

CIF/CENTRAL COAST SECTION

2009-2010 CCS BYLAWS

Changes made during the 2008-2009 school year are *italicized*

ARTICLE V APPROVED SPORTS

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Section 1 APPROVED SPORTS

The following interscholastic sports are approved for competition among student, boys, girls, or co-ed

FALL: *Cross Country, Field Hockey, Football, Girls Individual and Girls Team Golf, Boys Soccer, Girls Tennis, Girls Volleyball, Water Polo*

WINTER: *Boys and Girls Basketball, Boys and Girls Soccer, Wrestling*

SPRING: *Badminton, Baseball, Boys Individual and Student Team Golf, Gymnastics, Lacrosse, Softball, Swimming & Diving, Boys Tennis, Boys Volleyball*

The Section shall determine the season in which Championship Playoffs shall be conducted in these sports

Section 2 SPORTS BYLAWS

Bylaws for each sport shall be established and become an addendum to these Bylaws, published in the CCS Tournament Guide, following approval by the Board of Managers

Section 3 SEASON OF SPORT

All competition and/or practice in which any CIF/CCS member school team and/or individual(s) representing that school participate, between the beginning of the fall practice start date and the 2nd Saturday in June (See CCS Bylaw Article V, Section 6), must be played during the CCS established season of sport as outlined herein.

Student-athletes or coaches shall not represent their high school in practice or competition during the school year in any sports activity that does not fall between the start dates and the end of the season as defined herein and that is not part of the regular season activities as approved by the high school principal. (exception All-Star competition—see CIF Bylaws, Article 90.)

A. Start Dates

No competition or practice as described herein may be held before or after the designated season of sport as established by the CCS.

2009-2010 Start/Ending Dates				
<u>Season</u>	<u>Practice</u>	<u>Scrimmages</u>	<u>Contests</u>	<u>End Of Season</u>
<i>Fall</i>	<i>August 14</i>	<i>August 28</i>	<i>September 3</i>	<i>See Article V</i>
<i>Winter</i>	<i>November 2</i>	<i>November 23</i>	<i>November 30</i>	<i>Section 3.B.4</i>
<i>Spring</i>	<i>February 1</i>	<i>February 15</i>	<i>February 22</i>	<i>below</i>
2010-2011 Start/Ending Dates				
<u>Season</u>	<u>Practice</u>	<u>Scrimmages</u>	<u>Contests</u>	<u>End Of Season</u>
<i>Fall</i>	<i>August 13</i>	<i>August 27</i>	<i>September 2</i>	<i>See Article V</i>
<i>Winter</i>	<i>November 1</i>	<i>November 22</i>	<i>November 29</i>	<i>Section 3.B.4</i>
<i>Spring</i>	<i>January 31</i>	<i>February 14</i>	<i>February 21</i>	<i>below</i>

B. Post Season Authority

All post-season competition is under the sole jurisdiction of the CCS and CCS has full authority over any competition held after the last-regular season date of allowed competition.

- 1. No competition other than official CCS or CIF sponsored activity shall be allowed.*
- 2. No schools may participate in any practice or competitive activity which are not qualified for and entered into the CCS or CIF championships.*

3. *The CCS may grant permission upon request from the league commissioner for sub-varsity competition to be held during the post-season if a rainout or other unforeseen circumstance prevented a regular-season league contest to be played. The league commissioner may request for such contest to be "made up" after the last date of regular season competition*
4. ***Dates of last regular-season event:***

DATES OF LAST REGULAR-SEASON EVENT 2009-2010						
	<u>FALL</u>		<u>WINTER</u>		<u>SPRING</u>	
Girls Golf	10/29	Soccer	2/20	Boys Golf		4/29
Girls Team Tennis	11/06	Basketball	2/20	Boys Team Tennis		5/03
Girls Individual Tennis	11/06	Wrestling	2/20	Boys Individual Tennis		5/03
Cross Country	11/07			Baseball		5/15
Field Hockey	11/07			Gymnastics		5/15
Girls Volleyball	11/07			Softball		5/15
Water Polo	11/07			Boys Volleyball		5/15
Football	11/14			Swimming & Diving		5/15
				Track		5/15
				Badminton		5/22

- C. *This bylaw applies to **ALL** practices and competitions, including regularly-scheduled pre-season and/or league contests, scrimmages, competition(s) with a non-CIF team, alumni games, jamborees, etc*
- D. ***All-Star Games:*** *This does not apply to All-Star participation, which is governed in accordance with the guideline set forth in CIF Bylaws, Article 90.*
- E. ***OUTSIDE ORGANIZATIONS:*** *These bylaws are intended to apply to any CIF/CCS member-school team, student athlete and coach.*
 1. *It is recognized that many student-athletes choose to participate on outside sports teams or in sports instruction in sports in which they also participate in high school. Therefore, this is not intended to apply to private lessons or club sport activity which comes under the authority and governance of an outside organization or business in which a student chooses to participate.*
 2. *However, high school coaches involved in such outside programs shall not implicitly or explicitly require any student-athletes on their high school team to participate in such.*
 3. *The school name, insignia, official colors, equipment, facility and uniforms belong to the school and may not be used in capacity other than in CIF competition as allowed within the CIF, CCS, League and school governing documents. If teams or individuals competing in or practicing with an organization governed by someone other than the CIF, use school names, school mascot names, school uniforms or anything that in any way identifies them with a particular CCS high school, they shall be considered a school team regardless of their affiliation with that outside agency. No school equipment can be used by these outside teams or individuals except as otherwise specifically agreed upon by the school and the outside user in a written rental agreement.*
 4. *Outside "club" etc. activity shall not be used to circumvent these bylaws.*
- F. ***PRACTICE***
 1. *Interscholastic practice during the school year is defined as:*
 - a. *any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR*
 - b. *any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR*
 - c. *any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR*
 - b. *Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.*
 2. *Any single practice session shall be no longer than 3 hours in length*
 3. *There shall be a minimum of 2 hours between any two practice sessions in a single day.*

4. **STARTING DATES FOR PRACTICE**-In the Central Coast Section, the following practice start-dates are established for all member school teams and individual student-athletes:
- a. **FALL SPORTS:**
 - (1) The 1st day of practice shall be no earlier than the Friday of the 6th week of the annual NFHS/CCS Official Calendar: (August 14, 2009/August 13, 2010).
 - (2) Football may not practice in pads until the following Monday.
 - (3) No sport shall have more than 54 hours of practice time before the contest start date established by the CCS in Article V, Section 3.H following.
 4. **Spring Football**
 - (a) In the sport of football only, schools will be allowed no more than 10 days and no more than 20 hours of spring practice, wearing only cleats and helmets beginning no earlier than May 1st.
 - (b) No tryouts may be conducted during spring football practice.
 - (c) Spring Football may not implicitly or explicitly mandated by the coach or anyone else associated with the school or the program.
 - b. **WINTER SPORTS:**
The 1st day of practice shall be no earlier than the 1st Monday in November (November 02, 2009/November 1, 2010).
 - c. **SPRING SPORTS:**
The 1st day of practice shall be no earlier than the 1st Monday in February. (February 01, 2010/ January 31, 2011)
5. **PENALTIES FOR VIOLATION:** Each day that such prohibited activity occurs shall result in a loss of a minimum of 2 practice days immediately following the determination of a violation. All teams in that sports program will be placed on immediate probation for the remainder of that season and the following two full seasons. Additional sanctions, such as reduction of additional practices for the current and/or following season, a reduction in the number of contests allowed in the current and/or following season, extended probationary status, removal from post-season competition, or other appropriate sanctions as determined by the CCS may be applied.
- G. **SCRIMMAGES/JAMBOREES/ALUMNI GAMES/FACULTY GAMES**
1. **SCRIMMAGES**
 - a. **Definition:** 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 no officials are paid; AND
 - (5) where substitute rules are set aside; AND
 - (6) where coaches are stopping play for instructional purposes; AND
 - (7) where admission is not charged.
 - b. Scrimmages shall not count in the team's maximum number of contests. Teams are allowed a total of two scrimmages per season. (Football-1 scrimmage refer to Article V Section 4 D 3)
 - c. One post regular-season scrimmage may only be contested after the seeding meeting in that sport with another team which is entered into that sport's CCS Playoff Tournament. Such scrimmage must be contested prior to both team's first contest in that CCS Playoff Tournament.
 2. **JAMBOREES:** Only league-sanctioned jamborees are allowed. Such jamborees must be played prior to the first league contest for any team participating in the jamboree. Jamborees shall not count in the team's maximum number of contests. Teams are limited to participation in one jamboree per season
 3. **ALUMNI GAMES/FACULTY GAMES:** Alumni games and Faculty games may only be contested between the CCS established date for the first scrimmage and that team's last regular-season contest. Alumni or Faculty games shall not count in the team's maximum number of contests. Teams are allowed one of these types of games per season per CCS Bylaws, Article V, Section 7.
 4. **MAXIMUM NUMBER OF SCRIMMAGES/JAMBOREES/ALUMNI OR FACULTY GAMES**
See CCS Bylaws Article V, Section 3.G.1.b., 2, 3 -20-

5. **STARTING DATES FOR SCRIMMAGES/JAMBOREES/ALUMNI GAMES/FACULTY GAMES**

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| a. | <p>FALL: no such contests shall be held prior to one week before the first allowable game for that season.
(August 28, 2009/August 27, 2010)</p> |
| b. | <p>WINTER: no such contests shall be held prior to one week before the first allowable game, the Monday of Thanksgiving Week.
(November 23, 2009/November 22, 2010)</p> |
| c. | <p>SPRING: no such contests shall be held prior to one week before the first allowable game, the third Monday in February.
(February 15, 2010/February 14, 2011)</p> |

6. **PENALTIES FOR VIOLATION:** *The following penalties will be applied to any school in violation of the scrimmage/jamboree/alumni game/faculty game start dates. The penalties outlined below will be applied to all teams at all levels of that sport offered at that school for a specific gender regardless of the level at which the violation occurred. (e.g. a violation of the JV girls basketball team would affect the freshman, JV and Varsity girls basketball teams) A school not on probation for any previous violation of this rule shall:*

- a. *Not be allowed any scrimmage, alumni or faculty game respectively for that sport program for that school for the next three years for a violation of same. (e.g. scrimmage violation-no scrimmage for 3 years; alumni game violation-no alumni game for 3 years, etc) AND*
- b. *Be placed on probation for the remainder of the current season and for the next two full seasons of that sport.*

H. **STARTING DATES FOR INTERSCHOLASTIC CONTESTS**

1. *Starting dates for contests are established to insure equitable competition opportunities for all of the CCS member school teams and student-athletes*

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| a. | <p>FALL: No contest shall be held prior to the Thursday of the 9th week of the annual NFHS/CCS Official Calendar.
(September 3, 2009/September 2, 2010)</p> |
| b. | <p>WINTER: No contest shall be held prior to the Monday after Thanksgiving.
(November 30, 2009/November 29 2010)</p> |
| c. | <p>SPRING: No contest shall be held prior to the 4th Monday in February.
(February 22, 2010/February 21, 2011)</p> |

2. **Penalties for Violation:** *The following penalties will be applied to any school in violation of the contest start dates. The penalties outlined below will be applied to all teams at all levels of that sport offered at that school for specific gender regardless of the level at which the violation occurred. (e.g. a violation of the JV girls basketball team would affect the freshman, JV and Varsity girls basketball teams) A school not on probation for any previous violation of this rule shall:*

- a. *Forfeit the game(s) played in violation of the rule*
- b. *Reduce the number of contests the following season in that sport for all teams offered at that school by twice as many contests as they played in violation of the contest start date*
- c. *Be placed on probation for the remainder of the current season and for the next two full seasons of that sport.*

Section 4 TOURNAMENT & CONTEST LIMITATIONS

- A. A "tournament" shall be defined as involving athletes from (4) or more teams
- B. For purposes of definition (a) above, "contest" is defined as a competitive encounter with another school or athlete, in which a score is kept.
- C. In order for a tournament, hosted by a CCS member school, to be sanctioned the format must **insure** that no team will play more than double the **least** number of contests any team plays.
- D. Maximum numbers of contest per season of sport are established as follows:

In all sports every contest is counted contest for contest except where noted in tournament competition or other clarification as referenced below

Other Information:

League Championships, as approved by the respective league Board of Managers shall not count in the maximum # of contest for any sport below;

Tournaments: CCS Schools are governed by the following rules for counting tournaments whether a tournament is hosted within the CCS or hosted by a school outside of the section or the state.

- 1. *In the following sports, each contest played counts as one contest, whether the game is played in a tournament or as a dual contest.*

	MAX #		MAX #		MAX #
Baseball	27	Basketball	24	Soccer	20
Softball	27	Water Polo	24	Football	10

- 2. ***In the following sports the maximum number of contest per season of sport as established as follows:***

SPORT	MAX#	Noted Tournament Competition or other clarification
Badminton	24	<i>In tournaments where other than regularly-timed or regularly scored contests are played, each day of that tournament shall count as two (2) contests.</i>
Cross Country	13	<i>Counts for both the individual athlete and the team</i>
Field Hockey	20	<i>In tournaments where other than regularly-timed contests are played, each day of that tournament shall count as one (1) contest.</i>
Golf	18	<i>Any tournament lasting up to two consecutive days, will be counted as one (1) contest, regardless of how many holes are played. Additional days or competition in that same tournament, whether or not they are consecutive, will count at the rate of one(1) contest per day, regardless of the number of holes played.</i>
Gymnastics	15	<i>Counts for both the individual athlete and the team</i>
Lacrosse	20	<i>In tournaments where other than regularly-timed contests are played, shall be counted as one (1) contest per day</i>
Swim/Dive	13	<i>Counts for both the individual athlete and the team</i>
Tennis	22	<i>Counts for both the individual athlete and the team</i>
Track & Field	15	<i>Counts for both the individual athlete and the team. (Note: If athletes from the same school compete in two different competitions on the same day, it only counts as one contest towards the team total and one for each athlete)</i>
Wrestling	40	<i>As outlined in CIF Bylaws Article 31, 3101</i>
Volleyball	26	<i>Any 2 out of 3 contests played in a tournament shall count as ½ of a contest. In pool play, If 2 contests are played, but a third would not be played regardless of the outcome, those contests do not count toward the max #.</i>

- 3. ***Scrimmages/faculty games; alumni games, jamborees:***
 - *For all sports except football, each team is allowed a total of two scrimmages per season.*
 - *Football may not have more than one scrimmage in compliance with*
 - *Article V.3.G 1*
 - *Each team is allowed only one faculty game per season -22-*
 - *Each team is allowed only one alumni game per season*
 - *Each team is allowed to participate in only one jamboree per season*

- E. If deemed necessary by representatives from a particular sport to change that sport's maximum

number of contests; those representatives are encouraged to present proposals, along with appropriate rationale for changing that sport's respective maximum number of contests. Effective Fall, 1998, said proposals must be forwarded to the ADAC which will, at it's initial meeting of each school year, review all such proposals and subsequently develop appropriate recommending action to the Board of Managers.

F. *Process for addressing probable excess of contests:*

1. *If sufficient time exists, schools may attempt to cancel participation in an individual non-league contest or tournament in order to avoid playing more than the maximum number of contests.*
2. *Schools who find themselves in jeopardy of exceeding their maximum number of contests may not cancel any league contest in order to be in compliance with this rule. If this causes them to exceed the maximum number of contests, the penalties outlined in "G" will apply.*

G. **Penalties for violations:** The following penalties will be applied to any school in violation of the maximum # of contests. The penalties outlined below will be applied to all teams at all levels of that sport offered at that school for a specific gender regardless of the level at which the violation occurred. (e.g. a violation by the JV Girls Basketball team would affect the Frosh/Soph, JV and Varsity Girls Basketball teams; a violation by the Varsity Boy's Volleyball Team would affect both the JV and Varsity Boys Volleyball Teams, etc.).

1. A school not on probation for any previous violation of the maximum # of contests, that were in excess of the maximum # of contests in that sports shall:
 - (a) Forfeit their most recently played non-league win(s) equal to the number of contests in excess of the maximum # allowed in that sport, **AND**
 - (b) Be placed on probation for the following three seasons for all levels of that sport, for that gender, offered at their school (e.g. Girls Frosh/Soph, JV and Varsity Volleyball; Boys JV & Varsity Basketball, etc.); **AND**
 - (c) Reduce the number of contests the following season in that sport for all teams offered at that school by twice (2x) as many contest as they exceeded the maximum, without infringing on the regular league schedule (reductions shall not be made in the league schedule, only pre-season and tournament contests).
2. While on probation as described in G 1.B. above, any school violating the maximum # of contests in any team in the program on probation, shall;
 - (a) Forfeit their most recently played non-league win(s) equal to the number of contests that were in excess of the maximum # allowed in that sport; **AND**
 - (b) Become immediately ineligible for CCS playoff participation in that sport for that year, if the violation is discovered prior to the beginning of CCS playoffs; or for the following year if the violation is discovered after the beginning of the CCS playoffs **AND**
 - (c) Extend their probationary status for the following three seasons from the point of the second violation (e.g. if a school violates the rule during their second year of probation, that school would be on probation for three years from the date of the second violation); **AND**
 - (d) Reduce the number of contests the next season for all teams in that sport offered at that school by twice (2x) as many contests as were in excess of the maximum # allowed without infringing on the regular league schedule. If the violation occurred during the season that was already reduced due to previous violation, the reduction would be cumulative without infringing on the regular league schedule (reductions shall not be made in the league schedule, only pre-season and tournament contests (e.g. violation 1 reduced this season to contests, during this season a second violation of 2 contests over 20 occurred. The next season the maximum # of contests would be reduced to 16. If the league schedule 18 games, the limit would be maintained at 18 to keep from infringing on the school's ability to meet their league obligations).
3. If reasonable and sufficient time exists, appeals of penalties imposed under CCS V.3.G. above shall be directed initially to the school's league, which shall establish policies and procedures for such appeals and whose decision will be final

Section 5 TOURNAMENT SANCTIONING

- A. Prior to the commencement of **ANY** tournament held within the Central Coast Section/CIF, the CCS member school(s) hosting such tournament must submit a completed "Tournament Sanction Form" to the Section Commissioner's office by the appropriate deadline, as designated on the form, **and** receive the approval of a Sanctioning Committee appointed by the Section Commissioner for participation in, and/or hosting of said tournament. (effective November 1, 1998)
- B. The deadlines for submitting applications for CCS Tournament Sanctioning are as follows

Fall Season-April 10th	Winter Season, September 10th
Spring Season, December 1st	

- C. Applications submitted after the above deadlines, will only be accepted for consideration if physically received in the CCS Office within 30 days of their respective deadlines and only if accompanied by a \$250 late-submission fee and the host school Principal's written request for consideration of the late application. The late-submission deadlines are as follows:

Fall Season- May 10th	Winter Season-October 10th
Spring Season-January 1st	

The minimum section-wide penalty for schools participating in a non-sanctioned tournament shall be

1. Forfeiture of all contests played in the tournament; AND
 2. Forfeiture of all "power points" awards (team and/or individual) and any other benefits gained from participation in said tournament contests.
- E. Appeals of penalties imposed under CCS Bylaws V.5.C. above shall be directed initially to the CCS Commissioner.

Section 6 SUMMER ACTIVITY (CIF 1203)

- A. DURING THE SCHOOL YEAR: California Interscholastic Federation approved sports are listed in Bylaw 1200. Rules and regulations apply for these sports during the school year only. Some activities depend upon specified sport skills. Among these are hole-in-one contests for golf, basketball free-throw contests, baseball throws for distance and accuracy, and football punts for distance. Achievement in these activities depends upon an individual's athletic prowess in a particular sport. If this activity is an approved CIF sport, then a student may jeopardize the student's CIF eligibility if the student's participation violates the CIF amateur status or award rules.
- B. DURING THE SUMMER (defined for purposes of this bylaw by CCS as beginning the second Saturday in June each year) During the summer period California Interscholastic Federation rules and regulations do not apply to any activities except as follows:
 1. No physical conditioning or practice sessions for football prior to the opening of authorized practice may be conducted by a high school, unless specifically authorized by the appropriate CIF Section.
 2. Participation in any other sports during the summer is governed by the nationally recognized authority for each sport, if such authority exists

NOTE; See CIF Bylaw 900 for All-Star competition regulations

Section 7 NON-CIF TEAM COMPETITION

As allowed in CIF Bylaw 502.A. OUTSIDE TEAMS referenced below,

- A. Alumni/Faculty Games: CCS grants approval for CCS member schools to conduct one alumni and/or one faculty competition against each of their varsity teams provided such contests:
 1. are approved by the Principal of the school; AND
 2. are conducted during the season of sport and prior to the date of the last league event for that sport as established by the CCS Board of Managers annually; AND
 3. are not conducted on Sunday.
- B. Any other competition with a non-CIF member Team, must be approved by the League Commissioner and the CCS Commissioner. (CCS Form 502)

(CIF Bylaw 502 OUTSIDE TEAMS): A. No school belonging to the California Interscholastic Federation shall compete, scrimmage or practice with any team outside the jurisdiction of the Federation without the consent of the California Interscholastic Federation Section involved. A school disregarding this rule may be barred from participation in that sport during the following season)