

SPORTS HANDBOOK

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100 Baseball

101 GOVERNING BODY

National Federation Rule book is the governing authority in baseball.
The State CIF, NCS or the MCAL may make modifications.

102 GENERAL INFORMATION

1. Baseball is a spring sport.
2. League play shall be a double round robin schedule.
3. Games will be played on Tuesdays and Fridays for J.V.& varsity baseball, and Wednesday and Saturdays for freshman . League baseball games shall begin at 3:45 pm. with Saturday frosh games 1pm. During DST games will begin at 4:30.
4. Cancelled, called or suspended games must be made up by the next available date & in the order they were cancelled. When a game is suspended and the game is a first round contest, it shall be finished prior to the second round contest. When a suspended contest is in the second round, it shall be made up on the next available date.* It is not necessary to make up non-varsity games after the season has officially ended (i.e., last varsity game date) unless they have 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.
7. A team shall play no more than four (4) contests in one week unless sanctioned by the MCAL Commissioner.
8. Use of Albert's Ball Park must be authorized by the school administration.

***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 canceled, 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. 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. Monday – Saturday are potential game days.

If teams by pass the next available date the Commissioner may rule the contest a loss for both teams.

103 OFFICIALS

The Northeast Bay Umpires Association is the organization contracted by the league to assign officials for baseball in Marin County.

104 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for baseball games except those held at Albert's Ballpark. See general rules for admission price guidelines.

Once the Albert's schedule is determined, if a school plans on charging admission, they must immediately notify their opponent as BOTH schools must have an administrator present.

105 LEAGUE RULES & GUIDELINES

1. Prior to any game there shall be no batting practice for either team, even if the schools are not in session that day, but there may be a short infield practice. "Soft toss", T-Ball, "pepper" are permissible with the requirement that if a whiffle ball is not used, then a "golf net" must be utilized to prevent fence damage. If guilty of breaking the above rule, the game should be played under protest and reported to the league office within 24 hours following the complaint form protocol.
2. Adult coaches are permitted to work at first and/or third base but must be in uniform.
3. The home school must provide uniformed security personnel for night games at Alberts.
4. Two umpires are to be used for varsity league games. If only one umpire was to show up the game will be played.
5. The MCAL adheres and abides to the NCS and NFHS (Article 15 – 1500) pitching limitation rule of the which states:
Thirty outs and/or appearances in a calendar week throughout the season, Monday through Saturday:
 - A. Innings pitched in a no game, i.e., rain out, power failure, etc. shall count towards the total.
 - B. If the 30th out involves a double or triple play, the team will not be penalized.
 - C. An appearance is defined as a pitcher pitching at least one pitch.
 - D. Any violation constitutes a forfeit of the contest.
6. The winner of the MCAL play-offs shall be the designated representative to NCS championship series.
7. Called or Suspended games: It is the umpires decision when to call a game due to inclement weather, darkness or in the case of lower levels, the ten run rule.
WEATHER/DARKNESS
 - A. After 5 innings
A game is a legal regulation game once it has reached five full innings or 4 ½ if the home team is ahead. After 5 innings, if a game is called before a full inning is completed, the score reverts back to the last full innings.
 - B. Before 5 innings
A game called by the umpire before 5 full innings or 4 ½ if the home team is ahead shall be ruled a **NO GAME** and be replayed in its entirety.
 - C. Ties after 5 innings
A game which is tied after 5 full innings or tied after reverting back to the last full inning will be suspended and resume from the top of that inning.
 - D. Restarting a called or suspended game
The players in the score book (same line up) must be on the field at the restart.**LOWER LEVEL TEN RUN RULE**

After 5 innings (or 4 ½ innings) if either team is ahead by 10 runs or more the game is over.
8. MCAL Play-offs:
 - A. Team should not enter the playing site earlier then one hour prior to the scheduled game time.
 - B. The home team (higher seed) will have the 3rd base dugout.
 - C. If a double header at the site, there will be an 8 minute warm up of only players who will start the game. The visiting team will take the field first.
9. For the 2010 MCAL baseball season, all teams will use wood bats.

106 PLAY-OFFS

6 schools are in the play-offs in sports with a double round format
#1 seed is the best league record
#2 seed is the second best league record
#3 seed is the third best league record, etc.
In case of a tie, tie-breaking criteria will be used.
All contests are held at Albert's Park in San Rafael after the first round.

Format:

Day One @ highest seed	Day Two @ Albert's Park	Day Three @ Albert's Park	Day Four @ Albert's Park
Tuesday	Thursday	Friday	Saturday
Game One	Game Three	Game Four	Game Five
#4 vs #5	lowest seed (3-6)	Highest seed (3-6)	winner game 3
Game Two	left in the tournament	left in the tournament	vs
#3 vs #6	vs	vs	winner game 4
	#1	#2	

- Administrators need to check in at the main gate 15 minutes prior to the game. The game may not start without an administrator from each school being present.
- Administrators from each school are asked to deal with supervision of their fans.
- Baseball teams may not be on the field until one hour prior to game time. If softball game is still going on, baseball teams must wait to enter facility.

107 TIE-BREAKING INFORMATION

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)

- 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!

108 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant. If the winner of the play-offs is a different team than the round robin winner, a pennant will be awarded to that winner also.

109 ALL LEAGUE

Baseball all-league team shall consist of:

- Most Valuable Player and Most Valuable Pitcher
 - 4 Infielders
 - 3 Outfielders
 - 2 Pitchers, 1 Catcher, 1 Designated Hitter or Utility
1. Each coach may nominate players from his own team for Player/Pitcher of the Year* as well as any and all positions according to the formula presented in #13 & #14 to follow.
 - These nominations are to be presented (preferably via email) **no later** than the Monday –6 pm--prior to the last league contest. **Failure to comply with this deadline will result in a coach only receiving four nominations if done before the meeting. Any coach who does not submit their nominations 24 hours before the meeting, will receive one honorable mention position ONLY!**
 - Coaches are asked that they submit the following information when submitting their nominations: **A roster of all players on their team listing:**
A. Player's name B. Year in school C. Position
 2. No nominations will be honored at the all leagues selection meeting.
 3. For Player and Pitcher of the Year---if there are more then 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.
 4. The Player & Pitcher of the Year shall be voted on first prior to any other voting. No discussion, just a vote.
 5. After the Player of the Year vote, each coach will be given 1 minute to speak about his players.
 6. Each coach ranks the nominated players at each position on a ballot presented to them at the meeting.
 7. The top-ranked player(s) in each position is (are) first team all league according to the formula above. The next ranked player(s) in each position is (are) the second team all league. The next player in rank order for each position is Honorable Mention. (Note: there is only one honorable mention per position.) If a school does not have a player on 1st, 2nd or honorable mention, they will be allowed to submit a name for HM in any position the coach wishes.
 8. Coaches voting for Player of the Year* **MAY** vote for their own players.
 9. Coaches when ranking players **MAY NOT** vote for their own players.
 10. Students are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
 11. A coach should send a substitute he can not attend the meeting.
 12. Players will be honored for only one position.
 13. All league lists will not be released until the last school in the league has completed their season.
 14. All-League athletes will receive certificates.
 15. Nomination formula (maximum a coach **may** nominate per position):
6 Infielders 5 Outfielders 3 Pitchers 1 Catcher 2 DH/Utility
 14. *Player of the Year---Pitcher of the Year: If you feel you have a player who is qualified to be considered for top honors:
 - A. Coaches nominate their own player
 - B. Nominations are due the day you submit your position nominations. Please make sure that you also nominate this player for the position they would be nominated for. If selected the P of Y, the player's name will be removed from the original ballot.
 15. Results of All league balloting will be released by the Commissioner of the League when the last team of the sport has completed play.

200 Basketball

201 GOVERNING BODY

National Federation Rule book is the governing authority in basketball. Some modifications may be made by the State CIF, NCS or the MCAL.

202 GENERAL INFORMATION

1. Basketball is a winter sport.
2. League play shall be a draw schedule.
3. Games will be played on Tuesdays and Fridays.
4. The regular season shall end no later than the Thursday of the final week of the regular season to allow Friday and Saturday for tiebreaker or make-up games.
5. First games start at 4:30 PM. Girl's varsity games start at 6:00 PM and boy's varsity games at 7:30 PM. One JV team & the frosh play at the opposite site.
6. Cancelled or suspended games will be made up within the next fourteen days.
7. **Only** the athletic director or a site administrator may cancel or reschedule a game.

203 OFFICIALS

The Golden Gate Officials Bureau is the organization contracted by the league to assign officials for all basketball contests.

204 ADMISSION

Admission may be charged at any MCAL contest. See general rules for admission price guidelines.

205 LEAGUE RULES & GUIDELINES

1. There will be a fifteen-minute warm-up between games.
2. Second and third games can start earlier if both coaches agree and the officials are present, after warm-up time.
3. The varsity and junior varsity shall play eight (8) minute quarters.
4. The freshman shall play seven (7) minute quarters for all league games and non-league home games.
5. An alumni and foundation games will not count against the allowable number of games (26) or scrimmages (2).
6. Video scouting is allowed at any time on all levels.
7. Each gym should have signs up designating home and visitor seating areas.
8. Home school must supply experienced personnel to run the game clocks, and to keep the official scorebook.
9. Varsity Senior Night should be limited to NAMES ONLY---no commentary about each player is allowed.
10. There shall be no post season tournaments for varsity teams other than MCAL, NCS, and CIF play-offs.
11. There are no post season competitions for frosh or JV teams.

12. NCS/CIF rule 16.104H—Mercy Rule will be used (If @ the end of the 3rd Q a team has a 40/40+ lead, a running clock will be used.)

13. 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 the arrival at the site, the visiting coach (es) and officials shall be contacted by the home school supervisor, who will identify him or herself as such.
- C. It is recommended that the home coach not perform the duty of home school supervisor, if possible.
- D. The home school supervisor may be a administrator, athletic director or other staff member as designated by the home school.

206 PLAY-OFFS

Basketball Play-offs Adopted May, 2011

Tuesday Feb. 14	Thursday Feb. 16	Friday Feb. 17	Saturday Feb. 18
Game 1	Game 3	Game 4	Game 5
4 vs 5	Lowest seed (3-6) left in tournament Vs #1	Highest seed (3-6) left in tournament Vs #2	Winner Game 3 Vs Winner Game 4
Game 2 3 vs 6			
201 At highest seed	103 At <i>Redwood</i> 104	At Redwood	At Redwood
All games played Tuesday. If a school has two teams at different sites game times will be adjusted. (5:00 & 7:30)			Pre-sale for final games only will be held at the end of the girl's game and half time of the boy's game on Thursday & Friday and Saturday morning from 10-12.
Game Time: Single game 7:30 Double header: Girls 5:30 Boys 7:30	Game Time: Girls 5:30 Boys 7:30	Game Time: Girls 5:30 Boys 7:30	Game Time: Girls 5:30 Boys 7:30

Concern was voiced about Branson's gym not being large enough to host a contest.

2 options:

1. If Branson felt they were going to be in the play-offs they would have to secure another site. In the event that Branson could not find an available site for Tuesday, the hosting of the contest would go to their opponent.
2. Single contests could be held at Branson and presale would be a must. 150 tickets would be given to each school and when they were gone, they would be gone!
3. Team limit: 15 players.

1. Selection of Officials for play-offs: By the date determined at the pre season coaches meeting, the head coaches in basketball should provide the Commissioner of the league a ranking of all officials. This ranking will be used to determine the officials for the playoffs. (This is under review and may be adjusted)
2. Administrators need to check with the asst. commissioner at the player's & coaches door at least 15 minutes prior to the game. The game may not start without an administrator from each school being present. Administrators from each school are asked to deal with supervision of their fans.
4. Ticket pre-sale for the finals only will be held at half time of the Thursday and Friday games and Saturday morning from 10-12 @ Redwood.
5. Each team will be guaranteed 15 min. warm up

207 TIE-BREAKING INFORMATION

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*

* 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!

208 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant. If the winner of the play-offs is a different team than the round robin winner, a pennant will be awarded to the play-off winner.

209 ALL LEAGUE

PRIOR TO THE ALL LEAGUE MEETING all coaches are required to email a roster of all players on their team, noting year in school. This list will be used in making the final list of all league players.

1. Each coach is to arrive at the meeting with a preliminary list of fifteen (15) nominees of opponents.
2. The first vote will be for Player of the Year*. This is to be a vote for the athlete who had the best season. Coaches may vote for their own player in the Player of the Year (For Player of the Year--if there are more than 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.)

3. Coaches will speak for one minute about their own players.
4. Coaches will then make a final list of all opponents in rank order---best player first and next best second and so on ranking the top fifteen players (not including their own.)
5. Commissioner or the Commissioner's representative tallies and lists the number of vote points in rank order. (First player on a list will receive 15 points, the second 14 points and so on.)
6. After the votes are calculated, the scores will be listed in rank order highest to lowest.
7. There will be a maximum of five all league first team members. (This does not include the player of the year). They will be the top five players listed.
8. There will be a maximum of five all league second team members. They will be the next 5 players listed.
9. The next five (5) players listed receive Honorable Mention.
10. If a school has no one on 1st, 2nd, or HM, the coach may submit a name for Honorable Mention.
11. Coaches must send a substitute or email nominees to the commissioner if he/she cannot attend.
12. Athletes are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
13. The voting is by ballot. Coaches must sign their ballots.
13. All-League athletes will receive certificates.
14. *Player of the Year: If you feel you have a player who is qualified to be considered for top honors:
 - A. Coaches nominate their own player
 - B. Nominations are due the Monday prior to your All League meeting.
15. Results of All league balloting will be released by the Commissioner of the League when the last team of the sport has completed play.

300 Cross Country

301 GOVERNING BODY

National Federation Rule book is the governing authority in cross-country. The State CIF, NCS or the MCAL may make some modifications.

302 GENERAL INFORMATION

1. Cross Country will be held in the fall for both boys and girls.
2. The league schedule will be a single round of dual, tri and quad meets scored as dual meets.
3. Meets will be scheduled on Thursday.
4. Starting times for meets will alternate each year. In 2011, boys will go first at 4:15.
5. Inclement weather: Home teams will be responsible for canceling meets due to inclement weather. All meets must be cancelled by 1:00pm.
6. Make up days will be the next available date that both schools are available.
7. **Only** the athletic director or a site administrator may cancel or reschedule a game.

303 OFFICIALS

Cross-country is a self officiated sport. During the league meet, there will be officials enforcing the rules.

304 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge cross-country. See general rules for admission price guidelines.

305 LEAGUE RULES & GUIDELINES

1. The home team shall be responsible for a starter, scorekeeper, course monitors, timers and rest rooms if needed.
2. The distance of the race shall be a maximum of 3.1 miles and not less than 2.5 miles for varsity and junior varsity races.
3. Seven members shall constitute a team in a League meet, but only the first five finishers from each school shall count in the team score. The sixth and seventh runners may be used to increase the opponent's score.
4. The runner finishing first shall earn one point, the second runner two points and so on.
5. The team with the lowest score will be the winner.
6. The home school shall communicate meet results to participating coaches and league office by the first school day after the meet is held.
7. Results shall be forwarded immediately to the Marin Independent Journal.
8. Each school competes with every other school.
9. League champion is determined by single round robin league meet.

10. Structure of the League Season:

- Independent Event, Stinson Beach Relays
- Three weeks in a row of league meets
- One week off, no league meets
- Two weeks of league meets
- One week off, no league meets
- MCAL Championship meet

11. The following adjustment may be made: If Mt. SAC Invitational meet falls during a league meet competition week, the attending schools will request that their ADs move their meet on Thursday to Wednesday to allow for the Friday competition. Opposing school will honor this request which needs to be made prior to the start of the league season.

305 PLAY-OFFS

1. A varsity league meet will be held at the end of the season.
2. Indian Valley College is the official site of the MCAL XC end of season competition. The map of the actual course is available from the MCAL office.
3. Number of Competitors at the MCAL Championship Meet—A maximum of 150 total runners per gender may run in the championship meet. Each school is allowed a maximum of 15 runners. In the event that a school does not use their 15 allotted spaces, then the number of extra slots will be allotted to each school based on the MCAL T & F host school rotation.

307 TIE-BREAKING INFORMATION

There are no tie breaking procedures for standing in the regular season.

308 AWARDS & PENNANTS

1. After completion of the regular season play, the team with the best dual meet record in varsity competition will receive a pennant. If the winner of the league meet is a different team than the round robin winner, a pennant will be awarded to that winner also.
2. For the league meet, medals will be provided for the first ten finishers in varsity competition. The second ten finishers in the varsity competitions will receive ribbons.

309 ALL LEAGUE

1. First ten finishers shall be designated as first team all-league and receive medals.
2. Coaches may add additional names under extenuating circumstances as approved by the Commissioner.
3. The second ten finishers shall be designated second team all league and receive ribbons.

400 Football

401 GOVERNING BODY

National Federation Rule book is the governing authority in football.
Some modifications may be made by the State CIF, NCS or the MCAL.

402 GENERAL INFORMATION

1. Football is a fall sport.
2. League football is a round robin sport, each opponent being played once during the league season.
3. Game information:
 - A. Games shall be played as follows:
 1. Varsity teams play on Friday or Saturday.
 2. Frosh & JV games can be played on Thursday, Friday, or Saturday . This will be determined by the home team or mutual agreements between the two schools.
 - B. Times:
 1. Friday evening games-- JV @ 4:30 and V @ 7:00; however this can be changed by mutual agreements between the two schools.
 2. Frosh games scheduled on Fridays playing at San Rafael, game time is 5:30. If playing at Justin Siena, game time is 6:00.
 3. If the frosh is not playing SR or JS, they will be the first game of a triple header on Saturday. The preliminary game of Saturday will begin at 9:30 am with the JV contest at 11:30 and the varsity game at 2:00.
4. Cancelled or suspended games must be made up by the next available date. It is not necessary to make up non-varsity games after the season has officially ended (i.e., last varsity game date) unless they have 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 cancelled by 1:00pm.
6. **Only** the athletic director or a site administrator may cancel or reschedule a game.

403 OFFICIALS

The North Bay Officials Association is the organization contracted by the league to assign officials for football.

404 ADMISSION

Admission may be charged at any MCAL contest and it is customary to charge for football games. See general rules for admission price guidelines.

405 LEAGUE RULES & GUIDELINES

1. There will be a fifteen minute half time. Twenty-minutes may be used for homecoming activities if authorized by the officials.
2. The last three minutes of half time are a mandatory warm up period.
3. The referee will not allow the game to begin until the appropriate personnel are present.
4. Medical personnel may be a physician, paramedic, EMT or certified trainer must be present for games and scrimmages. It is required that the medical personnel have a cell phone or radio in case of an emergency.
5. Home school will supply chain crew, medical personnel, officials, and game clock personnel.
6. In Varsity contests ADULTS MUST work the chains, the clock and announce.
7. The home team is responsible for having available a safe and secure locker room for the visiting team for pre-game and half time use.
8. Starting practice date will be determined by NCS.
9. There shall be no football games until after three weeks of practice.
10. The squad must have had at least fourteen days of practice (excluding Sundays) before the first game.
11. Each individual on the team must have had at least ten days of practice before they may be allowed to compete in a scrimmage or game. (Double sessions count as one practice.)
12. Spring football practice shall begin no earlier than the Monday FOUR weeks prior to Memorial and must be completed before spring examinations start.
13. The home team shall wear dark jerseys, and the visiting team shall wear light jerseys unless other arrangements are made in advance.
14. Each team may furnish its own game ball providing it meets specifications.
15. A player shall not be allowed to play on the varsity football team until he has reached his fifteenth birthday.
16. A player under fifteen years of age may play on the JV team but not against other varsities. A player who is sixteen years of age on or before June 15 is not eligible for frosh football.
17. Video scouting is allowed at all levels of football and is limited to the bleacher area. There shall not be access to the press box area or where the participating schools are filming.
18. If at the end of regulation play, the score is tied, the National Federation Rulebook tie-breaking format will be used to break the tie for varsity competition. The winner of the tie-breaking play will be considered the game winner.

406 PLAY-OFFS

There are no league play-offs for football.

407 TIE-BREAKING INFORMATION—LEAGUE CHAMPION

Two teams tied for first: Head to head competition.

Three teams tied for first place: The numbers drawn for the fall season will be used to determine who will be the automatic qualifier to the NCS playoffs.

Automatic qualifier---Due to our present divisional type schedule the following criteria will be used in determining the automatic qualifier to NCS:

If a team is 7-0 in league and another is 6-0, the 7-0 is the automatic qualifier to NCS, both teams are considered Co-Champions of the league. If a team is 6-1 and another team is 5-1, the 6-1 is the auto qualifier and both are co-champs. If a team is 6-0 and another is 6-1, the 6-0 is the automatic qualifier to NCS and MCAL champion by themselves.

408 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant.

409 ALL LEAGUE

Football all-league team shall consist of:

- Most Valuable Back*, Most Valuable Lineman*
 - 11 Offense (5 linemen, 2 receivers, 1 tight end, 1 QB, 2 backs)
 - 11 Defense (4 linemen, 4 linebackers, 3 defensive backs)
 - 1 Special Teams/All-Purpose, 1 Kicker, 1 Punter
1. Each coach may nominate players from his own team for any and all positions according to the formula presented in #14 to follow.
 - These nominations are to be presented (preferably via email) **no later** than the Monday –6 pm--prior to the last league contest. **Failure to comply with this deadline will result in a coach only receiving four nominations if done before the meeting. Any coach who does not submit their nominations 24 hours before the meeting, will receive one honorable mention position ONLY!**
 - Coaches are asked that they submit the following information when submitting their nominations—a complete roster of all players including: A. Player’s name B. Year in school C. Position
 2. *Lineman of the Year---Back of the Year: If you feel you have a player who is qualified to be considered for top honors:
 - Coaches nominate their own player
 - Nominations are due the day you submit your position nominations. Please make sure that you also nominate this player for the position they would be nominated for. If

selected the B or L of Y, the player's name will be removed from the original ballot.

3. No nominations will be honored at the all leagues selection meeting.
4. The Back of the Year and the Lineman of the Year shall be voted on first
5. prior to any other voting. No discussion, just a vote. (For Back and Lineman of the Year---if there are more then 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.)
6. After the Back of the Year and Lineman of the Year votes, each coach will be given 1 minute to speak about his players.
7. Each coach ranks the nominated players at each position on a ballot presented to them at the meeting.
8. The top-ranked player(s) in each position is (are) first team all league according to the formula above. The next ranked player(s) in each position is (are) the second team all league. The next player in rank order for each position is Honorable Mention. If a school does not have a player on 1st, 2nd or honorable mention, they will be allowed to submit a name for HM in any position the coach wishes.
9. Coaches voting for Back of the Year* and Lineman of the Year* **MAY** vote for their own players.
10. Coaches when ranking players **MAY NOT** vote for their own players.
11. Students are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
12. A coach should send a substitute he can not attend the meeting.
13. All league lists will not be released until the last school in the league has completed their season.
14. All-League athletes will receive certificates.
15. Nomination formula (maximum a coach **may** nominate per position):
 - Offense: 8 linemen, 4 receivers, 2 tight ends, 3 backs & 2 QBs
 - Defense: 6 linemen, 6 linebackers & 5 Backs
 - 1 kicker, 1 punter & 2 AP/special teams
16. Results of All league balloting will be released by the Commissioner of the League when the last team of the sport has completed play.

501 GOVERNING BODY

United States Golf Association is the governing authority in golf. The State CIF, NCS, or the MCAL may make modifications to the USGA rules.

502 GENERAL INFORMATION

1. Girls golf shall be a fall sport. Boys golf shall be a spring sport.
2. MCAL golf is based on a complete double round robin schedule, sixteen (16) matches for girls and eighteen (18) matches for boys as defined by NCS and approved by a majority of the coaches. (5/30/07)
3. Matches may be played any day of the week, Monday-Friday, subject to course availability.
4. MCAL golf matches will be scheduled to start no later than 3:00-4:00 depending on season of sport.
5. If the coach or coaches must leave due to an emergency, the match will be suspended and must be replayed.
6. Cancelled or suspended matches must be rescheduled or completed on the next date available to both teams.
7. No match may begin unless both coaches are present.
8. Inclement weather: Home teams will be responsible for canceling matches due to inclement weather. Matches must be cancelled by 1:00. Coaches and athletic directors of teams affected need to be notified.
9. MCAL golf has adopted a code of conduct for all golfers as noted in 505.12.

503 OFFICIALS

Golf is a self-officiated sport.

504 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge admission for golf matches.

505 LEAGUE RULES AND GUIDELINES

1. Any practice on the golf course before the match is strictly prohibited.
2. Use of the course driving range by team members competing in the match is prohibited unless agreed to by both coaches. Practice squad players can use the driving range.
3. Only the course practice putting green may be used for putting or chipping (if allowed).

4. The coach of the home team determines whether to “lift, clean and place” or play “the ball down”. The home team coach is responsible for explaining any “local rules” of the home course. (4/30/06)
5. No spectators will be allowed on the course unless agreed upon by both coaches and the course manager. If spectators are allowed they must stay on cart paths, remaining no closer than 30 yards from the players at all times, and may not communicate in any way with any player.
6. Players and coaches must wear collared shirts. Shirts are to be tucked in at all times. Shorts must meet the course requirements. Players are not allowed to wear blue jeans in any competition. Caps must be worn with the bill forward. Face and body paint are not allowed. No scarves, do-rags, headbands, or any other attire deemed inappropriate by the host coach may be worn. Golf shoes or tennis shoes must be worn.
7. All matches will be played in “stroke” format, scoring the lowest 5 of 6 scores recorded for each team. Teams may play with only five players. Coaches may agree to play a match under the double par format. Any players who will play using the double par must be identified to the opposing coach prior to the start of the match. Any player who plays a match under this format is ineligible for all-league points during that match. For team competition scoring purposes, any player who is competing using the double par rule will have their score recorded as double par for the match: if par for the course is 36 their score will be recorded as a 72, regardless of the actual score recorded. If both teams compete with the same number of players playing the double par format the total scores of players not using the double par format will determine the winner. If one team competes with fewer players playing double par than the opponent, the team with more players counting all strokes will be declared the winner of the match. (8/27/08)
8. In case of a tie, the team with the lowest sixth score wins. If after six scores are used, the teams remain tied, the scorecards of the players listed in the number one position will be compared starting with the first handicap hole and proceeding hole-by-hole until one player has a lower score on a hole. If there is still a tie, the same procedure is applied to the second, third, fourth, fifth, and sixth players until the tie is broken.
9. Players are to exchange scorecards with their opponents before their group tees off. Players **MUST** check scores at the end of each hole. Upon completion of the round, the competitor and their marker will compare scorecards for discrepancies. If the competitor and the marker cannot resolve discrepancies, both coaches are to be advised of the situation and, after discussion, make a ruling. Once the scorer signs the card and it is attested, the score is considered final. No further protests or rulings will be allowed.
10. No coach may give advice to player during a match. Coaches are encouraged to walk the course with players to assist in rules interpretations and insure pace of play is maintained. **Note: Information on the Rules of Golf is not considered to be advice. (8/27/08)**
11. Forfeits. A team, which does not show up for a scheduled match, will be deemed to have forfeited the match. A team, which shows up with less than five players, will be deemed to have lost the match but the match will be played with those players available eligible for individual scoring.
12. Players are responsible for knowing the rules of golf and for scoring correctly. Players will sign the following statement prior to the first league match and a copy will be forwarded to the league office.

“I understand that, under USGA rules, attesting an incorrect score can result in disqualification of the competitor from the match. I also

understand, under MCAL rules, scoring incorrectly for an opponent may result in disqualification of the scorer from the match.” A form with the above will be handed out to all coaches at the preseason meeting (pg. 18b of this section).

13. If a player is disqualified from two matches in a season he/she is excluded from postseason participation.

506 CHAMPIONSHIP

1. All teams with a win/loss ratio of 500 or better will advance to the MCAL championship tournament. (1/11/10) Additionally, any non-qualifying team may send one golfer to the tournament. (4/30/06)
2. Teams, which have forfeited a league match during the season, are ineligible to participate, as a team, in the league tournament.
3. Winner of the MCAL automatically advances to TOC. MCAL 2nd place team will automatically be NCS qualifier. And all others may apply for an at large berth to the NCS Tournament.
4. The top three individuals not on a qualifying team will qualify for the NCS regional tournament.
5. All ties in team competition will be broken according to section 505, paragraph 8. In the event of a tie between two or more individuals for the last qualifying berth to the NCS regional or NCS section tournament, the players tied shall have a sudden death playoff, for that final position only, starting on the 1st hole and continuing only until the tie(s) is/are broken. If time does not permit a playoff, the last nine holes will be compared, if a tie still exists the last six holes are compared, if a tie still exists the last three holes are compared. If a tie still exists the last hole will determine the winner.
6. In the MCAL championship, the tournament committee will determine the conditions of play.
7. During the league tournament, coaches/school officials will marshal the competition. Order of assignments will be drawn by lot. Coaches may serve as the tournament committee but coaches will not serve as members of the rules committee.(5/30/07)
8. Rotation of sites for the play-offs will be the same for boy’s & girl’s seasons:
School Year
2011-2012 Peacock Gap 2012-2013 Napa course TBA
2013-2014 San Geronimo 2014-2015 Indian Valley
If a course is not available, drop to the next course and keep rotations as is.

507 AWARDS AND PENNANTS

1. After completion of the regular season, the team with the best record will receive the league championship pennant. If two teams have the same won/loss record, the tie will be broken by head to head competition between the teams. If a tie remains, the tie will be broken by comparing total strokes of the scoring players in the head-to-head match(es) will be totaled. The team

with the lowest stroke total will receive the pennant for being the round robin champion. If teams are tied, both teams will be declared co-champions and receive a pennant. If the winner of the championship tournament is a different team than the round robin winner, a pennant will be awarded to that winner also.

508 ALL LEAGUE

1. To determine the Player of the Year and 1st and 2nd Team All League honorees the average strokes over the course rating method will be used. The number of strokes over/under the course rating for each course played a competitor totals during the round robin competition will be divided by the number of league matches the competitor participated in.
2. Averages will be calculated and the players with the lowest average (rounded to two decimal places) will be the Player of the Year. The next six lowest averages, plus ties, will be first team all-league. The next lowest six players and ties will be second team all-league. In addition, each coach may add one player to the honorable mention category. (5/30/07)
3. In order to be eligible for all-league and Player of the Year honors, a player must play in at least ten league matches.

600 Lacrosse

601 GOVERNING BODY

The National Federation Rule Book is the governing authority in lacrosse. Some modifications may be made by the State CIF, NCS or the MCAL.

602 GENERAL INFORMATION

1. The lacrosse season shall be held in the spring for the boys & girls.
2. League lacrosse shall be a single round schedule for both boys & girls..
3. Matches will be played on Tuesdays, Thursdays & some Fridays.
4. League lacrosse matches shall start at 4:00 unless a triple header with JV boys.
5. Canceled, rescheduled or suspended matches must be made up by the next available date.
6. Inclement weather: Home teams will be responsible for canceling matches due to inclement weather. Matches must be canceled by 1:00.
7. Only the athletic director of a site administrator may cancel or reschedule a contest.

603 OFFICIALS

The Northern California Lacrosse Officials Association is the organization contracted by the league to assign officials for boy's lacrosse. Northern California Women's Lacrosse Umpires Association is the organization contracted by the league to assign officials for girl's lacrosse.

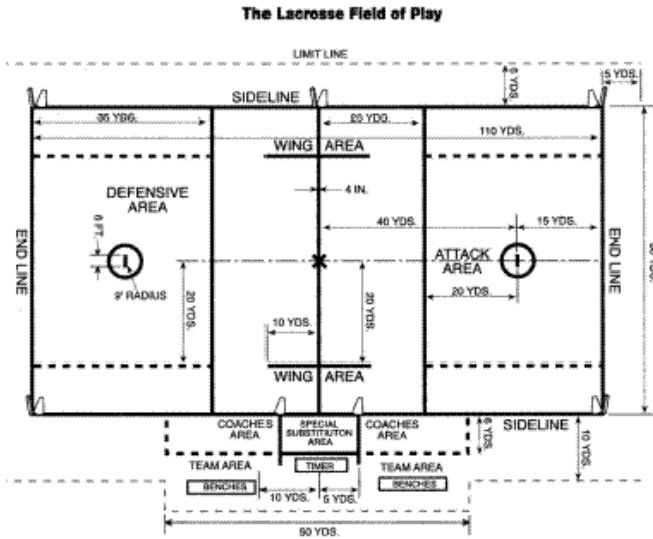
604 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for lacrosse matches. See general rules for admission price guidelines.

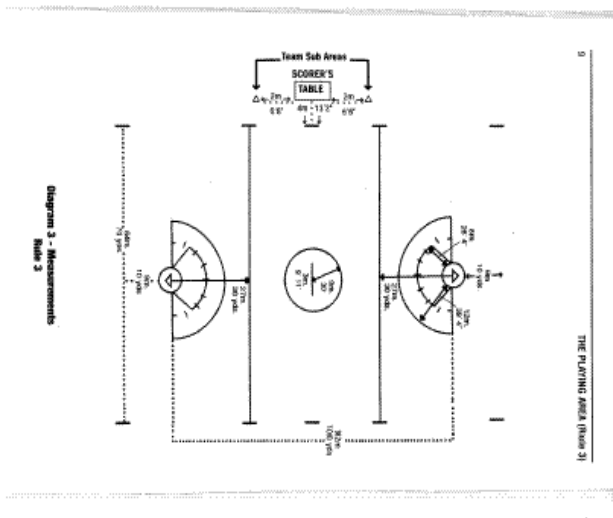
605 LEAGUE RULES & GUIDELINES

1. League lacrosse will be held at a varsity boys and girls level only.
2. Matches will be held on Tuesdays, Thursdays and some Fridays with the boys and girls being at the same site.
3. The home team is responsible for all game personnel, field set up including a scoring table. The visiting team should have a scorekeeper.
4. Three officials are used for boy's lacrosse and two officials are used for girl's lacrosse contest. If only one official was to show up, the game will be played.
5. Medical personnel (physicians, paramedics, EMT or certified trainers) are required at all boy's LAX matches. Medical personnel must have a cell phone in case of emergency. Contests may not start without required personnel being present.
6. Fighting in lacrosse shall be defined as "deliberately striking or attempting to strike anyone or leave the bench." If fighting or leaving the bench area occurs, the NCS ejection policy will be enforced and the player(s) will be ejected from the contest and suspended from the following game as well.
7. The ultimate responsibility for breaking up a fight will be that of the referees. If the referees are unable to determine all the participants in a fight, the head coaches will be responsible to determine who the participants are. In the event that a head coach is uncooperative in providing this information, they will forfeit the game and the entire team will be suspended for the following game.
8. Being consistent with the NCS policy, any player ejected for the second time will be suspended for the rest of the season. This player may not be on the sidelines of any contest from that point forward.

9. Proper makings for lacrosse fields: Boys:



Girls:



606 PLAY-OFFS—for girls & boys:

Starting with then 2012 season girls will be a 6 team play offs.

Matches are held at home sites.

NOTE: After the 2007 season, the coaches request that no point advantage be given to the first place team. This was adopted by the AD 5/07.

To host a play-off competition, there must be a visible clock present—portable clock is okay.

- 6 schools are in the play-offs in sports with a random draw format
- #1 seed is the best league record
- #2 seed is the second best league record
- #3 seed is the third best league record, etc.
- In case of a tie, tie-breaking criteria will be used.
- Highest seed is the home team in all contests.

Day One

Tuesday

Game One*

#4

vs

#5

Game Two*

#3

vs

#6

Day Two

Thursday

Game Three*

lowest seed (3-6)
left in the tournament

vs

#1

Game Four*

highest seed (3-6)
left in the tournament

vs

#2

Day Three

Saturday

Game Five**

winner game 3

vs

winner game 4

Match site: *highest seed

Game Time: 5:30 unless double header

- Administrators need to check in at the main gate and with the officials 15 minutes prior to the match. The match may not start without an administrator from each school being present.
- Administrators from each school are asked to deal with supervision of their fans.

607 TIE-BREAKING INFORMATION

In the event of a tie at the end of the regulation game, subsequent sudden victory overtime periods (Rule 11-3-c NFHS rulebook) for four minutes each shall be played until a goal is scored.

General rule tiebreaking criteria will be used in case of a tie for place.

608 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant.

609 ALL LEAGUE

All-league team shall consist of:

Girl's LAX

- Most Valuable player
- 3 Attack
- 5 Midfielders
- 3 Defense
- 1 Goalie
-

Boy's LAX

- Most Valuable player
- 3 Attack
- 1 long stick middle
- 3 Midfielders
- 3 Defense
- 1 Goalie

1. Each coach may nominate players from their own team for any and all positions according to the formula presented in #13 to follow.
 - These nominations are to be presented (preferably via email) **no later** than the Monday –6 pm--prior to the last league contest. **Failure to comply with this deadline will result in a coach only receiving four nominations if done before the meeting. Any coach who does not submit their nominations 24 hours before the meeting, will receive one honorable mention position ONLY!**
 - Coaches are asked that they submit the following information when submitting their nominations: A roster of all players on the team

which includes: A. Player's name B. Year in school C. Position

2. No nominations will be honored at the all leagues selection meeting.
3. The Player of the Year* shall be voted on first prior to any other voting. No discussion, just a vote.
4. For Player of the Year---if there are more than 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.
5. After the Player of the Year votes, each coach will be given 1 minute to speak about their players.
6. Each coach ranks the nominated players at each position on a ballot presented to them at the meeting.
7. The top-ranked player(s) in each position is (are) first team all league according to the formula above. The next ranked player(s) in each position is (are) the second team all league. The next player in rank order for each position is Honorable Mention. (Note: there is only one honorable mention per position.) If a school does not have a player on 1st, 2nd or honorable mention, they will be allowed to submit a name for HM in any position the coach wishes.
8. Coaches voting for Player of the Year **MAY** vote for their own players.
9. Coaches when ranking players **MAY NOT** vote for their own players.
10. Students are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
11. A coach should send a substitute he can not attend the meeting.
12. All league lists will not be released until the last school in the league has completed their season.
13. All-League athletes will receive certificates.
14. Nomination formula (maximum a coach **may** nominate per position):
 - For girls: 5 attack, 7midfielders, 5 defense and 2 goalies
 - For boys: 5 attack, 5 midfielders, 5 defense, 2 long stick middies and 2 goalies
14. *Player of the Year:
 - If you feel you have a player who is qualified to be considered for top honors:
 - Coaches nominate their own player
 - Nominations are due the day you submit your position nominations. Please make sure that you also nominate this player for the position they would be nominated for. If selected the P of Y, the player's name will be removed from the original ballot.

700 Soccer

701 GOVERNING BODY

National Federation Rule book is the governing authority in soccer.
Some modifications may be made by the State CIF, NCS or the MCAL.

702 GENERAL INFORMATION

1. The soccer season shall be in the fall for boys and in the spring for girls.
2. Soccer shall be a draw schedule.
3. Contests are held on Wednesdays and Fridays for boys and Tuesday & Thursday for girls.
4. Starting game times for boys 4:30 until Oct. 1 4:00.
5. Starting game times for girls is 4:00 and then 4:30 as of April 1.
6. Inclement weather: Home teams will be responsible for canceling games due to inclement weather. All games must be canceled by 1:00pm.
7. Cancelled or suspended games must be made up by the next available date. It is not necessary to make up non-varsity games after the season has officially ended (i.e., last varsity game date) unless they have a bearing on the league championship.
8. Suspended games: If more then half of the playing time has been completed and one team is ahead, the official will declare the game over and the team that is ahead, the winner. If less then half of the time is has been completed, contest to start over.
9. **Only** the athletic director or a site administrator may cancel or reschedule a game.

703 OFFICIALS

The California State Referees Association, North Marin Chapter is the organization contracted by the league to assign officials for soccer.

704 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for soccer games. See general rules for admission price guidelines.

705 LEAGUE RULES & GUIDELINES

1. Three points shall be awarded for a win, one for a tie and no points for a loss.

2. Varsity will play two 40-minute halves with a 10-minute interval between halves. JV's will play two 35-minute halves with a 5-minute interval between halves.
3. For league matches, fans should sit on opposite side of the field from the teams.
4. Teams must both be on the same side of the field leaving a 20 yard opening at mid field for the officials.
5. In soccer any student who receives two yellow cards which equals a "soft" red card--this does not go towards NCS ejection policy BUT the player is ineligible for the next contest.

706 PLAY-OFFS

6 schools are in the play-offs in sports with a random draw format
 #1 seed is the best league record
 #2 seed is the second best league record
 #3 seed is the third best league record, etc.
 In case of a tie, tie-breaking criteria will be used.
 Highest seed is the home team in all contests.

<p>Day One Monday <u>Game One*</u> #4</p> <p>vs</p> <p>#5</p> <p><u>Game Two*</u> #3</p> <p>vs</p> <p>#6</p>	<p>Day Two Wednesday <u>Game Three*</u> lowest seed (3-6) left in the tournament</p> <p>vs</p> <p>#1</p> <p><u>Game Four*</u> highest seed (3-6) left in the tournament</p> <p>vs</p> <p>#2</p>	<p>Day Three Friday <u>Game Five*</u> winner game 3</p> <p>vs</p> <p>winner game 4</p>
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Match site: *highest seed **Game Time: Boys: 4:00, Girls: 5:30** but may be alerted due to AP testing or LAX

- Administrators need to check in at the main gate and with the officials 15 minutes prior to the match. The match may not start without an administrator from each school being present.
- Administrators from each school are asked to deal with supervision of their fans.

707 TIE-BREAKING INFORMATION

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. Added criteria for soccer is using the total number per school using wins & ties.
4. 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)

- 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!

708 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant. If the winner of the play-offs is a different team than the round robin winner, a pennant will be awarded to the play-off winner.

709 ALL LEAGUE

Soccer all-league team shall consist of:

- Most Valuable player
 - 3 Forwards
 - 4 Mid-field
 - 4 Defense
 - 1 Goalie
1. Each coach may nominate players from their own team for any and all positions according to the formula presented in #13 to follow.
 - These nominations are to be presented (preferably via email) **no later** than the Monday –6 pm--prior to the last league contest. **Failure to comply with this deadline will result in a coach only receiving four nominations if done before the meeting. Any coach who does not submit their nominations 24 hours before the meeting, will receive one honorable mention position ONLY!**
 - Coaches are asked that they submit the following information when submitting their nominations: A complete roster of all players on the team noting: A. Player's name B. Year in school C. Position
 2. No nominations will be honored at the all leagues selection meeting.
 3. The Player of the Year* shall be voted on first prior to any other voting. No discussion, just a vote.

4. For Player of the Year---if there are more than 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.
5. After the Player of the Year votes, each coach will be given 1 minute to speak about their players.
6. Each coach ranks the nominated players at each position on a ballot presented to them at the meeting.
7. The top-ranked player(s) in each position is (are) first team all league according to the formula above. The next ranked player(s) in each position is (are) the second team all league. The next player in rank order for each position is Honorable Mention. If a school does not have a player on 1st, 2nd or honorable mention, they will be allowed to submit a name for HM in any position the coach wishes.
8. Coaches voting for Player of the Year **MAY** vote for their own players.
9. Coaches when ranking players **MAY NOT** vote for their own players.
10. Students are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
11. A coach should send a substitute he can not attend the meeting.
12. All league lists will not be released until the last school in the league has completed their season.
13. All-League athletes will receive certificates.
14. Nomination formula (maximum a coach **may** nominate per position):

5 forwards, 6 mid-fielders, 5 defense and 2 goalies
14. *Player of the Year:

If you feel you have a player who is qualified to be considered for top honors:

 - Coaches nominate their own player
 - Nominations are due the day you submit your position nominations. Please make sure that you also nominate this player for the position they would be nominated for. If selected the P of Y, the player's name will be removed from the original ballot.

800 Softball

801 GOVERNING BODY

National Federation Rule book is the governing authority in softball. The State CIF, NCS or the MCAL may make some modifications.

802 GENERAL INFORMATION

1. Softball is a spring sport.
2. League play shall be a double round robin schedule.
3. Games will be played on Mondays and Thursday for softball. League softball games shall begin at 4:00pm unless playing at San Marin game time will be at 6:30. During DST games will begin at 4:30. If a double header is played at San Marin, the first game begins at 4:00 and the second game immediately following.
4. Games shall be limited to seven innings except for ties. In the event of a suspended game, the game will continue from the point of suspension.
5. Cancelled, called or suspended games must be made up by the next available date and in the order they are cancelled. When a game is suspended and the game is a first round contest, it shall be finished prior to the second round contest. When a suspended contest is in the second round, it shall be made up on the next available date. * It is not necessary to make up non-varsity games after the season has officially ended (i.e. last varsity game date) unless they have a bearing on the league championship.
6. Inclement weather: Home teams will be responsible for canceling games due to inclement weather. Games must be canceled by 1:00pm.
7. **Only** the athletic director or a site administrator may cancel or reschedule a game.

***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 canceled, 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. 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 teams by- pass the next available date the Commissioner may rule the contest a loss for both teams.

803 OFFICIALS

The North Coast Officials Association, Inc. is the organization contracted by the league to assign officials for baseball.

804 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for softball games. See general rules for admission price guidelines.

805 LEAGUE RULES & GUIDELINES

1. Prior to any game there shall be no batting practice for either team, even if the schools are not in session that day, but there may be a short infield practice. “Soft toss”, T-Ball, “pepper” are permissible with the requirement that if a whiffle ball is not used, then a “golf net” must be utilized to prevent fence damage. If guilty of breaking the above rule, the game should be played under protest and reported to the league office within 24 hours following the complaint form protocol.
2. There may be an infield practice. If any school disregards the above rule, the game will be forfeited.
3. Coaches are permitted to coach at first and/or third base.
4. In a softball contest including play-off competition after five (5) innings have been completed and a team is ahead by ten (10) runs, the game will be terminated.
5. A game is a legal regulation game once it has reached five full innings, or four and a half innings if the home team is ahead. After five innings, if a game is called before a full inning is completed, the score reverts back to the last full inning. (refer to pg. 34 of the rule book)
6. Varsity games will have two umpires but may and SHOULD be played if only one official arrives.
7. A standard ball (Dudley, CFP Y12 2001 Optic yellow/green soft core, or comparable) will be used in League play.
8. The MCAL has adopted the National Federation Softball Rulebook Courtesy Runner Rule.
9. The MCAL has adopted the International tie-breaking rule after the ninth inning beginning with the tenth inning.
10. Called or Suspended games: It is the umpire’s decision when to call a game due to inclement weather, darkness or the ten run rule..
 - A. After 5 innings
A game is a legal regulation game once it has reached five full innings or 4 ½ if the home team is ahead. After 5 innings, if a game is called before a full inning is completed, the score reverts back to the last full innings.
 - B. Before 5 innings
A game called by the umpire before 5 full innings or 4 ½ if the home team is ahead shall be ruled a **NO GAME** and be replayed in its entirety.
 - C. Ties after 5 innings
A game which is tied after 5 full innings or tied after reverting back to the last full inning will be suspended and resume from the top of that inning.
 - D. Restarting a called or suspended game
The players in the score book (same line up) must be on the field at the restart.
11. Two umpires are to be used for a varsity league game. If one umpire were to show up, the game will be played.
12. For play-off competition, teams should not enter the playing site until one hour prior to game time unless they are playing the second game of a double header.
13. Teams will be given an 8-minute warm-up time on the field with the visiting teams taking the infield first.
14. During play-offs, if a double header is scheduled, teams may warm up at a site designated by the site director.
15. The highest seeded team in a play-off contest will occupy the 3rd base dugout.
16. The winner of the play-offs is the automatic qualifier to NCS championships.

806 PLAY-OFFS

6 schools are in the play-offs in sports with a random draw format
#1 seed is the best league record
#2 seed is the second best league record
#3 seed is the third best league record, etc.
In case of a tie, tie-breaking criteria will be used.
All contests are held at Albert's Park in San Rafael.

Format:

Day One @ highest seed	Day Two @ Albert's Park	Day Three @ Albert's Park	Day Four @ Albert's Park
Tuesday	Thursday	Friday	Saturday
Game One	Game Three	Game Four	Game Five
#4 vs #5	lowest seed (3-6)	Highest seed (3-6)	winner game 3
Game Two	left in the tournament	left in the tournament	vs
#3 vs #6	vs	vs	winner game 4
	#1	#2	

- Administrators need to check in at the main gate 15 minutes prior to the game. The game may not start without an administrator from each school being present.
- Administrators from each school are asked to deal with supervision of their fans.

807 TIE-BREAKING INFORMATION

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)

- 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!

808 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant. If the winner of the play-offs is a different team than the round robin winner, a pennant will be awarded to that winner also.

809 ALL LEAGUE

Coaches are required to submit the following information PRIOR TO their all league meeting: A roster of all players which includes the A. Player's name B. Year in school

1. Each coach is to arrive at the meeting with a preliminary list of twenty (20) nominees of opponents.
2. The first vote will be for Player of the Year* & Pitcher of the Year*. This is to be a vote for the athlete who had the best season. Coaches may vote for their own player in the Player-Pitcher of the Year vote.
Note: For Player and Pitcher of the Year---if there are more than 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.
3. Coaches will speak for one minute about their own players.
4. Coaches will then make a final list of all opponents in rank order---best player first and next best second and so on ranking the top twenty players (not including their own.)
5. Commissioner or the Commissioner's representative tallies and lists the number of vote points in rank order. (First player on a list will receive 20 points, the second 19 points and so on.)
6. After the votes are calculated, the scores will be listed in rank order highest to lowest.
7. There will be a maximum of nine all league first team members. (This does not include the player/pitcher of the year). They will be the top nine players listed.
8. There will be a maximum of nine all league second team members. They will be the next 9 players listed.
9. The next nine (9) players listed receive Honorable Mention.
10. If a school has no one on 1st, 2nd, or HM, the coach may submit a name for Honorable Mention.
11. Coaches must send a substitute or email nominees to the commissioner if he/she cannot attend.
12. Athletes are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
13. The voting is by ballot. Coaches must sign their ballots.
14. All-League athletes will receive certificates.
15. *Player of the Year---Pitcher of the Year: If you feel you have a player who is qualified to be considered for top honors:
 - Coaches nominate their own player
 - Nominations are the Monday prior to the All League meeting.
17. All league lists will not be released until the last school in the league has completed their season.

900 Swimming & Diving

901 GOVERNING BODY

National Swimming and Diving Rule-book is the governing authority in swimming & diving. The State CIF, NCS or the MCAL may make some modifications.

902 GENERAL INFORMATION

1. Swimming is a spring sport.
2. Swimming shall be a single round robin.
3. Duel meets will be held on Fridays for swimming.
4. League swimming meets shall begin at 4:00.
5. Cancelled matches must be made up by the next available Wednesday. It is not necessary to make up non-varsity games after the season has officially ended (i.e. last varsity game date) unless they have a bearing on the league championship.
6. **Only** the athletic director or a site administrator may cancel or reschedule a game.

903 OFFICIALS

The head coach from the host school is the meet director and is responsible for arranging for all meet personnel. Diving Judges must be an adult.

904 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for swimming meets. See general rules for admission price guidelines.

905 LEAGUE RULES & GUIDELINES

1. League competition: Boys Varsity and Girls Varsity
2. Swimmers are required to participate in at least one-half (1/2) of their team's league dual meets in order to be eligible to participate in league trials and finals. Exceptions require the authorization of the athletic director and the MCAL Commissioner.
3. Divers at league meet must prove they performed a specific dive during dual season in order to perform it at league meet.
4. If scoring is used for the relays, scoring will be: 18-14-12-10-8-6-4-2
5. Coach from the host school is meet director and is responsible for arranging for all meet personnel.
6. The home coach must have a rule-book available at all meets.

7. The home coach must report league dual meet results to the media.
8. The starter must be an adult.
9. There must be three or five diving judges.
10. Home school supplies two judges if three are to be used, or three judges if five are to be used. Diving judges should be adults.
11. Lineups will be exchanged before the first event in league dual meets.
12. Order of each event: a) Girls Varsity, b) Boys Varsity with B,C,D heats (non-scoring) as needed.
13. Order of schools hosting league meets:

<u>MCAL Meet</u>	<u>School</u>	<u>Year</u>		
Novato	2017-18	San Marin	2012-13	
Drake	2018-19	San Rafael	2013-14	
Tam	2019-20	Marin Catholic	2014-15	
Redwood	2010-11	Branson	2015-16	
Terra Linda	2011-12	Justin Siena	2016-17	

Note: In May 07, coaches requested to eliminate MCAL relays. Ads approved request 5/07.

14. The coach from host school is meet director.
15. All entries to the league meet must be made by the entry deadline as verified by the league office.
16. The Director of the MCAL meet shall send the results to the league office.
17. Trials for the league meet shall be held on two separate afternoons at 4:30 PM and the finals on Saturday morning.
18. Coaches will decide at which site the trials will be held.
19. All coaches must meet immediately after the MCAL finals to submit NCS entries.

906 PLAY-OFFS

There will be a league meet at the end of the regular league season. For the 2011 season, Redwood will be the host.

907 TIE-BREAKING INFORMATION

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)

- 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!

908 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant. If the winner of the play-offs is a different team than the round robin winner, a pennant will be awarded to the play-off winner.

909 ALL LEAGUE

1. All league first team: winner of the specific events in the league finals.
2. All league second team: second place of the specific events in the league finals.
3. Honorable Mention: Each team may nominate one swimmer or diver for HM.
4. The first three finishers in swimming and diving will be awarded medals.

1000 Tennis

1001 GOVERNING BODY

1/25/10

United States Tennis Association is the governing authority in tennis.
The State CIF, NCS or the MCAL may make some modifications.

1002 GENERAL INFORMATION

1. Girls in the fall, Boys in the spring
2. Tennis is draw schedule.
3. Tuesday and Thursday are the game days
4. League tennis matches shall begin at 4:00 P.M., or earlier if approved by both schools and coaches. For girl's tennis starting Oct. 1, matches shall start at 3:30.
5. The home coach will make the final decision on the postponement of a match due to inclement weather or darkness. Incomplete individual matches will not be counted as a win or a loss if a team victory has been determined. (No tie-breaker need be played)
6. When a match is called off on account of weather or darkness, said match shall be rescheduled or resumed by the next available Monday or Wednesday as agreed by the coaches, and with the exact score as set at the last completed set and game point.
7. **Only** the athletic director or a site administrator may cancel or reschedule a game.

1003 OFFICIALS

Tennis is self-officiated by the players.

1004 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for tennis matches. See general rules for admission price guidelines.

1005 LEAGUE RULES & GUIDELINES

1. The first matches, or scrimmages, may be held on the first Friday in the week after the end of the regular League basketball schedule (boys only)
2. Boys' Team-6 singles-3 doubles
3. Girls' Team-6 singles-3 doubles
4. The League Round Robin Champion shall be the team that has won the greatest number of league matches. The League Champion for NCS purposes will be the (See Rule 1006 Playoffs)
5. A team match shall be defined as nine matches for both the girls and boys.
6. Warm-up shall consist of 10 minutes of rallying and serving.
7. No practice serves shall be allowed once play begins.
8. Home coach should give warning after 8 minutes.
9. A written line-up for the match, based on your strength ladder, must be exchanged prior to the match.
10. Each team will consist of six (6) singles players and three (3) doubles teams. Players may only play one event (singles or doubles). Each school shall decide which event a player will enter. The number one singles player must be ranked higher on the team individual player strength ladder than the number two player. The number two singles player must be ranked higher than the number three player etc.
In doubles play, if the sum of any of the ladder positions for two or three of the teams is equal, then the highest ranked individual player shall play on the higher

ranked doubles team

Lineups changes from one match to the next. If a player in the lineup is unable to play, a substitution is allowed providing the ladder rules stated above are met. No player can appear in the lineup unless they are listed on the ladder. Moving players with the intent of gaining an advantage is not permitted and shall subject the team to default. (NCS rule 24.513H)

11. Due to lack of players, defaults must come at the bottom of the singles line-up if short one player and doubles if short two players
12. Unless prior agreement of the coaches, all players must be present at the time that line-ups are exchanged or item Rule 1005-12 will apply, (i.e. an athlete late due to school or prior commitment)
13. Players must wear appropriate tennis attire at all times. Appropriate is defined as tennis shorts (no cut-offs), tennis dress or skirt, and shirts. The individual match is declared "forfeit" for non-compliance. Warm-up suits are acceptable.
14. No rest break or coaching allowed after the 1st game of each set.
15. The first rest break shall be on the changeover after the 3rd game of each set.
16. There will be a 2-minute break between the first and second set.
17. There will be a 2 minute break between the second and the third set match tiebreaker.

Establishing Team Ladder

Coaches will establish a strength ladder according to NCS rules; which is to be sent to the MCAL office prior to the first league match. A second ladder will be submitted prior to the first match of the second half of the season (prior to the 8th match). All play-off teams prior to the first match of MCAL play-offs will submit a third ladder. (See Rule 1006)

Changing of Ladder

Any changes to the strength ladder must be e-mailed to the league office and the other league coaches by Monday of the current week.

If coaches have any position changes prior to the start of the play-offs, they must justify the change to the MCAL Commissioner. The Commissioner will have the final decision to approve or nullify the play-off ladder.

Order of Events

MCAL has adopted the NCS order of events adding 5 & 6 singles. So: The order will be: Singles 6, 5, 4 then 3 doubles, 3 singles, 2 doubles, 2 singles, 1 doubles, 1 singles. Order may be adjusted with mutual consent of the two athletic directors PRIOR to the day of the match, for extenuating circumstances.

Sideline Coaching

1. Coaching, by the coach only and designated assistant (one per site), will be allowed on the change-overs (2 minutes) and between the second and third sets (2 minutes allowed).
2. All coaching on the change-overs must be done at the fence and be audible only to players concerned.
3. No one else is allowed to coach or speak to the players during a match.
4. Players will be assessed penalty points if anyone speaks to them.

5. If a problem arises during a game that cannot be resolved by the players, the two coaches, or the coach if only one is present, should be consulted before continuing the game.
6. There will be no silent coaching. (i.e. hand gestures, etc)
If all players involved in a tiebreaker request a coach to help them with a tiebreaker, a coach is permitted to go on the court and assist them.
7. When matches are played at two sites, a coach may be present at each site.
When a third site is used, a parent or other adult should be present at that site.

Line Calls

1. The players are to call the game and coaches are not to correct these calls (unless acting as a linesperson).
2. Linespersons are to be the home coach, the opposing coach or one player from each team. Coaches will share this duty if both are present. If either player in a match requests help with calling lines, coaches may agree to provide two (2) linesmen at the net posts in Boys' and Girls' who cover the half-width of the court closest to each. The linesmen would include one member from each team
3. Penalty points will be assessed against any player(s) guilty of unsportsmanlike behavior, including equipment abuse as per USTA rules
4. If no coach is present, a linesperson can be someone that all players agree upon. If no one suitable is found, then the players should either agree to play it out or return to the main site where a coach is present.

Equipment

1. The home coach has the discretion of providing or not providing new balls at the beginning of the third set.
2. The home team should supply water for the matches.
3. Court Shoes, shorts skirt or dresses and shirt are required attire, with a school logo or name.
4. Three balls shall be used at the start of each match.

Match Format

Each match will be two out of three sets, no-ad scoring, with a set tiebreaker (first to 7 points) at 6-all. If the match is tied at one set all, the third set will be a match tiebreaker (first to 10 points). All tiebreakers will be played in accordance with USTA rules.

Penalties

1. There is no warning. Warning are issued pre-match conference
2. One point penalty for the first infraction
3. One game penalty after the second infraction
4. Default on the third infraction.
5. Coaches only, with discretion, will issue penalties. The coach will explain his/her reasoning for the call.

League and Tournament Administration

1. Singles Representation - The NCS singles and doubles representatives shall be decided by a season ending tournament. The winner shall automatically be designated. Any other singles participants may apply for an at large berth. The runner-up in doubles shall also be the designated representative in years where MCAL has 2 representatives.
2. It is to be understood that any player competing for one of the above honors will be available to participate in the NCS Tournament.
3. Host Schools for the Tournament

Girls	School Year	Boys
Marin Catholic	2013-2014	Drake
Novato	2014-2015	San Marin
Branson	2016-2017	Terra Linda
Justin Siena	2011-2012	Redwood
Tamalpais	2012-2013	San Rafael

1006 PLAY-OFFS

An end of season tournament will be held with the top six teams at the end of regular league play. Each team MUST submit their ladder to the MCAL office by Monday evening prior to the start of the play-offs. No changes will be allowed in the ladder.

1007 TIE-BREAKING INFORMATION

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)

- 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!

1006 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant. If the winner of the play-offs is a different team than the round robin winner, a pennant will be awarded to that winner also.

1009 ALL LEAGUE

A. All-league for tennis shall be determined in the following manner:

1. Player of the Year: If you feel you have a player who is qualified to be considered for top honors:

A. Coaches nominate their own player

B. Nominations are due the Monday prior to your All League meeting.

Note: For Player of the Year---if there are more than 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.

2. First team all league shall consist of 6 single slots and three double slots (6 players)

A. For singles: Coaches must nominate by a date announced at their preseason meeting players from their team based on their win/loss record who have played in the top four slots for at least 50% of the matches at singles or doubles with the majority of the matches at singles.

B. For doubles: Coaches must nominate by a date announced at their preseason meeting their all league double players from their team based on their win/loss record, in the top 2 slots for at least 50% of the matches at doubles or singles with the majority of the matches at doubles.

B. Voting:

1. Coaches will have one minute to speak about their single players.
2. Coaches will rank players nominated players--not including their own.
3. The Commissioner or designee will tally the All League votes.
4. The top 6 single players who receive the most votes will receive first team honors.
5. The next 6 single players will receive second team honors.
6. The next player will receive honorable mention honors.
7. Coaches will have one minute to speak about their double players.
8. Coaches will rank double teams players nominated.
9. The top 6 double players who receive the most votes will receive first team honors.
10. The next 6 double players will receive second team honors.
11. The next 2 double players will receive honorable mention honors.

C. All-League certificates will be issued to tennis players. (Changed 4/07)

1100 Track & Field

1101 GOVERNING BODY

National Federation Rule book is the governing authority in track & field.
The State CIF, NCS or the MCAL may make some modifications.

1102 GENERAL INFORMATION

1. Track and Field is held in the spring season of sport.
2. The league schedule will be single round of dual and tri meets scored as dual meets.
3. Meets will be held on Thursdays and will start at 3:30 before DST and 4:00 after.
4. Host schools that run into conflicts with soccer schedules are allowed to make up the meets on Mondays.
5. Inclement weather: Home teams will be responsible for canceling meets due to inclement weather. A meet must be canceled by 1pm.
6. Cancelled or suspended dual or triangular league meets must be made up on the following Tuesday of the week after a postponed meet except if the following Tuesday falls during Spring break, in which case the meet is to be made up the second Tuesday after the Spring Break.
7. It is not necessary to make up non-varsity meets after the season has officially ended (i.e., last varsity game date) unless they have a bearing on the league championship.
8. **Only** the athletic director or a site administrator may cancel or reschedule a meet.
9. **Provisions pertaining to Branson:** Branson is a non scoring team in league meets. When they compete at a meet, Branson athletes are not allowed in a first heat in lane races (100m, 200m, 400 m) because those lanes are assigned to scoring teams. Therefore Branson will not be allowed in the first heat for lane races (100m, 200m, 400 m) unless there is an open lane. Branson athletes will be assigned to non scoring 2nd, etc. heats.

1103 OFFICIALS

1. The starter is the meet referee.
2. The head coach of the host school is to be the meet director, unless the visiting head coach is technically the host because the site has been changed.
3. The meet director must assume all the responsibilities of that position as listed in the official rule book and be available to the other head coaches at all times.
4. Visiting teams are to provide adult officials if at all possible to run at least one of the field events.
5. The visiting team is also to provide one competent adult if at all possible for the finishing line with a stop-watch and the knowledge of how to use it; otherwise the visiting coaches must fulfill these obligations. If schools are short on volunteers to run the meet, the Discus & Shot Put may be run like the long jump & triple jump in consecutive order.
6. Starters and clerk of the course will receive \$75.00 each for dual meet, \$100.00 each for tri-way meet. For MCAL trials & finals each starters & clerks receive \$100 per day.
7. The official in charge of each field event shall be the judge in case of disqualification, except in meets where a referee has been appointed; then the referee shall have final jurisdiction.
8. In no situation is the official in charge of a field event to do any coaching of any of the competitors. Such coaching by an official can lead to disqualification of the athlete.
9. For the League meet, the referee shall be agreed upon by the Commissioner of the League and the head coach of the host school.

10. There are to be a group of qualified starters to start the dual, triangular and League meets. These starters act as meet referee in dual and triangular meets and are to be given a list of their duties and responsibilities by the host school and/or the League office. The starter, as referee, must take immediate action on all disputes brought to his/her attention by other officials and/or coaches.

1104 ADMISSION

Admission may be charges at any MCAL contest although it is not customary to charge for track meets except the league finals. See general rules for admission price guidelines. Admission will be charged at league trials and finals.

1105 LEAGUE RULES & GUIDELINES

1. Each school must declare, announce or identify in which divisions they will enter teams prior to the start of the dual meet season. If a team is fielded, it must be at the varsity level.
2. A team must have the opportunity to win so there must be 8 players to constitute a team. This means that the team then would cover 14 individual events plus an additional person needed to cover both relays.
3. For league meets schools have unlimited entries into events. There will be second heats if needed in the lane races (100m, 200m, 400 m). Coaches MUST communicate two days prior to a scheduled meet regarding the number of entries they expect to have to adjust the time schedule accordingly. Only the first heat counts for scoring purposes.
4. Schools can be entered in varsity girls or boys competition. A school may enter up to six (6) entries per event for all competition if no qualifying event is required.
5. The three way meets are to be “inclusive” which means unlimited entries and surely a few non-scoring heats.
6. All entry cards for the League meet must be turned in at the beginning of the seeding meeting, and no switching, substituting or any other changes are permitted after this time unless there is unanimous agreement among all head coaches in attendance.
7. All running events in the League meet are run over metric distances, and the marks on the entry cards should reflect this fact.
8. No track event shall be held up for a contestant who is competing in a field event.
9. Before leaving the site of a track meet, all coaches should verify the results of the meet. By the second day following a dual or triangular meet, the host school shall send out via email or USPS the results of the meet to the other League coaches so that the other coaches receive a hard copy of the results no later than the following Monday. The results are to indicate the marks of all athletes listed, not just the winners. In case of meets made up on Monday or Tuesday, the host coach should have copies of the results available the following day for coaches who request them.
10. In dual meets the visiting teams in hurdling events will have three lanes of hurdles in all hurdling events.
11. In three way meets, the lane races (100m, 200m, & 400m) in the first heat for schools with 8 lanes, each school is allowed two lanes each. The next two lanes are allotted to the next two runners (one per school) determined by the best incoming marks.
12. In no case will marks made in second heats count in the scoring of the meet.
13. Field event sign-up:

- A specific field event reporting time will be given for all of the events at the league finals. The event can not start until that set time, but it might be delayed due to the prior event not finishing by that time. Athletes must be there whether it begins on time or not.
14. The uniform rules for the MCAL track meets are the same as the rules found in the National Federation Rule-book.
 15. There shall be no coaching of athletes in the field event areas. If a coach wishes to instruct an athlete, it must be done away from the pit area.
 16. In MCAL dual and triangular meets the long jump and the triple jump are to be run in an "open pit" manner for all three divisions. Each athlete is given four jumps. The long jump begins with the start of the meet and concludes with the start of the varsity boys' 100m. No jumps are permitted after this time whether or not a competitor has completed his/her jumps. The triple jump begins at this time and concludes with the start of the varsity boys' mile relay. The same rules apply to the triple jump.
 17. The meet director must see to it that all running and field events begin on time.
 18. In MCAL dual and triangular meets each competitor in the shot and discus is allowed four throws; there are no finals.
 19. Host schools/meet directors are to see that officials of the field events have an up-to-date set of rules for the events they are officiating, a clipboard and a proper set of field event forms.
 20. Host schools must furnish an adult starter.
 21. All implements to be used in a league trial & finals are to be weighed and approved..
 22. Markers may be used in the discus for dual and triangular meets. In the MCAL trials and finals every throw should be measured individually.
 23. The host school is to provide .32 caliber pistols and black powder blanks. Visiting schools, which do not host triangular meets, should provide the host schools with blanks on a rotating basis.
 24. Although the home school must furnish enough starting blocks for all participants, it is recommended that visiting schools bring their own.
 25. Each track athlete must wear a sticker with their name and school on it for all events. These stickers will be used to record the winners of an event. Each head coach is responsible for the participants from their school to have the sticker.

1106 PLAY-OFFS

1. As of 2009, admission will be charged for trials & finals. IF a decision is made NOT to charge admission, each school participating in the events of the MCAL will be assessed to defray the cost of the meets and to allow a no admission fee policy.
2. In track & field there will be a league trial on Thursday/ Friday and a league final on Saturday. The site of these contests will rotate.
3. An athlete who, in the League meet trials, runs and qualifies for an event in the finals and in the process eliminates another athlete from that event, then subsequently fails to participate in that same event in the finals, will not be allowed further competition during the meet, including relays.
4. Any competition held prior to the above rule violation is still valid.
5. A competitor may drop out of a finals event if no trials were held and thus no athlete was eliminated in the process of setting up the finals.

6. The MCAL Championships will be run in accordance with the MCAL Track & Field Championship Bulletin which is reviewed yearly by coaches at their pre-season meeting.

7. League Track Hosts

Track Trials & Finals Rotation

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
School	2026	2027	2028	2029	2030	2031	2012	2013	2014	2015
Tam	Host	+1	TJ	SP	PV	D	PV	HJ		+1
Marin Cath.	HJ	Host	+1	TJ	SP	PV	D	+1	LJ	+1
Novato	LJ	+1	Host	+1	TJ	SP	+1	D	SP	HJ
Redwood	D	+1	HJ	Host	+1	TJ	SP	PV	D	LJ
San Rafael	PV	HJ	+1	HJ	Host	+1	TJ	SP	PV	D
Terra Linda	SP	LJ	+1	LJ	HJ	Host	+1	TJ	+1	PV
Drake	TJ	D	LJ	+1	LJ	HJ	Host	+1	TJ	SP
San Marin	+1	PV	D	+1	D	LJ	HJ	Host	+1	TJ
Branson	+1	SP	PV	D	+1	+1	LJ	+1	Host	+1
Justin Siena	+1	TJ	SP	PV	+1	+1	+1	LJ	HJ	Host

+1 = School to provide one additional person to help with meet administration.

1107TIE-BREAKING INFORMATION

Tie-Breaking is unnecessary in track & field.

1108AWARDS & PENNANTS

1. After completion of the regular season play, the team with the best record in the dual meets will receive a pennant.
2. A pennant shall be awarded also to the finals meet champion.
3. In dual meets, one-half point per team shall be awarded in case of a tie.
4. Medals shall be awarded to the winners of the first three places in each varsity event, boys' and girls', in the MCAL finals. Ribbons shall be awarded to the fourth and fifth places in all boys' and girls' varsity events. The league shall provide for the medals and ribbons.
5. Player of the Year award will be given to one male & female runner and one male & female field event athlete.

1109 ALL-LEAGUE

Medals will be awarded to the top three finishers of the league in each event.

1200 Volleyball

1201 GOVERNING BODY

National Federation Rule book is the governing authority in volleyball. The State CIF, NCS or the MCAL may make some modifications.

1202 GENERAL INFORMATION

1. Girl's volleyball is a fall sport and boy's volleyball is a spring sport.
2. The girl's league volleyball shall be a draw schedule. The boy's league volleyball shall be a double round robin.
3. Games will be played on Wednesdays and Fridays for volleyball. League volleyball doubleheader matches shall begin at 4:30 for the girl's JV team with the varsity starting 20 minutes after the conclusion of the JV match. League volleyball tripleheader matches shall begin at 4:00 for the girl's frosh to be followed by the JV match and then the varsity match. Boy's volleyball matches start at 5:00.
4. Cancelled matches must be made up by the next available date. It is not necessary to make up non-varsity games after the season has officially ended (i.e. last varsity game date) unless they have a bearing on the league championship.
5. **Only** the athletic director or a site administrator may cancel or reschedule a game.

1203 OFFICIALS

The North Bay Volleyball Association is the organization contracted by the league to assign officials for volleyball.

1204 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for volleyball matches. See general rules for admission price guidelines.

1205 LEAGUE RULES & GUIDELINES

1. Ground rules where Coordinator of Official's must establish necessary, (i.e., roof height, service area, and distance) before the season.
2. For Girl's & Boy's Varsities... the contest will consist of 3 out of 5 games with the fifth game of a match being played as rally scoring.
3. For non-varsity competition, the teams will play a 2 out of 3 match.
4. Allotted number of matches may be played any time during the season.
5. There will be twenty minutes between matches.
6. The flip of coin shall be before warm-ups.
7. Each team will be given 8 minutes alone on the court to warm-up that shall include their serving.
8. The home school shall provide a competent scorekeeper, libero tracker and scoreboard operator.
9. The home school will also supply two linespeople.

1206 PLAY-OFFS

Girls

6 schools are in the play-offs in sports with a random draw format
#1 seed is the best league record
#2 seed is the second best league record
#3 seed is the third best league record, etc.
In case of a tie, tie-breaking criteria will be used.
All contests are held at home of the highest seed.

Day One	Day Two	Day Three
Tuesday	Wednesday	Friday
<u>Game One</u>	<u>Game Three</u>	<u>Game Five</u>
#4	lowest seed (3-6) left in the tournament	winner game 3
vs	vs	vs
#5	#1	winner game 4
<u>Game Two</u>	<u>Game Four</u>	
#3	highest seed (3-6) left in the tournament	
vs	vs	
#6	#2	

Match site: home of the highest seed

Boys

Tuesday	Wednesday	Note: ADs removed the point advantage for the 1 st place team (6/09)
1 vs 4	winner vs	
2 vs 3	winner	

Match site: home of the highest seed.

1207 TIE-BREAKING INFORMATION

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)

- 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!

For boy's volleyball:

General rules' tie breaking is used.

1208 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant. If the winner of the play-offs is a different team than the round robin winner, a pennant will be awarded to that winner also.

1209 ALL LEAGUE

Coaches are required to submit a complete roster of their players prior to the meeting which includes the athlete's year in school.

1. Each coach is to arrive at the meeting with a preliminary list of fifteen (15) nominees of opponents.
2. The first vote will be for Player of the Year*. This is to be a vote for the athlete who had the best season. Coaches may vote for their own player in the Player of the Year vote.
Note: For Player of the Year---if there are more than 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.
3. Coaches will speak for one minute about their own players.
4. Coaches will then make a final list of all opponents in rank order---best player first and next best second and so on ranking the top fifteen players (not including their own.)
5. Commissioner or the Commissioner's representative tallies and lists the number of vote points in rank order. (First player on a list will receive 15 points, the second 14 points and so on.)
6. After the votes are calculated, the scores will be listed in rank order highest to lowest.
7. There will be a maximum of six all league first team members. (This does not include the player of the year). They will be the top six players listed.
8. There will be a maximum of six all league second team members. They will be the next 6 players listed.
9. The next six (6) players listed receive Honorable Mention.
10. If a school has no one on 1st, 2nd, or HM, the coach may submit a name for Honorable Mention.
11. Coaches must send a substitute or email nominees to the commissioner if he/she cannot attend.
12. Athletes are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
13. The voting is by ballot. Coaches must sign their ballots.
14. All-League athletes will receive certificates.
15. *Player of the Year: If you feel you have a player who is qualified to be considered for top honors:
 - A. Coaches nominate their own player
 - B. Nominations are due the Monday prior to your All League meeting.
16. Results of the all league vote will be released by the Commissioner once all schools have completed their season.

1300 Waterpolo

1301 GOVERNING BODY

National Federation Rule book is the governing authority in waterpolo. The State CIF, NCS or the MCAL may make some modifications.

1302 GENERAL INFORMATION

1. Waterpolo is a fall sport.
2. The league waterpolo shall be a single round schedule.
3. Games will be played on various days of the week to accommodate the officials and start at 4:00.
4. Cancelled or suspended games must be made up by the next available date. It is not necessary to make up non-varsity games after the season has officially ended (i.e., last varsity game date) unless they have a bearing on the league championship.
5. Inclement weather: Home teams will be responsible for canceling games due to inclement weather. **Only** the athletic director or a site administrator may cancel or reschedule a game.

1303 OFFICIALS

The Northern California Referees Association is the organization contracted by the league to assign waterpolo officials.

1304 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for waterpolo matches. See general rules for admission price guidelines.

1305 LEAGUE RULES & GUIDELINES

1. The home school must supply the scorekeeper and timer.
2. Matches are played according to the National Federation Water Polo rule book.

1306 PLAY-OFFS

6 schools are in the play-offs in sports with a random draw format
#1 seed is the best league record
#2 seed is the second best league record
#3 seed is the third best league record, etc.
In case of a tie, tie-breaking criteria will be used.

Day One

Game 1

4:00

4 vs 5 Girls

5:15

4 vs 5 Boys

Game 2

6:30

3 vs 6 Girls

7:45

3 vs 6 Boys

Day Two

Game 3

lowest seed (3-6) left in the tournament

vs #1

4:00 Girls 5:15 Boys

Game 4

highest seed (3-6) left in the tournament

vs #2

6:30 Girls 7:45 Boys

Day Three

Winners Games 3 & 4

Championships

5:30* girls

6:45* boys

(even yrs. Boys first,
odd years, girls first)

*time may be adjusted
due to site.

Highest seeded teams will be the home teams and supply match personnel

ROTATIONS OF HOST SCHOOLS

2011— Justin Siena

2012— Tamalpais

2013—Marin Catholic

2014—Redwood

2015—Terra Linda

2016--San Marin

2017 San Rafael

2018—Drake

2019—Novato

1307 TIE-BREAKING INFORMATION

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)

- 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!

1308 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant. If the winner of the play-offs is a different team than the round robin winner, a pennant will be awarded to that winner also.

1309 ALL LEAGUE

Coaches are required to submit a complete roster of their players prior to the meeting which includes the athlete's year in school.

1. Each coach is to arrive at the meeting with a preliminary list of fifteen (15) nominees of opponents as well as two goalies.
2. The first vote will be for Player of the Year*. This is to be a vote for the athlete who had the best season. Coaches may vote for their own player in the Player of the Year vote.

Note: For Player of the Year---if there are more than 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.

3. Coaches will speak for one minute about their own players.
4. Coaches will then make a final list of all opponents in rank order---best player first and next best second and so on ranking the top fifteen players (not including their own). The coaches will also rank the top two goalies.
5. Commissioner or the Commissioner's representative tallies and lists the number of vote points in rank order. (First player on a list will receive 15 points, the second 14 points and so on.)
6. After the votes are calculated, the scores will be listed in rank order highest to lowest.
7. There will be a maximum of six all league first team members & one goalie. (This does not include the player of the year). They will be the top six players listed from the vote & top goalie.
8. There will be a maximum of six all league second team members & one goalie. They will be the next 6 players listed and second goalie.
9. The next six (6) players listed receive Honorable Mention as well as the 3rd goalie.
10. If a school has no one on 1st, 2nd, or HM, the coach may submit a name for Honorable Mention.
11. Coaches must send a substitute or email nominees to the commissioner if he/she cannot attend.
12. Athletes are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
13. The voting is by ballot. Coaches must sign their ballots.
14. All-League athletes will receive certificates.
15. *Player of the Year & Goalie: If you feel you have a player who is qualified to be considered for top honors:
 - A. Coaches nominate their own player
 - B. Nominations are due the Monday prior to your All League meeting.
16. Results of the all league vote will be released by the Commissioner once all schools have completed their season.

1400 Wrestling

3/5/10

1401 GOVERNING BODY

National Federation Rule book is the governing authority in wrestling.
The State CIF, NCS or the MCAL may make some modifications.

1402 GENERAL INFORMATION

1. Wrestling is a winter sport.
2. Wrestling schedule is a single round robin.
3. Meets will be played on Thursdays.
4. Tri-matches: weigh in @ 3:30 start time 4:30.
5. Dual matches: weigh in @ 5:00 start time 6:00.
6. Cancelled matches must be made up by the next available Monday.
7. **Only** the athletic director or a site administrator may cancel or reschedule a match.

1403 OFFICIALS

The Redwood Empire Wrestling Officials and Coaches Association is the organization contracted by the league to assign officials for wrestling.

1404 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for wrestling matches. See general rules for admission price guidelines.

1405 LEAGUE RULES & GUIDELINES

1. Weigh-ins for dual league matches will take place a maximum of one hour and a minimum of one half hour before the meet. Home school supplies a current certified scale with paperwork and visiting school supplies challenge scale that is also to be current in certification and paperwork.
2. The vice-principal will conduct the weigh-in or someone designated to take his/her place.
3. Weigh-in sheets **MUST** be available at the time of the weigh-ins and at the end of weigh-ins distributed to each head coach.
4. Girls will weigh in as a group after the boys.
5. The locker room must be clear of male wrestlers while the girls are weighing in.
6. Girls shall not be in the locker room when males are weighing in.
7. The home team must supply the scorekeeper and the clock personnel.
8. For the purpose of determining odds and evens, 103lb is always odd.
9. There shall be two annual MCAL meets.
10. A novice meet shall be held on the last Saturday in November or the first Saturday in December to be determined by the coaches the previous year.
11. A novice is a student who is not a senior and is wrestling for the first time.
12. Seniors may not participate in the Novice Tournament.

13. No team score will be kept in the Novice Tournament. Rotation for schools hosting the Novice Meet (8am weigh-in, 10am wrestle);
- | | | |
|-------------------|---------------------|------------------|
| 2018 San Rafael | 2019 Drake | 2020 Novato |
| 2012 Tamalpais | 2013 Marin Catholic | 2014 Redwood |
| 2015 Justin Siena | 2016 San Marin | 2017 Terra Linda |
14. A varsity tournament shall be held at the completion of the dual season.
15. Rotation for schools hosting the Varsity Tournament:
- | | | |
|---------------------|-------------------|----------------|
| 2018 Terra Linda | 2019 Justin Siena | 2020 Drake |
| 2012 Marin Catholic | 2013 San Rafael | 2014 Tamalpais |
| 2015 Redwood* | 2016 San Marin | 2017 Novato |
- *Redwood is excused from hosting varsity wrestling meet when it is the same time as the basketball finals held in their gym.
16. There will be a team score in the varsity MCAL tournament. The tournament will be scored according to the scoring rules in the Federation Rulebook and NCS
17. A trainer must be present at MCAL tournaments. (MCAL will pay for this...max. \$200)
18. The NCS has competition at the end of the season and the CIF has a state meet following the NCS event.

1406 PLAY-OFFS (Tournament)

There will be a Varsity Tournament held at the end of the regular round robin schedule. The tournament will be wrestled to the 5th place, for the purposes of an alternated to the NCS. This tournament is varsity only. **No JV tournament should be held on this day.**

1407 TIE-BREAKING INFORMATION

There are no tiebreaking criteria in wrestling.

1408 AWARDS & PENNANTS

In the MCAL Novice Tournament, ribbons will be awarded to the first four places.

In the MCAL Varsity Tournament, medals will be awarded to the first three places, a ribbon to fourth place. A MCAL pennant will be given to the winning team.

1409 ALL LEAGUE

1. First place winner in the MCAL Varsity tournament shall be first team all-league.
2. At the end of the MCAL tournament coaches will vote on the Outstanding Wrestler of the Tournament.
3. Runner up shall be second team.
3. Each coach may nominate one honorable mention.
4. Medals will be awarded to the first three places at the varsity tournament.
5. Most Valuable Player (Ralph Cutler Award): If you feel you have a player who is qualified to be considered for top honors:
 - A. Coaches nominate their own player
 - B. Nominations are due the Monday prior to your League meeting