

North County Conference

BASEBALL – BOYS

1. Schedules
The Conference shall endorse double round baseball schedules. Triple/plus rounds will be used as needed. JV and frosh shall be at opposite sites of the varsity. Leagues may utilize doubleheader in league schedule so each team plays opponent an equal amount of times. (Revised 5/31/00)
2. Officials
Currently authorized official's associations shall assign two umpires for each varsity game and to JV and frosh when possible. Conference schools may request two JV umpires and one for the frosh.
3. Rules
National Federation Rules as approved by the San Diego Section of the CIF.
4. Make-up
Postponed contests subject to Conference policy and CIF and National Federation Rules.
5. Interrupted Contest
Shall be handled according to CIF, San Diego Section Rules.
6. Length of Games
All league games shall be seven innings (as per CIF).
7. Batting Practice
No batting practice is allowed on the day of a game including Baseball PE classes, except during CIF playoffs.
 - a). No overhand throwing with baseball
 - b). No pitching machine
 - c). Use of Whiffle balls allowed
 - d). Use of baseballs allowed for soft toss (underhand) and Batting TEE only(Revised 5/31/00)
8. CIF Playoffs
Shall be in accordance with CIF Policy.
9. Facilities
The home team shall provide mound, rubber, and plate on the visitor's side of the diamond.

Reviewed: September, 2005

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BASKETBALL – BOYS

1. Schedules
The Conference shall endorse double round basketball schedules.

Cross League- Boys will play Wednesday and Friday Tripleheaders in January. Freshman only doubleheaders game times are Girls 5:30 and 7:00 PM in December.

League Schedule- Boys will play (Fr-JV-Var) Tripleheaders on Wednesday and Fridays.

Tripleheader game times will be 3:30- 5:15 – 7:00 pm (Adopted 5-3-06)
2. Officials
Currently authorized officials associated shall assign two officials for all varsity and JV games.
3. Uniforms
The home team in both varsity and JV shall wear light colored jerseys. The visiting team shall wear dark jerseys.
4. Rules
National Federation Rules as approved by San Diego Section of the CIF.
5. Make-up
Postponed contests subject to conference policy.
6. Interrupted Contest
Shall be handled according to CIF, San Diego Section rules.
7. JV Squad
Any 9th, 10th, or 11th grade boy may participate. Conference approves application of CIF Rule during League season: i. e., a player may move from JV to varsity during the same week, but not from varsity to JV during the same week.
8. Ball
North County Conference schools may use any National Federation approved ball.
(Adopted 3/15/95)
Balls can be either leather or a top grade composite. The National Federation Rule Book does not specify.

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9. Timer
Home school is required to furnish certificated faculty member as timer (Varsity and JV games).
10. Crowd Control
The control of the crowd is a mutual responsibility of the home school, the officials and the coaches. It shall be the primary responsibility of the home school to provide adequate pre-game and post-game control and supervision. Alma Maters (if played) shall be played prior to the games.
11. Championships
League championship shall be determined on the basis of won-loss record in league contests.
12. CIF Playoffs
The Power Rankings overseen by SDSCIF will determine the playoff entrants. (Revised 10-19-03)
13. Team Facility
Home team should designate a person to see that visiting team facility is open and available at half-time.

Reviewed: September, 2006

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BASKETBALL – GIRLS

1. Schedules

The Conference shall endorse double round basketball schedules;

To alter girls' basketball schedule so as to avoid home conflicts with wrestling.
(Adopted 6/21/93)

Approved adding Girls' Frosh Basketball to conference list of approved sports to travel with boys frosh. (Adopted 3/9/94)

Cross League- Girls will play Tuesday and Friday Tripleheaders in January. Freshman only doubleheaders game times are Girls 5:30 and 7:00 PM in December.

League Schedule- Girls will play (Fr-JV-Var) Tripleheaders on Tuesday and Fridays.

Tripleheader game times will be 3:30- 5:15 – 7:00 pm (Adopted 5-3-06)
2. Officials

Shall assign currently authorized official's Associations for all contests.
3. Uniforms

Players shall be dressed in a uniform manner. All Uniforms shall have numbers front and back. Home school shall wear white uniforms and visitors dark unless prior arrangements have been agreed to by both teams.
4. Rules

National Federation Rules as approved by San Diego Section of the CIF.
5. Make-up

Postponed contests subject to conference policy.
6. Interrupted Contest

Shall be handled according to CIF, San Diego Section rules.
7. JV Squad

Conference follows CIF rule, ie., a player can move up to the varsity but not down to the JV in the same week during the league season.

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8. Ball: The Conference authorizes a top grade leather ball for all Varsity and JV games.
9. Timer The home school is required to furnish a certificated faculty member as a timer for both Varsity and JV games.
10. Crowd Control Crowd control is a mutual responsibility of the home school, the officials, and coaches. Home school shall provide adequate pre-game and post-game supervision.
11. Championships League Championships shall be determined on the basis of won-loss record in league contests.
12. CIF Playoffs The Power Rankings overseen by SDSCIF will determine the playoff entrants. (Revised 10-19-03)

Reviewed: September, 2006

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After daylight saving time change, switch start to 3:00 p.m. (Adopted 9/23/92)

6. Make-up Postponed contests subject to conference policy.
7. Interrupted Contest Shall be handled according to CIF, San Diego Section rules.
- If a contest is interrupted or postponed prior to the last week of the season, the meet should be made up at the first possible date. (Adopted: 9/14/05)
- If a contest is interrupted or postponed during the final week of the league season, then the meet will be made up at league finals (varsity only). (Adopted 9-14-05) The meet will be scored two ways:
- As a duel meet with the others teams thrown out.
 - As a league final meet. (Adopted 9/17/03)
8. Maps Coaches are to mail out maps of school courses two weeks prior to meets. No changes to the course are to be made after that time. (Adopted: 9/14/05)
- If the time schedule is changed, the time schedule must be agreed upon by both Athletic Directors and it must be communicated to the opposing team a minimum of two weeks prior to the competition. (Adopted 9/17/03)
9. League Championships Determined on a 50/50 basis – “dual” meet standings and All-league meet finish (with 7 schools, 7 to 1 points for positions 1 through 7).
10. All League Tourneys All League Tourneys to be run on Saturday and following CIF and National Federation Rules. Guajome Park and/or Kit Carson Park are both approved as sites for the conference finals. Selection of either site to be made each year by the host school. (Adopted 1/4/89)
To include the meet Director’s responsibilities in the REDBOOK. (Adopted 12/6/95)

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Up to \$250.00 will be allowed for conference final. In addition, trainer assigned to meet will be paid \$50.00.

A video at the finish line of league finals will be provided by host school.

Each host school will provide a back up scoring system; either video, audio, or written.

(Adopted 12/6/95)

League finals to have two adult trainers. (Host Schools) (Adopted 12/6/95)

Placement of teams on the start line for each race at the league finals should be based on seeding (from dual meet record) from the center line out.

(Adopted 1/4/89)

Each school may enter any number of runners, to maximum of twelve. To qualify for "team" medals, a minimum of five runners must be entered.

Each league will use one official/league (maximum \$35.00) to act as starter, judge, and impartial referee in case of protests.

(Adopted 12/11/85)

11. Bicycles

No bicycles allowed in the competition area. (Throughout the course.)

12. Awards

Conference to provide the following medals for each All-league Finals: Place medals for first ten (10) finishers.

13. CIF Playoffs

All finishers in league standings shall enter the playoffs in accordance with conference policy.

Reviewed: September, 2004
Revised: September, 2005

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FIELD HOCKEY – GIRLS

1. Schedules
The conference shall endorse double round field hockey schedules.
2. Officials
Shall assign currently authorized Official's Associations for all contests.
3. Uniforms
Players shall be dressed in a uniform manner, according to provisions of rules guide.
4. Rules
Home school shall furnish scorers and timers.
Varsity game will be played first, followed by JV game.

Prior to varsity contests all teams are to be provided field space for a 20 minute warm-up period.
(Adopted 12/3/03)

During rolling substitutions, there is no need for displaying player's numbers.

To adopt the revised rules for the tie breaker procedure. (Adopted 6/20/94)
5. Make-up
Postponed contests subject to conference policy.
6. Interrupted Contest
Shall be handled according to CIF, San Diego Section Rules.
7. Championships
League Championship shall be determined on the basis of won-loss record in league contests.
8. CIF Playoffs
The top finishers in league standings shall enter the playoffs in accordance with conference policy.

Reviewed: September, 2005

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FOOTBALL – BOYS

1. Schedules

The Conference shall endorse single round schedules.

The commitment within the conference is to reserve weeks 3, 4, and 5 for conference cross-league contests. (Adopted 12/3/03)

Cross-league agreements in week 3 are to be set with the seven team league prior to scheduling other contests. (Adopted: 9/14/2005)

Even team leagues will set up cross-league schedule at the End-of-Season Meeting. Top three teams in each league will meet and match up for contests. Bottom three teams in each league will meet and match up for contests. (Adopted 9/14/2005)
2. Officials

Currently authorized officials Associations shall assign for all contests.
3. Uniforms

Home varsity and JV teams shall wear dark jerseys . Visiting varsity and JV teams shall wear light-colored jerseys, unless other mutual accommodations are made.
4. Rules

National Federation Rules as approved by the San Diego Section of the CIF.
5. Make-up

Postponed contests subject to conference policy.
6. Interrupted Contest

Shall be handled according to CIF, San Diego Section rules.
7. JV Football

Any 9th, 10th, or 11th grade boy may participate. JV League games shall be played as preliminary games when Varsity games are scheduled at night.
8. Ninth Grade

With mutual agreement of competing schools, ninth grade games may be scheduled on Saturday mornings.
9. Timing

Home Schools shall furnish all equipment necessary for timing, and all timing (other than time-outs) will

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be kept off the playing field by a certificated faculty member.

10. Official Ball
The Conference adopts the provision in the Federation Rules, which allows each team the choice of a leather or rubber ball for league contests.
11. Marking Field
Each school is to cooperate in proper marking of the field in accordance with official rules as requested by the Official's Association.
12. Policing
At least one police officer shall be posted at each League Varsity and JV football game.
13. Half-time Activity
The home school is responsible for half-time activities. If half-time is to be extended, it must be mutually agreed upon by both schools. Home team only to play Alma Mater as part of half-time show.
14. Films
A mandatory exchange of all game film (shot from sideline angle from the deepest back to the closest safety, sideline to sideline; starting when the offense breaks the huddle and ending approximately three seconds after the whistle ends the play.) This exchange will be made via Head Coach to Head Coach e-mail by 11:00 A.M., ten days prior to the game. The contests immediately preceding the game between the two schools exchanging film will be digitally made available by 11:00 A.M. the day after they play. **NO NORTH COUNTY CONFERENCE SCHOOLS WILL SHARE VIDEO OF NCC GAMES, IN WHICH THEY ARE NOT A PARTICIPANT, WITH OTHER SCHOOLS.**
(Revised February 14, 2011)
15. Medical Care
The host school shall provide for emergency professional medical care for injured athletes. This calls for a doctor or competent medical assistance to be present, or available, at all football games.
16. Facilities
Home school shall provide comparable facilities for the visiting school; place for filming, phone set-up, and space for coach/spotters. When the headphones of either team breakdown, the other team will cease to use their headphones.

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17. Practice
The Conference adopts the policy that there is to be no football practice of any description during the summer months prior to the first date authorized by the CIF, San Diego Section.
18. Chains
The home team shall provide adults to run the chains for varsity games. (Adopted 9/21/88)
19. Championships
League Championship shall be determined on the basis of won-loss record in league contests.
20. CIF Playoffs
The top finisher in league standings shall enter the playoffs in accordance with conference policy.
21. Game Participation
Football players may participate in only one level of competition during a calendar week – Sunday through Saturday.
22. Football Camps
NCC teams are restricted from participating in contact football camps.
(Adopted 5/9/01)
23. Soft Head Gear
Soft head gear is optional for Spring practice.
(Adopted 5/9/01)

Reviewed: September, 2004
Revised: September 14, 2005
Revised May 4, 2010
REVISED FEBRUARY 14, 2011

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GOLF – BOYS/GIRLS

1. Schedules
The Conference shall endorse double round golf schedules; dual league matches will be 9 holes; second round matches may be 18 holes by mutual agreement.
2. Ground Rules
Home coach will instruct players of the special rules which apply and whether summer or winter rules prevail.
3. Team
The regulation team is composed of six players. If visiting team wishes to bring more than six players, advance arrangements and approval of home team is required.
4. Scoring
Straight medal play – total of best five or six scores; use scores of #6 finishers to resolve ties.
5. Conduct
The coach will disqualify any of his players who exhibit unsportsmanlike conduct such as throwing a club, profanity, harassment, smoking, and so forth. Players may give advice to another team member.

Electronic devices including Cell Phones, Beepers, CD Players, Walkman Radios, Video Equipment and any other electronic devices are not to be used during a match. Use will result in player disqualified for current match.
(Adopted 9/19/00)
During pre-match instructions any allegations on player conduct infractions must be documented immediately on scorecard at time of infraction. There will be a three step progressive policy:
 1. Conduct instruction on 1st Tee during introductions.
 2. Two stroke penalty on first infraction.
 3. Player will be disqualified.(Adopted 9/19/00)
6. Make-up
Postponed contests subject to conference policy.
7. Interrupted Contest
Shall be handled according to CIF, San Diego Section Rules.

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8. Championships League Championship shall be determined on the basis of won-loss record in league contests.
- Teams that tie during league matches are co-champions. Ties will be settled by higher finisher in league tournament to determine CIF seeding.
(Adopted 9/19/00)
9. Coaching Approved coaches vote to determine all-league teams in golf.
(Adopted 6/24/87)
10. All-league Tourneys As per General Regulations, Section VII, D.
(Adopted 12/14/84)
- League tournaments will be two rounds with the final round beginning at 2:30 p.m. for the top 28 and ties from the first day.
- Expand the qualifying minimums to match the CIF rule.
(Adopted 12/14/84)
- No cuts made for second day league finals.
(Adopted 9/19/00)
- Players considered for At-Large berths must make the CIF Qualification of 12 nines. At-Large players will not be eligible to medal or be considered for All-League. (Revised February 27, 2011)
11. Awards Conference will provide place medals for first six individual scorers in each League Tourney.
12. CIF Playoffs Team Entries: The top finishers in league standing shall enter the playoffs. Other finishers will be considered using CIF At-Large Criteria.
- Individual Entries: Individual League champion receives automatic entry. All others will be considered using CIF At-Large Criteria.
13. Dress Code Teams will wear matching team shirts with color, Bermuda shorts, or pants - no jeans.
(Adopted 6/26-27/85)
- Team members not wearing uniform cannot compete.
(Adopted 9/20/89)
- Visiting team to adhere to the dress code of the home course.
(Adopted 6/21/93)

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GYMNASTICS – GIRLS

1. **Schedules** Restructure to two four-team leagues and schedule single round, but play all. (Revised 9/15/04)
2. **Officials** Shall assign currently authorized Official's Association for all contests.
3. **Uniforms** Home school is responsible to obtain officials from source as approved by conference officials. Four officials per dual meet are authorized.
4. **Rules**

Meets shall be conducted in accordance with rules approved by CIF.

A dual meet shall consist of competition at three levels: (1) JV, (2) compulsory Varsity, and (3) Optional Varsity.

There shall be four events plus an all-round at each level: Balance Beam, Floor Exercise, Uneven Bars, and Vaulting.

Allow ten entries for Varsity, six for Jr. Varsity
(9/15/04)

Competitors may move between levels weekly, but can compete at only one level in any one meet.
5. **Competition**

JV: Routine at beginning level as specified in DGWS.

Compulsory Varsity: Compulsory routines at Intermediate Level as specified in DGWS.

Optional Varsity: Routines according to FIG Code.
6. **Make-up** Postponed contest subject to conference policy.
7. **Interrupted Contest** Shall be handled according to CIF, San Diego Section Rules.
8. **Awards** Medals should come with ribbons.

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9. Championships

Entries are to be submitted to host school two days prior to the championship meet.

Should be based on won-loss record in league contests and league finals. In League Finals, points will be awarded to teams based on order of finish in each event. Points values will be awarded based on the number of teams competing minus 1. (Example: 5 teams = 4, 3, 2, 1, 0 points for first through fifth place)

League Champion based on dual meet and League Final competition. This team will automatically qualify for CIF. Refer to Green Book, page 110, rule 7-A-1 for at large qualification.

(Adopted 5/28/97)

10. All-League

Conference authorizes All-League Finals in Compulsory Varsity and Optional Varsity.

11. CIF Playoffs

The league champion will automatically qualify for CIF playoff competition. At large qualifiers will be determined by CIF Green Book.

Individual: Competitors shall qualify from the All-League Tournament as per CIF format.

Take the four highest scores.

(Adopted 6/21/93)

Reviewed: September, 2003
Revised: September 15, 2004
Reviewed: September 2005

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LA CROSSE – BOYS/GIRLS

1. Schedules
The Conference will endorse a double round La Crosse schedules for varsity and junior varsity.

Both games will be played on the same day at the same site unless officials are unavailable.

JV games will be played at 3:30 p.m. with Varsity to follow about 5 p.m.
2. Officials
Shall assign currently authorized Official's Association for all contests.

Officials to clear sidelines before game begins.
3. Rules
NCAA rules as approved by the San Diego Section of the C.I.F.

Varsity teams shall have 20 minutes to warm up after the end of a preceding game on the same field.
4. Make-up
Postponed contests subject to conference policy.
5. Interrupted Contest
Shall be handled according to CIF, San Diego Section Rules.
6. Championships
The League Champion shall be determined on the basis:

OPTION 1
a.) win 3 pts.
b.) Ties 1 pt.
c.) Loss 0 pts.
Team with most points in league contests = champions

OPTION 2
Won-loss record in league contests
7. CIF Playoffs
The league champion will be automatic entry; all other teams qualify by at-large acceptance.

Reviewed: September, 2005

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SOCCKER – BOYS/GIRLS

1. Schedules
The Conference shall endorse double round soccer schedules. Girl's soccer shall have a double round conference schedule.

All three levels will be played on the same day at the same site unless officials are unavailable.
(Adopted 9/20/89)
Freshmen/JV games will be played at 3:30 p.m. with Varsity to follow at about 5:30 p.m.
2. Officials
Shall assign currently authorized Official's Association for all contests.

Officials to clear sidelines before game begins.
(Adopted 4/1/92)
3. Rules
NCAA rules as approved by the San Diego Section of the CIF.

Varsity teams shall have 20 minutes to warm up after the end of a preceding game on the field.
4. Make-up
Postponed contests subject to conference policy.
5. Interrupted Contest
Shall be handled according to CIF, San Diego Section Rules.
6. Championships
League Championship shall be determined on the basis:
Win = 3 points
Ties = 1 point
Loss = 0 points
Team with most points = champions.
7. CIF Playoffs
The league champion will be an automatic entry; all other teams qualify by at-large acceptance.

Reviewed: September, 2005

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If a game ends in a tie, it will not be played off. Each team receives credit for a half-game won and a half-game lost. DGWS and CIF rules apply.

Rubber spikes are permissible; metal spikes are allowed.

Each team shall have a pre-game, 15 minute warm Up period; host team first.

6. Make-up

Postponed contests subject to conference policy.

7. Interrupted Contest

Shall be handled according to CIF, San Diego Section Rules.

8. Balls

Home team shall furnish new, leather, triple A 50 % cork-centered balls for each game; they shall be of the concealed stitch type.

Visiting team has the option to provide their own game balls for use by their pitcher.

(Adopted 6/21/93)

9. Championships

League Championship shall be determined on the basis of won-loss record in league contests.

Reviewed: May, 2010

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SWIMMING – BOYS/GIRLS

1. Schedules
The Conference shall endorse single round swimming schedules for two classes – Varsity and Junior Varsity.
2. Officials
Shall assign currently authorized Official's Associations for all contests.
3. Uniforms
All participants shall follow the national rule book.
4. Rules
National Federation rules as approved by the San Diego Section of the CIF.
5. Make-up
Postponed contests subject to conference policy.
6. Interrupted Contests
Shall be handled according to CIF, San Diego Section Rules.
7. Scoring
Home school shall furnish scorer. Winners of first six places and their times shall be recorded for each event. Scoring shall be on a 6-4-3-2-1 basis. Relays (8-4-2) (Adopted 12/12/84)
Home school should be responsible for having students or adults timers.
Diving scorers shall consist of one referee and one representative from each school.
8. Entries
Each team may have three entries in individual events and three entries in each relay event.
In dual meets – varsity team must be fielded before a JV team is eligible for competition.

Schools in Swim/Dive must declare at the beginning of the season if they have a diving team, even if just one participant. If the team doesn't declare, it cannot dive. If a team has no divers, the diving points will not count. If they have even one diver, diving must take place and all points will count even if the diver is no longer with the team. If the school does not have a diving facility, it must make verbal contact with opposing school two weeks before scheduled meet to let the other school know there will be no diving. If a school does not

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declare Diving by the assigned date and an athlete wishes to compete in Diving, they may dive “exhibition” in dual and league meets. Their scores will count towards C.I.F. qualification, but not towards team scores in league.

9. Championships

League Championship shall be determined on the basis of won-loss record in league contests.

Meet Committee will make final decisions in event of a protest regarding meet administration, procedural rules, or questions of fairness during NCC Swim or Diving Championships.

The League meet order of events will conform to the CIF order. League meet entries will consist of the girls/boys order with four individual entries per school per event and two entries per school per relay. Final races will consist of eight finalists and eight consolation finalists.

10. All-league

The Conference shall sponsor annually Prelims and Finals of an All-conference or All-league Meet; Diving Prelims and Finals to be held on the same day.

11. CIF Playoffs

Qualification for CIF Playoff participation shall be determined by CIF regulations.

12. Awards

Conference shall provide place medals for the first four finishers in each individual event and for members of both the first and second place teams in each relay event.

Reviewed/Revised April 29, 2011

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TENNIS – BOYS/GIRLS

1. Schedules
The Conference shall endorse double round tennis schedules. The varsity and JV will play the JV match at the opposite site. JV players will travel with volleyball teams with Varsity tennis goes opposite.
2. Teams
Shall consist of three singles and three doubles. Players can participate in only one event.
3. Line-ups
Line-ups are to be exchanged by coaches before match – no changes.
4. Equipment
Home team provides balls and retains after matches, as approved by CIF.
5. Rules
U.S.T.A. Tennis Association rules apply to all matches, as approved by CIF.
6. Conduct
A coach is expected to disqualify any of his players who exhibit unsportsmanlike conduct. In the case of misconduct, either coach seeing or being aware of the incident should contact the other coach and stop play. The player shall be advised-next repetition will be cause for loss of game; the next misconduct-loss of set.
7. Scoring
Each singles player will play one set against each singles player of the opposing team. Sets at 6-all will be resolved by a 7/12 point tie breaker. Each singles set counts one point; total of 9 points.

Each doubles team will play one set against each of the opponent's doubles teams. Sets at 6-all will be resolved by a 7/12 point tie breaker. Each set will count 1 point; total of 9 points. The team, which wins a majority of the 18 points, wins. In the case of

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a tie in points scored, the team winning the greatest number of individual games in all matches will be declared the winner. If a tie should still exist, sets won in doubles would determine the winning team.

(Adopted 6/26/89)

Once a match has been decided (10 points) substitutions may be made if coaches mutually agree.

(Adopted 12/6/95)

8. Coaching

Only players are allowed inside fences once match starts. Play is to be continuous – no delays. In the event of a protest, misconduct – coaches will meet on court and clarify.

COACHING only to occur when changing side and within allotted time (60 seconds).

(Adopted 6/22/92)

School-appointed coaches and/or team captains may coach players during the change-over time –NOT parents, siblings, or private coaches.

9. Make-up

Postponed contests subject to conference policy.

10. Interrupted Contests

Shall be handled according to CIF, San Diego Section rules.

11. Championships

League Championship shall be determined on the basis of won-loss record in league contests.

12. All-league Tourneys

Conference authorizes All-league Tourneys in both singles and doubles. (Players may compete in Singles or Doubles – but not in both).

All NCC leagues will meet together for seeding, and the end-of-season meeting will follow.

Playoff format is single elimination, matches being two of three.

(Adopted 6/22/92)

In case of a dispute at league finals, a coach of a non-competitor's team, will help with the line calls.

(Adopted 6/26/89)

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The Athletic Director in charge of tennis will be present for the last day of league finals and responsible for resolving conflicts.

(Adopted 1/4/89)

Coaches may, by a two-thirds vote, exempt a player from the league qualifying tournament to the CIF for:

- a. injury/illness
- b. absent for a national tournament

This would reduce the four automatic CIF league qualifiers by the number of players exempted.

13. Awards

Conference will provide place medals for first four places in both singles and doubles play leagues.

14. CIF Playoffs

Team: The top two finishers in league standing shall enter the playoffs in accordance with conference policy.

Individual: Singles and doubles players will qualify from the All-league Tournament as per CIF format.

15. Dress

All team members will wear matching shirts.

(Adopted 6/26-27/85)

No player will be allowed to compete in a league contest unless in shorts or skirts of the same color and matching shirts. (Adopted 9/20/89- Revised 10/22/03)

Reviewed: September, 2005

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TRACK & FIELD – BOYS/GIRLS

1. Schedules
Conference authorizes combined single round dual track schedules, using Thursdays.

2. Officials
Currently authorized official's Association shall assign one starter to each dual meet and two starters to both All-league Prelims and Finals. Home school shall furnish "competent adult" officials as needed for dual meets (JC students who are PE majors may be considered as "competent adult officials.")
 1. Clerk of Course (1) – in charge of running event check – in
 2. Head Judge (1) – in charge of finish line
 3. Timers (3)– first 3 places
 4. Judges (3) – first 3 places
 5. Announcer (6)
 6. Field Event Judges (6) – 1 per event

Home school provides "competent student" officials for dual meets:

 - Hurdle crew
 - Block crew
 - Runners
 - Official scorer and book
 - Field event assistants; 3 to 4 per event as needed

3. Classifications
Dual Meets
Conference levels in track and field shall be
Boys: Varsity, Junior Varsity, and
Sophomore/Frosh. Girls: Varsity and Junior
Varsity. (Adopted 6/21/93)

4. Events
As per CIFSD Section Green Book. (See "Standardized Combined Dual Meet Order of Events"). Starting time for all dual meets shall be 3:00 p.m.

5. Entries
Submission of entries shall be handled in manner prescribed by Officials Association. Entries limited to four in all varsity events.
 1. Relay entries must contain the names of Entries. (Adopted 6/26-27/84)

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2. Track coaches must exchange entry lists prior to dual meets. The starter shall also receive a copy of each school's entry list; The List is official.
6. Track
Home school responsible for having all interested parties informed of any unusual conditions of local track.
7. Make-up
Postponed contest subject to conference policy.
8. Interrupted Contest
Shall be handled according to CIF, San Diego Section and National Federation rules.
9. League Records
League track and field records can be established only in League Prelims or Finals.
10. Championships/All
 1. League Championships shall be determined on the basis of won-loss record dual meet league contests.
 2. The individual winner and relay team winner in each event will be named to the All-League team.
11. League Meet
All-weather track preferred. Conference officials shall annually determine sites and starting times.

League prelims and finals for Palomar, Avocado and Valley Leagues will be at different sites. League Prelims and Finals to be held at a site of the host school's choosing – on Tuesday and Friday. Approved starting all track meets at 3:00 p.m.

Automatic Timing – the host school for each league shall make provisions for the use of an automatic timing system in both league prelims and finals.

Each school will provide four to six adult workers for league prelims and finals.
12. Awards
Conference shall provide four place medals for each single event and four medals for both the first and second place relay teams in each league final.

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13. CIF Playoffs Individual competitors shall qualify for CIF prelims from the League Finals as per CIF format via CIF qualifying standards.

14. CIF Order of Events

A. Running Events

<u>Order</u>	<u>Division</u>	<u>Events</u>
1	G	400 Meter Relay
2	B	400 Meter Relay
3	G	1600 Meter Run
4	B	1600 Meter Run
5	G	100 Meter LH
6	B	100 Meter HH
7	G	400 Meter
8	B	400 Meter
9	G	100 Meter
10	B	100 Meter
11	G	800 Meter
12	B	800 Meter
13	G	300 Meter LH
14	B	300 Meter LH
15	G	200 Meter
16	B	200 Meter
17	G	3200 Meter
18	B	3200 Meter
19	G	1600 Meter Relay
20	B	1600 Meter Relay

(Adopted by CIF 9/23/87)

B. Field Events

1. Field events will start at 3:00 p.m.
2. Varsity division will have 3 trials with top 4 receiving 3 additional trials; JV and frosh will receive 4 attempts each
3. Girls will throw discus first.
4. Boys will throw shot put first.
5. Varsity divisions will long jump in Best pit at any school site.
6. Triple jump will follow immediately after long jump;
7. Varsity divisions will high jump first – Girls followed by Boys; then girls JV followed by boys frosh and JV.

Discus

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1. Girls will throw discus first; followed by the girls JV with a maximum one(1) hour 30 minute time limit.
2. Boys varsity will throw next, followed by Boys JV, and the boys freshmen.

Shot Put

1. Boys Varsity will throw shot first, followed by the boys JV, and the Boys freshmen with a maximum 1 hour 30 minute time limit..
2. Girls will throw next followed by the girls JV.

Pole Vault

1. Boys varsity will vault first; starting height 9' 6".
2. Starting heights for pole vault, Girls' JV – 6' 0", Girls' Varsity 7'0", Boys Frosh 7' 6", JV 8' 6", vaulting in continuous order. If no Frosh team is competing, opening height for JV Boys will be 7' 6".

High Jump

1. Girls varsity will vault first; starting height 4' 4".
2. Boys varsity will follow – 5' 4"
3. Girls JV will jump next – 4' 0"
4. Boys Frosh – 4' 8" and boys JV – 4' 8" will follow.

Long Jump

1. Boys and girls varsity divisions will compete in Best pit; 1 hour 30 minutes time limit.
2. Boys JV, frosh, and girls JV will compete in 2nd Best pit if available; 1 hour 30 minutes time limit.

Triple Jump

1. Boys and Girls Varsity division will follow long jump in Best pit.
 2. Boys and Girls JV and frosh will follow long jump in 2nd Best pit if available.
15. Rules No contestant may participate in any sport(versus NCC or Section/State etc;) on two levels on the same day.

Reviewed: March 31, 2011

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VOLLEYBALL – BOYS/GIRLS

1. Schedules
The Conference shall endorse double round volleyball schedules for Varsity, Junior Varsity, and Freshman. Junior Varsity and Freshman will play first and at the same time. Varsity match will be played following the end of the Junior Varsity and Freshman games.
2. Officials
Shall assign currently authorized Officials Associations for all contests.
3. Uniforms
All teams shall be in uniform with easily identifiable numbers on front and back of shirt.
4. Equipment
Home team will provide regulation 12 or 18 panel leather USVBA approved ball, antennae, and a visible scoreboard.
5. Rules
Junior Varsity and Freshman contests are to be played first, with Varsity games to follow. The Varsity coin toss shall be held after the varsity court is ready for play. (Adopted 5-3-06) The Varsity game will begin twenty minutes after the coin toss.
(Adopted 12/14/84)

Trained linesmen will be provided by both the home and visiting schools.
6. Make-up
Postponed contest subject to conference policy.
7. Interrupted Contests
Shall be handled according to CIF, San Diego Section rules.
8. Scoring
(a) the home school shall provide an official scorer and timer.
(b) Varsity format: Varsity competition will be three out of five games.
(Adopted 9/21/83)
9. Championships
League Championship shall be determined on the basis of won-loss record in league contests.

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WATER POLO – BOYS/GIRLS

1. Schedules

The teams will be separated into two or more Water Polo leagues as needed. There will be home games within each league.

All league schedules will be double round.

Order of Playing: JV, Varsity, Novice
(Revised 12/6/00)

Varsity will have a minimum of 20 minute warm-up.
2. Officials

The host schools are to turn in their schedules to the Assignment Secretary.
3. Uniforms

No jewelry may be worn during games. Bandages will be checked by the officials. Their discretion will be used in deciding suitability to compete.
4. Rules

National Federation rules will apply.

All Water Polo coaches must provide a roster prior to the meet.
5. Make-up

Subject to Conference policy.
6. Interrupted Contests

Shall be handled according to CIF, San Diego Section rules.
7. Scoring

Both schools are responsible for providing a scorer. The home book is official.
8. Championship

The League Champion is determined by best won-lost record. Co-champions are possible.

Reviewed: September, 2005

North County Conference

WRESTLING – BOYS

1. Schedules
The Conference shall endorse single round wrestling schedules.

Avocado League to host a league tournament. Site to be determined at pre-season meeting.

Rotating Schedules
Palomar League (8 teams) to implement a rotating bye schedule. (Adopted 3/15/89)
2. Officials
Shall assign currently authorized Official's Associations for all contests.
3. Weight Management
In 2005-2006 it will be mandatory that all wrestlers in California participate in the National Wrestling Coaches Association Weight Management Program which includes:
 - Hydration Testing
 - Body Composition Assessment
 - Establishment of a lowest allowable weight class for each wrestler.
 - Establishment of a safe weight loss program to arrive at the lowest allowable weight class.
 - Nutritional Education. (Adopted: 9/14/05)
4. Weigh-ins
As required by CIFSD Section – Green Book.

Weigh-ins for dual matches are completed ½ hour before the scheduled match time (4:30 p.m. –5:00 p.m.) or at another time agreed upon by the coaches until 5:00 p.m. Each school shall have its scale certified prior to the wrestling season.
5. Rules
National Federation rules as approved by the San Diego Section of the CIF.
6. Make-up
Postponed contests subject to conference policy.
7. Interrupted Contest
Shall be handled according to CIF, San Diego Section rules.
8. Cross Byes
Conference schools may, by mutual agreement, cancel the cross scheduled bye dual match so that

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they may enter an additional tournament at the Varsity level only. JV and Freshman matches will be wrestled.

9. Championships

League Championship shall be determined on the basis of won-loss record in league contests.

10. CIF Playoffs

Individuals shall qualify for the CIF meet, in their classification, as per CIF format.

11. Varsity Ladder

All coaches shall do everything in their power to field the best varsity team and to maintain the integrity of the league schedule.(Adopted 4/1/86)

Revised: September, 2005