

# **Sierra Foothill League**

## **Constitution and Bylaws**

**2016-2017**

## **Article I**

### **Name and Purpose**

**Section 1** This organization shall be known as the *Sierra Foothill League*.

**Section 2** The purpose of this organization is:

1. To direct and control athletics and other activities of this league so that faculties and Board will regard them as educational enterprises to be encouraged and supported.
2. To locate the responsibility for administration and supervision.

## **Article II**

### **Membership**

**Section 1** The Sierra Foothill League shall consist of the following schools:

Del Oro High School  
Folsom High School  
Granite Bay High School  
Nevada Union High School  
Oak Ridge High School  
Rocklin High School  
Woodcreek High School

## **Article III**

### **League Representative**

**Section 1** Each high school in the League shall be represented by its Principal or designated Administrator and its Athletic Director. The representatives shall attend meetings at the expense of the school represented.

**Section 2** Each school shall have one vote by its designated representatives.

## **Article IV Structure**

- Section 1** At the last regularly scheduled meeting of odd numbered years, the League shall elect from its members a President and a League Representative to the Sac-Joaquin Section Board of Managers for a two year term. Schools will alternate by alphabetical order. New officers are to be seated at the end of the year meeting.
- Section 2** The League Commissioner of the Sierra Foothill League shall be elected annually by the League. The stipend for the services of the commissioner shall be reviewed and determined annually by the Sierra Foothill League Board of Managers at the last meeting of the school year.
- Section 3** The League Commissioner acts under the direction of the League President. The League Commissioner will communicate regularly with the League President on All-League business.

The duties of the League Commissioner shall be all of the following:

1. Schedule League meetings
  - a. The meeting agenda will be sent to all member schools one week in advance.
  - b. Take notes, tape record, and write up minutes.
  - c. Disperse minutes, schedules and other communications in a timely fashion.
2. Attend Section meetings with the League Representative.
3. Organize and maintain League records.
4. Purchase and distribute League awards, notify appropriate media.
5. Coordinate the review and update of the League Bylaws for each sport on an annual basis.
6. Prepare budget and maintain financial records.
7. Convene protest committee as needed.
8. Perform such duties as assigned by the League President and Executive Council.
9. Coordinating selection and presentation of honors, awards and scholarships to individual League athletes.

## **Article V Meetings**

- Section 1**     The President shall call at least 4 meetings per year of the Sierra Foothill League.
- Section 2**     Emergency meetings may be called at the discretion of the League President.
- Section 3**     Athletic Directors and/or designee will meet at least one week prior to the Executive Council meetings. The purpose of the Athletic Directors' meeting is to address issues relating to the Sierra Foothill League athletic programs and policies.
- Section 4**     A quorum is necessary for the transaction of League business and any regular or special meeting called by the President. A quorum shall be representation by 50% plus one League schools.
- Section 5**     The League shall conduct pre-season fall, winter and spring sports dinner meeting for coaches to discuss League business and concerns. The League president will notify members of the meeting dates.

## **Article VI Dues**

- Section 1**     The yearly dues are \$2500 per school, payable the first meeting of the fiscal year. Assessments shall be reviewed on an annual basis.
- Section 2**     Any and all profits derived by competition in Section playoffs will put in the SFL general fund.
- Section 3**     Hosting League Tournaments
1. The host school's director must prepare a budget which includes all anticipated income and expenses to be presented for prior approval to the League commissioner. The Sierra Foothill League will not accept responsibility for items not included in the approved budget.
  2. In Wrestling, Officials' costs will be divided equally among participating schools. The host school will send a bill to the participating schools. Any other expenses must be approved by the League.
  3. In Track and Field, the host school will pay for the timers and starter. Proceeds gained through the sale of programs, concessions, and gate will be retained by the host school.

## **Article VII Amendments**

### **Section 1**     Bylaw Changes

1. The form in Appendix B must be completed with coaches' initial and/or attached documentation by the appropriate sports representative and presented to their athletic director at least two weeks before the next regularly scheduled directors meeting. It will be reviewed by the directors for further action. If approved, it will be presented at the next regularly scheduled SFL board meeting and passed with a 2/3 vote.

## **Article VIII Passes**

- Section 1**     SFL passes shall be issued by the League Commissioner to each school. Passes shall state the year, be signed by the League President and shall become valid when signed by the Principal of the issuing high school. Each pass will be numbered.

## **Article IX School Regulations**

- Section 1**     The Sierra Foothill League will have competition leading to Varsity League Championships.

1. Member schools will attempt to field varsity, junior varsity, and freshman teams in football, basketball, volleyball, baseball, and soccer. The sports of track, cross country, softball, swimming, and water polo, and wrestling attempt to field varsity and junior varsity teams.

**Section 2**     League Championships

1. League championship will be declared for any sport only when a simple majority of League schools field a team. (Varsity only)
2. League championships in swimming, water polo, tennis and wrestling will be determined by the winner of a dual match/meet competition.
3. Cross Country championships will be determined by the final standings of center meets combined.

4. In all other sports, the school or schools with the best League win-loss record, with ties counting as a half game won and a half game lost, is the League champion (Exception: Note golf, article XVII, section 2 C; soccer, article XVIII, section 5).

**Section 3** There shall be no use of school facilities by players without the direct supervision of the team's coach.

**Section 4** Game time may be adjusted by mutual agreement of both school's administrations.

**Section 5** A principal or athletic director may request the league commissioner to cancel a league event (league cross country meet, league swim meet, etc.) due to poor air quality or some other unforeseen circumstances. The commissioner will then contact the league president and at least one other principal for approval of the cancellation. It is the responsibility of the commissioner to notify each school.

**Section 6** The Sierra Foothill League follows CIF State and Sac-Joaquin Section rules pertaining to noisemakers and bands. Warm up music is allowed, and will be provided at the discretion of the head coach of the home team.

**Section 7** Visiting teams are expected to maintain the cleanliness of the facilities they use. The field, court, bench area, locker rooms, etc. should be free from all garbage, tape, cups, bottles, etc. Sunflower seeds, drinks (water only), and food are not allowed on any artificial field or track. Teams will be fined for violation of this rule.

## **Article X Awards**

**Section 1** League Awards

1. The Sierra Foothill League shall purchase team championship and individual awards. No other SFL awards shall be given.
2. An SFL League Championship Banner will be awarded in Baseball, Basketball, Cross Country, Football, Golf, Soccer, Softball, Swimming, Tennis, Track, Volleyball, Water Polo and Wrestling.

**Section 2** All-League Teams

1. All-League teams shall be selected at the end of the season in varsity team sports.
2. All-League Selection
  - a. The All-League Team will be composed of the players selected by the coaches in the league. Players must receive one vote to be considered for 2<sup>nd</sup> team. There will be no Honorable Mention.

- b. Coaches shall nominate players from their own team in accordance with their sport's specific rules and forward to the League representative, if applicable. The League representative will then prepare a ballot of all players nominated. The head coach or designee will vote for an all opponent team from the list. Coaches may not vote for their own players.
- c. In all sports except football the All-League Meeting will be held the Monday following the last league contest. In football it will be held the second Tuesday following the last league contest. Coaches shall be informed one week in advance of the meeting time and location by the league representative (letter, FAX, e-mail, or phone). Any changes in the above are allowed with mutual consent of the coaches.
- d. The coach or designee from each school must be present at the All-League selection meeting. If a school is not represented, that schools nominees may receive honorable mention status only.
- e. Coaches shall vote for opponent's players, however, if there is a tie for the last All-League position between two players both will earn All-League status.
- f. If there are three or more players tied, there will be a re-vote to decide the selection. A ballot shall be taken to name the most valuable player for each sport. (Football there will be two, offense and defense). Each school will have one vote.
- g. The M.V.P. will be selected first. A school may vote for its own candidate. In case of a two way tie, there will be CO-M.V.P.'s. In case of a three or more tie, a re-vote will be taken.
- h. An SFL administrative representative, not affiliated with that sport, shall attend each All-League selection meeting if requested by the league representative.
- i. The number of players selected for the All-League teams is as follows:
  - Baseball - 20
  - Basketball - 10
  - Cross Country – 10
  - Diving – 3
  - Football - 35
  - Golf – 10
  - Soccer - 22
  - Softball – 20
  - Swim - 16
  - Tennis – 12
  - Track – Winner of each event
  - Volleyball - 12
  - Water Polo -14
  - Wrestling – 14

1. An annual Boy's All-Sport award and a Girl's All-Sport Banner will be presented to a League school each year.
2. The League will assign points only for those League sports in which a majority of League schools participate.
3. The award shall be made only for points accumulated on the following scale for varsity sports:

1st place = 15 points  
2nd place = 12 points  
3rd place = 10 points  
4th place = 8 points  
5th place = 6 points  
6th place = 4 points  
7th place = 2 points  
8th place = 1 point

The League Commissioner will tally the points earned by each school and at the end of the sports year, the winner will be announced.

#### **Section 4** Sierra Foothill League Scholar-Athlete Recognition Program

1. The Sierra Foothill League Scholar-Athlete award is intended to honor outstanding young students who have demonstrated outstanding athletic ability, above average scholastic achievement, and high standards of citizenship during their high school years.
2.
  - a. Qualifications: To qualify the applicant must be a graduating senior, possess no less than a 3.7 cumulative grade point average, have earned two varsity letters (at least one during the senior year), and have a record of good citizenship. The cumulative grade point average may not be based upon weighted grading standards and is to be based upon a maximum 4.0 GPA.
  - b. Method of Application: Each Sierra Foothill League school will be responsible for submitting the names of eligible athletes to the League president. The principal and athletic director must verify athletic involvement, grade point average and citizenship. Applications for the scholar/athlete award must be completed and presented to the Sierra Foothill League president by April 15 of the school year. Application form is in appendix under "forms."
  - c. Presentation of Award: Sierra Foothill League Scholar/Athletes will receive awards at a board of manager meeting or at an appropriate ceremony as established by the board of managers or individual school site. Generally this will take place during the month of May.

# Article XI

## Protest/Appeal Procedures

### Section 1     Protests

1. A protest may be filed for violation of the C.I.F. rules and/or Sierra Foothill League constitution or misinterpretation by the official.
2. Any protests are to be originated by the principal of the school making the protest.
3. The protesting principal shall notify the principal of the school receiving the protest by telephone. The League Commissioner shall convene a protest committee consisting of one principal and two athletic directors.
4. No protest may be made upon the decisions of the referees or other game officials in regard to facts or interpretations of the rules of the game except in the event of a clear misrepresentation of the intent of the rule. The game official will be the supreme authority on the field of play in so far as the contest is concerned.
5. All hearings shall follow section appeals hearing committee procedures (Appendix A.)

### Section 2     Violations

1. Principals will report violations to the league commissioner for a recommendation of consequences. This recommendation may include a referral to a hearing committee convened by the league commissioner.
2. If a member school has been found guilty of a C.I.F. bylaw or league violation by hearing committee, penalties will ensue according to C.I.F. Sac-Joaquin Section bylaw 500.6.

### Section 3     Appeal Procedure

1. The Commissioner of Officials will notify the principal the day following an athlete/coach ejection. Should the commissioner fail to notify the school, it is still the responsibility of the school to impose the Section policy.
2. An athlete/coach may choose to appeal the one game suspension by submitting a written appeal to the site principal or designee within 24 hours.
3. The principal must submit a written appeal to the League president within 48 hours of the ejection. The League commissioner shall convene the appeals committee consisting of three principals/designee or athletic directors from neutral schools. (Neutral schools would be ones not bringing the appeal or the subject of the appeal.)
4. The League commissioner shall notify the appealing principal/designee of the decision rendered by the appeals committee. A final report on all appeals shall be forwarded to the section commissioner by the League president.

5. In the event of a compact time frame, the principal/designee of the appealing school shall gather all of the pertinent information for a decision and report to the league Commissioner. The League commissioner will decide whether to uphold the ejection, grant the appeal or delay the decision further information.

## Article XII

### Admission Fees for Athletic Contests

#### Section 1 Admission fees for League contests

1. The price of admission to Sierra Foothill League contests shall be reviewed annually. When deemed necessary they may be changed by a majority vote of League representatives.
2. The following admission prices are in force:

<b>Sport</b>	<b>Adults and Students Without ASB cards</b>	<b>Students with ASB cards and Children below High School Age</b>
Football	\$8.00	\$5.00
Basketball	\$6.00	\$4.00
Frosh Football	\$6.00	\$4.00
Wrestling	\$6.00	\$4.00
Swimming (League Champs Only)	\$6.00	\$4.00
Track	\$6.00	\$4.00
Volleyball	\$6.00	\$4.00
Water Polo (League Champs Only)	\$6.00	\$4.00
Others	\$6.00	\$4.00

- a. Each school will have the option to give a senior citizen discount at home games only.
- b. Elementary children without parents are to be charged as an adult.
- c. Each school will have the option to charge or not to charge for sports other than football, basketball, wrestling and volleyball, and track.

## Article XIII

### Baseball

Starting date established by CIF  
Number of Contacts — 27

- Section 1** All rules shall be governed by C.I.F. regulations.
- Section 2** Game time shall be 3:30 p.m. and Daylight Savings Time 4:00 p.m.
- Section 3** Pre-game warm up for visiting teams shall consist of the last 15 minutes before game time. Batting practice is allowed up to forty-five minutes before game time. Visiting teams will not be allowed batting practice at the home team site.
- Section 4** The baseball used in games must be an NFHS stamp-approved; Wilson a1010, Rawlings RO, Diamond D1 NFHS or equivalent, Worth or League approved equivalent (Pincard top two grades).
- Section 5** The schedule shall be a three game series between all league opponents.
- Section 6** Games
1. Postponed games may be made up as a double header on the next scheduled date if mutually agreed on by both schools administrations. The starting time may be scheduled earlier than 3:30 p.m. by mutual agreement of both schools. League teams will not be required to play more than four league games per week. All rainouts are to be made up on the next available day or Saturday by mutual agreement of both participating schools administration (Taking into consideration available facilities, officials, transportation, etc.).
  2. There shall be two officials for varsity league games. If only one official is available the game may be played if both head coaches agree. There may be one official for frosh/soph or frosh games. If the umpires fail to appear at a game, it shall be treated as a rained-out game.
  3. If a game in the first half of the season ends in a tie, the game will be completed when the teams meet in the second half. If a game in the second half of the season ends in a tie, the game will be completed only if it affects the championship or a playoff berth.
  4. If four or more rain outs occur in any round the League Commissioner will convene a meeting of the head coaches to determine League championship criteria.
  5. When games are not made-up, both teams are charged with a forfeit, unless one team forfeits to the other. If either team scheduled to play a League game is in contention for the championship, the game must be played. No forfeits will be allowed.
  6. In the event of a tie for the championship or a tie for a position in the Section Play-Offs, the following will be used:  
Head to head competition (involving only contests played within the league schedule)..

Greatest number of wins within the tie.

Greatest number of wins above the tie.

Greatest number of wins versus the highest-placed team above the tie.

Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.

If a tie still exists, then there will be a coin flip conducted by the League President in the presence of representatives from schools involved.

## **Section 7** All-League Selections

1. Most Valuable Player will be honored with a patch and certificate, then;
2. 20 First-Team All-League Players will be honored with a patch and certificate, then;
3. Any player receiving a minimum of one vote will receive a Second-Team All-League certificate.

## **Article XIV**

### **Basketball**

Starting date established by CIF

Number of contacts is 27

Triple headers: Frosh-4:00, JV-5:30, Varsity-7:00

**Section 1** All rules for basketball shall be governed by C.I.F. regulations.

**Section 2** Schedules shall be a double round robin. Co-champions will not be played off.

**Section 3** Games will be played as follows:

1. First Half of League Play

- a. Tuesdays: Boys Frosh, Boys JV, Boys Varsity
- b. Wednesdays: Girls Frosh, Girls JV, Girls Varsity
- c. Thursdays: Girls Frosh, Boys Frosh, Boys JV
- d. Fridays: Girls JV, Girls Varsity, Boys Varsity

2. Second Half of League Play

- a. Tuesdays: Girls Frosh, Girls JV, Girls Varsity
- b. Wednesdays: Boys Frosh, Boys JV, Boys Varsity
- c. Thursdays: Boys Frosh, Girls Frosh, Girls JV
- d. Fridays: Boys JV, Girls Varsity, Boys Varsity

**Section 5** Scorebook and Clock

1. Adults are to operate the clock at all varsity games.
2. Adults are to keep the official score book at all varsity games.

**Section 6** Qualifying for Playoffs

1. The following procedure shall be used to break ties in the order as listed:
  - a. Head to head competition (involving only contests played within the league schedule)..
  - b. Greatest number of wins within the tie.
  - c. Greatest number of wins above the tie.
  - d. Greatest number of wins versus the highest-placed team above the tie.
  - e. Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.
  - f. If a tie still exists, then there will be a coin flip conducted by the League President in the presence of representatives from schools involved.

**Section 7** All-League Selections

1. A Most Valuable Player will be honored with a patch and certificate, then;
2. 10 First-Team All-League Players will be honored with a patch and certificate, then;
3. Any player receiving a minimum of one vote will receive a Second-Team All-League certificate.

**Section 8** Sportsmanship

1. Prior to tipoff, the host school's administration is responsible for bringing together representative leaders from each school's student body cheering section. The group will introduce themselves and review the SFL Sportsmanship preamble.
2. After team introductions, the announcer will introduce representatives from each team. They will stand at mid-court and the home team representative will read the SFL Sportsmanship
3. ***Only designated student leaders are permitted on the floor during basketball contests. All other students must remain in first row of bleachers or higher.***

**Article XV**  
**Cross Country**

Starting date established by CIF  
Number of Contacts — 27.  
Meets begin at 4:00 p.m.

**Section 1** All rules shall be governed by C.I.F. regulations.

**Section 2** C.I.F. Section Cross Country Handbook will used for reference starting the C.I.F. fall start rate. Levels of play shall be boys' varsity, girls' varsity, boys' frosh/soph, and girls' frosh/soph.

- Section 3** League championships will be determined by three League meets. One point per win in the first two League meets, two points per win in the last League meet.
- Section 4** Frosh/soph runners may move to varsity level or back to frosh/soph level at any time.
- Section 5** The winner of the League meet is awarded the league MVP. First team All-League awards are given to the next 10 finishers.

## **Article XVI**

### **Football**

Starting date established by CIF  
Number of Contacts—10  
Starting Times are 5:15 and 7:30 (Frosh 5:30)

#### **Section 1** General Rules

1. Rules of play practice and games, and tie breakers are governed by the Sac-Joaquin Section of the C.I.F. Included are starting dates for practice and play and any limitations concerning spring and summer participation.

2. By mutual consent of both schools, the game times for the varsity and frosh/soph games can be reversed in the case of extremely poor field conditions.
3. A healthcare professional and/or ambulance must be in attendance at all contests.
4. Forming tunnels prior to game will never infringe on the visiting team's ability to conduct warm ups.
5. Sideline access shall be the responsibility of each school. Problems on the visitor's side should be referred to the home site administrator.
6. Each school will attempt to provide equitable spotting and filming facilities for opponents.
7. Spectators from visiting teams are not allowed on the home team track or field after games.

## **Section 2** Film Exchange

1. Teams are required to exchange two game films with opponents one week prior to their game. The films exchanged will be the games of two and three weeks prior to competition.
2. If film is of poor quality or has been altered, the opposing coach can request additional film.
3. Complaints of altered film are to be filed with the Football All-League Representative.
4. Further infractions would be referred to the Board of Managers for disciplinary action.

## **Section 3** Playoff Selection Procedure is determined by CIF SJS bylaw 1907.8.

## **Section 4** All-League Selections

1. Offensive and Defensive MVP's will be awarded a patch and certificate, then;
2. 35 First-Team Players will be awarded patches and certificates, then;
3. Any player receiving a minimum of one vote will earn a 2<sup>nd</sup> Team All-League Certificate.

## **Article XVII**

### **Golf**

Starting date established by CIF

Number of contacts is 27

Starting time is 3:30 p.m.

## **Section 1** General

1. Play will be governed by USGA and local rules.
2. Dual matches will consist of 9 holes and starting times will be determined by the home team.

3. The league season will include two 18-hole matches with the league coordinator or his/her designate serving as match director. The director shall appoint a rules committee if one is needed. These are considered post-season.
4. Boys' Play will be from the blue or back tees unless changed by the host course professional. Girl's will play from red tees.
5. Teams and individuals will qualify for the sub-section tournament according to the Sac-Joaquin Sub-Section formula (See CIF regulations).
6. All players are responsible for understanding and following the rules and etiquette of golf.
7. Throwing of clubs in any manner or use of profane language will result in a two-stroke penalty with disqualification from the match for subsequent infractions.
8. Girls will pick up after reaching double par on any hole.

## **Section 2** Scoring and Qualification

1. Each school, during the dual match season, will play all other schools twice (home and home). There will be two additional 18-hole league matches.
2. Each team consists of six players, with the best five scores counting toward the final team score. If a tie exists when the scores are totaled, the sixth players' score will be considered to determine the match winner. If the sixth player scores are tied, the match will be declared a tie.
3. Team scoring:
  - a. Dual Matches: Winner: 1 point Losers: 0 points Tie: ½ point each
  - b. League 18-matches: Points will be awarded to the first place team will be equal to the number of teams in the league. Second through last place teams will receive one point less than the team finishing ahead of them. Ties will be broken using the 6<sup>th</sup> player.
  - c. After the dual matches and the two league tournaments, the team points will be added. The team with the most points will be declared the SFL champion. Ties in the standings will remain unless a tie exists for the final post-season position. Seeding will be determined by the combined total of the two 18-hole tournaments. A tie for the final slot will be broken with a sudden death play-off beginning on the first hole between the involved teams immediately after the last league tournament. All six players will compete, with the best five scores counting.

## **Section 3** Individual Scoring

1. Dual Matches: Each of the 12 players (six from each team) who complete the round with a legal score is awarded points. The best scores receive one point for each person in the match. Each succeeding score will receive one less point, with ties dividing the point total.

2. League 18-hole matches: Each of the players is awarded points. The best score receives points equal to the total number of players in the tournament. Other scores will be awarded in descending order so that the worst score receives one point.
3. Individual players (not on the teams qualifying for the Divisional tournament) will qualify for Divisionals based on their individual point totals applying the section formula. Ties among individuals will be played off in a sudden-death hole (or holes) playoff immediately following the second league 18-hole matches.

#### **Section 4** All-League Selection

1. Utilizing point totals for individuals from all but one of the dual matches and the two league 18-hole matches, the league will honor ten players as First Team All-League. The highest point earner will be honored as League MVP. If a player does not miss a dual match, then his or her low point score will be thrown out for one match.

#### **Section 5** Coaches and Players Responsibilities

1. Home team coaches must email or phone team and individual scores to the league coordinator following dual matches.
2. Each coach is responsible for his/her players' dress and conduct.
3. The home team coach will determine if a match is to be called due to the weather.
4. If a rule problem exists and a proper rule decision cannot be reached, the player (on the hole in question) is to play a second ball. Scores for both balls are to be recorded. Score or rule infractions should then be reported to coaches at the conclusion of the match.
5. In a dual match, if a local rule infraction is in dispute that cannot be settled by coaches, it will be settled by the club pro.
6. Coaches are to settle scoring problems, rule infractions, or other problems before scores are sent in. If the problem is not resolved, the SFL League Rep should convene a committee of coaches to settle the issue.
7. Players should confront their opponents regarding rule infractions or scoring mistakes as they arise.
8. Spectators must maintain the 30-yard rule at all matches and tournaments.

## **Article XVIII**

### **Soccer**

Starting date as established by C.I.F.

Number of Contacts—27

Starting Times are 3:30 or 5:30 if a night game is agreed upon

**Section 1** All rules shall be governed by C.I.F. regulations.

**Section 2** Field size

1. The field of play should be rectangular, 100 to 120 yards long and 55 to 75 yards wide. The field will be lined according to National Federation Rules.

**Section 3** Each league contest shall have at least three officials. A game may commence with two officials.

**Section 4** Postponed games shall be played on the first available date.

**Section 5** League Standings

1. The League standings shall be determined in the following manner:
  - a. A win shall count as 3 points
  - b. A tie shall count as 1 point
2. In case of a tie for the Sierra Foothill League championship, the tied teams will be named as co-champions.
3. The following tie breaking process will determine the Sierra Foothill League representative to the Section play-offs:
  - a. Head-to-head record.
  - b. If a "spot" is to be decided, a play-off game (if time allows) is to be played at a neutral site. "Time allows" is a minimum of one day off between the last game and the playoff game, and also allows an additional day off between the playoff game and the start of the Section playoff game. The game will be played under the CIF-SJS Playoff rules. If a "seed" is to be decided, skip this criteria and move to criteria 3.
  - c. Head –to-head goal differential.
  - d. Most away goals scored in head to head league games.
  - e. Fewest goals allowed in league
  - f. Coin toss.
4. In the event of a 3-way tie,
  - a. The records of the teams involved will determine places and seeds 1 and 2.
  - b. Head-to-head goal differential between the teams involved.
  - c. Most away goals scored between the teams involved.
  - d. Fewest goals allowed in league.
  - e. Coin toss. When a team is eliminated by the coin toss, the remaining teams revert back to C.

**Section 6** Red Card Rule

1. Any player ejected (receiving a red card or two yellow cards) during the course of a League game will not be allowed to participate in the next game the team plays. This includes practice, League or playoff games.
2. The penalty may carry over to the following season. Failure to comply with this rule will result in the forfeit of each of the contests in which the suspended player has participated.

**Section 7** All-League Selections

1. A Most Valuable Player will be honored with a patch and certificate, then;
2. 22 First-Team All-League Players will be honored with a patch and certificate, then;
3. Any player receiving a minimum of one vote will receive a Second-Team All-League certificate.

**Article XIX**  
**Softball**

Starting date as established by C.I.F

Number of Contacts—27

Starting Times are 3:30 (4:00 Daylight Savings)

**Section 1** All rules shall be governed by C.I.F. regulations.

**Section 2** Pre-game warm up for visiting teams shall consist of the last 15 minutes before game time. The use of batting machine or forward pitching on game days (before the game) is prohibited. The use of tees or soft-toss is permissible.

**Section 3** Schedule shall be a double round robin.

**Section 4** Home team shall provide the official scorer.

**Section 5** Games

1. Postponed games may be made up as a double header on the next scheduled date if mutually agreed on by both schools. The starting time may be scheduled earlier than 3:30 p.m. by mutual agreement of both schools. League game make up shall have priority over non-league games. League teams will not be required to play more than four League games per week. All rainouts are to be made up on the next available day or Saturday by mutual agreement of both participating schools administration (Taking into consideration available facilities, officials, transportation, etc.).
2. There shall be two officials for varsity League games. There may be one official for junior varsity or freshman games. If the umpires fail to appear at a game, it shall be treated as a rained-out game.
3. A tie game shall be considered a suspended game and shall be completed the next time the two teams meet. The tie or suspended game shall be played first. In suspended games, ineligible players may not participate in the resumed game and no other roster additions may be made. If it is the last scheduled game, it shall be completed at a later date only if the game has a bearing on post season play or the League championship. In suspended games, ineligible players may not participate in the resumed game and no other roster additions may be made.
4. If four or more rain outs occur in any round, the League Commissioner will convene a meeting to determine completing League criteria.
5. When games are not made-up, both teams are charged with a forfeit, unless one team forfeits to the other. If either team scheduled to play a League game is in contention for the championship, the game must be played. No forfeits will be allowed.
6. The last scheduled League game will be no later than Wednesday, the week preceding the Section Play-offs. Make up games may be played up until the Saturday preceding the Section Play-offs.
7. In the event of a tie for the championship or a tie for a position in the Section Play-offs, the following will be used:

Head to head competition (involving only contests played within the league schedule)..

Greatest number of wins within the tie.

Greatest number of wins above the tie.

Greatest number of wins versus the highest-placed team above the tie.

Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.

**Section 7** All-League Selections

1. A Most Valuable Player will be honored with a patch and certificate, then;
2. 20 First-Team All-League Players will be honored with a patch and certificate, then;
3. Any player receiving a minimum of one vote will receive a Second-Team All-League certificate.

**Article XX**  
**Swimming/Diving**

Starting date as established by C.I.F.

Contacts 27

Starting Times are 3:30 (4:00 Daylight Savings)

**Section 1** All rules shall be governed by C.I.F. regulations.

**Section 2** There shall be a boys' varsity and frosh/soph team and a girls' varsity and frosh/soph team. Juniors and seniors may not compete at the frosh/soph level. If a frosh/soph swimmer is moved to the varsity level after League competition begins he/she must remain at the varsity level for the remainder of the League dual meet season. Swimmers/divers may move back to the frosh/soph level after the League dual meet season.

**Section 3** League Champions

1. The League championship will be determined by the win-loss record in dual meet competition and the
2. League championship meet in the following manner:

- a. 1 point for each dual meet victory
- b. 1 point for each team it defeats at the championship meet
- c. A tie for the League championship will be decided in favor of the team that finishes higher at the championship meet.

**Section 4** League Dual Meets will be held on Fridays or as mutually agreed upon by coaches. Starting time is 3:30 p.m. and 4:00 p.m. during Daylight Savings Time. Diving competition will be held at alternate site as a separate event. Diving results will be reported to the head swimming coach or the diving coach the day of the competition. The diving results will be included in the dual meet scoring as an event.

**Section 5** Team Order of Competition

1. Girls' Frosh/Soph
2. Boys' Frosh/Soph
3. Girls' varsity
4. Boys' varsity

**Section 6** Order of Events

1. 200 Medley Relay (Back Breast Fly Free)
2. 200 Freestyle
3. 200 I.M.
4. 50 Freestyle
5. Break
  
6. 100 Butterfly
7. 100 Freestyle
8. 500 Freestyle
9. 200 Freestyle relay ( 4 x 50 )
10. 100 Backstroke
11. 100 Breaststroke
12. 400 Freestyle relay

**Section 7** League meets

1. The Sierra Foothill League swimming/diving finals will follow a preliminary/final format with the preliminaries on Friday and the final on Saturday.
2. At the League meet each school will be allowed to enter four swimmers/divers in each individual event. Each school will be allowed to enter one official relay team.

**Section 8** All-League Selections

1. Swimming: The top 16 individual point scorers in the SFL Championship Meet in both Varsity boys and girls shall be named First Team All-League. Any relay member on a winning relay shall also be named First Team All-League.

2. Diving: The top 3 individual point scorers in the SFL Championship Meet in both Varsity boys and girls shall be named All-League. Additionally, any diver who scores a provisional All American score shall be named First Team All-League.

## **Article XXI**

### **Tennis**

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

Number of Contacts—27

Starting Times are 3:30 (4:00 Daylight Savings)

**Section 1** All rules shall be governed by C.I.F. regulations.

**Section 2** Three new tennis balls, Wilson, Penn, or any approved USTA hard court ball shall be provided by the home team for All-League matches.

**Section 3**

1. Schedule will be a double round robin.
2. Changes in starting times or dates of matches must be by mutual consent of both schools and administrators.
3. Both coaches must agree to postpone or cancel the match due to darkness. The major factor when calling a match is the safety of the players.

4. In the event of rain during a match, play may be halted for 20 minutes. After this time, if the courts are not playable, the match will be suspended. Play will continue on where play was stopped. At the start of the second rainfall of the day, play will be called.
5. If play is called, only completed sets and completed games will count and a later date is set for the continuation of the match. Each team involved should record the scores upon stoppage of the match for future agreement of the continuation of the match.
6. Every effort shall be made to play all matches.

#### **Section 4**      Matches and scoring

1. There will be six singles and three doubles matches at each date. Doubling back is not allowed. The home team will determine the order of play for the match. The home coach will notify the visiting coach 48 hours in advance if option #2 is chosen.

Options:

1. Start at #1 and play down, 2, 3, 4, 5, 6, 1d, 2d, 3d in order.
  2. Start at 3d, 2d, 1d, 6, 5, 4, 3, 2, 1 in order
2. The team match will be won by the team which wins the most matches (best of nine).
  3. Singles shall consist of two out of three sets. By mutual agreement of both coaches, the doubles play a 10 pt super tiebreak for the 3<sup>rd</sup> set if darkness is a factor. No ad scoring. Twelve point tie breaker at 6-all.
  4. It is the responsibility of the coach not to stack the ladder. A flagrant violation can be protested as per the S.F.L. bylaws. An infraction can lead to a forfeit.
  5. Play should be continuous. Coaching is allowed at the change-overs (90 seconds) by coaches only (no parents or teammates). The coach has 90 seconds before the match begins after warm-ups to talk with the players on the court.
  6. The league championship will be determined by dual competition in a double round-robin schedule. In the event of a tie, a co-championship will be awarded. To determine the team in further advancement in section playoffs, the team advancing will be based on the following criteria: A; head-to-head, B; total matches won between teams, C: total sets won/lost between teams, D: total games between teams, E: coin flip.

**Section 5**      All players shall wear team uniforms representing the school.

**Section 6**      The SFL tournament will be awarded based on a rotating basis among member schools. The host school can use their school courts or any tennis facility as long as they meet USTA standards. The order is determined alphabetically. If the host school wishes to decline the host, they may defer to the next in order.

**Section 7** Head coaches should call violations regarding inappropriate language, conduct, or sportsmanship on their own team. Warnings will be given during pre-game announcements and any subsequent violations will be a game penalty and then forfeiture of the match.

**Section 8** All-League Selections

1. A Most Valuable Singles Player will be honored
2. 12 First-Team All-League Players will be honored.

## **Article XXII**

### **Track and Field**

Number of Contacts—27

Starting Time is 3:30

**Section 1** General Rules

1. League meets will be scheduled on Wednesday.
2. 4 separate divisions will compete in SFL meets: Junior Varsity Boys & Girls and Varsity Boys & Girls.
3. JV Boys and JV Girls athletes once moved into varsity competition must compete at the varsity level in all remaining league meets but may move down at the Sierra Foothill League meet.
4. Each athlete must wear the school issue uniform and colors at all meets. Any participants dressed in inappropriate attire will be disqualified (not allowed to compete) from competition for the remainder of the meet.
5. The League Champions will be determined by wins/losses in both dual /tri eets and the league meet. Each team accumulating two (2) points for each win, one (1) point for a tie, and zero (0) points for a loss. Scoring shall be to 3 places in dual meets (5-3-1), (relays 5-0) and to 6 places in the League meet. (10-8-6-4-2-1).
6. Competitors will receive 4 jumps and throws in dual meets. In horizontal jumps athletes must be signed in by the start of the JVB 4X100 relay. The horizontal jumps will end at the start of the JVB mile relay.

7. There shall be no limitations on the number of entrants per event in league meets. When the host team has an 8 or 9 lane track, only the first heat will be scored. Each team will get only 4 entries in the 1<sup>st</sup> heat. When there is a 7 lane track, the first two heats will be scored. The fastest athletes will always be placed in the first heat.
8. Whenever possible, all SFL League meets will use an official starter.
9. The home school will provide all officials for the meet.
10. The order of events in all SFL meets will follow the Sac-Joaquin section format recommendations.
11. In dual meets, each school will provide a scorer and the home team will supervise the scoring.
12. Each team will be allowed to participate in a total of 27 meets, excluding sub sections, sections, and the state meet.

**Section 2** All-League Awards

1. Winners of each event, including relays, will be honored with First Team All-League status.
2. Second Place finishers will earn Second Team All-League status.

**Article XXIII**  
**Volleyball**

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

Number of Contacts—27

Starting Times are 5:00p.m. and 6:30 p.m.

**Section 1** All rules shall be governed by C.I.F. regulations

**Section 2** Games

1. Warm ups begin after the officials have completed the pre-game conference with the coaches and captains. Warm up times will be as follows:
  - 20 Minute countdown
  - 5 minutes shared time. Stop clock at 15:00
  - 6 minutes serving team on the court. Stop clock at 9:00
  - 6 minutes receiving team on the court. Stop clock at 3:00
  - 3 minutes shared serving. Coaching time.
  - Line up must in at 2:00
2. The schedule will be a double round robin
3. Ground rules for any specific court shall be with the consent of both coaches and officials.

Head to head competition (involving only contests played within the league schedule).  
Greatest number of wins within the tie.

Greatest number of wins above the tie.

Greatest number of wins versus the highest-placed team above the tie.

Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.

If a tie still exists, then there will be a coin flip conducted by the League President in the presence of representatives from schools involved.

#### **Section 4** All-League Selections

1. A Most Valuable Player will be honored with a patch and certificate, then;
2. 12 First-Team All-League Players will be honored with a patch and certificate, the
3. Any player receiving a minimum of one vote will receive a Second-Team All-League certificate

#### **Section 5** *Sportsmanship*

1. *Only designated student leaders are permitted on the floor during volleyball contests. All other students must remain in first row of bleachers or higher.*

## **Article XXIV**

### **Water Polo**

Starting date as established by C.I.F.

Number of Contacts - 27

Starting Time is 3:45

**Section 1** All rules shall be governed by C.I.F. regulations.

**Section 2** Teams will play a single round robin tournament, followed by a League Tournament.

**Section 3** League games shall be played once a week, as determined by the officials association

- Section 4** Game order is JV/Varsity/Varsity/JV.
- Section 5** Girls shall play first on Tuesdays. Boys shall play first on Thursdays.
- Section 6** Final places will be determined by placement - half on league play and half on Tournament play. In the case of a tie, head to head play will determine place. If there is still a tie, then the head to head tournament match will count as the tie-breaker.
- Section 8** All-League Selections
1. A Most Valuable Player will be honored with a patch and certificate, then;
  2. 14 First-Team All-League Players will be honored with a patch and certificate, then;
  3. Any player receiving a minimum of one vote will receive a Second-Team All-League certificate

## **Article XXV**

### **Wrestling**

Starting date is November 1  
40 Matches per person  
Starting Times are 6:00

- Section 1** All rules shall be governed by the C.I.F. regulations.
- Section 2** There will be two levels of competition, Varsity and J.V.
- Section 3** Matches
1. Schedule is a single round robin.

2. JV competes first, followed by the varsity. Weigh-in time is 5 p.m.

**Section 4** Varsity scores count for championships.

**Section 5** J.V. wrestlers may move up to Varsity and back to J.V. with no penalty.

**Section 6** Wrestlers will advance to Divisionals by qualifying in the Sierra Foothill League tournament which will be hosted by a different League school each year following an alphabetical sequence. The League tournament will allow each school to enter one varsity team. A Junior Varsity Tournament may be held concurrently.

**Section 7** All student/athletes must have a minimum of ten full practices to participate in a contest. If a student/athlete joins a team after competing in a previous sport, that student/athlete must have had five full practices to participate.

**Section 8** SFL Tiebreakers

1. In the case of two teams tying in a dual meet, the National Federation rule Book Criteria as listed in Rule 9, section 2, Article 2. will determine the winner.
2. In the event of a two-way tie for any final place in the SFL standings at the end of the season, head to head results will be the first criteria to determine the highest place.
3. In the event of multiple teams finishing SFL competition with identical records, head to head competition will decide the higher places. If head to head results fails to resolve the tie, then the National Federation Rule Book Criteria, modified, will be extended to apply to all the teams involved in the tie.
4. The modification shall consist of inserting the following criterion: The team scoring the highest total number of team points among all the dual meets involved in the tie shall be awarded the higher place. Remaining places shall be awarded based on the next succeeding number of team points scored. This criterion shall be inserted into those listed in the NFHS Rule Book, after Rule 9, Section 2, Article 2-C.
5. If a tie still remains then the NFHS Rule Book criteria starting with R-9, S-2, A-2-D will apply.
6. In the event of the ties described above, these criteria shall determine final SFL places so that there will be a sole SFL Champion and a sole runner-up.

**Section 9** All-League Selections

1. Winners from each weight class will be honored with First Team All-League status.
2. Second place finishers will be honored as Second Team All-League.

## **Appendix A**

### **SAC-JOAQUIN SECTION APPEALS HEARING COMMITTEE PROCEDURES**

#### **INTRODUCTIONS**, by chairman

Chair will ask everyone to introduce themselves and give their role or capacity at the hearing.

#### **EXPLANATION**, by chairman of committee's role

1. The chair will explain that the hearing is open to the public.

2. The chair will identify the rules in the issue and will explain that the committee's role is to receive all relevant information and evaluate, on the basis of the information received at the hearing, whether the student is eligible under the rules. The chair will also comment on what is meant by relevant information.

**EXPLANATION**, by chairman, of procedure

### **INFORMATION GATHERING**

1. The chair will explain that everyone will have a chance to speak and present information when recognized by the chair for that purpose. Only one person will be allowed to speak at a time.
2. The chair will then identify all documents before the committee and direct that they be made a part of the record.
3. The chair will then explain the type of information that the committee will consider.
4. The chair may likely ask the commissioner for a brief background statement regarding the case.
5. The chair will then recognize either the principal or the parents (as the case may be) for any information they may choose to provide the committee.
6. Any witness on behalf of the student will be allowed to speak.
7. If there are persons present who oppose the position of the student, they will be recognized to speak after the student's parents and witnesses have spoken.
8. The chair will entertain questions directed from one party to the other.
9. Committee members will then be given an opportunity to ask questions of any person present.
10. Each side will then be given an opportunity to make a closing statement.

### **DELIBERATIONS**

1. Only Hearing Committee members will be present during deliberations.
2. Committee members will discuss, among themselves, the information presented.
3. Committee members will decide, based upon the information presented, the facts they accept as existing and present.
4. The committee members will apply the facts they have determined to be existing and pertinent to the rules.
5. The committee will reach a decision as to eligibility or ineligibility.

6. The committee will direct that its findings and decision be in writing and approved and signed by the chairperson.
7. The final decision will be mailed to all appropriate parties.

**Appendix B**

**Sierra Foothill League  
Bylaw Change Form**

This form will be completed with coaches initial and/or attached documentation by the appropriate sports representative and presented to their athletic director at least two weeks before the next regularly scheduled directors meeting. It will be reviewed by the directors for further action. If approved, it will be presented at the next regularly scheduled SFL board meeting and passed with a 2/3 vote.

Sport \_\_\_\_\_ Date \_\_\_\_\_  
Submitted \_\_\_\_\_

Existing Bylaw # \_\_\_\_\_ Next AD

Mtg. \_\_\_\_\_

League

Rep. \_\_\_\_\_ School \_\_\_\_\_

**Proposed Bylaw Change**

**Call for coaches vote:**

**Call for AD vote**

**Board vote**

Del Oro Y N \_\_\_\_\_

Del Oro Y N

Y N

Folsom Y N \_\_\_\_\_

Folsom Y N

Y N

Granite Bay Y N \_\_\_\_\_

Granite Bay Y N

Y N

Nevada Union Y N \_\_\_\_\_

Nevada Union Y N

Y N

Oak Ridge Y N \_\_\_\_\_

Oak Ridge Y N

Y N

Rocklin Y N \_\_\_\_\_

Rocklin Y N

Y N

Woodcreek Y N \_\_\_\_\_

Woodcreek Y N

Y N

Date \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

**Comments**

**Appendix C**

**SAC JOAQUIN SECTION  
SPORTSMANSHIP PREAMBLE**

The member schools of the CIF are committed to providing a sportsmanlike environment for students, coaches and spectators. To that end, the CIF Federated Council has adopted the following sportsmanship and crowd control recommendations. Each member school is requested to commit itself to implementing these recommendations.

**SIERRA FOOTHILL LEAGUE  
SPORTSMANSHIP POINTS OF EMPHASIS**

- Positive participation & cheering is the key to good sportsmanship.
- Yell in a positive manner for your team.
- No crowd to crowd pointing, gesturing or yelling before, during or after the game.
- No negative signs.
- No berating opponent players, coaches, mascots or game management.
- No obscene cheers or gestures.
- High school athletics should be fun for everyone, including players, officials and fans.

**SIERRA FOOTHILL LEAGUE  
PRE-GAME ANNOUNCEMENT**

Welcome ladies and gentlemen to tonight's Sierra Foothill League contest. Please remember that your ticket to tonight's event is a privilege to witness a high school activity in an educational setting. As we remind our athletes to play with heart, win with class, and lose with dignity, we would like to ask each of you here tonight to give these athletes, coaches, and officials your positive encouragement as together, we pursue "Victory with Honor".

To our student cheering sections we thank you for your positive support and encouragement. Remember that we are all representing our respective schools and communities and that your behavior is a direct reflection on you and these groups. Please make sure that all cheers and chants are positive in tone and nature and not meant to "put down" the opponent.

Thank you again for your cooperation & support in setting a positive environment for tonight's Sierra Foothill League contest!