

Badminton

A.	Each coach will be responsible for knowing and obeying all of the Badminton regulations of the United States Badminton Association, the North Coast Section, CIF and the TCAL. The North Coast Section by laws may be found at www.cifncs.org .
B.	Schedule
	<p>A maximum of three TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than three contests in one week. However, TCAL league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
	<p>League contest have priority over any non-league contest.</p> <p>The League season will consist of a double round robin schedule.</p> <p>League matches will be played on Tuesdays and Thursdays.</p> <p>Starting time for all contests is 3:30 PM. A contest can start earlier if BOTH coaches agree on a time AND the athletic directors and principals of both schools approve.</p> <p>It is the responsibility of the HOME school coach to decide if a match will need to be cancelled due to weather and court conditions. The home school's coach is encouraged to call the visiting school's coach by 1:00 PM if the match is cancelled.</p> <p>If the match needs to be stopped for emergency conditions, then the team that is ahead in winning contests (minimum of four winners) is declared the contest winner. If neither team has four winners or more then the contest is cancelled with no winner and the match will need to be rescheduled.</p> <p>Postponed contests will be rescheduled on the next available school day with the approval of both schools' principal and athletic director.</p> <p>If a contest is made up, the same participants must compete in their respective</p>

	<p>positions as in the discontinued contest or it is declared an official default. The contests will continue from where scores were at the time of the discontinuation.</p> <p>Contests will not begin unless the head coaches from both schools are present at the contest court area. An assistant coach or adult representative assigned by the SCHOOL PRINCIPAL may represent the head coach.</p> <p>A team captain may not be sent in place of the school's head coach.</p> <p>Coaches shall contact each other prior to their match in order to confirm the number of players.</p>
C	<p>Rosters</p> <p>Rosters are due in the League office 48 hours before the first League contest.</p> <p>The roster shall have first name, last name, and grade of each athlete.</p> <p>There will be one roster with the names of Varsity, JV and Frosh players.</p> <ol style="list-style-type: none"> a. Players may move from one level to another. b. No player will play against the same opponent at more than one level (Varsity, JV, or Frosh) in the same week. <p>Additions must be called to the League office 24 hours before a game followed by written notice 24 hours later.</p>
D	<p>The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.</p>
E	<p>Contest Rules</p> <p>League varsity contests shall consist of first, second, third, and fourth singles players for boys and girls divisions; first, second and third doubles teams for boys' and girls divisions, and a first, second, and third mix doubles teams.</p> <p>League junior varsity matches may be played after the completion of the varsity contests.</p> <p>A player may not participate at more than one level (varsity and JV) against the same opponent (school) during the same calendar week (Sunday through Saturday).</p> <p>If needed, players may enter any two events in league contests at the discretion of the coach.</p> <p>Contest scoring will follow the United States Badminton Association rulebook with the following league variation; girls' singles will play to 15.</p>

	<p>A line-up card or sheet giving the ranked order for singles and doubles must be available at the scorer's table prior to the start of each league match. No changes to the line-up card or sheet may be made after the cards or sheets are submitted.</p> <p>Play shall be continuous from the first service to the conclusion of the match with the exception of an injury to one of the players.</p> <p>Sideline coaching by coaches is not allowed during the match.</p> <p>Coaching is allowed during the break between the second and third games.</p> <p>The winning player or team must report the game scores to the scorer's table immediately following the match.</p> <p>The coach of the winning team for the match will notify the news media of the match results.</p> <p>Water or liquids are not allowed on the court.</p>
E	League Championships
	<p>Championship Determination</p> <p>The League Team Champion(s) will be determined by the league's round robin, head to head competition.</p> <p>Teams tied for first place at the end of the season will be Co-Champions.</p> <p>A Championship Tournament will be held to determine the individual league champions for singles, doubles, and mix doubles play. The first place winners in singles and doubles will be declared league champions and will represent the TCAL in the NCS tournament.</p>

Baseball

A.	Each coach will be responsible for knowing and obeying all of the baseball regulations of the National Federation, the North Coast Section and the TCAL. The North Coast Section by laws may be found at www.cifnco.org .
B.	Schedule
	<p>A maximum of three TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than three contests in one week. However, TCAL league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
	There will be a double round robin schedule for each division.
	Baseball games will start at 3:30 p.m. prior to daylight savings time. After PDT is in effect, games will start at 4:00 p.m. unless prior agreement has been reached between schools.
	Game times may be adjusted with the agreement of the schools involved in the contest.
	A maximum of three (3) games per school week may be played during the season. A fourth game may be played on Saturday, or other school holiday, as long as CIF, NCS or TCAL rules are not violated.
	There may be Frosh competition in either a TCAL or a conference League arrangement.
	Inclement Weather:
	When at all possible, the home team should make a decision on whether the game is to be played by 12:00 noon on game day. Field conditions should be considered when making a decision.
	If all games on a given day are rained out, the league will reschedule the games.
	League games will take precedence over non-league games.
	In the event of a non-weather cancellation, the school canceling the game will

	notify the opponent prior to the day of the game. If the notice is not made in time, the canceling school will pay any expenses involved (buses, officials, etc.)
	If a baseball game is stopped (rain, darkness, etc.) after less than five full innings, it shall be picked up from the point suspended. The game shall resume as if it were not interrupted. (same rosters, scorebook etc.) Game should be resumed as soon as possible without violating previously cited rules on previous games that can be played in a week.
C.	Rosters
	Rosters are due in the League office postmarked 48 hours before the first League contest. The roster shall have first name, last name, and grade of each athlete. There will be one roster with the names of Varsity, JV and Frosh players. c. Players may move from one level to another. d. No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week. Additions must be called to the League office 24 hours before a game followed by written notice 24 hours later.
D.	Results
	The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.
E.	Officials
	All officials for league and non-league games for TCAL schools shall be from an association approved by the league. a. Two officials will be assigned to each varsity game- b. One official will be assigned to the JV games.
F.	League Championships
	There will be a playoff in each division, (no cross over) the winner of the divisional playoff will be the automatic qualifier.
	If the round robin winner is not the playoff winner there will be co-champions.
G.	All League Selections
	1. There shall be ten (10) first team and ten (10) second team all league players. 2. Each player receiving at least one vote will be honorable mention. 3. The MVP will be chosen AFTER the all league selections are chosen. Each coach votes for one player from the first team. Coaches may vote for thier own player for MVP only. Player with the most votes will be the MVP.

	<p>4. Nominations will be as follows: Division of 6: 8 – 7 – 6 – 5 – 4 – 3 based on the team’s final standings. Division of 7: 8 – 7 – 6 -5 - 4 -3 – 2 based on the team’s final standings.</p> <p>5. Coaches vote for opponents only.</p> <p>6. A school forfeits any opportunity for first or second team selections if the coach or representative is not present at the post-season meeting. Coaches at the meeting can award honorable mention status from the missing coach’s team.</p> <p>7. Coaches have the number of votes equal to the number of 1st team members.</p> <p>Coaches are to send in their nominations to tcal1213@gmail.com by the Saturday night prior to the all league meeting. Nominations should be sent in by midnight. (8-6-14)</p> <p>Only ONE coach per school will attend the all league meeting. (8-6-14)</p>
H	<p>Game Conditions</p> <ol style="list-style-type: none"> 1. Very special care should be given to the condition of the field; outfield grass should be cut closely. 2. Bases should be firmly affixed. 3. If a team is late, shorten the infield drill or go without it; the game should start on time. 4. Team members should be instructed to never yell at the umpires or opposition team. 5. Players who are not participating in the game are not allowed to wander about during the game. All players should stay on the bench, except those waiting their turn at bat. 6. Only NHFS approved aluminum bats are allowed.
	<p>NCS Adopted Rules</p> <p>Each league is authorized, by State Association Adoption, to utilize the National Federation rule stating that the game shall end when the visiting team is behind 10 or more runs after 4 innings, or after the fifth inning, if either team is 10 runs or behind and both teams have had an equal number of times at bat.</p>

Basketball

A	Each coach will be responsible for knowing and obeying all the basketball regulations of the National Federation CIF, and the North Coast Section as well as the TCAL. The North Coast Section by-laws maybe found at www.cifncs.org .
B	<p>Schedule</p> <p>Starting Times for Games:</p> <ul style="list-style-type: none"> • Varsity – 7:00 PM. • Junior Varsity – 5:30 PM • Frosh – 4:00 PM <p>Game times may be adjusted with the agreement of the schools involved in the contest.</p> <p>The length of the quarters shall be as follows:</p> <ul style="list-style-type: none"> • Varsity Men’s and Women’s 8 minutes • JV Men’s and Women’s 8 minutes • Frosh Men’s and Women’s 7 minutes <p>Length of the games will be in accordance with the National Federation Rulebook.</p>
	<p>A maximum of three TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than three contests in one week. However, TCAL league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
C	<p>Rosters</p> <p>Rosters are due in the League office postmarked 48 hours before the first League cotest.</p> <p>The roster shall have first name, last name, and grade of each athlete.</p> <p>There will be one roster with the names of Varsity, JV and Frosh players.</p> <ol style="list-style-type: none"> a. Players may move from one level to another. b. No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week.

	Additions must be called to the League office 24 hours before a game followed by written notice 24 hours later.
D	Results
	The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.
E	Officials
	All officials for league and non-league games for the TCAL shall be from an association approved by the league.
F	League Championships
	There will be a playoff in each division, (no cross over) the winner of the divisional playoff will be the automatic qualifier.
	If the round robin winner is not the playoff winner there will be co-champions.
G	All League Selections
	<ol style="list-style-type: none"> 1. There shall be five (5) first team and five (5) second team all league players. 2. Each player receiving at least one vote will be honorable mention. 3. The MVP will be chosen AFTER the all league selections are chosen. Each coach votes for one player from the first team. Coaches may vote for their own player for MVP only. Player with the most votes will be the MVP. 4. Nominations will be as follows: Division of 6: 6 – 5 – 4 – 3 – 2 – 1 based on the team’s final standings. Division of 7: 6 – 5 – 4 – 3 – 2 – 1 – 1 based on the team’s final standings. 5. Coaches vote for opponents only. 6. A school forfeits any opportunity for first or second team selections if the coach or representative is not present at the post-season meeting. Coaches at the meeting can award honorable mention status from the missing coach’s team. 7. Coaches have the number of votes equal to the number of 1st team members. <p>Coaches are to send in their nominations to tc1213@gmail.com by the Saturday night prior to the all league meeting. Nominations should be sent in by midnight. (8-6-14)</p> <p>Only ONE coach per school will attend the all league meeting. (8-6-14)</p>
H	General Rules
	No team will be permitted to use the mid-court circle to conduct pre-game festivities and warm-up activities. Teams are to use the area in front of their benches for such activities.
	Spectator, yell leaders, song girls, etc., may not gather under the basket, inside the extended lines of the key nor may they sit on the floor near the outside lines during

	the game.
	If the spectators are close to outside lines, retaining lines (broken) for the defensive man should exist three feet inside outside lines.
I	Cancellation
	<p>League games that are cancelled or suspended due to conditions that prohibit the game from being play (including, but not limited to, light failure, delay or breakdown of the team bus, lack of scheduled game officials, and other similar situations) must be rescheduled for the next available day (officials' association and team schedules must be taken into consideration).</p> <p>In the event of a cancellation (outside of weather), the school canceling should notify the opponent prior to the day of the game.</p> <p>If the notice is not made in time, the canceling school should pay any expense involved.</p>

Cross Country

A	<p>Each coach will be responsible for knowing and obeying all of the cross country regulations of the National Federation, CIF, the North Coast Section and the TCAL. The North Coast Section by-laws maybe found at www.cifncs.org.</p>
	<p>A maximum of two TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than two contests in one week. However, TCAL schedule league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
B	Schedule
	Regular season meets will start at 4:00 PM
	Regular season League races will consist of Varsity and Junior Varsity teams for both boys and girls.
	Scoring for these meets shall be according to National Federation Rule 9-2 (i.e. non dual meet scoring).
	Meets will be scored as double dual meets when there are three or more teams. (ex: SPSV, St. Mary's and El Cerrito run together. Scoring will be SPSV vs St. Mary's, SPSV vs El Cerrito, St. Mary's vs El Cerrito. Each scored as a dual meet.)
	A team which runs incomplete (i.e. fewer than 5 runners) or does not participate in a meet will be awarded last place in the meet.
	Each may enter up to twelve (12) runners for varsity regular season races. Junior varsity teams may enter an unlimited amount of runners.
	Scoring: For the regular season meetings, the first place team will receive one (1) point, the second place team two (2) points, the third place team will receive three (3) points, and so on. If a team does not compete in a regular season League meet, they will receive the last place points for that meet.
C	Rosters
	<p>Rosters are due in the League office postmarked 48 hours prior to the first league contest.</p> <p>The roster shall have first name, last name, and grade of each athlete.</p>

	<p>There will be one roster with the names of Varsity, JV and Frosh players.</p> <ol style="list-style-type: none"> a. Players may move from one level to another. b. No player will play against the same opponent at more than one level (Varsity, JV, or Frosh) in the same week. <p>Additions must be called to the League office 24 hours before a game followed by written notice 24 hours later.</p>
D	Results: The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.
E	Courses
	<ol style="list-style-type: none"> 1. Varsity races shall be run on a course, which measures, between 2.8 and 3.2 miles. 2. Junior Varsity races shall be run on a course, which measures, between 1.8 and 2.2 miles. 3. The host school must furnish directions to the race site and a map of the course at least one week prior to a scheduled meet.
F	League Champion
	There are two ways a team can win the league championship: a) finish the regular season with the best won-loss record or b) finish first at the league championship meet.
	Should two or more teams tie for the best won-loss record, the team which finishes highest (relative to the other teams in the tie) at the league championship meet will be declared to have the best won-loss record for the regular season.
G	All League
	<ol style="list-style-type: none"> 1. MVP will be the first place finisher in the League meet. 2. First Team - runners 2 through 8 in the League meet. 3. Runners who are unable to run at the League Finals due to injury or illness may be voted to the all league team at the coaches' meeting on the day of the league meet. The names, reason for not competing at the league meet, and reasons for being voted all league must be submitted to the League Commissioner prior to the League Finals. 4. A runner must participate in at least two League races during the season to be considered for the All-League Team.
F	Levels of Competition
	During the regular season, the levels of competition shall be: Varsity Boys, Varsity Girls, Junior Varsity Boys and Junior Varsity Girls.
	At the league championship meet, the levels of competition shall be: Varsity Boys, Varsity Girls, Junior Varsity Boys, Junior Varsity Girls and Frosh-Soph Boys, and Frosh-Soph Girls.
F	League Championship Meet

	League meet schedule: 1:00 p.m. Coaches meeting 1:30 p.m. Races begin
	Varsity races are limited to seven runners per team. All other races are unlimited. A school may enter no more than seven (7) runners in each of the varsity races. A school may enter any number of runners in each of the Frosh-Soph and junior varsity races.
	A boy's and girl's Frosh/Soph race will be added to the Championship meet.
	The levels of competition shall be: Varsity Boys, Varsity Girls, Junior Varsity Boys, Junior Varsity Girls and Frosh-Soph Boys.
	The varsity races shall be run on a course, which measures between 2.8 and 3.2 miles.
	The junior varsity and Frosh-Soph races shall be run on a course, which measures between 1.8 and 2.2 miles.
	The Meet Director shall be responsible for a) assigning meet duties to the participating schools, b) communications to all participating schools, and c) providing results to all participating schools and local media.
	The site director shall be responsible for a) securing the race site, b) obtaining proper permit and insurance forms related to the use of the race site and c) marking and otherwise preparing the race site.
	The League Commissioner shall be responsible for a) obtaining the awards for the league championship meet and b) organizing and presenting the awards at the conclusion of the meet.
	Entries to the NCS meet are to be submitted on line at the NCS web site.

Football

A	Each coach will be responsible for knowing and obeying all the football regulations of the National Federation, the CIF, the North Coast Section and the TCAL. The North Coast Section by-laws may be found at www.cifnco.org .
B	Schedule
	There shall be a single round robin schedule.
	The home team shall set game times.
	If a football game must be postponed from the scheduled date due to unavoidable circumstances including, but not limited to, unplayable field, smog and health alerts, light failure, earthquake, game officials not at the game, threat of violence, disruption of the game by non-participants, and other similar school emergencies and situations. It must be rescheduled for the next available date (Sundays excluded). If the original game was on a Thursday, the possible available days are Friday, Saturday, or the following Monday (afternoon preferred). If the original game was scheduled for a Friday, the next available days are Saturday or the following Monday (afternoon preferred). If the original game was scheduled for a Saturday the next available day is the following Monday.
	If a game on the final Friday of the regular season is postponed and involves a team(s) that has the opportunity to qualify for the NCS tournament, the game will be played on Saturday at a time and place agreeable to both schools. If a scheduled game for Saturday afternoon, which involves team(s) that has the opportunity to qualify for the NCS tournament, is postponed or cannot be played, the game shall be moved to a League school with facilities for night games. A night game on the final Saturday involving a team with NCS possibilities that cannot be played cannot be rescheduled; the NCS must determine how to admit or rank that team for NCS playoffs.
C	Rosters
	Rosters are due in the League Office postmarked 48 hours prior to the first League contest. The roster shall have first name, last name, and grade of each athlete. There will be one roster with the names of Varsity, JV and Frosh players. <ul style="list-style-type: none"> a. Players may move from one level to another. b. No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week. Additions must be called to the League office 24 hours before a game followed by written notice 24 hours later.
D	The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.
E	Officials
	All officials for league and non-league games for the TCAL shall be from an

	association approved by the league.
	There shall be four officials for each Varsity and Junior Varsity contest. A fifth official may be scheduled.
	There shall be a minimum of three (3) officials for Frosh games; however, schools are encouraged to hire four.
F	Championship Determination
	The League Champion will be determined by the league round robin, head to head competition.
	There may be tri-champions at the end of league competition.
	There will not be co-champions unless a three-way tie occurs.
	<ol style="list-style-type: none"> 1. TCAL Head to Head competition between the tied teams. If there still is a tie among teams, then, 2. Comparative records versus league opponents starting at the top of the standings and moving progressively down. If there still is a tie among teams, then, 3. Lottery. Will be drawn at the pre-season coaches meeting. The tied school with the lowest number (1-8) will be declared the championship for the purpose of the league's automatic NCS tournament berth.
G	All League
	The All League Team shall be selected at the coaches' post-season meeting attended only by the League's Varsity coaches.
	There 24 players on the all league team: 12 offensive, 12 defensive teams.
	Each school may nominate anyone for Honorable Mention list.
	<ul style="list-style-type: none"> • At the beginning of the meeting, the chairman, as determined by the Commissioner, shall poll the group and determine how many players will be picked at each position. • Nominees will then be listed for each position. • Each school is entitled to five (5) nominations plus one additional for each win or tie for both the offensive and defensive teams. • After each coach has spoken for his nominees for each position, the coach will vote for the number of players they have agreed to select at that position, and the votes will be tallied. • No coach may vote for his own players. • <u>Top vote getters make the team</u>; process to be repeated for each offensive and defensive position.
	<p>A school forfeits any opportunity for first or second team selections if a coach or representative is not present at the post-season meeting. Coaches at the meeting can award honorable mention status from the missing coach's team.</p> <p>Coaches are to send in their nominations to tcal1213@gmail.com by the Saturday night prior to the all league meeting. Nominations should be sent in by midnight. (8-6-14)</p>

	Only ONE coach per school will attend the all league meeting. (8-6-14)
H	Special Contest Rules
	No player may participate against an opponent at more than one level.
	If a varsity game, at the end of regulation play, ends in a tie, the National Federation 10-yard line overtime procedures tiebreaker system for games will be used to decide the winner of the game . The National Federation overtime procedure is the only overtime procedure approved by the NCS as specified by the CIF.
I	Film/Tape Exchange
	There is a mandatory film exchange between coaches in the league.
	Game film/tape must be exchanged by Sunday morning at 9:00 AM.
	Coaches should call opponent school by Thursday night to make arrangements for the weekend exchange.
	If Friday night game film/tape, for technical reason, does not record or if quality is poor, the opponent coach can ask for a previous film/tape or call another school for the game film/tape. If this cannot be done then other arrangements for film/tape exchange with the opponent school should be made.
J	Spring Practice, Pre-Season Conditioning Period, Out of Season Conditioning and required minimum number of practice days are governed by CIF and NCS rules and regulations as stated in the current NCS Sports and General Rulings Handbook.
K	Medical Assistance
	No football game, Varsity, JV or Frosh, shall be allowed to start without the presence of qualified physician, paramedic, National Athletic Trainers Association certified trainer or a registered nurse.
	The "medic" shall sit on one of the participating team's benches.
	Extensive measures in regard to first-aid transportation (ambulance) and the responsibility herein is the concern of the home team.
	If an ambulance cannot be provided at the site of the contest, an adult member of the school staff bears the responsibility for contacting a city department providing ambulance service.
	It is required to have ice available on the sidelines for all games.
L	General Rules
	The home school is responsible for furnishing an adult timer for Varsity games and providing a competent three-person chain gang. - Timer and chain gang will be at games fifteen (15) minutes prior to the starting time to receive instructions from the gang officials.
	Home schools should assign persons to patrol the sidelines and keep them clear of all unauthorized persons.
	Bench and sidelines must be strictly controlled by the Athletic Director of the home school through use of Field Passes, which must be worn in a visible manner.

	Members of the faculty should patrol rooting sections.
	The “home team” as per the official league schedule will retain the responsibilities of the “home team” regardless of where the game is played.
	Quarters shall be 12 minutes for Varsity and 10 minutes for Jr. Varsity and Frosh games.
	Visiting teams may have a man at the timer’s table and one man on the yard sticks (chain gang)
	Fields of League games must be lined with inbound “hash” marks denoting where the ball is to be put in play.
	The home team will be responsible for providing all support personnel and equipment required to conduct a contest. This would include, but not limited to required scorekeepers, timekeepers, line judges, visible timing and scoreboard devices, team seating, and other similar items.

Golf

A	Each coach will be responsible for knowing and obeying all the golf regulations of the United States Golf Association, the North Coast Section and the Bayshore Athletic League. The North Coast Section by-laws may be found at www.cifncs.org .
B	Schedule
	The League season will consist of a double round robin schedule, if there are fewer than ten teams. If there are 10 or more teams, there will be two divisions.
	Varsity contests will start between 3:00-3:30 PM, or as course availability permits.
	A maximum of three TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday. Non-league contests are scheduled at the discretion of the school, which may involve more than three contests in one week. However, TCAL league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest. All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.
C	Rosters
	Rosters are due in the League office postmarked 48 hours prior to the first League match.
	Roster additions must be called to the League office 24 hours before a League match and followed up by the required written notification within 24 hours of the call.
	A team consist of at least two (2) players.
D	Results - The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.
E	League Championship
	The robin winner will be the League Champion
	The tournament champion is the NCS automatic qualifier
	Teams tied for first place at the end of the season will be Co-Champions.
	Tie breaker for Championship and NCS Automatic Berth If two or more teams tie for the league championship, then the following procedure will be used to determine the champion and the TCAL's automatic berth in the NCS tournament:

	<ul style="list-style-type: none"> • Of the tied teams, the team that has the highest finish in the league tournament. If still tied, then, • Head to Head competition in the league dual matches
F	The top six finishers in the League tournament shall be the All-League Team. Only TCAL member schools or teams supplemented to the TCAL may earn all league. Individuals supplemented into the league championships may qualify for NCS but not all league.
G	Contest Rules
	Rules that govern local course play will be observed.
	Other playing rule variations that are allowed by the USGA with agreement with both coaches. The USGA rules shall be the official rules for TCAL play.
	Dual matches will be nine (9) holes.
	Up to six golfers for each team may play.
	The four lowest scores from the team of six (“score four of six”) will be used to determine the dual match winner. Scoring will be based on medal play. The number of strokes taken by the lowest four (4) team members will be compiled to determine the team’s overall score. The team with the lowest score will be the winner of the match. In the event of a tie, the fifth player’s score will be added; if still tied, the sixth players score will be added, if still tied 6 players from each team play additional hole(s) until the is broken.
	Summer rules should be played at all times. The only exception being when the team coach and home pro feel that winter rules must be played. Winter rules are defined as the marking of the ball, picking it up and cleaning it and placing it down within six (6 inches of the mark no nearer the hole. The ball is then live and in play.
	The throwing of a club will result in a two (2) stroke penalty each time a club is thrown or mashed into the turf or any other course subject.
	Each player & coach must be equipped with individual golf bags, sets of clubs and shoes.

Soccer

A	Each soccer coach will be responsible for knowing and obeying all the soccer regulations of the National Federation and the North Coast Section as well as the TCAL. The North Coast Section by-laws may be found at www.cifnco.org .
B	Schedule
	The League season will consist of a double round robin schedule. League games have priority over any non-league games.
	<p>Match Length</p> <p>Two (2) forty (40) minute halves will be played with a ten (10) minute half time for the varsity level.</p> <p>Two (2) thirty five (35) minute halves will be played with a ten (10) minute half time for the junior varsity level.</p>
	<p>Match Time</p> <p>JV at 4 p.m. and Varsity at 6 p.m., unless otherwise agreed upon by both competing teams.</p> <p>Late arrival: traveling teams will be allowed fifteen (15) minutes warm-up prior to the beginning of the match.</p>
	Inclement Weather: When at all possible, the home team should make a decision on whether the game is to be played by 12:00 noon on game day. Field conditions should be considered when making a decision.
	League games that are cancelled or suspended due to weather conditions or other conditions prohibits the game from being play (including, but not limited to, light failure, delay or breakdown of the team bus, lack of scheduled game officials, and other similar situations) must be rescheduled for the next available (officials' association and team schedules must be taken into consideration) day.
	<p>A maximum of three TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than three contests in one week. However, TCAL league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
C	Rosters
	Rosters are due to the league office postmarked 48 hours prior to the first league

	<p>game. The roster shall have first name, last name, and grade of each athlete.</p> <p>Rosters are due in the League office postmarked 48 hours before the first League contest. The roster shall have first name, last name, and grade of each athlete.</p> <p>There will be one roster with the names of Varsity, JV and Frosh players.</p> <ol style="list-style-type: none"> a. Players may move from one level to another. b. No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week. <p>Additions must be called to the League office 24 hours before a game followed by written notice 24 hours later.</p>
	Seniors are NOT allowed to compete in Junior Varsity Games (league or non-league games).
D	The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.
E	Officials
	All officials for league and non-league games for the TCAL shall be from an association approved by the league.
	There will be at least two (2) officials required for each match.
	Either coach may refuse to start a match without all officials present. If the match never starts due to the arrival time of officials, no officials will be paid.
F	Standings
	Round robin standings shall be compiled on the basis of the following scoring methods: Three (3) points for a win. One (1) point for a tie. Zero (0) points for a loss.
G	League Championship
	There will be a playoff in each division, (no cross over) the winner of the divisional playoff will be the automatic qualifier.
	If the round robin winner is not the playoff winner there will be co-champions.
H	All League Selections
	<ol style="list-style-type: none"> 1. There shall be ten (11) first team and ten (11) second team all league players. 2. Each player receiving at least one vote will be honorable mention. 3. The MVP will be chosen AFTER the all league selections are chosen. Each coach votes for one player from the first team. Coaches may vote for thier own player for MVP only. Player with the most votes will be the MVP.

	<p>4. Nominations will be as follows: Division of 6: 8 – 7 – 6 – 5 – 4 – 3 based on the team’s final standings. Division of 7: 8 – 7 – 6 - 5 - 4 - 3 – 2 based on the team’s final standings.</p> <p>5. Coaches vote for opponents only.</p> <p>6. A school forfeits any opportunity for first or second team selections if the coach or representative is not present at the post-season meeting. Coaches at the meeting can award honorable mention status from the missing coach’s team.</p> <p>7. Coaches have the number of votes equal to the number of 1st team members. Coaches are to send in their nominations to tcal1213@gmail.com by the Saturday night prior to the all league meeting. Nominations should be sent in by midnight. (8-6-14)</p> <p>Only ONE coach per school will attend the all league meeting. (8-6-14)</p>
H	Field Markings
	All four corners of the field will have corner flags which will be constructed so that they are safe to the players. When possible half field flags will be available.
	Home teams have the option to determine the location of the team benches on the soccer field. All non-participating players should be on the team bench.
	Field lines and field markings must be in accordance with the National High School Federation Rule Book.
I	Crowd Control
	It is recommended that a barrier be put in place along the touch lines of the playing field.
	Spectators must stay behind this barrier.
	Only coaches, players, referees, and trainers are on the other side.
	If problems occur, the coaches can receive a yellow card for crowd control.
J	Red and Yellow Card Rule Follow the NCS ejection policy.
M	Equipment and Uniforms
	Home team is responsible for changing jersey colors in the event of a color conflict, at the discretion of the referee.
	All goals must be counter-weighted or secured to the ground to prevent goals from tipping over. Home teams must forfeit the match if the goal security is not suitable.
M	NCS Adopted Rules
	Each league is authorized, by State Association Adoption, to define how suspended games will be continued according to the options which the National Federation Soccer Rule Book allows. How the suspended game will continue will be left up to the Commissioner.

Softball

A	Each softball coach will be responsible for knowing and obeying all of the softball rules and regulations of the National Federation, the North Coast Section and the TCAL. The North Coast Section by-laws may be found at www.cifncs.org .
B	Schedule
	There shall be a double round robin schedule.
	<p>A maximum of three TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than three contests in one week. However, TCAL league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
	Each home school shall provide their own field for all league games.
	Game will start at 3:30 p.m. prior to daylight savings time and 3:45 after PDT is in effect.
	For day games: varsity, junior varsity, and frosh/soph – 4:00 PM (exception El Cerrito and Hercules home games start at 3:30 PM. They play at city parks). League games scheduled before daylight savings can start at 3:30 PM.
	For night games: varsity, junior varsity, and frosh/soph – 5:00 PM
	Inclement Weather: When at all possible, the home team should make a decision on whether the game is to be played by 12:00 noon on game day. Field conditions should be considered when making a decision.
	<p>League games that are cancelled or suspended due to weather conditions or other conditions prohibits the game from being play (including, but not limited to, light failure, delay or breakdown of the team bus, lack of scheduled game officials, and other similar situations) must be rescheduled for the next available school day. The officials' association and team schedules must be taken into consideration when finalizing the reschedule.</p> <ul style="list-style-type: none"> • Saturday games are permissible if agreed upon by both schools. • Games must be made up in the order in which they were originally scheduled. • League games will take precedence over non-league games. • The date for playing re-scheduled games should be made by mutual agreement between coaches and/or athletic directors.

	<ul style="list-style-type: none"> Should there be no mutual agreement, the Commissioner will exercise his/her authority to set the date of the game. Failure to comply with this ruling will constitute a forfeiture of the game by the offending teams.
	In the event of a non-weather cancellation, the school canceling the game will notify the opponent prior to the day of the game.
	In case of a rained-out game, the traveling team is to be notified of postponement by noon of game day.
	In the event of cancellation (outside of weather), the school canceling should notify the opponent prior to the day of the game. If the notice is not made in time, the canceling school will pay any expenses involved.
	<p>Rained-out softball games should be made up the following day where possible; failing that, within eight (8) school days.</p> <ul style="list-style-type: none"> Games must be made up in the order in which they were originally scheduled (8/22/96) League games will take precedence over non-League games when it is necessary. The date for playing rescheduled games should be made by mutual agreement between coaches and/or athletic directors. Should no mutual agreement occur, the Commissioner has the power to set the date for the game. Failure to comply will constitute a forfeiture of the game.
	<p>If a softball game is stopped (rain, darkness, etc.) after less than five full innings, it shall be picked up from the point suspended unless both coaches agree not to and the game would have no bearing on league standings.</p> <ul style="list-style-type: none"> Game should be resumed as soon as possible without violating previously cited rules on previous games that can be played in a week.
	In the event that a protest is upheld, and the protest invalidates the game, the game is replayed from the point of the protest.

C	Rosters
	<p>Rosters are due in the league office postmarked 24 hours before the first league contest.</p> <p>The roster shall have first name, last name, and grade of each athlete.</p> <p>There will be one roster with the names of Varsity, JV and Frosh players.</p> <ol style="list-style-type: none"> Players may move from one level to another. No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week. <p>Additions must be called to the League office 24 hours before a game followed by written notice 24 hours later.</p>

D	The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.
E	Officials

	All officials for league and non-league games for the TCAL shall be from an association approved by the league.
	Two umpires will be assigned to each varsity game. If only one umpire appears to work the game, the game may be played by mutual consent of the schools' head coach. One umpire will be assigned to each JV game.
F	League Championships
	There will be a playoff in each division, (no cross over) the winner of the divisional playoff will be the automatic qualifier.
	If the round robin winner is not the playoff winner there will be co-champions.

G	All League Selection
	<ol style="list-style-type: none"> 1. There shall be ten (10) first team and ten (10) second team all league players. 2. Each player receiving at least one vote will be honorable mention. 3. The MVP will be chosen AFTER the all league selections are chosen. Each coach votes for one player from the first team. Coaches may vote for their own player for MVP only. Player with the most votes will be the MVP. 4. Nominations will be as follows: Division of 6: 8 - 7 - 6 - 5 - 4 - 3 based on the team's final standings. Division of 7: 8 - 7 - 6 - 5 - 4 - 3 - 2 based on the team's final standings. 5. Coaches vote for opponents only. 6. A school forfeits any opportunity for first or second team selections if the coach or representative is not present at the post-season meeting. Coaches at the meeting can award honorable mention status from the missing coach's team. 7. Coaches have the number of votes equal to the number of 1st team members. Coaches are to send in their nominations to tcal1213@gmail.com by the Saturday night prior to the all league meeting. Nominations should be sent in by midnight. (8-6-14) <p>Only ONE coach per school will attend the all league meeting. (8-6-14)</p>

H	Special Contest Rules
	Pitching machines will not be allowed during pre-game warm-up.
	Pre-game warm-up practice will be limited to ten (10) minutes on the field for each team. The visiting team will practice first on the field starting twenty-five (25) minutes before game time. If the visiting team is delayed, the home team should take pre-game practice first. Infield practice will be give (5) minutes to each school. Visiting teams will take infield drill first if time permits, or else the home team will take infield while the visitors warmup.
	The game will start on time. If a team is late in arriving for the game, pre-game warm-up practice will be shorten or cancelled.

	If either team is late and field use time is being encroached upon, there will be only a five (5) minute warmup and not an additional 5 minutes for infield.
	The host school's coach will review the ground rules with the visiting coach the umpires prior to each game. When possible, a written card of ground rules should be available for each team and the umpires. Ground rules are to be reviewed by the host school coach with the officials and visiting coach prior to each game.
	Players not participating in the game are not allowed to wander outside the dugout area. All players will stay on the bench, except those waiting their turn at bat or warming up in the designated warm-up area.
	Team members will be instructed to never yell at the umpires or at the opposing team.
	Teams, which do not have dugouts, shall have a restraining line.
	Regulation pitchers plate will be used.
	Special care will be given to the condition of the field: bases will be tied down or firmly fixed.
I	NCS Adopted Rules
	Each league is authorized, by State Association Adoption, to use the optic orange or optic yellow softball for all softball contests. <i>(Board of Managers 5/1/00)</i>
	Each league is authorized, by State Association Adoption, to use the tiebreaker procedures outlined in the current year's National Federation Softball Rules Book. <u>Tiebreaker procedure</u> The tie-breaker will start in the 10 th inning of play. Starting with the 10 th inning each half-inning begins by placing a runner on second base. That runner is the player in the batting order that precedes the lead-off batter in the inning. Then the game proceeds a full inning or until a winner is determined in that inning.
	Game ending procedure. Each league is authorized, by State Association Adoption, to utilize the National Federation rule stating that the game shall end when the visiting team is behind 10 or more runs after 4 innings, or after the fifth inning, if either team is 10 runs or behind and both teams have had an equal number of times at bat.

Swimming

A	Each swimming coach will be responsible for knowing and obeying all swimming regulations of the National Federation and North Coast Section as well as the TCAL. The North Coast Section by-laws maybe found at www.cifnco.org .
B	Schedule
	The schedule shall be a single round robin. The League season will consist of a single round robin schedule and a league championship meet
	<p>A maximum of two TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than two contests in one week. However, TCAL schedule league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
	There shall be both Varsity competition and JV competition at the League Meet.
	Starting Time for League Meets: 3:30 PM. Starting time for championship meet days to be set by meet director.
	Schools not having League swim teams may send individual swimmers to the League Meet with the right to go on and represent the League at the NCS Meet.
	No student may participate as a member of another team as long as the season of sport, as established by the North Coast Section, has started. This applies to schools that don't have teams as well as those that do.
C	Rosters
	<p>Rosters are due in the league office postmarked 24 hours before the first league contest.</p> <p>The roster shall have first name, last name, and grade of each athlete.</p> <p>There will be one roster with the names of Varsity, JV and Frosh players.</p> <ol style="list-style-type: none"> a. Players may move from one level to another. b. No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week. <p>Additions must be called to the League office 24 hours before a game followed by</p>

	written notice 24 hours later.

D	Results - Results of all games for the week will be reported to the school's athletic director in time for the AD to report them to the Commissioner's office during the regular weekly report.
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E	League Championship
	The winners of the Boys and Girls competition in the League Meet shall be declared League champions.
	The meet will be conducted on a timed final basis with the top 16 scoring.
	The involved coaches will set the operation of the TCAL Meet with plans submitted to the Athletic Directors' Advisory Board for approval. <ul style="list-style-type: none"> • Plans must include times, dates, number of entries, locations, Meet director and site as well as other general plans. • The tournament director and site will be selected at the swim coaches' pre-season meeting.

F	All League
	The winner of each event will be all league.

Tennis

A	Each Tennis coach will be responsible for knowing and obeying all the Tennis regulations of the USTA, North Coast Section and the TCAL. The North Coast Section by-laws may be found at www.cifnccs.org .
B	Schedule
	The schedule will be a double round robin for each division and single round robin against the other division schools. Divisions will be established by strength of program and will be revised every two years.
	Starting time for all matches is 3:30 PM. With introductions on later than 3:15 p.m. If both teams are on site, BOTH coaches may agree to start a meet earlier. A match can start earlier if BOTH coaches agree on a time AND the athletic directors and principals of both schools approve.
	<p>A maximum of three TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than three contests in one week. However, TCAL league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
	It is the responsibility of the HOME school coach to decide if a match will need to be cancelled due to weather and court conditions. The home school's coach is encouraged to call the visiting school's coach by 1:00 PM if the match is cancelled.
	If the match needs to be stopped for weather or other emergency conditions, then the team that is ahead in winning matches (minimum of four winners) is declared the match winner. If neither team has four winners or more then the match is cancelled with no winner and the match will need to be rescheduled.
	If a match is made up, the same participants must compete in their respective positions as in the discontinued match or it is declared an official default. The matches will continue from where scores were at the time of the discontinuous.
	Matches will not begin unless the head coaches from both schools are present at the match court area. An assistant coach or adult representative assigned by the SCHOOL PRINCIPAL may represent the head coach.
C	Rosters

	<p>Rosters are due in the League office postmarked 48 hours prior to the first League match.</p> <p>The roster shall have first name, last name, and grade of each athlete.</p> <p>There will be one roster with the names of Varsity, JV and Frosh players.</p> <ol style="list-style-type: none"> a. Players may move from one level to another. b. No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week. <p>Additions must be called to the League office 24 hours before a game followed by written notice 24 hours later.</p>
	<p>A ladder for singles is due in the League Office postmarked 24 hours before a League match.</p>

D	<p>Results: The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.</p>
E	<p>League Championship</p> <p>The League Champion(s) will be determined by the leagues round robin, head to head competition.</p> <p>Teams tied for first place at the end of the season will be Co-Champions. The NCS qualifier will be determined by a playoff with the home site decided by a coin toss. If time does not allow for a playoff the NCS qualifier will be determined by the draw made by Athletic Directors.</p> <p>First place winners in singles and doubles at the League Tournament shall be declared champions and shall represent the League at the NCS championships.</p> <p>The winner of the League championship shall receive the championship banner.</p>

F	<p>Matches</p> <p>League matches will be on the varsity level and if possible JV level.</p> <p>League varsity meets shall consist of at most four singles and three doubles matches; players cannot play both singles and doubles in the same meet.</p> <p>Varsity matches shall be best of three sets, no add scoring, with a seven-point tiebreak [first to seven 7 points by a margin of 2] at six games-all. Junior Varsity meets will consist of doubles matches unless other arrangements are made prior to the meet and matches will consists of an 8-game pro sets with a 12-point tie breaker at 7 all.</p> <p>At the end of the first set, players may take a break of up to two (2) minutes but may not leave the court unless for a bathroom break.</p> <p>If the players split sets, players may at the end of the second set take a ten (10) minute break and leave the court.</p> <p>All matches shall be played to completion. Once a meet has been decided, if players split sets, and if both coaches and players agree, a 10-point tiebreak [first to 10 points by a margin of 2] in place of the third set may be played.</p> <p>If a team has less than ten players, the team must forfeit empty positions as follows:</p> <ol style="list-style-type: none"> a. A team with only 9 players must forfeit a fourth singles. b. A team with only 8 players must forfeit a third doubles
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	<p>c. A team with only 7 players must forfeit 4th singles and 3rd doubles</p> <p>d. A team with only 6 players must forfeit 2nd and 3rd doubles</p> <p>e. A team with only 5 players must forfeit 4th singles and 2nd and 3rd doubles</p> <p>f. A team with only 4 players must forfeit all doubles</p> <p>g. If both teams forfeit the same empty position neither team gets a point.</p> <p>If both teams have less than ten players and the meet ends in a tie, the team with the most players is declared the winner</p>
	Warm-up time including serves prior to matches is not to exceed ten (10) minutes.
	Servers are responsible to call out the games score before the first serve and the receiver must acknowledge that the declared score is correct.
	Play is continuous and a player cannot leave the courts even between the first and second set and can only leave the courts for a injury or a bathroom visit after the match has started. Maximum time for this break is five minutes.
	If a player requests a linesman during a match, the coaches must provide a linesman from each school to perform this duty. Coaches are not allowed to be line judges unless there is a mutual agreement. Linesmen make a call only when the player challenges a call.
	Coaches may coach during a match for a minute or less but only after the third game of the first set and subsequent change of ends or at the end of the first set. The coach may coach for a longer period of time during the 10 minute break between the second and third set.
	No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week.

G	Ladder
	<p>Singles Ladder</p> <ul style="list-style-type: none"> ❖ A singles ladder will be sorted in decreasing order starting with the number one player through the last player on the ladder. As a player improves faster than other players, the player may move up but not move more than one spot on a team ladder between successive league meet. The ladder must be continuously kept up-to-date and the new ladder be given to the opposing Coach and TCAL by email, text or a hard copy. ❖ If a singles player or single players is/are absent, the player(s) must move up to fill the absent positions but the singles lineup must maintain the order of rank, i.e. the highest ranked player at #1, #3 lower in rank than #2 and #4 lower in rank than #3. <p>Doubles Ladder</p> <ul style="list-style-type: none"> ❖ The doubles ladder will be drawn from the number one doubles team to the last team on the ladder. As players improve faster than other players, the player may move up but not move more than one spot on a team ladder between successive league meet. The ladder must be continuously kept up-to-date and the new ladder be given to the opposing Coach and TCAL by email, text or with a hard copy. ❖ If a higher doubles team is absent for a meet, a doubles team may move up to play in place of higher ranked teams and the rank remains from best to last.

	<p>❖ In the event that a singles player or a substitution of a player from one doubles team to another is made, than a point value for each doubles team based on the sum of the singles ranking will be used to rank all doubles teams. The lowest sum team will play #1 doubles. The second lowest sum team will play #2 doubles. The third lowest sum team will play #3 doubles. If the sum of two or three of the doubles teams is equal, then the highest rank individual player shall be the higher ranked doubles teams.</p> <p>A violation of this rule may result in the guilty team forfeiting the meet.</p>
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H	League Tournament
	The TCAL Commissioner will submit plans to the Athletic Directors' Advisory Board for final approval that includes times, dates, location and appoint a division coach as the Tournament director.
	The division coaches will meet before the tournament to determine the draw and seeding according to the guidelines of the USTA and TCAL records. The Tournament director will be the chair of the coaches meeting.
	To participate in the tournament, a player must have played in at least half of the regular season meets. The NCS Hardship rule will apply.
	No player or doubles team from the same school same side of the draw.
	Each School may have two singles players and two doubles team.
	Each participating school will provide four cans of new tennis balls.
	The League Tournament will be single elimination except for the semi finals.
	All scoring will consist of 10 No-Ad Pro Set game for the first and second round and 2 out of 3 No-Ad 7-point tiebreak sets for the semi, 3 rd place and finals rounds.
	There will be a rest period of 15 minutes after the 10 Game Pro Set matches and 30 minute rest period between 2 out of 3 No-Ad 7-point tiebreak matches.
	Tournament match delay penalties: First 5 minutes – loss of toss and 1 game. Second 5 minutes – loss of an additional game. Third five minutes, loss of the match.

I	All League
	First Team will be the players who participate in the finals of the league tournament. Second Team will be the players who participate in the semi-final matches, but do not make it to the finals.

Track

A	Each track coach will be responsible for knowing and obeying all track regulations of the National Federation and the North Coast Section as well as the TCAL. The North Coast Section by-laws maybe found at www.cifnecs.org
B	Schedule
	There shall be a single round-robin schedule, with a dual meet or tri-meet format with individual scoring, and a League Meet. The League season will consist of a single round robin schedule.
	<p>A maximum of two TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than two contests in one week. However, TCAL schedule league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
	There shall be Varsity competition for both Men's and Woman's and Junior Varsity for Men's only.
	<p>Starting Times for Meets:</p> <ul style="list-style-type: none"> • For day meets: 3:30 PM. • Game times may be adjusted with the agreement of the schools involved in the contest. <p>Official starting time for dual Meets is 3:30 p.m. but can be changed by mutual agreement.</p>
	All meets will be conducted as scheduled unless inclement weather makes the track and field conditions unplayable.
	<p>Inclement Weather: When at all possible, the host team should make a decision on whether the meet is to be conducted by 12:00 noon on meet day.</p> <p>In the event of cancellation, outside of weather, the school canceling should notify the opponent prior to the day of the Meet. If cancellation is for weather, notice should be by Noon of the day of the Meet.</p>
	If notice is not made in time, the canceling school will pay any expenses involved.
	In the case of inclement weather, the Meet should be rescheduled on the next school day for involved schools.

	League games that are cancelled or suspended due to weather conditions or other conditions prohibits the game from being play (including, but not limited to, delay or breakdown of the team bus, lack of scheduled game officials, and other similar situations) must be rescheduled for the next available day (officials' association and team schedules must be taken into consideration).
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C	Rosters
	Rosters are due in the League office postmarked 48 hours prior to the first League Meet. The roster shall have first name, last name, and grade of each athlete. There will be one roster with the names of Varsity, JV and Frosh players. <ul style="list-style-type: none"> a. Players may move from one level to another. b. No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week. Additions must be called to the League office 24 hours before a game followed by written notice 24 hours later.

D	Results
	The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.

E	League Championship
	There are two ways a team can win the league championship: a) finish the regular season with the best won-loss record or b) finish first at the league championship meet. The best regular season meet record will determine the League Champion.
	Should two or more teams tie for the best won-loss record, the team which finishes highest (relative to the other teams in the tie) at the league championship meet will be declared to have the best won-loss record for the regular season. (May 2004).

F	All League
	The winners of each event, including all relay team members for both boys and girls, shall comprise the All-League Team.

G	Meet Rules
	The first meet and only the first meet will count as a win/lose for the teams that are paired with each other.
	The dual Meet results must be delivered to the home Athletic Director in time to be reported to the League office on Sunday at the specified reporting time.
	The St. Mary's three-corner track is approved for dual league meets.

H	Order of Events
	The order of events for dual Meet competition shall be the same order of events for the NCS Bayshore.
	The order in dual events shall be JV Boys, Varsity Girls and Varsity Boys expect in the

	hurdle events.
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I	League Meet
	<p>The Track Committee, composed of all track coaches, shall be responsible for the organization and conduct of the League Meet. This committee shall meet before the League Meet to determine entries and to review rules and regulations for the TCAL Meet.</p> <ul style="list-style-type: none"> • Entries for the League Meet will only be accepted on the entry cards furnished by the NCS on the date established. They must be properly filled out. Following the entry date, only drops will be accepted. NO additions or change of the events are allowed. • If a track coach does not show up for a Track Committee seeding meeting without prior contact, or if the coach is late, athletes will be seeded into an open lane (if available) and will be seeded last in the field of events.
	<p>In addition to seeding at the pre-meet meeting, the Track Committee and/or Meet Director shall be responsible for:</p> <ul style="list-style-type: none"> • Updating and furnishing the League office with records. • Publishing and distributing results. • Insuring the league entries are forwarded to the North Coast Section classification meet director. • supervising event officials.
	The league meet shall be held before the NCS Bayshore meet.
	Scoring of the League Meet will be as recommended by the National Federation rule book.
	If, for any reason, a championship meet cannot be held before the Division Meet, a Committee of the track coaches shall meet and decide by a vote or discussion, which students shall qualify for the Division Meet.
	The League Meet shall be a qualifying Meet for the NCS Meets. Team results will be counted in determining the League champion. If the champion is different from the dual meet winner, there will be co-champions.
	League Meet competition will be for Varsity and JV level Boys and Varsity Girls.
	Each school is guaranteed one entry (with a maximum of 32 entries total) in each individual event and one team in each relay event, unless otherwise specified. Competition in a trial event, but not qualifying, still counts as an event.
	Practice times may not be used for seeding purposes. Copies of Dual Meet results will be used for seeding purposes.
	Three (3) field event trials and finals will be completed on the first day of the League Meet.
	Three (3) field event trials and finals will be completed on the second day of the League Meet.
	For "hardship" participation in the TCAL League Championship Meet, the North Coast Section rule (24.709, page 81, Sports & General Ruling Handbook, 2002-03) will be adapted for the TCAL. The "hardship rule" is designed to provide consideration for the outstanding and deserving athlete in the League, who through an <i>extenuation circumstance</i> is prevented from participating in the League

	<p>Championship meets and thereby from qualifying for participation in the NCS Meet qualifiers competition. The following procedure will be observed:</p> <ul style="list-style-type: none"> • Application for consideration will be presented to the TCAL meet director in writing by the coach before the meet starts, giving name, event, circumstances, and evidence of outstanding and deserving performance(s). The Qualification Committee, appointed before the meet, but excluding the petitioning coach, will act on “hardship case” application immediately following the meet and its decision will be final. • A student/athlete granted favorable consideration by the Committee will participate on the following Tuesday or Wednesday in a run-off, throw-off or jump-off in competition with the last place potential qualifier for the NCS Area Championship meet. Each contestant will be allowed four throws or jumps in the shot put, discus or long jump. The competition will be held on a field, and at a time selected by the committee in cooperation of the two coaches who have athletes involved.
	<p>The “hardship rule” is intended to be used <i>only</i> for demonstrated <i>extenuation circumstance</i> that prevents the athlete from competing in the TCAL Championship Meet. If it is determined by the Qualification Committee that this rule is being used to circumvent the Championship Meet competition for the purpose of qualifying for the Area Meet qualifiers or other NCS or CIF meets without competing in the TCAL Championship Meet, the athlete will be disqualified from Championship Meet competition and will not be allowed to represent the TCAL in NCS or CIF Championship meets. The incident will also be reported to the TCAL Board of Managers and the athlete’s school principal and athletic director.</p>

Volleyball

A	Each volleyball coach will be responsible for knowing and obeying all the volleyball regulations of the National Federation, the North Coast Section and the TCAL. The North Coast Section by-laws may be found at www.cifnccs.org
B	Schedule
	There shall be a double round-robin schedule. Game times: Frosh 4:00 p.m. JV 5:30 p.m. Varsity 7:00 p.m.
	<p>A maximum of three TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than three contests in one week. However, TCAL league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
C	Rosters
	<p>Rosters are due in the League office postmarked 48 hours prior to the first League match.</p> <p>The roster shall have first name, last name, and grade of each athlete.</p> <p>There will be one roster with the names of Varsity, JV and Frosh players.</p> <ul style="list-style-type: none"> • Players may move from one level to another. • No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week. <p>Junior Varsity player may move up to the Varsity at anytime, but they cannot return to the Junior varsity in the same calendar week (Sunday through Saturday).</p> <p>Additions must be called to the League office 24 hours before a game followed by written notice 24 hours later.</p>
D	Results
	The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.

E	Officials
	All officials for league and non-league games for the TCAL shall be from an association approved by the league.
	The home school will provide two (2) linespersons for the matches.
	An official referee stand must be provided.
	If an umpire is not assigned to a match by the officiating organization, or does not show up, either team may provide a substitute umpire. <ul style="list-style-type: none"> • A trained person, over 18 years of age and not a high school student, is acceptable. • The match will be postponed if either coach fails to approve the substitute.

F	League Championship
	With Divisions
	There will be a playoff in each division, (no cross over) the winner of the divisional playoff will be the automatic qualifier.
	If the round robin winner is not the playoff winner there will be co-champions.
	Without Divisions
	Top four teams will play off the winner of the playoff will be the automatic qualifier to the NCS Playoffs.

F	All League
	<ol style="list-style-type: none"> 1. There shall be seven (7) first team and seven (7) second team all league players. 2. Each player receiving at least one vote will be honorable mention. 3. The MVP will be chosen AFTER the all league selections are chosen. Each coach votes for one player from the first team. Coaches may vote for thier own player for MVP only. Player with the most votes will be the MVP. 4. Nominations will be as follows: Division of 5: 6 – 5 – 4 – 3 – 2 based on the team’s final standings. Division of 6: 6 – 5 – 4 – 3 – 2 - 1 based on the team’s final standings. Division of 7: 6 – 5 – 4 – 3 – 2 – 1 - 1 based on the team’s final standings. 5. Coaches vote for opponents only. 6. A school forfeits any opportunity for first or second team selections if the coach or representative is not present at the post-season meeting. Coaches at the meeting can award honorable mention status from the missing coach’s team. 7. Coaches have the number of votes equal to the number of 1st team members. <p>Coaches are to send in their nominations to tc1213@gmail.com by the Saturday night prior to the all league meeting. Nominations should be sent in by midnight. (8-6-14)</p> <p>Only ONE coach per school will attend the all league meeting. (8-6-14)</p>

G	Games Per Match		
	Varsity	five (5) games	three (3) out of five (5)
	Junior Varsity	three (3) games	two (2) out of three (3)
	Frosh	three (3) games	two (2) out of three (3)
	Playoffs	five (5) games	three (3) out of five (5)

H	Warm up times will be a follows:
	10 minutes – Serving Team
	10 minutes – Receiving Team
	(Total of twenty minutes)
	Common time WILL NOT start until after coin toss.
	If the team is late, visitors will receive five (5) minutes to dress and stretch followed by twenty-minute warm-up period.

I	Score keeping and Timing
	There must be a scoreboard that is visible to both teams and spectators.
	The home school will provide the official scorekeeper and timer.
	The team roster must be turned into the scorekeeper ten (10) minutes prior to the match and the lineup three (3) minutes prior to the match.

J	Facilities and Equipment
	Courts must be official size with a 2-inch center line or as designated by the National Federation or NCS.
	Net antennas are a requirement.
	The home team will set the ground rules with the officials, making sure they follow within the National Federation and NCS rules. <ul style="list-style-type: none"> All over head structures are IN PLAY regardless of the height of the object. (Local rules cannot supersede CIF rules.)
	League approved ball will be one of the following: Tachikara SV5W or SV5WH Mikasa VFC 200 Baden Lexum 15-0 NCS approved ball
	Visible score is to be provided at each home court.

K	Conduct at Matches
	All players, coaches and team followers are expected to exhibit good sportsmanship and ethical behavior at the site of the match.
	Derogatory remarks or gestures, yelling after the beckon for the serve by the referee, excessive coaching from remarks or acts at or by player, officials, coaches or team followers are not to be allowed.
	The referee shall have the power to warn an offender of the above rules and if the

	<p>offender does not cease, the referee shall instruct the offender to leave the gymnasium.</p> <ul style="list-style-type: none">• Failure to leave the area will result in a defaulted match.
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Water Polo

A	Each water polo coach will be responsible for knowing and obeying all the water polo regulations of the National Federation, the North Coast Section and the TCAL. The North Coast Section by-laws may be found at www.cifnics.org
B	Schedule
	Format: Double Round Robin
	Match times: As published on schedule.
	<p>A maximum of two TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than two contests in one week. However, TCAL schedule league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>

C	Rosters
	<p>Rosters are due in the League office postmarked 48 hours prior to the first League match.</p> <p>There will be one roster with the names of Varsity, JV and Frosh players.</p> <ul style="list-style-type: none"> • Players may move from one level to another. • No player will play against the same opponent at more than one level (Varsity, JV, or Frosh) in the same week. <p>Junior Varsity player may move up to the Varsity at anytime, but they cannot return to the Junior varsity in the same calendar week (Sunday through Saturday).</p>

D	Results
	The NCS requires that schedules be posted on Maxpreps and game results be updated after each game.
E	Officials

	All officials for league and non-league games for the TCAL shall be from an association approved by the league.
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F	The League Champion
	The round robin winner will be the league champion.
	There will be a league tournament at the end of the season. The winner of the tournament will be the automatic qualifier.
	If the round robin winner is not the playoff winner there will be co-champions.

G	All League Selections
	<ol style="list-style-type: none"> 1. There shall be eight (8) first team and eight (8) second team all league players. 2. Each player receiving at least one vote will be honorable mention. 3. The MVP will be chosen AFTER the all league selections are chosen. Each coach votes for one player from the first team. Coaches may vote for their own player for MVP only. Player with the most votes will be the MVP. 4. Nominations will be as follows: 6 – 5 – 5 – 4 based on the team’s final standings. 5. Coaches vote for opponents only. 6. A school forfeits any opportunity for first or second team selections if the coach or representative is not present at the post-season meeting. Coaches at the meeting can award honorable mention status from the missing coach’s team. 7. Coaches have the number of votes equal to the number of 1st team members. <p>Coaches are to send in their nominations to tc1213@gmail.com by the Saturday night prior to the all league meeting. Nominations should be sent in by midnight. (8-6-14)</p> <p>Only ONE coach per school per level will attend the all league meeting. (8-6-14)</p>

H	League Playoffs – There will be a league tournament at the end of the season. The format will be published on the schedule.
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Wrestling

A	Each wrestling coach will be responsible for knowing and obeying all the wrestling regulations of the National Federation, the North Coast Section and the TCAL. The North Coast Section by-laws may be found at www.cifnco.org
B	<p>Schedule</p> <p>There shall be a tri-meet schedule.</p> <p>There shall be a League Meet held one week prior to the NCS Championship Meet.</p> <p>Match times: Varsity 5:00 p.m.</p> <p>Weigh-ins will be completed by 3:30 on the day of a meet.</p> <p>A maximum of three TCAL league contests may be scheduled per week by the league commissioner. Additional TCAL league contests may be scheduled, including on Saturday or a school holiday, if approved by the Principals Council or at the agreement of the schools involved. TCAL play-off and tournament contests can be scheduled on Saturday.</p> <p>Non-league contests are scheduled at the discretion of the school, which may involve more than three contests in one week. However, TCAL league contest take priority over non-league contests. Non-league contests, including non-league tournament contests, may not displace league contests nor will a school be allowed to reschedule a TCAL league contest to accommodate a non-league contest. In addition, the TCAL commissioner and/or the Principals Council may require a school to reschedule a non-league contest in order to play a TCAL league contest.</p> <p>All TCAL league contests, as well as non-league contests, must be scheduled in accordance to CIF, NCS and TCAL rules, procedures and requirements.</p>
C	<p>Rosters</p> <p>Rosters are due in the League office postmarked 48 hours prior to the first League match.</p> <p>There will be one roster with the names of Varsity, JV and Frosh players.</p> <ul style="list-style-type: none"> • Players may move from one level to another. • No player will play against the same opponent at more that one level (Varsity, JV, or Frosh) in the same week. <p>Junior Varsity player may move up to the Varsity at anytime, but they cannot return to the Junior varsity in the same calendar week (Sunday through Saturday).</p>
D	<p>Results</p> <p>The results of all varsity league matches are to be email to tcalscores@gmail.com.</p>

E	Officials
	All officials for league and non-league games for the TCAL shall be from an association approved by the league.

F	The League Champion will be determined by both League Dual Meets competition (50%) and by the League Tournament (50%).
	Dual Meet Competition
	a. Teams will receive one (1) point for each dual meet victory.
	League Tournament
	a. A varsity team score will be kept.
	b. The tournament winning team will receive points equal to the number of League Dual Meets (per team). With the 2nd, 3rd, 4th, etc. place teams receiving one (1) point less in descending order. Example: If each team has 3 league dual meets 1st = 3 points 2nd = 2 points 3rd = 1 point
	c. Tournament Format
	1. Bracket Type with a true 2nd place. If the consolation champion (3rd place) has not already wrestled the 2nd place wrestler then they must wrestle to determine 2nd qualifier to the North Coast Section Tournament.
	2. If this additional match is necessary, it will not be scored in the tournament standings.
	d. Seeding Criteria
	1. Majority of victories Head to Head
	2. Most recent Head to Head
	3. Common opponents
	4. Over all record and League dual record
	5. Tournament places
	6. Special Circumstances
	The team with the greatest number of points (Dual Meets/Tournament) will be the champion.
G	All League
	The winner of each weight class shall be all league.

H	League Meet
	1. The League Meet shall be held on Friday, one week prior to the NCS Meet.
	2. The seeding meeting will be held the day before the League Meet.
	3. Awards will be given to 3 rd place.
2	Weight Management
	Schools are to follow the CIF Weight Management Program as out lined in NCS Sport bylaw 28.204 in the NCS Sports & General Rulings Handbook.

