SPORT GUIDELINES
BASEBALL

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

Approved: October 1, 2026

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should be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DAL rules and guidelines.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. MVP AND ALL LEAGUE SELECTION PROCESS

8.1. There will be 1 Most Valuable Player and 1 Most Valuable Pitcher selected from each division.

8.1.1. These votes will be done first.

8.1.2. Coaches **CAN** nominate their own player for MVP. Each coach will receive an opportunity to explain their nomination.

8.1.3 Coaches **CAN** vote for their own player for MVP.

8.1.4. In the case where there are 3 or more nominations, voting will be done by a Tier Voting Process. Each coach will rank the players for MVP. Coaches **CAN** rank their own player. Athletes will then receive a number of points based upon how they were ranked by each coach. Points will be assigned in reverse order, with the last player ranked receiving 1 point, the second to the last player ranked will receive 2 points, etc. The player with the most points added from all of the coaches ballots will be named MVP.

8.1.4.1 If there is a tie in MVP voting, the tie is attempted to be broken once. If then still a tie, Co-MVPs will be named. If there are Co-MVPS, one spot will be taken away from the 1st Team All-League.

8.1.5. MVP is **SEPARATE** from 1st Team All-League, the MVP(s) will not be on the 1st Team All-League list.

8.2. Coaches will receive a number of All-League Nominations based upon their finish in league play. Ties in order of finish will result in that amount of nominations being split between the tied teams.
  8.2.1. 1st Place = 9 Nominations
    2nd Place = 8 Nominations
    3rd Place = 7 Nominations
    4th Place = 6 Nominations
    5th Place = 5 Nominations
    6th Place = 4 Nominations
8.3. Nominations must be submitted digitally **BEFORE** the postseason meeting.
8.4. Each All-League team will consist of 10 players total. The teams will be composed of the top players in the league as voted on by the coaches, regardless of position. The voting process for the teams will take place as follows:
  8.4.1. Coaches will receive 10 votes for each All-League Team. Coaches **CANNOT** vote for their own players. Coaches **MUST** use all of their votes.
  8.4.2. Coaches will vote for 1st Team All-League, this will be done by a secret ballot process. Once the results are tabulated, the 10 athletes who receive the most votes will be taken off of the nomination list and be placed on 1st Team All-League. Coaches will then conduct a new vote for 2nd Team All-League based on the remaining names, none of the votes from the first round of voting will carry over towards the second round.
  8.4.3. If there is a two-way tie for the last spot of an All-League Team, an additional selection will be added to that team. If there is a three-way or more tie for the last spot, the coaches will revote between those tied players for the last spot.
  8.4.4. If an athlete receives at least one vote throughout this process, they will be placed on the Honorable Mention List.
  8.4.5. After the voting process has been completed, If they choose to, each coach can also add one more athlete to the Honorable Mention List. The Honorable Mention List is not published by the DAL.
  8.4.6. If a school is not represented at the postseason meeting, their nominations will be taken off of the list for voting. However, the present schools can have a roundtable discussion BEFORE the voting process begins and elect any member of that school's nominations to an All DAL team. This is up to the discretion of the schools present and would require a majority vote. These elections are **NOT** in addition to the maximum number for each All-League Team, they would be taking a spot that could have been given to another athlete from a school that is present at the meeting.
8.5. Any athlete who cannot finish the season because they are deemed academically or behaviorally ineligible at their school 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.