

CONSTITUTION OF NORTH COUNTY CONFERENCE

BASEBALL – BOYS

1. SCHEDULES	The Conference shall endorse double round baseball schedules. Triple/plus rounds will be used as needed. JV and frosh shall be at opposite sides of the varsity. Leagues may utilize doubleheader in league schedule so each team plays opponent an equal amount of times. (Revised 5/31/00)
2. OFFICIALS	Currently authorized Official's Associations shall assign two umpires for each varsity game and to JV and frosh when possible. Conference schools may request two JV umpires and one for the frosh.
3. RULES	National Federation Rules as approved by the San Diego Section of the CIF. Rubber spikes are permitted. Metal spikes are allowed. In the event that a three way tie for first place occurs, there will be a coin flip with odd man out.
4. MAKE-UP	Postponed contests subject to Conference policy and CIF and National Federation Rules.
5. INTERRUPTED CONTEST	Shall be handled according to CIF, San Diego Section Rules.
6. LENGTH OF GAMES	All league games shall be seven innings (as per CIF).
7. BATTING PRACTICE	No batting practice is allowed on the day of a game including Baseball PE classes, except during CIF playoffs. a). No overhand throwing with baseball. b). No pitching machine. c). Use of Whiffle balls allowed. d). Use of baseballs allowed for soft toss. (underhand and batting tee only) (Revised 5/31/00)
8. CIF PLAYOFFS	Shall be in accordance with CIF Policy.
9. FACILITIES	The home team shall provide mound, rubber, and plate on the visitor's side of the diamond.

Revised: May 22, 2013

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BASKETBALL – BOYS

1. SCHEDULES	<p>The Conference shall endorse double round basketball schedules.</p> <p>Cross League - Boys will play Wednesday and Friday Tripleheaders in January. Freshman only doubleheaders. Game times are Girls 5:30 PM and 7:00 PM in December.</p> <p>League Schedule- Boys will play (F-JV-Var) Tripleheaders on Wednesday and Fridays.</p> <p>Tripleheader game times will be 3:30 PM - 5:15 PM - 7:00 PM. (Adopted 5-3-06)</p>
2. OFFICIALS	<p>Currently authorized Official's Associations shall assign two officials for all Varsity and JV games.</p>
3. UNIFORMS	<p>The home team in both Varsity and JV shall wear light colored jerseys. The visiting team shall wear dark jerseys.</p>
4. RULES	<p>National Federation Rules as approved by San Diego Section of the CIF. No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.</p>
5. MAKE-UP	<p>Postponed contests subject to Conference policy.</p>
6. INTERRUPTED CONTEST	<p>Shall be handled according to CIF, San Diego Section rules.</p>
7. JV SQUAD	<p>Any 9th, 10th, or 11th grade boy may participate. Conference approves application of CIF Rule during League season: i.e., a player may move from JV to Varsity during the same week, but not from Varsity to JV during the same week.</p>
8. BALL	<p>North County Conference schools may use any National Federation approved ball. (Adopted 3/15/95) Balls can be either leather or a top grade composite. The National Federation Rule Book does not specify.</p>

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9. TIMER	Home school is required to furnish certificated faculty member as timer (Varsity and JV games).
10. CROWD CONTROL	The control of the crowd is a mutual responsibility of the home school, the officials and the coaches. It shall be the primary responsibility of the home school to provide adequate pre-game and post-game control and supervision. Alma Maters (if played) shall be played prior to the games.
11. CHAMPIONSHIPS	League championship shall be determined on the basis of won-loss record in League contests.
12. CIF PLAYOFFS	The seeding of teams by Conference Representatives will be supervised by the SDSCIF Office. (Revised 11/2/10)
13. TEAM FACILITY	Home team should designate a person to see that visiting team facility is open and available at half-time.

Reviewed: September 2006

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BASKETBALL - GIRLS

1. SCHEDULES	<p>The Conference shall endorse double round basketball schedules.</p> <p>To alter Girls basketball schedule so as to avoid home conflicts with wrestling. (Adopted 6/21/93)</p> <p>Approved adding Girls Frosh Basketball to Conference list of approved sports to travel with Frosh boys. (Adopted 3/9/94)</p> <p>Cross League - Girls will play Tuesday and Friday Tripleheaders in January. Freshman only double headers game times are Girls 5:30 PM and 7:00 PM in December.</p> <p>League Schedule- Girls will play (F-JV-Var) Tripleheaders on Tuesday and Fridays.</p> <p>Tripleheader game times will be 3:30 PM - 5:15 PM - 7:00 PM. (Adopted 5-3-06)</p>
2. OFFICIALS	<p>Shall assign currently Authorized Official's Associations for all contests.</p>
3. UNIFORMS	<p>Players shall be dressed in a uniform manner. All uniforms shall have numbers front and back. Home school shall wear white uniforms and visitors dark unless prior arrangements have been agreed to by both teams.</p>
4. RULES	<p>National Federation Rules as approved by San Diego Section of the CIF. No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.</p>
5. MAKE-UP	<p>Postponed contests subject to Conference policy.</p>
6. INTERRUPTED CONTEST	<p>Shall be handled according to CIF, San Diego Section rules.</p>
7. BALL	<p>The Conference authorizes a top grade leather ball for all Varsity and JV games.</p>
8. TIMER	<p>The home school is required to furnish a certificated faculty member as a timer for both Varsity and JV games.</p>

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9. CROWD CONTROL	Crowd control is a mutual responsibility of the home school, the officials, and coaches. Home school shall provide adequate pre-game and post-game supervision.
10. CHAMPIONSHIPS	League Championships shall be determined on the basis of won-loss record in league contests.
11. CIF PLAYOFFS	The seeding of teams by Conference Representatives will be supervised by the SDSCIF Office. (Revised 11/2/10)

Reviewed: September 2006

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CROSS COUNTRY - BOYS AND GIRLS

1. SCHEDULES	The Conference shall endorse League schedules drawn using two cluster meets and an All-League Finals for Varsity. The Junior Varsity and freshmen will use a schedule consisting of three cluster meets.								
2. UNIFORMS	All runners are to be in school uniforms.								
3. DUTIES – HOST SCHOOL	<p>Provide officials as needed - starter, two timers, scorer, and two judges.</p> <p>Provide a suitable "official" course: Lengths to be accurately measured and the distance to be within 200 yards of length authorized. Courses are to be clearly marked the entire distance and wide enough for three runners to run abreast at all times.</p> <p>Time limits :</p> <p>Varsity Girls 16-20 minutes per race. Varsity Boys 15-19 minutes per race.</p>								
4. SCORING	<p>Team scores are determined by adding the total individual places of each team's top five runners. A team's sixth and seventh finishers may displace one or more of the opponent's best five runners. Varsity Girls will run the same distance as Boys Varsity.</p> <p>This scoring plan will apply to all cluster meets and the All-League Finals. The sixth runner will be used to break meet ties.</p>								
5. ORDER OF EVENTS	<p>The order of events for cluster meets shall be:</p> <table style="margin-left: 20px;"> <tr> <td>Girls JV</td> <td style="text-align: right;">3:15 PM</td> </tr> <tr> <td>Girls Varsity</td> <td style="text-align: right;">3:45 PM</td> </tr> <tr> <td>Boys Varsity</td> <td style="text-align: right;">4:15 PM</td> </tr> <tr> <td>Boys F/S/JV</td> <td style="text-align: right;">4:45 PM (Revised 9/27/98)</td> </tr> </table> <p>Start times of ordered races: 3:15PM, 3:45PM, 4:15PM, 4:45PM (Adopted 9/23/92)</p> <p>After daylight savings time change, switch start to 3:00 PM (Adopted 9/23/92)</p>	Girls JV	3:15 PM	Girls Varsity	3:45 PM	Boys Varsity	4:15 PM	Boys F/S/JV	4:45 PM (Revised 9/27/98)
Girls JV	3:15 PM								
Girls Varsity	3:45 PM								
Boys Varsity	4:15 PM								
Boys F/S/JV	4:45 PM (Revised 9/27/98)								
6. MAKE-UP	Postponed contests subject to Conference policy.								

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<p>7. INTERRUPTED CONTEST</p>	<p>Shall be handled according to CIF, San Diego Section rules. If a contest is interrupted or postponed and it is determined that there is no possible make-up date, then the meet will be made up at League finals (Varsity only). The meet will be scored two ways:</p> <ul style="list-style-type: none"> a. As a cluster meet with dual meet scoring. b. As a League final meet. (Adopted 9/17/03)
<p>8. MAPS</p>	<p>Course maps of cluster meets will be mailed out a minimum of two weeks prior to the given cluster meet.</p> <p>If the time schedule is changed, the time schedule must be agreed upon by both Athletic Directors and it must be communicated to the opposing teams a minimum of two weeks prior to the competition. (Adopted 9/17/03)</p>
<p>9. LEAGUE CHAMPIONSHIPS</p>	<ul style="list-style-type: none"> a. All clusters will be scored as an invitational. b. Clusters 1 and 2 will count each as 25% towards the league championship..League Finals will count as 50% toward the league championship. Each of the three JV Clusters will count as 33.3%.
<p>10. ALL LEAGUE TOURNEYS</p>	<p>All League tourneys to be run on Saturday following CIF and National Federation Rules. Guajome Park and/or Kit Carson Park are both approved as sites for the Conference finals. Selection of either site to be made each year by the host school. (Adopted 1/4/89)</p> <p>To include the meet Director's responsibilities in the Red Book. (Adopted 12/6/95)</p> <p>Up to \$250 will be allowed for Conference final. League finals will be assigned two trainers. They will be paid \$25 per hour for their services.</p> <p>A video at the finish line of league finals will be provided by host school. Each host school will provide a back up scoring system; either video, audio, or written. (Adopted 12/6/95)</p> <p>League finals to have two adult trainers. (Host Schools) (Adopted 12/6/95)</p> <p>Placement of teams on the start line for each race at the League finals should be based on seeding (from cluster meet record) from the center line out. (Adopted 1/4/89)</p>

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	<p>Each school may enter any number of runners, to maximum of twelve. To score as a team, a minimum of five runners must enter and finish the race. Two certified starters will be assigned for the All-League Finals to act as a starter, judge, and impartial referee in case of protests.</p>
11. BICYCLES	<p>No bicycles allowed in the competition area. (Throughout the course.)</p>
12. AWARDS	<p>Conference to provide the following medals for each All-league finals. Place medals for first ten (10) finishers.</p>
13. CIF PLAYOFFS	<p>All finishers in League standings shall enter the playoffs in accordance with Conference policy.</p>
14. RULES	<p>No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.</p>

Reviewed: September 2004
Revised: September 2005
Revised : March 12, 2013
Revised September 7, 2014

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FIELD HOCKEY - GIRLS

1. SCHEDULES	The Conference shall endorse double round field hockey schedules.
2. OFFICIALS	Shall assign currently authorized Official's Associations for all contests.
3. UNIFORMS	Players shall be dressed in a uniform manner, according to provisions of rules guide.
4. RULES	<p>Home school shall furnish scorers and timers. Varsity game will be played first, followed by JV game. No contestant may participate in any sport (Versus NCC or Section/State/etc.) on two levels on the same day.</p> <p>Prior to Varsity contests, all teams are to be provided field space for a 20 minute warm-up period. (Adopted 12/3/03)</p> <p>During rolling substitutions, there is no need for displaying player's numbers.</p> <p>To adopt the revised rules for the tie breaker procedure. (Adopted 6/20/94)</p>
5. MAKE-UP	Postponed contests subject to Conference policy.
6. INTERRUPTED CONTEST	Shall be handled according to CIF, San Diego Section Rules.
7. CHAMPIONSHIPS	League championship shall be determined on the basis of won-loss record in League contests.
8. CIF PLAYOFFS	The top finishers in League standings shall enter the playoffs in accordance with Conference policy.

Reviewed: September 2005

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FOOTBALL - BOYS

1. SCHEDULES	<p>The Conference shall endorse single round schedules.</p> <p>The commitment within the Conference is to reserve weeks 3, 4, and 5 for Conference cross-league contests. (Adopted 12/3/03)</p> <p>Cross-league agreements in week 3 are to be set with the seven team league prior to scheduling other contests. (Adopted: 9/12/05)</p> <p>Even team leagues will set up cross-league schedule at the End-Of-Season Meeting. Top three teams in each League will meet and match up for contests.</p> <p>Bottom three teams in each League will meet and match up for contests. (Adopted 9/14/05)</p>
2. OFFICIALS	Currently authorized Official's Associations shall assign for all contests.
3. UNIFORMS	Home Varsity and JV teams shall wear dark jerseys. Visiting Varsity and JV teams shall wear light colored jerseys, unless other mutual accommodations are made.
4. RULES	National Federation Rules as approved by the San Diego Section of the CIF. No contestant may participate in any sport (Versus NCC or Section or Section/State, etc.) on two levels on the same day.
5. MAKE-UP	Postponed contests subject to Conference policy.
6. INTERRUPTED CONTEST	Shall be handled according to CIF, San Diego Section rules.
7. JV FOOTBALL	Any 9 th , 10 th , or 11 th grade boy may participate. JV League games shall be played as preliminary games when Varsity games are scheduled at night.
8. NINTH GRADE	With mutual agreement of competing schools, ninth grade games may be scheduled on Saturday mornings.

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9. OFFICIAL BALL	The Conference adopts the provision in the Federation Rules, which allows each team the choice of a leather or rubber ball for league contests.
10. MARKING FIELD	Each school is to cooperate in proper marking of the field in accordance with official rules as requested by the Official's Association.
11. POLICING	It is recommended that the home school post at least one police officer at each League Varsity football game.
12. HALF-TIME ACTIVITY	The home school is responsible for half-time activities. If half-time is to be extended, it must be mutually agreed upon by both schools. Home team only to play Alma Mater as part of half-time show.
13. FILMS	<p>A mandatory exchange of all game film (shot from sideline angle from the deepest back to the closest safety, sideline to sideline; starting when the offense breaks the huddle and ending approximately three seconds after the whistle ends the play.) The film exchange will be made via an on-line pool hosted by Hudl.</p> <p>Coaches will upload their latest game to the pool by 11:00AM the day following a game. All NCC teams will have access to the film for the entire season.</p> <p>No NCC schools will share video of any NCC games in which they are not a participant. (Revised 4/26/12)</p>
14. MEDICAL CARE	The host school shall provide for emergency professional medical care for injured athletes. This calls for a doctor or competent medical assistance to be present, or available, at all football games.
15. FACILITIES	Home school shall provide comparable facilities
16. PRACTICE	The Conference adopts the policy that there is to be no football practice of any description during the summer months prior to the first date authorized by the CIF, San Diego Section.
17. CHAINS	The home team shall provide adults to run the chains for Varsity games. (Adopted 9/21/88)

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18. CHAMPIONSHIPS	League championship shall be determined on the basis of won-loss record in league contests.
19. CIF PLAYOFFS	The top finished in league standings shall enter the playoffs in accordance with Conference policy.
20. GAME PARTICIPATION	Football players may participate in only one level of competition during a calendar week – Sunday through Saturday.
21. FOOTBALL CAMPS	CC teams are restricted from participating in contact football camps. (Adopted 5/9/01)
22. SOFT HEAD GEAR	Soft head gear is optional for Spring practice. (Adopted 5/9/01)

Reviewed: September 2004
Revised: September 14, 2005
Revised: May 4, 2010
Revised: February 14, 2011
Revised: November 29, 2012

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GOLF – BOYS/GIRLS

1. SCHEDULES	The Conference shall endorse double round golf schedules; dual League matches will be 9 holes; second round matches may be 18 holes by mutual agreement.
2. GROUND RULES	Home coach will instruct players of the special rules which apply and whether summer or winter rules prevail. No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.
3. TEAM	The regulation team is composed of six players. If visiting team wishes to bring more than six players, advance arrangements and approval of home team is required.
4. SCORING	Straight medal play – total of best five or six scores; use scores of #6 finishers to resolve ties.
5. CONDUCT	<p>The coach will disqualify any of his/her players who exhibit unsportsmanlike conduct such as throwing a club, profanity, harassment, smoking, and so forth. Players may give advice to another team member.</p> <p>Electronic devices including cell phones, beepers, cd players, walkman radios, video equipment and any other electronic devices are not to be used during a match. Use will result in player disqualified for current match. (Adopted 9/19/00) A cell phone ringing during play will result in a one stroke penalty.</p> <p>During pre-match instructions, any allegations on player conduct infractions must be documented immediately on scorecard at time of infraction. There will be a three step progressive policy:</p> <ol style="list-style-type: none"> 1. Conduct instruction on 1st tee during introductions. 2. Welcome the team(s) to the course. 3. Give them their behavioral /electronic devices warnings. 4. Tell them that the first infraction is a one(1) stroke penalty. 5. The second infraction is disqualification. 6. Advise them of the course set-up. 7. Advise them of how to proceed with a provisional ball. 8. Advise them of the two ball rule. 9. Tell them that they must report their score immediately upon leaving the green and before the next tee shot. 10. Tell them to please take care of course and to repair divots and ball marks on the green. 11. Tell them to match score cards at the end of the match and if there are any discrepancies, to not sign the card and take it to the committee. 12. Advise them to declare their ball and that visiting team has the tee.

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	13. All teams should remain at the course until the match is completed to shake hands/ If the team cannot stay, coach should let opposing coach know before the match to promote sportsmanship.
6. MAKE-UP	Postponed contests subject to Conference policy.
7. CHAMPIONSHIPS	League Championship shall be determined on the basis of won-loss record in league contests. If teams are tied for the league championship, the automatic bid for the CIF championship will be decided by the first day of the league tournament.
8. COACHING	Approved coaches vote to determine All-League teams in golf. (Adopted 6/24/87)
9. ALL-LEAGUE TOURNEYS	As per General Regulations, Section VII, D. (Adopted 12/14/84) League tournaments will be two rounds.. Expand the qualifying minimums to match the CIF rule. (Adopted 12/14/84) No cuts made for second day league finals. (Adopted 9/19/00) Players considered for At-Large berths must make the CIF Qualification of 11 nines. At-Large players will not be eligible to medal or be considered for All-League. (Revised 2/27/11)
10. AWARDS	Conference will provide place medals for first six individual scorers in each League Tourney.
11. CIF PLAYOFFS	Team Entries: The top finishers in League standing shall enter the playoffs. Other finishers will be considered using CIF At-Large criteria.
12. DRESS CODE	Teams will wear matching team shirts with color, Bermuda shorts, or pants – no jeans. (Adopted 6/26-27-85) Team members not wearing uniform cannot compete. (Adopted 9/20/89) Visiting team to adhere to the dress code of the home course. (Adopted 6/21/93)

Revised 24 February 2014
 Revised 7 September 2014
 Revised 30 October 2014

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GYMNASTICS – GIRLS

1. SCHEDULES	Restructure to two four-team Leagues and schedule single round, but play all. (Revised 9/15/04)
2. OFFICIALS	<p>Shall assign currently authorized Official's Association for all contests.</p> <p>Home school is responsible to obtain officials from source as approved by Conference officials. Four officials per dual meet are authorized.</p>
3. UNIFORMS	
4. RULES	<p>Meets shall be conducted in accordance with rules approved by CIF. No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.</p> <p>A. An athlete must compete by the midpoint of the season. Midpoint of the season is defined as 6 weeks from the 1st allowable tryout/practice date set by the CIF.</p> <p>B. To participate in the league finals, a gymnast must have participated for her school of enrollment in a minimum of 6 meets.</p> <p>C. After the midpoint of the season, a gymnast must compete unattached for her club team. Failure to do so will result in the athlete becoming ineligible for the remainder of the high school season.</p> <p>A dual meet shall consist of competition at three levels:</p> <ol style="list-style-type: none"> 1. <u>JV</u> 2. <u>Compulsory Varsity</u> and 3. <u>Optional Varsity</u> <p>There shall be four events plus an all-round at each level: Balance Beam, Floor Exercise, Uneven Bars and Vaulting.</p> <p>Allow ten entries for Varsity, seven for Junior Varsity. (9/15/04)</p> <p>Competitors may move between levels weekly, but can compete at only one level in any one meet.</p>
5. COMPETITION	<p><u>JV:</u> Routine at beginning level as specified in DGWS.</p> <p><u>Compulsory Varsity:</u> Compulsory routines at Intermediate level as specified in DGWS.</p> <p><u>Optional Varsity:</u> Routines according to FIG Code.</p>

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6. MAKE-UP	Postponed contest subject to Conference policy.
7. INTERRUPTED CONTEST	Shall be handled according to CIF, San Diego Section Rules.
8. AWARDS	Medals should come with ribbons.
9. CHAMPIONSHIPS	<p>Entries are to be submitted to host school two days prior to the championship meet.</p> <p>Should be based on won-loss record in League contests and League finals. In League finals, points will be awarded to teams based on order of finish in each event. Point values will be awarded based on the number of teams competing minus 1. (Example: 5 teams = 4, 3, 2, 1, 0 points for first through fifth place.)</p> <p>League champion based on dual meet and League final competition. This team will automatically qualify for CIF. Refer to Green Book, page 110, rule 7-A-1 for At-Large qualification. (Adopted 5/28/97)</p>
10. ALL-LEAGUE	Conference authorizes All-League finals in <u>Compulsory Varsity</u> and <u>Optional Varsity</u> .
11. CIF PLAYOFFS	<p>The League champion will automatically qualify for CIF playoff competition. At-Large qualifiers will be determined by CIF Green Book.</p> <p>Individual: Competitors shall qualify from the All-League Tournament as per CIF format.</p> <p>Take the four highest scores. (Adopted 6/21/93)</p>

Reviewed: September 2003
 Revised: September 15, 2004
 Revised September 7, 2014

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LACROSSE - BOYS/GIRLS

1. SCHEDULES	<p>The Conference will endorse a double round lacrosse schedules for Varsity and Junior Varsity.</p> <p>Both games will be played on the same day at the same site unless officials are unavailable.</p> <p>Game times will be determined by the home site.</p>
2. OFFICIALS	<p>Shall assign currently authorized Official's Association for all contests.</p> <p>Officials to clear sidelines before game begins.</p>
3. RULES	<p>NCAA rules as approved by the San Diego Section of the CIF. No contestant may participate in any sort (Versus NCC or Section/State, etc.) on two levels on the same day.</p>
4. MAKE UP	<p>Postponed contests subject to Conference policy.</p>
5. INTERRUPTED CONTEST	<p>Shall be handled according to CIF, San Diego Section Rules.</p>
6. CHAMPIONSHIPS	<p>The League champion shall be determined on the basis:</p> <p><u>OPTION 1</u> a.) Wins 3 points b.) Ties 1 point c.) Loss 0 points Team with most points in League contests = champions</p> <p><u>OPTION 2</u> Won-loss record in League contests</p>
7. CIF PLAYOFFS	<p>The League champion will be automatic entry; all other teams qualify by At-Large acceptance.</p>

Reviewed: September 2005

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SOCCER – BOYS/GIRLS

1. SCHEDULES	<p>The Conference shall endorse double round soccer schedules. Girl's soccer shall have a double round Conference schedule.</p> <p>All three levels will be played on the same day at the same site unless officials are unavailable. (Adopted 9/20/89)</p> <p>Freshmen/JV games will be played at 3:30 PM with Varsity to follow at about 5:30 PM.</p>
2. OFFICIALS	<p>Shall assign currently authorized Official's Association for all contests.</p> <p>Officials to clear sidelines before game begins. (Adopted 4/1/92)</p>
3. RULES	<p>NCAA rules as approved by the San Diego Section of the CIF. No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.</p> <p>Varsity teams shall have 20 minutes to warm up after the end of a preceding game on the field.</p>
4. MAKE UP	<p>Postponed contests subject to Conference policy.</p>
5. INTERRUPTED CONTEST	<p>Shall be handled according to CIF, San Diego Section Rules.</p>
6. CHAMPIONSHIPS	<p>League championship shall be determined on the basis: Win = 3 points Ties = 1 point Loss = 0 points Team with most points = champions.</p>
7. CIF PLAYOFFS	<p>The League champion will be an automatic entry; all other teams qualify by At-Large acceptance.</p>

Reviewed: September 2005

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SOFTBALL - GIRLS

1. SCHEDULES	The Conference shall endorse double round softball schedules.
2. OFFICIALS	Shall assign currently authorized Official's Association for all contests.
3. SCORERS	The home school shall provide the official scorer, the visiting team – an assistant scorer.
4. LINEUPS	Each coach shall provide the umpire with a copy of starting lineup. Home team coach shall provide written copies of ground rules.
5. RULES	<p>Games shall be conducted in accordance with rules approved by CIF. No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.</p> <p>A player can participate at either level weekly, and may also move up during any given week.</p> <p>All games shall be seven innings in length, unless a shortened contest is mutually agreed upon.</p> <p>A game is considered official if it is necessary to call the game at the end of five innings.</p> <p>Games may end anytime after five innings when a team is behind ten or more runs and the coach of the trailing team wishes the contest to be discontinued. Below varsity level games are limited to seven innings or a maximum of two hours, whichever comes first. No new inning shall begin after two hours have expired from the start of the game. (Green Book, Article 250, Page 68)</p> <p>No batting practice is allowed on a game day, including Softball PE, except during CIF playoffs. (Revised 5/5/10) Whiffle balls may be used.</p> <p>If a game ends in a tie, it will not be played off. Each team receives credit for a half-game won and a half-game lost. DGWS and CIF rules apply.</p> <p>Rubber spikes are permissible; metal spikes are allowed.</p> <p>Each team shall have a pre-game, 15 minute warm up period; host team first. (Revised 5/28/97)</p>

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6. MAKEUP	Postponed contests subject to Conference policy.
7. INTERRUPTED CONTEST	Shall be handled according to CIF, San Diego Section Rules.
8. BALLS	Home team shall furnish new, leather, triple A 50% cork-centered balls for each game. They shall be of the concealed stitch type. Visiting team has the option to provide their own game balls for use by their pitcher. (Adopted 6/21/93)
9. CHAMPIONSHIPS	League championship shall be determined on the basis of won-loss record in League contests.

Reviewed: September 2005

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SWIMMING – BOYS/GIRLS

1. SCHEDULES	The Conference shall endorse single round swimming schedules for two classes- Varsity and Junior Varsity.
2. OFFICIALS	Shall assign currently authorized Official's Associations for all contests.
3. UNIFORMS	All participants shall follow the National Rule Book.
4. RULES	National Federation rules as approved by the San Diego Section of the CIF. No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.
5. MAKEUP	Postponed contests subject to Conference policy.
6. INTERRUPTED CONTESTS	Shall be handled according to CIF, San Diego Section Rules.
7. SCORING	<p>Home school shall furnish scorer. Winners of first six places and their times shall be recorded for each event. Scoring shall be on a 6-4-3-2-1 basis. Relays (8-4-2) (Adopted 12/12/84)</p> <p>Home schools should be responsible for having student or adult timers.</p> <p>Diving scorers shall consist of one referee and one representative from each school.</p>
8. ENTRIES	<p>Each team may have three entries in individual events and three entries in each relay event. In dual meets, Varsity team must be fielded before a JV team is eligible for competition.</p> <p>Schools in Swim/Dive MUST notify their intent to field a Diving Team by the Friday before the first League contest. If the team doesn't declare, it cannot dive. If a team has no divers, the diving points will not count. If they have even one diver, diving must take place and all points will count even if the diver is no longer with the team.</p> <p>If the school does not have a diving facility, it must make verbal contact with the opposing school two weeks before the scheduled meet to let the other school know there will be no diving.</p>

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9. CHAMPIONSHIPS	<p>League championship will be determined by a combination of wins in dual meets and teams you defeat at the League Championship meet. The school with the highest total number of dual meet victories plus the number of teams defeated in the championship meet will be declared the League champion. Ties for League championships are possible.</p> <p>Meet Committee will make final decisions in event of a protest regarding meet administration, procedural rules, or questions of fairness during NCC swim or diving championships.</p> <p>The League meet order of events will conform to the CIF order. League meet entries will consist of the girls/boys order with four individual entries per school per event and two entries per school per relay. Final races will consist of eight finalists and eight consolation finalists. The Prelims and Finals will be conducted On a Wednesday/Friday schedule.</p>
10. ALL-LEAGUE	<p>The Conference shall sponsor annually prelims and finals of an All-Conference or All-League meet; Diving prelims and finals to be held on the same day.</p>
11. CIF PLAYOFFS	<p>Qualification for CIF playoff participation shall be determined by CIF regulations.</p>
12. AWARDS	<p>Conference shall provide place medals for the first four finishers in each individual event and for members of both the first and second place teams in each relay event.</p>

Revised on November 21, 2013

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TENNIS – BOYS/GIRLS

1. SCHEDULES	The Conference shall endorse double round tennis schedules. The Varsity and JV will play at opposite sites.
2. TEAMS	Shall consist of three singles and three doubles. Players can participate in only one event.
3. LINE-UPS	Line-ups are to be exchanged by coaches before match – no changes.
4. EQUIPMENT	Home team provides balls and retains after matches, as approved by CIF.
5. RULES	U.S.T.A. Tennis Association rules apply to all matches, as approved by CIF. No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.
6. CONDUCT	A coach is expected to disqualify any of his/her players who exhibit unsportsmanlike conduct. In the case of misconduct, either coach seeing or being aware of the incident should contact the other coach and stop play. The player shall be advised – next repetition will be cause for loss of game; the next misconduct – loss of set.
7. SCORING	<p>Each singles player will play one set against each singles player of the opposing team. Sets at 6-all will be resolved by a 7/12 point tie breaker. Each singles set counts one point; total of 9 points.</p> <p>Each doubles team will play one set against each of the opponent's doubles teams. Sets at 6-all will be resolved by a 7/12 point tie breaker. Each set will count 1 point; total of 9 points. The team that wins a majority of the 18 points, wins. In the case of a tie in points scored, the team winning the greatest number of individual games in all matches will be declared the winner. If a tie should still exist, sets won in doubles would determine the winning team. (Adopted 6/26/89)</p> <p>Substitutions may be made any time after the completion of a set. Once a player is pulled out, they cannot re-enter the competition. (Revised 2/28/2015)</p>

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8. COACHING	<p>Only players are allowed inside fences once match starts. Play is to be continuous – no delays. In the event of a protest, misconduct – coaches will meet on court and clarify. Participants MAY NOT use cell phones during competition. Team warmups must be completed 15 minutes prior to designated start time.(Revised 8 September 2015)</p> <p>COACHING only to occur when changing side and within allotted time (60 seconds). (Adopted 6/22/92)</p> <p>School appointed coaches and/or team captains may coach players during the change-over time – NOT parents, siblings, or private coaches.</p>
9. MAKEUP	Postponed contests subject to Conference policy.
10. INTERRUPTED CONTESTS	Shall be handled according to CIF, San Diego Section rules.
11. CHAMPIONSHIPS	League championship shall be determined on the basis of won-loss record in League contests.
12. ALL-LEAGUE TOURNEYS	<p>Conference authorizes All-League Tourneys in both singles and doubles. (Players may compete in singles or doubles, but not in both.)</p> <p>All NCC Leagues will meet together for seeding, and the End-Of-Season meeting will follow.</p> <p>Playoff format is single elimination, matches being two of three. (Adopted 6/22/92)</p> <p>In case of a dispute at League finals, a coach of a non-competitor’s team will help with the line calls. (Adopted 6/26/89)</p> <p>Coaches may, by a two – thirds vote, exempt a player from the League qualifying tournament to the CIF for:</p> <ul style="list-style-type: none"> a. Injury/illness b. Absent for a National tournament <p>This would reduce the four automatic CIF League qualifiers by the number of players exempted.</p>
13. AWARDS	Conference will provide place medals for first four places in both singles and

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	doubles play leagues.
14. CIF PLAYOFFS	<p>Team: The top two finishers in League standing shall enter the playoffs in accordance with Conference policy.</p> <p>Individual: Singles and doubles players will qualify for the All-League Tournament as per CIF format.</p>
15. DRESS	<p>All team members will wear matching shirts. (Adopted 6/26-27/85)</p> <p>No player will be allowed to compete in a League contest unless in shorts or skirts of the same color and matching shirts. (Adopted 9/20/89)</p> <p>Revised 10/22/03</p>

The Athletic Director in charge of Tennis will be present for the last day of League finals and is responsible for resolving any conflicts. (Adopted 1/4/89)

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TRACK & FIELD – BOYS/GIRLS

1. SCHEDULES	Conference authorizes combined single round dual track schedules, using Thursdays.
2. OFFICIALS	<p>Currently authorized Official's Association shall assign one starter to each dual meet and two starters to both All-League prelims and finals. Home school shall furnish "competent adult" officials as needed for dual meets (JC students who are PE majors may be considered as "competent adult officials".)</p> <ol style="list-style-type: none"> 1. Clerk of Course (1) – in charge of running event check-in. 2. Head Judge (1) – in charge of finish line. 3. Timers (3) – first 3 places. 4. Judges (3) – first 3 places. NOTE: Automatic Timing Operators(2) could replace head judge, timers and Judges. 5. Announcer (6) 6. Field Event Judges (6) – 1 per event <p>Home school provides "competent student" officials for dual meets: -Hurdle crew -Block crew -Runners -Official scorer and book -Field Event Assistants; 3 to 4 per event as needed.</p>
3. CLASSIFICATIONS DUAL MEETS	Conference levels in Track and Field shall be: BOYS: Varsity, Junior Varsity, and Freshmen GIRLS: Varsity and Junior Varsity (Adopted 6/21/93)
4. EVENTS	As per CIFSD Section Green Book. (See "Standardized Combined Dual Meet Order of Events") Starting time for all dual meets shall be 3:15 PM.
5. ENTRIES	<p>Submission of entries shall be handled in manner prescribed by Official's Association. Entries limited to four in all Varsity events.</p> <ol style="list-style-type: none"> 1. Relay entries must contain the names of Entries. (Adopted 6/26-27/84) 2. Track coaches must exchange entry lists prior to dual meets. The starter shall also receive a copy of each school's entry list. The List is official.
6. TRACK	Home school responsible for having all interested parties informed of any unusual

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	conditions of local track.
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7. MAKEUP	Postponed contest subject to Conference policy.
8. INTERRUPTED CONTEST	Shall be handled according to CIF, San Diego Section and National Federation rules.
9. LEAGUE RECORDS	League Track and Field records can be established only in League prelims or finals.
10. CHAMPIONSHIPS/ALL	<ol style="list-style-type: none"> 1. League championships shall be determined on the basis of won-loss record dual meet League contests. 2. The individual winner and relay team winner in each event will be named to the All-League team.
11. LEAGUE MEET	<ol style="list-style-type: none"> I. The site for the league prelims and finals will be determined via an agreement between the head coaches of each individual league; II. The time schedule for the league prelims and finals will be determined via an agreement between the head coaches of each individual league. III. The prelims and finals will be a ONE day meet taking place on Friday. IV. Each league's prelims and finals shall have a meet director who is in charge of all communications, logistics and results. V. Admissions for the league prelims and finals shall be charged. Proceeds from gate receipts will be used to pay expenses(officials, custodial, security, etc;)as well as timing system costs(\$250 per day)and up to \$300 to pay other meet officials and the athletic trainer if situation warrants same. <ol style="list-style-type: none"> a. The excess from the gate receipts will be submitted to the North County Conference via check. VI. Fully automatic timing systems shall be used for all league prelims and finals. The meet director also oversees the set up and running of the timing system. VII. Each league school will be assigned specific duties during the league prelims and finals. Each school must provide the adult and student workers necessary to fulfill those duties.
12. AWARDS	Conference shall provide four place medals for each single event and four medals for both the first and second place relay teams in each League final.
13. CIF PLAYOFFS	Individual competitors shall qualify for CIF prelims from the League finals as per CIF format via CIF qualifying standards.

Revised : February 28, 2015

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Revised September 7, 2014
Revised November 13, 2014
Revised February 28, 2015

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CIF ORDER OF EVENTS

A. Running Events

<u>Order</u>	<u>Division</u>	<u>Events</u>
1	G	400 Meter Relay
2	B	400 Meter Relay
3	G	1600 Meter Run
4	B	1600 Meter Run
5	G	100 Meter LH
6	B	100 Meter HH
7	G	400 Meter
8	B	400 Meter
9	G	100 Meter
10	B	100 Meter
11	G	800 Meter
12	B	800 Meter
13	G	300 Meter LH
14	B	300 Meter LH
15	G	200 Meter
16	B	200 Meter
17	G	3200 Meter
18	B	3200 Meter
19	G	1600 Meter Relay
20	B	1600 Meter Relay

(Adopted by CIF 9/23/87)

B. Field Events

1. Field events will start at 3:15 PM
2. Varsity division will have 3 trials with top 4 receiving 3 additional trials; JV and Frosh will receive 4 attempts each.
3. All Junior Varsity field events are limited to a maximum of (6) entrants per school, or a maximum of twelve (12) if either school doesn't fill the maximum.
4. All field events must conclude within 30 minutes of the finish of the 1600m relay.

DISCUS

1. Girls will throw discus first, followed by the girls JV with a maximum one (1) hour 30 minute time limit.
2. Boys Varsity will throw next, followed by the Boys JV and the boys Freshmen.

SHOT PUT

1. Boys Varsity will throw shot first, followed by the boys JV, and the boys Freshmen with a maximum 1 hour 30 minute time limit.
2. Girls will throw next, followed by the girls JV.

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POLE VAULT

1. Boys Varsity will vault first; starting height 9'6".
2. Starting heights for pole vault, Girls JV – 6'0", Girls Varsity 7'0", Boys Frosh 7'6", JV 8'6", vaulting in continuous order. If no Frosh team is competing, opening height for JV Boys will be 7'6".

HIGH JUMP

1. Girls Varsity will vault first; starting height 4'4".
2. Boys Varsity will follow – 5'2".
3. Girls JV will jump next – 4'0".
4. Boys Frosh – 4'8" and boys JV – 4'8" will follow.

LONG JUMP

1. Boys and girls Varsity divisions will compete in Best pit; 1 hour 30 minutes time limit.
2. Boys JV, Frosh and girls JV will compete in 2nd Best pit, if available; 1 hour 30 minutes time limit.

TRIPLE JUMP

1. Boys and girls Varsity division will follow long jump in Best pit.
2. Boys and girls JV and Frosh will follow long jump in 2nd Best pit if available.

14. RULES	No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.
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Reviewed: March 31, 2011
Revised September 7, 2014

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VOLLEYBALL – BOYS/GIRLS

1. SCHEDULES	The Conference shall endorse double round volleyball schedules for Varsity, Junior Varsity, and Freshmen. Junior Varsity and Freshmen will play first and at the same time. Varsity match will be played following the end of the Junior Varsity and Freshmen games.
2. OFFICIALS	Shall assign currently authorized Officials Associations for all contests.
3. UNIFORMS	All teams shall be in uniform with easily identifiable numbers on front and back of shirt.
4. EQUIPMENT	Home team will provide regulation 12 or 18 panel leather USVBA approved ball, antennae, and a visible scoreboard.
5. RULES	<p>Junior Varsity and Freshmen contests are to be played first, with Varsity games to follow. The Varsity coin toss shall be held after the Varsity court is ready for play. (Adopted 5-3-06)</p> <p>The Varsity game will begin twenty minutes after the coin toss. (Adopted 12/14/84)</p> <p>Trained linesmen will be provided by both the home and visiting schools.</p> <p>No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.</p>
6. MAKEUP	Postponed contest subject to Conference policy.
7. INTERRUPTED CONTESTS	Shall be handled according to CIF, San Diego Section rules.
8. SCORING	<p>a) The home school shall provide an official scorer and timer.</p> <p>b) Varsity format: Varsity competition will be three out of five games. (Adopted 9/21/83)</p>
9. CHAMPIONSHIPS	League championship shall be determined on the basis of won-loss record in League contests.

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10. CIF PLAYOFFS	The League Champion will receive an automatic berth into the SDS CIF Playoffs. Other teams may apply through the At-Large selection process.
11. WARM-UP TIME	See CIFSD Section rules (Green Book) Boys – The home team will provide 12 to 18 balls for visiting team to use to warm up. (Revised 9/9/10) Girls – The home team will provide 12 to 18 balls for the visiting team to use to warm up. (Revised 9/9/10)

Revised: September 9, 2010

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WATER POLO – BOYS/GIRLS

1. SCHEDULES	<p>The teams will be separated into two or more Water Polo Leagues as needed. There will be home games within each League.</p> <p>All League schedules will be reviewed annually.</p> <p>Order of playing: JV/Varsity/Novice. (Revised 12/6/00)</p> <p>Varsity will have a minimum of 20 minute warm up.</p>
2. OFFICIALS	<p>The host schools are to turn in their schedules to the Assignment Secretary.</p>
3. UNIFORMS	<p>No jewelry may be worn during games. Bandages will be checked by the officials. Their discretion will be used in deciding suitability to compete.</p>
4. RULES	<p>National Federation rules will apply.</p> <p>All Water Polo coaches must provide a roster prior to the meet.</p>
5. MAKEUP	<p>Subject to Conference policy.</p>
6. INTERRUPTED CONTESTS	<p>Shall be handled according to CIF, San Diego Section rules.</p>
7. SCORING	<p>Both schools are responsible for providing a scorer. The home book is official.</p>
8. CHAMPIONSHIP	<p>The League Champion is determined by best won-lost record. Co-champions are possible. With a single round schedule, to adopt a tie breaker procedure:</p> <ul style="list-style-type: none">(1)two-way tie<ul style="list-style-type: none">a. head-to-head(2)three-way tie<ul style="list-style-type: none">a. fewest goals allowedb. lowest goal differentialc. highest total goalsd. coin toss

Reviewed: September 2012

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WRESTLING – BOYS

1. SCHEDULES	<p>The Conference shall endorse single round wrestling schedules.</p> <p>Avocado League to host a League tournament. Site to be determined at pre-season meeting.</p> <p>Rotating schedules: Palomar League (8 teams) to implement a rotating bye schedule. (Adopted 3/15/89)</p>
2. OFFICIALS	<p>Shall assign currently authorized Official's Associations for all contests.</p>
3. WEIGHT MANAGEMENT	<p>In 2005-2006 it will be mandatory that all wrestlers in California participate in the National Wrestling Coaches Association Weight Management Program which includes:</p> <ul style="list-style-type: none"> • Hydration Testing • Body Composition Assessment • Establishment of a lowest allowable weight class for each wrestler. • Establishment of a safe weight loss program to arrive at the lowest allowable weight class. • Nutritional Education (Adopted 9/14/05)
4. WEIGH-INS	<p>As required by CIFSD Section – Green Book.</p> <p>Weigh-ins for dual matches are completed ½ hour before the scheduled match time (4:30 PM to 5:00 PM) or at another time agreed upon by the coaches until 5:00 PM. Each school shall have its scale certified prior to the Wrestling season.</p>
5. RULES	<p>National Federation rules as approved by the San Diego Section of the CIF. No contestant may participate in any sport (Versus NCC or Section/State, etc.) on two levels on the same day.</p>
6. MAKE-UP	<p>Postponed contests subject to Conference policy.</p>
7. INTERRUPTED CONTEST	<p>Shall be handled according to CIF, San Diego Section rules.</p>

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8. CROSS BYES	Conference schools may, by mutual agreement, cancel the cross scheduled by dual match so that they may enter an additional tournament at the Varsity level only. JV and Freshmen matches will be wrestled.
9. CHAMPIONSHIPS	League championship shall be determined on the basis of won-loss record in League contests.
10. CIF PLAYOFFS	Individuals shall qualify for the CIF meet, in their classification, as per CIF format.
11. VARSITY LADDER	All coaches shall do everything in their power to field the best Varsity team and to maintain the integrity of the League schedule. (Adopted 4/1/86)

Revised: September 2005