

**INTERSCHOLASTIC ATHLETIC PROGRAM
BYLAWS & REGULATIONS**

SAN DIEGO CITY CONFERENCE



BLUE BOOK

**SAN DIEGO CITY SCHOOLS
SAN DIEGO, CALIFORNIA**

2024-2025 EDITION

23 MEMBER SCHOOLS:

Canyon Hills
Cathedral Catholic
Christian
Clairemont
Coronado
Crawford

Henry
HTHSD
Hoover
Kearny
La Jolla
Lincoln

Logan Memorial
Madison
Mira Mesa
Mission Bay
Morse
Our Lady of Peace

Point Loma
San Diego
Scripps Ranch
St. Augustine
University City

7 SEASONAL MEMBER SCHOOLS:

Bishops
Francis Parker
La Jolla Country Day

Olympian
Preuss
Santa Fe Christian

Sweetwater

PREFACE

The San Diego City Conference Blue Book for the Senior High School Boys Interscholastic Athletic Program was first published in 1955. It included the Constitution for the Boys Central, City, Eastern and Western Leagues of the San Diego City Conference, as well as Special Regulations for approved boys, coed, and student sports.

The San Diego City Conference Blue Book for the Senior High School Girls Interscholastic Athletic Program was first published in 1973 following the Board of Education approval of the Girls Interscholastic Athletic Program. It included the Constitution for the Girls Central, City, Eastern, and Western Leagues of the San Diego City Conference, as well as Special Regulations for girls and coed sports.

This San Diego City Conference Blue Book, revised in 1981, combines the contents of previous documents into one volume, directing the operation of a school's athletic program.

In 2015-2016, the San Diego City Conference Blue Book was completely revised. Input was provided by all stakeholders. Recommendations for revisions were reviewed by a committee made up of Administrators, Athletic Directors, Coaches, the San Diego City Conference President, and the Director of Athletics. Changes were approved by both the San Diego City Conference and Athletic Council in 2016. It will be reviewed annually by Administrators, Athletic Directors, and Coaches.

GIRLS' HANDBOOK PREPARED BY:

Patricia McGregor – 1973 (Original Handbook)
Leslie R. Cassie – General Revision – 1974, 1976
Jane S. Davis – General Revision – 1977-1980

BOYS' HANDBOOK PREPARED BY:

William C. Bailey – 1955 (Original Handbook)
William G. Matthie – 1957 (Preparation of Policy Statements)
Don Clarkson – General Revision – 1956-1971
Ashen E. Hayes – General Revision – 1972
Leslie R. Cassie – Complete Revision – General Revision – 1973-1976
Wayne C. Debate – General Revision – 1977-1980

COMBINED HANDBOOK PREPARED AND REVISED BY:

Jane Davis, Wayne Debate, Shirley Peterson – 1981
Wayne Debate – General Revision – 1982-1998
Wayne Debate, Bill Fox – General Revisions – 1998-1999
Barbara Brooks – General Revisions – 1999-2000
Barbara Brooks – General Revision – 2000-2001
Brian Haggerty – General Revision – 2002-2003
Bruce Ward – General Revision – 2004-2015

BYLAWS & REGULATIONS PREPARED AND REVISED BY:

Scott Giusti – Complete Revision – 2016
Scott Giusti – Yearly Updates – 2017, 2018, 2019, 2020, 2021, 2022, 2023

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PURPOSE

This San Diego City Conference (SDCC) Blue Book is a compilation of policies, rules, and regulations of the Board of Education of the San Diego City Schools, the Local Education Agency, Athletic Council, and San Diego City Conference, State CIF, CIF-San Diego Section (CIFSDS), NFHS, and NIAAA.

The contents of this book have been taken in part from the following sources:

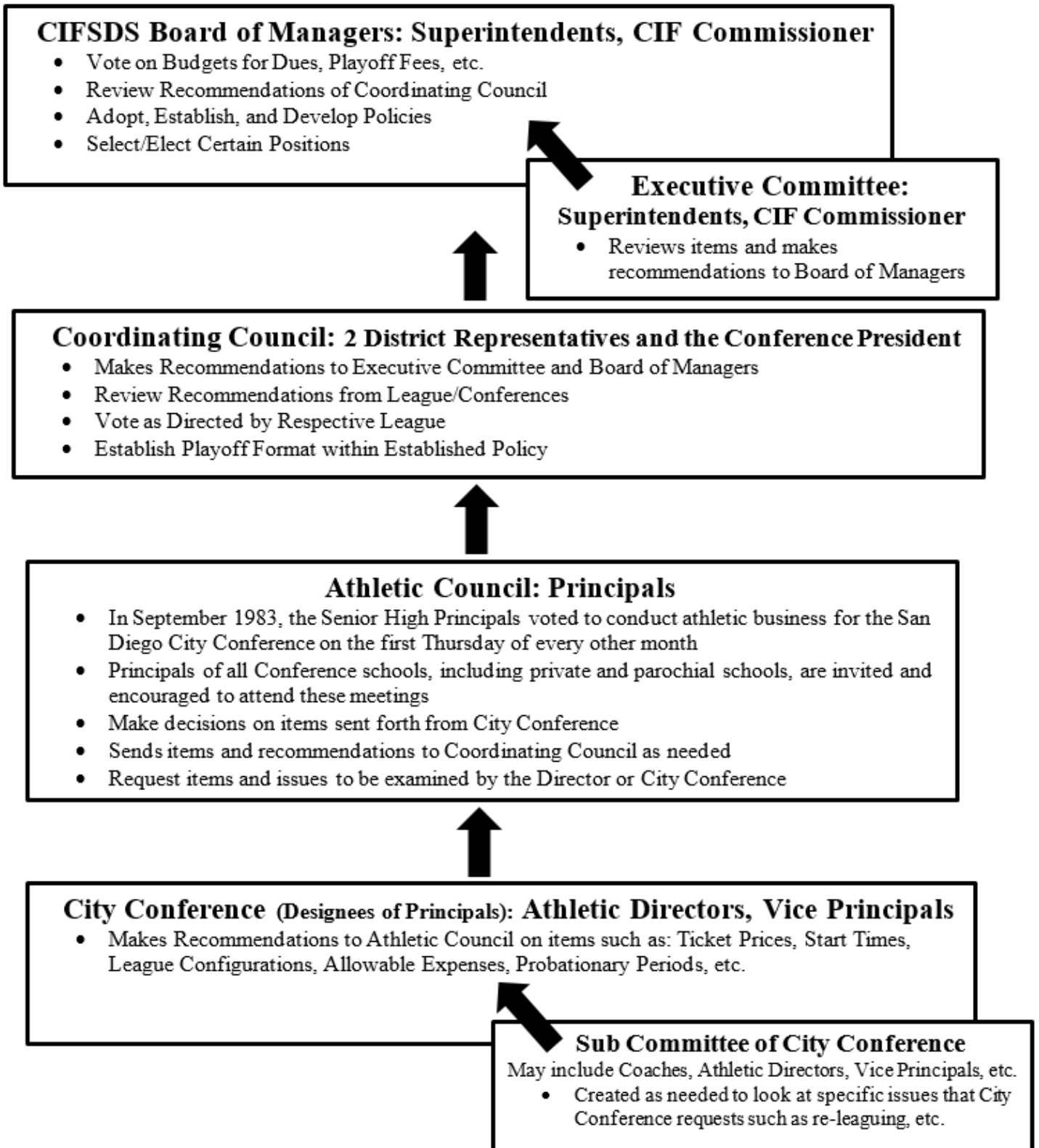
1. Administrative and Supervisory Position Descriptions, San Diego City Schools
2. San Diego Unified School District Administrative Regulations, Policies and Procedures
3. Athletic Council and San Diego City Conference Minutes
4. Education Code, State of California
5. Local Member Education Agency Policies, Procedures and Regulations
6. California Interscholastic Federation (CIF) Constitution and Bylaws
7. San Diego County Office of Education (SDCOE)
8. National Federation High Schools (NFHS) Rules of Sports
9. National Interscholastic Athletic Administrative Association (NIAAA)

These bylaws and regulations have been developed to serve as guidelines for Member Schools, Administrators, Athletic Directors, Coaches, and others working with the High School Interscholastic Athletic Program. It will be revised as rules and regulations are adopted by official bodies. The policies of the conference shall be governed within the parameters of the rules of the CIF-San Diego Section and adheres to the constitution and bylaws of the CIF Green Book, which may be more restrictive.

VISION STATEMENT

The San Diego City Conference will provide an outstanding high school experience to our student-athletes while enabling them to pursue excellence in the classroom, the community and their lives while competing in their chosen sport. In establishing the standards of athletic participation and competition, it is the expectation of the San Diego City Conference that the competitive athletic program be conducted as a well-coordinated part of the total curriculum of each school and, as such, contributes to student growth and development in ways that are educationally sound. As well, the regulation and conduct of all athletic programs must ensure the welfare and best interest of the participants.

ATHLETICS HIERARCHY



SECTION 1- CONSTITUTION

The San Diego City Conference shall be governed by this constitution, these bylaws and regulations and the bylaws of State CIF and CIF-San Diego Section.

Section 1.1 NAME

The name of this organization is the San Diego City Conference.

Section 1.2 PURPOSE

The purpose of the San Diego City Conference are as follows:

- 1.2.1 To organize the member schools so that they may efficiently manage and operate within the rules and regulations as prescribed by the San Diego City Conference, Local Education Agency, State CIF, CIF-San Diego Section and NFHS.
- 1.2.2 To recommend to the Athletic Council, Coordinating Council and the Board of Managers of the CIF-San Diego Section any proposals, revisions, edits or improvements in the rules and regulations relating to the athletic programs.
- 1.2.3 To establish and require integrity, leadership, ethical behavior and high standards of athletic participation and competition from all member schools and all stakeholders. Strive to have student-athletes who are academically prepared and make every effort to help each meet their academic responsibilities.
- 1.2.4 To develop communication and exhibit good sportsmanship among inter-school relationships between the students, staffs, parent/guardians and communities of the member schools. Create a supportive atmosphere where student-athletes feel connected to their peers, their community, their school and their district. To follow professional coaching standards including the precepts of "Ethics in Sports, Pursing Victory with Honor".

Section 1.3 MEMBERSHIP

All comprehensive schools of San Diego Unified School District shall be permanent members of the Conference.

- 1.3.1 Additional permanent membership shall be determined by application to the Conference (Appendix A- San Diego City Conference Membership Application) and granted approval via the Athletics Hierarchy located on page five (5) of this Blue Book.
- 1.3.2 A non-Conference member school may apply for seasonal membership (Appendix A- San Diego City Conference Membership Application).
- 1.3.3 All schools that are currently permanent members of San Diego City Conference are grandfathered in.
- 1.3.4 Membership of schools into San Diego City Conference is submitted to the CIF-San Diego Section Coordinating Council and Board of Managers, after approval of the San Diego City Conference and Athletic Council.

- 1.3.5 Conference members, permanent and seasonal, will be invoiced yearly membership dues by the San Diego City Conference (Appendix E- San Diego City Conference Fees & Fines).

Section 1.4 SCHOOL REPRESENTATION

- 1.4.1 Each San Diego City Conference member school must be represented at scheduled San Diego City Conference meetings by the school's Athletic Director and its principal's designee.
- 1.4.2 If a San Diego City Conference member school is not represented at two consecutive scheduled San Diego City Conference meetings during a school year, the school will be notified that they have been placed on probation for the period covered by the following two consecutive San Diego City Conference meetings. During the probationary period, the member school shall not have a vote on Conference matters.
- 1.4.3 If a San Diego City Conference member school is not represented at a combined total of three scheduled San Diego City Conference meetings during a school year, the school will be notified that they have been placed on probation for the remainder of the school year. During the probationary period, the member school shall not have a vote on Conference matters.
- 1.4.4 If a San Diego City Conference member school is not represented at three consecutive scheduled San Diego City Conference meetings during a school year, the school shall forfeit membership in San Diego City Conference for all sports (Athletic Council, June 2, 2005).
- 1.4.5 Athletic Council: In September 1983, the senior high principals voted to conduct athletic business for the San Diego City Conference on the first Thursday of every other month. Principals of all San Diego City Conference member schools, including private and parochial schools, are invited to attend these meetings. The Athletic Council will vote on items brought forth by San Diego City Conference, or other items deemed necessary.

Section 1.5 OFFICERS

Officers of San Diego City Conference shall consist of the President and the Secretary-Treasurer.

- 1.5.1 The President position is elected by San Diego City Conference members at the last meeting of the San Diego City Conference each year.
 - 1.5.1.1 Calls all special meetings.
 - 1.5.1.2 Chairs all regular and special meetings.
 - 1.5.1.3 Casts the deciding vote in the event of a tie.
 - 1.5.1.4 Approves and appoints all playoff, advisory representatives, standing and special committees.
 - 1.5.1.5 Appoints an administrative designee in his/her absence.
 - 1.5.1.6 Responsible for all athletic schedules.
- 1.5.2 The Secretary-Treasurer position is filled by the Athletics Department of San Diego Unified School District.
 - 1.5.2.1 Prepares San Diego City Conference meeting agendas.
 - 1.5.2.2 Records minutes.
 - 1.5.2.3 Conference budget.
 - 1.5.2.4 Receives and distributes all San Diego City Conference funds and disbursements, keeping and maintaining proper records.

1.5.2.5 Conducts the daily business of San Diego City Conference with regards to finances.

Section 1.6 MEETINGS

Conference business is conducted only at regular/special meetings except as noted in this Constitution.

- 1.6.1 There shall be eight (8) regular meetings of the San Diego City Conference each school year. Regular monthly/bimonthly meetings will be scheduled. If there is no Conference business, a scheduled meeting may be cancelled by the President. The business at regular meetings is provided for in the bylaws.
- 1.6.2 Special meetings shall be called by the President when half or more of the members request a meeting, or when in the judgment of the President, circumstances require that a meeting be held.
- 1.6.3 There are a total of six (6) district scheduled Pre/Postseason Coaches Meetings. One Preseason and Postseason Meeting for every season (Fall, Winter, Spring). Head coaches, or a designee, from each season sport are required to attend. Sites may incur a fine for non-attendance (Appendix E- San Diego City Conference Fees & Fines).
- 1.6.4 All agenda items shall be submitted by San Diego City Conference members in writing to the San Diego City Conference President ten (10) days prior to the meeting.
- 1.6.5 The agenda will be published five (5) business days prior to a scheduled meeting.
- 1.6.6 The Secretary-Treasurer will provide minutes prior to the next San Diego City Conference meeting. Once approved, the minutes will be posted.
- 1.6.7 Meetings are held in accordance with the Brown Act. Outside groups may request to present if the topic is pertaining to athletics and the request to present is received by the San Diego City Conference President ten (10) days prior to each meeting. Presenters will be allotted ten (10) minutes to present.
- 1.6.8 The following business is accomplished at San Diego City Conference meetings:
 - 1.6.8.1 Review and adopt the San Diego City Conference budget.
 - 1.6.8.2 Review and adopt meeting minutes.
 - 1.6.8.3 Approve seasonal sports schedules.
 - 1.6.8.4 Recommend seasonal leagues to Athletic Council.
 - 1.6.8.5 Review the San Diego City Conference tournaments.
 - 1.6.8.6 Hear any committee reports.
 - 1.6.8.7 Make recommendations on Coordinating Council agenda items.
 - 1.6.8.8 Make agenda item recommendations to the Athletic Council.
 - 1.6.8.9 Approve Blue Book revisions.
 - 1.6.8.10 Any additional business that shall be deemed necessary.

Section 1.7 VOTING

- 1.7.1 Each member school will have one vote.
- 1.7.2 Votes for regularly scheduled meetings may be cast only by representatives who are present.

- 1.7.3 Voting will be by acclamation unless a roll call is requested or deemed advisable in the opinion of the chair.
- 1.7.4 If a member school has a team involved in a sport that will be impacted by the outcome of a vote, the member school cannot abstain in that vote.
- 1.7.5 In matters of a tie, the San Diego City Conference President will be the deciding vote.
- 1.7.6 Votes may only be proxied in the event that a special meeting is called.

Section 1.8 QUORUM

A quorum will consist of one more than half the number of qualified voting representatives.

Section 1.9 AMENDMENTS

- 1.9.1 Amendments to this Constitution, Bylaws and Regulations may be proposed by any representative of the San Diego City Conference.
- 1.9.2 The proposed constitutional amendment must be ratified by a two-thirds (2/3) majority vote of the Conference representatives.
- 1.9.3 Proposed amendments must be included on the San Diego City Conference agendas (refer to 1.6.3 of this Constitution for the process).

Section 1.10 ADOPTION

The revised Constitution, together with its Bylaws and Regulations, shall become effective immediately upon approval of the Athletic Council.

SECTION 2- BYLAWS

Section 2.1 AUTHORITY

- 2.1.1 The San Diego City Conference will be governed by the sections of the San Diego City Conference, Local Education Agency, State CIF, CIF-San Diego Section and NFHS rules.
- 2.1.2 San Diego City Conference rules may be more restrictive.
- 2.1.3 Discipline
 - 2.1.3.1 The San Diego City Conference President has the right to work with school athletic directors and administrators to investigate 1) patterns of inappropriate conduct 2) a CIF request and/or 3) actions that are not in line with the SDCC vision, purpose and bylaws 4) provide resolution conflict between conference schools.
 - 2.1.3.2 After the President's investigation, there will be a meeting to present the findings to the school site administration at which time appropriate discipline could be determined by the school site administration and the City Conference President for the school, team, coach, player, parent or spectator.
 - 2.1.3.3 If the school site administration and the City Conference President cannot come to a

consensus, the City Conference President will issue the discipline.

2.1.3.4 The school can appeal the discipline via email to the City Conference President within 24 hours.

2.1.3.5 Upon receipt of the appeal, the City Conference President will convene a three (3)-person panel to review the appeal. The panel will consist of impartial administrators.

2.1.3.6 A final decision will be made by the panel.

2.1.3.7 Permanent Members: If a member fails to comply with the San Diego City Conference Blue Book, they will be subject to removal from the conference, fined and/or lose voting rights.

2.1.3.8 Seasonal Members: If a seasonal member is unable to complete two full varsity seasons of a sport in a row, that school's sport will be removed from the Conference.

2.1.3.9 Please reference Section 2.13.5 of this Blue Book for details regarding forfeits.

Section 2.2 COMMITTEES

Committees of the Conference are appointed by the City Conference President, at the direction of the Athletic Council as the need arises. They serve until their assignments have been discharged.

Section 2.3 FINANCES

2.3.1 The fiscal year of the Conference shall begin on the first day of July and end on the last day of June in each calendar year.

2.3.2 The San Diego City Conference officers prepare and present a budget to be reviewed and adopted each fiscal year.

2.3.3 Monies required to finance the San Diego City Conference are derived from the following sources:

2.3.3.1 Conference dues charged to each member school.

2.3.3.2 Conference tournament entry fees.

2.3.3.3 Net receipts from San Diego City Conference meets, tournaments, etc.

2.3.3.4 Misc. donations, etc.

2.3.4 San Diego City Conference shall maintain a positive balance.

Section 2.4 ADMISSION CHARGES

2.4.1 The price of admission to be charged for all league contests for the following year are to be approved by the San Diego City Conference and Athletic Council by the end of the prior school year (if needed). Once admission prices are established, the only deviation permitted requires approval of both sites and the San Diego City Conference President.

2.4.2 The host school is responsible for ticket arrangements for both of the competing schools.

2.4.3 No discounted season tickets can be sold by SDUSD schools and the San Diego City Conference members.

2.4.4 The host school may determine specific themed nights (i.e. military night, middle school night, etc.). If prices will be impacted, a proposal with details must be submitted to the San Diego City Conference President and District Athletics Office, pending approval by the San Diego City Conference President within five (5) business days of the event.

- 2.4.5 Tickets must be sold until at least the beginning of the last period/quarter of the contest. It will be at the discretion of the host school as to how long ticket sellers and ticket takers will remain at their posts and whether or not the gates will be opened or closed once the last period/quarter begins. No readmission is allowed.
- 2.4.6 Admission Charges to Contests (Appendix B- San Diego City Conference Admission Charges & Allowable Game Expenses)
 - *Admission prices at doubleheader football games (JV/Varsity tackle football or flag football/tackle football) will begin at the start of the first football game or when the home team determines it appropriate.
 - 2.4.6.1 ASB Cards only grant free admission to the students at that site for home football games and league basketball games, no CIF playoff games and no away games.
 - 2.4.6.2 There will not be a charge for afternoon league basketball games that start prior to 5:30pm, this includes non-Friday league games.
 - 2.4.6.3 Admission charges to San Diego City Conference tournaments varies depending on sport and will be determined by the City Conference President in consultation with the Tournament Directors and other applicable staff.
 - 2.4.6.4 Anyone presenting a Lifetime Pass issued by the San Diego City Schools or the CIF-San Diego Section shall be admitted to San Diego City Conference hosted games free of charge.

Section 2.5 FREE ADMISSION

- 2.5.1 For home games, Freshmen and Junior Varsity players of that same sport are to be admitted free to all league Varsity contests. These student-athletes must be escorted in by their coach. Schools are to make arrangements to meet players at a predetermined gate and time to identify and allow entrance to the game.
 - 2.5.1.1 For home and away league Varsity contests, twenty-five (25) uniformed cheerleaders will be admitted.
 - 2.5.1.2 For home and away league Varsity contests, uniformed band members carrying their instrument will be admitted.
 - 2.5.1.3 For home and away league Varsity contests, school mascots, with or in uniform, will be admitted.
- 2.5.2 The visiting school will supply a list of names for free admission to the host school twenty-four (24) hours in advance of the game. The list may not have more than 20 names inclusive of family and guests.
- 2.5.3 CIF- San Diego Section Courtesy Card, Lifetime Pass, and Scouting Passes are to be honored at San Diego City Conference contests.
- 2.5.4 Staff members of the host school may present their current faculty ID for free admission for themselves only.
 - 2.5.4.1 Staff members from the visiting team may present their current faculty ID for free admission for themselves only.
 - 2.5.4.2 Staff members from the feeder schools of the host school may present their current faculty ID for free admission for themselves only.
- 2.5.5 Students of the host school may present their ASB Card for free admission.

- 2.5.6 San Diego City Conference Lifetime Passes
 - 2.5.4.1 Any candidate for a lifetime pass must be recommended by a member of the Athletic Council at a regular meeting, added to the agenda for the next Athletic Council meeting, and receive a two-thirds vote.
 - 2.5.4.2 To be eligible for recommendation, an individual must have a combined total of 10 years in the following service areas: District Administrator, Senior High Principal, Senior High Vice Principal, Athletic Director, Coach.

Section 2.6 DISTRIBUTION OF INCOME FROM GAMES

- 2.6.1 In conference Varsity football games, the home team takes all receipts, pays all allowable expenses of the game (Appendix B- San Diego City Conference Admission Charges & Allowable Game Expenses), and divides the balance equally between the two competing schools.
 - 2.6.1.1 A loss shall be shared equally between the two conference schools, unless the home school rented a facility. In this case, the home school is solely responsible for the cost of the facility rental.
 - 2.6.1.2 If the loss is between two SDUSD schools, the home team takes the entire loss.
- 2.6.2 In all other sports in which admission is charged, the host school takes all receipts, pays all allowable expenses of the game (Appendix B- San Diego City Conference Admission Charges & Allowable Game Expenses), and keeps the remaining profit/loss balance. The home school does not divide the profit/loss balance equally between the two conference schools.
- 2.6.3 In San Diego City Conference tournaments, if admission is charged, the host school receives all receipts, pays all expenses of the tournament, and sends a check or invoice for the profit/loss balance to San Diego City Conference Attn: San Diego City Conference Treasurer. The check for profits or invoice for losses should be made out to “San Diego City Conference”.

Section 2.7 LEAGUE ALIGNMENT

- 2.7.1 Conference membership is divided into leagues consisting of Western, Eastern, City and Central. All sports leagues are aligned so that the strongest teams are placed in the Western League, followed by Eastern League, City League and Central League in that order.
- 2.7.2 Leagues are re-aligned every year.
- 2.7.3 Leagues are slotted by three year CIF Power Rankings, or whichever process CIF follows in the event it changes, and follow the process of approval outlined below.
 - 2.7.3.1 The San Diego City Conference makes a recommendation to Athletic Council on Power Ranked leagues.
 - 2.7.3.2 Athletic Council votes to approve or deny the Power Ranked leagues.
- 2.7.4 Leagues without Power Rankings create a league alignment proposal at the yearly postseason coaches meeting.
 - 2.7.4.1 This proposal is presented to the San Diego City Conference.
 - 2.7.4.2 The San Diego City Conference reviews the proposal and makes a recommendation to Athletic Council.
 - 2.7.4.2 Athletic Council votes to approve or deny the proposed leagues.

- 2.7.5 If a team would like to move up a league they would follow the process outlined in the request for league change (Appendix C- San Diego City Conference Request for League Change) with approval signatures of both school principals. The form must be submitted to the San Diego City Conference President prior to the San Diego City Conference meeting where the seasonal leagues are being voted on. San Diego City Conference's recommendation will be sent to the next Athletic Council meeting.

Section 2.8 LEAGUE CHAMPIONSHIPS AND PLAYOFFS

- 2.8.1 The school winning the highest percentage of its league games will be awarded the league championship. League games are defined on approved schedules.

- 2.8.2 If two or more teams tie in league standings, the playoff representatives, or rank of playoff representatives, are determined as follows:

For Sports Other Than Badminton, Football, Golf and Soccer

2.8.2.1 The first tiebreaker is head to head league competition.

2.8.2.2 If the first tiebreaker does not determine a league champion then a co-champion will be declared. For CIF seeding purposes, please refer to sections 2.8.2.4 and 2.8.2.5 below.

2.8.2.3 A tri-champion will be declared if three (3) teams tie for first. For CIF seeding purposes, please refer to sections 2.8.2.4 and 2.8.2.5 below.

2.8.2.4 For the Power Ranked sports, if a co-champion is declared, then Power Rankings will be used to declare a league champion for CIF seeding purposes.

2.8.2.5 For the Non Power Ranked sports of Cross Country, Wrestling, Track & Field, Swim & Dive, and Badminton, no CIF designation of a league champion is needed.

Badminton

2.8.2.6 If there is a tie at the end of league competition, a co-champion will be declared.

2.8.2.7 Then it will go head to head league competition.

2.8.2.8 For CIF seeding purposes, there will be a match played by the tied teams to determine who will get the league champion designation for CIF playoff seeding.

2.8.2.9 There will be a coin flip to determine who will host the match.

2.8.2.10 If there is a 3-way tie for the league championship or in any other scenario, a tri-champion will be declared.

2.8.2.11 For CIF seeding purposes, the combined aggregate score will be computed between the involved teams and the team will be ranked accordingly, highest score will be the highest seed etc.

2.8.2.12 The second tie breaker will be the combined aggregate sets between the teams.

2.8.2.13 The last tie breaker will be a coin flip between the 3 teams.

Football

2.8.2.14 Any games resulting in a tie will proceed to overtime until a winner is declared.

2.8.2.15 In overtime, the 25-yard tiebreaker for all games must be based on the rules stated in the National Federation Football Rules Book.

2.8.2.16 If two teams in the league are tied with the same winning percentage, a co-championship is NOT declared. The team that won the head to head match-up is league champion. If two teams end in a tie for a playoff position, the team winning the head to head game between the two schools involved will go to the playoffs ahead of the losing team.

2.8.2.17 If three teams in the league are tied with the same winning percentage, then tri-champions are declared. If a three way tie for league occurs, the three head coaches will determine the team which will be represented as the League Champion (this team will be the

team who receives automatic entrance into playoffs with a first round home game).

2.8.2.18 If the coaches do not all agree on the one team who will be determined as the automatic playoff team, the decision will be made by a coin flip by all three (3) teams, overseen by the San Diego City Conference President. The odd school out is eliminated and the champion is declared via the winner of the head to head competition between the two remaining schools.

Golf

2.8.2.19 The first tiebreaker is head to head league competition.

2.8.2.20 On day one (1) of the San Diego City Conference tournament, the best five (5) scores or each team out of six (6) golfers wins.

2.8.2.21 If tied after five (5) scores, then scores of the sixth golfer are used.

2.8.2.22 If tied after six (6) golfers, it goes to a card off using the sixth golfer's score, starting from last hole play.

Soccer

2.8.2.23 League champions are determined using a point system:

3 points will be awarded for each win

1 point will be awarded for each tie

0 points will be awarded for each loss

2.8.2.24 If there is a tie in points at the end of league competition, co-champions are officially declared.

For CIF seeding purposes only:

2.8.2.25 In the event of a tie in points at the end of league play, a seeding champion will be determined by head to head league competition.

2.8.2.26 If head to head league competition does not determine a seeding champion, the aggregate head to head scores will be used to determine a seeding champion.

2.8.2.27 If tied after head to head league competition and aggregate head to head scores, Power Rankings will be used to determine a seeding champion.

2.8.3 A champion will not be declared if fewer than four member schools participate in a seasonal sport.

2.8.4 In collaboration with the City Conference President, if unable to reschedule and a Varsity team forfeits a City Conference league game for any reason, the team forfeits their right to be league champions. This does not apply to teams that fold for the season.

Section 2.9 ALL LEAGUE SELECTIONS

2.9.1 The Varsity coaches of each league sport will be responsible for selecting the all-league teams in their respective sports at the postseason coaches' meetings. The selection of all-league teams will be made in accordance with CIF guidelines and the guidelines prepared by the coaches at the preseason coaches' meeting.

2.9.1.1 The San Diego City Conference League Representatives will complete the Breitbard forms and submit them to the District Athletics Office.

2.9.1.2 The District Athletics Office will submit all completed Breitbard forms to the appropriate association and the San Diego City Conference designee.

Section 2.10 SAN DIEGO CITY CONFERENCE CHAMPIONSHIP TOURNAMENTS

- 2.10.1 State CIF and CIF-San Diego Section events are limited to CIF member schools.
- 2.10.2 All site sponsored tournaments must be entered into CIF's schedules.
- 2.10.3 All interstate competition in CIF approved sports, involving four or more schools, from more than one leagues, requires sanction and approval from the San Diego City Conference and State CIF. Interstate dual competition between two schools does not require sanction approval by the State CIF (per the CIF Green Book).
- 2.10.4 The San Diego City Conference is financially responsible for tournaments and meets that are required to determine participants for the CIF-San Diego Section playoffs. These tournaments include Badminton, Cross Country, Golf, Swim & Dive, Track & Field, and Wrestling.
- 2.10.5 For information regarding tournament officials, reference Section 2.15.3.3 of this Blue Book.

Section 2.11 APPROVED SPORTS

- 2.11.1 The San Diego City Conference has approved the following sports for participation in interscholastic athletic competition by conference members:
 - Badminton (Spring Season)
 - Baseball (Spring Season)
 - Basketball (Winter Season)
 - Beach Volleyball (Women's Spring Season)
 - Cheerleading (Winter & Spring Seasons)
 - Cross Country (Fall Season)
 - Field Hockey (Fall Season)
 - Flag Football (Women's Fall Season)
 - Football (Fall Season)
 - Golf (Men's Spring Season, Women's Fall Season)
 - Lacrosse (Spring Season)
 - Soccer (Winter Season)
 - Softball (Spring Season)
 - Swimming & Diving (Spring Season)
 - Tennis (Men's Spring Season, Women's Fall Season)
 - Track & Field (Spring Season)
 - Volleyball (Men's Spring Season, Women's Fall Season)
 - Water Polo (Men's Fall Season, Women's Winter Season)
 - Wrestling (Winter Season)
- 2.11.2 Anything not listed in Section 2.11.1 or not approved by the Board of Education as a sport is considered an Associated Student Body (ASB) Club per the San Diego Unified School District.
- 2.11.3 Out of season participation in an interscholastic sport, club team, or travel team is not sanctioned or recognized by the San Diego City Conference.

Section 2.12 SAN DIEGO SECTION ELIGIBILITY REQUIREMENT

- 2.12.1 Each coach and administrator working with athletics within the San Diego City Conference must be knowledgeable of NFHS rules, CIF rules and regulations, and Local Education Agency policies. All members of the San Diego City Conference are responsible to their Local

Education Agency policies.

- 2.12.2 All questions on eligibility, including fifth year and residential requirements, should be directed to the CIF-San Diego Section Office.
- 2.12.3 If any teacher, official, coach, counselor, or administrator has information which leads him/her to suspect that there is an ineligible player on the team of any San Diego City Conference high school, he/she is under obligation to report the matter to the principal of the school concerned or to the City Conference President. No school is to play an ineligible player at any time, practice games, meets, matches, and scrimmages are included.
- 2.12.4 Students who are ineligible to compete in athletics may NOT suit up for a game or contest. Date for establishing athletic eligibility is determined by the school district. Early grade checks or computer grade checks for the purpose of establishing eligibility are not permitted (per the CIF Green Book). The principal or administrative designee is responsible for the integrity of the eligibility process. The effective day is for both regaining eligibility and losing eligibility.
- 2.12.5 Ineligible Participants: Any athletic event, in which an ineligible player has participated, either intentionally or unintentionally, must be forfeited. In Badminton, Cross Country, Golf, Swimming & Diving, Track & Field, and Wrestling, awards won or points scored by teammates of an ineligible participant would not be affected, except in relay events which are part of a meet. Schools will notify the San Diego City Conference President, schools, and the CIF-San Diego Commissioner in writing.
- 2.12.6 For those team sports in which there is class competition, an athlete may move up but never down in classification (e.g., Freshmen to JV, JV to Varsity, etc.) during the same week (Monday-Saturday). NOTE: The upward movement may be on the same day. An athlete who participated in a game, match, or contest and who moves down in classification during the same week will be ineligible in that contest and all subsequent contests for the week. A team playing an athlete at the lower level who participated at a higher level during the same week shall forfeit that higher level contest. In the individual sports of Badminton, Cross Country, Golf, Swim & Dive, Tennis, Track and Field, and Wrestling, an athlete may compete in more than one classification level during the same week but not during the same meet/match (per the CIF Green Book, for Diving exceptions, see the CIF Green Book).
- 2.12.7 For eligibility requirements, please refer to Article 20 of the CIF-San Diego Section Green Book.
- 2.12.8 San Diego City Conference member schools are allowed one probationary period. Schools should reference their own site or district policies on what that probationary period consists of.

Section 2.13 PREPARATION OF SCHEDULES

- 2.13.1 The San Diego City Conference President, or president's designee, is responsible for the preparation of league schedules.
- 2.13.2 Athletic Council has designated the authority to the San Diego City Conference for final approval of all league schedules.
- 2.13.3 After league schedules have been approved by Athletic Council, all dates are firm. No

league/conference contest will be postponed or canceled except when both principals agree via the game change form (Appendix D- Contest Date/Start Time Change).

2.13.3.1 Officials must be notified in writing by the home site.

2.13.3.2 Every attempt should/will be made to reschedule at a mutually agreed upon date, time and location.

2.13.3.3 Only students eligible on the date a contest is played may participate. Students whose eligibility status changes between the date a contest was originally scheduled and a rescheduled date are bound by the new (or current) eligibility status.

2.13.4 **Number of Contests Allowed**

2.13.5.1 The number of contests allowed per sport is determined by CIF and located in the CIF master calendar.

2.13.5 **Forfeited Contest**

2.13.5.1 The forfeiting team's Athletic Director is responsible for communicating the cancellation with the opponent school's Athletic Director and Arbiter Officials Assigner via email.

2.13.5.2 The forfeiting school is responsible for immediately notifying the San Diego City Conference President and the District Athletics Office (Athletic Council, April 25, 1979).

2.13.5.3 Any team forfeiting a scheduled cross league or league contest will take responsibility for cancelling officials, buses, and supervision. The forfeiting school will be required to pay for any contracted services that were not able to be canceled. In the event fees are incurred as a result of the cancellation, the forfeiting school will be responsible for paying any fees associated with transportation and officials.

2.13.5.4 For varsity football games only, there will be a \$2000 penalty to the other team if it's a home game forfeit and a \$4000 penalty to the other team for an away game.

2.13.5.5 For varsity football games only, Athletic Trainers can supply documentation for both administrators and the City Conference President to determine if it's a forfeit based on safety concerns, in this instance there would not be a financial penalty.

2.13.5.6 For Friday night varsity basketball games, there will be a \$500 penalty from the home team to the other team if it's an away game and a \$1000 penalty to the other team if it's a home game.

2.13.5.7 Please reference Section 2.8.4 of this Blue Book for more information on how forfeits impact league championships.

2.13.5.8 For forfeited contest requirements, please refer to Article XI of the CIF-San Diego Section Green Book.

2.13.6 Final schedules will be posted in accordance with the dates below:

2.13.6.1 Fall Sports- March 1

2.13.6.2 Winter Sports- August 1

2.13.6.3 Spring Sports- October 1

2.13.7 Final schedules are due to assignment secretaries on the dates outlined by CIF, any late submissions will incur a fee.

Section 2.14 GENERAL RULES

2.14.1 All coaches of athletic teams (certificated and/or non-certificated; paid and/or volunteer) must follow the policies and procedures of, and demonstrate the qualifications and competencies in the areas set forth by, CIF and the district of employment.

2.14.2 Start Times and Dates

2.14.2.1 Starting times and dates for all approved athletic events shall be recommended by the San Diego City Conference and approved by Athletic Council.

2.14.2.2 Any changes to the approved league start times and dates must be agreed upon by the administration of both sites and follow the process outlined in the game change form (Appendix D- Contest Date/Start Time Change).

2.14.3 Protests of Games

2.14.3.1 The San Diego City Conference President and District Athletics Office must be notified, within 24 hours (school days only) following the close of the contest. This needs to be submitted in writing and have signature approval of the Principal, with copies sent to the Principal and Athletic Director of the other school.

2.14.3.2 A school may not protest a game because of questions involving an official's judgment of fact.

2.14.3.3 The City Conference President makes the initial decision on the protest and notifies the schools involved.

2.14.3.4 If either of the schools involved does not agree with the decision of the City Conference President, they can appeal to an Appeals Committee. The Appeals Committee is selected by the San Diego City Conference President. The Appeals Committee will be a three (3)-member committee made up of Vice Principals, Athletic Directors, or Coaches from San Diego City Conference schools not involved in the league from which the two schools are involved.

2.14.4 No Contact Period

The San Diego City Conference will adhere with the CIF No Contact Period (Article XX).

2.14.5 Ejection Policy

For the ejection policy and requirements, please refer to Article XI of the CIF-San Diego Section Green Book.

2.14.6 Folding Teams

The process for folding Varsity, Junior Varsity or Freshmen teams is as follows:

2.14.6.1 School Athletic Director notifies the City Conference President when folding a Varsity team.

2.14.6.2 City Conference President notifies CIF when a Varsity team folds.

2.14.6.3 School Athletic Director and Coach notifies the scheduler that the school's Varsity, Junior Varsity and/or Freshmen team has folded.

2.14.6.4 School Athletic Director notifies the Athletic Directors of schools remaining on the schedule that they have folded Varsity, Junior Varsity and/or Freshmen.

Section 2.15 PRACTICE AND CONTEST MANAGEMENT

2.15.1 The Site Administration, Athletic Director, Head Coach and School Police are responsible for all contest management aspects.

2.15.1.1 A cell phone is required at all games.

2.15.1.2 The nearest EMT (Fire Department) is to be notified of the contest(s).

2.15.1.3 All teams are required to maintain Emergency Information Cards at all practices and games.

2.15.1.4 When applicable, an injury report is to be completed and turned into the Nurse's

Office.

2.15.1.5 A faculty member, or certificated person, responsible for the conduct of the team must accompany any team to all practices and contests and must remain until the practice or contest is over and all members of his/her team have left the dressing quarters and premises. (A “walk-on” coach who has met the criteria pursuant to Title 5, California Code of Regulations, Section 5593, meets this requirement). A visiting team will not be recognized by the host school unless accompanied by such faculty representatives.

2.15.1.6 In addition to the items listed above, football requires a Certified Athletic Trainer or doctor on the side line of all football games.

2.15.2 **Administrative Supervision of Athletic Contests**

2.15.2.1 Each member school is to provide direct home and away supervision (the principal or his/her designated administrator representatives) for its own spectator section for football and basketball games that occur on Friday nights.

2.15.2.2 Each member home school is to provide direct supervision (the principal or his/her designated administrator representatives) for all other home athletic events with a league scheduled start time of 5:30pm or later.

2.15.2.3 Direct supervision is defined as having appropriate personnel at the game site from the time the crowd begins to gather until it disperses.

2.15.2.4 The visiting administrator is responsible for introducing themselves to the home administrator prior to the start of the game.

2.15.2.5 Each member school is to provide direct supervision for home and away games where there are difficult supervision assignments e.g., rivalries, campus incidents.

2.15.2.6. The level of supervision at all contests is left to the judgment of the principal according to the specific circumstances of the contest.

2.15.2.7 Supervision will be provided for all CIF- San Diego Section playoff contests.

2.15.2.8 In the event there is not an administrator available in addition to the principal, a certificated person at the school site may be specifically designated by the principal, in writing, as a “principal’s designee” (Ed Code 48911). A designated administrator representative may only serve as the designated administrator for that event and is not permitted to work or fill another position.

2.15.3 **Officials**

2.15.3.1 Officials are assigned by the sport official assignment secretary under the authority of the Committee on High School Sports Officiating (CHSSO).

2.15.3.2 In no case are the officials paid more than the maximum allowed by the CHSSO or the CIF- San Diego Section.

2.15.3.3 Tournament officials’ payment information is provided by the official assignment secretary.

Section 2.16 FANS/CHEERING SECTIONS AND ENTERTAINMENT

2.16.1 The host school will furnish any entertainment that is provided before the games, at halftime and after the game. If the host school does not care to entertain, it may invite the visiting school to perform.

2.16.2 **Noisemakers** (Per the CIF- San Diego Section Green Book *Approved June 3, 2003, Board of Managers*)

2.16.2.1 No noisemakers (miniature megaphones, cowbells, air horns, blocks, whistles, cannons, drums, thunder sticks, etc.) of any kind will be permitted at the site of any CIFSDS

contest (interscholastic scrimmage, practice, league, tournament, or playoff).

2.16.2.2 Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections and shall not be used toward the athletes or the opposing side. Amplification by cheerleaders will be permitted if the speakers are directed toward their own rooters.

2.16.2.3 At gymnasium venues for CIFSDS-hosted events or contests, there shall be no electronic amplification or other artificial amplification of sound of pep bands.

2.16.2.4 Balloons that impair line of sight are prohibited at all CIFSDS-hosted sites.

2.16.3 Signs

2.16.3.1 All signs shall be positive. No reference to opponents, either directly or indirectly, shall be made with the exception of the welcome sign.

2.16.3.2 A team shall place signs only in the locations designated by the host school.

2.16.3.3 Visiting schools should check with the host school about special regulations regarding signs (e.g., placement, space limitations, tape requirement).

2.16.3.4 All visiting school's signs must be removed and properly disposed of at the end of the contest.

2.16.3.5 Goal posts and basketball hoops may not be decorated.

2.16.4 Bands

2.16.4.1 The band or pep band from the opposing school may attend free if in uniform and with their instrument per Section 2.5.1.2 of this Blue Book.

2.16.4.2 The Band Director will be with their group whenever the entire band or pep band is present. When the uniformed band performs, the Band Director must be in attendance.

2.16.4.3 The band of the host school is responsible for the music at a game. In the event the visiting team's band attends, the bands will not play while the band from the other school is playing or performing. Bands will take turn performing their numbers. The visiting Band Director should contact the host Band Director before the game to determine the playing order.

2.16.4.4 Bands must terminate a number when a team breaks the huddle.

2.16.4.5 At football games, bands should play only before a game, during time-outs, at halftime, and after the game. The band of the team making the score should play after the extra point.

2.16.4.6 At basketball games, bands may play before games, between quarters and at half time.

2.16.5 School Mascots

2.16.5.1 The school mascot from the opposing school may attend free if with or in uniform per Section 2.5.1.3 of this Blue Book.

2.16.5.2 Mascots must be members of the student body and adhere to all District and CIF- San Diego Section rules.

2.16.6 Cheerleaders

2.16.6.1 Up to twenty-five (25) uniformed cheerleaders from the opposing school may attend free per Section 2.5.1.1 of this Blue Book.

2.16.6.2 The Cheer Advisor/Coach will be with their group whenever the entire cheer squad is present. When the cheerleaders perform, the Cheer Advisor/Coach must be in attendance.

2.16.7 Rallies and Demonstrations

2.16.7.1 The holding of off-campus and night rallies, demonstrations, bonfires, or similar activities associated with San Diego Section athletic contests is prohibited.

2.16.7.2 The holding of a demonstration after any athletic contest is prohibited.

SECTION 3- SPECIAL SPORT REGULATIONS

Section 3.1 BADMINTON

3.1.1 Regulations

3.1.1.1 The official rules for badminton are those published by the “Badminton Official Rules of Play”, US Badminton Association, as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.1.2 Type of League Competition

3.1.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.1.2.2 Each school team consists of the following ranked singles players and ranked doubles teams: Four girls’ singles Four boys’ singles Three girls’ doubles Three boys’ doubles Three mixed doubles.

3.1.2.3 A player may compete in no more than two events in a given match.

3.1.2.4 Court markings must be in compliance with regulations set forth by the Badminton Official Rules of Play”, US Badminton Association. Lines should be clearly discernible. Colored tape may be used to mark lines.

3.1.2.5 Each event follows a 21-point rally scoring system: A game consists of 2 out of 3 sets to 21. The side winning the rally scores a point and serves. At “20 All” the set is completed when one side wins by 2 or reaches 30 points, whichever happens first. The side winning the previous set serves first in the next game. There is a 2-minute interval between sets. In the 3rd set, players change ends when one side reaches 11 points.

3.1.2.6 During the set, once the first player reaches 11 points, there will be a 60 second interval where athletes are allowed to hydrate and rest, coaching will be allowed during the interval break.

3.1.2.7 Serving from the right side when the serving side scores is an even number, and from the left side when the server’s score is an odd number. If the server scores a point, then they serve again from the alternate service side. If the receiver wins the rally they score a point and serve from the appropriate side. In doubles there is only one server per inning and the server continues to serve so long as their side continues to win rallies. The serve passes alternately to each of the partners when their side regains the serve by winning a rally as the receiving side. A player serves from the left or right side based on their score being odd or even. Players remain on the side that they finished in during their last inning serving. If the 2 players find themselves on the wrong side of their court as relating to odd/even, then at the time the error is discovered they shall move to the correct positions. There is no consequence for this.

3.1.3 Conditions of Contests

3.1.3.1 League games will be played as shown on the approved league schedule as outlined in Section 2.7 of this Blue Book.

3.1.3.2 Coaches shall exchange written lineups and current ladders before the match begins. (Lineup must include FIRST and LAST names.)

3.1.3.3 All athletes must be dressed in team uniforms in order to compete. Uniforms must be identical and not altered in any way.

3.1.3.4 The home team will provide official unmarked shuttlecocks for each match. (The HL CONDOR is the official league shuttlecock.)

3.1.3.5 The home team will assign courts and regulate the order of play. As courts become available additional matches will be assigned.

3.1.3.6 A two-minute coaching break shall be allowed on the court between the first and second sets of any match. A two-minute break is allowed between sets 2 and 3 at which time players may leave

the court. No coaching is allowed during games or from the sidelines between points.

3.1.3.7 Players and spectators must be confined to a designated area. Excessive cheering and noise making is not allowed.

3.1.3.8 If wrong opponents begin a game, the correct opponents shall be placed on the court as soon as the mistake is discovered, and the score shall revert to 0-0, unless the first game has been completed when the mistake is discovered. In that case, play shall continue as is and the lineups shall be adjusted to reflect the change.

3.1.3.9 Players are responsible for calling the lines on their side of the net. If a player is uncertain as to whether the shuttle was in or out, the call shall be that the shuttle was in. Points shall not be played over. Only under extreme circumstances should players request line judges. In such a situation, the student calls over his/her own coach who then gets the other coach. Both coaches observe for a period of time to judge the accuracy of calls; they may overrule errors, but are not to make calls. After 10-15 minutes, the coaches leave if things are going well or assign students to act as judges if errors are still being made.

3.1.3.10 Players should thoroughly understand the rules of the game: foot faults, rotation order, setting, legal serving height, and so on. Players should resolve their own questions whenever possible. Both coaches can be called over by both players to explain rules or warn their players of continued rule violations (foot faults, serves above the waist). This should be done as soon in the match as the problem is identified.

3.1.3.11 Sideline coaching is authorized for coaches only, no alumni or parents/guardians.

3.1.3.12 Interruption of play is not allowed.

3.1.3.13 No 11-point break during sets other than the 3rd set.

3.1.3.14 The home team shall determine what is out of bounds and what shall be considered a "let" in that gymnasium. If there is not a height of 26' entirely free of obstructions over the area of the court, a serve hitting an obstruction shall be played as a "let."

3.1.3.15 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.1.4 Ranking of Teams, Substitutes, and Lineups

3.1.4.1 A challenge ladder will be used to rank players according to ability in singles and doubles. Each challenge should be best 2 out of 3 games for top 5 singles and top 4 doubles and mixed doubles. A player may only challenge one position above.

3.1.4.2 Students may not be moved down on the challenge ladder for disciplinary, injury or illness reasons.

3.1.4.3 Doubles teams may be arranged in any combination at the discretion of the coach. However, the strongest team must play the number one doubles position; the second strongest team plays second, and so on.

3.1.4.4 In case of injury, illness, or absence on the day of a match, the coach must move a player up in rank, not down. A lower-ranked player must fill in the vacancy. On a given day, all players must be listed in rank order. All participants of a particular event must be present before competition begins.

3.1.4.5 In case of injury during a game a player is allowed a maximum of 5 minutes to evaluate the injury. Play from there on must be continuous. A player who cannot continue must forfeit that match. A player of lower ranking may be substituted for any remaining matches.

3.1.4.6 Coaches may switch players from singles to doubles, or doubles to singles, but they must be ranked in correct order for that day.

3.1.4.7 Any school to be found playing students out of rank order shall forfeit the match.

3.1.5 CIF-San Diego Section Playoffs

3.1.5.1 Team playoffs will be conducted before individual playoffs. Teams that qualify for the Team

playoffs are as follows: top 5 teams in the Western League, top 2 teams in the Eastern League, and top 1 league from the City league. League winners host the first round regardless of what seed they are. Semifinals will be at the higher-seed's gym. For tie games please refer to page 11 of the City Conference Blue Book.

3.1.5.2 Individual playoffs will be conducted on three available days following team play.

3.1.5.3 For League Finals, each school may enter three boys' singles, three girls' singles players, two boys' doubles, two girls' doubles, and two mixed doubles teams.

3.1.5.4 An individual player may enter no more than two events.

3.1.5.5 Individual singles and doubles champions will be determined in each event.

3.1.5.6 At large players may fill positions left open by incomplete allotment of entries.

3.1.5.7 At large teams must have played in a minimum of 8 matches during the season.

3.1.5.8 On the day of the seeding meeting all school ladders and rankings are frozen. Seeded players in individuals may not play down in team playoffs. All schools entered in individual tournaments must turn in copies of their ladders to the tournament director at the seeding meeting.

3.1.6 Racket Sportsmanship Rule

3.1.6.1 In any match, racket abuse during a game will result in penalization of individual player.

3.1.6.2 First offense of intentional racket abuse will be a warning from the coach(es).

3.1.6.3 Second offense will result in disqualification from the match, and any future matches for that day.

3.1.6.4 All games already finished will continue to count for points won or lost (i.e. won sets will still be considered won in case of tiebreak).

3.1.6.5 Unplayed games by the individual can be substituted for a lower ranking player on the ladder. 3.1.6.6 All regular substitution rules will apply.

Section 3.2 BASEBALL

3.2.1 Regulations

3.2.1.1 All baseball games played in the CIF-San Diego Section will be played according to the National Alliance Baseball Rules, as published by the National Federation of State High School Associations, as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.2.2 Type of League Competition

3.2.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.2.3 Conditions of Contests

3.2.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.2.3.2 Junior Varsity games will be scheduled as above, but on the opposite field from the Varsity games. Two (2) umpires must be requested.

3.2.3.3 Varsity and Junior Varsity games will be seven innings in length.

3.2.3.4 The host school will occupy the field for 15 minutes of pre-game practice starting 35 minutes prior to game time. The visiting school will occupy the field for 15 minutes of pre-game practice beginning 20 minutes prior to game time.

3.2.3.5 Tobacco Rule: The San Diego Section prohibits the use and/or the possession of tobacco in any form by players, coaches, or officials at the site of any San Diego Section contest. The penalty, following one warning, is ejection from the site of the contest for coaches and athletes.

3.2.3.6 CIF has established a pitch count limit and for the exact procedure and “Pitching Limitation Rule”, please refer to the CIF Green Book.

3.2.3.7 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.2.3.8 Coaches are required to exchange pitch counts between every half inning or have a visible pitch count total for each pitcher. It is also required that coaches enter pitch counts into MaxPreps within 48 hours of each contest. Pitcher Per Week: 10 innings, 30 outs, 3 appearances.

3.2.3.9 For JV only, no new inning after 2.5 hours of play and the 10 run rule will be in effect after 2.5 hours.

3.2.4 CIF-San Diego Section Playoffs

3.2.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF- San Diego Section Commissioner each year.

Section 3.3 BASKETBALL

3.3.1 Regulations

3.3.1.1 Basketball competition will be in accordance with the National Federation of State High School Associations rules as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.3.2 Type of League Competition

3.3.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.3.3 Conditions of Contests

3.3.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.3.3.2 Admission information is outlined in Section 2.4 & 2.5 of this Blue Book.

3.3.3.3 There will be no more than a 20-minute interval between the Varsity and Junior Varsity games or Varsity and Varsity games.

3.3.3.4 The home team will provide an official scorer, official score book, an adult official timer and a shot-clock timer.

3.3.3.5 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.3.4 Tournaments

3.3.4.1 High School Basketball teams may enter multiple tournaments during the season not to exceed CIF max contacts.

3.3.5 CIF-San Diego Section Playoffs

3.3.5.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF- San Diego Section Commissioner each year.

Section 3.4 CROSS COUNTRY

3.4.1 Regulations

3.4.1.1 Competition will be in accordance with the National Federation of State High School Associations, as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.4.2 Type of League Competition

3.4.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.4.3 Conditions of Contests

3.4.3.1 League competitions will be raced as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.4.3.2 Unless indicated, all league meets are to be held at Morley Field. An alternate site may be used if approved by the administration of both schools.

3.4.3.3 In competition, only the first seven finishers on each team will enter into the scoring.

3.4.3.4 League rep assigns each school meet responsibilities.

3.4.3.5 Individual league designee is responsible for entering scores into athletic.net.

3.4.4 League Final Meet

3.4.4.1 League finals will be held the last week of the league schedule (refer to approved league schedule for host school responsibilities).

3.4.4.2 League champion is decided by 50% of dual meets and 50% league championship.

Section 3.5 FIELD HOCKEY

3.5.1 Regulations

3.5.1.1 The official rules will be those published by the National Federation of State High School Associations as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.5.2 Type of League Competition

3.5.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.5.3 Conditions of Contests

3.5.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.5.3.2 Length of games: Varsity is 4 15-minute quarters and JV is 4 12.5-minute quarters. Half time is up to 10 minutes and between quarters is 2 minutes.

3.5.3.3 The home team will provide three regulation hockey balls.

3.5.3.4 The home team will provide a scorer, score book, air horn and the official time at the field level.

3.5.3.5 The host school will be responsible for securing officials and conducting the game.

3.5.3.6 Tie games will be resolved according to CIF-San Diego Section Field Hockey Advisory Committee

3.5.3.7 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.5.4 CIF-San Diego Section Playoffs

3.5.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF- San Diego Section Commissioner each year.

Section 3.6 FOOTBALL

3.6.1 Regulations

3.6.1.1 Football competition will be in accordance with the rules of the National Federation of State High School Associations as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.6.2 Type of League Competition

3.6.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.6.2.2 Football will re-league yearly.

3.6.2.3 There will be league competition at the Varsity, Junior Varsity, and Novice levels.

3.6.3 Conditions of Contests

3.6.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.6.3.2 Cross league games will be scheduled but will change yearly. This will be in play for at least the 2020-21 and 2021-22 seasons before revisiting.

3.6.3.3 Admission information is outlined in Section 2.4 & 2.5 of this Blue Book.

3.6.3.4 In the Freshman and Junior Varsity games, quarters will be 10 minutes in length.

3.6.3.5 Persons on the players' bench will be limited to players in uniform, members of the athletic staff, school administrators, the physician, and not more than four student managers. The coach in charge of the team will be responsible for maintaining orderly conduct on and in the vicinity of the bench.

3.6.3.6 **Filming and Exchange:** Sideline film from previous night's game will be uploaded and dropped into our San Diego City Conference Hudl pool by 12:00pm the next day. All sideline view of every game will be accessible for city schools to view. The sideline view at a minimum should be from the back of the RB to the back of the line backers. Film that does not contain your team cannot be traded to other teams outside of the San Diego City Conference.

3.6.3.7 **Game Cancellations:** The Head Varsity Coach is to contact the other Head Varsity Coach by email and include their Athletic Director on it no later than Monday at 5pm to cancel or provide a first alert of potential cancellation of that week's freshmen or JV game. A final decision must be made by the forfeiting school by Tuesday at 10am via email with the Athletic Director included on the email. If notification is made later than 10am on Tuesday of that week's game, the forfeiting school will be required to pay a \$500 penalty to the other school.

3.6.3.8 **Forfeits:** Please reference Section 2.13.5 of this Blue Book for details regarding forfeits.

3.6.3.9 The San Diego City Conference allows players to suit up and participate in more than one football game in any Monday through Saturday period.

3.6.3.10 Seniors MAY NOT participate on Junior Varsity teams.

3.6.3.11 Eighteen-year old students MAY NOT participate on Junior Varsity football teams.

3.6.3.12 In the event of a tie, follow the process outlined in Section 2.8 of this Blue Book.

3.6.3.13 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.6.4 Spring Football Regulations

3.6.4.1 Spring practice: maximum of 15 practices needs to be completed in a 3-week period.

3.6.4.2 Blocking bags may be used.

3.6.4.3 No shoulder pads and helmet of any kind may be added to shirts, shorts, or body as protection for contact drills.

3.6.4.4 Practice may not begin before May 1.

3.6.4.5 Current eighth graders are not eligible to participate in spring practice.

3.6.5 Summer Vacation Regulations

3.6.5.1 Letters sent from the coach during the summer vacation period to prospective football candidates for the purpose of organizing them into any type of workout prior to the opening date are prohibited.

3.6.5.2 Encouragement for candidates to work out at a playground where the coach is employed as a director will be considered a violation to the spirit of the practice rules.

3.6.6 State Laws Pertaining to Care of Athletic Equipment

3.6.6.1 The governing board of each district maintaining a high school or junior college and the president of each state college will provide for the annual cleaning, sterilizing, and necessary repair of football equipment of their respective school, junior college, or state college, pursuant to this article. (Education Code, Section 39614)

3.6.6.2 All football equipment actually worn by pupils will be cleaned and sterilized at least once a year. Football equipment used in spring training will be cleaned and sterilized before it is used in the succeeding fall term. (Education Code, Section 39615)

3.6.6.3 Any contract with a dealer or craftsman for the repair of football equipment belonging to the district or state college will specifically state or describe the materials to be used by the dealer or craftsman in repairing such equipment. (Education Code, Section 39616)

3.6.6.4 Football Helmets

Football helmets must be sent out each year to a qualified reconditioner for reconditioning and certification. (Athletic Council, 1983)

Helmets may only be altered by a certified reconditioner or the manufacturer, i.e., drilling additional holes or painting the helmet.

Only certified helmets are permissible for student use.

A helmet release form is recommended for each student athlete.

3.6.7 CIF-San Diego Section Playoffs

3.5.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF- San Diego Section Commissioner each year.

Section 3.7 GOLF

3.7.1 Regulations

3.7.1.1 Golf competition will be in accordance with the United States Golf Association rules and the Pupils' Golf Code as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.7.1.2 **Ground Rules:** Home coach will instruct players of the special rules which apply and whether summer or winter rules prevail. No contestant may participate in any sport on two levels on the same day.

3.7.2 Type of League Competition

3.7.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.7.2.2 Double round golf schedules; dual League matches will be 9 holes; second round matches may be 18 holes by mutual consent.

3.7.3 Conditions of Contests

3.7.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.7.3.2 **Teams:** The regulation team is composed of six players. If visiting team wishes to bring more than six players, advance arrangements and approval of home team is required.

3.7.3.3 **Scoring:** The match consists of 3 foursomes. Each team has 2 golfers in each foursome. Each team has 1 scorecard and is responsible for both their scores and the members of the other teams scores.

3.7.3.4 The match is decided by stroke play; total of best five. If tied, use scores of #6 finishers to resolve ties. If still tied, card off on 6th finishers (go hole by hole starting from last hole played).

3.7.3.5 The Medalist is the lowest individual of the match. There may be more than one individual who is the medalist as ties are not broken.

3.7.3.6 **Dress Code:** Players will wear team colors for matches. Teams must abide by the dress code of the course being played.

3.7.3.7 Team members not in school colors or appropriate dress for the course being played are not eligible to compete.

3.7.3.8 **Conduct:** The coach will disqualify any of his/her players who exhibit unsportsmanlike conduct such as profanity, harassment, smoking, and so forth. Players may give advice to another team member.

3.7.3.9 Electronic devices including cell phones, beepers, cd players, walkman radios, video equipment and any other electronic devices are not to be used during a match (see NOTE below for range finder exception). Use will result in player disqualified for current match. A cell phone ringing during play will result in a one stroke penalty. NOTE - Range finders are allowed during play. If one player in a group has a range finder he/she must share it with all other members of the group.

3.7.3.10 Any allegations on player conduct infractions must be documented immediately on scorecard at time of infraction.

3.7.3.11 All teams should remain at the course until the match is completed to shake hands. If the team cannot stay, coach should let opposing coach know before the match to promote sportsmanship.

3.7.3.12 **Match Instructions:** Conduct instruction on 1st tee during introductions:

Welcome the team(s) to the course.

Tell them to please take care of course and to repair divots and ball marks on the green.

Advise them of the course set-up.

Give them their behavioral / electronic devices warnings.

Advise them of how to proceed with a provisional ball.

Advise them of the two ball rule.

Tell them that they must report their score immediately upon leaving the green and before the next tee shot. This should be done on the next tee box.

Tell them to match score cards at the end of the match and if there are any discrepancies, to not sign the card and take it to the coaches.

Advise them to declare their ball and that visiting team has the tee.

3.7.3.13 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.7.4 Conference Tournament

3.7.4.1 One day stroke play tournament.

3.7.5 League Champion

3.7.5.1 Please reference Section 2.8 of this Blue Book to determine how a league champion for golf will be declared.

Section 3.8 LACROSSE

3.8.1 Regulations

3.8.1.1 The official rules will be those published by US Lacrosse and the National Federation of State High School Associations as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.8.2 Type of League Competition

3.8.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.8.3 Conditions of Contests

3.8.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.8.3.2 Length of games: Four 12 minute quarters for Varsity. Four 10 minute quarters for all sub Varsity levels.

3.8.3.3 The home team will provide regulation lacrosse balls.

3.8.3.4 The home team will provide a scorer, timer, score book, time clock, penalty time keeper and horn.

3.8.3.5 The host school will be responsible for securing officials and conducting the game.

3.8.3.6 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.8.4 CIF-San Diego Section Playoffs

3.8.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF- San Diego Section Commissioner each year.

Section 3.9 SOCCER

3.9.1 Regulations

3.9.1.1 Competition will be in accordance with the National Federation of State High School Associations, as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.9.1.2 There will be mandated coaching education on sportsmanship for soccer coaches. This includes:

- Coaching education review (to be developed prior to season by Athletic Directorss) to be conducted at the coaches' preseason meeting.
- Mandatory attendance by all varsity coaches- cannot send a JV coach or a parent.
- Referee representative should be present to review guidelines and expectations regarding communication between coaches and referees.

3.9.2 Type of League Competition

3.9.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.9.2.2 League champions are determined using Section 2.8 of this Blue Book.

3.9.3 Conditions of Contests

3.9.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.9.3.2 Three officials must be requested for all league games. This only applies to Varsity games as only two officials must be requested for JV.

3.9.3.3 All spectators must remain in bleachers, where available, during the game. If bleachers are not available, spectators must be kept as far as possible away from the sidelines and from the players' benches in order to maintain proper crowd control.

3.9.3.4 Only names included on the roster and provided to the referees are allowed on the sideline.

3.9.3.5 Communication on the field should be done with respect. Should the City Conference President identify a pattern of bad behavior and already conferred with the principal and a change of behavior has not occurred, he/she or she has the right to take away home games, suspend players and coaches, and/or remove all spectators from a game per his/her discretion.

3.9.3.6 Athletic Directors should be responsible for holding their coaches and players accountable for yellow and red cards. Administrators and Athletic Directors should monitor coaches and players for ANY arguing of calls or offensive language, which seems to be the catalyst for the toxic environment of soccer games.

3.9.3.7 Captains on the field will serve as the point person if there are any issues.

3.9.3.8 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.9.4 CIF-San Diego Section Playoffs

3.9.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF- San Diego Section Commissioner each year.

Section 3.10 SOFTBALL

3.10.1 Regulations

3.10.1.1 Competition will be in accordance with the National Federation of State High School Associations, as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.10.2 Type of League Competition

3.10.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.10.3 Conditions of Contests

3.10.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.10.3.2 Each team will have equal time to warm up before the game begins, and each team will have the use of the entire field during its warm-up time. The host school will occupy the field for 15 minutes of pre-game practice starting 35 minutes prior to game time. The visiting school will occupy the field for 15 minutes of pre-game practice beginning 20 minutes prior to game time.

3.10.3.3 Batting practice may be allowed prior to league games providing the teams observe the following time schedule: home team batting practice until 2:10 p.m.; visiting team batting practice from 2:10 p.m. to 2:25 p.m.

3.10.3.4 The home team will furnish two new CIF and NFHS approved balls for each game. The ball is not to be of the concealed stitch type.

3.10.3.5 The home team will provide the official scorer and the visiting team will provide the assistant scorer. Visiting scorers will compare books with the home scorer at the end of each inning.

3.10.3.6 Each coach is responsible for the conduct of his/her team and should insist upon acceptable language and sporting conduct from each player.

3.10.3.7 Team benches should not be located directly behind the catcher.

3.10.3.8 Varsity and Junior Varsity games will end after 5 innings are completed and the visiting team is ahead by 10 or more runs. If the home team is ahead by 10 or more runs after 4-1/2 innings are completed, the game will end.

3.10.3.9 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.10.4 CIF-San Diego Section Playoffs

3.10.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF- San Diego Section Commissioner each year.

Section 3.11 SWIMMING & DIVING

3.11.1 Regulations

3.11.1.1 Competition will be in accordance with the National Federation of State High School Associations, as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.11.2 Type of League Competition

3.11.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.11.2.2 There will be league competition at the Varsity and Junior Varsity levels only.

3.11.3 Conditions of Contests

3.11.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.11.3.2 The host school will be responsible for securing officials and the pool site.

3.11.3.3 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.11.4 City Conference Tournament

3.11.4.1 Each team may put one swimmer in each of the individual events that does not meet the qualifying time standard for the event, except for the 200 Free, 200 IM, and 500 Free.

3.11.4.2 No team may enter more than four swimmers for each individual event. So, if a team has three swimmers who meet the time standard in the 100 yard freestyle, they may enter a fourth swimmer even if that swimmers time falls outside of the time standard.

3.11.4.3 No school may enter two swimmers in the same individual event when both swimmers times are outside of the time standard. They may only enter one, even if the team only has one swimmer who meets the time standard.

3.11.5 CIF-San Diego Section Playoffs

3.11.5.1 Athletes in specific events will qualify for the CIF-San Diego Section preliminaries who meet the time standards set up by the CIF-San Diego Section Swimming Advisory Committee for these events.

3.11.5.2 A San Diego City Conference Meet will be held the week prior to the CIF-San Diego Section preliminaries. Any swimmer meeting the CIF-San Diego Section time standards in this meet will qualify for entry into the CIF-San Diego Section Prelims. More information pertaining to the San Diego City Conference Meet can be found in Section 2.10 of this Blue Book.

3.11.5.3 The meet times count for CIF, but do not count as a swim competition point.

3.11.5.4 The CIF-San Diego Section Prelims and Finals dates, times, and location will be determined by the CIF-San Diego Section Commissioner on a yearly basis.

Section 3.12 TENNIS

3.12.1 Regulations

3.12.1.1 Competition will be in accordance with the United States Tennis Association (USTA) and the Code of Conduct as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.12.1.2 Coaches are required to update UTR (Universal Tennis Rankings) weekly.

3.12.2 Type of League Competition

3.12.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.12.2.2 There will be league competition at the Varsity level only.

3.12.2.3 Each school team will consist of three singles players and three doubles teams (nine players).

3.12.2.4 Format of play will be Round Robin consisting of one set per match. Each singles player will play each of the opposing schools' singles players and each doubles team will play each of the opposing schools doubles teams.

3.12.2.5 Scoring will be one point for each singles match and one point for each doubles match. If final score ends in a tie, the match will be resolved by counting games won in singles and doubles. If a tie should still exist, sets won in doubles would determine the winning team.

3.12.2.6 Whenever a set in either singles or doubles reaches a 6-6 score, it moves back to a tiebreak to 7 win by 2.

3.12.2.7 No ad-scoring will be used unless BOTH coaches agree to play add scoring.

3.12.2.8 If BOTH coaches agree, a match can end after a school has 10 points. (This means no new sets would start, but the ones in progress would be finished.)

3.12.2.9 The host school will furnish new balls, assign courts and regulate the order of play. First round pairings:

Singles: 1 vs. 1; 2 vs. 2; 3 vs. 3

Doubles: 1 vs. 1; 2 vs. 2; 3 vs. 3

3.12.2.10 Rest period between sets, 5 minutes.

3.12.2.11 No player may compete in both singles and doubles in the same match.

3.12.2.12 A new player may be substituted into singles or doubles at the start of each set. Once a player is removed from the lineup, he or she cannot re-enter the lineup at any other position in that same match.

3.12.2.13 Coaching in between points, including tiebreakers, is allowed and limited to a coachable statement without hindering the flow of play and making sure not to interrupt match flow. Coach must be adjacent to the court they are offering the coachable statement. Coaches cannot engage the opposing player.

3.12.3 Conditions of Contests

3.12.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.12.3.2 The second set will begin without delay, 5 minutes after the match is called. Players not present to begin play will forfeit their first game.

3.12.3.3 All warm-ups, including serves, will be taken before the first point is played. After the first round pairings, warmup will be limited to 2 minutes.

3.12.3.4 Coaches are to exchange written line-ups before the match begins.

3.12.3.5 Coaching is permitted for a maximum of 60 seconds and may take place during the change of sides. No coaching during a 12-point tiebreaker.

3.12.3.6 Players will call their own lines and fouls. If a player or doubles team requests a line judge, here is the procedure:

a) Play must stop until BOTH COACHES are present on the court. Each coach will designate: One coach from each team OR one player from each team. NOTE: One student and one coach ARE NOT ALLOWED to act as line judges.

b) The players or doubles teams are expected to call their own lines moving forward. If there is a disputed call, play is stopped, both line judges are consulted:

1. If BOTH judges agree with the call, then the call stands
2. If BOTH judges disagree with the call, then call is reversed
3. If the judges disagree with each other, then the point is replayed. Foot-faults are to be called by a line judge only.

3.12.3.7 There will be no harassing of players during a match.

3.12.3.8 Both teams are responsible for entering scores into CIF Home Campus and UTR. The winning team is responsible for reporting the score to the media (UT, MaxPreps, etc.)

3.12.3.9 Coaches are required to communicate substitutions with the opposing coach before the set begins.

3.12.4 City Conference Girls Tennis League Individual Tournament

3.12.4.1 The City Conference Girls Tennis League Individual Tournament will follow this scoring format during the tournament:

3.12.4.2 All matches from the first round through the quarterfinals will be 8-game pro sets with no-ad scoring.

3.12.4.3 The semifinals (main draw and backdraw/consolation) will be best of two sets with a match (10-point) tiebreak if the players split sets (win one set apiece).

3.12.4.4 The championships will be the best of three sets with a tiebreak at 6-6 in each set if needed, ad-scoring. The consolation (5th place) match will be best of two sets with a match (10-point) tiebreak if the players split sets (win one set apiece).

3.12.4.5 Formats can be modified in the event of circumstances that affect the court/match schedule of the tournament. Final decision of modifying the format is the responsibility of the City Conference Tournament Director.

3.12.5 CIF-San Diego Section Playoffs

3.12.5.1 TEAM: The champion team from each league will advance to the playoffs.

3.12.5.2 INDIVIDUAL: A league tournament will be organized the week following league play.

3.12.5.3 Each school MAY enter a maximum of five (5) singles players and five (5) doubles teams.

3.12.5.4 The top five singles players and the top five doubles teams will advance to the CIF-SD Section tournament.

Section 3.13 TRACK & FIELD

3.13.1 Regulations

3.13.1.1 Track competition will be in accordance with the rules of the National Federation of State High School Associations as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.13.2 Type of League Competition

3.13.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.13.2.2 The team listed as the home team is responsible for running the meet.

3.13.3 Conditions of Contests

3.13.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.13.3.2 The home school is responsible for all officials.

3.13.3.3 Communication between schools who need the opponent coaches to help with officiating must take place before the day of the meet.

3.13.3.4 The host school is required to inform the visiting school how many athletes will be timed. At a minimum, this must be four (4).

3.13.3.5 If league meets have 3 teams, they should be scored as double duals.

3.13.3.6 Track teams will be permitted to go to a spring vacation meet that is approved by the CIF-San Diego Section.

3.13.3.7 The discus throw is a regular event in San Diego City Conference League competition, and complete safety precautions are to be taken at both meets and practices (Athletic Council, April 11, 1973).

3.13.3.8 The pole vault is a regular event in the San Diego City Conference League Competition. If both schools do not have pole vaulters or legal vaulting pits the following will apply: if the visiting team does not have vaulters, the completion shall be held during the course of the meet. Points will be awarded based on competitors that meet or exceed the starting heights. If the home team does not have a legal pit, then the visiting team shall hold a competition on the day prior to the meet and bring the results to the site of the meet the following day. Points will be awarded based on competitors that meet or exceed the starting heights.

3.13.3.9 **Meet Organization:** Visiting school coaches will present the home team with school entries upon arrival and prior to the meet. Copy of entry sheets will be exchanged prior to the start of the meet. Entry changes in track and field events may not be made after entry sheets have been exchanged. It is permissible to enter more than three entries in an event if it is acceptable to both schools. If additional entries are agreed upon, they must compete and be able to score points. No entry can participate unattached. Video timing is not fully automatic timing and is intended to be used as a backup timing system. These are considered hand times.

3.13.3.10 **Order of Running Events:** Coaches requested that the CIF Reps propose to CIF that they move to NFHS' order of events. City Conference coaches will look at the order of events at the preseason coaches meeting to finalize the order pending the outcome of CIF and set start time. Girls' races should run before boys races'.

*Varsity Girls' and JV Boys' 400 Relay Varsity Boys' 400 Relay	Varsity Girls' 800 Varsity Boys' 800
*Varsity Girls' and JV Boys' 1600 Varsity Boys' 1600	Varsity Girls' 300 LH JV Boys' 300 IH
Varsity Girls' 100 IH	Varsity Boys' 300 IH
JV Boys' 110 HH	JV Boys' 200
Varsity Boys' 110 HH	Varsity Girls' 200

JV Boys' 400 Varsity Girls' 400 Varsity Boys' 400 JV Boys' 100 Varsity Girls' 100 Varsity Boys' 100 JV Boys' 800	Varsity Boys' 200 Varsity Girls' and JV Boys' 3200 Varsity Boys' 3200 JV Boys' 1600 Relay Varsity Girls' 1600 Relay Varsity Boys' 1600 Relay
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*These events may be run separately by mutual agreement of both coaches. JV Boys' 1600 may be run at the beginning of meet if coaches agree.

3.13.3.11 **Field Event Regulations:** Starting heights and increases for pole vault and high jump are as follows:

3.13.3.12 **Pole Vault:** Varsity Boys: Start at 9'; increase 6" up to 11' 6" and 3" thereafter, unless coaches mutually agree to a different starting height (dual meets only). Girls: Start at 6' 6"; increase 6" up to 8' 6" and 3" thereafter. Junior Varsity Boys: Start at 6' 6"; increase same as Girls.

3.13.3.13 **High Jump:** Varsity Boys: Start at 5'; increase 2" to 6'0" and 1" thereafter. Girls (Varsity and JV): Start at 4'0"; increase 2" up to 5' 0" and 1" thereafter. JV Boys: Start at 4' 8"; increase 2" to 6' 0" and 1" thereafter. Note: Varsity boys will jump first, followed by Varsity Girls, followed by JV Boys & Girls.

3.13.3.14 **Long Jump:** If there is only one jumping pit, all participants jump together at the beginning of the meet. All long jumps will be completed by the end of the varsity boys' 800. (All legal jumps will be measured).

3.13.3.15 **Triple Jump:** This event will begin immediately after the long jump. (All legal jumps will be measured).

3.13.3.16 **Discus:** Home site will determine the order of the Discus competition. (All legal throws will be measured).

3.13.3.17 **Shot Put:** Home site will determine the order of the Shot Put competition. (All legal throws will be measured).

3.13.3.18 Long and Triple Jump will get a maximum of four (4) attempts during the allotted time period unless otherwise agreed upon by both schools.

3.13.3.19 The shot and discus will get a maximum of four (4) attempts unless otherwise agreed upon by both schools.

3.13.3.20 The home school will run in the inside lane. (Odd lanes, except in the 400 relay).

3.13.3.21 Whenever feasible, the relay zone should be marked with a color other than white and the international lines with a broken line, or small diamond.

3.13.3.22 It is mandatory for the host school to either: a) upload the results via Hi-Tech OR b) give the visiting school their team card results in order to upload. Both teams are expected to upload their results within 48 hours.

3.13.3.23 The winning team is responsible for reporting the score to the media and Union Tribune.

3.13.4 Conference Finals

3.13.4.1 **Finals:** Combined for boys and girls are held on Friday the week following league competition. All leagues are on the same day. The meet will begin no later than 4:00pm.

3.13.4.2 **Order of Events:** Same as the State Meet.

3.13.4.3 In the league preliminary meets, each school is allowed four (4) entries per event, (exception will be made for any school that has more than four (4) competitors that meet the CIF-SD standard in any event), except relays. If space is available and coaches agree, additional entries may be allowed.

3.13.4.4 A seeding meeting for coaches shall be held on the Monday of the last week of league competition. The primary purpose of this meeting will be to determine lane assignments, heat numbers, and discuss and agree on the format for the meets.

3.13.4.5 Lane Assignments:

All track events other than the 800, 1600 and 3200.

Fastest Time	Lane 5
Second Fastest Time	Lane 6
Third Fastest Time	Lane 4
Fourth Fastest Time	Lane 7
Fifth Fastest Time	Lane 3
Sixth Fastest Time	Lane 8
Seventh Fastest Time	Lane 2
Eighth Fastest Time	Lane 9
Ninth Fastest Time	Lane 1

For the 800, 1600 and 3200, seeding will follow the CIF- San Diego Section format.

3.13.4.6 The City, Eastern and Western league finals will be under the direction of a host school with the assistance of the San Diego City Conference, District Athletics Office and the Tournament Manager. Host schools to be determined following the process outlined in Section 2.10.

3.13.5 CIF-San Diego Section Playoffs

3.13.5.1 Refer to the CIF- San Diego Section annual bulletin for detailed information.

Section 3.14 VOLLEYBALL

3.14.1 Regulations

3.14.1.1 Volleyball competition will be in accordance with the rules of the National Federation of State High School Associations as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.14.2 Type of League Competition

3.14.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.14.2.2 There will be league competition at the Varsity, Junior Varsity, and Freshmen levels for girls and Varsity and Junior Varsity for boys.

3.14.3 Conditions of Contests

3.14.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.14.3.2 The home team will supply the game ball (leather, multi-paneled ball with the NFHS approved stamp) and warm up balls (on brand and pumped up).

3.14.3.3 The home school will provide the officials and two lines people, plus the official scorer, libero-tracker, and timer. (Recommend adult scorer/timer).

3.14.3.4 Points are as follows:

Boys/Girls Varsity: 3 out of 5 games to 25 points, game 5 is played to 15 points.

Girls and Boys JV/and Girls Freshmen: 2 out of 3 games to 25 points, game 3 to 15 points.

3.14.3.5 The home team will provide the official score sheets.

3.14.3.6 The home team will provide a horn or other adequate sounding device at the scorer's table for acknowledging substitutions.

3.14.3.7 Schools that are designated "home team" at a site other than their school shall notify the site coach in advance if they are unable to fulfill any of the "home team" responsibilities.

3.14.3.8 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.14.3.9 Non-players (not in uniform) on the bench should be limited to 5.

3.14.4 CIF-San Diego Section Playoffs

3.14.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF- San Diego Section Commissioner each year.

3.14.4.2 For information on state playoffs, refer to the CIF-SDS Championship Bulletin.

Section 3.15 WATER POLO

3.15.1 Regulations

3.15.1.1 Water Polo competition will be in accordance with the rules of the National Federation of State High School Associations as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.15.2 Type of League Competition

3.15.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.15.2.2 There will be league competition at the Varsity, Junior Varsity, and Novice levels.

3.15.3 Conditions of Contests

3.15.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.15.3.2 The host school is responsible for securing officials.

3.15.3.3 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.15.4 CIF-San Diego Section Playoffs

3.15.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF- San Diego Section Commissioner each year.

Section 3.16 WRESTLING

3.16.1 Regulations

3.16.1.1 Wrestling competition will be in accordance with the rules of the National Federation of State High School Associations as modified and adopted by the CIF-San Diego Section, unless otherwise provided below.

3.16.1.2 Weigh-In Certifications

3.16.2 Type of League Competition

3.16.2.1 Creation of league schedules is outlined in Section 2.13 of this Blue Book.

3.16.3 Conditions of Contests

3.16.3.1 League games will be played as shown on approved league schedule as outlined in Section 2.7 of this Blue Book.

3.16.3.2 The dual meet schedule will consist of a single round. Varsity and junior varsity matches are to be run concurrently where two mats will permit.

3.16.3.3 Adequate head protection will be worn in all league competition. (San Diego City Schools must require student wrestlers to wear head protection in practice as well as in meets. Athletic Council, April 1996).

3.16.3.4 40 Match rule- a wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the CIF State Championships. Forfeits do not count toward the 40 match maximum. In most cases, the City Championship will be the last competition. The CIF divisional tournament would be the first qualifying tournament. Matches wrestled in any tournaments or competitions held prior to the first qualifying tournament will count towards the 40 match maximum.

3.16.3.5 A Conference meet will take place at the conclusion of the dual meet season. This meet will be under the direction of a host school with the assistance of the San Diego City Conference, District Athletics Office and the Tournament Manager. More information pertaining to the San Diego City Conference Meet can be found in Section 2.10 of this Blue Book.

3.16.3.6 Both teams are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, Max Preps, etc.

3.16.3.6 The random drawing for hosting rights of the SDCC Willie Jones Tournament took place on Tuesday, April 16, 2024, at the SDCC meeting and this is how the draw for the SDCC Willie Jones Wrestling Tournament breaks down for the next 18 years as it pertains to hosting rights:

1. 2024-25 Lincoln
2. 2025-26 Canyon Hills
3. 2026-27 San Diego
4. 2027-28 La Jolla
5. 2028-29 Morse
6. 2029-30 Point Loma
7. 2030-31 Scripps Ranch
8. 2031-32 Madison
9. 2032-33 Clairemont
10. 2033-34 University City
11. 2034-35 Hoover
12. 2035-36 Cathedral
13. 2036-37 Patrick Henry
14. 2037-38 Kearny
15. 2038-39 Christian
16. 2039-40 Crawford

17. 2040-41 St. Augustine

18. 2041-42 Mira Mesa

3.16.3.7 The options on a school's year in the rotation include:

1. Host the tournament at your site.

2. Run the tournament but have the tournament take place at Lincoln HS (Lincoln would like the location of tournament to be at their site even if they are not running it).

3. Pass on your year and your site automatically moves to the bottom of the list (the next school on the list would then be offered the tournament).

3.16.4 CIF-San Diego Section Playoffs

3.16.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF- San Diego Section Commissioner each year.

Section 3.17 BEACH VOLLEYBALL

3.17.1 Regulations

3.17.1.1 Beach Volleyball competition will be in accordance with the rules of USA Volleyball as well as the most recent modifications to the rules. See official rules [here](#).

3.17.2 Type of League Competition

3.17.2.1 Creation of league schedules is outlined in section 2.13 of this Blue Book.

3.17.2.2 There will be league competition at the Varsity and Junior Varsity levels. (Varsity will consist of 5 pairs teams, Junior Varsity will consist of 3 pairs teams.)

3.17.2.3 Order of play will be as follows: (unless mutually agreed upon by coaches to switch the order due to scheduling conflicts)

5 courts: All teams play at the same time

3 courts: Pairs 2 & 4 play, followed by pairs 1, 3, & 5

2 courts: Pairs 2 & 4 play, followed by pairs 1 & 3, followed by pair 5

3.17.3 Conditions of Contests

3.17.3.1 League games will be played as shown on the approved schedule as outlined in Section 2.7 of this Blue book.

3.17.3.2 It is recommended that the home team provide the “approved” game balls (Wilson Optx) for competitions. However, if the approved game ball is not available, then both schools will mutually agree on an acceptable ball for the contest. Each school will bring their own warm up balls.

3.17.3.3 The home school will provide a portable scoreboard and score sheets for each contest.

3.17.3.4 If officials are not provided, each school shall provide one player from their roster to help keep score and officiate during the contest. All other athletes must remain off the court and away from the playable area around the court.

3.17.3.5 Points for each contest are as follows:

Varsity: 2 out of 3 games to 21, game 3 is played to 15 points.

Junior Varsity: 1 game to 28.

3.17.3.6 Dead ball coaching can't cause a delay in the game and can't address the referees or rules.

3.17.3.7 Schools that are designated the “home” team at a site other than their school shall notify the opposing coach in advance if they are unable to fulfill any of the “home team” responsibilities.

3.17.3.8 Both schools are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, MaxPreps, etc.

3.17.4 CIF-San Diego Section Playoffs

3.17.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF-San Diego Section Commissioner each year.

3.17.4.2 For more information refer to the CIF-SDS Championship Bulletin.

Section 3.18 FLAG FOOTBALL

3.18.1 Regulations

3.18.1.1 Flag Football competition will be in accordance with the rules provided by CIF.

3.18.2 Type of League Competition

3.18.2.1 Creation of league schedules is outlined in section 2.13 of this Blue Book.

3.18.3 Conditions of Contests

3.18.3.1 League games will be played as shown on the approved schedule as outlined in Section 2.7 of this Blue book.

3.18.3.2 Both schools are responsible for entering scores into CIF Home Campus. The winning team is responsible for reporting the score to the media, Union Tribune, MaxPreps, etc.

3.18.4 CIF-San Diego Section Playoffs

3.18.4.1 Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the CIF-San Diego Section Commissioner each year.

3.18.4.2 For more information refer to the CIF-SDS Championship Bulletin.