

# MISSION TRAIL ATHLETIC LEAGUE SPORTS BYLAWS

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[Through March 2017]

**ARTICLE I**  
**Baseball**

**Section 1, Governing Rules** All baseball games shall be played under the rules of the National Federation, except as modified by these Bylaws.

**Section 2, Starting Time and 12 run rule**

- 2a All afternoon games shall be played at 3:30 p.m. (4:00 p.m. during Daylight Saving Time).
- 2b Games to be played at night should start no later than 7:30 p.m.
- 2c There shall be a 12 run mercy rule for all MTAL baseball contests.

**Section 3, Batting Practice** For regular season contests, batting practice is allowed only in a batting cage. Whiffle balls are allowed. Teams must be done with batting practice by 3:00 for a 4:00 game or forfeit their infield-outfield practice.

**Section 4, Fielding Practice** For the traditional pre-game outfield and infield practice, each team shall be limited to fifteen (15) minutes.

**Section 5, Umpires: See Article 24 of the General By-Laws for requirements regarding officials.**

**Section 6, Postponed Contests** In accordance with Article VIII, Section 4 of these Bylaws, rained out incomplete contests shall be made up the following day or as soon as weather permits. If the home coach declares his field unplayable, every effort shall be made to play the contest that same day.

**Section 7, Number of Contests; Definition of a Tournament (See General By-laws, Article 8).**

**Section 8, Equipment.** MTAL schools shall use only NFHS approved and stamped balls in the sports of baseball and softball, and may use any such approved and stamped ball.

**Section 9, Team Classification** Official competition shall be conducted in Varsity, Junior Varsity and Frosh classifications.

**Section 10, Ties** First round ties shall be settled when the teams meet in the second round prior to the second game. Same game conditions as first round. Second round ties shall be settled between last league game and the playoffs if it affects the playoffs.

**Section 11, The league Champion** for each division shall be determined by the win/loss record after completion of the league schedule attached for that division. Teams tied for first shall be co-champions.

**Section 12, CCS Playoffs**

- 12a The League's Automatic Qualifiers to the CCS Playoffs shall be determined as follows:
  - 12a1 The First Automatic Qualifier shall be the #1 finisher from the league round robin schedule.

12a2           The Second Automatic Qualifier shall be the #2 finisher from the league round robin schedule.

12a3           The Third Automatic Qualifier shall be the #3 finisher from the league round robin schedule.

12b       Tie breaker to determine playoff teams: Any and all ties for any of these positions shall be broken according to the League Tie Breaker rules set forth in Article 19 of the MTAL General By-Laws with the exception that no playoff game between the tied teams shall be held even if sufficient time.

**ARTICLE II**  
**Basketball**

**Section 1, Governing Rules** All games shall be played under the rules of the National Federation, except as modified by the Bylaws.

**Section 2, Length of Periods** Varsity and JV games shall consist of four (4) eight-minute quarters. Freshman Boys Basketball games shall also consist of four(4) eight-minute quarters. [Amended March 22, 2017]

**Section 3, One-Game Limit** Player and team, except for a tournament where the team is required to play two games.

**Section 4, Timer and Announcer**

4a The timer for the Varsity games shall be a qualified adult. For other than Varsity games, the timer shall be a knowledgeable person.

4b The game announcer shall be a responsible adult. The announcer shall not editorialize, prejudge the decision of officials or make comments which tend to incite spectators or players and otherwise contribute to the lessening of crowd control.

**Section 5, Starting Times**

5a Girls: 5:00 p.m., Varsity 6:30 p.m. (3-23-00)

5b Boys: 4:00/5:30/7:00

**Section 6, The league schedule** will start after Christmas vacation with no more than two (2) games per week, except when approved by the board.

**Section 7 Number of Contests, Definition of a Tournament** (See General By-laws, Article 8).

**Section 8, Official competition classifications**

8a Boys: Varsity, Junior Varsity and Frosh

8b Girls: Varsity and Junior Varsity

Section 9, Determination of League Representatives to CCS Playoffs:

9a In both Boys and Girls Basketball, the League's Automatic Qualifiers to the CCS Playoffs shall be determined as follows:

9a1 The First Automatic Qualifier shall be the MT Division #1 finisher from the league round robin schedule

9a2 The Second Automatic Qualifier shall be the MT Division #2 finisher from the league round robin schedule

9a3 The Third Automatic Qualifier shall be the MT Division #3 finisher from the league round robin schedule

9a4 The Fourth Automatic Qualifier shall be the Coastal Division #1 finisher from the league round robin schedule.

9b Tie breaker to determine playoff teams: Any and all ties for any of these positions shall be broken according to the League Tie Breaker rules set forth in Article 19 of the MTAL General By-Laws with the exception that no playoff game between the tied teams shall be held even if sufficient time.

**Section 10, League Ball** The wide seam basketball shall be used at Varsity level. The ball mandated for CCS playoffs may also be used for varsity competition.

ARTICLE III  
Cross Country

Section 1, Governing Rules

- 1a Rules of National Federation shall be followed except as modified by CIF, CCS, or these Bylaws.
- 1b Spikes shall not be worn in MTAL contests.
- 1c To be eligible to be the League Champion, schools must compete in the Center Meet.

Section 2, Composition of Teams and Order of Competition 2a The MTAL shall be divided into two sections as follows:

Section A (Mission Trail Division)

Carmel (Car)  
Gonzales (Gon)  
Greenfield (Gre)  
King City (KC)  
Pacific Grove (PG)  
Santa Catalina - Monterey (SC)  
Soledad (Sol)  
Stevenson - Pebble Beach (Ste)

Section B (Coastal Division)

Anzar - San Juan Bautista (Anz)  
Georgiana Bruce Kirby - Santa Cruz (GBK)  
Marina (Mar)  
Pacific Collegiate - Santa Cruz (PCS)  
Oakwood - Morgan Hill (Oak)  
Trinity Christian - Monterey (Trin)  
The York School - Monterey (York)

- 2b During the "Regular Season" Section A teams will compete against other Section A teams and Section B teams will compete against other Section B teams.
- 2c At the MTAL Center Meet all teams will compete together and be scored together.
- 2d At the MTAL Championship Meet both sections will compete together but will be scored separately by section (A "Meet within a Meet" concept).
- 2e Race order for MTAL Center Meet and MTAL Championships:
  - 2e1 Race #1: Varsity Boys
  - 2e2 Race #2: Varsity Girls
  - 2e3 Race #3: Junior Varsity Boys, Frosh Boys, and JV Girls.
- 2f Race order for MTAL "Regular Season" (Multi-team/Triangular/Dual)meets:
  - 2f1 Boys or Girls Varsity
  - 2f2 Girls or Boys Varsity
  - 2f3 Boys JV, Boys Frosh, and Girls JV races may be combined as circumstances dictate.
- 2g Our intention is to have the best five, six, or seven runners (exclusive of freshmen) run Varsity in all MTAL meets. Should a school elect not (or be unable) to fulfill this intention, then that school will not have a scoring JV team unless composed exclusively of freshmen. In addition, no

non-Frosh JV runner shall receive a league award unless there is a scoring Varsity team from that school.

- 2h The maximum number of runners from one school in a Varsity race shall be seven.
- 2i Any non-Varsity race shall be unlimited in number of entrants, however, only the first five, six, or seven runners from any one school shall determine the score.

### Section 3, Determination of League Champion

3a League champions are determined by a point system in which:

- 3a1 One point is awarded for each "Regular Season" win.
- 3a2 Two tenths of a point (0.2) is awarded for each team in your Section defeated at the MTAL Center Meet.
- 3a3 Three points are awarded for each team in your Section defeated at the MTAL Championship Meet.
- 3a4 The team with the largest sum of the "Regular Season", Center Meet, and Championship Meet points is the MTAL champion. This system applies to all race categories and to both sections (There is both a Section A and Section B Champion).

3b Where two teams meet each other more than once during the "Regular Season" competition, partial points are earned for each win. For example, if you met a team twice you would be awarded 1/2 point for each win; if you met a team three times you would be awarded 1/3 point for each win, etc.

3c Triangular meets shall be scored as double duals and meets with 4 or more complete teams competing will be scored as a single meet for the purposes of MTAL Championship determination.

NOTE: At a single meet location you may have both double dual and single meet scoring in effect. For example, a 4-way meet involving Santa Catalina could produce double dual scoring for the boys and single meet scoring for the girls.

### Section 4, Starting Times

- 4a "Regular Season" meets, while PDT is in effect, start at 4:00 PM; 3:00 PM after returning to Standard Time.
- 4b The MTAL Center Meet held at Toro Park will start at 4:00 PM.
- 4c The MTAL Championship Meet held at Toro Park will start at 2:00 PM.

Section 5, Contest Limits. Except in the case of a postponed contest, there shall be a limit of one league meet per week.

### Section 6, Awards

- 6a All-League certificates and medals shall be awarded to the first ten (10) runners in Section A and the first five (5) runners in Section B in each Varsity race at the MTAL Championship Meet.
- 6b Ribbons shall be awarded to the first seven runners in the boys Junior Varsity (except as provided in 2g above), girls Junior Varsity (except as provided in 2g above), and boys Frosh races.

### Section 7, Sportsmanship Medal

The coach of the 11<sup>th</sup> Section A Varsity Championship Meet runner (if that runner is a member of a complete team on the day of the championship) and the 6<sup>th</sup> Section B Varsity Championship Meet runner (if that runner is a member of a complete team on the day of the championship) shall be assigned to select the Sportsmanship Medal recipient. If the requirement is not met, the coach of the

12<sup>th</sup> (7<sup>th</sup>) runner is designated subject to the same restriction, etc. There are both boys and girls medals for each Section (4 medals total). There is no prohibition against a coach issuing the sportsmanship Medal to a member of another school's team.

Section 8, Advancement to the CCS Championship Meet  
Teams and Individuals advancing to the CCS Championship Meet will be determined solely on the results of the MTAL Championship Meet. For advancement to the CCS Championship Meet, the Mission Trail Division (Section A) and the Coastal Division (Section B) are considered as two separate leagues.

**Section 9, Season Long Play**

In Cross Country, an individual athlete will be unable to participate in the CCS playoffs due to failure to meet the CCS Playoff Policy regarding "Season Long Play (at least ½ the regular season league events), that athlete will be ineligible to participate in the League Finals meet on behalf of his/her school. The League Commissioner shall make the final determination with respect to an individual's eligibility, including the exceptions involved in that CCS Playoff Policy.

**ARTICLE IV**  
**Field Hockey**

Effective with the Fall 2015 season, MTAL schools playing Field Hockey shall participate in a league hosted by the Monterey Bay League (MBL). The by-laws related to Field Hockey in this new host league may be found at [www.mblathletics.org](http://www.mblathletics.org).



**ARTICLE V**  
**Football**

**Section 1, Governing Rules** All football games are to be played under the current rules of the National Interscholastic Federation, except as modified by these Bylaws.

**Section 2, Practice Start Dates (see General By-Laws, Article 8).**

**Section 3, One Game Limit** No boy may participate in a game on more than one (1) football team (F, F/S, JV or V) during the same week.

**Section 4, Starting Times and Game Days (11 man football)**

4a Starting times for day games:

4a1 3 games: 9:45 am, 11:30 am, 2:00 pm

4a2 2 games: 11:30 am, 2:00 pm

4b Starting times for night games

4b1 3 games: 3: 15 pm, 5:00 pm, 7: 30 pm (10-18-2005)

4b2 2 games: 5:00 pm, 7:30 pm

4c When a Frosh game extends into the JV starting time, it will be the responsibility of the respective JV coaches to prepare their team to play with only ten (10) minutes warm ups on the game field. (In other words, some of the warm up time must be on another field.)

**Section 5, Length of Periods**

5a Varsity quarters shall be 12 minutes

5b Frosh and JV quarters shall be 10 minutes

**Section 6, Doctor** A reasonable attempt should be made to have a doctor in attendance, or contracting with a doctor who would agree to be on call. During the game a suitable vehicle will be available to transport injured athletes to the hospital.

**Section 7, Field Conditions** The home team shall notify its opponents in advance of any abnormal field conditions, i.e., inadequate lighting, scoreboard not functioning field not marked, excessive mud or water on the field, lack of bleachers, etc.

**Section 8, Intermission** There shall be a maximum intermission of thirty minutes between preliminary and Varsity football games but no game shall start before its scheduled time. By mutual agreement of Varsity coaches, the Varsity game may be started before the end of the thirty (30) minute intermission.

**Section 9, Timer and Announcer.**

9a The timer for all games shall be a responsible, qualified adult.

9b The game announcer shall be a responsible adult. The announcer shall not editorialize, prejudge the decision of officials, or make comments which tend to incite spectators or players or otherwise contribute to the lessening of crowd control.

**Section 10, Postponements**

10a There shall be a minimum of elapsed time for five (5) days between contests by anyone team or player.

10b Games interrupted in progress by power failure, weather, crowd disturbances, or any other cause shall be replayed from the point

of interruption, unless otherwise agreed by mutual consent of both principals.

**Section 11, Team Rosters** No less than one (1) week before the first league game, each school shall mail team rosters to the principals of all schools in the league. Rosters must include in numerical order the name of the player, his age, height, weight, year in school and uniform number.

**Section 12, Number of Contests (see General By-Laws, Article 8).**

**Section 13, Tie Games and Determination of CCS Playoff Representatives**

**13a. There will be no tie games in Varsity football. The State CIF tie breaker rule, adopting the NFHS rule, will be in effect.**

**13b. Other than that step set forth in 13a, the** league representatives to the CCS playoffs shall be determined in accordance with Article 19 of the MTAL General By-Laws.

**Section 14, Equipment, Ball** Each school shall be allowed to choose the type of ball they want to use as long as it meets the standards of a first class ball as set by the National Federation Rules.

**Section 15, Officials**

**See Article 24 of the MTAL General By-Laws for requirements regarding officials.**

**Section 16, Scouting** of a football game is permitted in areas accessible to the general public. Scouting of an opponent's practices is prohibited. (As amended January 2009)

**Section 17, Film Exchange Policy (added January 2009)**

- There is a mandatory video exchange of two games.
- Each team will choose which two games it will receive in the trade.
- The game videos must be recorded on two separate DVD's.
- If the video is not of good quality, the team who traded the video is responsible for finding a better quality video and delivering it to their opponent.
- The trade will take place before Sunday at noon preceding the game or at another time agreed upon by both coaches.
- Teams will only trade videos with the current week's opponent.
- MTAL teams may trade game videos with their non-league opponents.
- MTAL playoff teams must provide a minimum of two of their last three games to their CCS playoff opponent in a mutual video exchange.
- It is understood that MTAL schools are not to exchange game videos with teams outside the league with the exception of the previous by-laws.

**Section 18, Frosh Football** Freshman football players cannot participate at the Frosh level if they are age 16 prior to September 1.

**Section 19, Special Rules for 8 man Football:**

19a. For Varsity 8 man play, there shall be at least three (3) but preferably four (4) officials.

19b. Every effort shall be made to provide adequate facilities and equipment that meet CIF guidelines. Ice should be available on sidelines for each team. The home school shall insure that the sidelines are controlled and kept free of spectators. The league 8 man football fields shall be 80 yards in length, and any 100 yard fields must be modified to fit the 80 yard regulations.

19c. League Schedules: 8-man football league schedules shall be developed by the League Commissioner after consultation with and input by the schools involved in the league. The League Commissioner shall have final approval authority over this 8-man football schedule, without the need to take to all league Athletic Directors or Board of Managers as per all other league schedules.

**Section 20, Composition of Teams**

20a Classifications are Varsity, Junior Varsity and Frosh.

20b Limitations:

18b1 No senior may participate on a JV team.

18b2 Only freshmen can participate on a Frosh team.

**Section 21, General Admission Ticket Prices** Ticket prices for football games shall be as set forth in Article 23 of the MTAL General By-Laws.

**Section 22, Football Jamboree Format**

22a Quarters: 13 minutes running time (clock will stop for play injury or at referee's discretion) .

22b Time Outs: Each team -1 per quarter.

22c Scoring:

20c1 First Down -1 point

20c2 Extra Point Kick -1 point

20c3 Extra Point Run or Pass 2 points

20c4 Field Goal -3 points

20c5 Safety -2 points

20c6 Touchdown -6 points

22d General Rules:

20d1 Offensive team begins each quarter from the 30 yard line.

20d2 Defensive team chooses goal to defend.

20d3 Punts will be run back.

20d4 No kick offs or returns.

**ARTICLE VI  
Golf (Student)**

[Currently MTAL schools competing Girls Golf compete through the Monterey Bay League, and their MBL By-Laws govern the Girls Golf play. These MTAL By-laws currently govern MTAL Student (Boys) Golf.]

**Section 1, Governing Rules** All matches shall be played under the rules of the United States Golf Association, except as modified in these Bylaws.

**Section 1.1, Range Finders:** The following rules apply to all MTAL league contests: The use of cell phones is strictly prohibited. Players may obtain distance information using a device that measures distance only. If during a stipulated round, a player uses a distance-measure device that is designed to gauge or measure other conditions that might affect his/her play (e.g., gradient, wind speed, temperature, etc.), the player is in breach of Rule 14-3 for which the penalty is disqualification, regardless of whether any such additional function is actually used.

a. iPhones and most other smartphones contain a compass and other applications which make them non-conforming distance measuring devices; distance measuring applications on cell phones are not permitted under penalty of disqualification.

b. If any player in a group uses a distance measure device, then the player is encouraged to share distance information.  
[Action of the MTAL Board of Managers on March 22, 2017, effective immediately].

**Section 2, Match Play** All league contests shall be medal play.

**Section 3, Number of Players** In league competition a team consists of six golfers. The scores of the lowest scoring five of the six team members shall be used to determine team scores.

**Section 4, MTAL Annual Tournament**

4a An 18 hole MTAL Annual Tournament will be played on a course designated by the coaches.

4b Medal score will be used in the tournament.

**Section 5, School hosted tournaments** One 9 hole tourney shall be scheduled by each league member for all other schools.

5a If a 9 hole shotgun start can be arranged, the tourney shall start at 3:30 otherwise 2:30.

5b The organization and holes selected shall be at the discretion of the courses, but all players must play the same holes.

5c The MTAL Champion shall be the school with the highest number of teams defeated in all of these school hosted tournaments. Each team receives one point for each team defeated. Should a tie occur in one of these tourneys, the tied teams shall share equally the positions tied. E. g., if two teams tied for 4th place, the teams share points for 4th and 5th places. (The next team places 6th, not 5th.)

5d Determination of CCS team representative(s) in case of ties in final standing at season end will be resolved by placement in the MTAL Annual Tournament. The tied team with the lower total score in the Annual Tournament will advance to CCS.

**Section 6, Team Scoring** All matches will be decided by adding the

scores of five of the six (6) players.

**Section 7, All-League Status** All-league status shall be awarded to the 6 players with the lowest point totals as outlined in this section.

- 7a In each school hosted tourney, the golfer with the lowest score receives one point. The next best golfer receives two points, etc.
- 7b At the conclusion of the season, the best five rankings for each golfer are averaged and the golfers are re-ranked. This time the lowest average is assigned two points, the second best average is assigned four points, the third best average is assigned six points, etc.
- 7c The golfer with the lowest total in the 18 hole MTAL Annual Tournament is awarded only 1 point. The next higher score is awarded two points, etc.
- 7d Golfers that tie in either type of tourney shall equally share the points for the tied places. (E. g. a two-way tie for third causes each golfer to receive one-half the sum of points assigned for third and fourth ( $7/2=3.5$ ). Naturally the next golfer is assigned the points for fifth, not fourth.)
- 7e The 6 golfers with the lowest points shall be awarded ALL-LEAGUE status. Should a tie breaker be needed to separate the sixth from the seventh player, the tie shall be settled by comparing score cards from the MTAL Annual Tournament. Should this be insufficient, then the NCGA tie breaking procedures shall be employed.
- 7f Compilation of records for this purpose will be maintained by a coach designated by the League Representative.

**Section 8, Teeing Area** All matches will be played from the regular teeing area or USGA. NOTE: Regional and CCS Champion matches are played from regular tees if the course slope is over 125. If under 125 the championship tees are used.

**Section 9, The official awards** are:

- 9a The League Champion Trophy (The Rock) .This perpetual trophy is awarded to the school with the most points accrued in school hosted tournaments.
- 9b The MTAL Annual Tournament Trophy (The James Lebeck Trophy) is awarded to the winning school of the MTAL Annual Tournament.
- 9c Six (6) All-League medals and certificates.

**Section 10, Dates**

- 10a Season begins February 1<sup>st</sup>.
- 10b No league match will be scheduled before March 1<sup>st</sup>

**Section 11, Sportsmanship** Any player displaying poor sportsmanship (club or ball throwing, course destruction or swearing) may be penalized two (2) strokes. A second infraction may result in disqualification.

**Section 12, Rules Concerning Galleries 5-18-95**

- 12a The NO ADVICE RULE which applies to coaches shall also apply to gallery members. No person in the gallery shall give advice concerning course management, club selection or swing adjustment during the match.
- 12b All gallery members shall maintain a minimum of 30 yards distance from any ball in play and any player involved in a match. (NCGA

Ruling) This would generally mean that gallery remains on or near cart paths or areas to the side of holes in play.

- 12c All gallery members are PROHIBITED from the practice of forecaddying, that is locating balls in play. This is unfair to groups which have no such gallery. However, if a gallery member, whether coach, parent, non-playing student or general spectator is willing to forecaddy for the entire field in an effort to speed play, this rule can be waived at the discretion of the host coach or tournament director.
- 12d Gallery members should NOT CONSULT players regarding scores. Scorekeeping is the responsibility of the players and coaches, not the gallery. If a member of the gallery feels that an incorrect score has been recorded, the member of the gallery should alert a coach, marshall or other official. Scoring discrepancies will be handled by the tournament director.
- 12e Gallery members, in general, are not OBSERVERS (USGA definition) unless specified as such prior to a match. Coaches will be OBSERVERS for all tournaments. The penalty for breach of Rules (sections 12a to 12d) shall be:
- 12e1 1st Offense: 2-stroke penalty on player represented by gallery member.
- 12e2 2nd Offense: Disqualification of player represented by gallery member.

**Section 13, Levels of competition.** There shall be competition at varsity and reserve team levels.

**Section 14, Season Long Play**

In Student Golf, an individual athlete will be unable to participate in the CCS playoffs due to failure to meet the CCS Playoff Policy regarding "Season Long Play (at least ½ the regular season league events), that athlete will be ineligible to participate in the League finals on behalf of his/her school. The League Commissioner shall make the final determination with respect to an individual's eligibility, including the exceptions involved in that CCS Playoff Policy.

ARTICLE VII  
Lacrosse (Boys)

**Sec. A Season**

1. **Organized practice and Contest Start Dates-** Practice and contest start dates shall be set forth by the Central Coast Section and/or State CIF By-Laws.

**Sec. B Teams, Start of Games and Length of Periods**

1. **Varsity Game Length** - Game time for boy's varsity will be four 12-minute stopped clock quarters, with a 2 minute quarter break and 10 minute half time. If, during the second half of play, the score differential is 10 or greater, the clock will go to running time.
2. **Sub-varsity Game Length** - Game time may be negotiated by administrators or persons appointed by administrators and are often based upon anticipated remaining daylight. If time permits four ten minute stopped clock quarters, with 2 minute quarter break and 10 minute half time.
3. **Multiple Game Ordering** - Where daylight is a factor, Varsity games will precede Junior Varsity competitions scheduled for the same day and field.
4. **Modified Game Length** - If there are emergency situations, which warrant an alternate game time, changes may be made by mutual agreement of the coaches. Further, game officials reserve the right to use an alternative game time if they believe safety is an issue.
5. **Starting times** - Each school chooses its start times based on field availability, lights and other factors and shall declare those start times at the beginning of every season. Beginning with the Spring 2017 season, no contest shall be scheduled to begin any later than 6:00 PM on a school night. Schools may mutually agree on a starting time when special circumstances dictate changing the start time.

**Sec. C Contest, Scrimmages and Tournaments**

1. All maximum contests limits and definitions of practices, scrimmages, jamborees, and all definitions of tournament contests shall be as set forth by the central Coast Section and/or State CIF By-laws.

**Sec. D Eligibility and Movement of Players**

1. **Teams - MTAL** lacrosse teams will consist of Varsity and Junior Varsity teams. Varsity and Junior Varsity teams may be composed of CIF eligible students in grades 9-12.
2. **Seniors - In league contests**, Seniors may NOT compete at the junior varsity level.
3. **Mitigation between Teams** - In any given season, a student may play at any level but may not participate in two squad levels of the same sport in the same day with the exception of the Goalie. A JV goalie may be exempt from this rule upon injury of a Varsity goalie.
4. **Ejection/Suspension** - A **player or coach** ejected from a game or contest for unsportsmanlike conduct will be suspended from the remainder of the current game and from the next scheduled game or contest. In the event of an individual participating in a tournament, the next scheduled game may be on the same day as the ejection. Suspension for ejection is to be served immediately with no differentiation between league or non-league contest.

**Sec. E Schedule and Champions**

1. League Schedule - **The fourteen league teams will play a league schedule in two divisions, North and South, and shall play a double round robin**

**schedule within that division. Those division standings will determine those four teams from each division that participate in the League Tournament as set forth below.**

2. **League Champion** The winner of the league tournament will be ~~considered~~ the league champion. Only designated league contests on the approved MTAL schedule will count towards the league standings. In case of ties refer to Article 19 of the MTAL Bylaws.
3. **League Tournament Championship-** There shall be a league tournament championship during the last week of each season. The tournament shall consist of an 8 team single elimination tournament. The 8 teams shall be the four highest finishers from each Division at the end of the league round robin schedule. Ties shall be broken by the league tie breaker rules in the general by-laws. The division league standings shall determine the seeding. The first Tuesday after the last scheduled league game, the following tournament games shall be played: Game One - South #4 at North #1; Game Two - South #3 at North #2; Game Three - North #4 at South #1; and Game 4 -- North #3 at South #2. The next day, Wednesday, the Winner of Game Two plays at the Winner of Game One, and the Winner of Game Four plays at the Winner of Game Three. On Friday, the winners of the Wednesday games shall play for the League Tournament Championship at the site of the team seeded higher in their division (only if a tie in the seeding of the teams, the North team shall host if an even year, and the South team shall host if an odd year).

#### **Sec. F By-laws**

1. **Governing Rules** - The NFHS Lacrosse Rule Book is the governing authority.
2. **Pre-Season Meeting** - The MTAL coaches will convene a pre-season meeting prior to the second Monday of October.
3. **Post-Season Meeting** - The MTAL coaches will convene a post-season meeting the first Tuesday after the end of the season.
4. **Title IX Compliance** - Female student athletes at coed member schools will be allowed to participate on sanctioned interscholastic athletic teams in any sport where a similar team is not available to them in the same sport. A school may offer a similar team during any of the three seasons (Fall, Winter, Spring) to fulfill this requirement.
5. **Changes to By-Laws** - By-law changes may be approved by a coach's majority determined at a meeting and the sent along for the Board of Managers approval.

#### **Sec. G Equipment and Facilities**

1. **Uniforms** - Section 9, Article 1 g 4 of the NFHS rules states that the home team shall wear white or light colored jerseys and the visiting team shall wear dark colored jerseys. Schools with a single jersey color or conflicts with jerseys should notify the opposing school at least two days ahead of the scheduled contest to work out a solution. It is the coaches' responsibility to confirm uniform colors for the teams prior to the game. The visiting team is responsible for avoidance of similarity of colors, but, if there is doubt, the referee may require the home team to change jerseys.
2. **Ball** - The official ball will be a NFHS approved lacrosse ball. A white ball must be used for league competition.
3. **Field** - Home teams are responsible for making sure that the field of play is correctly lined; that orange cones are placed on each corner and at the center line; and that the coaches' area, team area, and table area are properly measured and marked with cones.



4. **Scorer/Timekeeper** - Home teams are responsible for providing timekeeper and official scorer. While these responsibilities may be shared, it is recommended that two individuals are available to assist the officials and to avoid confusion during competition

#### **Sec. H Postponements**

1. **Rain out procedures** - The decision to postpone a contest due to rain will be determined by the home site administrator based on the field conditions and the safety of the players. If the field is safe to use, the game will be played. In the case that a game must be postponed due to poor field conditions then both school administrators must find a mutual date to reschedule. In the extreme case of running out of possible dates remaining to play then all effort should go into playing games that will count towards league standings.

#### **Sec. I Officials**

1. **Officials association** - Officials will be assigned by Peninsula Sports Inc. Two officials are required per game, though the home school may choose to use three officials. The home team is responsible for paying the officials.

#### **Sec. J Awards**

**All League Awards** - At the post-season meeting, the head coaches in the league will nominate the All League teams. The first team all-league will consist of 17 players—chosen as follows: The first place team in each division shall receive guaranteed 2 spots, and the second place team in each division shall receive 1 guaranteed spot. The remaining 11 spots shall be divided among the two divisions and chosen by coach ballot, with the seven teams of the North Division sharing 5 spots as determined by North coaches and the seven teams of the South Division sharing 5 spots as determined by South coaches, with the final spot determined by overall coach ballot. Each school may give discretionary honorable mentions per program as well.

ARTICLE VIII  
Lacrosse (Girls)

**Sec. A Season**

1. **Organized practice and Contest Start Dates- Girls Lacrosse is a Spring season sport.** Practice and contest start dates shall be set forth by the Central Coast Section and/or State CIF By-Laws.

**Sec. B Teams, Start of Games and Length of Periods**

1. **Varsity Game Length** - Game time for girl's varsity will be **two 25-minute halves with a half time break of 7-10 minute to be determined by the coaches before the start of the game.** If, during the second half of play, the score differential is 10 or greater, the clock will go to running time.
2. **Sub-varsity Game Length** - Game time may be negotiated by administrators or persons appointed by administrators and are often based upon anticipated remaining daylight. If time permits **there shall be two 25-minute halves with a half time break of 7-10 minute to be determined by the coaches before the start of the game..**
3. **Multiple Game Ordering** - Where daylight is a factor, Varsity games will precede Junior Varsity competitions scheduled for the same day and field.
4. **Modified Game Length** - If there are emergency situations, which warrant an alternate game time, changes may be made by mutual agreement of the coaches. Further, game officials reserve the right to use an alternative game time if they believe safety is an issue.
5. **Starting times** - Each school chooses its start times based on field availability, lights and other factors and shall declare those start times at the beginning of every season. Beginning with the Spring 2017 season, no contest shall be scheduled to begin any later than 6:00 PM on a school night. Schools may mutually agree on a starting time when special circumstances dictate changing the start time.

**Sec. C Contest, Scrimmages and Tournaments**

1. All maximum contests limits and definitions of practices, scrimmages, jamborees, and all definitions of tournament contests shall be as set forth by the central Coast Section and/or State CIF By-laws.

**Sec. D Eligibility and Movement of Players**

1. **Teams** - **MTAL** girl's lacrosse teams will consist of Varsity and Junior Varsity teams. Varsity and Junior Varsity teams may be composed of CIF eligible students in grades 9-12.
2. **Seniors** - Seniors may compete at the junior varsity level.
3. **Mitigation between Teams** - In any given season, a student may play at any level but may not participate in two squad levels of the same sport in the same day with the exception of the Goalie. A JV goalie may be exempt from this rule upon injury of a Varsity goalie.

**Sec. E Schedule and Champions**

1. **League Schedule** - **The league teams shall play a double round robin league schedule. They may schedule non-league matches against league mates, but the league matches shall be played as per the approved league schedule.** Only designated league contests on the approved MTAL schedule will count towards the league standings.
2. **League Champion** The final league standings shall determine the league champion. A tie in final league standings shall result in Co- or Tri - League Champions.

Sec. F By-laws

1. **Governing Rules** - The NFHS Lacrosse Rule Book is the governing authority.
2. **Changes to By-Laws** - By-law changes may be approved by a coach's majority determined at a meeting and the sent along for consideration and approval of the Athletic Directors and the Board of Managers.

Sec. G Equipment and Facilities

1. **Uniforms** - Uniforms shall be in compliance with the NFHS rules.
2. **Ball** - The official ball will be a NFHS approved lacrosse ball. A **yellow** ball must be used for league competition.
3. **Field** - Home teams are responsible for making sure that the field of play is correctly lined; that orange cones are placed on each corner and at each of the restraining lines; and that the coaches' area, team area, and table area are properly measured and marked with cones.
4. **Scorer/Timekeeper** - Home teams are responsible for providing timekeeper and official scorer. While these responsibilities may be shared, it is recommended that two individuals are available to assist the officials and to avoid confusion during competition

Sec. H Postponements

1. **Rain out procedures** - The decision to postpone a contest due to rain will be determined by the home site administrator based on the field conditions and the safety of the players. If the field is safe to use, the game will be played. In the case that a game must be postponed due to poor field conditions then both school administrators must find a mutual date to reschedule. In the extreme case of running out of possible dates remaining to play then all effort should go into playing games that will count towards league standings.

Sec. I Officials

1. **Officials association** - Officials will be assigned by Peninsula Sports Inc. Two officials are required per game, though the home school may choose to use three officials. The home team is responsible for paying the officials.

Sec. J Awards

1. The first and second team all-league will consist of 10 players. The breakdown for these awards shall be on the following basis:
  - a. First and second place teams receive 3 first and 2 second team all-league spots.
  - b. Third place team receives 2 first and 2 second team all-league spots.
  - c. Fourth and fifth place teams receive 1 first and 2 second team all-league spots.[Amended March 22, 2017. Effective immediately]

**ARTICLE IX  
Soccer (Boys and Girls)**

**Section 1, Governing Rules** All rules not covered in these Bylaws, CCS or CIF shall be in accordance with the National Federation's Soccer Rule Book. Exceptions pertaining to facilities and equipment shall be allowed by mutual agreement of the two principals.

**Section 2, Game Time**

- 2a Game Starting times will be as reflected on the approved league schedules unless otherwise agreed by the two schools involved.
- 2b Deviation from game order or scheduled starting time shall be by mutual agreement of the two principals.

**Section 3, Priority of Teams** Varsity, JV.

**Section 4, Length of Periods and warm up times**

- 4a Where two fields and/or lights, both varsity and JV contests shall consist of two 40 minute halves. Varsity games shall have a 5 minute while JV games shall have a 2 minute intermission between halves.
- 4b Where only one field and no lights, the varsity contest shall have 35 minute halves. JV contests shall have halves with a maximum of 35 minutes. Should predicted onset of darkness preclude halves of maximum length, officials shall set shorter halves. There shall be a 5 minute intermission between varsity halves and a 2 minute intermission between JV halves.
- 4c There is no overtime for regular league or pre-season games.
- 4d Each team shall have a twenty minute warm up period prior to start of contest. (5-17-2001)

**Section 5, League Standing**

- 5a The International Scoring System shall be used to determine league standing. Each win is worth three (3) points. Each tie is worth one (1) point. Each loss is worth zero (0) points.
- 5b When each school in the league is scheduled for the same number of league contests, the ISS will be used (unmodified) as outlined above.
- 5c When schools in the league are not scheduled for the same number of league contests, the ISS total will be divided by the number of scheduled contests for that school.
- 5d The league champion is the team with the largest ISS or modified ISS if the modified ISS is used in that year.

**Section 6, Officials**

**See Article 24 of the General By-Laws for requirements regarding officials.**

**Section 7, Red Card Rule** (See General By-Laws, Article 15, for the rules regarding players ejected from a contest)

**Section 8, League Representatives to CCS Playoffs:**

- 8a The League's Automatic Qualifiers to the CCS Playoffs shall be determined as follows:
  - 8a1 The First Automatic Qualifier shall be the MT Division #1 finisher from the league round robin schedule.
  - 8a2 The Second Automatic Qualifier shall be the MT Division #2 finisher from the league round robin schedule.

8a3 The Third Automatic Qualifier shall be the winner of a single playoff game between the MT Division #3 finisher versus the Coastal Division #1 finisher.

8b Tie breaker to determine playoff teams: Any and all ties for any of these positions shall be broken according to the League Tie Breaker rules set forth in Article 19 of the MTAL General By-Laws with the exception that no playoff game between the tied teams shall be held even if sufficient time.

## **ARTICLE X**

### **Softball**

**Section 1, Official Rules** All games shall be played under the rules of the National Federation of State High Associations.

**Section 2, Game Regulations** The home team shall be responsible for keeping the official score.

2a Pre-game fielding practice shall be limited to fifteen (15) minutes per team.

2b The home team shall provide game balls.

2c If a team is leading by ten (10) or more runs by the end of the 5<sup>th</sup> inning, the game shall be called, at both the Varsity and JV levels. [2-2001]

2d Time limit on JV games. MTAL JV softball games, upon reaching 1:45 in duration, will then finish the inning that has begun, if any, with no new inning to be started after that 1:45 time limit.

**Section 3, Equipment.** MTAL schools shall use only NFHS approved and stamped balls in the sports of baseball and softball, and may use any such approved and stamped ball.

**Section 4, Team Classifications** Official competition shall be conducted by Varsity and Junior Varsity teams.

**Section 5, Number of Contests** The number of contests allowed by each team and individual on that team, including tournament contests, are as set forth in the By-laws of the Central Coast Section as they may be amended from time to time.

**Section 6, Officials** See Article 24 of the General By-Laws for requirements regarding officials.

**Section 7, Starting Time** Games will start at 3:45pm prior to daylight savings time and 4:00pm after daylight savings time goes into effect.

#### **Section 8, Games tied at end of regulation play (7 innings)**

Games that are tied after 7 innings of play will continue as prescribed by National Federation rules. If after nine innings the game is still tied, the International Tie Breaker System will go into effect. The last batter to bat in the previous inning will assume a base running position at second

base. If after one full inning the game is still tied, the teams will again place a runner at second base and continue until a winner has been determined.

**Section 9, League Champion** The league champion shall be determined by the won/lost record after a double round in each classification. Teams tied for first shall be co-champions.

#### **Section 10, CCS Playoffs**

10a The League's Automatic Qualifiers to the CCS Playoffs shall be determined as follows:

10a1 The First Automatic Qualifier shall be the MT Division #1 finisher from the league round robin schedule.

10a2 The Second Automatic Qualifier shall be the MT Division #2 finisher from the league round robin schedule.

10a3 The Third Automatic Qualifier shall be the winner of a single playoff game between the MT Division #3 finisher versus the Coastal Division #1 finisher.

10b Tie breaker to determine playoff teams: Any and all ties for any of these positions shall be broken according to the League Tie Breaker rules set forth in Article 19 of the MTAL General By-Laws with the exception that no playoff game between the tied teams shall be held even if sufficient time.

### **Section 11 All-League Selection**

The method of nominating and selecting All-League will be as follows:

11a No ties, top three (3) teams

11a1 1st place will get three (3) automatic selections;

11a2 2nd place will get two (2) automatic selections;

11a3 3rd place will get (1) automatic selection;

11b Two-way tie for 1st place, both teams will get two (2) automatic selections.

11c Three-way tie for 1st place, each team will get two (2) automatic selections.

11d In the event of a tie for 3rd place involving any number of teams, the team with the highest CCS seeding points will receive the one (1) automatic selection for the third place team regardless of common games results.

11e Criteria, Nomination Process and Voting Process:

11e1 The intention is to select the best 16 players in the league for the All-MTAL team based upon offensive, defensive and pitching statistics, leadership qualities and sportsmanship.

11e2 All teams, regardless of league finish shall have unlimited nominations and may nominate players from their own team as well as players from other teams in the league.

11e3 After the six (6) automatic choices are selected coaches will vote for the remaining ten (10) selectees. Coaches may not vote for their own players and must vote for ten (10) players. All players nominated that are not selected to the All-League team shall be named Honorable Mention.

11f Additional Awards: Coaches will nominate and select the following awards: A Sportsmanship team consisting of the same number of players as there are teams in the league, one (1) winner of the Elgie Belizzio Award selected from the Sportsmanship team, Most Valuable Player, Most Valuable Pitcher and Coach of the Year.

11g Nomination Process and Voting Process for Additional Awards:

11g1 Each team shall have the right to nominate one (1) player from the league to the Sportsmanship Team. The player may be from their own team or an opposing team in the league and those nominated shall comprise the Sportsmanship Team.

11g2 One (1) player from the selected Sportsmanship team will be selected to be the winner of the Elgie Bellizio Award. Each team shall cast one (1) vote to decide the winner. Teams may not vote for their own players.

11g3 All teams have the right to nominate any number of players from any team in the league including their own for the Most Valuable Player and Most Valuable Pitcher Awards. Co-winners are allowed. Each team shall cast one (1) vote to decide the winner. Teams may not vote for their own players. No one (1) player shall receive or share the Most Valuable Player and the Most Valuable Pitcher Award in the same season.

11g4 The Most Valuable Player Award shall be selected before the Most Valuable Pitcher Award, taking into consideration offensive, defensive and pitching statistics, leadership qualities and sportsmanship.

11g5 The Most Valuable Pitcher shall be selected before the Most Valuable Player, taking into consideration pitching and defensive statistics, leadership qualities and sportsmanship, but not considering offensive statistics.

11g6 The Most Valuable Pitcher Award will be open to any player who did not win the Most Valuable Player Award in the same season, based upon pitching and defensive statistics, leadership qualities and sportsmanship. Should the voting coaches decide that the Most Valuable Pitcher Award should be won by the player winning the Most Valuable Player Award in the same season, the coaches have the discretion to not award the Most Valuable Pitcher Award for that season.

11g7 All teams have the right to nominate any head coach in the league for Coach of the Year. Each team shall cast one (1) vote to decide the winner. Co-winners are allowed. Each team shall cast one (1) vote to decide the winner. Teams may not vote for their own coach.

**Section 12, Suspended non-regulation games** If a non-regulation (i.e. less than 5 innings completed) game is suspended due to darkness or weather, the game will be continued where it left off at the next available date agreed upon by the two schools involved and played at the original site. The site can be changed only by mutual agreement of the two schools involved.



**ARTICLE XI**  
**Swimming and Diving**

**Section 1, Governing Rules** League dual and championship swimming meets shall be governed by National Federation Rules, except as modified by these Bylaws.

**Section 2, Dual Meet Information**

- 2a An individual may enter four (4) events if at least two (2) of the events are relays.
- 2b Separate scores shall be kept for Varsity and JV competition. The order of events for dual meets shall be as follows with the first event starting with the JV event.

Girls JV 200 Medley Relay, Girls VAR 200 Medley Relay  
Boys JV 200 Medley Relay, Boys VAR 200 Medley Relay  
Girls JV 50 Back, Girls VAR 200 Free  
Boys JV 200 Free, Boys VAR 200 Free  
Girls JV 100 IM, Girls VAR 200 IM  
Boys JV 100 IM, Boys VAR 200 IM  
Girls JV 50 Free, Girls VAR 50 Free  
Boys JV 50 Free, Boys VAR 50 Free  
--Short break (10 to 15 minutes) Girls and Boys One Meter Diving  
Girls JV 50 Fly, Girls VAR 100 Fly  
Boys JV 50 Fly, Boys VAR 100 Fly  
Girls JV 100 Free, Girls VAR 100 Free  
Boys JV 100 Free, Boys VAR 100 Free  
Girls JV 50 Breast, Girls VAR 500 Free  
Boys JV 500 Free, Boys VAR 500 Free  
Girls JV 200 Free, Girls VAR 200 Free Relay  
Boys JV 200 Free Relay, Boys VAR 200 Free Relay  
Girls JV 100 Back, Girls VAR 100 Back  
Boys JV 100 Back, Boys VAR 100 Back  
Girls JV 100 Breast, Girls VAR 100 Breast  
Boys JV 100 Breast, Boys VAR 100 Breast  
Girls JV 200 Free Relay, Girls VAR 400 Free Relay  
Boys JV 400 Free Relay, Boys VAR 400 Free Relay

**Section 3, The league championship** shall be determined on the basis of the dual meet record and championship meet finish according to the formula shown below. The championship meet will also determine the individual champions in each event.

<u>Dual Meet Finish</u>		<u>League Meet Finish</u>	
1	13 points	1	13 points
2	11 points	2	11 points
3	9 points	3	9 points
4	7 points	4	7 points
5	5 points	5	5 points
6	3 points	6	3 points
7	1 point	7	1 point

At the conclusion of the league meet, the team with the greatest number of points under the formula shown above will be the league champion.

Section 4 Number of Contests (see General By-Laws, Article 8).

**Section 5, Starting Time** All contests shall start at 3:30 p.m.

**Section 6, Priority of Terms**

Varsity and JV.

**Section 7, Season Long Play**

In Cross Swimming and Diving, an individual athlete will be unable to participate in the CCS playoffs due to failure to meet the CCS Playoff Policy regarding "Season Long Play (at least ½ the regular season league events), that athlete will be ineligible to participate in the League Finals meet on behalf of his/her school. The League Commissioner shall make the final determination with respect to an individual's eligibility, including the exceptions involved in that CCS Playoff Policy.

**Article XII  
Girls Tennis**

**Section 1, League Matches.**

The format for the girls tennis matches will be in compliance with CCS format. At present this means four (4) singles and three (3) doubles to be played with no-ad scoring and the best 2 out of 3 sets. When insufficient daylight to continue, the third set will be a match tie breaker, or will be called if the outcome already determined, all if agreed by both coaches.

**Section 2, Restricted play** Players may only participate in either singles or doubles in league play and the league tournament. This rule does not prevent a player from playing in either singles or doubles in league or tournament play.

**Section 3, Balls** Schools shall provide Wilson Championship balls or equal.

**Section 4, Order of play** Players shall play in order of their rank.

**Section 5, Shortening matches** By mutual agreement, when by press of time it is necessary to shorten a match(es) , the Professional Rule shall be followed.

**Section 6, Coaching of players** The school coach, one (1) per school, may coach a player or team as long as it does not interrupt play.

**Section 7, Starting Time** League matches shall start at 3:30 p.m. until Fall time changes after which they shall start at 3:00 p.m. Home matches at Carmel, and York shall start at 3:00 p.m.

**Section 8 Number of contests** There shall be a double round robin of league play not including league tournaments. No more than two (2) matches shall be played per week except in the event that it is necessary to "make up" matches. See MTAL General By-laws, Article 8, for total contests allowed in a season.

**Section 9, Team composition** A team will consist of the best players available the day of competition. For example, if a No.1 player is unable to compete, the No. 2 player must move up to No.1 position; the No.3 player must move up to No.2 position, etc. A coach does not have to break up doubles teams to accomplish this.

9a Team must be played in rank order for that day in both singles and doubles.

9b The number one player must play number 1 singles.

9c Any player except number one player may play doubles.

9d Doubles teams must be in rank order for the day.

9e If a player is absent from a doubles team, a substitution may be made for that team. Keep the "move up" rule as stated for singles.

9f A player may not move up or down the ladder because of injury, illness or disciplinary reasons.

9g Challenge matches determine the ladder for all teams.

**Section 10, League Champion, CCS Team Representative** The team with the best percentage of meets won in the league shall be the league champion. This team shall represent the league at CCS. In case of a

tie, the teams are considered co-champions and the league representative to CCS will be determined in accordance with Article 19 of the MTAL General By-Laws.

**Section 11, League Tournament** Each school may enter 2 singles and 2 double teams in the league tournament. All singles matches shall be in one flight. All doubles matches shall be in one flight. Starting time 2:00 PM.

The Seeding for the league tournament shall be conducted in the following manner:

**Coaches hold a tournament draw meeting at conclusion of regular season.**

**Each coach reveals to each other their 2 players.**

**Decide the top four players in the league. Use win/loss and head-to-head results. Use intangibles to decide ties, vote if necessary. These will be the 4 seeds. Only 4. 1st seed goes on line 1, 2nd on 16, 3rd on 9, 4th on 8. \***

**Remaining 12 players each get their name on a card, cards thrown in a hat. \*\* First name out of the hat goes on line 2, unless they have a teammate on that half of the draw already, in which case they go on line 10, and then the next name out would go on line 2. Repeat until all names are out of the hat and on lines of the draw.**

**For doubles, just substitute 'team' for 'player' and use the same process.**

**\* If 2 of the top 4 are from the same team, disregard those positions if necessary in order to put the 2 on opposite halves of the draw.**

**\*\* If there are 11 names in the hat (if 1 team brings just 1 player), line 2 is a bye. If there are 10, lines 2 and 15 are byes. If 9, lines 2, 15 and 10 are byes. If 8, lines 2, 15, 10 and 7 are byes. These byes, up to 4, are placed on the draw before names are drawn out of the hat. If there are less than 8 names in the hat, place the 4 byes as above, then add bye name card(s) to the hat so there are 8 cards total in the hat. Treat bye name cards as player names above, i.e. like teammates that are placed on opposite halves as much as possible.**

**Section 12, Individual CCS Representatives** The winner of flight one singles and flight one doubles shall be the league representatives to the CCS Individual Championships. (9-10-2001) If a league representative cannot compete in the CCS Championships, the runner-up shall be league representative in the tournament. (9-10-2002)

**Section 13, All-League Awards** Nine (9) all-league medals shall be awarded the 1st, 2nd, 3d place singles and doubles and six (6) ribbons shall be awarded to fourth and fifth place finishers in the singles and doubles.

**Section 14, Levels of competition.** There shall be varsity competition and may be JV competition where facilities and circumstances permit.

#### **Section 15, Season Long Play**

In Girls Tennis, an individual athlete will be unable to participate in the CCS playoffs due to failure to meet the CCS Playoff Policy regarding "Season Long

Play (at least ½ the regular season league events), that athlete will be ineligible to participate in the League Finals on behalf of his/her school. The League Commissioner shall make the final determination with respect to an individual's eligibility, including the exceptions involved in that CCS Playoff Policy.

ARTICLE XIII  
Boys Tennis

[CURRENTLY THESE BOYS TENNIS BY-LAWS ARE IN SUSPENSION IN THAT THE MTAL BOYS TENNIS SCHOOLS COMPETE TENNIS AS PART OF THE MONTEREY BAY LEAGUE AND THUS ARE SUBJECT TO THOSE BY-LAWS UNLESS AND UNTIL MTAL BOYS TENNIS LEAGUE COMPETITION RESUMES IN THE FUTURE.]

ARTICLE XIV  
Track and Field

**S Section 1, Governing Rules, rules pertaining to season**

1a The rules of the National Federation shall be followed except as allowed to be modified by CIF, CCS, or these Bylaws.

1b See MTAL General by-Laws, Article 8, regarding maximum contests for teams and individuals.

1c Classes of competition are Varsity Boys, Varsity Girls, Frosh-Soph Boys, and Frosh-Soph Girls.

1d Frosh-Soph Boys shall run the 65 meter High Hurdles and put the 10 pound shot.

1e. A Freshman or Sophomore athlete may not compete in the Frosh-Soph category in the Varsity category on the same day in the same meet. [added January 2012]

1f There shall be a Games Committee that establishes the details of running both regular season and League championship meets within the rules of the National High School Federation as allowed to be modified by CIF, CCS or these by-laws. The intent of having this Games Committee is to avoid the necessity for going to the Board of Managers of the league to change any detail of running the league's track and Field meets. The Games Committee shall consist of the coaches present at the pre-season meeting and be modified only by majority vote of those present. An initial guideline for the Games Committee will be provided. The coaches shall meet the Wednesday evening prior to the Varsity Trials Meet to reconvene the Games Committee. Any changes that the Games Committee makes to these guidelines shall be forwarded to the League Commissioner for dissemination to the league schools.

**Section 2, Determination of League Champion**

2a The MTAL Varsity League Champion shall be the team with the largest number of Championship points earned (as outlined in subsections 2a1 to 2a3 below) for standing in the MTAL Regular Season meets and standing in the Varsity Championship Meet. (Frosh-Soph standings shall be solely determined by rank in the Frosh-Soph Championship Meet). Separate Boys and Girls Champions will be determined.

2a1 One Championship point shall be awarded for each team defeated in a Regular Season meet.

2a2 Two Championship points shall be awarded for each team defeated in the Varsity Championship Meet.

2a3 In the event of a tie in the score of a MTAL Regular Season meet or the Championship Meet, the Championship points for the tied places shall be averaged and each school shall receive that average.

**Section 3, League Championship Meets**

3a Only those athletes who are qualified to attend the CCS meet are eligible to compete in any of the Varsity League Championship meets (this does not apply to the Frosh-Soph meet, though participation in the Frosh-Soph meet shall NOT count as a meet toward the CCS 50% rule). [Modified April 2013]

3b The MTAL Varsity Championship Meet shall be named in honor of Richard Chamberlin and shall be held on a Friday or Saturday on a date to be determined each year at Pacific Grove or King City High School (or at another all-weather

track with 8 or more lanes and facilities for all field events including separate long jump and triple jump pits).

3c The FROSH-SOPH Championship Meet shall be held for both boys and girls during the latter part of the Track season prior to the Varsity Trials Meet.

3d Individual Varsity and Frosh-Soph Champions are determined solely by placement in these meets.

3e Qualifying from League to CCS Championship. Placement in the MTAL Varsity Championship Meet will be the sole method of advancement to the CCS Championship. The number of places advancing will be in accordance with the CCS Track & Field Bylaws.

3f The entries to and seeding of the Varsity Championship Meet shall be determined by times and marks of athletes coming into the Seeding meeting, all in accordance with the Games Committee guidelines as may be developed, all in accord with action by the League Board of Managers at their meeting in September 2015. The entries to the Frosh-Soph Championship meet shall be as set forth in the Games Committee guidelines.

#### **Section 4, Varsity Trials Meet (DELETED SEPTEMBER 2015)**

#### **Section 5, Awards for championship meets**

5a Varsity first place finishers shall receive an All-League medal and certificate. Second, third, fourth, and fifth place finishers shall receive ribbons.

5b Frosh-Soph first, second, third, fourth, and fifth place finishers shall receive ribbons.

5c The "Elgie Bellizio Sportsmanship Medal" will be given to the coach of the second place boys and girls teams at the Varsity Championship Meet to be awarded to a deserving athlete of their choice.

#### **Section 6, Season Long Play**

In Track and Field, an individual athlete will be unable to participate in the CCS playoffs due to failure to meet the CCS Playoff Policy regarding "Season Long Play (at least ½ the regular season league events), that athlete will be ineligible to participate in the League Finals meet on behalf of his/her school. The League Commissioner shall make the final determination with respect to an individual's eligibility, including the exceptions involved in that CCS Playoff Policy.

(End Track and Field By-Laws. See Games Committee Guide for other details).



**ARTICLE XV**  
**Girls Volleyball**

**Section 1, Rules** National Federation Rules shall govern play.

**Section 2, Time of Games**

2a Junior Varsity matches begin at 5:00 PM

2b The Varsity match shall start at 6:30 PM or 22 minutes after the conclusion of the JV match, whichever is later.

**Section 3, Warm up**

3a There shall be two 22 minute warm up periods. The first period shall commence 22 minutes prior to the Junior Varsity match and there shall be another 22 minute warm up period between the JV and Varsity matches.

3b During the first 10 minutes of the 22 minute warm up period both teams share the court. Each team shall then have exclusive use of the court for 6 minutes, with the serving team first and the receiving team second. Each team's serving time shall be included in that six minutes exclusive court use.

**Section 4, Officials**

See Article 24 of the MTAL General By-Laws for requirements regarding officials. One lines person will be provided by the host school and one lines person will be provided by the visiting school.

**Section 6, League Champion**

The league champion will be the team with the best win-loss record. When an intra-league playoff is scheduled, the playoff games shall be included in the win-loss record. Teams tied for first place shall be co-champions.

**Section 7, Scoring**

7a Varsity will play 3 out of 5 games. If a fifth game is played it shall be contested with rally scoring.

7b Junior Varsity shall play 2 out of 3 games. If a third game is played it shall be contested with regular scoring. (1-23-2003)

**Section 8, CCS Playoffs Representative**

The league representatives to the CCS playoffs will be determined in accordance with Article 19 of the MTAL General By-Laws.

**Section 9, Official Ball**

The official ball used in MTAL matches shall be the ball adopted for use in CCS playoffs.

**Section 10, Team classification** Official competition shall be conducted in Varsity and Junior Varsity classifications.

**Article XVI**  
**Water Polo (Girls and Boys)**

Currently, all girls and boys Water Polo competition by MTAL schools is through the supplemental league hosted by what is now the Monterey Bay League (MBL), and the MBL sports by-laws regarding Water Polo govern that competition.

**ARTICLE XVII  
WRESTLING**

**Section 1, Competition** shall be in accordance with the National Federation Rules as amended by CIF and the MTAL Board of Managers and as specially amended by the coaches with the approval of the Board of Managers.

**Section 2, Weight Classes** Competition shall be held in the weight classes established by the National Federation and/ or the California Interscholastic Federation.

**Section 3, MTAL Champion determination** In determining the MTAL team champion, the dual meet record and the league tournament shall be equally weighted as below. The standings shall be based on the following point system:

<u>Rank</u>	<u>In Dual Matches</u>	<u>In League Tournament</u>
1st	14	14
2nd	10	10
3rd	7	7
4th	4	4
5th	3	3
6th	2	2
7th	1	1

The team with the highest number of combined dual match and tournament points shall be the league champion. If there is a tie in that regard, the tied teams shall be named co-champions or tri-champions as the case may be.

**Section 4, Official League weigh-ins** Official League Weigh-ins shall be in accordance with the National Federation Rules and as amended by CIF and the MTAL Board of Managers. The League shall follow any National or State Federation Rules that are established with regard to official weigh-in procedures.

**Section 5, Timer and Scorer** Coaches shall have a reliable and knowledgeable person marking the score and keeping the time. All scoring must be kept in full view of the spectators, contestants and coaches.

**Section 6, Contest Limits** During the season, there shall be a single round-robin of dual matches. Each team shall follow the National Federation Rules as amended by the CIF with regard to the total number of competitions allowable. In addition, each team shall follow the CCS rules and regulations regarding contest limits.

**Section 7, Practice Starting Date.** See MTAL General By-laws, Article 8.

**Section 8, Starting times** Any reserve team matches between two teams will be wrestled first at 6:30 p.m., followed by JV matches and immediately thereafter by Varsity matches. If no reserve team matches are scheduled, then the JV matches will start at 6:30 p.m., followed by Varsity matches (3-23-00)

**Section 9, Seniors** may wrestle either JV or Varsity throughout the entire season.

**Section 10, Mission Trail Tournaments**

10a The Varsity and the JV League Tournament: At the end of the dual meet season and one week before the section tournaments, a Varsity tournament shall be held to determine individual and team champions. A first place

medal and certificate shall be awarded to the league Varsity champion. A JV tournament shall be held in conjunction with the Varsity tournament. Ribbons 1st through 5th place shall be awarded to JV wrestlers in each weight class.

10b Weigh-ins: As established by the National Federation, contestants shall weigh in at the tournament no earlier than two (2) hours and no later than one-half hour before the first session of the tournament. (Section 5, Article 3)

10c Novice Tournament: A novice wrestler is a first year wrestler on the high school level of competition. Only those who are wrestling for their first year in high school may wrestle in the novice tournament. The novice tournament will be held during the first week of the scheduled wrestling season.

10d The site of the Novice Tournament and the Varsity /JV league Tournament will be determined on a rotational basis. The site of the Novice Tournament in Year 1 will be the site of the Varsity/JV Tournament in Year 2.

10e **MTAL TOURNAMENT ROTATION:**

<b>PACIFIC GROVE</b>	<b>(Coast)</b>
<b>GONZALES</b>	<b>(Central)</b>
<b>KING CITY</b>	<b>(South)</b>
<b>CARMEL</b>	<b>(Coast)</b>
<b>SOLEDAD</b>	<b>(Central)</b>
<b>GREENFIELD</b>	<b>(South)</b>

e.1 Each team has their year in the rotation to host the MTAL Championship Tournament. This rotation spreads out the long travel distances (from the Coast to the South Valley: Car/PG to GF/KC) within a season and from season to season - to more evenly distribute travel budget effects, early school dismissals, and late arrivals home on a school night.

e.2 The MTAL Novice Tournament (for first year high school wrestlers - held at the beginning of the season) is on the same rotation, but one year ahead, so that each school hosts Novice the year before they host the MTAL Tournament. This way a school gets a practice run and a clear heads up (for the entire league) that that school is next to host the MTAL Championships.

e.3 When it is a school's turn to host the MTAL Tournament, they really need to do it. A school should be allowed to forfeit their turn only under the most extreme circumstances, and if they do they may lose their turn in the cycle and move to the end of the rotation. Other schools may offer support and assistance to avoid having a school forfeit their turn.

e.4 If a team does give up their turn, then the school in the closest geographic proximity will be expected/urged to take the surrendering team's place. "Geographic Partners": Carmel/Pacific Grove; Gonzales/Soledad; Greenfield/ King City should back each other up first. In case of a geographic partner back-up, the team taking the tournament will have the power to decide whether the surrendering team shall trade places or lose their turn and move to the end of the rotation.

e.5 If the primary back up is unable, then a volunteer may step forward. If two volunteers step forward, then a coin toss will be used. If three or more schools volunteer, then a random drawing will be used. If a

regular volunteer (non-geographic partner) hosts the tournament, the rotation will be continued the following season as if the back up had never occurred.

e.6 If league schools are changed, the above geographic considerations shall be used to determine the ongoing rotation.

**Section 11, Varsity, JV League Tournament time schedule** The tournament shall use the appropriate number of mats and officials. If on a Thursday or Friday, weigh-ins will begin at 2:00 PM and wrestling will begin at 4:00 PM. If on a Saturday, weigh-ins will begin at 9:00 AM and wrestling will begin at 11:00 AM.

**Section 12, Seeding into the Varsity League Tournament** The seeding of wrestlers into the MTAL League Championship Tournament shall be by the vote of the coaches for first four seeded places. All other wrestlers and byes will be drawn in by a random draw. The voting shall be done by secret ballot. In the case of a tie after two ballots, the higher seed will be determined by a toss of a coin. There shall be no seeding for the JV Tournament nor for the Novice Tournament.

**Section 13, Brackets** for the League Tournament shall be as found in the National Federation Rules book with the seeding as outlined in Rule 10, section 4.

13a The consolation bracket shall be cross-bracketed.

13b Consolation matches to determine a true second will only be used if the league qualifications to the Section Championship Tournament are reduced to the top two league placers.

**Section 14, VARSITY Tournament Bracket Changes**

14a Should a wrestler not compete in the weight class, all wrestlers seeded below the missing wrestler will be moved up one seeded place.

14b Every effort shall be made to declare all participants in the MTAL Varsity Tournament at the time of the seeding meeting. If known at the time of the meeting, coaches must declare any line-up changes that may occur. In the event that any unforeseen changes that effect the bracket occur, the coach shall promptly notify the tournament director, who shall notify all other coaches.

14c If the participants in a weight class change after the seeding meeting, the coaches shall seed the bracket by the same method used at the seeding meeting.

**Section 15, Tournament Scoring**

Tournament scoring shall be based on the National Federation Rules.

**Section 16, Limit on Matches**

No wrestlers shall compete in more than 40 matches prior to MTAL Championships.

**Section 17, Levels of Competition.** There may be competition in three classes, Varsity, Junior Varsity and Reserves.

**Section 18, Season Long Play**

In Wrestling, an individual athlete will be unable to participate in the CCS playoffs due to failure to meet the CCS Playoff Policy regarding "Season Long Play (at least ½ the regular season league events), that athlete will be ineligible to participate in the League Finals on behalf of his/her school. The League Commissioner shall make the final determination with respect to an

individual's eligibility, including the exceptions involved in that CCS Playoff Policy.

**\*\*\*\*\* END OF DOCUMENT\*\*\*\*\***