

**CONSTITUTION  
OF THE**

**SACRAMENTO VALLEY LEAGUE**

**OF THE  
NORTHERN SECTION  
CALIFORNIA INTERSCHOLASTIC FEDERATION**

Amended 5/6/09

**SACRAMENTO VALLEY LEAGUE CONSTITUTION**

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## Article I Name and Purpose

**Section I** This organization shall be known as the Sacramento Valley League (S.V.L.) of the Northern Section of the California Interscholastic Federation (N.S.C.I.F.).

**Section II** The purpose of this organization is to direct, coordinate, and control local board approved athletics.

## Article II Membership

**Section I** Membership in the Sacramento Valley League will be limited to those schools officially assigned to the league by the N.S.C.I.F. Board of Managers.

## Article III Officers

**Section I** Official league officers are President and Secretary.

### President Duties

Preside at all league meetings of the S.V.L.

Appoint the chairperson and members of special committees as needed.

Authorize to transact necessary business of the S.V.L. between meetings.

### Secretarial Duties

Prepare and distribute the agenda of each S.V.L. meeting to all member schools at least one week prior to the scheduled meeting.

Keep a complete record of all business at each meeting and send a completed copy of the minutes to each member school within one month following the scheduled meeting.

Preside over league meetings at which the President is absent. Represent the league at the Board of Managers

**Section II** The administrator of the school shall represent each school at league meetings. If the administrator cannot attend, a designee may be sent. Any designee shall have the authority to speak and vote for the member school.

**Section III** Each school has one vote, that of the administrator or designee.

### Section IV Term of Office

The S.V.L. President and Secretary shall assume the positions based on an election to be conducted at the last scheduled meeting of the school year (May). The term of office is one year.

If the President is unable to complete their term of office, the Secretary shall immediately assume the role of President and an election will be held to elect a new Secretary

If the Secretary is unable to complete their term of office, an election will be held at the next league meeting to elect a new Secretary.

## Article IV Meetings

**Section I** A simple majority shall be present in order for the S.V.L. to conduct business.

**Section II** S.V.L. meetings shall be conducted under Robert's Rules of Order, revised, except that the presiding officer shall be eligible to vote on all matters put to a vote.

**Section III** The S.V.L. shall meet as a body at least four times during a school year. The President, as needed, may call special meetings.

**Section IV** S.V.L. meetings shall be called one week prior to the scheduled Northern Section Board of Managers meeting whenever possible.

## **Article V Amendments**

**Section I** Amendments to this constitution may be proposed at any scheduled S.V.L. meeting providing the amendment was placed on the current agenda and all league schools received the agenda copy three (3) days in advance of the meeting. No amendments may be decided at the meeting at which they are presented. Action may take place at the next scheduled S.V.L. meeting.

## **Article VI Bylaws**

**Section I** By-laws shall be established to implement the organization of the S.V.L. and may be changed at any scheduled meeting providing the change in by-laws was placed on the current agenda and all S.V.L. schools received the agenda copy three (3) days in advance of the meeting.

## **Article VII General Principles**

**Section I** All rules and regulations of the C.I.F. and the N.S.C.I.F. are adopted as part of this constitution.

# By-Laws Sacramento Valley League

## Article I League Approved Sports

**Section I** A sport becomes S.V.L. approved if one-half (1/2) or more of the league schools participate in that sport. S.V.L. approved sports are as follows:

- Volleyball (J.V. and Varsity)
- Football (J.V. and Varsity)
- Basketball (Girls and Boys, J.V. and Varsity)
- Wrestling (Varsity only)
- Softball (J.V. and Varsity only)
- Baseball (J.V. and Varsity)
- Track and Field (Girls and Boys, J.V. and Varsity)
- Golf (Girls and Boys Varsity)
- Soccer (Girls and Boys Varsity)

**Section II** S.V.L. schools may compete in non-approved sports as members of other C.I.F. leagues or as an independent school in the C.I.F. providing they have S.V.L. approval. Conversely, non-S.V.L. schools may participate in S.V.L. sports with a majority vote from the S.V.L. schools.

**Section III** Starting times for each sport are as follows:

**Volleyball** - J.V. match begins at 5:30 p.m. Varsity match begins immediately after J.V. game allowing a warm-up period.

**Football** - J.V. begins at 5:30 p.m. Varsity begins immediately after the J.V. game allowing warm-up period. EXCEPTION: Saturday games will begin at 12:00 noon for the J.V. and the Varsity will follow.

**Basketball** - Weekdays (Monday-Friday), J.V. games begin at 5:30 p.m. Varsity begins immediately after the J.V. game allowing a warm-up period.

**Wrestling** - S.V.L. matches will begin at 6:00 p.m. Weigh-in time will be 5:00-5:30 p.m. before each S.V.L. meet. S.V.L. League Tournaments will be held on a Saturday designated as League Match day. Weigh-ins will be at 9:00 AM and wrestling will begin at 11:00 AM.

**Softball** - All S.V.L. games will begin at 3:30 p.m. prior to Daylight Savings Time and 4:00 after. Double headers begin at 1:30 p.m.

**Baseball** - J.V. and Varsity games will both begin at 3:30 prior to Daylight Savings Time and 4:00 after. Double headers begin at 1:30p.m.

**Track and Field** - S.V.L. meets will begin at 3:30 p.m. The S.V.L. Championship Meet will begin with a coaches meeting to begin at 11:00 a.m. with the Field events and Trials to begin at 11:30. Finals will begin 30 minutes after the last trial race.

**Golf** - SVL 18-hole matches begin at 12:00 p.m.

**Soccer** - Soccer- Game days are Monday and Thursdays. Single Match or Double Matches with separate fields will begin at 3:30. Double Matches on a single field will begin at 1:30 with the second match beginning at 3:30.

**Section IV** Any changes in starting times may be arranged by mutual consent of coaches, officials, and the administrations involved.

**Section V** Gymnasium and locker rooms of the home team are to be open at least one-half hour before the start of the first game.

## Article II Admission Prices and Supervision

**Section I** Admission prices shall be established at the last scheduled S.V.L. meeting of the school year. Prices for all S.V.L. contests are as follows: **\$5.00 for adults and students without A.S.B. card; \$3.00 for high school students with A.S.B. card; \$3.00 for children under adult supervision; and \$5.00 for all others**, including children unsupervised by an adult. Special admission prices for senior citizens, booster club members, season passes, etc. shall be at the discretion of the home school. Individual schools family passes are honored ONLY at those schools home contests.

**Section II N.S.C.I.F.** Playoff admission prices are set by the Northern Section and NOT by the home school.

**Section III** The administrators and coaches of the teams involved are responsible for providing supervision for their students attending all games. The administrators of each school will confer if a supervision problem is anticipated between the two schools. If a problem is anticipated, the administrators or their designees shall attend that contest.

**Section IV** All spectators including unsupervised children are subject to ejection from any S.V.L. event if they are determined to be disruptive in any way to the successful conclusion of the event being held. Spectators will not be allowed on any playing surface before, during, or after contests, including half times and between games.

## Article III Sportsmanship

**Section I** Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character<sub>sm</sub>"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

### Section II CIF Code of Conduct for Interscholastic Student-Athletes

#### TRUSTWORTHINESS

1. **Trustworthiness** — be worthy of trust in all I do.

**Integrity** — lives up to high ideals of ethics and sportsmanship and always pursues victory with honor; do what's right even when it's unpopular or personally costly.

**Honesty** — lives and competes honorably; does not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

**Reliability** — fulfills commitments; do what I say I will do; be on time to practices and games.

**Loyalty** — be loyal to my school and team; put the team above personal glory.

#### RESPECT

2. **Respect** — treat all people with respect all the time and require the same of other student-athletes.

3. **Class** — live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.

4. **Disrespectful Conduct** — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

5. **Respect Officials** — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

#### RESPONSIBILITY

6. **Importance of Education** — be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional

level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

7. **Role-Modeling** — Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach, and teammates with honor, on and off the field.

Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

8. **Self-Control** — exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

9. **Healthy Lifestyle** — safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

10. **Integrity of the Game** — protects the integrity of the game; don't gamble. Play the game according to the rules.

#### **FAIRNESS**

11. **Be Fair** — live up to high standards of fair play; be open-minded; always be willing to listen and learn.

#### **CARING**

12. **Concern for Others** — demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

13. **Teammates** — help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

#### **CITIZENSHIP**

14. **Play by the Rules** — maintain a thorough knowledge of and abide by all applicable game and competition rules.

15. **Spirit of rules** — honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

**Section III** We, in the California Interscholastic Federation, believe that high school athletic competition should be fun but that it must also be a significant part of a sound educational program. We believe that those who coach student-athletes are, first and foremost, teachers who have a duty to assure that their sports programs promote important life skills and the development of good character. We believe that the essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character<sub>sm</sub>"). We believe, further, that the highest potential of sports is achieved when teacher-coaches consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Finally, we believe that sincere and good-faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well being of our student-athletes. This Code of Conduct applies to all full-time and part-time coaches involved in interscholastic sports.

### **Pursuing Victory With Honor CIF Expectations For Coaches**

I understand that in my position as a coach, I must act in accordance with the following code:

#### **TRUSTWORTHINESS**

1. **Trustworthiness** — be worthy of trust in all I do and teach student-athletes the importance of integrity, honesty, reliability and loyalty.

**Integrity** — model high ideals of ethics and sportsmanship and always pursue victory with honor; teach, advocate and model the importance of honor and good character by doing the right thing even when it's unpopular or personally costly.

**Honesty** — doesn't lie, cheat, steal or engage in or permit dishonest or unsportsmanlike conduct.

**Reliability** — fulfill commitments; I will do what I say I will do; be on time.

**Loyalty** — be loyal to my school and team; put the team above personal glory.

2. **Primacy of Educational Goals** — be faithful to the educational and character-development missions of the school and assure that these objectives are not compromised to achieve sports performance goals; always place the academic, emotional, physical and moral well being of athletes above desires and pressures to win.

3. **Counseling** — be candid with student-athletes and their parents about the likelihood of getting an athletic scholarship or playing on a professional level. Counsel them about the requirement of many colleges preventing recruitment of student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
4. **College Recruiters** — be honest and candid with college recruiters about the character and academic abilities and interest of student-athletes.

## RESPECT

5. **Respect** — treat all people with respect all the time and require the same of student-athletes
6. **Class** — be a good sport, teach and model class, be gracious in victory and accept defeat with dignity; encourage student-athletes to give fallen opponents a hand, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
7. **Taunting** — don't engage in or allow trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
8. **Respect Officials** — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.
9. **Respect Parents** — treat the parents of student-athletes with respect; be clear about your expectations, goals, and policies and maintain open lines of communication.
10. **Profanity** — don't engage in or permit profanity or obscene gestures during practices, sporting events, on team buses, or any other situation where the behavior could reflect badly on the school or the sports program.
11. **Positive Coaching** — use positive coaching methods to make the experience enjoyable, increase self-esteem, and foster a love and appreciation for the sport. Refrain from physical or psychological intimidation, verbal abuse, and conduct that is demeaning to student-athletes or others.
12. **Effort and Teamwork** — encourage student-athletes to pursue victory with honor, to think and play as a team, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the outcome of the contest, than upon effort, improvement, teamwork, and winning with character.
13. **Professional Relationships** — maintain appropriate, professional relationships with student athletes and respect proper teacher-student boundaries. Sexual or romantic contact with students is strictly forbidden as is verbal or physical conduct of a sexual nature directed to or in view of student-athletes.

## RESPONSIBILITY

14. **Life Skills** — always strive to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become well-rounded, successful and socially responsible.
15. **Advocate Education** — advocate the importance of education beyond basic athletic eligibility standards and work with faculty and parents to help student-athletes set and achieve the highest academic goals possible for them.
16. **Advocate Honor** — prominently discuss the importance of character, ethics and sportsmanship in materials about the athletic program and vigorously advocate the concept of pursuing victory with honor in all communications.
17. **Good Character** — foster the development of good character by teaching, enforcing, advocating and modeling (T.E.A.M.) high standards of ethics and sportsmanship and the six pillars of character.
18. **Role-Modeling** — be a worthy role-model, always be mindful of the high visibility and great influence you have as a teacher-coach and consistently conduct myself in private and coaching situations in a manner that exemplifies all I want my student-athletes to be.
19. **Personal Conduct** — refrain from profanity, disrespectful conduct, and the use of alcohol or tobacco in front of student-athletes or other situations where my conduct could undermine my positive impact as a role model.
20. **Competence** — strive to improve coaching competence and acquire increasing proficiency in coaching principles and current strategies, character-building techniques, and first-aid and safety.
21. **Knowledge of Rules** — maintain a thorough knowledge of current game and competition rules and assure that my student-athletes know and understand the rules.
22. **Positive Environment** — strive to provide challenging, safe, enjoyable, and successful experiences for the athletes by maintaining a sports environment that is physically, and emotionally safe.

23. **Safety and Health** — be informed about basic first aid principles and the physical capacities and limitations of the age group coached.
24. **Unhealthy Substances** — educate student-athletes about the dangers and prohibit the use of unhealthy and illegal substances including alcohol, tobacco, and recreational or performance-enhancing drugs.
25. **Eating Disorders** — counsel students about the dangers of and be vigilant for signs of eating disorders or unhealthy techniques to gain, lose or maintain weight.
26. **Physician's Advice** — seek and follow the advice of a physician when determining whether an injured student-athlete is ready to play.
27. **Privilege to Compete** — assure that student-athletes understand that participation in interscholastic sports programs is a privilege, not a right and that they are expected to represent their school, team and teammates with honor, on and off the field. Require student-athletes to consistently exhibit good character and conduct themselves as positive role models.
28. **Self-Control** — control my ego and emotions; avoid displays of anger and frustration; don't retaliate.
29. **Integrity of the Game** — protect the integrity of the game; don't gamble. Play the game according to the rules.
30. **Enforcing Rules** — enforce this Code of Conduct consistently in all sports-related activities and venues even when the consequences are high.
31. **Protect Athletes** — put the well-being of student-athletes above other considerations and take appropriate steps to protect them from inappropriate conduct.
32. **Access** — help make your sport accessible to all diverse communities.
33. **Improper Commercialism** — be sensitive to and avoid unwholesome commercialism including inappropriate exploitation of my name or the name of the school and undue financial dependence on corporate entities. Make sure any affiliation or association with a corporate entity is approved by school and district officials.

#### **FAIRNESS**

34. **Fair and Open** — be fair in competitive situations, selecting a team, disciplinary issues and all other matters; and be open-minded and willing to listen and learn.

#### **CARING**

35. **Safe Competition** — put safety and health considerations above the desire to win; never permit student-athletes to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.
36. **Caring Environment** — consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team

#### **CITIZENSHIP**

37. **Honor the Spirit of Rules** — observe and require student-athletes to observe the spirit and the letter of all rules including the rules of the game and those relating to eligibility, recruitment, transfers, practices and other provisions regulating interscholastic competition.
38. **Improper Gamesmanship** — promotes sportsmanship over gamesmanship; don't cheat. Resist temptations to gain competitive advantage through strategies or techniques (such as devious rule violations, alteration of equipment or the field of play or tactics designed primarily to induce injury or fear of injury) that violate the rules, disrespect the highest traditions of the sport or change the nature of competition by practices that negate or diminish the impact of the core athletic skills that define the sport.

**Section IV** Each member school is eligible to be presented annually the S.V.L. Sportsmanship Award. Each school shall be evaluated throughout the year based on the S.V.L. Sportsmanship Philosophy and Guidelines as a school that has or has not exhibited the best standards of sportsmanship. Evaluations, nominations, and awards shall be presented at the last scheduled meeting of the school year.

**Section V** Noise making devices will not be allowed in the rooting sections for Indoor Contests. Schools may provide bands for football, but only home schools may provide them at all other sports.

## Article IV All League Awards

**Section I** Both Leagues will have same All League Meetings. Each league sport representative will submit to the Secretary of the League the names of the athletes and the school they represent who earned All League Honors. Each school shall provide the following awards in addition to the All American Conference Patches and Certificates to:

**Volleyball** – The Most Valuable Player can be selected from any team.

Four (4) members from the 1<sup>st</sup> place team.

Three (3) members from the 2<sup>nd</sup> place team.

Two (2) members from the 3<sup>rd</sup> place team.

One (1) member from each of the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> place teams.

EXCEPTION: If ties exist both teams will qualify for that number of All League players.

**Football** - Players will be voted in, with the exception that a coach cannot vote for his own player.

The All League Team shall consist of two (2) MVP's and twenty-eight (28) players with a minimum of ten (10) players being selected as linemen (This ratio is desired). The following criteria shall be used:

Seven (7) members from the 1<sup>st</sup> place team.

Six (6) members from the 2<sup>nd</sup> place team.

Five (5) members from the 3<sup>rd</sup> place team.

Four (4) members from the 4<sup>th</sup> place team.

Three (3) members from the 5<sup>th</sup> place team.

Two (2) members from the 6<sup>th</sup> place team.

One (1) member from the 7<sup>th</sup> place team.

In case teams tie for league standings, the number of positions allotted each place in the standings will be divided by the number teams in the tie and divided equally. If a school does not wish to nominate the total number of players they are allowed the remaining positions will be awarded to other member school(s) by the majority vote all teams.

**Basketball** - All League team shall consist of at least one (1) M.V.P. and not more than ten (10) All-League players and the Players will be voted in by the coaches or their representative as follows:

Most Valuable Player

Each coach shall have the opportunity to nominate candidates from any team for the M.V.P. honor.

The player, which receives the most votes, not necessarily a majority, shall be the M.V.P.

If a tie exists between two players after the first ballot, further consideration will be taken and a second ballot will be cast. If a tie still exists between the two players there shall be Co-M.V.P.'s.

If three or more players are nominated, and there is a tie for M.V.P., the top two will be reconsidered and a second ballot will be cast. If a tie still exists, they shall be Co-M.V.P.'s.

If a tie exists between three or more players after a second ballot, the player(s) on the team(s), which finish highest in the league standings, shall be the M.V.P. or Co-M.V.P. as the case dictates.

### All League Players

Each coach, or representative, shall nominate as many members from his/her team as they feel necessary.

Each coach, or representative, will vote for a maximum of ten (10) members he/she feel most deserve all league honors.

The ten (10) players, which receive the highest votes, shall be named to the All-League team.

If a tie exists for the final position(s) of all league, further consideration shall be taken and a second ballot will be cast for the final position(s).

**Wrestling** - All League team shall consist of at least:

S.V.L. Team Tournament will award a first and second place trophy to the respective teams.

S.V.L. Individual Tournament will award the First place finisher in each weight classification a gold medal, the Second place finisher will receive a silver medal, and Third place finisher will receive a bronze medal.

**Softball** - Most Valuable Player can be selected from any team and shall consist of the following:

Five (5) members from the 1st place team.

Four (4) members from the second place team.

Three (3) members each from the third place teams.

Two (2) members each from the fourth place teams.

One (1) member each from the fifth and sixth place teams.

**Baseball** - Same guidelines as Softball

**Track and Field** - All varsity, boys, and girls, 1st place finishers, in all events at the S.V.L. Championship Meet, will receive a 1 3/4" gold medal inscribed with S.V.L. All-League. The 2nd and 3rd place finishers will receive a 1 1/2" silver and bronze medal respectively. All J.V., boys and girls, will receive a 1 1/4" medal. The 1st, 2nd, and 3rd place finishers will receive gold, silver, and bronze medals, respectively.

**Golf - Ten (10) of Twelve (12) nine-hole scores will be used to average an individual score.**

Six (6) players with the lowest average in the ten (10) matches will be All League with the lowest average being awarded MVP. An individual is responsible for his/her hole-by-hole score and not the tabulation of that score.

**The Team League Champion is determined by a point system as follows:**

Five (5) of the six (6) players scores will be counted for each 9-hole match.

Points awarded are 5 points for 1st, 4 points for 2nd, 3 points for 3rd, etc. for each of the twelve 9-hole matches.

A \$60 entry fee is charged to each school to provide funds for awards and final match luncheon. The host of the last League match will be responsible for providing the luncheon.

**Soccer – Players will be selected by their own coaches.**

**The number of selections from each team will be determined by league standings.**

**Five (5) members from the first place team.**

**Four (4) members from the second place team.**

**Three (3) members from the third place team.**

**Two (2) members from the fourth place team.**

**One (1) member from the fifth and later place teams**

**Most Valuable Player and Goal Keeper of the Year**

**Players will be nominated by their coach and voted on by other coaches.**

**Co-MVP is possible in case of a tie.**

**Coach of the Year**

**Coaches will make nominations and vote for Coach of the Year. In case of a tie Co-Coach of the Year is acceptable.**

**Section II** All-League meetings will be scheduled for the first Monday after the last regularly scheduled league contest at 7:00 p.m. In the 2009/10 season the All League meeting will be held at Colusa High School. Each year thereafter a site shall be chosen by the SVL.

**Section III** A coach or his/her representative must be in attendance for that school to receive their All-League selection(s). If the coach or representative cannot attend the meeting due to unforeseen circumstances, his/her Athletic Director must be notified prior to the meeting. His/her Athletic Director will then contact the Athletic Director at the host school who will present the school's nominations for All-League at the meeting. A coach or his/her representative from that school must be in attendance in order to nominate or vote for an MVP candidate. **Starting the 2008/09 season, if a school is more than 100 miles from the All League meeting site and the coach of the school in question is involved in the playoffs, that coach or a representative of that school may phone in their All League selections along with an MVP vote. That coach must also be available by phone during the time of the meeting.**

**Section IV** Each school shall be represented at the All-League meeting by one coach or his/her designee ONLY for each team being considered.

## **Article V Finances**

**Section I** Monies spent for expenses shall come from each member school equally. EXCEPTION: Wrestling and Track and Field. (See Sections II and III).

**Section II** Expenses for the medals at the S.V.L. Track and Field Meet will be divided by the number of participants from each school.

**Section III** Expenses for the S.V.L. Wrestling Meets will be the responsibility of the host school(s). The host school(s) will bill each participating school for each medal and/or trophy, which their team wins at the S.V.L. Individual and/or Team Tournament.

**Section IV** All moneys received from the N.S.C.I.F. Playoffs shall be submitted to N.S.C.I.F office.

## Article VI Rosters and Schedules

**Section I** Athletic schedule proposals for each approved sport shall be prepared by the S.V.L. representative to the N.S.C.I.F. Playoff Committee for that sport.

**Section II** All schedules for the following school year shall be adopted by the last scheduled S.V.L. meeting of the preceding year.

**Section III** Schools interested in becoming involved in a sport that is already participated in by the league, must make a request prior to May 1st of the previous school year.

**Section IV** Schedules must correspond with N.S.C.I.F. and C.I.F. playoffs.

**Section V** All league schedules and rosters are to be mailed out to opposing league schools prior to each schools first league game

## Article VII Jersey Color

**Section I** Home teams will wear their white (light) colored jerseys and visiting teams will wear their colors (dark) jerseys for all S.V.L. games. EXCEPTION: For football the home and away jersey colors are reversed.

**Section II** All other National Federation Rules apply.

## Article VIII Officials

**Section I** All officials shall be members of their organization which is recognized by the N.S.C.I.F. Fees for officials are set by the N.S.C.I.F. with these EXCEPTIONS: (1) Students may be used as line judges in volleyball, and (2) track meet officials (timers, score keepers, starters, etc.) are the responsibility of the host team.

**Section II** The minimum number of member officials required in the following S.V.L. sports are:

**Volleyball** - 2 officials

**Football** - 4 officials

**Basketball** - 2 officials

**Wrestling** - 1 official

**Softball** - 1 officials

**Varsity Baseball** - 1 official, J.V. baseball - 1 official

**Track and Field** - each school shall send at least 2 adults to act as officials at the S.V.L. Championship Meet.

**Golf** - No officials needed

**Soccer** - 3 officials preferred, 2 officials (optional)

## Article IX League Champions and N.S.C.I.F. playoffs

**Section I** The league champion will represent the S.V.L. in the N.S.C.I.F. Playoffs. For Football, Volleyball, Basketball, Baseball and Softball, there will be an SVL Large and SVL Small division Champion. **If there is a tie for first place, teams shall be declared co-champions.**

**Section II** Teams that tie for S.V.L. representation to the N.S.C.I.F. Playoffs will be determined in the following order:

League standing;

Head to head competition (league and non-league play);  
Total games won during head to head competition (volleyball only);  
North Section standings;  
A playoff (only if possible);  
Coin toss;

**Section III** Playoffs for N.S.C.I.F. representation will be played at a site, date, and time mutually agreed upon by the principals and athletic directors involved. If the administrators cannot select a location, a league vote will make the decision.

**Section IV** When the S.V.L. is assigned by the N.S.C.I.F. to host the Division II or III Championship Track Meet; each school shall send at least two adults to act as officials.

## Article X Protests

**Section I** A protest may be filed only for violations of the S.V.L. Constitution and By-laws

**Section II** Protests are to be originated by the principal of the school making the protest.

**Section III** Protests shall be made in writing and mailed or delivered to the league president within two (2) school days following the protested game or contest.

**Section IV** Protests shall be heard within three (3) school days by a protest committee appointed by the president consisting of at least one (1) principal and two (2) principals or designees representing schools not involved in the protest.

**Section V** The protest committee shall have the responsibility to investigate the matter and offer a written recommendation(s) to the S.V.L. on a means to resolve/settle the dispute or violation.

**Section VI** Disciplinary measures shall be proportionate to the violation and may include, but not be limited to, the following consequences:

No action.

Verbal warning and/or reprimand

Written warning and/or reprimand

Forfeiture of athletic contest(s)

Loss of championship status

Recommend loss of eligibility to participate in section playoffs

Recommendations to the section to not allow the school to participate in a given sport(s) for a specified number of seasons

NOTE: These steps are progressive; however, a school may receive a penalty at any level for the first violation. A school may receive two or more consequences for a given violation.

**Section VII** Disciplinary measures assessed by the league shall be directed to member schools and/or districts. The league has no direct jurisdiction over employees of a league school(s) or district(s).

**Section VIII** The jurisdiction of the league is limited to matters involving interscholastic athletics.

**Section IX** The league may not use a telephone poll to determine any penalty imposed on a member school and/or district.

**Section X** The protest committee's decision may be appealed according to N.S.C.I.F. appeals procedures.

## Article XI Volleyball

**Section I** A Junior Varsity team will be considered the winner when they win two out of three games. Varsity teams will be considered the winner when they win three out of five games.

**Section II** There is no time limit per game or match.

**Section III** National Federation Rules for Volleyball will apply.

## **Article XII Football**

**Section I** All tied Varsity football games shall be resolved for playoff representation and league standing. At the end of the league schedule if there is a tie in first place standings, teams shall be declared co-champions. Junior varsity games that are tied after regulation will NOT BE played off.

If a game is halted and cannot be continued due to an emergency, the following rules will be followed. 1. If the game is on a Friday night and it is into the fourth quarter the score at the time the game is called will be the final score. If the game is not into the fourth quarter the teams will return on Saturday at 1:00 PM to complete the game. The game will start exactly where it left off. Time left, possession, down, ball on same yard mark. 2. If the game is a Saturday scheduled contest and is into the fourth quarter the score at the time the game is called will be the final score. If the game is not in the fourth quarter, the game will be made up on the following Monday starting at 5:30 p.m. Again the game will start off exactly where it left off. Time left, possession, down, ball on same yard mark. If the game is a Monday scheduled contest and the game is in to the second half, the score will stand. If the game is called off in the first half the game will be called a no contest and not made up. In all cases, the amount of time to wait before the game is called will be determined by the administration and officials

**The Kansas Tie-Breaker System** will be used in all League games that result in a tie at the end of regulation play. The Kansas system entails each team receiving four downs from the ten-yard line to attempt to score (touchdown and one or two point conversion, or a field goal). This system will continue in four down intervals for each team until the tie has been broken.

**Section II** National Federation Rules for Football will apply.

**Section III** When a team cannot field a full squad the game will be forfeited and played as 9 man football. The forfeiting team must inform the other team of their situation by Tuesday of game week, so that coaches can make the proper adjustments. If notified after Tuesday, the non-forfeiting team has the option of whether to play the game.

## **Article XIII Basketball**

**Section I** National Federation Rules for girls and boys basketball will apply

## **Article XIV Wrestling**

**Section I** National Federation Rules for Wrestling will apply.

## Article XV Baseball and Softball

**Section I** Rained out games shall be played at the first available date agreed upon by both schools. Rained out games will be played as a double header, with two (2) seven (7) inning games, at the next regularly scheduled contest, beginning at 1:30 p.m. The first game will be the make-up game and the visitor will be the home team (and will provide the game balls.). The second game will be the regularly scheduled game and the host team will be the home team (and pay for all officials.). If a championship depends upon the outcome, the game must be made up at a mutually agreeable time by the principals involved. A game that must be rescheduled after the end of the regular season, which does not have any bearing on the league championship or playoffs, will not be played.

**Section II** When the S.V.L. hosts the N.S.C.I.F. Playoffs the league champion will determine the site of the playoffs.

**Section III** National Federation Rules for Softball and Baseball will apply.

## Article XVI Track and Field

**Section I** There will be a team champion for Varsity Girls, Varsity Boys, J.V. Girls, and J.V. Boys. Champions will be determined at the S.V.L. Large and SVL Small Division Championship Meets. Since the SVL consist of Division II and Division III schools, there will be two League Championship meets, thus two League Champions. The Large Division meet will consist of Live Oak, Willows, Durham, Colusa and Quincy. The Small Division meet will consist of Pierce, Rio Vista, Delta, East Nicolaus and Portola. Each division has a separate set of By-Laws

**Section II** N.S.C.I.F. guidelines will be followed to determine section playoff participants.

**Section III** National Federation Rules for Track and Field will apply.

## Article XVII Golf

**Section I** There will be a team champion for Varsity Boys. There will be a team champion for Varsity Girls if there are three teams participating.

**Section II** Teams will consist of up to 6 players of which 5 scores will count toward a match score.

**Section III** A representative from each school must attend a league golf meeting in the fall to develop a League Schedule.

**Section IV** League play will consist of a round robin schedule with each school hosting a match with all schools attending.

**Section V** Each League match consists of two nine-hole matches. Each nine is a separate score and any disqualifications reflect only the nine holes involved. Girls League Matches are nine-holes.

**Section VI** Penalties and other questions will be judged by the coaching committee with input from the local professional.

**Section VII** Teams are encouraged to wear a uniform. Hats are to be worn with the bill forward and collared golf shirts tucked in. Blue jeans are not appropriate golf attire.

**Section VIII** The top three teams in the SVL and the BVL compete to determine the teams to advance to Section Playoffs. The top three teams in this tournament advance to the Small School Championships. Teams that do not qualify may send up to 3 players providing that any boy selected can average 79 or lower, and any girl selected can average 105 or lower per NSCIF bylaws. The winning school and eight (8) individuals plus ties (average lower than 80) will be eligible to play at the NSCIF Section Finals.

**Section IX** Rules of Golf apply to each event taking into consideration local course rules.

## Article XVIII Soccer

**Section I** All rules will be used as determined by C.I.F.

**Section II** Official number five (5) soccer ball shall be used in all games.

**Section III** There will be a maximum of twenty (20) games per season, with a limit of two (2) scrimmages.

**Section IV** Championships are determined by League standings. Schools tying shall be declared co-champions.

**Section V** Teams that tie for S.V.L. representation to the N.S.C.I.F. playoffs will be determined in the following order

Head-to-Head Competition

Head-to-Head goal difference

Goals against (League Play Only)

Coin Toss

## **Article XIX Emergency Situations**

**At times there can be situations such as Officials not showing up or other unforeseen circumstances. In the event of one of these situations:**

- a. **In an unforeseen situation where the hosting school is not at fault. The game will be played at the first available date agreed upon by the Administrations of both schools. The game will be played at the original site.**
- b. **If it is found that the cancellation of the game was due to the actions of the hosting school, the game will be played at the first available date agreed upon by the administrations of both schools. In this case, the original hosting school will be the traveling team.**

## **Article XX Eligibility**

**Section I** C.I.F. and N.S.C.I.F. eligibility policies will apply The S.V.L. principals, or their designees, according to the By-Laws, ARTICLE X, SECTIONS VI, VII, VIII, XIX, and X, shall determine Section II Consequences for the use of an ineligible player.

# THE SACRAMENTO VALLEY LEAGUE DIRECTORY

## 2008-2009

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|--|--|--|
| <p><b>Colusa High School - Red Skins</b><br/>           901 Colusa Ave. Colusa 95932<br/>           Principal: Dave McGrath<br/>           Athletic Director: Mike West<br/>           School Phone: 530-458-2156<br/>           A.D. Phone: 530-458-4247<br/>           FAX #: 530-458-5783<br/>           Cell: 530-682-5507<br/>           Email: <a href="mailto:mwest@colusa.k12.ca.us">mwest@colusa.k12.ca.us</a></p>  | <p><b>Durham High School – Trojans</b><br/>           P.O. Box 600, Durham 95938<br/>           Principal: Kevin Martin<br/>           Athletic Director: Brian Glover<br/>           School Phone: 530-895-4685<br/>           A.D. Phone: 530-895-4685 x 226<br/>           FAX #: 530-895-4688<br/>           Cell: 530-519-1099<br/>           Email: <a href="mailto:dhsathletics@yahoo.com">dhsathletics@yahoo.com</a></p>   | <p><b><u>N.S.C.I.F. COMMISSIONER:</u></b><br/>           Elizabeth Kyle, Commissioner<br/>           P.O. Box 9330/1280 Red Bud Ave.<br/>           Red Bluff, CA 96080<br/>           Ph: 530-528-9300<br/>           FAX #: 530-528-9333<br/>           Email: <a href="mailto:lkyle@cifns.org">lkyle@cifns.org</a></p>  |
| <p><b>Live Oak High School – Lions</b><br/>           2351 Pennington Rd. Live Oak 95953<br/>           Principal: Mat Gulbrandsen<br/>           Athletic Director: Matt Weinrich<br/>           School Phone: 530-695-5415<br/>           A.D. Phone: 530-695-5415 ext. 210<br/>           FAX #: 530-695-5422<br/>           Cell: 530-308-7081<br/>           Email: <a href="mailto:mweinrichlousd@yahoo.com">mweinrichlousd@yahoo.com</a><br/>           Email: <a href="mailto:mwein@hs.lousd.k12.ca.us">mwein@hs.lousd.k12.ca.us</a></p> | <p><b>Pierce High School - BEARS</b><br/>           960 Wildwood, Arbuttle 95912<br/>           Principal: Doug Kaelin<br/>           Athletic Director: Gary Teague<br/>           School Phone: 530-476-2277<br/>           A.D. Phone: 530-476-2278 Ext. 137<br/>           FAX #: 530-476-3285<br/>           Cell: 530-680-5549<br/>           Email <a href="mailto:gteague@piercebears.com">gteague@piercebears.com</a></p>   | <p><b>Mount Shasta High School -- Bears</b><br/>           710 Everitt Memorial Highway<br/>           Mount Shasta 96067<br/>           Principal: Jami Whedbee<br/>           Athletic Director: Steve Nesheim<br/>           School Phone: (530)-926-2614<br/>           A.D. Phone: 530-926-2614<br/>           FAX #: 530-926-5162<br/>           Cell:<br/>           Email: <a href="mailto:sneshheim@sisuhsd.net">sneshheim@sisuhsd.net</a></p>                      |
| <p><b>Portola High School – TIGERS</b><br/>           155 6th Ave., Portola 96122<br/>           Principal: Kristy Warren<br/>           Athletic Director: Edeltraud Marquette<br/>           School Phone: 530-832-4284<br/>           A.D. Phone: 530-832-4284<br/>           FAX#: 530-832-5582<br/>           Cell: 530-258-6127<br/>           Email: <a href="mailto:emarquette@pcoe.k12.ca.us">emarquette@pcoe.k12.ca.us</a></p>   | <p><b>Quincy High School - Trojans</b><br/>           6 Quincy Jct. Rd. Quincy 95971<br/>           Principal: Tim Gallager<br/>           Athletic Director: Jerry Thomas<br/>           School Phone: 530-283-6510<br/>           A.D. Phone: 530-283-6510<br/>           FAX #: 530-283-6519<br/>           Cell: 530-258-6268<br/>           Email: <a href="mailto:jthomas@pcoe.k12.ca.us">jthomas@pcoe.k12.ca.us</a></p>   | <p><b>Rio Vista High School – RAMS</b><br/>           410 South 4<sup>th</sup> St., Rio Vista 94571<br/>           Principal: Jim Lake<br/>           Athletic Director: Perry Lane<br/>           School Phone: 707-374-6360 x1219<br/>           A.D. Phone: 707-374-6336<br/>           FAX #: 707-374-6810<br/>           Cell: 916-417-4410<br/>           Per. Cell: 209-610-6746<br/>           Email: <a href="mailto:lithboater@aol.com">lithboater@aol.com</a></p> |
| <p><b>Trinity High School – Wolves</b><br/>           P.O. Box 1060<br/>           Principal: Michael McAllister<br/>           Athletic Director: Kathleen Lynch<br/>           School Phone: 530-623-6127<br/>           A.D. Phone: 530-623-6127 x117<br/>           FAX #: 530-623-6661<br/>           Cell:<br/>           Email: <a href="mailto:klynch@tcoek12.org">klynch@tcoek12.org</a></p>  | <p><b>Willows High School - Honkers</b><br/>           203 N. Murdock Willows 95988<br/>           Principal: Mort Geivett – Cell: 330-1031/330-1030<br/>           Athletic Director: Jerry Smith<br/>           School Phone: 530-934-6611 ext. 0<br/>           A.D. Phone: 530-934-1013<br/>           FAX #: 530-934-6619<br/>           Cell: 530-330-0562<br/>           Email: <a href="mailto:abaker@willowsunified.org">abaker@willowsunified.org</a><br/>           Email: <a href="mailto:jsmith@willowsunified.org">jsmith@willowsunified.org</a></p> | <p><b><u>OFFICERS – 2008 – 2009 SCHOOL YEAR</u></b><br/> <b>PRESIDENT:</b><br/>           Gary Teague, Pierce 530-476-2278 x137<br/>           Email: <a href="mailto:gteague@piercebears.com">gteague@piercebears.com</a><br/> <b>SECRETARY:</b> Matt Weinrich, Live Oak 530-695-5415 ext.210 530-308-7081<br/>           Email: <a href="mailto:mweinrichlousd@yahoo.com">mweinrichlousd@yahoo.com</a></p>   |
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Sacramento Valley League Playoff Committee Representatives  
Northern Section C.I.F.

| <b>Sport</b> | <b>School</b>   |
|--------------|---|
| Baseball     | <b>Mike West – Roy Perkins</b>                          |
| Basketball   | <b>Scott Burnum – Erin Walton</b>                       |
| Football     | <b>Roy Perkins– Dan Johnson</b>                         |
| Golf         | <b>Arnie Gross</b>                                      |
| Soccer       | <b>Mike Owen –Vanessa Scroggins-<br/>Rene Garcia</b>    |
| Softball     | <b>Randy Watt</b>                                       |
| Tennis       | <b>Don Byrd</b>   |
| Track/CC     | <b>Rick Bass – Jean Murphy - Atkins<br/>Gary Teague</b> |
| Volleyball   | <b>Karra Zamora</b>                                     |
| Wrestling    | <b>Ed Zuckerman</b>                                     |