

General Rules

INDEX

<u>TOPIC</u>	<u>PAGE</u>
Adding a Level of a sport	1
Admission	1
Alcohol, Tobacco	1
All-league	2
Arrival Time at a Site	2
Athletic Directors Assignments	2
Attendance at League Meetings	2
Attendance at School on Game Day	2
Awards	2
Baseball--Albert's Field	2
Behavior of Coaches	3
Behavior of Students	3
Changing a League Contest—regular contest & during spring break	3
Cheerleading	3
Coaches Certification	3
Dues	4
Ejection	4
Entry Fees for NCS	4
Fighting	4
Forfeiting a contest—varsity	5
Forfeiting a contest—non-varsity	6
Game Cancellation or Suspension	6
Game-Time/Date Changes	6
Game Supervision	7
Grammar School Student	7
Holidays	7
Inclement Weather	7
Ineligible Student	7
Intention to Not Field a Team	7
Life Passes	8
MCAL Name-Logo	8
Media	8
Method of Tie Breaking---Random Draw Schedules	8
Method of Tie Breaking---All Other Schedules	8
Method for Determining the Point System	10
Moving Up	11
Multiple Teams	11
Music at MCAL play-offs	11
Number of Teams to Make a League	11
Officials	12
Officials—Basketball Play-offs	12
Officials—No Show for Lower Levels	12
Pennants	12
Playoffs—MCAL	12
Playoff—NCS	13
Post Season Competition	13
Protests	13
Reporting Scores	14
Schedules	14
Season of Sport & Post Season Competition	14
Senior Nights	14
Sideline Protocol for Football	14
Sportsmanship Award	14
Spring Break Conflicts & Baseball/Softball Schedules	14
Starting Times	14
Team Composition	15
Ties	15
Timers	15
Video Scouting	15
Violations of MCAL/NCS Rules	15
Violation—penalty options	16
APPENDIX A Practice Allowance	
APPENDIX B Sportsmanship Award Program Procedures & Form	

GENERAL RULES

All activities, whether pre-season or league, shall be governed by interscholastic rules of the current year as approved by CIF and NCS.

Adding a Sport or Level of a Sport

Any proposal for establishment of a new sport or level of team be submitted to and approved by the governing entity of at least six MCAL member schools prior to the establishment of that new MCAL sport or team. The level becomes official after the third year.

Admission

1. There shall be a uniform maximum charge for all contests set by the MCAL. Schools may choose not to charge admission fees for a particular sport.
2. Band or drill team members shall be admitted free if accompanied by their director/coach.
3. Senior citizens over sixty-five (65) with proper identification shall be admitted at student prices.
4. MCAL or individual school courtesy passes issued by any school to its personnel shall be honored for admission at any League games except PLAYOFFS.

<u>Sport</u>	<u>Regular Season</u>			<u>Playoffs</u>		
	<u>Adult</u>	<u>Student</u>	<u>Child, Senior</u>	<u>Adult</u>	<u>Student</u>	<u>Child, Senior</u>
Football	\$7.00		\$4.00			
Basketball	\$7.00		\$4.00	\$7.00	\$4.00, \$3.00, \$4.00	
				Championship \$8.00	\$5.00	\$4.00, \$5.00
Baseball	\$3.00		\$1.00	\$7.00	\$4.00, \$3.00, \$4.00	
Lacrosse	\$3.00		\$1.00	\$7.00	\$4.00, \$3.00, \$4.00	
Soccer	\$3.00		\$1.00	\$7.00	\$4.00, \$3.00, \$4.00	
Swimming	\$3.00		\$1.00	\$7.00	\$4.00, \$3.00, \$4.00	
Softball	\$3.00		\$1.00	\$7.00	\$4.00, \$3.00, \$4.00	
Track				\$5.00	\$3.00, \$3.00, \$3.00	
Waterpolo				\$7.00	\$4.00, \$3.00, \$4.00	
Wrestling Finals				\$7.00	\$4.00, \$3.00, \$4.00	
Volleyball	\$3.00		\$1.00	\$7.00	\$4.00, \$3.00, \$4.00	

No admission fee if school opts to do so.

Alcohol, Tobacco, Other Illegal Substances or Paraphernalia

1. Athletes or spectators shall not be under the influence or possession of alcohol, tobacco, other illegal substances or paraphernalia. All school disciplinary procedures applying to such acts will apply.
2. State law and school smoke-free policies prohibit smoking by students or adults.

All-League Team Selection

1. The coaches of each sport at the post-season meeting shall select All-League Teams. The method used for choosing All-League is stated in the rules of sport.
2. Students in any sport are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
3. A coach is asked to send a substitute if he/she cannot attend the meeting.
4. All All-League athletes will receive certificates except track, wrestling, cross country and swimming & diving. These athletes will receive medals for the first three finishers. Cross-country will receive medals for the first 10 finishers.
5. All league selections will be released by the league office via the MCAL website after the completion of MCAL season.

Arrival Time to a Site

Teams should not arrive for a contest more than one hour prior to the scheduled time of the contest.

Athletic Directors Assignment

Each athletic director shall be assigned to two sports as the chair of the committee and the sport liaison to the athletic director's board. The Commissioner will make the assignments.

Attendance at League Meetings

Varsity coaches or their designee are expected to attend a preseason meeting and a post season/all league meeting. Failure to attend a meeting will result in a \$50 fine against the school which will be assessed to the school at the end of each season of sport. Principals & Ads will be notified immediately after the meeting of their coach's absence. If all school are not represented at the starting time of a meeting, any voting items will be delayed 15 minutes. If a school representative arrives after the 15 minute grace period, there will be no re-voting on items missed. The coach will be allowed to vote on any item after they arrive.

Attendance at School on Game Day

This is an individual school district policy. The league recommends that an athlete should be in four classes the day of a contest. Check with your local school as some have different (stricter) policies.)

Awards

Member schools of the MCAL are not allowed to accept athletic awards that contain reference to the MCAL without the approval of the League Commissioner.

Baseball—Use of Albert's Field—must be authorized by school administration

1. If a host school is planning on charging admission, they must notify the visiting school as soon as the Albert's schedule is determined as both schools must have an administrator present.
2. Security Personnel is required when using Albert's Field. It is the responsibility of the home school to make arrangements with the security personnel and pay for all expenses.

Behavior of Coaches

All MCAL coaches should refrain from approaching students at a different school other than the one they coach. Coaches who do this may be in violation of CIF rule 510, undue influence. Coaches also need to be aware that approaching a grammar school student while wearing school attire would be in violation of rule 510, undue influence, and their high school program could be penalized.

Behavior of Students

Visiting school students shall not sit in the bleachers of the home school, and vice-versa. Non-participating students shall stay off all playing areas during, before, and at half time of any contests. The home band shall furnish music at basketball games. At the playoffs both schools may have bands but music must be coordinated. All types of noisemakers, such as sirens, tooters, cowbells, megaphones, squawkers, etc., shall be prohibited at all League indoor contests including playoffs. Megaphones may be used for directing rooting sections only, just by the yell leaders.

Changing a League Contest—regular contest

Any change in the date and/or time of any activity must be mutually agreed upon by the principals (or their designee) of the schools involved. Changes to the MCAL schedules may only occur when there is a school-related conflict, facility issue or natural disaster. A contest may be changed due to extenuating circumstances after the review by the AD board and the board agrees the change is warranted. The principal (or their designee) is the only person authorized to make changes. If principals (or their designee) mutually agreed on a date change, the game time should remain the same as the originally scheduled contest unless the time change is also mutually agreed upon. It is the responsibility of the school requesting the change in time/date to notify the league office and the officials. Any expenses incurred due to the change will be the responsibility of the team requesting the change unless other agreements have been made.

Changing a League Contest—spring break

For spring break game conflicts, the school requesting the game change must inform the opposing school prior to the start of the spring season of sport starting date.

Cheerleading Routines for Basketball

Cheerleading routines must be NO LONGER than two minutes and thirty seconds per school. The two minutes and thirty seconds includes time to get on the floor, the routine and the time to get off the floor. The court MUST be cleared for basketball team warm-ups with four minutes left on the clock. It is HOME management's responsibility to insure that the time schedule is adhered to.

Coach Certification

The Coaching Education program is a two-part program. It consists of the American Sports Education Program (ASEP) Coaching Principles Course and a CPR, Sportsmanship and Sports First Aid Course. These courses will be offered three times during the school year (August, October and February). School Districts may have additional requirements for their coaches and are ultimately responsible for enforcing certification. Coaches must attend the course and pass the ASEP test as well as meet the requirement for CPR/First Aid, fingerprints, and TB check guidelines. A late-hire coach or a coach who has a problem meeting the coaching education course date has a one-season grace period to make it up. This means that a coach could not start another season of coaching in that sport (or another sport) without passing the ASEP course. The league office is responsible for offering the courses to the MCAL coaches and for reporting on attendance to the individual schools. As of Dec. 2008 all coaches regardless of paid or volunteer must be certified to coach in the State of California.

Dues

1. The MCAL will set dues by the last Board meeting of each year for the following year for member schools based on league expenses.
2. The Board of Managers shall approve recommendations for change in dues.
3. Yearly dues: \$4500 per school; \$500 per supplemental assignment and \$1000 Coaching Education fee.
4. Pre & post season meetings are held in all sports. A \$50 fine will be assessed to a school for any preseason or post season meeting missed by their coach.

Ejection

A coach or player who is ejected shall leave the vicinity of the playing area immediately and is prohibited from further contact, direct or indirect, with the team or other coaches during the remainder of the game. The coach or player is ineligible for the next contest. In the case of soccer, a player who receives two yellow cards is ejected (considered a soft red). Although this ejection does not go towards a NCS ejection policy, the athlete is ineligible for his or her next contest. In the case of an underclass student athlete in the last season contest, this policy applies to the next season of that sport. In the case of a senior student athlete, it applies to the next sport's season the athlete participates in, if applicable.

If the coach or player is sitting out a game due to ejection, they can not be at the site or the vicinity of the site of the contest.

If a coach or player attends a contest that they are to sit out of, they will be ineligible for another contest.

Entry fees for NCS Activities

The North Coast Section charges the league for ALL entries to NCS championship series. The league office will bill individual schools who have chosen for their team(s) to participate in NCS competition.

Fighting

- Any athlete ejected from any athletic event for fighting would automatically not play in the next contest. If ejected a second time during that season, the athlete is finished for the season. This rule applies to all contests—pre-season as well as League and post-season.
- When any player(s) leaves the bench to begin or participate in a confrontation or leaves the bench area or dugout during an altercation, they will receive the following penalty: Ejection from the contest of those identified by the officials, ineligibility for the next contest and player(s) to be placed on probation for the remainder of the season. An appeal may be made to the commissioner. The commissioner's decision is final. The officials must make a written report to the commissioner. A second similar infraction will result in cessation of the season for the player(s) with no appeal.
- For further detail, refer to the NCS Ejection Policy.

Forfeiting a League Contest

For varsity competition:

1. Should a school's team or teams fail to participate in any of its contests as per the league schedule, it's action would represent a breach of the implied contract and the school would be further guilty of breaking its faith with the member schools of its league and the North Coast Section, C.I.F. REFER TO NCS RULE 1103 for specific examples. (In the sport of golf, if a school cannot field a team due to lack of numbers, the contest is a forfeit loss, but this rule does not apply.)
2. League contests that are canceled by mutual agreement of the competing schools or by the respective league would not be cause for the action stated below:
 - A. Failure to fulfill a scheduled league contest shall subject the forfeiting school to the following actions:
 1. First Offense
 - a. forfeiture of the contest(s) in which the school did not compete,
 - b. exclusion from participation in the league's post season championship (play-off) competition in that sport for a period of time to be determined by NCS Alignment & Classification Committee,
 - c. exclusion from participation in NCS post-season championship competition in the sport in which the school did not fulfill its league scheduling responsibility for a period of time to be determined by the NCS Alignment & Classification Committee.
 2. Second Offense (Items above) plus:
 - a. exclusion from participation in CIF's post season championship competition in the sport(s) in which the school did not fulfill its league scheduling responsibility for a period of time to be determined by the NCS Alignment & Classification Committee.
 - b. Exclusion from participation in NCS post season championship competition in the sport(s) in which the school did not fulfill its league scheduling responsibility for a period of time to be determined by the NCS Executive Committee,
 - c. Exclusion from participation in CIF
 - d. Sport season championship competition in all sports for a period of time to be determined by the NCS Executive Committee,
 - e. Expulsion from the league and any other NCS league in all sports for a period of time to be determined by the NCS Alignment & Classification Committee,
 - f. Placement on non-league affiliated membership status for a period of time to be determined by the NCS Board of Managers.
 3. Third Offense (items above) plus:
 - a. Expulsion from the NCS for a period of time to be determined by the NCS Board of Managers.
 4. The actions of the Alignment & Classification Committee or Executive Committee in all matters stated above would be subject to appeal to the NCS Board of Managers.

NCS # 1103 sections 112-116, pg. 9 Constitution &
By-laws

For non-varsity competition:

1. Should a school's team or teams fail to participate in any of its contests as per the league schedule, it's action would represent a breach of the implied contract and the school would be further guilty of breaking its faith with the member schools of its league and the North Coast Section, C.I.F.
2. League contests that are canceled by mutual agreement of the competing schools or by the respective league would not be cause for the action stated below:
 - A. Failure to fulfill a scheduled league contest shall subject the forfeiting school to the following actions:
 1. Forfeit the contest in which the school did not compete
 2. Reduce the preseason schedule the next season by three (3) contests
 3. Exclusion from competing for the league championship pennant
 4. Probation in the sport in which the school did not compete
 5. Probation for the whole athletic program

Game Called, Cancelled or Suspended

1. Cancelled, called or suspended games must be made up by the next available date.
2. **Definition of the next available date:** The next available date is the next available day when both teams are without a contest. This means that if a game is cancelled, called or suspended on Tuesday, it should be made up on Wednesday. If it can not be made up on Wednesday, it should be scheduled for Thursday, etc. Saturdays should be considered an available day to make up a contest. A day in which both teams are not playing should not be skipped unless officials can not be present. The next available date is the actual next day when neither team is playing **NOT** the next convenient date. If there are numerous contests to be made up, they should be made up in the order they were cancelled.
3. For baseball & softball—When a game is suspended and the game is a first round contest, it shall be finished at the beginning of the second round contest. When a suspended contest is in the second round, it shall be made up on the next available date.
4. If teams by pass the next available date the Commissioner may rule the contest a loss for both teams.
4. It is not necessary to make up non-varsity games after the season has officially ended (i.e., last varsity game date) unless the game has a bearing on the league championship.
5. Inclement weather: Home teams will be responsible for canceling games due to inclement weather. All games must be canceled by 1:00.
6. ***Only the athletic director or a site administrator may cancel or reschedule a game.***

Game Date and/or Time Changes

Any change in the date and/or time of any activity must be mutually agreed upon by the principals (or their designee) of the schools involved. Changes to the MCAL schedules may only occur when there is a school-related conflict, facility issue or natural disaster. A contest may be changed due to extenuating circumstances after the review by the AD board and the board agrees the change is warranted. The principal (or their designee) is the only person authorized to make changes. If principals (or their designee) mutually agreed on a date change, the game time should remain the same as the originally scheduled contest unless the time change is also mutually agreed upon. It is the responsibility of the school requesting the change in time/date to notify the league office and the officials. Any expenses incurred due to the change will be the responsibility of the team requesting the change unless other agreements have been made.

Game Supervision

1. There shall be an administrator or designee in attendance at each varsity football and basketball game (home and away) during the MCAL regular season.
2. There shall be an administrator or designee in attendance at all MCAL soccer, baseball, lacrosse, basketball, softball, waterpolo and volleyball playoff games.
3. There shall be an administrator or designee in attendance at baseball contests that are held at Albert's Park. *It is the responsibility of the host school to contact the visiting school prior to the start of each season* and inform them that the contest will be held at Albert's Park.
4. Security Personnel is required when using Albert's Field. It is the responsibility of the home school to make arrangements with the security personnel and pay for all expenses.
5. **For lower level(non-varsity) basketball contests:**
 - A. The home school shall provide adequate supervision to ensure the safety of students, officials and spectators at NON-VARSITY level contests.
 - B. Upon arrival at the site, the home school supervisor, who will identify him or herself as such, shall contact the visiting coach (es) and officials.
 - C. It is recommended that the home coach not perform the duty of home school supervisor.
 - D. The home school supervisor may be an administrator, athletic director or other staff member as designated by the home school.
6. **Sideline protocol for football**

Everyone who is on the sidelines of a football game must have a sidelines pass. Each school will establish their own protocol.

Grammar School Students

Coaches need to be aware that approaching a grammar school student while wearing school attire would be in violation of rule 510, undue influence, and their high school program could be penalized.

Holidays

1. No games, team meetings or practices may be scheduled on Sundays.
2. Whenever possible the MCAL schedules in all sports should avoid conflicts with all major religious holidays. (i.e., Yom Kippur, Christmas, Good Friday).

Inclement Weather

Home teams will be responsible for canceling activities due to inclement weather. Contests **MUST** be canceled by 1:00. *Only the athletic director or a site administrator may cancel or reschedule a game.*

Ineligible Student

A student who is ineligible due to discipline issues, shall not practice with a team or appear in a uniform at any practice or league contest. A student who is ineligible due to academic issues, shall be allowed to practice with a team but may not be issued or appear in a uniform at any league contest.

Intention to Not Field a Team

Any school not intending to field a varsity team sanctioned by the league must declare that by the start of the previous season of sport (Fall---February, Winter---August, Spring---November). In the sports of football, basketball and baseball for boys and volleyball, basketball and softball for girls, a school should field a varsity team first. If a school needs to drop a varsity team and have only a junior varsity team and have missed the deadline they may petition the league to have a junior varsity teams instead of a varsity team.

Life Passes

1. Life passes to events sponsored by MCAL and MCAL members' schools may be issued to those who have made a significant contribution to the league over time.
2. Any person receiving a life pass must have had a positive working relationship with a school district, the league or acted as an official in the league for a minimum of ten years.
3. Nominations for Life Pass recognition shall be made in writing to the league office and then distributed to the MCAL B of M for review.
4. The Commissioner has the authority to issue lifetime passes.

MCAL Name or Logo

The Commissioner must approve any use of the MCAL name or logo.

Media

It is the responsibility of the home team in all sports, win or lose, to report results to the media except when a contest is against Justin Siena, then the Marin school will call in the results.

Method for Breaking Ties

The Marin County Athletic League in most sports has **random draw play**. The following is the criteria used to break a tie when the sport is divisional:

IF TWO OR MORE TEAMS ARE TIED FOR A PLAY-OFF POSITION THE FOLLOWING WILL BE USED IN ORDER THAT THEY APPEAR:

For all spots except for the last spot:

1. Head to head competition (Winning percentage)
2. Record above the tie (Winning percentage)
3. If a tie still exists between any two places. ...use numbers drawn for place*

For the final play-off spot if two teams are tied:

There will be a play in game to the play-offs if there is no head to head advantage (2-0) except in single round sports, where the one head to head will be used.

- a. host is the highest draw number
- b. admission would be charged as it is a play-off contest

If more than two teams are tied for the last positions, 1 & 2 above will be used to break the three way tie to qualify the first play in game team. If the tie is not broken between the three teams using 1 & 2 above, then the draw numbers will be used to eliminate a team and the other two will play off for the 6th spot.

If one team qualifies and there are two teams tied for the second play in game spot, 1 & 2 above will be used again to qualify the second play in game team. If a tie still exists after using 1 & 2 above, then the tie breaking numbers will be used to eliminate a team and the remaining team will qualify for the play in contest.

* Numbers are drawn each spring for each school for each season of sport. It has been determined that a low number (1, 2, 3...) would be the top. The top number has priority!

In sports where there is **not random draw play**, the following criteria will be used:

A. Two Teams Tied for First Place

1. If one team has defeated the other team twice in round robin play, that team shall be designated the first place team, and the other team shall be the second place team (for playoff purposes).
2. If the two teams split in the round robin:

The team with the greater number of wins within the other two-playoff teams shall be designated the first place team.

3. If the tie still exists, the Commissioner shall use the numbers drawn by the Board of Managers to break the tie.

B. Three Teams Tied for First Place

1. The team with the greatest number of wins within the tie shall be designated the first place team, and the team with the next greatest number of wins shall be the second place team.
2. If a two-way tie would exist, the procedures in item A-2. above shall be used to break the tie.
3. If a three-way tie still exists, then the Commissioner shall use the numbers drawn by the Board of Managers to break the tie.

C. Four Teams Tied for First Place

1. The team with the greatest number of wins within the tie shall be designated the first place team. The team with the least number of wins within the tie shall be designated the fourth place team.
2. If a four-way tie still exists, the commissioner shall use the numbers drawn by the Board of Managers to break the tie.
3. If a three-way tie still exists, the procedure in item B. above shall be used.
4. If a two-way tie would exist, the procedure in item A. above shall be used.

- D. If more than four teams tie for first place, the numbers drawn by the Board of Managers shall be used to determine the first three places and a play-off contest will be held for the fourth position.

E. Two Teams Tied for Second Place

1. If one team had defeated the other team twice in round robin play, that team shall be designated the second place team.
2. If the tie still exists, the team with the greater number of wins within and above the tie shall be designated the second place team.
3. If the tie still exists, the team with the greatest number of wins against the other three playoff teams shall be designated the second place team.
4. If a tie still exists, the Commissioner shall use the numbers drawn by the Board of Managers to break the tie.

F. Three Teams Tied for Second Place

1. The team with the greatest number of wins within and above the tie shall be designated the second place team, and the team with the least number of wins within and above the tie shall be designated the fourth place team.
2. If a three-way tie still exists, the Commissioner shall use the numbers drawn by the Board of Managers to break the tie.
3. If a two-way tie would exist, the procedure in item E. above shall be used.

G. Two Teams Tied for Third Place

1. The team with the greatest number of wins within and above the tie shall be designated the third place team.
2. If a tie still exists, if one team has defeated the other twice in the round robin, it shall be considered the third place team.
3. If a tie still exists, the Commissioner shall use the numbers drawn by the Board of Managers to break the tie.

H. Three Teams Tied for Third Place

1. The team with the greatest number of wins within and above the tie shall be designated the third place team, and the team with the least number of wins within and above the tie shall not be included in the playoffs.
2. If the tie still exists, the team with the best record within the remaining tied teams shall be designated the third (or fourth) place team, and the team with the least number of wins shall not be included in the playoffs.
3. If a three-way tie still exists, the third place team shall be determined using the numbers drawn by the Board of Managers and automatically be included in the play-offs. The two remaining teams shall play one game on the Friday or Saturday following the last regular league contest at the highest tie breaking number site. The winner shall be designated the fourth place team, and the loser shall not be included in the playoffs.

I. If a two-way tie still exists, the procedure in items G. or J. shall be used to break the tie.

J. Two or More Teams Tied for Fourth Place

1. The team with the greatest number of wins within and above the tie shall be designated the fourth place team.
2. If the tie still exists, the team with the best record within the remaining tied teams shall be designated the fourth place team, and the team with the least number of wins shall not be included in the playoffs.
3. If the tie still exists between two teams, a game shall be played at the highest tie breaking number site determined by the Commissioner on the Friday or Saturday following the completion of the round robin schedule.
4. If more than two teams are still tied the Commissioner will use the numbers drawn by the Board of Managers to get to two teams tied for fourth. Those teams will play a game at the tie breaking number site determined by the Commissioner on the Friday or Saturday following the completion of the round robin schedule.

NOTE FOR TIE-BREAKING FOR NOT RANDOM DRAW PLAY

The league office reserves the right to use the numbers as drawn by the Board of Managers to break a tie whenever in the judgment of the Commissioner, all other methods have been exhausted and it is in the best interest of the league to do so.

Method for Determining the Point System for Playoffs (we no longer have any sports which gives a pt.)

The winner of the round robin or double round robin (except in the sport of lacrosse 5/07, boy's volleyball 5/08) receives a point in the playoffs, meaning that it must be defeated twice in the playoffs before the playoff champion is determined. In case of ties for first place in the double round robin final standings, the following procedures will be used:

A. Two Teams Tied for First Place

1. If both teams win their first playoff game, they play one game to determine the champion.
2. If both teams lose their first playoff games, they play one game on a neutral site to determine who plays in the final playoff game.
3. If one of the tied teams loses its first playoff game and the other team wins, the loser is eliminated and the winner receives a point and continues in the playoffs.

B. Three Teams Tied for First Place

1. If two of the three tied teams meet in the playoff finals, no point is awarded.
2. If only one of the three tied teams reaches the playoff finals, it shall be awarded a point.

C. Four or More Teams Tied for First Place

1. No point shall be awarded to any of the tied teams. A simple elimination playoff would take place.

Moving Up

1. During the preseason there is open movement between varsity and lower levels. Once the league season begins and an athlete suits up for varsity competition or is on the varsity roster, that player may no longer move down except during the spring break. Players on a league lower level team may play in a tournament during the spring break as a varsity player and move back to being a lower level player when the league schedule resumes.
2. If it is necessary for a lower level player to move up to varsity so a school can field a varsity team due to illness or injury, the player may move up for the contest(s) in questions and return to the lower level. The school moving the player up must inform the league office to receive permission to bring the player up for a limited time and then once permission is granted, must notify the opposing school(s) as well.
3. Players may move between the junior varsity and freshman teams.
4. The Commissioner may waive this rule if within the first 10 days of the league season there is a written request to the league office signed by the principal, athletic director and coach of the school involved.

Multiple Teams

Athletes are not eligible to participate simultaneously in more than one MCAL sport during any season of sport.

Music at MCAL play-offs

Music which has been reviewed and approved by athletic directors is allowed at MCAL play-offs. Any use of music not approved by athletic administration will be considered a violation of MCAL rules. For MCAL basketball, music will be provided by the MCAL not by participating schools.

Number of Teams

Any sport where ten schools are eligible to have teams, there must be six to qualify for a league. Once a level of play is established and later, dropped due to lack of teams, it may automatically be reestablished when there are six schools fielding teams. A level of a sport may only be added if the adding a sport or level requirements are met (pg. 1). Any proposal for establishment of a new sport or level of team be submitted to and approved by the governing entity of at least six MCAL member schools prior to the establishment of that new MCAL sport or team.

Officials

The MCAL office is responsible for contracting with official's organization. The contracted rates apply to all practice and league contests. The MCAL is responsible for all assigning fees for all league contests while individual schools are responsible for all accounting, association, cancellation fees as well as the assigning fees for all practice contests.

Officials for Playoffs for Basketball & Baseball

By a date determined at the pre season coaches meeting, the head coaches in basketball & baseball should provide to the Commissioner of the league a ranking of all officials. This ranking will be used to determine the officials for the playoffs. The Commissioner will forward this list to the assignor.

The MCAL office will request that the assignor do all possible to have the best officials recommended by the coaches officiating MCAL playoff contests. It is league policy that the best officials may be contracted to work more than one playoff contest. Coaches also have the right to recommend ONE official not to work their contest. (This rule is under review and may change)

Officials—no shows for lower levels

If an official does not arrive to officiate and an effort has been made to contact the assignor to verify that an assigned official will not be coming and an attempt has been made to secure another official who is available to officiate the following policy may be used if mutually agreed upon by the coaches:*

If a person is 21 years of age and has knowledge of the rules of the sport and meets one or more of the following criteria, they may assume the role of the official:

1. Athletic Director
2. Teacher, Administrator or staff person from either campus
3. Varsity Coach from either team
4. Asst. Coach from either team
5. Head Coach from either team provided there is an asst. coach to take over coaching duties.

AT NO TIME may a parent officiate a game unless they meet one of the above criteria.

Volunteer coaches **MAY NOT** step in unless they have been finger printed, etc. according to Title V and are covered by school liability insurance.

* If there is not an agreement by the coaches and a qualified person is available, the contest may be played under protest.

Pennants

1. Pennants for varsity league champions will be presented at the conclusion of the playoffs.
2. If there is no playoff in a particular sport or for non-varsity teams, the pennants will be presented to the team as soon as possible by arrangement with the athletic director.
The team with the best record will determine non-varsity championships. If two teams have the same record, the team who won the head to head is champion.
3. If the winner of the playoffs is different than the regular season winner, they will also be awarded a pennant.

Playoffs (MCAL)

1. If a school is participating in an MCAL playoff contest where admission is charge, an administrator in charge **MUST** be present 15 minutes **in advance** of the contest starting.
2. The administrator in charged must be designated by the principal and **MAY NOT** be the coach.

3. The MCAL Board of Managers have agreed **IF** an administrator is not present at game time, the contest **WILL NOT** begin until an administrator in charge arrives.
4. The Commissioner or his/her assistant has the right to declare a playoff contest a forfeit after a 30-minute delay.
5. Although some MCAL play-off contests are held at home sites of the higher seed, they should not be considered home contests. No school should be holding a team/coach recognition, awards or gift ceremony before, during or after the event.
6. Music which has been reviewed and approved by athletic directors is allowed at MCAL play-offs. Any use of music not approved by athletic administration will be considered a violation of MCAL rules. For MCAL basketball, music will be provided by the MCAL not by participating schools.

Playoffs (NCS)

1. The MCAL playoff champion or league play champion, if no playoffs, will be the automatic qualifier to NCS playoffs.
2. If for any reason, the full MCAL playoff tournament can not be held, the regular season champion will become the automatic qualifier to NCS.
3. Any MCAL team with a winning record may choose to apply for an at large birth. The decision to apply is an individual school decision and the school will incur all costs for participation.
4. NCS regulations may alter the foregoing, especially in sports with 2A and 3A divisions.

Post Season Competition

1. The right to participation after the last regular league season contest is reserved for varsity level competition only. During MCAL play offs, if a school has a game or scrimmage left and they have a chance to make NCS, they may schedule a non league contest
2. No lower level post season competition is allowed in any sport.

Protests

1. All protests must be made in writing by the principal of the school making the protest to the principal of the other school involved. A copy shall be sent to the Commissioner.
2. Protests on ground conditions must be made before the start of the contest.
3. Protest of judgment calls by officials will not be accepted.
5. Protests must be received by 4:00 p.m. of the school day following the contest to be protested, postmarked or clocked on receiving school's clock.
5. The Commissioner shall first review protests based on questioned eligibility if either the complaining or defending school principal requests. Cases involving eligibility of players are not under the 24-hour time constraint.
6. Protests not resolved between the principals or with the help of the Commissioner may be referred to a Protest Committee at the request of either principal. The Protest Committee shall be composed of three members of the MCAL Board of Managers appointed by the president. No member of the Protest Committee shall be from any school involved in the dispute. The Protest Committee shall listen to all sides of the dispute and make disposition of the case.
Appeal of the disposition of the case may be made to the MCAL Board of Managers.
7. The Protest Committee may set penalties for violations according to rules of the activity and the CIF/NCS.
8. The Protest Committee will prepare written rationale for its decision to be kept on file in the Commissioner's office.
9. The school losing the protest may be asked to pay reasonable costs of the protest upon presentation of an itemized bill.

Reporting Scores

All varsity coaches are required to report scores of contests to the newspaper and as required by NCS.

Schedules

Each school is responsible to send copies of their schedules to each of the other schools in the league and to the coordinator of officials of each sport. If a change is made to a schedule, the athletic directors are responsible to notify the league office, official's assignor, the newspaper.

Season of Sport & Post Season Competition

See NCS Handbook, Rule 101H & 500H

MCAL teams may only conduct interscholastic contests during their season of sport **PRIOR TO** MCAL play-offs. For varsity competition only: Once the regular league season is completed varsity teams may compete against outside competition until the first day of MCAL play-offs taking into consideration that the Friday after league competition **MUST** be reserved if a play in contest is required. Lower level competition ends the last day of the regular league schedule. Lower level teams may not play after that date. Lower level teams are allowed to make up a league contest after the regular season of sport **ONLY** if it has a bearing on the league championship. No other contests should be made up after the official end of the season.

Senior Night

Varsity senior night should announce names only, no commentary about each player is allowed. Parents to come down, have picture taken, etc. as long as it is done quickly.

Sideline Protocol for Football

Everyone who is on the sidelines of a football game must have a sidelines pass. Each school will establish their own protocol.

Sportsmanship Award Program

At the end of the school year, the MCAL/NCS shall award a sportsmanship award to the school who has received the greatest number of votes during the three seasons of sport. The procedure for the award is noted at the end of this section. Appendix B

Spring break—game conflict

For spring break game conflicts, the school requesting the game change must inform the opposing school of the change **prior** to the start of the spring season of sport starting date..

Spring break—baseball & softball contests

The official spring recess is the week where the majority of schools are off of school. If this week is not the traditional Easter week, the league spring break for baseball & softball will be the traditional Easter week to allow schools to participate in Easter tournaments whenever possible. Coaches must request permission from their own school for participation in Easter tournaments.

Starting Times

Refer to individual schedules or the chart of starting times produced by the league office for individual sport starting times.

Team Composition

The composition of the various team levels for league competition will be as follows:

- Varsity: seniors, juniors, sophomores & freshmen.
(Varsity football players must be over 15 years old unless CIF petition has been approved.)
- Junior Varsity: juniors, sophomores and freshmen.
- Frosh-Soph: freshmen and sophomores
- Freshman: freshmen only.

Ties

Ties resulting at the end of a league schedule shall not be played off except to determine the MCAL representatives to the NCS in either tennis or golf. If needed, the Commissioner will use the numbers drawn by the Board of Managers to break a tie.

Timers

Timers for varsity football and basketball games must be qualified adults.

Video Scouting

Video scouting is allowed in all MCAL sports. Tapes from MCAL contests may not be shared with other schools outside of our league for post season preparation. Scouting is only allowed from the bleachers. In outside sports no opposing coach or his designee who is videoing may be in or on a press box. The press box is reserved for the two opponents of the game being played.

Violation of MCAL/ NCS Rules

I. Penalties—for NCS Rule 100H & 202H (Penalties 102H & 103 H)

Any team that exceeded the maximum number of contests allowed under NCS bylaw 100H shall be prohibited from further competition from the point of the violation, including the league championship tournament as well as participation in NCS play offs of the respected sport. Penalties—

II. Situation Specific---see rule 103H

A. MCAL By-Law Rule Article III #2

Ineligible Player at a practice or suited up for a contest, but does not participate in the contest:

1. Individual site situation---school handles penalty
2. Coach does not coach and may not be at facility of next contest.
3. Within one week, the administration of violating school must meet with coach, discuss the issue and supply written statement to the league that such a meeting was held and report on the penalty imposed.

B. NCS 204H

1. From the first day of football in August until the last CIF spring contest, a coach or assistant coach (es) **MAY NOT** meet with a team or any member of a team on **Sunday** for **ANY** reason. See rule for sanctions.

VIOLATION PENALTY OPTIONS (February 2003)

When a MCAL school or a team from a MCAL school violates a MCAL rule, which does not have a specific violation stated, the following would be options for imposed penalties. The order in which they are presented are from least severe to most. These options are to be used as a guideline to the MCAL office and hearing panels that may be held. If a hearing panel is convened, the panel has the right to impose other penalties as they deem appropriate.

A. General Penalty Options:

1. Letter of reprimand to the offending school
2. Probation of the program for one calendar year.
3. *Loss* of home court in MCAL play-offs
4. No MCAL play-offs
5. No automatic qualifier status to the NCS play-offs (this means the team could apply for at large status)
6. No post season play (MCAL and/or NCS)

B. In case of a violation pertaining to a specific contest at a varsity level:

1. Letter of reprimand to the offending school
2. Forfeiture of that contest
3. Reduce number of contests for the next season
4. Probation of the program for one calendar year.
5. No MCAL play-offs
6. No automatic qualifier status to the NCS play-offs (this means the team could apply for at large status)
7. No post season play (MCAL and/or NCS)

C. In case of a violation discovered after the season of sport:

1. Letter of reprimand to the offending school
2. Forfeiture of that contest
3. Reduce the number of contests for the next season
4. Probation of the program for one calendar year.
5. imitations for the next season as stated above in A. 3-5

D. In case of a violation pertaining to a particular contest at a non-varsity level:

1. Letter of reprimand to the offending school
2. Forfeiture of that contest
3. Reduce the number of contests for the next season
4. Probation of the program for one calendar year.

Appendix A

506. PRACTICE ALLOWANCE For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

- A. All teams will be allowed no more than 18 hours of practice time per week and no more than four (4) hours in any single day.
- (1) Multiple Practice Sessions
 - a. Double day practices shall not be held on consecutive days.
 - b. Must include a minimum of three (3) hours rest between practices.
 - (2) Golf Only
 - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]
- B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
- C. Definition of Practice
- (1) Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
 - (2) Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
 - (3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR
 - (4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
 - (5) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C.(1)-(5) above.
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
- F. Penalties Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

NOTE: For purposes of this Bylaw, the season of sport begins with each CIF Section's first allowable date of practice.

"

"

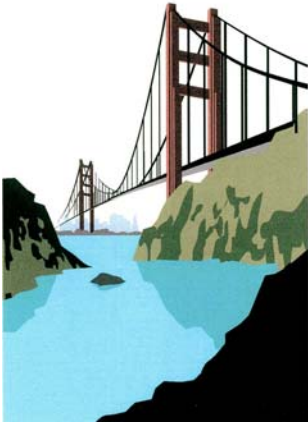
O E C N ' U r q t v u o c p u j k r ' C y c t f ' R t q i t c o ' R t q e g f w t g < ' '

The facilitator for the end of season meeting in each MCAL sport will ask each Head Coach to provide the name of the school he/she finds to have exhibited the best sportsmanship for the past season.

Athletic Directors will review and validate the votes submitted by their head coaches as provided by the League Office at the athletic director's meeting following season of sport. The athletic directors at that time will also vote for the school they found to exhibit the best sportsmanship for that season of sport.

Principals will review and validate the votes for the entire year as provided by the League Office after the spring season of sport.

The league Office will tally and validate the votes in June of each year and announce the winning school. The winning school will receive a banner supplied by the NCS Office.



Marin County Athletic League

Susie Woodall, Commissioner Rich Woodall, Assistant Commissioner
375 Doherty Drive Larkspur, CA. 94939
415-924-4424 mcal@marin.k12.ca.us 415-924-6430 (fax)

MCAL Sportsmanship Award Program

Branson

Justin-Siena

Marin Catholic

Novato

Redwood

San Marin

San Rafael

Sir Francis Drake

Tamalpais

Terra Linda

In each MCAL sport, the Head Coaches will be asked to provide the name of the school he/she finds to have exhibited the best sportsmanship for the season.

The school I have chosen is _____.

My name: _____ **School:** _____

Sport: _____ **Year:** _____