

# Valley Oak League 2025/2026

## PRESIDENT:

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East Union High School  
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## COMMISSIONER: Rick Francis

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## TREASURER:

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Central Catholic High School  
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## PRINCIPALS:

Nate Juarez	Central Catholic	Mike Moore	Oakdale
Eric Simoni	East Union	Ryan Sherwood	Patterson
Megan Peterson	Manteca	Steve Clark	Sierra
Adam Auerbach	Mt. House		

Justin Nunn, Athletic Administrator, Mt. House  
Les Wheeler, Athletic Administrator, Sierra

## ATHLETIC DIRECTORS:

Billy Hylla	Central Catholic	Dave Bacigalupi	Oakdale
Abbas Akhtar	East Union	Dwight Jones	Patterson
Eric Reis	Manteca	Robert Posehn	Sierra
Renee Nunn	Mt. House		

## TABLE OF CONTENTS

ARTICLE:	TITLE:	PAGE:
	Brief History of the VOL	3
	Cover Page	1
	Table of Contents	2
I.	Name and Purpose	3
II.	Membership	3
III.	Government & Organization (Sport Responsibilities,)	4
	Moving Up & Down in Classification of Sport-Voting	4/5
IV.	Meetings and Quorum	5/6
V.	Finances	6
VI.	Certification and Registration of Athletes	6
VII.	Conditions to be fulfilled at the Time of Contest	6
VIII.	Penalties	7
IX.	Protest Procedures	7
X.	Special Recognition of Reservations by SJS/CIF	7
XI.	Amendments	7
XII.	Student Change of Residence	8
XIII.	Rules and Regulations Governing Athletic Competition.	8
	Baseball	8
	Basketball	8/9
	Cross-Country	9
	Football	9/11
	Flag Football	12/13
	Golf	13/15
	Soccer	16
	Softball	17
	Swimming	17/18
	Tennis	18/21
	Track	21/22
	Volleyball	22
	Wrestling	22/23
	Water Polo	25
	Stunt	23/24
XIV.	General Guidelines:	24
	Scheduling	24
	Season of Sport	24/25
	Championships	25
	Tie-Breaker System for Determining Playoff Teams	25/26
	Contest Management	26/27
	Awards, VOL All League, Commissioner's Cup & Life-Time Passes	27/29
XV.	Code of Ethics-VOL	30
	Student Responsibilities	31
	General Responsibilities ( <b>Fine for missing a meeting</b> )	31
	Admission fees	31
	VOL Tournament Rotations	32

## **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 Commissioner 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 2025-2026 school year, the VOL current members are: Central Catholic, East Union, Manteca, Mt. House, Oakdale, Patterson and Sierra.

## **VALLEY OAK LEAGUE CONSTITUTION**

**2025/2026**

### **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 principals 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
		Stunt	Mt. House
  - E. Moving Up and Down in Classification of Sport
- 503.5** 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.

The following levels of sport will be used for VOL competition. These designations were chosen to allow the schools the flexibility to add athletes from a higher grade to a lower level of competition in order to fill rosters and field teams. We are

doing this in an effort to both promote and protect lower-level competition by keeping it as grade level appropriate as possible.

- 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 and Sophomore Students may play at the JV level without restrictions. Juniors may be moved down to the Junior Varsity level in situations in which their participation is helping to allow that school to field that level of sport.
- c. Frosh/Soph – Freshmen may play at the Frosh/Soph level without restrictions. Sophomores may be moved down to the Frosh/Soph level in situations in which their participation is helping to allow that school to field that level of sport.
- 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/Soph, Junior Varsity, Varsity
3. Spring Sports; levels of play will be:
  - a. Frosh/Soph, 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 school 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 Principal's.
- 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. The agenda will also be posted on the Valley Oak League website.

## **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 school 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-JOQUIN 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 phone 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 Oak 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. The level that is playing is the only team that can have basketballs on the floor during half time. 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.

#### **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. (JV) 2–24-minute running halves (Varsity). 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.

**Specialty Awards:** At the All-League meeting, league coaches will vote for the league MVP, an Outstanding Offensive Player, and an Outstanding Defensive Player and an Outstanding Utility 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/U Player award.

There will be a total of 20-1<sup>st</sup> Team All-League players and 14-2<sup>nd</sup> Team Players. All League selections will be awarded to each team based on their league standings at the end of the season as follows:

Place	1 <sup>st</sup> Team	2 <sup>nd</sup> Team
1 <sup>st</sup>	4	3
2 <sup>nd</sup>	3	3
3 <sup>rd</sup>	3	2
4 <sup>th</sup>	2	2
5 <sup>th</sup>	2	2
6 <sup>th</sup>	1	1
7 <sup>th</sup>	1	1
<b>Total</b>	<b>16</b>	<b>14</b>

After Specialty Awards Voting is completed, school will select their players for an offensive or defensive position on 1<sup>st</sup> Team. Once all 1<sup>st</sup> Team selections have been completed schools will select their players for 2<sup>nd</sup> Team. Once selections have been completed each school will choose up to two honorable mentions.

## Section 7. Varsity 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:** 5 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. Boys: Sierra 2020, Girls Manteca 2022
- O. **Golf Championship Rotation:**
- | <u>Boys:</u>     |      | <u>Girls:</u>    |      |
|------------------|------|------------------|------|
| Oakdale          | 2026 | Patterson        | 2025 |
| Patterson        | 2027 | Sierra           | 2026 |
| Sierra           | 2028 | Central Catholic | 2027 |
| Central Catholic | 2029 | East Union       | 2028 |
|                  |      | Manteca          | 2029 |
- \*\* Whenever possible championships should be held at a neutral site \*\*
- P. **Golf Tournament Rotation:**
- | <u>Boys:</u>                                                 |  | <u>Girls:</u>                  |  |
|--------------------------------------------------------------|--|--------------------------------|--|
| 2026 – Patterson/Central Catholic, Manteca/East Union/Sierra |  | 2025 – Manteca/Sierra          |  |
| 2027 – East Union/Manteca/Mt. House/Oakdale/Sierra           |  | 2026 – Oakdale/Mt. House       |  |
| 2028 – Oakdale/Central Catholic/East Union/Manteca/Mt. House |  | 2027 – Sierra/Central Catholic |  |
| 2029 – Patterson/Oakdale/East Union/Manteca/Mt. House        |  | 2028 – East Union/Patterson    |  |

## **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. 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

### **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-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

**Section 8. Softball – Varsity - Sophomore – Frosh**

- 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.

**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 – Governing Regulations**

All tennis competition will be conducted under VOL rules in relation to CIF and USTA rules unless otherwise specified in this constitution

### **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. The schedule will follow a double round-robin format.
2. Changes in starting times or dates of matches must be by mutual consent of both schools and administrators.
3. Matches may be postponed or canceled due to darkness, based on player safety. Both coaches must agree.
4. In the event of rain, play may be halted up for 20 minutes. If courts remain unplayable, the match is suspended. A second rain fall halts the match completely.
5. Only completed sets and games will count when matches are stopped. Each team should record scores for resumption.
6. Every effort shall be made to play all scheduled matches.

#### Section 4 – Matches and Scoring

1. Coaches will meet 30 minutes before each match to exchange and review each team's line-ups. Protests must occur before play begins.
2. Each match includes six singles and three doubles matches. **Option 1** for match order will be used (play #1 singles down through doubles in order). However, the home team has the option to use **Option 2** (start with doubles and move to singles), but must notify the visiting team at least **one day in advance**. This option is only available to the host school. Players cannot complete in both singles and doubles on the same day.
3. The team match is decided by best of 9 matches.
4. **Singles and doubles** matches are best two out of three sets, no ad scoring. A 12-point (first to 7) tiebreaker is played at 6-all. A 10-point match tiebreaker may be used as the third set **if darkness is a factor or if the match has already been decided**.
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:

##### Doubles play:

##### Example Dual Match Lineup:

- o The No. 1 singles player must be ranked higher than the No. 2 singles player.
- o The No. 2 singles player must be ranked higher than the No. 3 singles.
- o The No. 3 singles player must be ranked higher than the No. 4 singles player.
- o The No. 4 singles player must be ranked higher than the No.5 singles player.
- o The No. 5 singles player must be ranked higher than the No. 6 player.
- o Doubles teams will play according to the two players' combined ranking on the player strength ladder (lowest combined sum is the No. 1 team).
- o If two or more teams have the same combined score, the team with highest individually ranked player will be the higher-ranked team.
- o NOTE: Singles ladder rankings do not affect doubles order. For example, you can pair your #5 and #6 in doubles, and play your #10 in singles.
- o Singles 1: Player #1
- o Singles 2: Player #2
- o Singles 3: Player #3
- o Singles 4: Player #4
- o Singles 5: Player #5
- o Singles 6: Player #6

- o Doubles 1: Players #5/#6 = Combined 11
  - o Doubles 2: Players #9/#10 = Combined 19
  - o Doubles 3: Players #11/#13 = Combined 24
6. Ladder Due Dates (no exceptions):
- o Ladder 1: one business day before the first VOL match, 9:00 AM
  - o Ladder 2: one business day before the second round of VOL play, 9:00 AM (after novice tournament)
  - o Movement limited to **three rungs**. Example: Player A ranked #5 may go no higher than #2 or lower than #8.
7. Play should be continuous. Coaches may coach players during 90-second changeovers and before match start (90 seconds).
8. The league championship is determined by **the results of the double round-robin**. In the event of a tie:
- A. head-to-head result
  - B. total matches won
  - C. total sets won/lost
  - D. total games won
  - E. coin flip

## Section 5 – Uniforms

1. All players shall wear uniforms representing the school.

## Section 6 – VOL Singles and Doubles Tournament

1. Hosting rotates alphabetically among member schools. Host may use school or USTA-standard off site. Schools may defer if unable to host.
2. Each school will bring **three singles players and three doubles teams**.
3. Players from the same school cannot play each other until the semifinals.
4. Four players will be seeded on league records.
5. 8 game pro sets (tiebreaker played at 8-8) will be used **until the end of the quarterfinals**.
6. Starting **in the semifinals and finals**, matches will be two out of three sets, no-ad scoring.
7. Singles finals will be played on the same day as the doubles tournament.

## Section 7 – Novice Tournament

1. Hosting rotates alphabetically among member schools.
2. Tournament occurs mid-season.
3. Players may only participate if they played in **one or zero** varsity matches prior to the novice tournament.

## Section 8 – Sportsmanship

1. Coaches are responsible for addressing unsportsmanlike conduct, including language or behavior.
2. Warnings are given before matches; subsequent violations result in game penalties, then forfeiture.

## Section – 9 All-League Selections

1. A Most Valuable Singles Player will be honored (based on winner of the Singles Tournament)
2. **12 First-Team All-League players will be honored:**
  - a. 4 from the Singles Tournament semifinalists.
  - b. 8 from Doubles Tournament semifinalists
  - c. If a player overlaps, coaches will vote to fill all 12 spots.
3. **A Coach of the Year** will be awarded each season. This honor will be based on a **vote by the coaches**, not league standings.

## 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.

#### **Section 15 – Stunt**

- A. All rules shall be governed by CIF regulations/USA Cheers rules for Sport Cheer.

- B. Games
  - 1. Pre game warm-ups can begin when at least one official is present. Warm-up time will be as follows:
    - a. 15 minutes before game time (may be shortened to 10 minutes) both teams may use the main floor
    - b. Coaches may be on the mats during team warm-up time
  - 2. Half-time warm-ups
    - a. Teams may use the gym floor or behind the bench areas. Coaches may not be on the mats during warm-ups.
  - 3. Overtime:
    - If the game ends in a tie, USA Cheer Overtime Procedures will apply.
- C. Tie Breakers to determine playoff qualifiers.
  - a. Head-to-head competition involving only league games.
  - b. Greatest number of points within the tie
  - c. Greatest number of wins above the tie
  - d. Greatest number of wins versus the highest placed team above the tie.
  - e. Greatest number of wins below the tie starting with the next placed team below the tie moving downward.
  - f. If a tie still exists there will be a play-in-game to determine the playoff qualifiers.
- D. All League
  - a. A Most Valuable Player will be selected
  - b. 12 First Team All-League Players shall be selected
  - c. Any player getting at least one vote will be selected 2<sup>nd</sup> team All-League

## **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 and Stunt 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 1-14**

**Questions: Refer to the 2025-2026 Sac-Joaquin Section Sports 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 20 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**

for  
supervision

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 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****General Rules for All Sports – All League Nominations**

The expectations of the Valley Oak League are that all head coaches are to attend their sports all League meetings. If a coach/representative does not attend the night of the all-league selections, the remaining coaches may vote for the missing coaches' athletes. It is still the responsibility of the coach to send in their nominations. By not attending, the coach forfeits his vote unless a representative takes their place. If for some reason the coach or representative are not in attendance and does not nominate any of their athletes, the remaining coaches may still nominate a player or players from that team who they feel is deserving of this honor. Those sports that send in their nominations before the actual all-league meeting must do so 24 hours or sooner before the meeting.

- 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	plus Specialty awards
 <b>WINTER</b>			
BOYS' BASKETBALL	7	5	
GIRLS' BASKETBALL	7	5	
SOCCER (Boys & Girls)	16/17	11	
WRESTLING	14	14	
 <b>SPRING</b>			
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
STUNT	12	12

\*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.**

**MVPs 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 503.5 of the Sac-Joaquin Section Constitution and By-Laws, if they qualify by grade classification.
- 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.**

**Foundation Games:** Refer to the Sa-Joaquin Section for Foundation dates

## **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>Adults</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, Wrestling and Stunt.**
- 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 and 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**  
**2025 Patterson**  
**2026 Sierra**  
**2027 Central Catholic**

**Wrestling**  
**2026 Patterson**  
**2027 Sierra**  
**2028 Central Catholic**

**Boys Golf**  
**2026 Oakdale**  
**2027 Patterson**  
**2028 Sierra**

**Girls Golf**  
**2025 Patterson**  
**2026 Sierra**  
**2027 Central Catholic**

**Swimming**  
**2026 Sierra**  
**2027 East Union**  
**2028 Manteca**

**Girls Tennis**  
**2025 Manteca**  
**2026 Mt. House**  
**2027 Oakdale**

**Boys Tennis**  
**2026 Sierra**  
**2027 Central Catholic**  
**2028 East Union**

**Track**  
**2026 Manteca**  
**2027 Oakdale**  
**2028 Patterson**