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SUNSET CONFERENCE CONSTITUTION

ARTICLE I

NAME AND PURPOSE

SECTION 1

The purpose of the organization shall be:

- a. To direct and control athletics of the Sunset Conference so that the Board of Trustees and faculties will regard athletics as an educational resource to be encouraged.
- b. To direct and control athletics of the Sunset Conference so that its policies will coincide with those of CIF-Southern Section.
- c. To promote and maintain high standards of sportsmanship both among the contestants and the respective student bodies.
- d. To cultivate cordial and friendly relations between schools.
- e. To establish rules and regulations fair and equitable to all and to locate as definitely as possible the responsibility for their administration.
- f. To attempt to limit the spirit of rivalry and competition to the field of sports.
- g. To utilize inter-scholastic sports to the fullest in promoting accepted educational objectives, and to limit or eliminate entirely those features which are not in accord with those objectives.
- h. To stand firmly behind individual schools when strong local interests attempt to break down the objectives herein set forth.

ARTICLE II

MEMBERSHIP

SECTION 1

Election of schools to membership in the Conference or withdrawals from the Conference shall be subject to the approval of the CIF-Southern Section.

ARTICLE III

COUNCIL

SECTION 1

The Council composed of the Principal, Boys' Athletic Director, Girls' Director, and Activities Director of each member high school shall be the governing body of this organization. Any Principal may delegate his powers to his assistant principal or some other member of the faculty.

SECTION 2

Decisions of the Council shall be final unless, in an appeal as provided by CIF By-Laws, Section 3, Rule 3, a Council decision is overruled by CIF.

- a. The Council shall enforce all rulings which are herein stated, or which may be provided for hereafter, either by constitutional provisions, by the By-Laws, or as recorded in the minutes of any regular or special meeting.
- b. The members of the Council shall see that rules and regulations are understood and enforced in their individual schools and that all protests are properly investigated and tried by the Protest Council. The Protest Council consists of the Principals of the member schools. In cases of all decisions, the Protest Council shall vote by school. Each school shall be entitled to one vote.

SECTION 3

In all decisions, the Council shall vote by school and each school shall be entitled to one vote. The Principal or his delegate shall cast the vote of each school.

SECTION 4

A quorum shall consist of a majority of the voting members of the Council.

ARTICLE IV

OFFICERS

- SECTION 1 The officers of the Council shall consist of a president, secretary, treasurer, and a CIF representative.
- SECTION 2 The officers of the Conference and the CIF representative, shall rotate every two years. The president, secretary and treasurer for boys and secretary and treasurer for girls shall represent the same school. The new officers shall take office for the following year at the last meeting of the year.
- SECTION 3 The representative to the CIF Council shall be elected by the Conference for a period of two years. The Girls' and Boys' Athletic Directors' Conference Coordinator shall be the Conference representation from the same school.
- SECTION 4 The officers shall have the responsibility of keeping the Constitution, By-Laws, and other Conference rulings up-to-date. They shall also be responsible for keeping and distributing the minutes of all meetings and receiving and disbursing all Conference funds. As the occasion arises, other responsibilities may be assigned during a Conference meeting.
- SECTION 5 The Conference shall appoint a Conference coordinator whose duties shall include compiling weekly Conference standings, schedule all boys and girls sports, and serve as the CIF Conference coordinator. The conference shall also appoint a Conference awards representative whose duties shall include ordering and delivering all league medals, plaques, certificates and patches. The Conference coordinator and awards representative shall be reimbursed from Conference funds in an amount to be decided annually by Conference action.

ARTICLE V

MEETINGS

SECTION 1 There shall be five regular Conference meetings during the school year, dates to coincide with CIF Council meetings. The Council shall determine the time and place. Meals shall be paid for out of the Conference funds.

SECTION 2 Special meeting shall be called by the president when half or more of the membership request or when, in his or her judgment, circumstances require that a meeting be held. Whenever feasible, a telephone conference will be held.

SECTION 4 It is recommended that each sport conduct a pre-season meeting to review the constitution before Conference play. Any constitutional changes must be submitted following the season.

SECTION 5 General Rules: Each sport will meet at the end of its season with the athletic director in charge. Items to be discussed:

- (1) Constitutional Update
- (2) Most Valuable Player
- (3) All-Conference Teams
- (4) Standings in All Divisions
- (5) Levels of Competition

ARTICLE VI

SPORTSMANSHIP CODE OF CONDUCT

The schools in the Sunset Conference are committed to providing a sportsmanlike environment for students, coaches, and spectators.

A good sport can take a loss or defeat without complaint, or victory without gloating. He/she treats opponents with fairness, courtesy, and respect.

- A. Role Models who are expected to demonstrate sportsmanship at all times:
1. Principal/administrative staff
 2. Athletic Directors
 3. Coaches, players and cheerleaders
 4. Faculty and/or staff members
 5. Parents and booster club members
 6. Band Directors
- B. Officials are certified by the CIF and coaches, cheerleaders, players, and spectators should respect their integrity and judgment.
- C. The conduct of coaches, players, and cheerleaders sets the tone for Sunset Conference contests. They are expected to maintain the highest level of proper conduct at Sunset Conference contests.
- D. Unacceptable behavior at Sunset Conference contests CIF includes:
1. Berating opponent's school or mascot
 2. Berating opposing players
 3. Obscene cheers or gestures
 4. Negative signs
 5. Noisemakers
 6. Complaining about officials' calls (verbal or gestures)
- E. Action plans to encourage good sportsmanship:
1. Game announcers can follow a script to include:
 - a. Welcome
 - b. Sportsmanship expectations
 - c. Acknowledge or introduce game officials with a statement that they are certified as officials by the CIF Southern Section
 2. Include the following CIF Code of Ethics in program:
 - To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play
 - To eliminate all possibilities which tend to destroy the best values of the game
 - To stress the values derived from playing the game fairly
 - To show cordial courtesy to visiting teams and officials
 - To establish a happy relationship between visitors and hosts
 - To respect the integrity and judgment of sports officials
 - To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility

- To encourage leadership, use of initiative, and good judgment by the players on a team
 - To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual
 - To remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, official, fan, community, state or nation
3. Each school's administration is expected to emphasize sportsmanlike behavior at all Sunset Conference contests.
 - a. Meet with coaches, players, cheerleaders in the day(s) prior to the contest.
 - b. Hold rallies, team meetings, faculty meetings, put notices in school bulletins, newsletters, etc.
 - c. Contact principal of opponent's school to see that administrators in charge meet when contests need to promote sportsmanship and to ensure the proper environment for the contest.
 - d. Coaches, captains, team members of both schools may need to meet with administrators to ensure proper conduct of a particular game.
 4. Game control off the field is the responsibility of each participating school's administration.
 - a. Contact the administrative representative prior to the contest to establish:
 - 1) Where to make contact during the contest
 - 2) Emergency procedures for police and medical situations and location of closest phone
 - b. Enforce the highest standards of sportsmanship within one's own student body.
 - c. Report any violations of sportsmanship to the opponent's administrative representatives.
 - d. Respond to the opponent's administrative representative of action taken by you to correct any violation of good sportsmanship.

Note: If an accusation is made in writing, the response should also be in writing.

ARTICLE VII

PROTESTS

SECTION 1 Any member school shall have the right to protest the outcome of any athletic contest if its opponent has used an ineligible player in the contest or violated any CIF Southern Section rule, Sunset Conference rule, or National Federation rule governing the sport.

SECTION 2 Filing a Protest:

- A. A protest must be filed in writing by the principal of the school protesting with the President of the Conference not later than one school week after the cause for protest is discovered.
- B. If the Conference President's school is involved in the protest, another principal from a Conference member school will be selected by the Conference President to oversee the protest.
- C. Before filing, the principal of the protesting school, or his representative, shall notify the principal of the opposing school of the action to be taken and shall file with said principal a statement of the points upon which the protest is based. Failure to make such notification or file such statement shall nullify the protest.
- D. The principal must state the exact rule that was violated within these letters of protest.

SECTION 3 All protests that follow the criteria outlined in Sections 1 and 2 shall be reviewed and ruled on by the Protest Council. Decisions of the Protest Council are final for Sunset Conference contests.

SECTION 4 Any scoring error in Conference Championship finals must be corrected within two weeks of the completion of that sport's Conference finals.

SECTION 5 No protest will be accepted for review unless it is indicated that the game officials and the opposing coach have been notified that the remainder of the game is being played under protest as follows:

Baseball / Softball:

Before the next pitch or, if it is on the last play of the game, before the teams leave the park.

Football / Basketball / Water Polo:

Before the next time out is completed, or if it is the last play of the game, before the officials leave the field.

Track / Cross Country:

Before the starter-referee leaves the field, pool, or gym pool, or gym floor, whichever apply

Soccer:

During the first half - at the halftime break. During the second half - before the teams leave the field.

Swimming / Volleyball Wrestling:

Before the starter-referee leaves the field, pool, or gym whichever applies.

Tennis / Golf:

Must be lodged with the opposing coach prior to leaving the court or course following the match.

SECTION 6

If protest procedures are not handled by National Federation rules, and the protest is upheld, and the decision of the Protest Council is to replay the contest, then the contest will be continued from the point of infraction.

ARTICLE VIII

BUDGET

- SECTION 1 An annual budget will be adopted at the first meeting of each school year.
- SECTION 2 Each school shall be assessed an equal amount of the adopted budget
- SECTION 3 The assessment shall be due and payable by October 1.
- SECTION 4 The Conference shall conduct an audit annually. The audit shall be reported at the first meeting of the school year.
- SECTION 5 Member schools who leave the Conference shall be paid an equal portion of the remaining balance of the Conference account after all bills for the school year have been paid. The incoming members will be required to pay that same amount to enter the Conference; this is in addition to the annual dues.
- SECTION 6 The Conference shall pay the Conference Coordinator \$1,600.00 per year and the Conference Awards Rep \$600.00 per year. Both will be paid at the last AD Prep meeting of the year.

ARTICLE IX

AMENDMENTS

SECTION 1

This constitution shall be supplemented by by-laws.

SECTION 2

The Constitution of this Conference may be amended at any meeting of this Conference by a two-thirds (2/3) vote of the members present, provided notice of such amendments has been mailed to all members of the Council fourteen days in advance. Member schools wishing to propose an amendment shall furnish the secretary with a copy thereof in time for proper mailing of the proposal to the members.

SECTION 3

The by-laws may be amended by a two-thirds vote, provided the proposed amendment has been presented to the secretary-treasurer and has been mailed to the member schools to reach them seven days before the meeting. At this time it will be put to a vote, or lacking such notice, may be passed by a unanimous vote at any meeting.

SECTION 4

Upon the adoption of any amendment to the Constitution or by-laws, the secretary-treasurer shall prepare and distribute to all member schools new pages bearing the revised provisions.

SUNSET CONFERENCE BY-LAWS

ARTICLE I

GENERAL RULES - ASB

1. Unless otherwise specified herein, CIF regulations shall govern Conference action.
2. Away students may purchase a \$3.00 (Football) or \$2.00 (other than football) student admission ticket at the ticket gate of the home school upon presentation of I.D. card with ASB sticker adhered to it. Students will pay adult price if they have no I.D. or ASB sticker on I.D.

Pre-sale tickets may be sold at the local school for away games only upon agreement of the home and away school. The away school shall notify the home school of the color of the pre-sale tickets they sold. After the game, the away school bookkeeper shall inform the home school bookkeeper of the number of pre-sale tickets sold.

To avoid indiscriminate distribution of pre-sale tickets following purchase by students, to their friends and associates who do not have student body cards, the student must present his/her ASB card (with ASB sticker adhered) at the gate for admission. It is the responsibility of the away school to notify their students of this.

3. Band, song and cheer, and color guard in uniform shall be admitted to Conference contests without charge. All groups are to have faculty supervision.
4. Rooter banners of a derogatory nature are prohibited and not to be displayed at Conference contests. It is recommended that student bodies be instructed annually regarding this rule. Activity Directors shall check individual sports. All banners must be prepared in a positive manner and other teams' names must not be used.
5. Game announcing for all contests should be conducted in an unbiased manner and good sportsmanship should prevail.
6. There shall be no artificial noise-makers in the rooting sections.
7. Admission, when charged, to all Conference play-off games shall be in accordance with Sunset Conference ticket prices as established by Article I, Section 15. The gate shall pay for ticket sellers, ticket takers, announcer, maintenance, and security with the balance being deposited into the Sunset Conference.
8. Timers for all varsity football and basketball games must be adults unless mutual agreement is made by the athletic directors involved. It shall be the responsibility of the home school to provide an adult to be a timer or to work at a timing table.
9. A certificated representative or administrator will be at all home evening (after 5 p.m.) events, and all home and away football and boys basketball games. In addition there must be a school representative/administrator at any home or away event where crowd control may be necessary.

10. CIF courtesy card and life passes, Sunset Conference athletic and life passes (holder and one guest), Orange County Officials' Card (holder and one guest) shall be honored at all Sunset Conference contests. Individual staff passes will be honored. Fifty (50) Sunset Conference passes will be allocated to each school.
 - a. Pass lists will be established by mutual agreement between participating schools for Sunset Conference football games.
 - b. The following passes will be accepted at the gate. (Note: The pass will permit bearer of card plus one person only.):
 - CIF Pass
 - CIF Photo/Press Pass
 - Faculty Pass
 - Sunset Conference Pass
 - Officials' Pass
 - c. Any scout for college football will be given free admission after verification at the pass gate.
 - d. Pass privileges may be revoked for special Conference games when mutually agreed upon by participating teams. Notification of that agreement will be given to all other Conference schools via the activities director.
11. If a school principal is planning to submit an "Incident Report" to CIF-Southern Section, he must, prior to the submission of the report, inform the principal of the opponent school of such action.
12. The order of game site adjustments during a smog alert shall be (1) a change of contest location to another smog zone in order to play on the same day, or (2) rescheduling for the next Saturday by mutual consent. The home school must notify its opponents before noon on game day.
13. Conference schools may charge for any sport; however, in the event a school wishes to sell tickets for an athletic event not normally charged for, the opposing schools must be informed at least one week prior to the first Conference contest.
14. Schools participating in Conference playoffs must provide administrative coverage for all playoff games.
15. Admission must be charged for night contests in accordance with Sunset Conference regular ticket prices for football, wrestling, men's/women's volleyball, men's/ women's basketball. Admission will be charged one hour before the scheduled start time for wrestling, varsity men's/women's volleyball and varsity men's/women's basketball games. Admission will be charged up to 90 minutes before the start of varsity football games. Admission will be charged up to one hour before the start of the first varsity water polo match.

SUNSET CONFERENCE TICKET PRICES

GENERAL CONFERENCE RULES

<u>Football</u>		<u>Other Than Football</u>	
General Admission	\$8.00	General Admission	\$6.00
Children (12 & under)	\$3.00	Children (12 & under)	\$3.00
Visiting Students w/ASB Card	\$3.00	Visiting Student w/ASB Card	\$2.00
Home Student w/ASB Card	Free	Home Student w/ASB Card	Free
Broadcast fee to home school	\$100		

Track & Field/Swim League Prelims

General Admission	\$5.00
Student w/ASB Card	\$1.00
Children (12 & under)	\$2.00

* Free admission will not be provided to any elementary or junior high school students.

GENERAL RULES-Conference

1. Following the last Conference game, all varsity head coaches will meet for the purpose of selecting an all-Conference varsity team and going over any constitution revisions. The meeting will consist of a first and second team; in the case of football, a first and second offensive and defensive team. All Sunset Conference teams will be limited to varsity level only.
2. Adult meet managers for Conference Finals will be paid \$400 for swimming and track.
3. In order to have a Conference sport and compete in Conference finals, one-half of the member schools of Sunset Conference must participate.
4. The charge for a non-Sunset Conference school to participate in any sport will be \$150 per sport.
5. Conference schedules will be followed. The principals or designees must agree upon any changes.
6. The Sunset Conference will pay to have a trainer each day of Conference prelims and/or finals in the following:

Swimming	4 days	\$30.00/hour
Track	2 days	\$30.00/hour
Wrestling	2 days	\$30.00/hour
Cross Country	1 day	\$30.00/hour

The host school will have first priority in assigning the trainer.

7. Senior night recognition or any other ceremony will be limited to ten (10) minutes if done before the game and can be unlimited time if held after the game.

GENERAL RULES – CIF

1. Determination of championships:
 - a. Any school sanctioned by CIF from participation in the CIF playoffs shall not be eligible for the Sunset Conference Championship.
 - b. Championships shall be awarded in all divisions in all sports unless otherwise noted under a particular sport regulation.
 - c. There may be co-championships in all Varsity, Junior Varsity, and Freshman or Frosh/Soph sports.
 - d. In determining the standing of teams in all branches of sports, a tie shall count half a game won and half a game lost.
 - e. In case of a dual or triple tie, co-championships will be declared.
2. Determination of placement into CIF:
 - a. In the case of a dual or three-way tie for first place, if one team's combined point total (1 pt. = win, 1/2 pt. = tie) vs. the other team's involved in the tie is greater, that team shall qualify as the first place team to represent the Conference in the CIF playoffs.
 - b. For determination of second place or for a two-way tie for second, if one team's point total vs. the other team's is greater, that team shall qualify as the Conference's second place representative.
 - c. In the case of a dual or triple tie in which no team's point total is greater, a flip of the coin by the Conference president will determine placement. These procedures must be followed:
 1. Members that can be present for the coin flip include:
 - Administrator(s)
 - Athletic Director(s)
 - Head Varsity Coach
 2. The coin flip should take place at a mutually agreed upon time by allowing participating personnel a reasonable window of opportunity to arrive at a predetermined site.
 3. Coin flip should take place in an area away from any crowd preferably in a room or area that is properly excluded from coaches, players, parents, fans, media, etc.
 4. Coin flips must be done simultaneously and in such a way that each person flipping can easily identify their own coin once the coins have landed.
 5. If two schools are involved in the flip, a designated person must call the side of the coin (heads or tails) PRIOR to the flip being made. If three schools are involved in the flip, all three representatives are to flip at the same time. The odd school is in and the remaining two schools resort to head to head competition if necessary. If all three coins

land showing the same side, coins are flipped again until there is an odd sided coin.

6. When the coins are tossed, they must land on the ground in the general area of those people who are flipping the coins.

3. Determination of entry into CIF (Football Only):

- a. In case of a four-way tie for first place, if any team (or teams') point total vs. the other team(s) involved in the tie is greater, the team(s) shall qualify for entry into the CIF playoffs. If, at any point in time, two or more teams have the same point total, consider them tied for the place in question and refer to the appropriate section. (See Cases 1 through 7.)

Case 1:	Team A = 6 Teams B, C, D = 4	Team A goes Teams B, C & D re-compare Case 8c
Case 2:	Teams A, B = 6 Teams C, D = 4	Teams A & B go Teams C & D re-compare Case 9f
Case 3:	Teams A, B, C = 6 Team D = 4	Teams A, B & C go
Case 4:	Team A = 6 Team B = 5 Team C = 4 Team D = 3	Teams A, B & C go
Case 5:	Team A, B = 6 Team C = 5 Team D = 4	Teams A, B & C go
Case 6:	Team A = 6 Teams B, C = 4 Team D = 2	Teams A, B & C go
Case 7:	Team A = 6 Team B = 5 Teams C & D = 4	Teams A & B go Teams C & D re-compare Case 9F

- b. In the case of a four-way tie for first place in which no team's point total is greater, a playoff using the following format will occur:
1. A coin flip will determine playoff game slots. First

Round: A vs. B & C vs. D
 2. Winners are in the CIF playoffs
 3. The Conference will seed the three teams in football and two teams in all other sports using the procedure established in the General Rules-CIF, Article I, #1, "Determination of Placement Into CIF"
- c. In the case of a three-way tie for second place, if any team (or teams') point total vs. the other team(s) involved in the tie is greater, the team(s) shall qualify for entry into the CIF playoffs. If two teams have the same point total, consider them tied for the place in question and refer to the appropriate section. (See cases 8 through 10 below.)
- Case 8: Team B = 6 Team B goes
 Team C = 5
 Team D = 4
- Case 9: Team B = 6 Team B goes
 Teams C & D = 5
- Case 10: Teams B & C = 6 Teams B & C playoff
 Team D = 5
- d. In the case of a dual or triple tie in which no team's point total is greater, a playoff will occur. The following format will be used in the case of a three-way tie for second.
- In the event of a three-way tie for second place and there is no break of the tie when comparing head to head, the following procedures will be used:
1. Flip coin - Winner has choice of bye or playing in Game 1. If winner of first coin toss chooses to play in Game 1, a second coin toss will occur between remaining two teams. Winner of the second coin toss have the choice of bye or playing in Game 1.
 2. Game 1 winner in CIF playoffs.
 3. The Conference will see the two teams using the procedure established in the General Rules-CIF, Article I, #2, "Determination of Placement into CIF"
- e. In the event of a tie for reentry and a playoff game becomes necessary, it will be played at a site mutually agreed upon by the athletic directors of the schools involved.
- f. When it is impossible to have a play-off for entry into CIF (weather, no time, etc.), a flip of the coin by the Conference president will determine entry.

ARTICLE II

COMMISSIONER OF ATHLETICS AND OFFICIALS

1. Officials' fees for Sunset Conference contests are to comply with the current CIF Blue Book.

ARTICLE III

ELIGIBILITY RULES

1. The Eligibility Rules of CIF shall govern in all practice and Conference contests.
2. By-law XVII of the CIF Blue Book, and the note related to this by-law shall be adhered to with the following interpretations. When any one of the following actions occurs, it shall be construed as undue influence if it occurs prior to the time the athlete enrolls in the new school.
 - a. When a coach or other employee, or student, or other person who officially or unofficially represents a high school discusses with a parent or an athlete from another high school attendance the possibility of the athlete transferring to the high school, the coach, other employee, student, or unofficial person represents.
 - b. When a coach, or other employee, or student, or other person who officially or unofficially represents a high school discusses with a parent or an athlete the attributes of the athletic program of the high school, the coach, or other employee, or student, or official, or unofficial person represents.
 - c. When a coach, or other employee, or student, or other person who officially or unofficially represents a high school communicates in writing with a parent or an athlete from another high school attendance area.
3. The Sunset Conference shall honor decisions of CIF schools regarding eligibility of athletes; that is, an athlete declared ineligible in one CIF school or Conference is also ineligible in the Sunset Conference.
4. For purposes of class teams, an athlete retains the same classification as his/her high school class. He/she may not play two years of Freshmen football. Any athlete from any academic level may compete on the Junior Varsity level, except football and boys' soccer where seniors cannot play on Junior Varsity.
5. Students must be enrolled in at least four classes on the school site in order to be eligible for athletics.

ARTICLE IV

AWARDS

1. All certificates, medals and patches as awarded by the Council shall be purchased by the secretary treasurer of the Conference and governed by the CIF Blue Book rules.
2. Individual awards for track, swimming, cross country, golf, tennis, and wrestling shall be authorized by the Council under each sport regulation.
3. Conference Champion medals will only be awarded for varsity places 1-3 (except wrestling where we will have places 1-4 because Conference finals will include all 8 teams). **No medals can be awarded for lower levels or varsity places 4-8.**

SUNSET CONFERENCE CHAMPIONSHIP MEDALS

<u>SPORT</u>	<u>LEVELS</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>TOTAL</u>	<u>PLACES</u>
Dive M	Varsity	1	1	1	3	1-3
Dive W	Varsity	1	1	1	3	1-3
Cross Country M	Varsity	1	1	1	3	1-3
Cross Country W	Varsity	1	1	1	3	1-3
Golf M	Varsity	1	1	1	3	1-3
Golf W	Varsity	1	1	1	3	1-3
Swim M	Varsity	20	20	20	60	1-3
Swim W	Varsity	20	20	20	60	1-3
Tennis M	Varsity	3	3	3	9	1-3
Tennis W	Singles/Dbls Varsity	3	2	2	9	1-3
Track M	Varsity	22	22	22	66	1-3
Track W	Varsity	22	22	22	66	1-3
Wrestling	Varsity	<u>14</u>	<u>14</u>	<u>14 for 3rd</u> <u>14 for 4th</u>	<u>56</u>	1-4
	Totals	110	110	124	344	

SUNSET CONFERENCE CHAMPIONSHIP MEDALS

<u>MEN'S TRACK EVENTS</u>	<u>WOMEN'S TRACK EVENTS</u>	<u>WRESTLING EVENTS</u>		<u>MEN & WOMEN'S VARSITY SWIM</u>
110 MH	100 MH	106	152	50 Free
300 IH	300 LH	113	160	100 Free
100	100	120	170	200 Free
200	200	126	182	500 Free
400	400	132	195	100 Back
800	800	138	220	100 Fly
1600	1600	145	285	100 Breast
3200	3200			200 IM
Shot Put	Shot Put			Diving
HJ	HJ			*200 Med Relay
LJ	LJ			*200 Free Relay
TJ	TJ			*400 Free Relay
Discus	Discus			
PV	PV			
*1600 Relay	*1600 Relay			
*400 Relay	*400 Relay			

*places awarded
1, 2, 3

ALL-ACADEMIC TEAM

1. Sunset Conference will comprise an All-Academic Team for each sport. The awards will be given at the end of the season of sport. All varsity athletes (grades 9-12) will be eligible for this award. No lower level athletes will be eligible.
2. The All-Academic Team will be based on a 3.8 or above weighted GPA. The GPA's will be determined on the following grading periods:
Fall – First quarter grades (except Los Alamitos, they will use the 12 week grades)
Winter – First semester grades
Spring – Third quarter grades (except Los Alamitos, they will use the 12 week grades)
3. The Athletic Directors of each school will be responsible for comprising the list of athletes from their schools. The Conference Award Representative will compile and present the final list to the Principals.
4. A student athlete can receive this award for every sport they play at the varsity level.
5. Each athlete on the All-Academic Team will receive a patch.

VARSIITY TEAM SPORTS AWARDS/CERTIFICATES

1st Team - All Conference Certificate

2nd Team - All Conference Certificate

Championship teams all levels- Conference championship certificate

1. The Sunset Conference die shall be official for all Varsity awards.
2. An Honorary Metal Life pass will be awarded Conference Council members by a majority vote of the Sunset Conference for outstanding or meritorious service.
3. At the Varsity level, all championship teams will receive a plaque. In the case of a tie between Conference teams at the Varsity level, the Conference will purchase the extra plaque.
4. At the varsity level, the MVP in each sport will receive a plaque provided by the Conference.

ARTICLE V

MEN'S BASEBALL

1. LEVELS OF COMPETITION

The three classifications are Varsity, Junior Varsity, and Sophomore/Freshman. A player will be considered as having played if his name is recorded in the scorebook and this will count towards his maximum number of contests.

2. CONFERENCE GAMES

- a. There shall be three scheduled rounds for Conference play. Each team will play each other in the first round. Teams will play back to back in rounds 2 and 3.
- b. The varsity shall play opposite the JV and Frosh/Soph teams.
- c. Baseball games shall start at 3:15 p.m. Games will be played on Wednesdays and Fridays unless another date and time are mutually agreed upon. Conference games before Spring Recess and the last week of competition, shall be played on Tuesday and Thursday.
- d. In case of inclement conditions, postponement of a game will be by mutual consent and the game will be played at a time mutually agreed upon by the Head Coaches, on the next available day upon which a game can be played. Postponed games shall be made up in the order of postponement. No more than three Conference games per week will be played except to complete the CIF season.

3. CONFERENCE CHAMPIONSHIPS AND POST SEASON PLAY

- a. Conference championships, placement and/or entry into CIF shall be determined in accordance with Article I, General Rules-CIF, Sections 1, 2, and 3 of the Conference constitution.
- b. During the regular season and CIF playoffs, no coach will give scouting reports or game films on CIF-bound Conference members to non-Conference coaches who might request such information.

4. ADMISSION AND GATE SPLITS

Admission may be charged at contests according to Conference price structure. The Activities Assistant Principal and the Athletic Director shall be notified one week in advance of any game at which admission is to be charged. Home teams will keep all monies.

5. GENERAL RULES

- a. The official Sunset Conference ball shall be the National Federation High School stamped ball. A minimum of four new balls for Varsity games shall be provided by the home team.
- b. The visiting school may occupy the field for 15 minutes of pre-game practice beginning 20 minutes prior to game starting time. This practice time may be utilized for infield, batting practice, or any combination thereof. Batting practice in areas surrounding the game field will be allowed for either team prior to the start of the game. There will be no hitting after game starts (this includes pepper, batting practice and soft toss).
- c. Constitution and All Conference-meetings will be held at a location mutually agreed upon by the coaches.

6. OFFICIALS

In Varsity games there shall be two regular paid officials. In Junior Varsity and Soph/Frosh games there shall be one regular paid official.

7. PROTESTS

See Article VII, Protests, in the Sunset Conference Constitution.

ARTICLE VI

MEN'S AND WOMEN'S BASKETBALL

1. LEVELS OF COMPETITION

- a. The classifications are Varsity, Junior Varsity, and Freshmen for Men, and Varsity, Junior Varsity, and Frosh/Soph for Women.

2. CONFERENCE GAMES

- a. Games will be played on Wednesday and Friday evenings for Men, and Tuesday and Thursday evenings for Women unless changed by mutual agreement of both schools' administrators (principal or principal designate). The last week can be moved up one day for possible playoff.
- b. Freshmen or Frosh/Soph games will begin at 4:00p.m. Junior Varsity games will begin at 5:30p.m. and the Varsity will begin at 7:00p.m.

3. CONFERENCE CHAMPIONSHIPS AND POST SEASON PLAY

- a. Conference championships, placement and/or entry into CIF shall be determined in accordance with Article I, General Rules-CIF, Sections 1, 2, and 3 of the Conference constitution.
- b. When a Sunset Conference team is in the CIF playoffs, no coach will give scouting reports or game films on CIF-bound Conference members to non-Conference coaches who might request such information.

4. ADMISSION AND GATE SPLITS

Gate receipts shall belong to the home team.

5. GENERAL RULES

- a. Faculty member or qualified adult or qualified student scorekeeper and timer and shot clock operator must be provided by the home school.
- b. The leather or composition basketball will be included as part of the Conference equipment. The official Conference ball will be the Spalding or official CIF ball.
- c. At the conclusion of all basketball games, every effort must be made to keep spectators off the playing floor including bands and drill teams. Yell and Song leaders shall be exempt in the performance of organized routines such as the Alma Mater, etc.
- d. No temporary game banners or decorations shall be permitted at a height of more than six feet off the floor at the ends of the playing floor.
- e. Pep bands are limited to home team schools only. Pep bands shall sit on the home side sitting behind or facing the home team.

- f. Student bodies are to be informed of proper conduct during basketball free throws. The use of cheerleader megaphones to shout at players or referees is prohibited at all times. At no time shall cheerleader megaphones be used by any person other than the cheerleaders. Special instruction is advised for the benefit of activities directors, pep club advisors, and yell leaders.
- g. The thirty-five second shot clock will be used for Men, and a thirty second shot clock for Women at all levels.

6. OFFICIALS

There shall be two paid officials for all basketball games.

If officials are delayed arriving for a basketball contest, after 15 minutes one official only may be used by mutual consent of both coaches.

7. UNIFORMS

The home team is to wear light jerseys and the visiting team is to wear colored or dark jerseys.

8. VIDEO

Each team will make available on HUDL three games to exchange with every other team in the Sunset Conference. The three games will be of the opponent's choice.

9. PROTESTS

See Article VII, Protests, in the Sunset Conference constitution.

ARTICLE VII

MEN'S & WOMEN'S CROSS COUNTRY

1. COACHES' MEETING

- a. The cross-country coaches will meet with the assigned host school on the Tuesday at 7:00p.m. following the first competitive weekend to review races and discuss issues regarding the Conference Preview Meet and the Conference Championship.
- b. Maps of the Conference Preview course will be provided at this meeting.

2. LEVELS OF COMPETITION

- a. There are three divisions of cross-country: Varsity, Junior Varsity, and Frosh/Soph both men's and women's.

3. CONFERENCE PREVIEW MEET

- a. Shall be scheduled the last Wednesday of September starting at 3 p.m.
- b. The host school for all meets shall provide a finish chute, a backup timer with printer, computerized results, and finish judge to place runners at the entry of the chute. The judge will be a qualified adult or faculty member and not an assigned cross-country coach.
- c. The recommended order for races at the Conference Preview meet will be:
 1. Women's Frosh/Soph
 2. Men's Frosh/Soph
 3. Women's JV
 4. Men's JV
 5. Women's Varsity
 6. Men's Varsity
- d. The Conference Preview Meet responsibilities will be rotated so that no school will be required to host the Conference Preview Meet and Conference Finals in the same season. The school hosting the Preview will be responsible for marking and setting up the course.
- e. The Conference Preview Meet host will be a different school each year determined by Conference rotation. The host school will host the Conference Preview Meet on the same course as the Conference Finals (Central Park). In the event of rain, the course may be altered or changed as necessary for the safety of the participants with majority agreement of the coaches.
- f. A maximum of 10 runners per school may compete in the Varsity races.
 1. Unlimited lower levels.

4. CONFERENCE FINALS

- a. The Conference Finals meet will be at held at Central Park.
- b. In case of hazardous course conditions, the course may be altered or changed as necessary for the safety of the participants with majority agreement of the coaches.
- c. The Conference Finals shall be held on the Saturday four weeks prior to the State Meet starting at 8:00 a.m. with each race at 1/2 hour intervals. The State Meet is the first Saturday after Thanksgiving. Coaches meeting will be held prior to the first race.
- d. Conference medals shall be awarded to the winner of the first **three (3)** places in the Men's and Women's **Varsity** divisions.
- e. The host school of Conference Finals is responsible for reserving the site for the following year's meet.

5. CONFERENCE CHAMPIONSHIPS

- a. The recommended order for races at the Conference Finals Meet will be:
 - 1. Women's Junior Varsity 4. Men's Varsity
 - 2. Men's Junior Varsity 5. Women's Frosh/Soph
 - 3. Women's Varsity 6. Men's Frosh/Soph
- b. The Conference Championships will be determined by adding together the Conference Preview meet place points and Conference Finals meet place points. The team having the greatest number of points will be declared the Conference Champion.
- c. If a tie results from adding these points the teams will be declared co-champions. (The Conference Preview meet and Conference Finals meet will be Invitational scoring.)

<u>Conference Preview Points</u>		<u>Conference Finals Points</u>	
1st	3	1st	9
2nd	2	2nd	6
3rd	1	3rd	3
4th	0	4th	0

6. CIF ENTRY

- a. In case of co-champions the team finishing 1st in the Conference Finals will be the number one representative into CIF, number 2, 2nd, etc.
- b. In case of a tie in total points the team placing higher at the Sunset Conference Championships will break the tie.

7. GENERAL RULES

- a. The Varsity team must start the race with five men or women at the Conference Preview and Conference Finals meet. If a team runs less than five, the next best time(s) at either the Junior Varsity or Frosh/Soph level will be disqualified (place and medal). The Junior Varsity and Frosh/Soph men's and women's teams shall be of unlimited number.
- b. Freshman and sophomores may run at any level.
- c. In the Conference Preview Meet and Conference Finals there will be no displacement after the seventh runner.
- d. In the Conference Preview Meet and Conference Finals, all ties will be broken by the sixth runner from each team.
- e. The Conference's Most Valuable Runners (MVP) shall be determined by the winners of the Men's and Women's Varsity Conference Finals race.
- f. Constitutional Review & All Conference: Meeting date – Tuesday after Conference Finals.
- g. A recall official will be placed 100 yards from the start and will recall the race if someone falls down.
- h. One trainer will be provided by the host school at the Conference preview and Conference finals.

ARTICLE VIII

FOOTBALL

1. LEVELS OF COMPETITION

The three classifications are Varsity, Junior Varsity, and Freshmen. Seniors cannot play Junior Varsity, except when both coaches agree on which seniors can play.

2. CONFERENCE GAMES

- a. In case of conflict, where a home school cannot obtain a site for a Friday night game, the home school will decide upon the site and day for the game in question.
- b. Each school, including the students, players, and spectators, should be assigned to a separate side of the playing field. Different seating arrangements can be made upon mutual agreement of the two schools involved.
- c. Varsity football games shall start at 7:00 p.m.
- d. Junior Varsity and Frosh football games will start at 3:15 p.m. After the Daylight Savings time change, games will start at 3:00 p.m.
- e. Junior Varsity games shall be played opposite days of Varsity games (Thursday/Friday/Saturday) at the opposite school site from Varsity.
- f. Frosh games shall be played on Thursdays at the same locations as Varsity games.
- g. Freshman games may have a 5th quarter if mutually agreed on by both teams in advance.
- h. If a Varsity Football game ends in a tie after regulation play, the "CIF 25-Yard Tie Breaker System will be used to determine the winner."

3. CONFERENCE CHAMPIONSHIPS AND POST SEASON PLAY

- a. Conference championships, placement and/or entry into CIF shall be determined in accordance with Article I, General Rules-CIF, Sections 1, 2, and 3 of the Conference constitution. **Coin flips will be held off the field of play away from players, coaches, and fans.**
- b. When a Sunset Conference team is in the CIF playoffs, no coach will give scouting reports or game films on CIF-bound Conference members to non-Conference coaches who might request such information.

4. GATE

- a. Home team will keep 100% of gate.
- b. If a stadium needs to be rented (due to the expectation of an unusually large crowd or there is a district stadium usage conflict) the stadium rental cost will be paid by the home school.

- c. In the case of a special contest where an unusually large crowd might be a factor, the two school involved will meet ahead of time to mutually agree to any additional financial arrangements.
- d. Each school is responsible for supervision of its own stands and the cost thereof, and the home school is responsible for the cost of the timer and non-biased announcer.

5. ADMISSION POLICY

Public admission to football games shall not be permitted earlier than one hour prior to game time unless by mutual agreement. Gates are to be controlled through the entire game.

6. GENERAL RULES

- a. By consent of both athletic directors by Monday the week of the game, the half-time may be extended five minutes beyond the regular fifteen plus three minutes.
- b. Eligibility rules are to be followed for all football teams as stated in the CIF Blue Book.
- c. For Varsity games, the home school shall supply the chain crew consisting of three qualified people uniformed with any type shirt now manufactured for this purpose.
- d. The standard football for Sunset Conference is to be the leather ball approved by Federation Rules.
- e. In a three-way tie for first with no head to head winner, after the first flip head to head is considered before the second flip.
- f. The home and visiting teams shall leave the playing field by 6:45 p.m. and shall not return until 6:55 p.m. to allow ten minutes for pre-game activities involving the Band and Drill Team of the home school. Exceptions may be made by mutual consent of the principals of the participating schools.
- g. Each Sunset Conference Host School should provide comparable facilities to visiting schools (i.e., camera location, spotters' location, locker room, field benches, etc.).
- h. Scaffolding may be used at Varsity competition. It must be placed behind the stands and not obstruct the view of spectators or film crews.
- i. It shall be the home school's responsibility to have a medical doctor in attendance at all Varsity games.
- j. Each school is responsible for its own phones.
- k. Visiting schools sing their Alma Mater first.
- l. Sunset Conference teams will remain on the field during the post-game playing of the Alma Mater unless the athletic directors of the two participating schools mutually agree that the teams should leave the field immediately following the game.

7. OFFICIALS

In Varsity games there shall be five regular paid officials. In Junior Varsity, Sophomore and Frosh there shall be three regular paid officials.

8. VIDEO

- a. Football Policy on Mandatory Video Exchange: The Video exchange within the Conference will be administered by each coach, each week, with his opponent of that week. It is mandatory that a coach give three Videos if so requested by his opponent of that week. Each coach will have his choice of the videos he wants to review. Coaches are to be notified of the condition of the Video (foggy night, portion missing, dark, poor processing, etc.) before the exchange is completed. If one coach wants only two Videos, his opponent still may request three. All video exchanges will be done on HUDL. Coaches may not request a video from another Conference school on the opponent of that week. There is no limitation on exchange of non-Conference Videos from non-Conference
- b. Cell phone numbers will be exchanged between coaches before season start.
- b. All video exchanges will be done on HUDL. Exchanges must take place before 8:00 a.m. on the Saturday prior to their game. If a school plays on a Saturday, film exchange takes place before 8:00 a.m. on the Sunday prior to their game.
- c. When a Sunset Conference team is in the CIF playoffs, no coach or Booster Club in the Conference will allow anyone to view Video tape involving the Sunset representative. They will not be available to any teams outside of Sunset Conference. Under no circumstances may a coach give out an opponent's Video tape without prior consent of the opponent coach. Refer to CIF recommended guidelines.

GUIDELINES FOR VIDEO TAPING

- Videotaping should start from the huddle break before the snap/kick and continue until the play is over. The camera should focus on the ball after the tackle.
- Picture should be clear and players' number readable.
- Picture should include enough players on both teams to recognize offensive and defensive formations. During kick play, the camera should follow its own team.
- Shot from the highest possible point in the stadium
- Frame scoreboard at each score/quarter and change of possession.
- Frame officials on penalties.
- Frame down markers at least every first down.
- Tripod-smooth pan with an unobstructed view.

9. PROGRAMS

A program must be available.

10. UNIFORMS

All Varsity football teams wear dark colors at home and light away. All non-varsity teams also wear dark at home and light away.

11. ALL CONFERENCE MEETING

On the first Thursday at 5:00 p.m. following the last Conference contest. If a team is required to play a first round playoff game on the Thursday, the meeting will remain on Wednesday. One coach from each Conference school shall meet and select the All Sunset Conference Team. Location will be held off school campuses and be determined by the Conference champion.

a) All Conference selection:

1. The coaches will select a Most Valuable Player and an Offensive and Defensive Player of the Year, as well as an offensive/defensive back and lineman of the year.
2. Kicker of the year.
3. Recommendations for nominations to the First and Second All Conference Varsity Team shall be based on a school's final Conference standing.

	<u>First Team</u>	<u>Second Team</u>
First Place	8	6
Second Place	6	6
Third Place	5	6
Fourth Place	4	5
Fifth Place	3	5
Sixth Place	2	5

ARTICLE IX

MEN'S AND WOMEN'S GOLF

1. LEVELS OF COMPETITION

There will be competition on the Varsity and Junior Varsity levels; however, League plaque and medals will be awarded only on the varsity level.

2. CONFERENCE MATCHES

- a. The league schedule shall be a double round, home and away. The cross-over schedule will switch home and away following year. The length of the match will be 9 holes or a number of holes agreed to by both coaches.
- b. A coach or faculty representative must accompany and supervise the team at all matches.
- c. Sunset Conference golf matches should start no sooner than 2:00 p.m. unless agreed otherwise by mutual consent of the two teams involved. A thirty-minute grace period should be extended before forfeit is called. The match will be ended 20 minutes after sunset, (to be determined by the official sunset time stated in the newspaper) if darkness is an issue.
All players must complete a minimum of 6 holes.
- d. If a match has to be called due to inclement weather, all players must complete 6 holes in order for the match to be counted. Both coaches must agree to call the match.
- e. Matches shall be played under U.S.G.A rules except where altered by local rules.

3. LEAGUE CHAMPIONSHIP AND POST SEASON PLAY

- a. League championship, placement and/or entry into CIF shall be determined in accordance with Article I., General Rules – CIF, Sections 1, 2 and 3 of the Conference By Laws. If head to head record does not determine placement and/or entry into CIF. The conference individual finals round one will determine entry or play
- b. If a league match needs to be made up, the league finals round (front nine holes) will determine the match winner.
- c. If there is a tie for the championship, a playoff will begin at the nearest possible hole. Sudden death will determine the winner. If it gets too dark, and a tie still exists, the tie will be broken by first comparing the back nine total from the 18-hole match in the afternoon. If there is still a tie, the last six holes will be compared to determine a winner. If there is still a tie, the last 3 holes will be compared to determine a winner. If there is still a tie, it will be broken by comparing the 18th hole. If there is still a tie, it will be broken by comparing the handicapped holes from the 18-hole match. This will continue until a winner is determined. If there is a tie for any other of the remaining spots for medals of CIF Individual placement, then a playoff will ensue at the nearest hole, if needed, the tie breaking process listed earlier will be used if darkness occurs.
- d. All League selection will be based on a points system. The golfer with the highest point total would be MVP. Golfers with the 2nd to 5th most points would be 1st team All-Sunset Conference. Golfers with the 6th to 9th most points would be 2nd team All-Sunset Conference. Points will be earned in every Conference dual match and Conference finals based on the following tables.

<u>DUAL PLACE</u>	<u>MATCHES POINTS</u>	<u>Conference PLACE</u>	<u>FINALS POINTS</u>
1	8	1	16
2	7	2	14
3	6	3	12
4	5	4	10
5	4	5	8
6	3	6	6
7	2	7	4
8	1	8	2

Point totals for ties will be the average of the awarded points for the places involved. For example, if two golfers tie for third, the points for 3rd and 4th would be averaged so each golfer would be awarded 6.5 points. It is the responsibility of the host school to record the points for each match and report them to the statistician.

Conference finals will be conducted over two days.

Day 1: Nine hole qualifier women, eighteen hole qualifier for men with the top 12 and ties playing in day 2.

Day 2: Eighteen holes.

The two-day, 27-hole cumulative score will determine the CIF qualifiers for the Sunset Conference.

4. GENERAL RULES

- a. CIF Blue Book Regulations pertaining to golf shall be enforced by all coaches and school officials.
 1. Each team must play at least five and no more than six players unless accommodations prohibit, in which case coaches will meet to decide which players will be entered.
 2. The giving of advice is allowed only amongst team members playing in the same foursome.
 3. Matches shall be played under U.S.G.A. rules except where altered by local rules.
 4. Scoring: Medal play will be used throughout the play.
 5. The winning team will be determined from the total low score taken from the five best scores on each team. The highest score from the six scores shall be eliminated.
 - In case of a team score tie, the sixth player's score will be counted, (if no sixth player, team loses playoff). If score is still tied, a card-off beginning with the number one handicap hole involving all six players will ensue.

6. Coaches obtain completed cards with 1st and last names and prepare tallies of scores
7. Both players must agree to the results of each hole before resuming play on the next hole
8. Results of a match must be agreeable to each coach before leaving the course. When coaches total the scorecard, the match is considered concluded. Summary results sheet should be signed by varsity coaches.
9. At the end of the round, both players sign and attest the scorecard.
10. Women will play from the forward tees.

ARTICLE X

MEN'S AND WOMEN'S LACROSSE

1. LEVELS OF COMPETITION

The League authorizes Varsity and Junior Varsity teams in Lacrosse. If the school only fields one team, they will field only a Varsity team. The home team will wear light or white colored jerseys and the visitors will wear dark jerseys.

2. CONFERENCE MATCHES

- a. There will be one round for all teams. Boys' games will be played on Wednesday and Friday, girls on Thursday. The first game time will be at 4:00p.m., unless the Athletic Directors mutually agree upon a time change. Varsity and JV games will be stacked. The order of games will be determined by the host school's Athletic Director.
- b. All players' names shall be listed in the official scorebook at the scorer's table prior to the game.
- c. Each school must request two officials for all Varsity contests.
- d. If any conditions necessitate postponement of a game, the game will be played on a date mutually agreed upon by the Athletic Directors in a timely fashion.

3. GENERAL RULES

- a. National Federation Lacrosse Rules shall govern all League games unless otherwise stated by CIF regulations.
- b. Constitution review and All-Conference meeting will happen after Season is over.

ARTICLE XI

MEN'S AND WOMEN'S SOCCER

4. LEVELS OF COMPETITION

- a. There shall be competition at the Varsity, Junior Varsity, and Frosh/Soph levels with championships awarded in all divisions. Seniors may play on the Junior Varsity team.

5. CONFERENCE COMPETITION

- a. The schedule will consist of a double round robin with games scheduled on Wednesdays and Fridays for Men, and Tuesday and Thursday for Women. Games may also be scheduled on Monday by the Conference.
- b. For schools that use three fields, a 3:00 p.m. start time will be used for all levels. For those schools which use two fields, the varsity game will be played at 5:00 p.m. and the Junior Varsity and Frosh/Soph games will be played at 3:00 p.m. Games played at Laguna Beach will be played at 3, 4:45 and 6:45. Games at Corona Del Mar, Marina and Fountain Valley are all played at 3pm.
- c. Mutual consent of both schools is needed to make a change in the schedule.
- d. The Junior Varsity and Frosh/Soph games shall consist of two 35-minute halves or time determined by mutual consent of the coaches.
- e. The home team shall provide three game balls that shall be weather treated and identical to one another in make, shape, and color. The Conference ball shall be any FIFA approved #5 ball.
- f. Home teams shall wear dark color jersey and sock and away teams shall wear light color jersey and socks. Schools not able to comply with this rule should contact the home school three days prior to the game to notify them of the situation.

6. CONFERENCE CHAMPIONSHIPS AND POST SEASON PLAY

- a. The Conference champion will be determined by a point system as follows:
 1. 3 points for a win.
 2. 1 point for a tie.
 3. 0 points for a loss.
- b. The team accumulating the highest number of points will be declared the champion.
- c. Conference championships, placement and or entry into CIF shall be determined in accordance with Article I, General Rules-CIF, Sections 1, 2, and 3 of the Conference Constitution, with the exception of the modified point system above.
- d. If a playoff game or games are required to determine CIF entry, and if that playoff game ends in a tie, the following procedure will be used:

1. If two teams are involved, the CIF tiebreaker procedure will be used.
2. If three or more teams are involved, penalty kicks will follow the conclusion of regulation time for all games involved.
- e. When a Sunset Conference team is in the CIF playoffs, no coach will give scouting reports or game films on CIF-bound Conference members to non-Conference coaches who might request such information.

7. GENERAL RULES

- a. Coaches shall be responsible for keeping all players in the area of the team bench. Players may warm up in a designated area during the second half of the preceding game.
- b. The home team shall provide three game balls that shall be weather treated and identical to one another in make, shape, and color.
- c. Rained-out or postponed games shall be made up on the following Monday or sooner by mutual agreement of the athletic directors, unless conditions still make it impracticable. If the condition still exists, the athletic directors shall by mutual agreement reschedule the game for as soon as practicable. Chronological sequence shall determine the order of scheduling makeup games.
- d. It is required that the home team wears all white jerseys and the visiting team wears all dark uniforms as per the CIF rule.
- e. Protests will be made in accordance with the Conference constitution.
- f. It is recommended that two officials be assigned for the Junior Varsity and Frosh/Soph double header game and three officials assigned to varsity games.
- g. Varsity Men will follow National Federation rules concerning the breaking of ties. (The overtime period will consist of two 10-minute periods golden goal (in order to align with CIF). There will be no overtime played for Women.

8. ALL CONFERENCE SELECTION

- a. The coaches will select a most valuable player from the first place team, a most outstanding offensive player and a most outstanding defensive player.
- b. Recommendations for nomination to the first and second All-Conference Varsity Team shall be based on a school's final Conference standing.

	<u>First Team</u>	<u>Second Team</u>
First Place	4	3
Second Place	3	3
Third Place	2	2
Fourth Place	2	2

ARTICLE XII

WOMEN'S SOFTBALL

1. LEVELS OF COMPETITION

The Sunset Conference will field teams at the Varsity and Junior Varsity levels.

2. CONFERENCE CONTEST

- a. All Conference games shall begin at 3:15 p.m. unless other arrangements are made.
- b. The Varsity Junior Varsity games shall end after five innings of a seven-inning game when a team is behind by ten runs. The Junior Varsity games shall end after three innings when a team is behind by fifteen runs
 1. The approved ball for Sunset Conference play is the Dudley CFP-12. Or the Diamond Flyer 12RFP47CL. The ball shall include the NFHS authenticity mark
 2. On the day of a scheduled game, teams will not be permitted to take batting practice any time on the day of a scheduled contest. Violation of this rule will result in forfeit of the game. Batting practice would be described as: using a pitching machine, pitcher or simulated live underhand or overhand pitching. Side soft toss is permitted before and during a game.
 3. Sunset Conference games will be scheduled on Tuesdays and Thursdays unless changed by the Softball Assigner or by mutual agreement.
 4. Makeup games shall be played on the first available mutually agreed upon date.
 5. There will be a pre-Conference meeting on Monday which will be posted by the Athletic Director in charge of softball, if necessary. The end of season meeting will be held the first Monday after the last Conference game.
 6. After five (5) completed innings, any game that is not tied and forced to end due to rain/darkness shall be considered a complete game. Before (5) complete innings or a tie game that is forced to end due to rain/darkness shall continue the next day with same score, same players, and same playing conditions.
 7. In the Junior Varsity games, if a tie exists at the end of seven innings, the International Tie-Breaking rule will go into effect. If a tie still exists at the end of eight innings, a runner will be placed on third base. No new inning shall begin after two hours.

3. GENERAL RULES

- a. Current Official Federation Rules will be followed with the exception of the length of games and rule conflicts with CIF.

- b. Ground rules should be clarified to all coaches, players, and officials before the games begin.
- c. Metal or rubber cleated shoes are allowable.
- d. Use tie-down bases - either four spikes or drop-in bases.
- e. All-Conference selections will be based on Conference statistics only.
- f. Voting for All-Conference:
 - 1. Vote for MVP first, then most valuable pitcher. The same player cannot be voted MVP and most valuable pitcher of the year.
 - a. Coaches may vote for their own players
 - 2. Coaches will nominate their players for 1st Team, the vote occurs, and then the process continues for 2nd Team.
 - a. Coaches may not vote for their own players
 - 3. Each coach's ballot will contain only eight names.
 - 4. The first and second team All-Conference will average eight first team and six second team members.

4. CONFERENCE CHAMPIONSHIPS AND POST SEASON PLAY

- a. Conference championships, placement and/or entry into CIF shall be determined in accordance with Article I, General Rules-CIF, Sections 1, 2, and 3 of the Conference Constitution.
- b. When a Sunset Conference team is in the CIF playoffs, no coach will give scouting reports or game films on CIF-bound Conference members to non-Conference coaches who might request such information.

ARTICLE XIII

COED SWIMMING AND DIVING

1. GENERAL RULES

- a. A constitutional meeting will be held in conjunction with the seeding meeting for the Conference championship meet.
- b. It is recommended that proposed constitutional changes be submitted in writing to all coaches and the appropriate administrator prior the constitutional meeting.
- c. All meets will begin at 3:00 p.m., unless prior arrangements have been made. All Conference meets will be run in a coed format. The visiting school shall be allowed to warm up at 2:30 p.m., or a minimum of 30 minutes.
- d. Home school will have odd lanes. Coed traveling teams will be assigned even lanes.
- e. Official Federation Rules will be used unless in conflict with CIF regulations. CIF rules will take precedence.
- f. The Conference Championships Meet entries and all pertinent Conference information will be provided to the designated meet manager before 8 PM the Friday night before the championship meet begins. Entries cannot be altered from the original entry form once the deadline for entries has passed. Entries for relay teams must be declared prior to the start of the first event and cannot be altered thereafter.
- g. The All-League 1st team will consist of the top two finishers in each event. There will also be a League MVP selected for Men's Swimming, Women's Swimming, and the Men's Diving and Women's Diving, which will be voted on by all coaches at the end of league finals. In order for divers to be eligible for the MVP award they must be present and dive in at least three Conference meets, including Conference finals.

2. LEAGUE MEETS

- a. The Sunset Conference schools shall field teams at the following levels: Men's and Women's Varsity, Men's and Women's Junior Varsity, Men's and Women's Open Division.

1. In League dual and final meets, it is strongly recommended that a coach swim his strongest swimmers at the Varsity level.

b. ORDER OF EVENTS

1. The order of events shall be in accordance with CIF rules.

2. All divisions shall compete in the same format as prescribed for CIF championships with these exceptions:

Men's & Women's Open	200 yd. Medley Relay 200 yd. Freestyle 100 yd. I. M. 50 yd. Freestyle 50 yd. Butterfly	100 yd. Freestyle 200 yd. Free Relay 50 yd. Backstroke 50 yd. Breaststroke 400 yd. Free Relay
M & W Varsity and Junior Varsity	200 yd. Medley Relay 200 yd. Freestyle 200 yd. I. M. 50 yd. Freestyle <u>Diving</u> (see Diving section) 100 yd. Butterfly	100 yd. Freestyle 500 yd. Freestyle 200 Yd. Free Relay 100 yd. Backstroke 400 yd. Free Relay 100 yd. Breaststroke

- c. In all dual swimming events, the Open Level will go first, followed by the Junior Varsity level, followed by the Varsity level.
- d. In coed dual meets, events may be combined whenever lanes are available.
- e. A running score shall be kept for each division and shall be visually and/or verbally displayed and updated as often as possible.
- f. In all dual meets, changes must be turned in to the referee or scorekeeper prior to the first event (closed book throughout). Should a competitor miss an event, he/she shall not be eliminated from further competition.
- g. The timers shall be the responsibility of the home school and shall be under control of the starter.
1. There will be one watch on each lane, more when possible.
 2. Each school will provide lane cards for their entries unless electronic timing is available.
- h. If a school does not field an event, the other school must complete the event to receive points. When not fielding an event or division, a school must notify the opposing team a minimum of one day in advance.
- i. The official scorer will be provided by the home school and the assistant scorer can be provided by the visitor.
- j. Errors in scoring will be adjusted within one school week period through the athletic directors.
- k. The starter and chief judge shall be a qualified adult official.

1. The starter shall have full control of all persons associated with the meet.
2. All decisions leading to disqualification will be made by the starter.
3. The starter shall pick places and make the final determination in the case of a tie, except in meets with electronic timing.

1. Each team can only score 2 relays per gender/per level.

3. DIVING DUAL MEETS

- a. Each school may enter four varsity women and men, and up to six junior varsity and novice women and men. The top three divers from each school will be counted as that schools three official divers, unless stated as exhibition.
 1. Diving will not count as an individual event.
 2. A diver may also swim at any level regardless of which level at which he or she dives.
- b. The voluntary dive for varsity and junior varsity many come from any group. The skills for novice may come from any group.
 1. Junior Varsity dives will consist of one voluntary dive and three optional dives.
 2. Novice divers will complete a combination of four skills and/or dives.
 3. Junior varsity and novice divers can use the standing approach.
 4. Varsity dives will consist of one voluntary dive and five optional dives for all 6 dive meets and five voluntary six optional dives for 11 dive meets.
 5. The five optional dives must represent four different groups of dives.
- c. Conference diving will be held weekly at rotating pool sites. All schools willing to host will be able to do so. Host school can determine pool site.
- d. Conference diving will run a combination of 6 and 11 dive meets for varsity. The number of 6 and 11 dive meets, and when they will be held, will be voted on by the head coaches before season begins. Junior varsity will always be a 4 dive meet.
- e. Competition will be one and/or three meter when allowed by CIF rules.
- f. The meets will be held on Thursdays at 3:00 p. m.
- g. All diving coaches present will act as judges. There will be a limit of one coach per school on a judging panel.
- h. There shall be one paid diving official.
 1. The cost of the diving official will be the responsibility of the host school.

2. It is recommended that whenever possible the same diving official run the dual meets and the Varsity men/women and the JV diving championships.

i. Divers will be scored only against the schools assigned on the weekly Conference match-ups. Place and points will be assigned. As follows for both dual meets and Conference finals:

- 1st Place - 6 points
- 2nd Place - 4 points
- 3rd Place - 3 points
- 4th Place - 2 points
- 5th Place - 1 point
- 6th Place - 0 points

4. SUNSET CONFERENCE SWIMMING CHAMPIONSHIPS

a. A championship meet for each league shall be held at the conclusion of the dual meet season for all levels. The events and distances for each level shall be consistent with those performed in the dual meet season.

b. League prelims and finals will start at 12:00pm on each day. Surf League prelims are held Wednesday and finals held on Friday. Wave League prelims are held on Tuesday and finals held on Thursday. The order of team to compete is as follows: Prelims for all 6 levels will be held on day one and the finals will be held on day two. All eight teams are required to provide parent volunteers to assist the school in charge of league finals.

c. Relays entries will be submitted an hour prior to the start of finals for each level and they are open to the entire roster

d. Seeding will be determined by the best time for each swimmer during the regular CIF season of sport.

e. In the championship meet, National Federation rules will apply except where altered by Conference constitution herein, as allowed by National Federation and/or C.I.F.

1. Varsity and non-varsity competition, unlimited entries shall be allowed in individual events and two entries in relay events. Only four competitors may qualify to place and score in individual events, and both relay team may score.

2. A competitor shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events.

f. Relays will be swum in finals only with the 'B' relay from each school in the consolation final and the 'A' relay in the championship final. Both relays may place and score. A relays scoring in championship final and B relays scoring in the consolation finals.

g. The scoring of the finals will be as follows:

- 1. When six lanes are scored:
Relays - 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2.
Individuals - 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1.

- h. Medals will be awarded to the top 3 finishers in each varsity event only. In cases of ties the Conference will purchase more medals. No medals can be made and handed out for lower levels, or varsity places 4-8 or consolation.
- i. Selection of the host school will be made on a rotation basis.
- 1. The Conference diving meet and the swimming meet may be hosted by the same school.
- 2. The Conference diving meet may be hosted by a different school
- j. For the championship meet, the host school shall provide the following:
 - 1. An electronic timing and judging device for the prelims and finals.
 - 2. Paid officials for swimming prelims and finals.
 - a. USA sanctioned meets for Prelim/Finals.
 - 3. Entry forms will be sent to the member schools prior to the seeding meeting. A heat sheet program shall also be sent to Conference coaches.
 - 4. A printed heat sheet and posted heat sheet are required for the preliminaries.
 - 5. Adequate administrative personnel for the efficient operation of the meet.
 - 6. Facilities, supplies, and personnel to handle ticket sales and admission.
- k. The League Champion (Surf and Wave) for each level shall be determined by adding the points earned for dual and championship meet placings. Points shall be awarded as follows:

<u>PLACE</u>	<u>DUAL MEET POINTS</u>	<u>CHAMPIONSHIP MEET POINTS</u>
1	4	5
2	2	2
3	1	1
4	0	0

- 1. In the event that there should be a co-champion or tri-champions, duplicate awards shall be provided by the Conference.

5. SUNSET CONFERENCE DIVING CHAMPIONSHIPS

- a. The league finals will be held the week following the last conference dual meet.
- b. Junior Varsity diving will consist of six dives, one voluntary and five optional dives. Novice will consist of four dives, one voluntary and three optional.

1. The voluntary dive shall be of the diver's choice.
 2. The five optional dives must represent at least four of the five groups.
 3. The voluntary dive must be done first. The other dives may be done in any order.
- c. The Varsity diving championships will be held on the day that falls between swimming prelims and the finals.
 - d. All divers will be entered at the seeding meeting and the diving order will be drawn at that time, unless a diving computer program is used that can randomly select the diving order prior to the beginning of the Varsity championship.
 - e. Varsity diving will consist of eleven dives, five voluntary plus six optional.
 1. The dive order will be:
 - a. Prelims - 2 voluntary, 3 optional dives (each optional is from a different group)
 - b. Semifinals - 2 voluntary dives, 1 optional dive
 - First 4 optional dives must be from different groups.
 - All 5 groups must be represented in the first 8 dives.
 - c. Finals - 1 voluntary dive, 2 optional dives
 - d. Dives may be done in any order in prelims, semifinals, and finals
 2. The host school will secure two paid rated diving officials, if possible.
 - f. Divers will be free to enter Varsity or Junior Varsity diving in the Conference Championship Meet regardless of how they have been entered previously.
 - g. The host for Conference finals will be determined on a rotating basis.
 - h. The MVP's for diving will be the male and female divers with the best records after league finals, provided that:
 1. They have competed in at least four meets at the varsity level, including league finals.

6. PROTESTS

Refer to Sunset Conference Constitution, Article VII.

ARTICLE XIV

MEN'S AND WOMEN'S TENNIS

1. LEVELS OF COMPETITION

Competition will be held on the Varsity and Junior Varsity levels.

2. CONFERENCE MATCHES

All Conference matches will begin by 3:00 p.m. unless prior arrangements have been made by the coaches and athletic director. There will be a 20-minute warm-up period.

- a. Each team shall play two rounds, one at home and one away versus each school in the league and one cross over with each school in opposite league.
- b. Varsity and JV teams shall consist of nine players, three singles and three doubles. Both singles and doubles shall play a round robin, with singles players and doubles teams playing one set each against each opposing doubles teams. Singles and doubles sets count one point. In case of a tie in points (sets) the team which has won most total games is the winner. If a tie still remains, then one 12 point tie break will be played using original starters who began the match, regardless if they have been substituted for or not. Add scoring will be used for Varsity and Junior Varsity.
- c. Coaches shall exchange the complete lineup of each team before the players are assigned to the courts. All Conference play will be governed by U.S.T.A. rules and regulations.
- d. The rotation of the Varsity matches will follow the prescribed rotation in the CIF Tennis Preview. The home team shall rotate to the visiting team. The visiting players will play all three sets on the same courts. The first round one will play one, two will play two and three will play three. After the first round, home one will play visitor three, home two will play visitor one and home three will play visitor two. The third round players will play their remaining opponents.
- e. In case a match cannot be completed due to darkness or inclement weather, all complete set scores will stand. Any incomplete sets will be continued from the point when the match was suspended (on the same courts if possible) on the first available day mutually agreed upon by both coaches and athletic directors. The original line-up will be adhered to; no player may play JV after playing Varsity in the incomplete match.
- f. For Boys Tennis coaches must reschedule for the Ojai Tournament. It will be at the original place, but the date must be by mutual agreement of the two coaches.

- g. SUBSTITUTIONS: If at any point during a team tennis match a player is injured, play may be halted for five (5) minutes. ONCE only. A second stoppage causes a player/team to retire the set.

Tennis Playoffs:

Teams may substitute for a singles player, a doubles team, or one-half of a doubles team at the end of the first or second round, before that player(s) was due to begin play in the next round. Once a player has been removed from the lineup, he shall not go back into play in the match. Players shall not switch between singles and doubles.

Rules governing substitutions:

1. The lineup exchanged at the beginning of the match must be used for the first round.
2. Substitutes must be listed on the coach's scorecard when the lineups are exchanged.
3. Before putting in a substitute(s) to play, the coach must notify the opposing coach as to who the substitute(s) will play for and in which position in the lineup.
4. Substitutions shall not delay the start of the next round, except that the substitute(s) may have the 10 minutes to warm-up, if needed with an opponent or teammate.
5. If a player becomes ill or is injured, the usual timeout is allowed. If it is determined that the ill or injured player cannot continue, the current set shall be retired with the retiring player retaining any games won (example: if the score is 3-3, then the set is retired, 6-3 for the opponent). All succeeding sets played will count in the normal manner.
6. Junior Varsity may have free substitutions with both coaches agreement before the match.
7. Free substitution may take place after winner has been determined.

3. CONFERENCE CHAMPIONSHIPS AND POST SEASON PLAY

- a. The League team championship in tennis shall be on a dual meet basis. League championships, placement and/or entry into CIF shall be determined in accordance with Article I, General Rules-CIF, Section 1, 2, and 3 of the Conference By Laws.
 1. If a tie, or ties, should occur at the end of the Sunset Conference season, the following list of criteria shall be followed in order to determine first and second place teams for CIF qualifying only:
 - a. Won/Loss records in head-to-head competition among tied teams.
 - b. (If necessary) Number of total sets won between tied teams.
 - c. (If necessary) Number of total games won between tied teams.
 - d. (If necessary) Coin toss.

- b. Individual Varsity and J.V. champions of the Leagues shall be determined by a Conference tournament, to be completed according to the CIF sports calendar. No player who has played 13 or more sets in Varsity Conference matches shall be eligible for the Junior Varsity Tournaments. Awards will be presented to places 1-3 for varsity tournament only.
- c. For both the Varsity and Junior Varsity Conference finals tournaments, each school will provide three new balls for each singles player and three new balls for each doubles team entered in respective tournaments.
- d. For both the Varsity and Junior Varsity Conference finals tournaments, the host school will conduct a seeding meeting prior to the tournaments. The meeting shall be held at the host school the evening of the last scheduled dual meet.
- e. Seeding Criteria:
 - 1. Winning percentage with a minimum of 12 of 18 sets (Singles or Doubles) in league.
 - 2. League dual match record.
 - 3. Head-to-head competition.
 - 4. Common opponents defeated during current season, beginning with the #1 seed in descending order to specific seed needed.
 - 5. USTA Ranking
 - 6. Coaches Agreement
- f. Seeding Guidelines:
All U.S.T.A. rules for tournament competition shall be followed. The number of seeds and players placed will be determined at the seeding meeting.
- g. A coach must be present when his/her player(s) check in for Conference tournament play. Failure for the coach to be present will result in forfeiture of his/her player(s) from the tournament.
- h. When a Sunset Conference team is in the CIF playoffs, no coach will give scouting reports of game films on CIR-bound Conference members to non-Conference coaches who might request such information.

4. GENERAL RULES

- a. One can of new pressurized balls (U.S.T.A. approved) shall be supplied by the home team in both singles and doubles for each Varsity and Junior Varsity match. Balls should be optic yellow in color. Ball color should remain constant for the entire match.
- b. If the home team does not make use of available open courts when matches are waiting for over five minutes at any time during a team match, any match(es) not completed because of darkness shall be forfeited to the visiting team.
- c. Coaching during matches is allowed between sets and during the 90-second changeovers when it does not interfere with the general rule of continuous play. No coaching shall occur during the walk-throughs of sets and tie breakers.

- d. Teams must wear a tennis uniform during matches, which consists of the same color shorts and the same shirt. The shirt can be a T-shirt. All players must wear their official school uniform for all matches. The penalty for an infraction is that the player must forfeit the sets he is involved.
- e. Players shall take all serves before play begins.
- f. When the set score is tied at 6-6, a 12-point tie breaker will be used to determine the winner of the set.
- g. Spectators as well as extra players will be asked to observe games from outside the tennis courts or from designated spectator areas. At schools where there are no outside viewing areas, there will be a maximum of two designated spectator areas on or between the courts.
- h. Good sportsmanship shall be displayed at all times. U.S.T.A. Point Penalty system will be enforced.
- i. A player can only play against a school one time in each round.

5. ALL-CONFERENCE RECOGNITION FOR EACH LEAGUE

- a. The top two singles players and top two doubles teams, as determined in Conference finals, shall be recognized as the All Sunset Conference First Tennis Team, and players placing three and four will be Second Team.
- b. MVP of Conference will be Sunset Conference Single Champ in each League.

ARTICLE XV

MEN'S AND WOMEN'S TRACK

1. LEVELS OF COMPETITION

- a. Men: Varsity, Junior Varsity, and Frosh/Soph
- b. Women: Varsity, Junior Varsity, and Frosh/Soph

2. DUAL MEETS

a. Running Events

- 1. For all dual meets, competition will start at 2:45 p.m. with the Sunset Conference Order of Events.
 - a. Tri Meets will begin at 2:00 p.m.
- 2. Current National Federation rules shall be used unless in conflict with CIF.
- 3. The home team will be assigned odd lanes; visiting team even lanes.
- 4. There will be a coin toss to determine lane assignments for relays. The winner of the coin toss will have choice of lanes for the 400 relay for all levels competing. The 1600 relay teams will be opposite of the 400 relays.
- 5. 1600 relay runs shall not be run until field events are completed unless by mutual agreement of coaches.
- 6. A school may enter unlimited competitors in all events unless there are more competitors than lanes available. In the 800 and greater distances any number of competitors may run.
- 7. The number of races run in any division for any event will be dictated by the number of runners in the event.
- 8. Races can only be combined by mutual consent of both Varsity head coaches.

b. High Jump

- 1. Girls' Varsity will jump first in odd years. Both varsity teams will jump before lower levels. All lower levels (men & women) will jump continuously, starting at the minimum height.
- 2. Starting heights;
JV and Frosh/Soph men -4'8" Bar shall be raised in

Varsity men -5'4" 2" increments until one competitor is left

Frosh/Soph and JV women -3'10"

Varsity women -4'2"

c. Pole Vault

1. Boys' Varsity will jump first in odd years. Both Varsity teams will jump before lower levels. All lower levels (men and women) will vault continuously, starting at the minimum height.

2. Starting heights:

Varsity men -10'6" Bar shall be raised at

JV and Frosh/Soph men -8'0" 6" increments until one competitor is left

Varsity women -8'0"

JV and Frosh/Soph women 7'0"

3. There will be a minimum warm-up of 3 minutes per jumper not to exceed 30 minutes per jumping group. 7'0

4. At school with only one pole vault pit, competition should begin at 2:00 p.m.

d. Long Jump and Triple Jump

1. If 2 pits - 2-1/2 hour time limit, if only 1 pit - 3 hour time limit.

2. 4 jumps per competitor for Varsity, 3 jumps for Frosh/Soph and JV.

3. Once a competition has begun there shall be no run-throughs or practice jumps.

e. Shot Put/Discus Throw

1. Boys Varsity Shot Put first, Girls Varsity Discus first.

2. Four throws per competitor. The best and second best throws will be marked.

f. Athletes' name must be on event card prior to start of his/her event.

3. OFFICIALS AND JUDGES

- a. The home team shall provide all officials and judges.
 - 1. Adequate officials and judges shall be provided as follows:
Finish Line - at least three adults, four are recommended
Field Events - one adult each
 - 2. Effort must be made to provide assistants at each field event i.e. rakers, etc.
 - 3. A trained official shall be used as starter and will be in charge of the meet. The starter or impartial person will serve as the referee if necessary.

4. INCLEMENT WEATHER

- a. Postponed meets will be held the following Monday, or by mutual agreement of athletic directors and coaches.

5. ALL EQUIPMENT MUST MEET "FEDERATION" REQUIREMENTS

6. CONFERENCE STANDINGS

- a. League championships will be determined by adding points for dual and Conference Meet standings.

<u>Standing</u>	<u>Conference Meet</u>
1st	5 points
2nd	4 points
3rd	3 points
4th	2 points

Dual Meets

Each team earns one point per win.

In case of tied results from adding of the points scored in dual meets and Conference meet standings, the teams will be co-champions. If you are undefeated and untied in dual meets you are guaranteed at least a share of the championship.

7. CONFERENCE PRELIMS AND FINAL MEETS

a. DAYS AND TIMES FOR PRELIMS

1. Prelims will be held on the same day at two different locations(Surf @ Los Al & Wave @HB)

a. Only meet start time will be published. Meets may run ahead.

b. DAY AND TIME FOR FINALS

1. League Finals will start at 2pm at Huntington Beach High School

a. League competition date will be one week after prelims

2. Field events will follow order of dual meet schedule.

3. Only meet start time will be published. Meets may run ahead.

c. SCORING

Shall be according to National Federation rules (10, 8, 6, 4, 2, and 1)

d. ORDER OF EVENTS

As per adopted by Sunset Conference

e. QUALIFYING FOR PRELIMS

1. There will be a limit of six entries per event for each level from each school, plus six wild cards per level. (I.e. one athlete in three events equals three wildcards.)

a. All events that have heats will advance a heat winner from the prelims to the finals and the remainder based on time only.

f. SUBSTITUTES FOR FINALS

1. No substitutes will be allowed for an athlete unable to participate in the finals. The vacancy will be filled by reverting to the preliminary meet alternate when such a situation dictates. The athlete should be available at the staging area.

g. OFFICIALS

1. A paid starter and recall starter shall be provided for both meets. The recall starter shall be the referee. The fee for both meets shall be determined by the CIF Blue book.

2. Each school's requirements.
 - a. Each school will be responsible for providing two adult field event officials. Event assignments will be made by the meet manager. Implements to run events are provided by assignees.
 - b. Names of these officials are to be told to host school at seeding meeting.
 - c. Conference will not pay for these officials.
3. Electronic timing device will be used.

h. ENTRIES

1. All entries must be entered online by 4:00 p.m. prior to the day of the seeding meeting.

i. SEEDING MEETING

Will be held the Tuesday before Conference Prelims. Meeting to be held at host school.

- j. THERE WILL BE A COACHES MEETING PRIOR TO THE START OF THE MEET. This is an information meeting only. No adds or drops. (Prelims and finals)

k. AWARDS

1. Medals to places 1-3 Varsity level (Relays: 1-3 place), per league.

l. RUNNING EVENTS

1. Number of heats determined by number of entries.
2. All Junior Varsity and Frosh/Soph 3200 race finals will be run on prelim days only.
3. Men's and Women's Varsity 3200 will be run on final day only.
4. All relays will be run on final day only. Each school will provide two qualified adults to judge passing lanes for the 4 x 100 Relay.
5. In the 800 and 1600 there will be at least twelve finalists for each level with races run in alleys.

m. FIELD EVENTS

1. All Junior Varsity and Frosh/Soph field events will be finals and held on prelim days.
2. Any athlete listed on the official event sheet is considered entered and may check in at any time during the open pit for the long and triple jump events. Heat sheets printed at the end of the seeding meeting are considered official event sheets.

3. High Jump.
 - a. Starting heights determined at seeding meeting.
4. Pole Vault
 - a. Starting heights determined at seeding meeting.
5. Long Jump, Triple Jump, Shot Put, Discus Throw
 - a. Each athlete will be given three preliminary trials.
 - b. Preliminary trials shall be run in flights in Shot Put and Discus.
 - c. The best nine performances, plus any ties, shall advance to the finals and receive three additional trials each.
 - d. A measuring tape should be left along the runway so that participants will be able to measure their steps for jumping.

4. ADMISSION AND GATE RECEIPTS

- a. Admission may be charged at both prelim and final contests according to the Sunset Conference price structure. (Article 1, General Rules-ASB, Section 15, Bylaws) Gate receipts are property of the Conference. Program sales, tee shirts, and concessions are property of the host school.

5. GENERAL RULES

- a. Ties will be scored according to Federation rules.
- b. The National Federation Track and Field rules will govern Conference meet competition, except for provisions of the CIF Blue book track regulations or the preceding Sunset Conference rules, which shall prevail.
- c. Athletes not competing or warming up must stay in the area designated for athletes.
- d. No audible radios, footballs, Frisbees, etc. are allowed on the field or in the stands.
- e. At the conclusion of each season a Male and Female Track Athlete of the Year and Male and Female Field Athlete of the Year will be selected. Nominations should be made at the seeding meeting. Voting will be by secret ballot at the constitutional meeting following the Conference meet.

Sunset Conference Order of Events

1.	F/S Girls	1600M	53.	Var Girls	3200M
2.	F/S Boys	1600M	54.	Var Boys	3200M
3.	JV Girls	1600M	55.	F/S Girls	1600M Relay
4.	JV Boys	1600M	56.	F/S Boys	1600M Relay
5.	F/S Girls	400M Relay	57.	JV Girls	1600M Relay
6.	F/S Boys	400M Relay	58.	JV Boys	1600M Relay
7.	JV Girls	400M Relay	59.	Var Girls	1600M Relay
8.	JV Boys	400M Relay	60.	Var Boys	1600M Relay
9.	Var Girls	400M Relay	61.	F/S Girls	Pole Vault
10.	Var Boys	400M Relay	62.	JV Girls	Pole Vault
11.	Var Girls	1600M	63.	Var Girls	Pole Vault
12.	Var Boys	1600M	64.	F/S Boys	Pole Vault
13.	F/S Girls	100M H.H.	65.	JV Boys	Pole Vault
14.	JV Girls	100M H.H.	66.	Var Boys	Pole Vault
15.	Var Girls	100M H.H.	67.	F/S Boys	High Jump
16.	F/S Boys	110M H.H.	68.	JV Boys	High Jump
17.	JV Boys	110M H.H.	69.	Var Boys	High Jump
18.	Var Boys	110M H.H.	70.	F/S Girls	High Jump
19.	F/S Girls	400M	71.	JV Girls	High Jump
20.	F/S Boys	400M	72.	Var Girls	High Jump
21.	JV Girls	400M	73.	F/S Boys	Long Jump
22.	JV Boys	400M	74.	JV Boys	Long Jump
23.	Var Girls	400M	75.	Var Boys	Long Jump
24.	Var Boys	400M	76.	F/S Girls	Long Jump
25.	F/S Girls	100M	77.	JV Girls	Long Jump
26.	F/S Boys	100M	78.	Var Girls	Long Jump
27.	JV Girls	100M	79.	F/S Boys	Triple Jump
28.	JV Boys	100M	80.	JV Boys	Triple Jump
29.	Var Girls	100M	81.	Var Boys	Triple Jump
30.	Var Boys	100M	82.	F/S Girls	Triple Jump
31.	F/S Girls	800M	83.	JV Girls	Triple Jump
32.	F/S Boys	800M	84.	Var Girls	Triple Jump
33.	JV Girls	800M	85.	F/S Boys	Discus
34.	JV Boys	800M	86.	JV Boys	Discus
35.	Var Girls	800M	87.	Var Boys	Discus
36.	Var Boys	800M	88.	F/S Girls	Discus
37.	F/S Girls	300M L.H.	89.	JV Girls	Discus
38.	JV Girls	300M L.H.	90.	Var Girls	Discus
39.	Var Girls	300M L.H.	91.	F/S Boys	Shot Put
40.	F/S Boys	300M I.H.	92.	JV Boys	Shot Put
41.	JV Boys	300M I.H.	93.	Var Boys	Shot Put
42.	Var Boys	300M I.H.	94.	F/S Girls	Shot Put
43.	F/S Girls	200M	95.	JV Girls	Shot Put
44.	F/S Boys	200M	96.	Var Girls	Shot Put
45.	JV Girls	200M			
46.	JV Boys	200M			

6. FIELD EVENTS

- a. Each head coach will receive a copy of the established start times for the running and field events, to be determined at the seeding meeting.
- b. Field event orders will follow the order established for the dual meets.

ARTICLE XVI

MEN'S AND WOMEN'S VOLLEYBALL

1. LEVELS OF COMPETITION

The three divisions of volleyball will be, Varsity, Junior Varsity, and Frosh/Soph.

2. CONFERENCE COMPETITION

- a. All games will be played on Tuesday and Thursday evenings for women's and Tuesday and Friday for Men's. Games will be moved as dictated by the assigner. Individual coaches may change game days to accommodate special circumstances. If the home school has two gyms both the Junior Varsity and Frosh/Soph games will begin at 4:30 p.m. with the Varsity game to follow. If the home school has one gym the Frosh/Soph game will begin at 3:15 p.m. and the Junior Varsity at 4:30 p.m. with the Varsity to follow.
- b. Current official Federation rules will be followed unless in conflict with CIF rules.
- c. Scoring of matches for all levels will be consistent with CIF and National Federation Rules.

3. GENERAL RULES

- a. Varsity, Junior Varsity, and Frosh/Soph teams shall:
 1. Wear like-numbered uniforms.
 2. Have gym site of game determined by the home school.
 3. Use the required ball for the Conference; Leather 18 panel (Molten, Baden, Mikasa, Tachikara, Spalding).
 4. Have one qualified linesperson from each school assist the officials.
 5. Use antennas on the nets.
 6. Volleyball warm-up shall consist of six minutes on and six minutes off including serving, and three minutes allowing time to change.
 7. On the first Monday following the conclusion of Sunset Conference play the Sunset Conference coaches will meet to select All-Sunset Conference varsity first and second teams.

4. CONFERENCE CHAMPIONSHIPS AND POST SEASON PLAY

- a. Conference championships shall be determined in accordance with Article I, General Rules-CIF, Sections 1, 2, and 3 of the Conference By Laws.
- b. Placement into CIF shall be determined in accordance with Article I, General Rule-CIF, Sections 1, 2, and 3 of the Conference By Laws, with the following exceptions:
 1. In the case of any ties, team placement shall be determined by the total number of single games won in the matches played by the tied teams against each other.
 2. If there are still ties after number 1, team placement will be decided by point ratio in the matches between the still tied teams. (The ratio is determined by the total points scored by a team, divided by the total points given up by a team in the matches played against the other tied team (s).
 3. If there are still ties after number 2, a coin flip will then be used to determine placement.
- c. In the event of any ties for the final entry spot into the CIF, a playoff match(es) to be prior to the CIF reporting deadline at an alternate(s) site under the following guidelines.
 1. If there is a two-way tie, a playoff match will be held between the two teams.
 2. If there is a tie between three teams, steps number 1, 2, and 3 from section “b” will be used to rank the teams. The 2 and 3 ranked teams will play a match against each other. The winner of that match will then play a match against the 1 ranked team to determine the CIF entry.
 3. If there is a tie between four teams, steps number 1, 2, and 3 from section “b” will be used to rank the teams. The 1 and 4 ranked teams and the 2 and 3 ranked teams will play a match against each other. The winners of those two matches will then play a match against each other to determine the CIF entry.
- d. When a Sunset Conference team is in the CIF playoffs, no coach will give scouting reports or game films on CIF-bound Conference members to non-Conference coaches who might request such information.

ARTICLE XVII

MEN'S AND WOMEN'S WATER POLO

1. LEVELS OF COMPETITION

- a. Teams can be fielded in three divisions: Varsity, junior varsity, and frosh/soph.
 1. All three levels shall compete for Conference championships.
 2. A player may move up, but may only compete in one level against the same Conference school. Non-varsity starters may play in junior varsity contests.

2. CONFERENCE MATCHES

- a. Varsity games shall be at a venue which meets championship standards. Varsity games will play at 4:00pm, 5:10pm, 6:20pm, 7:30pm.
- b. Junior varsity and frosh/soph games shall be played on Thursday at the home team deep pool.
 1. Games shall begin at 3:00 p.m. and 4:10 p.m. on Thursdays with the frosh/soph followed by the junior varsity.
 2. The order of play may be adjusted by mutual agreement of both coaches.
 3. Junior Varsity will play 6 minute quarters and Frosh/Soph 5 minute quarters.
- c. Time between games shall be 10 minutes.
- d. Adjustments in time and/or date must be mutually agreed upon by the two athletic directors involved.

3. OFFICIALS

- a. Varsity games shall have two assigned referees who will officiate all 4 Varsity games.
 1. Games may be played with one referee, provided both coaches agree.
- b. Junior varsity and frosh/soph games may have one or two assigned referees. Should no referee show for a game, the game may be played, provided both coaches agree on an available designated person(s) or coach (es) to referee.

4. GENERAL RULES

- a. A designated host school shall be selected to manage the Conference Varsity games (i.e. arrange facility, admission sales, supervision, referees, program sales, etc.).
 - 1. The host school shall be rotated by Conference Schools.
 - 2. All schools' lower level boys' water polo athletes, with ASB card, will be admitted free to varsity showcases. A list of athletes from each school will be provided to the host school.
 - 3. It is required that a qualified adult be responsible for supervising the official table and shot clock at Varsity games.
 - 4. It is required that a qualified adult be responsible for supervising the game clock (i.e., ejection and re-entries) at Varsity games.
- b. Qualified students may time lower division games.
- c. The game ball shall be in accordance with CIF
- d. Game rules will be the same as CIF adopted Water Polo rules.

5. ALL CONFERENCE SELECTION

- a. Player of the year is voted on first and this person is not included in the all-Conference selections.
- b. It is recommended that the first and second team All-Conference selections be made prior to the conclusion of the CIF Finals.
- c. The All-Conference team will consist of twelve players, including at least one goalie, but not including player of the year. Picks will be chosen by the coach based on the Conference standings. Coaches may give up their picks to other teams if warranted. The breakdown is as follows:

<u>First Team</u>	<u>Second Team</u>
1 st Place – 3 picks	1 st Place – 2 picks
2 nd Place – 2 picks	2 nd Place – 2 picks
3 rd Place – 1 picks	3 rd Place – 2 picks
4 th Place – 1 picks	4 th Place – 1 picks

6. CONFERENCE CHAMPIONSHIPS AND POST SEASON PLAY

- a. Conference championships, placement and/or entry into CIF shall be determined in accordance with Article I, General Rules-CIF, Sections 1, 2, and 3 of the Conference By Laws.
- b. When a Sunset Conference team is in the CIF playoffs, no coach will give scouting reports or game films on CIF-bound Conference members to non-Conference coaches who might request such information.

ARTICLE XVIII

WRESTLING

1. LEVELS OF COMPETITION

Conference champions will be declared on the Varsity, Junior Varsity, and Freshmen levels.

2. CONFERENCE MEETS

- a. Meets will be on Wednesday or Thursday evenings based upon facility availability.
- b. Junior Varsity and Freshmen only matches will start at 4:00 p.m. and 4:30 p.m. at Los Alamitos.
- c. Varsity matches will start at the conclusion of the JV and Freshmen only matches; approximately 5:30pm at all schools, except for at Los Alamitos the start time will be 6:00pm.
- d. It is recommended that all schools have two regulation-sized mats.
- e. It is recommended that all JV and Freshman only matches will be run simultaneously.
- f. Notice must be given to a Conference opponent twenty four hours in advance if a team is not going to field a level.
- g. Freshmen Level – Add 95 lb. Wt. Class
- h. Winning team will call newspapers with the scores.

3. CONFERENCE TOURNAMENT

A Sunset Conference tournament shall be held at the end of the dual meet season. The purpose of the tournament will be:

- a. To determine individual Conference champions.
- b. To qualify wrestlers for CIF.
- c. Medals will be awarded for first, second, third and fourth places for Varsity only.
- d. To determine the best tournament team in the Conference. A Sunset Conference tournament trophy will be awarded to that team.
- e. If a man is injured by an illegal hold during the Conference tournament, he may be reinstated into CIF competition by defeating the last place qualifier in a challenge match.

- f. A Freshmen Tournament will be held on the Thursday, Friday, or Saturday following the last Conference match in conjunction with the Varsity Tournament.
- g. A 95 lb. weight class will be included in the Conference Freshmen Tournament.
- h. The Sunset Conference Championship Tournament will be a double-elimination format with wrestlers returning from the quarterfinals.
- i. The league championship shall be declared by the dual meet standings only.
- j. Each school is responsible to run one (1) mat at the Conference Finals with a minimum of four (4) people per shift (needs/responsibilities include: staffing, equipment, score table, clock, and runners).
- k. The MVP of each league shall be voted on by coaches at the conclusion of the conference finals

4. OFFICIALS

The Sunset Conference will follow the current National Federation of High School rules except as modified by the CIF. The referees will have a National Federation of High Schools Guide available. All coaches are responsible to read and follow CIF rules.

5. GENERAL RULES

- a. The wrestling coaches will meet for the purpose of seeding the Conference match. Criteria for seeding:
 - 1. Most recent head to head.
 - 2. Prior CIF sectional and finals placement.
 - 3. Overall record.
 - 4. Total season record, not to include takedown tournaments.
 - 5. Tournament placement –consideration to the most prestigious tournament.
 - 6. Common opponents and outstanding wrestlers defeated.
 - 7. Consideration to those dropping in weight class

This list should be followed in order. When there is considerable disagreement, then the Conference representatives should vote. This vote should follow a two-minute presentation of the facts concerning the desired wrestler to be seeded

- b. Weigh-ins:
 - 1. Varsity, Junior Varsity, and Freshmen weigh in.
 - 2. Weigh-ins will be held according to the National Federation of High Schools rule book (one hour maximum and one-half hour minimum time limits before the first match).
 - 3. Scales should be checked by the Bureau of Weights and Measures each year prior to January 1. The scale should show its seal of approval. Opposing coaches may verify the scales prior to the match.
 - 4. No weight allowance should be made under any circumstances.
 - 5. All weigh-ins will start at 3:00 p.m. and 3:30 p.m. at Los Alamitos. Time allowances will be made for unforeseen circumstances. Contact home coach in the event of late arrival to weigh-ins.
- c. Varsity matches will consist of three 2-minute periods, JV 1-2-2, and Freshmen only three 1-minute periods.
- d. It will be the responsibility of the home team to keep all spectators in the stands. A violation will result in a deduction of one team point from the violating team.
- e. Officials will be appointed by the Orange County Officials' Association. Officials shall not be associated with the schools in the Conference.
- f. Timer: The timer will be a faculty member or other qualified person
- g. See Article VII, Protests, Sunset Conference Constitution.

6. CONFERENCE CHAMPIONSHIPS AND POST SEASON PLAY

- a. Conference championships, placement and/or entry into CIF shall be determined in accordance with Article I, General Rules-CIF, Sections 1, 2, and 3 of the Conference Constitution.
- b. When a Sunset Conference team is in the CIF playoffs, no coach will give scouting reports or game films on CIF-bound Conference members to non-Conference coaches who might request such information.