



SPORT GUIDELINES

BASEBALL

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

Approved: April 13, 2023

1. SEASON

- 1.1 Baseball is a Spring sport, as defined by NCS.
- 1.2 Practice may begin the second Monday of February.
- 1.3 A schedule will be presented to the Board of Managers for approval each year.
- 1.4 Number of Contests:
 - 1.4.1 Varsity, JV, and Frosh: 24 contests
 - 1.4.2 Varsity & JV may have two (2) scrimmages.
- 1.5 Definition of scrimmage:
 - 1.5.1 There will be no paid officials, no publicity, no score kept.
 - 1.5.2 Scrimmages will be indicated on the schedule as such.
 - 1.5.3 There will be no limit to the length of a scrimmage and free substitution is allowed.
 - 1.5.4 Play may be stopped or interrupted by the coaches, who are permitted on the field.
 - 1.5.5 No admission will be charged.
- 1.6 Tournaments:
 - 1.6.1 Each game of a tournament counts as a game and will be counted in the maximum number of contests.
 - 1.6.2 All tournaments must be CIF sanctioned.

2. CONTEST INFORMATION

- 2.1 Starting time: 3:30 PM/4:00PM after Daylight Savings Time.
 - 2.1.1 Night games may be played with mutual consent of both coaches, Athletic Directors, and Principals.
- 2.2 Days of Contests:
 - 2.2.1 Tuesday & Thursday schedule
 - 2.2.2 Monday, Wednesday, and Friday schedule
 - 2.2.3 No league games will be played when school is not in session, unless agreed upon by mutual agreement.
- 2.3 Varsity and JV games will be played at opposite sites, unless prior agreement has been made.
- 2.4 League games take precedence over any tournaments or pre-season postponed games.

3. RULES

- 3.1 Contests should be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DAL rules and guidelines.
- 3.2 Eligibility shall be determined by the rules predetermined by each district in the league.
- 3.3 Participation of players:
 - 3.3.1 Coaches have the option of moving eligible players up or down on a game-by-game basis.
 - 3.3.2 Seniors may not compete on a JV team.
 - 3.3.3 If a player suits up for a game, it counts as a participation.
- 3.4 Warm-up procedures:
 - 3.4.1 Time will be allowed for the visiting team to warm-up after they arrive.
 - 3.4.2 Bus and traffic delays are beyond the control of the traveling team and they should not be penalized for such delays.
 - 3.4.3 Each team will get a suitable and equal time to access the full infield and outfield to warm up. The home team will get access first.**
 - 3.4.4 Participating teams will not be allowed to take batting practice, use pitching machines or batting cages at the game site within two hours of the scheduled game time. The use of regulation, whiffle, or other low flight balls may be used for hitting warm-up drills (provided it is allowed by the host facility), with the following exception: regulation balls may not be used for front toss. Only whiffle or other low flight balls may be used for front toss. PENALTY FOR VIOLATION: The game shall be forfeited by the offending team.**
- 3.5 Canceled/postponed games:
 - 3.5.1 Games shall be rescheduled on the next available date, and rescheduled in the order they were

canceled, if possible.

3.5.1.1 Tied or suspended games will be completed as follows: If the game to be completed occurs in the first round, the game will be completed at the site of the second round game prior to the start of the second round game; If the game to be completed occurs in the second round, the game will be completed on the first available date at the site of the home team if the game has league championship or play-off implications.

3.5.2 League games take priority over tournament games.

3.5.3 No make-up games will be scheduled on the Monday following Spring Break.

3.5.4 No more than three (3) games may be played per week during the league season.

3.5.5 A week is defined as Monday through Saturday.

3.5.6 If the home team's field is not playable, the game will be scheduled at the visitors' site with mutual agreement.

3.6 Health and safety

3.6.1 In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.

4. UNIFORMS/EQUIPMENT

4.1 Uniforms shall meet the National Federation rules.

4.2 Coaches coaching in the coaching boxes must be in uniform.

4.3 League approved ball will be any ball listed in the National Federation Rule book.

5. OFFICIALS

5.1 Officials under contract to the league shall officiate all scheduled games.

5.2 Varsity and JV games shall have two (2) officials.

5.3 By mutual agreement games may be started with one official.

6. DETERMINATION OF LEAGUE OR DIVISION CHAMPIONS

6.1 League or Division Champion:

6.1.2 The League or Division Champion will be the team with the best overall record over the course of the league or division schedule.

6.1.3 If there is a tie for first place, the tied teams will be Co-Champions.

6.1.4 Ties, for the purposes of NCS qualification and DAL Tournament Seeding (If Applicable), will be resolved using the tie-breaking criteria. (See 6.2)

6.2 Criteria used to break ties:

1. **Head to Head.**

2. **Ladder Finish. Which is defined as comparing each team's record against the other teams in the league based on the league schedule, starting with the highest ranked team and continuing down the ladder until the tie is broken.**

3. **In a 3 way tie (or more) once the initial tie is broken, it will revert back to the 1st tiebreaker with the remaining schools.**

4. **Lottery. If the coach or designee is not present at the pre-season coaches meeting, that school will receive the last number. If there are more than one coach or designee absent, the commissioner will draw numbers for the absentees after the initial lottery.**

7. NCS QUALIFYING AND AT LARGE REPRESENTATION

7.1 The automatic representative to NCS will be the League/Division Champion or the winner of the tiebreaker.

7.2 Any other qualified team may apply for an NCS At-Large Berth.

8. ALL LEAGUE SELECTIONS

8.1 Coaches will select an All-League first team, second team, and Honorable Mention Players.

8.2 In addition to the All-League Team, a Most Valuable Player and Most Valuable Pitcher will be selected first by secret ballot. If the vote was by secret ballot and there is a tie for either of the MVP positions then those players shall be designated Co-MVP's.

8.3 The All-League team will consist of 14 players and is meant to be the best 14 players in the league (after the MVP's). 2 of the 14 players will be selected specifically as pitchers, the remaining 12 can play any position, including pitcher.

8.3.1 Each team may nominate two players for the first team all-league.

8.3.2 In addition to the two nominations, each team may nominate an additional number of players equal to the number of league wins divided by 3, rounding down. (E.G. – 11-1 record = $1 \frac{1}{3} = 5.6$ rounded down = 5 nominations maximum.)

8.4.3 Each coach gets 9 votes for field players and 2 additional votes for pitchers that must be cast by secret

vote. You may not vote for a player more than one time. The vote for pitchers will be held first with each coach casting their 2 votes for whom they believe to be the best 2 pitchers in the league, after MVP.

- 8.4 Any players not elected to the first team are automatically placed on the second team ballot. They must still be voted on however.
 - 8.4.1 Teams may nominate an additional 2 players each for the second team. Coaches vote for 11 players via secret ballot. There will be no "pitcher" designation on the second team, however pitchers may be selected.
- 8.5 Any players receiving at least one 2nd team vote but not selected on the second team are automatically placed on the Honorable Mention Team
 - 8.5.1 Each team is guaranteed at least two representatives on the all-league team if they desire it. These may be appointed to the Honorable Mention team following the voting if they were not selected by voting.
- 8.6 Any athlete who is deemed academically or behaviorally ineligible at their school will not be eligible for all-league consideration. Athletes who are ejected twice during the season under the NCS ejection policy will not be eligible for all-league consideration.

9. AWARDS

- 9.1 Certificates will be presented to the players chosen for the All Division/League honors.

10. DAL EJECTION POLICY

- 10.1 The NCS ejection policy will be endorsed and enforced by the DAL.
- 10.2 All ejections must be reported to the Commissioners of the DAL.
- 10.3 There is a DAL appeals process for the ejection policy in the Bylaws.

11. MISCELLANEOUS

- 11.1 It is recommended that all players wearing braces shall wear protective mouthpieces.