

West Bay Athletic League Athletic Directors Handbook

This handbook has been prepared as a guide to the organization, rules and operation of the West Bay Athletic League. The League provides separate boys and girls' sports programs for elementary and private schools. The handbook also is intended as a help to those persons responsible for directing individual school programs.

The League hopes each Athletic Director will become familiar with the contents and pass along pertinent information to individual coaches who must abide by the rules and regulations set forth. Should you have any questions or need further elaboration, you are urged to contact the WBAL President for Boys or Girls who will assist you in any way possible.

Prepared, Spring 2008

Philosophy of WBAL Athletics

The value of athletics has long been an accepted tenant of elementary school education which strives to develop each individual in a manner fostering growth of spiritual, intellectual, emotional, social and physical characteristics.

The WBAL's mission is to develop-in mind, body and spirit-student athletes and school teams, who act with integrity and character, and compete with sportsmanship, purpose and pride; and to safely and responsibly administer league contests conscientiously with respect for the games, teams, officials and member schools.

Compliance with League policies and consistent enforcement of sports policies and procedures are essential components for a successful league. League school model behaviors and standards for conduct for their student athletes, and should be consistent and accountable by strict adherence to this document.

The WBAL was organized to provide inter-scholastic competition for schools in the Mid-Peninsula area. Through its existence, the league members subscribe to and provide:

- an opportunity for all students who wish to participate, to be members of a team organized wherever possible to the ability level of the individual participant;
- uphold as prime importance the student athlete's health, welfare and safety;
- a full selection of sports for both boys and girls so that each may participate, learn the game, strive to excel at their level by gaining the skills and abilities involved;
- an opportunity for all participants to enjoy athletics and provide their parents, friends and peers the enjoyment of seeing them compete;
- to provide quality interscholastic athletic competition;
- for each team member to play in all games whenever possible;
- for coaches to always realize the importance of their role as teacher, not only of sports, but of conduct and deportment in the field and floor at all times, good sportsmanship regardless of the game's outcome and show appreciation and respect for opponents as individuals of equal value;
- to cultivate cordial and friendly relations among school through standards of sportsmanship;
- for each player to use every opportunity to gain and increase self esteem, respect for all teammates, opponents, coaches and officials, and compete in a sportsmanlike manner;
- an opportunity to use athletics as an important means of furthering school and team spirit;
- an opportunity for all parents to demonstrate their endorsement of athletic co-education by exhibiting good sportsmanship, positive support and acceptable conduct without interference at all times;

WEST BAY ATHLETIC LEAGUE CONSTITUTION

Article 1 – Name of the League

The name of the league shall be West Bay Athletic League (WBAL).

Article II – Representation on the Board of Managers

SECTION 1 : Government – The government of the WBAL shall be vested in the Board of Managers which will be composed of the athletic directors of each member school. Each member school shall be represented by their athletic director or an appointed representative and have one vote.

SECTION 2 : Officers – The officers of the Board of Managers shall be; Commissioner, Assistant Commissioner, Secretary and Treasurer.

SECTION 3 : Election of Officers – The election of officers of the WBAL shall take place bi-annually at the last regular meeting of the school year. The terms of office will be for two years and shall begin at the close of that meeting.

Article III – Leadership/Officers

COMMISSIONER –

- A. The Commissioner shall represent the League constitution and its by-laws.
- B. The Commissioner shall prepare and circulate each meeting agenda to the WBAL Board of Managers.
- C. The Commissioner shall communicate to the Board of Managers when sports by-laws are changed.

VICE COMMISSIONER -

- A. The Vice Commissioner shall represent the League Commissioner in their absence.
- B. The Vice Commissioner shall be responsible for all League Tournament seeding and bracketing.

TREASURER –

- A. The Treasurer shall keep a detailed account of the finances of the League.
- B. The Treasurer shall give a financial report at every WBAL League Meeting.

SECRETARY –

- A. The Secretary shall be responsible for the scheduling of all league contests for league sponsored sports.
- B. The Secretary shall be responsible for collecting and maintaining all League contest results and standings.
- C. The Secretary shall record and publish minutes from all WBAL League Meetings.
- D. The Secretary shall organize and maintain communications between league schools.
- E. The Secretary shall update the WBAL Constitution and give to Athletic Directors and Member Schools.

Article IV-Membership

The WBAL will be comprised of the following private schools:

Castilleja School Ted Minnis	Palo Alto ted_minnis@castilleja.org
Crystal Springs Uplands Ren Marquette	Hillsborough rmarq@csus.com
Eastside Prep Chris Bischof	East Palo Alto chrisb@eastside.org
Girls Middle School Matt Cole	Mountain View mcole@girlsms.org
Harker School Theresa Smith	San Jose theresas@harker.org
Keys School Gordon Iki	Palo Alto giki@keysschool.com
Menlo School Joe McDonald	Atherton jmcdonald@menloschool.org
Pinewood School Matt Stimson Jackee Bruno	Los Altos mstimson@pinewood.edu jbruno@pinewood.edu
St. Joseph School of the Sacred Heart - Atherton Jeff Reynolds Sue McDonald	 jreynolds@shschools.org smcdonald@shschools.org
St. Matthews School Tim Hardy	San Mateo hardyt@smeds.info
The Kings Academy Debbie Butelo Vicki Linn	Sunnyvale debbieb@tka.org vlinn@tka.org
Woodside Priory Doug Sargent	Portola Valley dsargent@woodsidepriory.com
Woodland School Bob Fanucchi	Menlo Park bfanucchi@woodlandschool.org

SECTION 1 : Schools wishing to become members of the WBAL must make an informational presentation to the League Athletic Directors Monthly Meeting.

SECTION 2 : The WBAL does not discriminate against any school based in color, creed, race of religion.

SECTION 3 : Any violation of the SBAL Constitution of By-Laws or of any mandate by the WBAL Board of Directors may result in suspension or expulsion of a member from the WBAL after a two-thirds vote of the entire membership.

Article V – Supplemental Membership

SECTION 1 : Non WBAL schools may apply for supplemental membership by requesting such affiliation by letter to the Commissioner by January of the preceding year.

SECTION 2 : Membership fees for supplemental members will be \$350.00 per team. Such sports as swimming, track and field, golf and cross country are considered single team sports. Baseball, basketball, volleyball, soccer, softball, tennis and lacrosse could be multi-team sports (i.e.: JV and Varsity Basketball teams equal \$700.00)

SECTION 3 : To constitute a team as a supplemental member the school must have at least a minimum number of athletes on the team: swimming 5, golf 3 girls or 4 boys, cross country 5, tennis 8, and track and field 5.

Article VI – Meetings

SECTION 1 : Regular meeting of the member schools shall be held normally during the months of September, October, November, December, January, February, March, April and May. Specific date, time and place shall be determined at preceding meeting.

SECTION 2 : Representative from two thirds of the member schools constitute a quorum for the purpose of voting on any measure.

SECTION 3 ; Subject matter to be discussed at meetings should be known to the President or Secretary in advance of the meeting whenever possible so any necessary study can be completed in an effort to save the time of all concerned

Article VII – Finances

SECTION 1 ; There shall be dues levied against all member schools for the maintenance of the league.

SECTION 2 ; For interscholastic competition, the home team is responsible for paying officiating fees. The visiting team shall be responsible for its own traveling expenses.

SECTION 3 ; The WBAL shall not make loans or incur any expenses beyond its means.

SECTION 4 ; In the event of the dissolution of the league all monies held by the league shall be deemed to belong in equal shares to the member schools.

SECTION 5 ; Administrative fees

a) Dues will be set in the spring of each year for the following year by the Board of Managers.

b) Monetary gift to the Board of Managers – the officers of the Board of Managers will receive a monetary gift for volunteering their services to the WBAL. Amount of the gift to be determined at the final regular meeting of the school year.

Article VIII – Amendments and By Laws

SECTION 1 ; Amendments to the constitution and the sports by-laws may be submitted at any regular meeting. Amendments will become effective immediately if approved by a two-thirds majority of the present voting members.

SECTION 2 ; All rules and regulations adopted by the membership but not stated in this constitution shall be classified as by-laws of the WBAL and these by-laws are binding upon all member schools.

Article IX – Certification of Athletes

SECTION 1 ; All students participating in interscholastic competition must be an official member of a specific team on the prescribed WBAL roster form. The roster form must be submitted to the Secretary prior to the first league contest. Failure to do so may result in the forfeiture of all league contests played until the roster form is submitted.

SECTION 2 ; A player may be moved to a higher level team at any time during the season. Once league play has begun, no player may be moved from a higher level to a lower level team. Elevations of players must be filed with the league Secretary prior to the student's participation on that team in a league contest. Failure to do so may result in the team in violation forfeiting all league contests in which the ineligible athlete played.

SECTION 3 ; For individual sports (Cross Country, Swimming, Golf, Tennis, Track and Field) participants may be moved from one level to another (both up and down) during the league season however, may NOT participate on different levels on the same day. It is not necessary to notify the league Secretary of such roster changes. However, if it is found that a player was not included on the roster form for their particular sport, the team(s) in violation may forfeit all points earned by that athlete in all league contests in which they participated before adding the athlete to the roster form.

Article X – By Law Violations

When a two-thirds vote of the membership determines that a member school has violated any of the rules governing a specific sport or is in violation of the league constitution or by-laws, the school will forfeit the contest under question and be ineligible for the league championship or any post season participation in the sport under question.

Article XI – Special Rulings

SECTION 1 ; A game or contest shall be forfeited for the following reasons:

- a) Failure play a scheduled opponent at the appointed time and place and/or failure to complete a scheduled game or contest.
- b) Failure to provide sufficient official(s), proper facilities and proper supervision and control which are necessary for the particular sport being played.
- c) Failure to give proper notice in the case of a proper postponement of a scheduled game or contest (see postponements).
- d) Failure to provide for the rescheduling of a postponed contest during the regular league season.
- e) Unauthorized cancellations of a scheduled game or contest (see cancellations).
- f) The falsification or misrepresentation of the reasons which were submitted for the postponement and/or cancellation of a scheduled game or contest.
- g) A school shall be subject to forfeiture of any contest in which an ineligible athlete participates for the school.
- h) Any team not able to field the designated number of participants by 10 minuets beyond game time shall forfeit the game.
- i) An official appointed or hired by the League has the right to forfeit a game, when in his or her judgment, such action is necessary. Such sanction will be reviewed by the board if formally protested.

SECTION 2 ; A scheduled game or contest may be postponed for the following reasons:

- a) Inclement weather
- b) A sudden loss of facilities, due to causes beyond the schools control
- c) The school is closed due to an epidemic
- d) Mutual consent of the Athletic Directors of the schools involved whenever the best interest of the students are to be served
- e) Failure of the assigned official(s) to appear or the unavailability of qualified officials

SECTION 3 ; League games or contests may be cancelled when the Athletic Directors of the competing schools, by mutual consent, decide a cancellation is in the best interest of the competing schools and has no bearing on the final standings involving play-off teams.

SECTION 4 ; Protests

- a) All protests must be filed in writing to the Board Secretary within three (3) days after said protested event. Holidays are disregarded (Sunday is not considered a holiday). Mailed protests will be governed by the postmark date
- b) Protests must concern an interpretation of a rule or eligibility of a player. In matters of judgment, the decision of an umpire or referee is final.
- c) Protests must be made to the umpire or referee verbally at the time of the alleged infraction(s) or the protest will not be considered, except in the case of a player's eligibility.
- d) Protests must contain the day, time, division, teams, place of game, names of officials and the rule and action violated
- e) Each individual protest must be accompanied by a protest fee of \$25.00. This amount is refundable if the protest is upheld.

Article X11 – Game Reporting

Procedures have been established for reporting game results and must be followed by coaches. In basketball, reports sheets are available at the scorer's table and must be filled in by each team following the conclusion of the game; in flag football, baseball, soccer, softball and volleyball, the final score is emailed to the schedule commissioner. In soccer, officials are to note goals as scored and the final score of the game and give these signed sheets to the athletic director in charge of the site. Winning AD's must email the schedule commissioner with the final game results.

Article XIII – Player and Coach Conduct

SECTION 1 ; Players and coaches will be ejected from games according to the rules specific to each sport. An automatic one game suspension will be administered as a result of the ejection. Further measures may be taken by the SJCAL Board of Directors if the situation warrants additional review. These measures could include season suspension for serious or reoccurring offenses.

SECTION 2 ; The expectation of good behavior also applies to fans at WBAL events. Taunting of, or demeaning opposing players will not be tolerated at anytime and could result in ejection from a game site. Officials will also be treated with courtesy and respect. Any failure to do so could lead to being asked to vacate the field or gym. The aforementioned scenario would result in a one game suspension and/or review by the Board of Directors to designate further penalties.

Article XIIV – Ties and Regular Season Standings

SECTION 1 ; If four Division teams are tied at the end of regular season play, the team with the best win-loss record against the teams involved in the tie will be declared champion. If all four teams are equal (versus one another) each will declared champion. If two of the four teams have better records against one another than the other two, the two with the best records will playoff for the championship.

SECTION 2 ; In ties for second place, no playoff is held. Both receive second place awards and there is no third place award. In ties for third place, each team is given a third place award.

SECTION 3 ; In basketball ties, if two teams, the one that won during regular season is awarded the higher place position in post season tournament. If three teams are tied and none has a better record against the other two, numbers are pulled from a hat to determine post-season tournament position.

WBAL ATHLETIC LEAGUE FOOTBALL RULES

GAME BALL

The offensive team may use its own official or junior size ball for all offensive plays, including punts and kickoffs.

FLAGS

Must be regulation manufacturer style, 16" long and 2" wide, secured to an official flag football belt using Velcro securing pad. Rags may not be "tucked in". Homemade cloth flags are illegal. Velcro release belts that have flags permanently secured to them are also illegal. For offensive plays, RED COLOR flags must be used for ball carriers and receivers; YELLOW COLOR flags are for center guards.

PANTS

No player may wear red or yellow pants or shorts because of possible conflict with flags. If a player has pockets they must be taped in order to prevent injury to another player's fingers. No play books or other items (excluding game flags) may be attached to a player's belt, pants, or shirt. Playbooks are not allowed in the huddle unless a timeout or end of the quarter is taking place.

SHOES

Shoes may be gym style or rubber molded all-purpose shoe with integral or molded spikes (AYSO soccer, Little League shoe style). Any molded or screw-on cleat that is 3/4" or less high is legal. Referee shall inspect shoes and flags before game.

SHIRTS

Team shirts must be of the same color for each player. Numbers should be on front and back. SHIRTS MUST BE TUCKED IN AT ALL TIMES SO AS NOT TO INTERFERE WITH FLAGS.

GLOVES – MOUTHGUARDS

Gloves, as an item of uniform, are not allowed to be worn by any player, regardless of position. All participating players must wear a mouth guard at all times on the field.

FIELD

The standard official field is 60 yards long from goal-line to goal-line, plus end zone. The standard field is 40 yards wide.

DEFINITIONS

- *Ball shall be put in play by a kickoff from the kickoff mark at the 15 yard line. A coin flip determines who has the choice of kicking or receiving. The coin flip loser gets the choice of end of field his team will defend.*
- *Blocking – obstruction of an opponent without the blocker leaving his feet. No body blocks are allowed. Brush and shoulder blocking only. No extension of arms beyond the body, after contact is allowed. **Penalty 10 yards.***
- *Clipping – blocking or pushing by dividing or blocking from behind. **Penalty 10 yards.***

- *Fair Catch* – must be signaled by raising one hand clear above the head and yelling “Fair Catch”. Man may then take two steps after the catch.
- *Offside* – a player is offside when any part of his body is in the neutral zone when the ball is put into play. Exception: Offensive center may be over, but not ahead of the ball. **THE CENTER MUST CENTER THE BALL, NOT LEAVE IT FOR SOMEONE TO PICKUP AS A TRICK PLAY.** Defensive players cannot purposely jump back and forth across the neutral zone to try to make offensive players to move. **Penalty 5 yards.**
- *Safety* – ball is dead behind the goal line on impetus given to it by defense.

Two points are awarded opponent and team with the ball “free” kicks the ball to the opponent from their 15 yard line, either by punt or placement kick.

- *Touchback* – Ball is dead back of goal on impetus given to it by offensive team (no points). Ball is put back in play on 15 yard line.
- *Touchdown* – Ball becomes dead when any part of it is on, above, or behind opponent’s goal line.

THE GAME

- *Game* shall consist of four quarters of 15 plays each including kickoffs. Kickoffs and punts do count as plays, but attempts for extra points do not. A 2 minute intermission is held between quarters; 5-minute intermission at halftime.
- *Start* – winner of toss has choice of receive or kick. At beginning of third quarter this choice is reversed. There will be no deferring of the kickoff.
- *Time out* – Each team will be allowed three (3) timeouts in each half. Injured player shall have a referee timeout. Timeouts are (1) minute.
- *Huddle* – Maximum time in huddle is 25 seconds. Penalty is 5 yards. Coach may not be in huddle.

PLAYERS AND SUBSTITUTES

- *Number* – A team shall consist of (9) players. Offensive team shall be limited to not more than four (4) in the backfield at one time; defensive team shall be limited to not more than five (5) on the line and only those on the line may rush. **OFFENSE MUST HAVE FIVE (9) MEN ON THE LINE. Penalty 5 yards.**
- *Substitutions* – unlimited substitutions.
- *Equipment* – See **EQUIPMENT, SHOES, SHIRTS.** Bare feet are not permitted nor are pads or casts.
- *Coaches* are encouraged to use all players in each game.

THE KICKOFF

- *Kickoff* shall be made from the kicking team’s 15 yard line. Five men of the receiving team constituting the forward wall shall be stationed on the midfield line (30 yard line). Other four players must be at least five yards behind their own 15 yard line. The ball shall be put in play at the 15 yard line if the kickoff goes out of the end zone. The kickoff can nor be deferred. The team winning the pre-game toss must chose to lick or receive.
- *Kickoff goes out of bounds* – first time, kick over again. Second time, 5 yard penalty and kick over, and same for each time after that.

- *The kickoff is counted as a play – (Punts also counted). If a touchdown is scored on the last play of the game, the game will end following the conversion attempt.*

SCRIMMAGE

- *Necessary gain on downs – If in four downs, run consecutively, the team in possession of the ball does not advance over the nearest field divisional line (15 or 30 yard line), the ball shall be turned over to the defensive team. After advancing over a divisional line, the offensive team shall have four more downs to advance over the next line or score a touchdown.*
- *All players in the game on offense must huddle prior to each offensive play. No deceptive receivers.*
- *Position of players:*
 - i. *Only one player may be allowed in motion before a ball is snapped and he must be in motion toward his own goal line or laterally – NOT FORWARD. **Penalty 5 yards.***
 - ii. *Shift – There must be a stop of one second. **Penalty 5 yards.***
 - iii. *The sleeper play will NOT be allowed.*
- *Backward pass and fumble:*
 - iv. *A player may hand or throw the ball to another player from any point behind the line of scrimmage.*
 - v. *Two forward passes may NOT be thrown, only one forward pass may be thrown.*
 - vi. *If the ball is dropped during scrimmage, it is dead at the spot (this includes dropped punts). Kickoffs are deemed live **ONLY FOR THE RECEIVING TEAM** if the ball is dropped or it hits the ground, (if it is not safe the referee will blow his whistle to stop play). **EXCEPT FOR A PASS INTERCEPTION**, the ball is dead on ANY turnover exchange.*
- *Forward Pass:*
 - i. *A forward pass may be thrown from any point behind the line of scrimmage.*
 - ii. *Two forward passes may not be thrown (see above).*
 - iii. *Eligible receiver – **ONLY BACKS AND ENDS – NO CENTER OR GUARD ELIGIBLE PLAY IS ALLOWED.***
 - iv. *Intentional grounding – **10 yard penalty plus loss of down.***
 - v. *Interference – completed pass and first down from spot if defense interferes. **10 yard penalty** from line of scrimmage and loss of down if offense interferes.*
 - vi. *Pass interference in the end zone by defense is a touchback, not a safety regardless of whether the interceptor tries to run it out. Ball is dead and is placed on the 15 yard line.*
 - vii. *Dropped ball – (regardless of fumble) is always dead. Exception to this is on the kickoff (not punt); if no opposing player is near, the official may keep the ball in play if he deems this is not dangerous. **STRIPING THE BALL IS NOT LEGAL.***
- *Punts:*
 - viii. *The offensive team must call the punt and allow the defensive team time to drop back and receive it. All players on both teams at the line of*

*scrimmage must stand still until the ball is kicked. **Penalty 10 yards (if deemed necessary by the referee).***

- ix. *A quick kick is not allowed. Team will lose the ball on the spot if one is tried.*
- x. *On defensive punt formation, defensive team must have at least five (5) players on scrimmage line.*
- xi. *If ball is accidentally or otherwise blocked on a punt, it must be punted again.*
- xii. *A ball is dropped BY THE PUNTER is NOT dead. He may pick it up and continue punting the ball.*

SCORING

Touchdown: 6 points. Point after touchdown (pass or run from 2-yard line) 1 point.

Safety: 2 points.

CONDUCT OF PLAYERS

- *Use of hands – no interlocking interference, no pushing of ball carrier by the offensive team. Illegal use of hands would include flag guarding, measured from the point of the infraction. **Penalty 10 yards.***
- *Offensive – no player may use hands or arms to obstruct opponents unless arms or hands are in contact with the body through the entire block.*
- *Legal use of hands*
 - *Elbows may be inside or outside the shoulders.*
 - *In advance of the elbow*
 - *Inside the frame of the blockers body; the frame of the blocker's body is the front of the body at or below the shoulders.*
 - *Inside the frame of the opponents' body, except when the opponent turns his back to the blocker during the block or after the blocker is committed to his charge. The frame is at the shoulders or below other than the back.*
- *Illegal use of hands – A blocker cannot extend his arms during contact. Arms must be at an extended position prior to making contact with the defender. No "Launching". **Penalty 10 yards. Defense Penalty 5 yards; both from point of infraction.***
- *Kicking free ball – loss of ball at spot.*
- *Straight arming – is considered illegal use of hands.*
- *"Canning" the center – is not permitted. This is a referee judgment call.*
- *Personal fouls – 10 yards: over, 10 yards and disqualification:*
 - i. *Striking with fists, locked hands or elbows*
 - ii. *Kicking*
 - iii. *Striking on head*
 - iv. *Piling on*
 - v. *Hurdling, leaving the ground without cause (except over fallen player)*
 - vi. *Unnecessary roughness*
 - vii. *Clipping*
 - viii. *Tackling*
 - ix. *Running over a player (over determination by referee).*
 - x. *Leaving feet on a block*
- *Unsportsmanlike conduct – 15 yards: flagrant, 15 yards and expulsion*

- *Face guarding of possible receiver of pass or punt – **Penalty 10 yards.***
- *Excessive celebration if deemed by the referee is considered unsportsmanlike conduct **Penalty 15 yards.** Excessive celebration is assessed on the next play after the incident. Excessive celebration is considered spiking the ball, pointing or making comments that could be considered as taunting.*

ENFORCEMENT OF PENALTIES

- *Spot – all penalties shall be enforced from the spot of occurrence unless otherwise indicated.*
- *By both the teams – no play, no yardage, play goes over.*
- *Choice – Shall be up to the captain of the offended team on whether to accept or decline.*
- *On clipping – You must be three (3) or more yards away from the line of scrimmage for a lineman to make an illegal clip. Linemen may not pull out of the line and then return to the line and clip.*
- *Spinning – is legal as ball carriers elude defensive players.*
- *Rules – Not stated herein are covered by the National High School rules.*

WBAL ATHLETIC LEAGUE SOFTBALL RULES

WBAL follows the National Federation of High School rules with the following modifications.

PLAYING AREA

- *Varsity "A" pitching distance is 40 feet*
- *Varsity "B" pitching distance is 37 feet*
- *Junior Varsity "A" pitching distance is 35 feet. Coach no less than 30 feet.*
- *Junior Varsity "B" uses a coach from the batting team to pitch from no less than 30 feet. Four pitches per batter, NO WALKS, NO DELIBERATE BUNTING. If the player does not get a hit after four pitches, they are out.*
- *Base distance all divisions is 60 feet*
- *Pitching rubber and home plate must be secured to the surface with pegs pounded in the ground.*

PREGAME

- *Each team will supply a game ball which should be standard 12" Yellow Optic softball. NCAA balls are not legal. The Dudley SB LD12 or SB FP LD12 for VA, VB and JVA are recommended. The 11" Yellow Optic Incrediball is recommended for JVB.*
- *Teams will flip for "home" or "visitor" status for each game since some schools do not have a field and sometimes the schedule is not a home and away type. If the schedule calls for two games – "home and away" with an opponent, the team gets "home status" at its home site.*
- *Those with their own field will mark foul lines and pitching circle. Batter's box marking is optional.*

THE GAME

- *Varsity games are six (6) innings or 1 ½ hours, whichever comes first.*
- *Junior Varsity games are 6 innings or 1 ½ hours, whichever comes first. Junior Varsity "B" are six (6) innings or 1 ¼ hours, whichever comes first.*
- *Other than in a tied game, no new inning shall start after the time limit has been reached. TIED GAMES SHOULD CONTINUE UNTIL A WINNER IS DECIDED.*
- *If rain halts play before the "losing" team has batted four innings, the game will be re-scheduled. If four innings have been played (batting) for the losing team, the game will be considered a completed game.*
- *A six (6) run "mercy" rule is used in all divisions. After a team scores six (6) runs in any given inning, they quit batting and take the field, not batting again until the other team makes three outs or scores six (6) runs.*
- *Forfeit time is 15 minutes past game start time.*
- *Coaches have the option for continuous batting order (more than 10 players can bat in the batting order, but maximum on defense still only 10 players)*
- *Courtesy Runner may be used to accommodate the Pitcher and/or Catcher. Courtesy Runner must be the last player called out.*

Example: After six (6) runs are scored, the inning is over unless three outs are recorded first.

Exception One: During the last inning of the game an unlimited amount of runs can be scored.

Exception Two: Any forced in runs will count. For example, a team has scored five (5) runs and the bases loaded. The next batter hits a triple and forces in three (3) more runs. This gives the team a total of eight (8) runs scored in the inning. All eight (8) runs count and that half of the inning is over.

*NOTE: There is no “10 run lead mercy” rule that ends the game at any given point. Time rule governs this. **In all instances, the Umpire determines what the last inning is.***

TEAMS

- *Teams may use 10 players (buck short). The 10th player must be clearly outside of the infield area until the ball is hit by the batter or a play is made on a runner.*
- *Teams must have a minimum of 8 players to start and no fewer than 7 to finish a game. All divisions of play may begin with eight players. If a team plays with eight players, an out must be taken in the ninth spot in the batting order. IF a player arrives after the game begins, they must be placed in the ninth spot of the batting order. After a team establishes a full batting order, a player leaving the game will establish that team as shorthanded and play continues. That player’s spot in the batting order will constitute an out, when the player is due to bat.*
- *All players eligible to participate in a particular game must be listed in both scorebooks before the start of the game. LISTING MUST BE BY LAST NAME.*
- *Either, or both, teams may use continuous batting at all levels if this is noted to the opposing coach and scorekeeper BEFORE the start of the game. Teams need not use the continuous order unless desired.*
- *There is no designated hitter in any division of play*

EQUIPMENT

- *All equipment must be “ASA approved”. No Little League bats or regulation baseball bats may be used.*
- *Rubber “cleat” type shoes are recommended for safety reasons.*
- *Full-skull type helmets with face masks (ASA approved) must be worn while batting and running all bases, or coaching (players). Players removing the helmet (not just falling off) while running will be called out.*
- *Catchers must wear helmet-faceguard, chest protector and shin guards and any other protection required by individual schools.*
- *Each team member must wear the same color jersey top, preferably numbered front and back.*
- *Coaches should see that only the current batter and the on-deck batter are swinging bats. All other players not on the field as defensive players should be in the dugouts for safety reasons.*
- *Coaches should instruct catchers to toss bats out of way once ball has been hit so catcher and base runners do not fall on them. All bats not in use should be kept off the field IN THE DUGOUT and out of the way. This is most important.*

BASE RUNNING

- *Stealing is permitted **only at the Varsity level** and to a limited degree at the JVA level. Stealing, hitting and base running rules for JVA are as follows:*

- *Runners starting at first or second base are entitled to advance or steal one base only per pitch with liability to be put out. Runners starting at third base may not steal or advance home but are liable to be out if they come off the base. Runner may only leave the base, for a steal when the ball crosses the home plate.*
 - *A runner attempting to advance beyond the one base they are entitled to advance or steal, may be put out while between bases. A runner cannot be put out while in sole contact with a base.*
 - *After all play ceases, the ball becomes dead. If a runner occupies a base beyond the one the runner was entitled to advance or steal, the runner will be returned to the correct base with liability to be out.*
 - *If a batter strikes out and the ball is dropped, the batter is out and cannot advance to first base, but the ball remains live for the purpose of throwing the advancing runner(s) out.*
 - *Awarded bases will apply to all runners.*
 - *Runners can only score on: a batted ball, a base on balls or hit batter with bases full or on an awarded base when, the ball goes out of play or an illegal pitch.*
 - *Bobby Sox pitching format – pitcher throws. If the batter would have been walked (that is four balls) the coach comes in to pitch and inherits the strike count. The coach is allowed four pitches. There are no walks. If the player does not hit, they are out (as in JVB level).*
- *Runners may not leave a base until the ball is either hit or crosses home plate.*
 - *Sliding is permitted at all levels of play*
 - *Players must make an effort to avoid collisions at home plate and other bases and are not permitted to deliberately “run over” a player. The purpose of this rule is to eliminate a runner crashing into a player. The player who doesn’t have the ball or who has no chance of getting it should move off the base when runner is touching or scoring.*
 - *The “imaginary” 10 foot circle around the pitchers mound is used at all levels. The ball is considered “dead” when the pitcher has it and the previous play has been completed. No stealing may occur at this point. If possible, the circle should be chalked before the game. If the ball reaches the pitcher when the runner is more than halfway to the next base, the runner may continue to run at runner’s risk. In JV play, if the runner is not halfway to the next base, the runner must return to the last base reached.*
 - *In JV, overthrows, or under throws that land within the 10 foot pitchers circle are considered dead.*
 - *In the **JVB Division**, the batting team’s coach will pitch four (4) pitches to the batter who must swing or be called out after the fourth pitch. A pitch that is “fouled” counts as a pitch and as a strike (but not as an out unless the catcher catches the foul tip). If the batter fouls the fourth pitch, and the catcher does not catch it (before it hits the ground), the batter gets a chance at another pitch. There will be no walks. Players are “out” if they swing three time and miss. The defensive team pitcher will play behind or to either side of the Coach Pitcher. A batted ball hitting the “coach: pitcher will be declared a “dead ball” and not count in the four pitch allowance.*
 - *No deliberate bunting is allowed in the JVB Division as determined by the Umpire. No deliberate bunting is allowed in the JVA Division when the Coach is pitching.*

INFIELD FLY RULE

An infield fly is a fair fly (not including a line drive nor an attempted bunt) which can be caught by an infielder with ordinary effort, (rule does not preclude outfielders from being allowed to make the catch) and provided the hit is made before two are out and at a time when first and second or all bases are occupied. When it seems apparent that a batted ball will be infield fly, the umpire immediately announces it for the benefit of the runners. If the ball is near the baseline, the umpire shall declare “infield fly, if fair”, for the batter being out and the right of base runner to advance after re-touching the base, at the risk of being tagged out.

THIRD STRIKE RULE

In Varsity games, when the third strike is not caught, provided a runner occupies first base and there are less than two outs, the batter is out; if there are two outs, the batter may attempt to reach first base and a play must be made to prevent her from doing so safely.

MISCELLANEOUS

- *There are no grounds for protest*
- *Should there be an instance of “no officials”, coaches or persons acceptable to both coaches shall be used as umpires to make certain the game is played.*
- *Home field shall supply umpire gear and one umpire should work from behind home plate wearing gear.*
- *Designated players and Flex players are not allowed in the SJCAL.*

SUBSTITUTION RULES

- *A pitcher may be placed at another position, not leaving the line-up, and may re-enter at the pitching position*
- *Starting players may be removed from the game once and may re-enter the game once. The second time a starter is removed from the game the player is finished for the game. “Starting” refers to playing a position in the field and is not covered by continuous batting line-up.*
- *A substitute player may enter the game once, if the player is removed from the game the player is finished for the game.*
- *A starting player once removed from the game may not re-enter the game in a batting position any “higher” than the one the player left unless the entire 9 or 10 person line-up has batted around since said player left the game. Where the player plays in the field upon re-entering has no affect whatsoever. An example:*

The lead off hitter (batter number one) is removed from the game after she bats for the first time. Three outs are made by the next three batters. They player removed may re-enter only in her original number one “batting” spot or any of the three spots where the three girls who made the outs batted and she will not bat again until AFTER the new person (or herself if she is put in the number one spot) bats. The whole purpose is that the removed player does not bat any sooner than she would have had she stayed in the line-up.

WBAL ATHLETIC LEAGUE BASKETBALL RULES

WBAL league, tournament and playoff games follow official high school rules published by the National Federation of State High School Associations with the exceptions noted below.

LENGTH OF GAME

A. In all junior varsity games the quarters shall be six (6) minutes with one (1) minute intermission between quarters and five (5) minutes intermission at halftime.

B. In all varsity games the quarters shall be seven (7) minutes with one (1) minutes intermission between quarters and five (5) minutes intermission at halftime.

C. Teams will be allowed five (5) minutes for pre-game warm-up.

EQUIPMENT

A. Participants must wear gym shoes. Black soled shoes are prohibited.

B. Officials will select best ball available as the game ball. Varsity "A" and Varsity "B" games use an official sized ball. All JV Boys and Girls division use an intermediate (28.5) sized ball.

C. Team uniform tops shall be of uniform color and style with marching number on front and back for easy identification. Duplicate numbers are illegal. It is good practice to have a set of mesh pullovers in case both opponents have the same color tops.

D. The free throw line in WBAL Boys JVB and JVC and Girls JVA, JVB and JVC games is moved closer to the basket by means of a piece of tape on the floor or other designation made by the referee.

E. No jewelry may be worn. Casts and metal splints are prohibited. Players should take great care to see that their fingernails are not too long in order to prevent accidents.

GENERAL RULES

A. WBAL games are governed by the "press Rule" which prohibits a team with a 15 point lead to press-defense the opposing team. The "no-press" area extends from the inbound line behinds the "leaders" basket to a predetermined line in the opposite court. Once the trailing team secures a rebound or is handed the ball by the referee for the purpose of in bounding, the "leaders" must retreat to normal non-press defensive positions at the other end of the court. Officials determining violations in the press rule will first issue a warning, then assess a technical foul on the second offense and forfeit the game on the third violation. Once a team secures a rebound, loose ball or an intercepted ball, if the press is not allowed, the defensive team must return to their court behind the defensive hash mark. The offensive team has ten (10) seconds to get the ball across the half court line. They must penetrate beyond the hash mark before five (5) seconds or the defensive team is allowed to "go out" and play defense.

WBAL Varsity A level teams are allowed to press throughout the game under the above rules. SJCAL Varsity B level teams are restricted to only the last three (3) minutes of the first and second halves, while all Junior Varsity teams are limited to the last two (2) minutes of both halves until the press rule point total (15) goes into effect. JVC teams are not allowed to press at any time.

B. If at the beginning of the 4th period of play, one team has a 20 point differential over its opponent, the timekeeper will maintain a running clock for the balance of the game.

POST SEASON TOURNAMENTS

At the conclusion of the regular season, a post season tournament is held for each division. All teams are guaranteed at least two games. This three-round event places losers of games in the first round into a consolation bracket for the second round. Winners advance in a “winners” bracket. Games are continued until tournament places are determined. A team losing both its first and second game is eliminated.

WBAL ATHLETIC LEAGUE VOLLEYBALL RULES

WBAL league, tournament and playoff games follow official high school rules published by the National Federation of State High School Associations with the exceptions noted below

PLAYING AREA

A. Structural Interference – At all schools: basketball standards are a replay. Balls that hit the ceiling above a payable area shall remain in play provided the ball contacts the ceiling on the side of the net extended that is occupied by the team that last played the ball and the ball is legally played by next by the same team. Balls that hit the ceiling and rebound to the court area of the team that did not last contact the ball, the ball is considered “out”. Hitting the wall is “out”.

B. Boundary Lines – The boundary lines of the court shall be two inches in width. Lines shall be at least six feet from walls or any obstructions or ground rules must be established. These lines on the short sides of the courts shall be termed the end lines: those on the long side, the sidelines.

C. Serving Areas – A serving area shall be the full length of the end line, with the exceptions: WBAL JVA and JVB teams shall have a service line 5 feet inside the existing back line. WBAL JVC teams shall have a service line 8 feet inside the existing back line.

THE NET

WBAL divisions with JVC where the net height is 6 feet.

THE BALL

A “Volley Lite” ball shall be used ONLY in the JVC Division.

SUBSTITUTION

*A player may NOT be substituted into the game to serve at the JVA and JVB level. Players at the JVA and JVB level must enter the game no closer to the serving position than the center front position. Players returning to the game must re-enter the game into their original serving order. **At the JVC level, substitution is not allowed, only full team rotation.***

In the case of an illegal substitution or rotation, the offending player must be removed as soon as the error is discovered. If the team in error is serving when the error is discovered, all points scored by the team in error must be cancelled and a side out shall be called. If the opponents have already served the offending team shall incur no loss of points, but a point or side out shall be awarded in favor of the team offended.

A server is only allowed a maximum of six (6) points during one term of service

If two or more players of the same team contact the ball simultaneously, it is considered one play and players involved may participate in the next play. It is counted as an additional play.

Reaches over the net with the exception of "follow through". Additionally, Blockers shall not be penalized when they follow through over the net, as a result of deceptive play of the opponents but fail to contact the ball. If during an attempt to block the ball, the ball is hit against the net with such force that it causes the net to move under the fingers or hands of the blocker, no fouls shall be called.

Touches the ball or a player of the opposing team when the ball is in play on the opponent's side of the net.

Any hit using a clasped back hand or back arm which contacts the ball in a parallel-perpendicular (or any angle in between) to the floor will be ruled a "jungleball" hit. Any such hit will be ruled illegal in every instance except in a defensive hit or protective block. No movement or swing should occur in such a hit the official will use her/his own judgment in ruling this hit legal or illegal.

WBAL ATHLETIC LEAGUE SOCCER RULES

PHILOSOPHY

WBAL soccer is conducted under the philosophy and rules of FIFA soccer. Play is regarded as instructional and coaching from the sidelines is permitted. There is no rule that players must participate a given period of time, but coaches are encouraged to play all players.

DIVISION

SJCAL soccer programs include a Varsity Division for 7th and 8th graders, a Junior Varsity "A" Division for 6th graders and when possible, a Junior Varsity "B" Division for 5th and 4th graders. Team determination follows league by-laws pertaining to entering a "B" team only after entering an "A" team. No player may play on both varsity and junior varsity team within the same season. No player may move from JVA to JVB after the season begins.

GAME TIME

Games must start promptly in order to be finished before darkness. Coaches should complete roster cards BEFORE coming to the playing site. Said card should have player's complete name and jersey number and be presented to the referee before the start of the game. It is suggested that AD's photocopy roster and jersey numbers on a league form and prepare enough copies for each game.

THE GAME

All divisions of play in the WBAL are 60-minute games, divided into halves. However, if requested by either coach, the referee will stop play in the middle of each half (approximately one minute) to allow coaches to make substitutions and speak briefly with players. Halftime remains a maximum of five (5) minutes. Teams must have eight (8) players to start the game and "late" arrivals may be inserted at a "whistle" to reach the full team number.

THE BALL

Varsity games use Number 5 balls, Junior Varsity use Number 4 balls.

EQUIPMENT

Every player must wear shin guards. No player may wear sweatpants or other long pants.

THE FIELD

The WBAL attempts to schedule all games on regulation-size playing fields. A team is designated as "responsible" for each field and thus the athletic director or coach must see that the "home" field is fully marked, has cones or flags at the corners and nets on both goals. Should a field not

be marked, the coaches from both teams should agree in advance to accept the referee's judgment relative to the out-of-bounds, corner kicks and penalty goal areas. Lacking corner flags, coaches can assist play by placing markers of some kind at the corners to identify the field. Each team is provided with one net and must bring it to all games and put it up if no net is in place. Coaches of both teams are encouraged to help the "responsible" person get the field ready when possible so games may start on time. If for any reason nets are not provided, it will be the sole decision of the referee as to whether a goal has been scored or not and this is not grounds for a protest. It also is not grounds for not playing a game.

OFFICIALS

Each "responsible" team may be asked to handle the securing and scheduling of two officials per game. In the event that only one referee is present, each team is asked to designate a willing individual to serve as a linesman. Flags may be provided to each team for linesmen use. Should these volunteers be needed, coaches should acquaint them with the following rules and procedures:

- A. Contrary to most other sports fields, in soccer ALL lines are part of the field, the ball must pass completely over (outside) the lines to be out of play.*
- B. Players are entitled to leave the field of play to play a ball that is still in play; spectators on the sidelines should be kept back at least one yard from the sidelines.*
- C. The throw-in is accomplished by the team other than the team that last touched (kicked out, brushed, deflected off of) the ball; whether intentionally or by accident, with possession or not, have no bearing on which team takes the throw-in, only who last touched the ball.*
- D. As soon as the ball passes out of bounds, the linesman should shout "out" and raise **and keep** the flag directly overhead while moving to the spot of the throw-in; as play stops, the linesman should shout out "Red" (or appropriate team color) "throw-in" while moving the flag from overhead to point downfield in the direction that the team awarded the throw-in is moving. This two-step flag sequence permits the referee to whistle play to a stop if players ignore the linesman's command to stop and then displays to the referee and distant players out of earshot which team has possession of the ball.*

Linesmen should accept an overruling by the referee and refrain from displaying any disagreement. If uncertain about possession, or about awarding a corner kick, wave the referee to you and confer away from the sideline. If throw-ins are not being accepted (handled) by the rules, confer with the referee at halftime.

SUBSTITUTIONS

Players may be substituted at the following times:

- 1. Prior to a throw in, in your favor*
- 2. Prior to a goal kick, by either team*
- 3. After a goal, by either team*
- 4. After an injury caused stoppage in play, by either team*
- 5. At half time*
- 6. When the referee stops play to caution a player (yellow card), the cautioned player may leave the field and only the cautioned player may be substituted.*

The number of substitutions shall be limitless. A substitute may not enter the field of play until he/she has been given a signal to do so by referee.

THE OFFSIDE RULE

FIFA ruling for offside's states that a goalie and defender must be between the goal and the first offensive player until a pass is made toward the goal or player to be on side. If the offensive player has only a goalie and himself between the goal and the ball has not been passes, as soon as the ball is kicked he is offside's, regardless if the player makes contact with the call or not, This ruling is still a judgment call by the referee.

It is understandable and reasonable that a coach will instruct his players only about positioning for purposes of playing on sides. Coaches who persist in shouting "offside" usually only distract their own players and may receive a caution or ejection.

STANDINGS

Standings will be calculated based on total points earned based on the following values;

WIN : 3 Points

TIE : 1 Point

LOSS : 0 Points

If all teams are not able to play the same amount of games, the standings will be based on the points earned per game played.