

Article III – General Rulings

1. PRACTICE

- A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team. [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, F Practice, 1 Definition](#)
- B. Practice shall not be held on Sundays or Christmas.

2. STARTING DATES – Starting dates for “Organized Practice” in the following team sports. [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, F Practice, 6 Starting Dates for Practice](#)

- A. Fall Sports – The first day of practice for all levels shall be the date established by the CCS.
No sport may have more than 54 hours of practice time before the contest start date established by the CCS in Article V, Section 3.H.
- B. Winter Sports - The first day of practice for all levels shall be the date established by the CCS.
- C. Spring Sports - The first day of practice for all levels shall be the date established by the CCS.

3. SPORT SCHEDULES

- A. The League Commissioner shall prepare all schedules with the following guidelines:
 - 1. In a double round robin format, maintain the same opponents over a two-year period, but rotate home and away dates for opponents in the two-year period. Every two-year period the Commissioner shall create schedules for double round robin sports that match different opponents.
 - 2. In a single round robin format, rotate the schedules by moving the first game of the year to the last game of the year in subsequent years, and rotate the home/ away dates for the opponents.

- B. The following schedules shall be prepared each year:

Baseball	Double round robin for all levels.
Basketball	Double round robin for all levels for both boys and girls.
Cross Country	Three weighted league meets.
Football	Single round robin for all levels.
Golf	Double round robin for boys’ and girls’ varsity and JV teams. Supersites may be established.
Boys Lacrosse	Single round robin format for both levels.
Soccer	Double round robin format for both boys and girls.
Softball	Double round robin format for varsity and JV teams.
Swimming & Diving	Single round robin for all boys’ and girls’ levels.
Tennis	Double round robin format for both boys’ and girls’ varsity and JV teams.
Track & Field	Single round robin for all levels boys and girls.
Volleyball	Double round robin for both boys’ varsity and JV teams. Double round robin for girls’ varsity and JV teams. Supersite for girls’ frosh
Water Polo	Single round robin for all levels for both boys and girls.
Wrestling	Single round robin for all levels.

4. FROSH-ONLY TEAMS – Any school may add a frosh-only team for any sport that is not offered as part of the normal league schedule. Such teams can schedule practice contests with any other schools in that sport.
5. SCHEDULE CHANGES – Game times and/or locations can be changed by mutual agreement from each school’s Athletic Director and WCAL Commissioner approval.
6. PROCEDURE TO CHANGE THE SCHEDULE OF A SPORT
 - A. The Sport Committees will review their current schedule at the Sport Coaches Meeting each year. Any proposals to change the format of the schedule for the following year must be presented in writing to the League Commissioner. This proposal must be supported by a majority vote of the varsity coaches and shall include a rationale for the change. No request for changes in the sport schedules for the current school year will be accepted.
 - B. If changes to the current schedule format are requested by the coaches, the League Commissioner will prepare two sports schedules. The first schedule will involve recommended changes from the coaches. The second schedule will use the current schedule format. Both of these schedules will be presented for a first reading and discussion by the Athletic Directors Council and Principals Council at their November meetings. The Athletic Directors Council will vote on the sport schedules at their January meeting, and make recommendations to the Principals’ Council. The Principals Council will vote on the sport schedules at their January meeting. The vote will be final.
 - C. The Principals reserves the right to make exceptions to this procedure.
7. RESCHEDULING AN EVENT WITHIN A SPORT SCHEDULE
 - A. The WCAL schedule takes priority when schools make up their sport schedules.
 - B. Game times and/or locations can be changed by mutual agreement from each school’s Athletic Director and WCAL Commissioner approval.
8. MAJOR SCHEDULE CHANGES – Athletic Directors must consult their Principals prior to any schedule changes or postponements which would not be a matter of simple routine, e.g. changes which would involve the prolongation of the season or which might disrupt other school schedules.
9. DROPPING A SPORT FROM LEAGUE COMPETITION – Schools which intend to drop an existing sport program from league competition must submit such a request in writing one (1) year in advance of the anticipated withdrawal. A two-thirds affirmative vote of the Principals Council is needed for the withdrawal request.
10. DROPPING A LEVEL OF COMPETITION WITHIN A SPORT
 - A. Fall Sports: September 1 of each year is the deadline for notification to the League Office of any school’s intention to drop a team from any fall sport.
 - B. Winter Sports: December 1 of each year is the deadline for notification to the League Office of any school’s intention to drop a team from any winter sport.
 - C. Spring Sports: March 1 of each year is the deadline for notification to the League Office of any school’s intention to drop a team from any spring sport.

11. CONTESTS AND CONTEST LIMITS [CCS Bylaws: Article V Approved Sports, Section 5 Tournament & Contest Limitations](#)

A. It is considered to be a “contest” whenever two schools meet in any competition in any CIF-approved sport.

B. The following are the League contest limits:

Sport	Varsity	Junior Varsity	Frosh or Frosh/Soph
Baseball	27+2 Scrimmages	27+2 Scrimmages	27+2 Scrimmages
Basketball	24+2 Scrimmages	24+2 Scrimmages	24+2 Scrimmages
Cross Country	13 Meets and/or Invitationals for All Teams		
Football	10+1 Scrimmage	10+1 Scrimmage	10+1 Scrimmage
Golf	18 Matches for all levels		
Lacrosse	20 Matches + 2 Scrimmages for all levels		
Soccer	20+2 Scrimmages	20+2 Scrimmages	20+2 Scrimmages
Softball	27+2 Scrimmages	27+2 Scrimmage	
Swimming & Diving	13 Dual Meets and/or Tournaments		
Tennis	24+2 Scrimmages	24+2 Scrimmages	
Track & Field	14 Meets and/or Invitations for all Teams		
Volleyball	26+2 scrimmages for all levels		
Water Polo	24+2 Scrimmages for all levels		
Wrestling	40 Contacts for each player at all levels		

C. Tournament: A tournament counts as the minimum number of contests guaranteed. With the exception of volleyball, all contests played shall count as one contest, whether the game is played in a tournament or as a dual contest.

For Volleyball - Any 2 out of 3 contests or fewer games/sets played in a tournament shall count as 1/2 of a contest, Any one game/set tie breaker used in tournament play will not count in a team’s maximum number of contests.

D. An alumni contest shall not be included in the game limit of any sport.

E. Games shall not be played on Sundays and Christmas.

12. SCRIMMAGES [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, G Scrimmages](#)

A. A Scrimmage is considered a contest per all CIF and CCS bylaws and is defined as (1) an activity involving teams or individual student-athletes from two or more different schools in a CIF-approved sport; AND (2) where no score is kept; AND (3) where regulation time is not kept; AND (4) where substitute rules are set aside; AND (5) where coaches are stopping play for instructional purposes, (6) where officials are allowed to be paid, and (7) where admission may be charge to spectators.

B. All scrimmages must be listed on a school’s official sports schedule if they are scheduled before the season begins.

13. OFFICIAL STARTING TIMES FOR LEAGUE GAMES, MEETS AND MATCHES

A. Starting times for all games shall be designated on all schedules and must be observed by all teams under the penalty of forfeiture.

14. ROUND ROBIN COMPETITION WINNERS – The winner of the round robin competition in each of the sports shall be determined by a point system as follows:

1. Two (2) points for a game, meet or match won.
2. One (1) point for a game, meet or match tied.
3. No (0) points for a game, meet or match lost.

15. LEAGUE CHAMPIONSHIPS

- A. The League championship in football, girls volleyball, tennis, basketball, soccer and softball shall be determined by the results of the round robin competition.
- B. The League Championship in baseball, water polo, boys volleyball, boys lacrosse, golf, swimming, wrestling and track shall allow for possible co-champions. The co-champions shall be the team that wins the round robin competition, together with the team that wins the league playoffs. If the same team wins both the round robin and the league playoffs that team is declared the sole champion of that sport.
- C. The League Championship in cross country shall be determined by the combined results of the round robin competition and the league playoffs.
- D. A sport shall have at least four (4) schools with a full-fledged team before it may be considered for a league championship. However, to qualify for CCS Playoffs, a sport must have five teams, not just four teams.

16. LEAGUE MEET AND PLAYOFFS

- A. There shall be a League Meet or Tournament in the following sports:

Cross Country Meet	Boys: Varsity, Junior Varsity, Sophomore & Frosh Girls: Varsity, Junior Varsity & Frosh-Soph
Swimming Meet	Boys: Varsity and Frosh-Soph Girls: Varsity and Junior Varsity
Tennis Tournament	Varsity Singles and Doubles Championships for both boys and girls
Track Meet	Boys: Varsity and Frosh-Soph Girls: Varsity and Junior Varsity
Wrestling Tournament	Varsity, Junior Varsity and Frosh

- B. There shall be League Playoffs in the following sports:

Baseball	Varsity
Water Polo	Varsity
Golf	Varsity
Lacrosse	Varsity
B Volleyball	Varsity

- C. All playoffs and meets shall be held at facilities where admission can be charged whenever and wherever possible.
- D. Playoffs and meets shall not be held at any facility which practices de facto discrimination.
- E. There will be no playoffs for any lower level teams other than Track, Wrestling, Cross Country & Swimming.
- F. Starting times for league playoffs shall be determined by the League Commissioner.

17. CENTRAL COAST SECTION MEETS AND PLAYOFFS

- A. Best Effort – Each school which enters CCS Playoffs shall be responsible to see that its qualifying individuals and/or teams proceed as far as possible in Regional, Sectional and State competition.

- B. Opting Out of the CCS Playoffs – A school shall not withdraw its team from such competition without prior notice to the Commissioner. In the event a team chooses not to participate in the CCS Playoffs or does not have enough CCS Entry Points to qualify for the CCS Playoffs, each team below that team in the round robin standings moves up one spot. The school next in line can replace the school who opted out or did not qualify for the CCS Playoffs.
- C. Individual Competition – An individual shall not be withdrawn from such competition without the approval of his/her Athletic Director. Such competition shall have priority over any sport practice or any other out-of-season sport activity.
- D. Order of Entry of At-Large Entries – Teams shall enter the CCS Playoffs as At-Large Entries based upon how the teams finished in the League Round Robin. This includes the use of tiebreakers to break a tie in the league standings. (See “Method for Breaking Ties in League Standings and Entries into the CCS” for the tie breaking procedure.)
- E. Order of Entry into CCS as #1 and #2 seeds - In sports that have guaranteed entries as seeds to CCS the following shall apply:
 - 1. The winner of the round robin shall be the #1 seed to CCS. In the event there are ties for the round robin championship between two or more teams, and the tie cannot be resolved with the tie-breaking procedures outlined in each specific sport, then if one of the teams tied for the round robin championship wins the league tournament, that team shall receive the #1 seed to CCS. Also, if neither (none) of the teams that tied for the round robin championship wins the tournament, and the tie-breaking procedure cannot determine which team receives the #1 seed, a coin flip will decide the #1 seed. The other team(s) shall be seeded based upon tie-breaking procedures, including a coin flip.
 - 2. The winner of the league tournament shall be the #2 seed to CCS unless the situation described above in section 19.1 exists (more than one team has won the round robin). In this case, the winner of the tournament shall receive a lower seed than all of the teams that won the round robin.
 - 3. Unless 1. and 2. in this Section exists, the seeding to CCS is as follows:
 - i. #1 seed is the round robin winner;
 - ii. #2 seed is the winner of the league tournament;
 - iii. The remaining seeds, or at-large entries, to CCS shall be the teams that finished in the order of the league standings.

18. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS AND ENTRIES INTO THE CCS

- A. Whenever a coin flip or drawing becomes the last option of the tie-breaker system for any sport to break a tie between two or more teams, the Commissioner shall determine the time and place for such a coin flip or drawing. The coin flip or drawing shall be held regardless of whether the schools involved are present. The winner of the coin flip or drawing shall be given the higher seed, but this seed shall only apply to the league playoffs. In determining the rank of at-large entries into the CCS Playoffs, the team(s) with the highest total CCS Points, when applicable, shall receive entry into the CCS Playoffs before the other teams involved in the tie, regardless of which team(s) won the coin flip or drawing. If two or more teams involved in the tie have the same number of CCS Points, then the results of the coin flip or drawing shall determine the rank of at-large entry into CCS.
- B. Tie-breaker procedures to establish seeds into the league playoffs and CCS are outlined in each specific sport in Part III of these bylaws.

19. COACHING STAFF LIMITS

- A. The following numbers represent the maximum number of coaches, paid or volunteer, that a school may have for each sport.

Sport	Maximum Number of Coaches
Baseball	7 coaches
Basketball	7 coaches for 4 levels; 6 coaches for 3 levels; 5 coaches for 2 levels
Cross Country	4 coaches for boys; 3 coaches for girls
Football	14 coaches (3 teams: 7 varsity + 10 lower level; 2 teams: 7 varsity + 6 lower level)
Golf	3 coaches for each gender
Lacrosse	3 coaches for each level
Soccer	6 coaches for 3 levels; 5 coaches for 2 levels
Softball	6 coaches for 3 levels; 5 coaches for 2 levels
Swimming & Diving	4 coaches per gender (includes a diving coach)
Tennis	3 coaches per gender
Track & Field	8 for single gender schools; 12 for coed schools
Volleyball	2 coaches per level per level; 6 coaches for 3 levels; 4 coaches for 2 levels
Water Polo	2 coaches per level per gender (6 max per gender)
Wrestling	6 coaches for boys; 2 coaches for girls (2 per level per gender)

- B. Volunteer coaches must be under the immediate direction of the paid coaching staff, and volunteers are included in the maximum number of coaches for each sport.
- C. Schools may assign the coaches to any level they deem appropriate for their school.
- D. AT-LARGE COACHES – Schools will have eight (8) extra coaches per gender who can be assigned to any sport each school determines. However, no more than three (3) of these extra coaches can be assigned to any one sport.

20. LEAGUE SPORTS INFORMATION DIRECTOR - SID

- A. A League Sports Information Director - SID shall be appointed by the Commissioner and shall work under the supervision of the Commissioner. The SID shall be responsible for the official league standings of those sports assigned to him/her.
- B. The specific duties of the SID shall be:
1. Attend League meetings when called upon to do so.
 2. Establish and maintain an effective procedure for receiving, compiling and publishing League scores and standings to the League website.
 3. Supply the necessary forms and instructions for the reporting of game results by the schools.
 4. Publish and send a weekly release to the schools and to the media which appear on the official mailing list.
 5. Publish and send the All-League Teams to the media.
 6. Establish and maintain an effective liaison with the local media which cover the League in order to enhance the league's opportunities for maximum publicity.
 7. Notify the League Office immediately whenever any school fails to report its weekly scores and standings.
- C. Each school's athletic department shall work with the SID. The athletic departments shall report their school's scores no later than noon of the Monday following each week's contests to the SID.

21. GAMES, MATCHES AND/OR TOURNAMENTS AFTER COMPLETION OF LEAGUE SCHEDULES
- A. Once the league schedules are completed, lower level teams may play non-league contests up to the start of the varsity playoffs for their specific sport. Jamborees, scrimmages and playoffs are excluded from this rule.
 - B. Once the league season is completed, Varsity teams are not permitted to play any additional games, unless it is a scrimmage with another team that is in the CCS Playoffs. Only one of these scrimmages is allowed.

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