Athletic Directors may move the first league game or match to a later date mutually agreed upon by the Athletic Directors involved.
- E. Each sport has the option of choosing All League and Coach of The Year honors.
- F. **There will be a fine for a school missing a required Sports Meeting. If a representative is not in attendance, the school will be fined \$100.00.**

**F. Foundation Game Dates for 2024/2025**

**Girls Volleyball and Girls Flag Football: August 23 or 24, 2024**

**Boys and Girls Basketball: November 19 or 20, 2024**

**Boys Volleyball: February 25 or 26, 2025**

## **ARTICLE XV - CODE OF ETHICS - V.O.L.**

**Section 1.** In addition to the Sac-Joaquin Section Code of Ethics, (By-Laws, Article XVII) the following is expressly made a part of the Code of Ethics of this League:  
The purpose of this Code of Ethics is not to restrict but to guarantee the continuation of desirable inter-school relationships. The guidelines indicated below are meant to serve as a framework of operation for students and school officials. In adhering to this Code of Ethics, individuals within each of these two groups will be contributing toward the establishment and continuation of a superior type of interscholastic sports activity.

**A. Student Responsibilities**

1. Members of the respective student bodies should support their teams by:
  - a. Remaining in their rooting section during their game.
  - b. Cooperating with the yell leaders of both schools.
  - c. Treating opponents, game officials, visiting students, and spectators as guests.
  - d. Accepting graciously the decision of officials.
  - e. Demonstrating sportsmanship at all times by displaying self-control before, during, and after all contests.
  - f. Demonstrating respect for public and private property.
  - g. Signs will be permitted at basketball games according to VOL approved rules.
2. All signs shall be in good taste.
  - a. No derogatory statements about opposing teams or players.
  - b. Signs shall be supporting your own school or team.
3. All spirit signs must be approved by the principal or his/her designee.
4. All signs shall be hung in a designated area determined by the home team.
5. All signs shall be properly disposed of after each game.
  - a. Tape must be removed.
  - b. All surfaces shall be cleaned.
6. Cheerleaders should put up and take down signs.
7. The sign policy should be reviewed on a yearly basis by students and principals.

**B. Spirit Leaders Should Promote Sportsmanship by:**

1. Leading organized yells that are both complimentary and appropriate.
2. Assure that there are no organized yells during free throws.
3. Discouraging individual and unorganized yells.
4. Leading yells for injured players of both teams.
5. Respecting the other school's rooters and band by refraining from activities while they are performing.
6. Give official recognition to visiting yell leaders.
7. Artificial noisemakers are not allowed at any V.O.L. indoor contest (excluding school band instruments).
8. Spirit leaders are not to locate themselves under the basket within the direct line of vision of a shooter during a free throw; outside the lines of the key.

**C. Host School and Visiting School Responsibilities:**

(Note: All schools are encouraged to exchange information by mail, or e-mail. Maps for drives of visiting buses, mutual agreements on pre-sale of tickets to visiting rooters, team rosters for programs, etc., can be satisfactorily handled in this manner.)

1. The host school should:
  - a. Provide adequate space for visiting rooters and band members.
  - b. Not share half-time activities unless mutually agreed.
  - c. Arrange for adequate dressing facilities for visiting teams with someone from the host school designated to meet the visitor's bus or buses and direct them to the dressing room. Follow-up after the game in and around the locker room area after the contest.
  - d. Notify visiting Principal or the Athletic Director, of any extended halftime activity (Homecoming), etc., in advance.
2. The visiting school should:
  - a. Notify the host school one week in advance of their intention to send rooters and approximate numbers of students involved.
  - b. Have a school official in charge of the visiting students, who upon his arrival, is to contact an official of the host activities.

**D. General Responsibilities:**

1. The visiting school will be allowed to bring up to one hundred band students to an away football game with the appropriate number of chaperones on buses without paying an entry fee.
2. The visiting cheerleader squad, in the appropriate uniform, will be allowed to enter the home school at no charge. Their drivers and advisor will enter with league passes.
3. School bands should not play when the ball is in play in football or basketball.
4. All persons not directly associated with the teams should be in the stands and clear of the field areas. (Field passes should be used to identify official personnel).
5. Officers hired for crowd control should be informed of their duties as related to each school and its facilities.

### **Standardized Admission Fees**

	<b>Varsity/JV Football</b>	<b>All other sports</b>
<b>Adult</b>	<b>\$10.00</b>	<b>\$8.00</b>
<b>All Students</b>	<b>\$5.00</b>	<b>\$4.00</b>
<b>Senior Citizen (65 years old) and Military</b>	<b>\$5.00</b>	<b>\$4.00</b>

### **Admission to contests – General Agreements**

- A. VOL Passes will be honored at all VOL contests**
- B. Individual staff passes will be honored only for home school contests**
- C. Admission will be charged for Football, Flag Football, Volleyball, Basketball, Soccer, and Wrestling. Admission will be charged for other sports when conditions allow.**
- D. Each school may charge an additional \$1.00 during football and basketball season, such as homecoming games.**
- E. When adult admission prices are raised by \$1.00 during football or basketball games, schools affected by this increase must be notified so they can publicize this information to adults.**
- F. Admission prices to VOL Championships events will use the standard admission prices.**



## Valley Oak League Tournament Rotation

### Cross Country:

24 Oakdale  
25 Patterson  
26 Sierra  
27 Central Catholic

### Wrestling:

25 Oakdale  
26 Patterson  
27 Sierra  
28 Central Catholic

### Boys Golf:

25 Mt. House  
26 Oakdale  
27 Patterson  
28 Sierra

### Girls Golf:

24 Oakdale  
25 Patterson  
26 Sierra  
27 Central Catholic

### Swimming:

25 Patterson  
26 Sierra  
27 East Union  
28 Manteca

### Girls Tennis:

24 East Union  
25 Manteca  
26 Mt. House  
27 Oakdale

### Boys Tennis:

25 Patterson  
26 Sierra  
27 Central Catholic  
28 East Union

### Track:

25 Mt. House  
26 Manteca  
27 Oakdale  
28 Patterson