

PENINSULA ATHLETIC LEAGUE

CONSTITUTION

ARTICLE I

NAME

The name of this league shall be the Peninsula Athletic League. Here and after referred to as the PAL or the league. The Peninsula Athletic League shall be composed of two divisions, the Bay and Ocean, unless otherwise aligned by the Board of Managers.

The Peninsula Athletic League is a unit of the Central Coast Section of the California Interscholastic Federation and shall pass no laws in conflict with these parent bodies.

All games, contests and activities shall be governed by the National Federation Rules of the current year, unless changed or directed otherwise by the California Interscholastic Federation, Central Coast Section, or the Peninsula Athletic League. All items not specifically covered elsewhere shall be deemed as part of these bylaws.

ARTICLE II

OBJECTIVE

The objective of the PAL shall be to promote interscholastic activities in a way consistent with sound principles of education, to promote equal opportunities for all of the youth regardless of race, religion, gender, or national origin and to cultivate cordial and friendly relationships among schools through good standards of sportsmanship.

ARTICLE III

MEMBERSHIP

Section 1 Basic League Membership

The basic membership in the Peninsula Athletic League shall consist of schools as approved by a majority vote of the PAL Board of Managers of basic league members.

Section 2 Supplemental League Membership

Supplementary league members of the Peninsula Athletic League are those schools which participate in less than fifty percent (50%) of the Peninsula Athletic League total sports offerings. Supplementary members shall be admitted by a two-thirds (2/3) majority vote of all the schools of the basic Peninsula Athletic League and reviewed on a yearly basis. A

two-thirds (2/3) majority vote of all the schools of the basic Peninsula Athletic League is necessary for denial of supplementary membership.

Section 3 A school must field a varsity team in a sport before it can field a team of lower classification in the same sport. Cross Country is exempt from this rule.

ARTICLE IV

MANAGEMENT

Section 1 The government of this league shall be vested in a Board of Managers, which shall consist of the ratified representatives of schools holding basic league membership in the PAL. Through this board, each school shall have a single vote.

- 1.1 In response to an occasional emergency, a principal may designate another administrator to represent the school for that particular meeting. An "alternate", properly recognized by the board president at roll call, shall be authorized to represent an absent delegate and shall be allowed to vote.
Supplementary members shall only vote in areas of their sports participation other than constitutional items.

Section 2 The President and Vice-President of the Board of Managers shall serve two year terms. These officers shall serve until their successors are duly elected bi-annually at the last meeting of the school year.

- 2.1 The commissioner's secretary shall serve as secretary to the Board of Managers.
- 2.2 The commissioner of the PAL shall serve as the treasurer.
- 2.3 Representatives from the league shall be appointed to the Central Coast Section Board of Managers for two (2) years in accordance with CCS Bylaws. Both genders shall be represented.

Section 3 The Peninsula Athletic League shall employ/appoint a league commissioner who shall be the executive secretary.

ARTICLE V

DUTIES OF BOARD OF MANAGERS, OFFICERS, COMMISSIONERS

Section 1 The Board of Managers shall have the following powers and duties:

- 1.1 Admit or expel any eligible school by a two-thirds (2/3) vote of the member schools
- 1.2 Fix and enforce penalties.
- 1.3 Determine what athletic activities shall be conducted.
- 1.4 Levy assessments.
- 1.5 Make and amend rules and bylaws for the government of this league; and ratify, amend, or reject the constitution.

- 1.6 Investigate the eligibility of all athletes of any school of this league at any time, with power to disqualify any athlete of any school of this league for such period of time as may seem best to the Board of Managers.
- 1.7 Define the time and place of all athletic activities of this league.
- 1.8 Have complete control of the finances of the league.
- 1.9 Provide for a complete record of the various events held under the auspices of the league.
- 1.10 Elect a successor in the case of a vacancy in any office.
- 1.11 Exercise or provide for the exercise of all functions of the league not elsewhere provided for in the constitution or bylaws.

Section 2

The league commissioner, under the direction of the Board of Managers shall:

- 2.1 Act as executive secretary and treasurer for the Board of Managers. The commissioner shall prepare an agenda in coordination with the athletic directors/sports chairpersons and the President of the Board of Managers for all meetings. It will be presented at least one week prior to the meeting.
- 2.2 As treasurer pay all bills in a timely fashion. Two signatures shall be required on all checks in excess of \$1500. Authorized signees are the commissioner, president and vice-president.
 - 2.2.1 Prepare a preliminary budget to be presented at the last meeting of school year and adopted at first meeting in the Fall.
 - 2.2.2 At each meeting submit a written report showing receipts, disbursements and bank balance.
- 2.3 Set up the process of scheduling, monitoring, and distributing schedules for all sports in the league. Publish and distribute all schedules.
- 2.4 Arrange for the assignment of official's associations to insure both quality and quantity of officials.
 - 2.4.1 Select and contract officials' associations.
 - 2.4.2 Work with all sports official's associations to insure both quality and quantity of officials.
- 2.5 Interpret all rules and regulations as they apply to the Peninsula Athletic League, Central Coast Section and California Interscholastic Federation Constitution and Bylaws.
- 2.6 Arrange for qualification of athletes (other than CCS-CIF eligibility) in sports that have unique qualifications.
- 2.7 Provide a current copy of the PAL Constitution and Bylaws. At the beginning of each school year, the commissioner will supply each school with copies of the updated bylaw changes of the previous year.
- 2.8 Rule on all protests as initiated through proper channels. Attempt to mediate disputes between and among schools.
- 2.9 Facilitate the distribution of league passes at the beginning of the school year.
- 2.10 Order and distribute league awards as authorized.
- 2.11 Coordinate and direct all league play-offs and play-offs which involve the Peninsula Athletic League with other leagues.
- 2.12 Attend all meetings to accomplish the job description. Meetings will include: PAL Board of Managers, athletic directors/sports chairpersons, various sports groups,

- coach's association, and Central Coast Section meetings. Attend special meetings when necessary. Distribute notices of such meetings to all concerned.
- 2.13 Prepare the agenda and serve as chairman of the athletic directors and sports chairperson's meetings.
 - 2.14 Assume responsibility for administration of the PAL league office.
 - 2.15 Attend selected athletic contests for the purpose of observing and evaluating athletic programs.
 - 2.16 Promote good public relations, provide schedules, agendas and other pertinent information to the media, and be the official record keeper.
 - 2.17 Oversee the daily running of the league website.

ARTICLE VI

COMMITTEES

There shall be as many standing and temporary committees as is deemed necessary by the Board of Managers of this league.

All committees shall be appointed for no more than a one-year term by the president of this league with the advice and consent of the Board of Managers.

Each member school shall provide an athletic director or sports coordinator to meet with the commissioner on all sport bylaw proposals which affect the conduct and management of sports prior to presentation to the Board of Managers.

ARTICLE VII

MEETINGS

- Section 1** Regular meetings of the Board of Managers of this league shall occur beginning with the month of August unless the Board of Managers shall decide otherwise. It is expected that a minimum of three meetings per year shall occur.
 - 1.1 Special meetings may be called at any time by the president of the league on his/her own initiative, or upon the request of three or more members of the Board of Managers, provided that all member schools are notified in writing of the time, place, and agenda at least forty-eight (48) hours in advance.
 - 1.2
- Section 2** Nine (9) voting member schools with three (3) districts represented shall constitute a quorum.
 - 2.1 Telephone votes in lieu of a meeting shall not be held on any issue requiring a two-thirds (2/3) majority.
 - 2.2 Majority of a quorum (five [5] voting member schools) may conduct business.

- Section 3** Meetings of the Board of Managers of this league shall be governed by Robert's Rules of Order.
- Section 4** Notice of all meetings and their agendas shall be sent to member principals at least one week prior to the meeting.
- 4.1 All agenda items affecting the conduct and management of specific sports will carry a recommendation from the commissioner who will have discussed the topic with athletic directors/sports chairpersons at a separate and prior meeting.
- Section 5** Board of Managers meetings are open to the public in accordance with the Brown Act.
- 5.1 Meeting dates are published and open to all parties interested in observing such sessions.

ARTICLE VIII

DUES

After due notification by the treasurer of the league, no member school may compete in any league activity until such time as all dues to the league and to all associations with which it is officially accredited are fully paid.

ARTICLE IX

DECLARATION OF NON-PROFIT ASSOCIATION

- Section 1** This association is organized and operated exclusively for charitable purposes within the meaning of Section 501 (c) (3) of the Internal Revenue Code.
- Section 2** No substantial part of the activities of this association shall consist of carrying on propaganda, and the association shall not participate or intervene in any political campaign (including the publishing or distribution of statements) on behalf of any candidate for public office.
- Section 3** The property of this association is irrevocably dedicated to charitable purposes and no part of the net income or assets of this association shall ever inure to the benefit of any director, officer or member thereof or to the benefit of any private person. Upon the dissolution or winding up of the association, its assets remaining after payment, or provision for payment of all debts and liabilities of this association shall be distributed to a nonprofit fund, foundation or association which is organized and operated exclusively for charitable purposes and which has established its tax exempt status under Section 501(c) (3) of the Internal Revenue Code.

ARTICLE X

AMENDMENTS

Section 1 Amendments of the PAL Constitution must be presented in writing at a meeting of the Board of Managers and acted upon at the following meeting. Eleven (11) voting member schools' principals of this league with three (3) districts represented shall be necessary for the adoption of any amendment.

PENINSULA ATHLETIC LEAGUE

BYLAWS

ARTICLE I

GOVERNANCE

Section 1

Sports Committee

- 1.1 There shall be a sports committee to represent each league sport. It shall consist of the coaches responsible for that sport in each of the member schools.
 - 1.1.1 Each sports committee shall appoint a sports chairperson(s), keep minutes of its meetings, and a copy of these minutes shall be distributed to the office of the league commissioner. It is the responsibility of the sports committee chairperson(s) to maintain and distribute these minutes.
- 1.2 The purpose of each sports committee shall be to assist the athletic directors on matters pertaining to the sport it represents, to annually review the sports by-laws, discuss schedules for the next school year, discuss playing rule changes, and to make division placement recommendations to the athletic directors.
- 1.3 Each sports committee will have a preseason and a post season meeting each year or upon the call of its chairperson, upon request of a majority of its members, or upon request of the Board of Managers.
- 1.4 Sports Chairpersons:
 - 1.4.1 The chairperson(s) for each sport shall be elected by the sports committee.
 - 1.4.2 The sports chairperson(s) shall hold office for a minimum of two (2) years
 - 1.4.3 Sports chairperson(s) duties: see individual sports bylaws.

Section 2

Athletic Directors/Sports Coordinators

- 2.1 The athletic directors shall be responsible for recommendations relating to interscholastic athletics within the league. It shall be an advisory committee that is subordinate to the Board of Managers and will consist of the athletic director(s) of each member school or his or her proxy.
 - 2.1.1 One vote.
 - 2.1.2 Representation by a majority of the member schools shall constitute a quorum
- 2.2 Meetings:
 - 2.2.1 The athletic directors will meet a minimum of three (3) times a year - two weeks prior to each Board of Managers meeting.
- 2.3 Athletic Director representative(s) to the PAL BOM shall be the appointed members of the CCS ADAC.
 - 2.3.1 Athletic director representative(s) shall attend the Board of Managers meetings in an advisory capacity.
 - 2.3.2 Responsibilities of athletic directors committee:
 - (a) Coordinate schedules and resolve possible conflicts;

- (b) Meet at least once two weeks prior to Board of Managers meeting;
- (c) Make written recommendations to the Board of Managers through the commissioner.

Section 3 Board of Managers

3.1 Purpose:

- 3.1.1 The Board of Managers is the governing body of the PAL.
- 3.1.2 The Board of Managers has responsibility for the administration and supervision of PAL athletics.
 - (a) The following entities may bring items for consideration to the Board of Managers:
 - (1) any member school
 - (2) any league committee
 - (3) league commissioner
- 3.1.3 The Board of Managers will establish a minimum operating expense account for the next school year. The Board of Managers may assess member schools additional funds if so needed. The Board of Managers will annually approve the budget, approve quarterly statements and provide for an annual review of the leagues financial status.

3.2 Organization:

The Board of Managers shall consist of the ratified representative of each member school.

- 3.2.1 Each school shall have one vote.
- 3.2.2 Nine voting member schools with three districts represented shall constitute a quorum.
- 3.2.3 The Board of Managers shall approve a meeting schedule for all committees annually.
- 3.2.4 The officers of the Board shall be: president and vice-president.
 - (a) President - The president shall preside at all meetings of the Board of Managers. The president shall appoint all committees and shall perform such duties as are usually required of a presiding officer.
 - (b) Vice-President - The vice-president shall assume the duties of the president in the absence of that office and shall serve the remainder of the President's term should the president be impaired in a way that prevents him/her from performing such performing such duties. The vice-president will co-sign checks in excess of \$1500.
- 3.2.5 Non-voting representatives to the Board shall consist of a commissioner and representatives from the athletic directors.

- 3.3 The officers of the Board of Managers will be selected bi-annually at the final regularly scheduled meeting of the school year.

ARTICLE II

RULES OF ACTIVITIES

Section 1 All games, contests or activities shall be governed by the rules of the current year as listed below unless specifically changed by the CIF, CCS or the PAL Board of Managers.

| | |
|---------------|--|
| Badminton | U.S. Badminton Association |
| Baseball | National Federation of State High School Athletic Association. |
| Basketball | National Federation of State High School Athletic Association |
| Cross-country | National Federation of State High School Athletic Association |
| Flag Football | California Interscholastic Federation |
| Field Hockey | National Federation of State High School Athletic Association |
| Football | National Federation of State High School Athletic Association |
| Golf | U.S. Golf Association |
| Gymnastics | National Federation of State High School Athletic Association |
| Lacrosse | National Federation of State High School Athletic Association |
| Soccer | National Federation of State High School Athletic Association |
| Softball | National Federation of State High School Athletic Association |
| Swimming | National Federation of State High School Athletic Association |
| Tennis | National Federation of State High School Athletic Association |
| Track | National Federation of State High School Athletic Association |
| Volleyball | National Federation of State High School Athletic Association |
| Water Polo | National Federation of State High School Athletic Association |
| Wrestling | National Federation of State High School Athletic Association |

Section 2 Violations and Penalties

- 2.1 Schools violating the PAL Constitution & Bylaws will receive a letter of censure from the commissioner. Copies will be sent to the coach, the athletic director, and principal or the violation school. Violations include illegal practices, classification infractions, ineligible players, and illegal number of contests.
- 2.2 Penalties for bylaw violations.
 - 2.2.1 Classification infraction - forfeiture of contests in which the individual(s) participated.
 - 2.2.2 Ineligible player (team sport) forfeiture of contests in which the individual(s) participated.
 - 2.2.3 Ineligible player (individual sport)- forfeiture of contests by the team in which individual participated. However, individual athletes not involved in the infraction shall be allowed to compete as individuals whenever they qualify and shall receive all individual recognition due them.
 - 2.2.4 Illegal practice, scrimmage, or game - loss of practice days and/or games.
 - 2.2.5 Coaches and player ejection from contest - see Sportsmanship in Appendix B.
- 2.3 Penalties for chronic or flagrant violations of league rules, or rules not outlined in this article, shall be determined by the Board of Managers.

- 2.3.1 All letters of forfeiture must originate from the principal of the school forfeiting the contest. Copies go to the principal of school being forfeited to and to the PAL Commissioner.

Section 3

Protests and Appeals

- 3.1 Eligibility - protests involving questions of the commissioner's initial determination of eligibility shall be processed in the following manner:
- 3.1.1 To be valid, a written letter of protest must be made by the principal of the protesting school as soon as discovered to the commissioner, President of the Board, and the principal(s) of the school(s) involved.
- 3.1.2 The protest committee shall be convened by the commissioner and the protest presented to it within five (5) school days after being filed.
- 3.1.2.1 The protest committee shall consist of:
- (a) The President of the Board;
 - (b) A delegate to the Central Coast Section Board of Managers;
and
 - (c) One (1) member appointed by the President of the Board.
The President of the Board shall appoint a substitute for any committee member whose school is involved in the protest.
- 3.1.2.2 The protest committee in meeting with the schools involved, shall review the case, listen to the interpretation of the league commissioner, and render a decision.
- 3.1.3 Appeal of the decision of the committee shall be made in the following manner:
- (a) Written notice of appeal to the President of the Board and the commissioner within five (5) school days following the protest committee's action;
 - (b) The notice of appeal will be placed on the agenda of the next regularly scheduled meeting for action by the Board.
 - (c) The Board Shall:
 - (1) Review the cases of the schools involved.
 - (2) Review the interpretation of the commissioner.
 - (3) Review the decision of the protest committee.
 - (4) Render a decision.
 - (d) As soon as a decision is made, the commissioner shall notify the involved schools by telephone, followed by written notification.
- 3.1.4 Appeal of the decision of the Board of Managers may be made to the Central Coast Section according to their published procedures.
- 3.1.5 Emergency situations may dictate the acceleration of the appeal process; however, all procedures must be followed by written notification.
- 3.2 All other protests: Protests (other than those involving questions of eligibility) shall be processed in the following manner:
- 3.2.1 To be valid, a written letter of protest, to be postmarked not later than two (2) school days after the contest in which the protest occurs, must be mailed to each of the following by the principal of the protesting school:
- (a) Letter of protest to the commissioner.

- (b) Letter of protest to the President of the Board.
- (c) Letter of protest to the principal(s) of the school(s) involved.
- 3.2.2 In athletic contests where rules of the game are a source of protest, the coach must notify the head official and the opposing coach that the contest is being played under protest from that point when the alleged infraction occurred.
- 3.2.3 The official(s) will be required to prepare a written report after a protested contest; and send the report to the commissioner.
- 3.2.4 The coach must file a written protest with his or her school principal within one (1) school day following the protested contest.
- 3.2.5 The principal of the protesting school shall notify the commissioner and the opposing school by telephone within twenty-four (24) hours after receiving a written protest from his or her school coach.
- 3.2.6 Rulings on the protests referred to in this article shall be decided by the commissioner.
 - 3.2.6.1 As soon as a decision is made, the commissioner shall notify the involved school(s) by telephone, to be followed by letter of confirmation.
- 3.2.7 An appeal on the decision of the commissioner shall be made in the same manner as Sec. 3.1.2.
 - 3.2.7.1 The decision of the protest committee shall be final.

Section 4 Scheduling

- 4.1 The League Commissioner with the approval of the Board of Managers shall determine all schedules based upon strength of program except for cross country and swimming.
- 4.2 Afternoon contests shall commonly be scheduled at 3:15 unless otherwise noted and authorized by the Board of Managers or the principals involved.
- 4.3 By mutual consent of principals, place or time of playing games may be changed.
 - 4.3.1 If the principals involved can reach no mutual agreement on the changing of game times and/or sites the schedule stands as approved.
- 4.4 Principals may agree to postpone any contest because of inclement weather, epidemic, or other causes. The scheduled home school shall assume responsibility for postponement, but such postponement must be made known to all concerned by twelve o'clock (12:00 PM) for afternoon contests and prior to the close of school for night contests. Postponed contests must be made-up on the next playable day.
- 4.5 When playoffs extend a season, league games in the subsequent season are to be played as scheduled.
- 4.6 During semester examination week efforts will be made to keep league contests to a minimum.
- 4.7 No league contests shall be scheduled on Board of Trustees approved school holidays without prior approval of the Board of Managers.
- 4.8 Postponed contests shall be rescheduled. It's the AD's responsibility to notify the assignor and the office of the commissioner of the date and time of the re-scheduled contest.
- 4.9 Game forfeiture. (Not to be confused with postponement procedures) School canceling or failing to appear as scheduled at an athletic event will:
 - 4.9.1 Notify opponent by 12:00 PM on the day of the contest.

- 4.9.2 Accept the fact that the contest is to be forfeited.
- 4.9.3 Be liable for any expense incurred by other school if prior arrangements have been made and are impossible to rescind.
- 4.10 Teams wishing to compete with a non-CIF team shall obtain permission from the League and CCS Commissioners. Refer to CIF Rules 502, 503, and 504.

ARTICLE III

ELIGIBILITY OF ATHLETES

- Section 1** The PAL is governed by the CIF and CCS Constitution and Bylaws. The league shall pass no rules less stringent than those provided in the Constitution and Bylaws of the CCS and CIF; however, the league may adopt more restrictive eligibility requirements.
- Section 2** No senior may participate in JV competition with the exception of wrestling, cross country, and softball. No sophomore, junior, or senior may participate in freshman competition.
- Section 3** The principal of each school will by noon on the day following the day, grades are “posted” for his/her school, be able to verify the academic/athletic eligibility/ineligibility of all members of all athletic teams. All eligibility shall be in compliance with CIF, CCS, and Peninsula Athletic League eligibility rules as well as those imposed by member school districts and/or their individual schools, and is further interpreted as follows:
- 3.1 That noon on the day following the day that grades are posted for the entire student body be the identified date and time of all eligibility/ineligibility.
 - 3.2 There can be no grade changes for athletic purposes beyond this date with the exception of those deemed by the school administration to fall in the category of “teacher error”.
 - 3.3 There can be no eligibility/ineligibility granted prior to this date and time of any grading period.
 - 3.4 That the commissioner will identify the eligibility date for all member schools.
 - 3.4.1 It is understood that these dates may be different from district to district and school to school within a district, dependent upon the identified “posting” date for each school or district.
 - 3.5 The term “posting date” shall be defined as that date when all grades are made available to the entire student body.
- Section 4** Concurrent participation is not allowed in the PAL.
- Section 5** The Peninsula Athletic League is an “open roster” league. Athletes may move between rosters throughout the season of sport. Athletes may not exceed the allowable game limits for each sport set by CCS. Athletes may not participate in two levels of play on the same day.
- Section 6** Official Rosters.
- 6.1 Official rosters for each sport shall be sent to the PAL Commissioner's office before the first PAL league game is played.

- 6.1.1 The rosters shall contain names of competing athletes, and their dates of birth.
- 6.2 Official rosters for new team members must be forwarded to the PAL Commissioner's Office before such members are eligible for competition.

ARTICLE IV

TRAVEL, PRACTICE AND PLAY-OFFS

Section 1 Travel of teams shall be limited by district restrictions. (See Appendix C)

Section 2 Practice.

- 2.1 The athletic year is divided into three seasons; they are as follows:
 - (a) Fall Season:
 - (1) Cross Country
 - (2) Flag Football
 - (3) Football
 - (4) Golf for Girls
 - (5) Tennis for Girls
 - (6) Volleyball
 - (7) Water Polo
 - (b) Winter Season:
 - (1) Basketball
 - (2) Soccer
 - (3) Wrestling
 - (c) Spring Season:
 - (1) Badminton
 - (2) Baseball
 - (3) Golf for Boys
 - (4) Lacrosse
 - (5) Softball
 - (6) Swimming
 - (7) Tennis for Boys
 - (8) Track and Field
- 2.2 Starting practice dates for each sports season will be determined by the Board of Managers.
- 2.3 Definition of Practice: A workout with any number of team members under the supervision of a coach at which the coach directs, instructs or conducts drills for the athlete/s. It is the intention of the PAL that there be no team practice out of season. From the Fall practice start date (CCS designated) until the second Saturday in June (CCS designated start of Summer) no athlete may participate and no coach may coach on an "out of season" sport team unless that team is sponsored, financed, and insured by an "outside" organization not affiliated with the school. Teams are prohibited from using school names/mascots, school uniforms, and school equipment and may only use school facilities if arranged for in the same manner as

the general public. Site administrators and athletic directors are responsible for seeing that these rules are adhered to. Infractions reported to the commissioner will be handled in accordance with Article II, Section 2 and 3 of PAL Bylaws.

- 2.3.1 The guideline for all practice sessions shall be two and one-half (2½) hours of practice time per day.
- 2.3.2 Practices before the opening of school shall not exceed two practices of a maximum two and one-half hours (2½) including team meetings per day.
 - 2.3.2.1 Physicals, issuing of equipment, team pictures and team management meetings may occur beyond the two and one-half (2½) hours time limitation.
- 2.3.3 Allowable “out of season activities” are weight training and general conditioning programs. Site administrators and athletic directors are responsible for seeing that these rules are adhered to. Infractions reported to the commissioner will be handled in accordance with Article II, Section 2 and 3 or the PAL Bylaws.
- 2.3.4 CIF, CCS, and PAL rules and regulations apply for the school year only. From the second Saturday in June (CCS designated start of summer) until the CCS start date in the Fall, CIF, CCS, and PAL rules and regulations do not apply. The week before the official start is a mandated DEAD WEEK.
- 2.4 A scrimmage is considered a contest per all CIF and CCS bylaws and is defined as:
 - 2.4.1 An activity involving teams or individual student-athletes from two or more different schools in a CIF-approved sport; and
 - 2.4.2 Where no score is kept; and
 - 2.4.3 Where regulation time is not kept; and
 - 2.4.4 Where substitute rules are set aside; and
 - 2.4.5 Where coaches are stopping play for instructional purposes; and
 - 2.4.6 Scrimmages shall not count in the team’s maximum number of contests.
 - 2.4.7 Teams are allowed a total of two scrimmages per season.
 - 2.4.8 Scrimmages may not occur after a team plays its first contest.
 - 2.4.9 Any post regular season scrimmage may only be contested after the seeding meeting in that sport, and must be with another team which is entered into that sport’s CCS Playoff Tournament. Such scrimmage must be contested prior to both team’s first contest in that CCS Playoff Tournament.
- 2.5 Outside Organizations
 - 2.5.1 It is recognized that many student athletes choose to participate on outside sports teams or in sports instruction in sports in which they also participate in high school. Therefore, this is not intended to apply to private lessons or club sport activity which comes under the authority and governance of an outside organization or business in which a student chooses to participate.
 - 2.5.2 However, high school coaches involved in such outside programs shall not implicitly or explicitly require any student athletes on their high school team to participate in such.
 - 2.5.3 The school name, insignia, official colors, equipment, facility and uniforms belong to the school and may not be used in capacity other than in CIF competition as allowed with the CIF, CCS, League and school governing documents. If teams or individuals competing in or practicing with an organization governed by someone other than the CIF, use school names,

school mascot names, school uniforms or anything that in any way identifies them with a particular CCS high school, they shall be considered a school team regardless of their affiliation with the outside agency. No school equipment can be used by these outside teams or individuals except as otherwise specifically agreed upon by the school and the outside user in a written rental agreement.

2.5.4 Outside “club” etc. activity shall not be used to circumvent this policy.

Section 3 Conditions for optional, non-mandatory off-season individual & small group skill development

- 3.1 During specific periods of time during the school year which are outside of their regular season of sport as defined by CCS Bylaws, Article V and within the conditions outlined below, a CCS member school may allow a coach of their high school team to work with athletes, who are on their high school sports team or in their high school sports program, on an individual or small group basis, for the purpose of individual skill development, as long as all of the following conditions are met:
- 3.1.1 Any such skill development session shall not be implicitly or explicitly required; AND
 - 3.1.2 Any such skill development session shall not be conducted on Sunday; AND
 - 3.1.3 Any such skill development single session shall be no longer than 1 hour in duration; AND
 - 3.1.4 Any such skill development single session shall include no more than 4 student-athletes; AND
 - 3.1.5 No student-athlete shall participate in more than 2 skill development sessions during a one week period (7 calendar days); AND
 - 3.1.6 Any such skill development session shall be scheduled so as not to conflict with any in-season high school sports team practice or contests on which any of the athlete(s) involved in the session are participating; AND
 - 3.1.7 Any such skill development session(s) shall be conducted for a maximum of 8 weeks during the school year and only during one of the following three time periods:
 - a. Between the Monday of NFHS Week 11 and the Saturday of NFHS Week 19, (winter or spring sports) OR
 - b. Between the Monday of NFHS Week 24 and the Saturday of NFHS Week 32, (fall or spring sports) OR
 - c. Between the Monday of NFHS Week 36 and the 2nd Saturday in June, (fall or winter sports)
 - (1) A sport coach must designate with his/her school administration and athletic director’s approval, which 8 weeks of this spring period they conduct any such skill development sessions for their sport.
 - (2) In the sport of football, skill development sessions are only allowed for schools that do not conduct spring football practice as described in CCS Bylaws, Article V, Section 3.F.4.a.(4)

- 3.1.8 Schools may determine in which of the three time periods specified in 3.1.7 above, their coach(s) will be allowed to conduct such skill development session(s).

Section 4 Neither pre or post season games shall be authorized before or after the close of the regularly scheduled athletic activity season unless approved by the Board of Managers. These games also need CCS/CIF approval.

Section 5 All-star competition involving PAL athletes must adhere to CIF bylaw (Article 90), and be preapproved by the Board of Managers.

ARTICLE V

OFFICIALS

Section 1 Officials for all PAL baseball, basketball, football, soccer, softball, volleyball, wrestling, and water polo games shall be approved by the PAL Commissioner, and, shall in no way be connected with either of the competing schools, unless by mutual agreement.

Section 2 Except as hereinafter prescribed, officials in cross-country, swimming, track and field shall be provided by the home team.

Section 3 In the event an official fails to appear, one (1) official shall determine the course of action for the contest.

Section 4 The PAL Commissioner shall be empowered to make all decisions regarding changes in officials.

Section 5 Officials shall not use tobacco while performing assigned game responsibilities.

ARTICLE VI

PASSES AND GATE PROCEDURES

- Section 1** The PAL Commissioner shall prepare and distribute league passes to the principals of the schools in the PAL. PAL passes will be authorized for use in the following manner:
- 1.1 Adults may use passes; students may only accompany an adult with a pass.
 - 1.2 Passes are to be distributed by the principal of each school in the PAL.
 - 1.3 Passes issued on behalf of the PAL will be processed by the commissioner.
 - 1.4 Student members accompanying a coach will be admitted only when the coach is physically present and responsible.
 - 1.5 Family and Booster passes issued by respective schools are valid for the stated admission at the school from whom they were purchased. Such passes are accepted for \$1 discounts on tickets at all other PAL schools.

- Section 2** Passes used in violation of the above for mentioned procedures will be confiscated at the time of their use.
- Section 3** Gate procedures.
- 3.1 Price of adult admission and other non-student admission will be established annually by the Board of Managers. Price of student admission will be established by the Board of Managers.
- 3.2 PAL stickers will only be honored for schools participating in that contest.

ARTICLE VII

FISCAL PROCEDURES

- Section 1** Membership dues for basic and supplementary members shall be determined annually by the Board of Managers.
- Section 2** Supplemental members shall be billed for CCS playoff fees.
- Section 3** Member schools and/or districts shall be responsible for their own expenses (coaching, officials, supervision, travel, equipment and supplies, dues, cleaning and repair, etc.)
- 3.1 The home school or district shall keep the gate receipts.

ARTICLE VIII

AWARDS

Authorized Peninsula League awards include: (1) certificates recognizing "all-league selection", to be made available by the Peninsula Athletic League Commissioner's office (2) championship plaques awarded to school division winners, and (3) medals awarded in the sports of swimming, tennis, golf, track, cross country, and wrestling.

ARTICLE IX

VICTORY CELEBRATIONS, NOISEMAKERS, RALLIES, POSTERS

- Section 1** Good sportsmanship includes being gracious winners. To promote this value the league prohibits organized, excessive demonstrations of celebration by athletes, coaches, and fans following any athletic contest. It is the responsibility of each school, in particular the administrative and coaching staff, to enforce this policy with review of compliance by the league commissioner. (e.g., team chants, dances, taunting, trash-talking,).
- Section 2** The PAL prohibits the use of bells, whistles, noise makers, horns, claxons, sirens, etc., at games. This section does not apply to organized music groups.
- Section 3** Bonfire rallies by PAL member schools are strictly prohibited.
- Section 4** Signs at athletic events are to be in good taste and reflect good sportsmanship in ways not berating or belittling your opponent.
- Section 5** Property Damage - When the damage to school property is proved to be the result of action by the students from another school, the individuals or the offending school shall make full restitution.
- Section 6** Music with lyrics is allowed for HALF TIME PERFORMANCES ONLY. Such music must be under the supervision and approval of the home school's administration. All other music played during PAL athletic contests must be WITHOUT lyrics. The national anthem and the school hymn are exceptions to this rule. No visiting school or team shall bring portable music or music players to a contest, nor shall it cause music to be played at another school's home contest.

ARTICLE X

ALL-LEAGUE SELECTION

The method of selection may vary from sport to sport and will be included in special sport rulings (Sport Bylaws), which are subject to approval by the Board of Managers.

ARTICLE XI

CHAMPIONSHIPS

All teams tying for first place at the conclusion of league play will be declared co-champions unless stated in the special ruling sections of their bylaws.

ARTICLE XII

PENINSULA ATHLETIC LEAGUE PROGRAM

TOTAL GAME LIMITS

(1) All sports' schedules will be approved individually by the Board of Managers.

(2) Game Limits.

FALL SEASON

CONTESTS ALLOWED

| | |
|--------------------------------|---------|
| Cross Country, All Divisions | 13 |
| Flag Football, All Divisions | TBD |
| Football, Varsity, JV, Frosh | 10 |
| Golf, Girls Varsity | 18 |
| Tennis, Girls Varsity | 22 |
| Volleyball, Varsity, JV, Frosh | 26 |
| Water Polo, Varsity & J/V | 24 pts. |

WINTER SEASON

CONTESTS ALLOWED

| | |
|---------------------------------------|---------|
| Basketball, Boys Varsity, JV, Frosh | 24 |
| Basketball, Girls Varsity, JV, Frosh | 24 |
| Soccer, Boys Varsity & JV | 20 |
| Soccer, Girls Varsity & JV | 20 |
| Wrestling, All Divisions Varsity & JV | 40 pts. |

SPRING SEASON

CONTESTS ALLOWED

| | |
|------------------------|----|
| Badminton, Varsity | 24 |
| Baseball, Varsity & JV | 27 |
| Golf, Boys Varsity | 18 |
| Lacrosse | 20 |
| Softball, Varsity & JV | 27 |
| Swimming, Varsity & JV | 13 |
| Tennis, Boys Varsity | 22 |
| Track, All Divisions | 15 |

ARTICLE XIII

CCS SEEDING

Automatic qualifiers must be entered before any league mates seeking at large berths. All PAL teams seeking at large berths will be entered on the basis of CCS protocols.

CCS PLAYOFF POLICY – SEASON LONG LEAGUE PLAY

In individual sports, (swimming, track & field, cross country, tennis, golf, badminton, wrestling), a student athlete must compete in at least ½ of the regularly scheduled league contests in order to participate in the CCS playoffs in that sport (see commissioner for exceptions).

ARTICLE XIV

AMENDMENTS

These bylaws may be amended at any regular or special meeting of the Board of Managers by a majority vote.