

CIF/CENTRAL COAST SECTION

2022-23 CCS BYLAWS

as approved by the CCS Board of Managers

Changes made during the 2021-22 school year are *italicized and bold*

ARTICLE V APPROVED SPORTS

Section 1 APPROVED SPORTS	Section 6 SANCTIONED TOURNAMENTS
Section 2 SPORT BYLAWS	Section 7 SUMMER ACTIVITY
Section 3 SEASON OF SPORT	Section 8 NON CIF COMPETITION
Section 4 CONDITIONS FOR OPTIONAL SMALL GROUP DEVELOPMENT	
Section 5 TOURNAMENT AND CONTEST LIMITATIONS	

Section 1 APPROVED SPORTS

The following interscholastic sports are approved for competition among student, boys, girls, or co-ed

FALL:	Cross Country, Field Hockey, Football, Girls Individual and Girls Team Golf, Fall Boys Soccer, Girls Tennis, Girls Volleyball, Water Polo.
WINTER:	Boys and Girls Basketball, Traditional Competitive Cheerleading, Boys and Girls Soccer, Boys and Girls Wrestling.
SPRING:	Badminton, Baseball, Beach Volleyball, Boys Individual and Student Team Golf, Gymnastics, Boys & Girls Lacrosse, Softball, Swimming & Diving, Boys Tennis, Boys Volleyball, Track & Field, Competitive Sport Cheer.

The Section shall determine the season in which Championship Playoffs shall be conducted in these sports

Section 2 SPORTS BYLAWS

Bylaws for each sport shall be established and become an addendum to these Bylaws, published in the CCS Tournament Guide, following approval by the Board of Managers

Section 3 SEASON OF SPORT

All competition and/or practice in which any CIF/CCS member school team and/or individual(s) representing that school participate, during the school year (August 1 through the 1st Friday in June) and outside of summer as defined immediately below, must be played during the CCS established season of sport as outlined herein. Summer is defined as beginning the 1st (First) Saturday in June (June 3, 2023) and through Sunday (July 23, 2023) of the 4th week in the NFHS Calendar each year. (See also CCS Bylaw Article V, Section 7).

Note: For 2022-23: Summer is defined as beginning the 1st (First) Saturday in June (June 4, 2022) and extending through Sunday, July 24, 2022.

For 2023-24: Summer is defined as beginning the 1st (First) Saturday in June (June 3, 2023) and extending through Sunday, July 23, 2023.

Student-athletes or coaches shall not represent their high school in practice or competition during the school year in any sports activity that does not fall between the start dates and the end of the season as defined herein and that is not part of the regular season activities as approved by the high school principal. (exception: All-Star competition—see CIF Bylaws, Article 90.)

A. Start Dates

No competition or practice as described herein may be held before or after the designated season of sport as established by the CCS.

2022-23 Start Dates				
<u>Season</u>	<u>Practice</u>	<u>Scrimmages</u>	<u>Contests</u>	<u>End Of Season</u>
Fall	August 5 (NFHS Week 5)	August 19 (NFHS Week 7)	August 25 (NFHS Week 8)	See Article V Section 3.B.4 Below
Winter	October 31 (NFHS Week 18)	November 14 (NFHS Week 20)	November 21 (NFHS Week 21)	
Spring	January 30 (NFHS Week 31)	February 13 (NFHS Week 33)	February 20 (NFHS Week 34)	

2023-24 Start Dates				
<u>Season</u>	<u>Practice</u>	<u>Scrimmages</u>	<u>Contests</u>	<u>End Of Season</u>
Fall	August 4 (NFHS Week 5)	August 18 (NFHS Week 7)	August 24 (NFHS Week 8)	See Article V Section 3.B.4 Below
Winter	October 30 (NFHS Week 18)	November 13 (NFHS Week 20)	November 20 (NFHS Week 21)	
Spring	January 29 (NFHS Week 31)	February 12 (NFHS Week 33)	February 19 (NFHS Week 34)	

2024-25 Start Dates				
<u>Season</u>	<u>Practice</u>	<u>Scrimmages</u>	<u>Contests</u>	<u>End Of Season</u>
Fall	August 9 (NFHS Week 5)	August 23 (NFHS Week 7)	August 29 (NFHS Week 8)	See Article V Section 3.B.4 Below
Winter	November 4 (NFHS Week 18)	November 17 (NFHS Week 20)	November 25 (NFHS Week 21)	
Spring	February 3 (NFHS Week 31)	February 17 (NFHS Week 33)	February 24 (NFHS Week 34)	

B. Post Season Authority

All post-season competition is under the sole jurisdiction of the CCS and CCS has full authority over any competition held after the last-regular season date of allowed competition.

1. No competition other than official CCS or CIF sponsored activity shall be allowed.
2. No schools may participate in any practice or competitive activity which are not qualified for and entered into the CCS or CIF championships.
3. The CCS may grant permission upon request from the league commissioner for sub-varsity competition to be held during the post-season if a rainout or other unforeseen circumstance prevented a regular-season league contest to be played. The league commissioner may request for such contest to be "made up" after the last date of regular season competition
4. **Dates of last regular-season event:**

DATES OF LAST REGULAR-SEASON EVENT 2022-2023								
FALL			WINTER			SPRING		
Girls Golf	10/26	Wk. 17	Soccer	2/15	Wk. 33	Boys Golf	5/03	Wk. 44
Girls Tm Tennis	11/04	Wk. 18	Basketball	2/14	Wk. 33	Boys Team Tennis	5/01	Wk. 43
Girls Ind. Tennis	11/04	Wk. 18	Wrestling	2/11	Wk. 32	Boys Ind. Tennis	5/01	Wk. 43
Cross Country	11/05	Wk. 18				Baseball	5/13	Wk. 45
Field Hockey	10/29	Wk. 17				Gymnastics	5/13	Wk. 45
Girls Volleyball	10/26	Wk. 17				Lacrosse	5/6	Wk. 44
Water Polo	10/29	Wk. 17				Softball	5/13	Wk. 45
Football	11/05	Wk. 18				Beach Volleyball	5/05	Wk. 44
						Boys Volleyball	5/05	Wk. 44
						Swim & Dive	4/29	Wk. 43
						Track & Field	5/06	Wk. 44
						Badminton	5/06	Wk. 44

2022-23 CCS Bylaws, Article V Approved Sports

DATES OF LAST REGULAR-SEASON EVENT 2023-2024								
FALL			WINTER			SPRING		
Girls Golf	10/25	Wk. 17	Soccer	2/14	Wk. 33	Boys Golf	5/0	Wk. 44
Girls Tm Tennis	11/03	Wk. 18	Basketball	2/13	Wk. 33	Boys Team Tennis	5/01	Wk. 43
Girls Ind. Tennis	11/03	Wk. 18	Wrestling	2/10	Wk. 32	Boys Ind. Tennis	5/01	Wk. 43
Cross Country	11/04	Wk. 18				Baseball	5/13	Wk. 45
Field Hockey	10/28	Wk. 17				Gymnastics	5/13	Wk. 45
Girls Volleyball	10/25	Wk. 17				Lacrosse	5/6	Wk. 44
Water Polo	10/28	Wk. 17				Softball	5/13	Wk. 45
Football	11/04	Wk. 18				Beach Volleyball	5/05	Wk. 44
						Boys Volleyball	5/05	Wk. 44
						Swim & Dive	4/29	Wk. 43
						Track & Field	5/06	Wk. 44
						Badminton	5/06	Wk. 44

C This bylaw applies to **ALL** practices and competitions, including regularly-scheduled pre-season and/or league contests, scrimmages, competition(s) with a non-CIF team, alumni games, jamborees, etc

D **ALL-STAR GAMES**: This does not apply to All-Star participation, which is governed in accordance with the guideline set forth in CIF Bylaws, Article 90.

E **OUTSIDE ORGANIZATIONS**: These bylaws are intended to apply to any CIF/CCS member-school team, student-athlete and coach.

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. 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. It is recommended but not required that a school keep on file a "[Parent/Student Intent to Participate Out of Season Form](#)" and a "[Out of Season Coaches Statement of Compliance](#)" to certify that there has been no implicit or explicit requirement communicated to student-athletes to participate in an out-of-season program or team in order to qualify to participate on the high school team.
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 within 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 that 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.
4. Outside "club" etc. activity involving student-athletes and/or coaches who also participate in high school sports, must be open to the community at large and the selection and placement on teams in this outside organization's program must be done without any consideration whatsoever of the participant's high school team affiliation. Outside "club" etc. activity shall not be used to circumvent these bylaws.

F. **PRACTICE**

1. Interscholastic practice during the school year is defined as:
 - a. any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
 - b. any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, *weight training-(during the season)*, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
 - c. any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
 - d. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.

Note: Any non-sport specific conditioning session which occurs outside the season of sport, may not be longer and 1.5 hours in length for any single student-athlete and may not be implicitly or explicitly required by anyone associated with the school. Outside club activities shall not be used to circumvent these rules.

2022-23 CCS Bylaws, Article V Approved Sports

2. Any single practice session shall be no longer than 3 hours in length and no more than four hours of practice are allowed on a single day; and no more than 18 hours of practice time per week.
 - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds (each day of 18-hole practice counts as one four (4) hour practice session.)
 - b. Any competition day for any sport would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
3. There shall be a minimum of three (3) hours between any two practice sessions in a single day. *Double Day practices shall not be held on consecutive days.*
4. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in CIF Bylaws 506. C. (1)-(5) or in CCS Bylaws, Article V, Section 3.F. above.
5. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.

Note: OPEN GYM/FIELD/POOL

Any Open gym/field/pool should be an opportunity for members of the school community to use facilities in a non-formal, recreational setting. Guidelines should include, but are not limited to, the following:

- Open access to the school community
 - Not limited to a target group of student/athletes
 - Publicly advertised in some way
- Supervised by school personnel for safety reasons
- Cannot be mandatory
- Have no written or unwritten instructions or instruction
- Can take place anytime during the year except for during the summer “dead period”
- Cannot, in any way, resemble a practice

2022-23 CCS Bylaws, Article V Approved Sports

Frequently Asked Questions - (FAQ's will continue to be revised as needed appropriate to assist schools in understanding the implementation of the Bylaw. Schools seeking additional clarification should contact their local CIF Section office.)

Question: Our football coach conducts a one-hour (1) before school weight-lifting activity in the weight room for football players. (1). Does this count in the three-hours per school day practice limitation?
(2) Does this count as a double day of practice?

Answer: (1) Before school activities that are NOT part of the curricular day are subject to the practice limitations. If the activity is organized and/or directed and/or supervised by any of the football coaching staff and only open to football players then YES it is considered to be practice and counted in the daily limit.

Answer: (2) No this does not count as a double day of practice, since weight training is a conditioning activity not specific or unique to football.

Question: A (1) Volleyball or Football; (2) Cross Country; Coach tells their team members "just go for an hour run" as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?

Answer: (1) & (2) Yes. This activity done as a team or as an individual and has been implicitly/explicitly required by the coach; directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.

Question: A Basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?

Answer: Yes, this would be considered an activity under CIF Bylaw 506. C.(2) and (4) and CCS Bylaw Article V, Section 3.F.1. because it was required and or implied to be required by the coach for his/her basketball team members to participate. If it was not implicitly or explicitly required by the Coach it would not count towards practice duration limitations.

Question: We have a one-hour (1) before school; (2) zero period; general weight-lifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?

Answer:

(1) Before school is not part of the curricular day so activities during this time are subject to practice duration limitations. However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a non-football hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e. access only through the boys locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation.

(2) If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Question: A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two seasons is a student allowed to practice for four hours per day for volleyball and then another four (4) hours per day for basketball, for a total of eight (8) hours of practice on any given day?

Answer: No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation [four (4) hours max per day and only 18 hours per week].

Question: The Water Polo Coach establishes a swimming conditioning session (1) before practice each day (2) in the morning before school; (3) during zero period; Does this count towards the practice duration limitations for that day?

Answer: (1) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations.

(2) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation and this would be considered a double day of practice since one of the practice sessions is before school in the morning, followed that afternoon by another water polo practice session after school.

(3) If Zero period is considered part of the curricular day it does not count against the practice duration limitations nor as a double day of practice.

Question: The Basketball Coach arranges for (1) a mandatory study hall for all athletes from 4-5:30 just before practice followed from 5:30-6:00 pm with film review or chalk talk about plays; (2) a film review at lunch time; (3) a meeting to discuss general team issues at lunch time.

A.1. Do (1), (2) or (3) count towards CIF's four-hour daily limit of practice time and/or CCS three hour for a single practice session time?

A.2: Does (2) or (3) count as two practice sessions? (a double day of practice)

Answer: A.1: (1) 4-5:30 does not count in the 4-hr daily limit nor the 3-hr single session limit: CIF Bylaw 502 states in 506.D. that study hall activities are not considered to be practice activity; 5:30-6:00 does count-Film review is part of practice activity and would count towards the four hour limit that day and also towards the CCS restriction of no more than three hours per single session.

(2) Yes it does count. Film review is considered a practice activity in both CIF and CCS bylaws and is governed by those practice limitations;

(3) No it does not count, CCS bylaws states meetings such as this held during the school day do not count towards practice (CCS Bylaws, Article V, Section 3.F.a.b.)

Answer: A.2: No (2) nor (3) followed by an afternoon/evening practice session does not constitute a double day of practices.

6. **STARTING DATES FOR PRACTICE**-In the Central Coast Section, the following practice start-dates are established for all member school teams and individual student-athletes:
- a. During the period of the Monday after the last day of summer (**Monday, July 25, 2022; Monday July 24, 2023**) until the next Sunday (**Sunday, July 31, 2022; Sunday July 30, 2023**), no member of the coaching staff (paid or volunteer) for any sport season, may have any contact with his/her athletes.
 - b. During the period from the Monday of the NFHS wk. #5 (**August 1, 2022; July 31, 2023**) and the beginning of the first practice date for fall sports (**Friday, August 5, 2022; Friday, August 4, 2023**), coaches and/or CCS member schools may NOT conduct any activity that involves skill development for any of the school's individual student-athletes or group of student-athletes specific to the sport *for any sport* season, in which such student-athlete may be trying out or participating.
 - (1) Prohibited activities during this period of time include but are not limited to private lessons, individual instruction, camps, clinics, open gyms, open fields, open facilities, sport specific conditioning activities including activities that use equipment specific to the sport (example: balls, nets, blocking dummies, rebounders etc.)
 - (2) This prohibition does not include general conditioning.
 - (a) Conditioning sessions during this period of time may not be implicitly or explicitly required by the coach or anyone else associated with the school or the program.
 - (b) Any single conditioning session held during this period of time may not be more than 1.5 hours in length for any single student athlete.
 - (c) Outside "club" etc. activity, shall not be used to circumvent these bylaws.
 - b. **FALL SPORTS:**
 - (1) The 1st day of practice shall be no earlier than the Friday of the 5th week of the annual NFHS/CCS Official Calendar: (**August 5, 2022; August 4, 2023**).
 - (2) No sport shall have more than 54 hours of practice time before the contest start date established by the CCS in Article V, Section 3.H
 - (3) **Spring Football**
 - (a) In the sport of football only, schools will be allowed no more than 10 days and no more than 20 hours of spring practice, wearing only cleats beginning no earlier than May 1st.
 - (b) No tryouts may be conducted during spring football practice.
 - (c) Spring Football may not implicitly or explicitly be mandated by the coach or anyone else associated with the school or the program.
 - c. **WINTER SPORTS:**

The 1st day of practice shall be no earlier than the 18th week of the annual NFHS/CCS Official Calendar: (**October 31, 2022; October 30, 2023**).
 - d. **SPRING SPORTS:**

The first (1st) day of practice shall be no earlier than the 31st week of the annual NFHS/CCS Official Calendar: (**January 30, 2023; January 29, 2024**)
7. **PENALTIES FOR VIOLATION:** Each day that such prohibited activity occurs shall result in a loss of a minimum of 2 practice days immediately following the determination of a violation. All teams in that sports program will be placed on immediate probation for the remainder of that season and the following two full seasons. Additional sanctions, such as reduction of additional practices for the current and/or following season, a reduction in the number of contests allowed in the current and/or following season, extended probationary status, removal from post-season competition, or other appropriate sanctions as determined by the CCS may be applied.

G. **SCRIMMAGES/JAMBOREES/ALUMNI GAMES/FACULTY GAMES**

1. **SCRIMMAGES**

- a. **Definition:** A Scrimmage is considered a contest per all CIF and CCS bylaws and is defined as:
 - (1) an activity involving teams or individual student-athletes from two or more different schools in a CIF-approved sport; AND
 - (2) where no score is kept; AND
 - (3) where regulation time is not kept; AND
 - (4) where substitute rules are set aside; AND
 - (5) where coaches are stopping play for instructional purposes
 - (6) where officials are allowed to be paid
 - (7) Where admission may be charged to spectators
- b. Scrimmages shall not count in the team's maximum number of contests.
 - (1) Teams are allowed a total of two scrimmages per season with the exception of Football, which is only allowed 1 scrimmage (see also Article V, Section 5.E.3) In accordance with CIF bylaws, No individual student shall participate in an interscholastic scrimmage in the sport of football before his/her 10th day of practice for that particular school.
 - (2) Scrimmages involving only 2 teams may not last longer than 3 hours
 - (3) Scrimmages involving more than 2 teams may not last longer than 4 hours.
 - (4) Scrimmages may not occur after the teams first contest, except as noted in G 1 c
- c. One post regular-season scrimmage may only be contested after the seeding meeting in that sport 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. **JAMBOREES:**

- a. **Definition:** A Jamboree is considered a contest per all CIF and CCS bylaws and is defined as
 - (1) an activity involving teams or individual student-athletes from four (4) or more different schools in a CIF-approved sport; AND
 - (2) winners may be determined by the league and in a different manner than a regulation contest AND
 - (3) officials may be paid AND
 - (4) must be completed in one day AND
 - (5) where admission may be charged
- b. Only league sanctioned and/or sponsored jamborees are allowed. Such jamborees may only be contested between the CCS established date for the first scrimmage and that team's last regular-season contest for any team participating in the jamboree.
- c. Jamborees shall not count in the team's maximum number of contests. Teams are limited to participation in one jamboree per season.

3. **ALUMNI GAMES/FACULTY GAMES:** Alumni games and Faculty games may only be contested between the CCS established date for the first scrimmage and that team's last regular-season contest. Alumni or Faculty games shall not count in the team's maximum number of contests. Teams are allowed one of these types of games per season per CCS Bylaws, Article V, Section 8.

4. **MAXIMUM NUMBER OF SCRIMMAGES/JAMBOREES/ALUMNI OR FACULTY GAMES**

See CCS Bylaws Article V, Section 3.G.1.b., 2, 3.

5. **STARTING DATES FOR SCRIMMAGES/JAMBOREES/ALUMNI GAMES/FACULTY GAMES**

- a. **FALL:** No such contests shall be held prior to **the 7th week of the annual NFHS/CCS Official Calendar: (August 19, 2022; August 18, 2023)**
- b. **WINTER:** No such contests shall be held prior to **the 20th week of the annual NFHS/CCS Official Calendar: (November 14, 2022; November 13, 2023)**
- c. **SPRING:** No such contests shall be held prior **the 33rd week of the annual NFHS/CCS Official Calendar: (February 13, 2022; February 12, 2024)**

6. **PENALTIES FOR VIOLATION:** The following penalties will be applied to any school in violation of the scrimmage/jamboree/alumni game/faculty game start dates. The penalties outlined below will be applied to all teams at all levels of that sport offered at that school for a specific gender regardless of the level at which the violation occurred. (eg: a violation of the JV girls basketball

2022-23 CCS Bylaws, Article V Approved Sports

team would affect the freshman, JV and Varsity girls basketball teams.) A school not on probation for any previous violation of this rule shall:

- a. Not be allowed any scrimmage, alumni or faculty game respectively for that sport program for that school for the next three years for a violation of same. (e.g. scrimmage violation-no scrimmage for 3 years; alumni game violation-no alumni game for 3 years, etc) AND
- b. Be placed on probation for the remainder of the current season and for the next two full seasons of that sport.

H. **STARTING DATES FOR INTERSCHOLASTIC CONTESTS**

1. Starting dates for contests are established to insure equitable competition opportunities for all of the CCS member school teams and student-athletes.
 - a. **FALL:** No contest shall be held prior to the Thursday of the 8th week of the annual NFHS/CCS Official Calendar. (*August 25, 2022; August 24, 2023*)
 - b. **WINTER:** No contest shall be held prior to the 21st week of the annual NFHS/CCS Official Calendar: (*November 21, 2022; November 20, 2023*)
 - c. **SPRING:** No contest shall be held prior to the 34th week of the annual NFHS/CCS Official Calendar: (*February 20, 2023; February 19, 2024*)
2. **Penalties for Violation:** The following penalties will be applied to any school in violation of the contest start dates. The penalties outlined below will be applied to all teams at all levels of that sport offered at that school for specific gender regardless of the level at which the violation occurred. (e.g. a violation of the JV girls basketball team would affect the freshman, JV and Varsity girls basketball teams) A school not on probation for any previous violation of this rule shall:
 - a. Forfeit the game(s) played in violation of the rule
 - b. Reduce the number of contests the following season in that sport for all teams offered at that school by twice as many contests as they played in violation of the contest start date
 - c. Be placed on probation for the remainder of the current season and for the next two full seasons of that sport.

Section 4 CONDITIONS FOR OPTIONAL, NON-MANDATORY OFF-SEASON INDIVIDUAL & SMALL GROUP SKILL DEVELOPMENT

- A. 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:
 1. Any such skill development session shall not be implicitly or explicitly required; AND
 2. Any such skill development session shall not be conducted on Sunday; AND
 3. Any such skill development single session shall be no longer than 1 hour in duration; AND
 4. There shall be no more than one skill development in any one program in any one hour, and any such skill development single session shall include no more than 4 student-athletes, with no limit on the number of coaches included. AND
 5. No student-athlete shall participate in more than 2 skill development sessions during a one week period (7 calendar days); AND
 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
 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,
September 12, 2022-November 12, 2022
(winter or spring sports) OR
 - b. Between the Monday of NFHS Week 24 and the Saturday of NFHS Week 32,
December 12, 2022-February 11, 2023
(fall or spring sports) OR
 - c. Between the Monday of NFHS Week 36-and the 1st Saturday in June.
March 6, 2023- June 3, 2023
(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

2022-23 CCS Bylaws, Article V Approved Sports

- 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)
8. Schools may determine in which of the three time periods specified in #7 above, their coach(es) will be allowed to conduct such skill development session(s)
- B. Any school found to be in violation of conducting any such skill development session(s) contrary to any of these conditions shall be subject to sanctions imposed by the CCS Commissioner in conjunction with the school's League Commissioner as follows:
1. Delay in starting dates of practice for teams in that sports program for the season following the infraction; AND/OR
 2. Reduction in the number of practice dates for teams in that sports program for the season following the infraction; AND/OR
 3. Reduction in the number of contests for teams in that sports program for the season following the infraction; AND/OR
 4. Probation for a period of time; AND/OR
 5. Other sanctions, including but not limited to a cancellation of the following season of sport, ineligibility of the individual student-athlete(s) involved in the illegal session, etc.

Note: Consideration will be given to the specific circumstances resulting in the infraction, such as if it was a deliberate, knowing violation; whether or not the infraction was self-reported, if the school is already on probation in that same sports program for other types of infractions, etc. Please review CCS Infractions Policy.

Section 5 TOURNAMENT & CONTEST LIMITATIONS

- A. A "tournament" shall be defined as involving athletes from four (4) or more teams
- B. For purposes of definition (a) above, "contest" is defined as a competitive encounter with another school or athlete, in which a score is kept.
- C. In order for a tournament, hosted by a CCS member school, to be sanctioned the format must insure that no team will play more than double the least number of contests any team plays.
- D. Declaration of the competitive level of school teams: The level of play for each school team must be declared by the school they represent: Varsity, Junior Varsity, Frosh/Soph or Freshman, in compliance with league bylaw requirements. For Associate member schools they must declare the level of their team(s): Varsity, Junior Varsity, Frosh/Soph or Freshman and payment of their CCS sports service fee will be their declaration until they play their first contest, whichever comes first.
1. **No level of play changes:** Once a level of play for each team has been declared (playing at a particular level in the first contest of the season constitutes final declaration of the level of play for that team) they may not change their level of play during that season unless hardship circumstances occur as described below.
 2. **Hardships:** If hardship circumstances occur that are unforeseeable, unavoidable and beyond the coach, players or school's control, after the declaration of a team to be competing at a particular level of play, the Principal of the school may apply to their League Board of Managers to change a team's level of play for the remainder of the season. If any League Board of Managers approves a change in level of play for any team, that team may not, under any circumstances, change the level of play during that same season a second or third time.
 3. Competition between teams of different levels of play is allowed only under the following conditions
 - a.** Generally speaking, competition should be scheduled and held between teams at the same level of play (i.e. varsity playing varsity, etc.) Play between teams of different levels should be avoided whenever possible and only allowed if and when all other options have been exhausted and there is an overriding need or positive non-competitive outcome for an event, tournament, etc. which requires such inter-level play.
 - b.** If it is necessary or desirable for two teams of different levels of play to compete against each other the following will apply:
 - (1) **Tournaments:** If it becomes necessary due to the last minute vacancy in a tournament, for a team of a different level of play than the level for which the tournament has been scheduled (ie. a JV team is willing to fill a vacancy in a

2022-23 CCS Bylaws, Article V Approved Sports

Varsity tournament), inter-level play in a tournament will count as follows:

- i. The contest will count towards both teams maximum number of contests.
 - For example: School A's Varsity plays a replacement JV Team from School B in the tournament schedule. School A's Varsity team will count the contest in their Varsity team's max number of contests; and School B's JV team will count the contest in their max number of contests.

The structure and format of competition in the tournament, which dictates how many contest in that tournament count towards the maximum number of contests will be followed accordingly;

- ii. **CCS Playoff Selection and Seeding Process:** The Varsity Team will not be allowed to count that contest in their win/loss record nor in any consideration for CCS playoff qualification or seeding.

- iii. If an opening occurs in a Varsity level tournament (or JV or Freshman) and a team in the tournament wishes to split their team into two teams to fill that opening, both contests will count towards the split team's maximum number of contests.

For example: School A enters a JV team tournament. Due to a last minute vacancy, they decide to split their JV team into two teams to fill that vacancy. Both games in which the split teams play count toward the JV max number of contests (2).

- (2) **For Dual Team competitions:** If it is the desire of two teams of different levels to schedule a contest, this inter-level play may be conducted and counted as follows:

- i. When the inter-level play involves a Varsity team, the Varsity team playing a contest against a Sub-Varsity team shall count the contest towards their Varsity team's AND their JV teams maximum number of contests. The Sub-Varsity team will only count the contest towards their own team's maximum number of contests.

- For School A (Varsity Team): For example if a Varsity team from School A is playing a JV team from school B, the contest will count towards the maximum number of contests for both School A's JV & Varsity teams.

- School B (Sub-Varsity team): For school B, the contest will count towards the JV team's maximum number of contests only.

In addition, neither team may count the outcome in their season win/loss record nor can the varsity team use the contest in any form for CCS playoff qualification or seeding.

- ii. When the inter-level play involves only sub-varsity teams (i.e freshman playing JV, etc.) the contest will count only for each team's original level of play.

- For example, School A's JV team needs more games and can only find a freshman team from School B to schedule a contest against.
- That game will count toward School A's JV team's maximum number of contests and School B's freshman team's maximum number of contests.
- Neither team may count the contest outcome in their season win/loss record.

- (3) **Such inter-level play** during any league season must be approved by the league commissioner under the conditions outlined above.

- (4) **CCS Playoff Selection and Seeding Process:** The Varsity Team will not be allowed to count that contest in their win/loss record nor in any consideration for CCS playoff qualification or seeding.

E.. Maximum numbers of contest per season of sport are established as follows:

In all sports every contest is counted contest for contest except where noted in tournament competition or other clarification as referenced below:

League Championships, as approved by the respective league Board of Managers shall not count towards the maximum # of contest for any sport below;

Tournaments: CCS Schools are governed by the following rules for counting tournaments whether a tournament is hosted within the CCS or hosted by a school outside of the section or the state.

1. In the following sports, each contest played counts as one contest, whether the game is played in a tournament or as a dual contest.

	MAX #		MAX #		MAX #
Baseball	27	Basketball	24	Soccer	20
Softball	27	Water Polo	24	Football	10

2. In the following sports the maximum number of contest per season of sport as established as follows:

SPORT	MAX	Noted Tournament Competition or other clarification
Badminton	24	In tournaments where other than regularly-timed or regularly scored contests are played, each day of that tournament shall count as two (2) contests.
Beach Volleyball	26	Any 2 out of 3 contests or fewer games/sets played in a tournament shall count as ½ of a contest, Any one game/set tie breaker used in tournament play will not count in a team's maximum number of contests.
Cross Country	13	Counts for both the individual athlete and the team
Field Hockey	20	In tournaments where other than regularly-timed contests are played, each day of that tournament shall count as one (1) contest.
Golf	18	Any tournament lasting up to two consecutive days, will be counted as one (1) contest, regardless of how many holes are played. Additional days or competition in that same tournament, whether or not they are consecutive, will count at the rate of one (1) contest per day, regardless of the number of holes played.
Gymnastics	15	Counts for both the individual athlete and the team
Lacrosse	20	In tournaments where other than regularly-timed contests are played, shall be counted as one (1) contest per day
Swim/Dive	13	Counts for both the individual athlete and the team
Tennis	22 24	Counts for both the individual athlete and the team
Track & Field	14	Counts for both the individual athlete and the team. (Note: If athletes from the same school compete in two different competitions on the same day, it only counts as one contest towards the team total and one for each athlete)
Wrestling	40	As outlined in CIF Bylaw Article 31
Volleyball	26	Any 2 out of 3 contests or fewer games/sets played in a tournament shall count as ½ of a contest, Any one game/set tie breaker used in tournament play will not count in a team's maximum number of contests.

3. Scrimmages/faculty games; alumni games, jamborees:
 - For all sports except football, each team is allowed a total of two scrimmages per season.
 - Football may not have more than one scrimmage in compliance with Article V.3.G 1
 - Each team is allowed only one faculty game per season (Varsity ONLY)
 - Each team is allowed only one alumni game per season (Varsity ONLY)
 - Each team is allowed to participate in only one jamboree per season

NOTE: Also See Article, V. Section 8

- F If deemed necessary by representatives from a particular sport to change that sport's maximum number of contests; those representatives are encouraged to present proposals, along with appropriate rationale for changing that sport's respective maximum number of contests. Effective Fall, 1998, said proposals must be forwarded to the ADAC which will, at it's initial meeting of each school year, review all such proposals and subsequently develop appropriate recommending

2022-23 CCS Bylaws, Article V Approved Sports

action to the Board of Managers.

G. Process for addressing probable excess of contests:

- 1 If sufficient time exists, schools may attempt to cancel participation in an individual non-league contest or tournament in order to avoid playing more than the maximum number of contests.
- 2 Schools who find themselves in jeopardy of exceeding their maximum number of contests may not cancel any league contest in order to be in compliance with this rule. If this causes them to exceed the maximum number of contests, the penalties outlined in "G" will apply.

H. **Penalties for violations:** The following penalties will be applied to any school in violation of the maximum # of contests. The penalties outlined below will be applied to all teams at all levels of that sport offered at that school for a specific gender regardless of the level at which the violation occurred. (e.g. a violation by the JV Girls Basketball team would affect the Frosh/Soph, JV and Varsity Girls Basketball teams; a violation by the Varsity Boys Volleyball Team would affect both the JV and Varsity Boys Volleyball Teams, etc.).

- 1 A school not on probation for any previous violation of the maximum # of contests, that were in excess of the maximum # of contests in that sports shall:
 - (a) Forfeit their most recently played non-league win(s) equal to the number of contests in excess of the maximum # allowed in that sport, **AND**
 - (b) Be placed on probation for the following three seasons for all levels of that sport, for that gender, offered at their school (e.g. Girls Frosh/Soph, JV and Varsity Volleyball; Boys JV & Varsity Basketball, etc.); **AND**
 - (c) Reduce the number of contests the following season in that sport for all teams offered at that school by twice (2x) as many contest as they exceeded the maximum, without infringing on the regular league schedule (reductions shall not be made in the league schedule, only pre-season and tournament contests).
- 2 While on probation as described in G 1.B. above, any school violating the maximum # of contests in any team in the program on probation, shall;
 - (a) Forfeit their most recently played non-league win(s) equal to the number of contests that were in excess of the maximum # allowed in that sport; **AND**
 - (b) Become immediately ineligible for CCS playoff participation in that sport for that year, if the violation is discovered prior to the beginning of CCS playoffs; or for the following year if the violation is discovered after the beginning of the CCS playoffs **AND**
 - (c) Extend their probationary status for the following three seasons from the point of the second violation (e.g. if a school violates the rule during their second year of probation, that school would be on probation for three years from the date of the second violation); **AND**
 - (d) Reduce the number of contests the next season for all teams in that sport offered at that school by twice (2x) as many contests as were in excess of the maximum # allowed without infringing on the regular league schedule. If the violation occurred during the season that was already reduced due to previous violation, the reduction would be cumulative without infringing on the regular league schedule (reductions shall not be made in the league schedule, only pre-season and tournament contests (e.g. violation 1 reduced this season to contests, during this season a second violation of 2 contests over 20 occurred. The next season the maximum # of contests would be reduced to 16. If the league schedule 18 games, the limit would be maintained at 18 to keep from infringing on the school's ability to meet their league obligations).
- 3 If reasonable and sufficient time exists, appeals of penalties imposed under CCS V.3.G. above shall be directed initially to the school's league, which shall establish policies and procedures for such appeals and whose decision will be final

Section 6 TOURNAMENT & EVENT SANCTIONING

- A. Prior to the commencement of **ANY** tournament held within the Central Coast Section/CIF, the CCS member school(s) hosting such tournament must submit a completed "Tournament Sanction Form" to the Section Commissioner's office by the appropriate deadline, as designated on the form, **and** receive the approval of a Sanctioning Committee appointed by the Section Commissioner for participation in, and/or hosting of said tournament.
- B. The deadlines for submitting applications for CCS Tournament Sanctioning are as follows

Fall Season-April 10th	Winter Season-September 10th
Spring Season-December 10th	

2022-23 CCS Bylaws, Article V Approved Sports

- C. Applications submitted after the above deadlines, will only be accepted for consideration if physically received in the CCS Office within 30 days of their respective deadlines and only if accompanied by a \$250 late-submission fee and the host school Principal's written request for consideration of the late application. The late-submission deadlines are as follows:

Fall Season- May 10th	Winter Season-October 10th
Spring Season-January 10th	

The minimum section-wide penalty for schools participating in a non-sanctioned tournament shall be:

1. Forfeiture of all contests played in the tournament; AND
 2. Forfeiture of all "power points" awards (team and/or individual) and any other benefits gained from participation in said tournament contests.
- D. Applications received after the above late submission date will be charged \$500 and accompanied by the host school Principal's written request for consideration of the late application.
- E. Appeals of penalties imposed under CCS Bylaws V.5.C. above, shall be directed initially to the CCS Commissioner.

Section 7 SUMMER ACTIVITY (CIF 1203)

- A. DURING THE SCHOOL YEAR: California Interscholastic Federation approved sports are listed in Bylaw 1200. Rules and regulations apply for these sports during the school year only. Some activities depend upon specified sport skills. Among these are hole-in-one contests for golf, basketball free-throw contests, baseball throws for distance and accuracy, and football punts for distance. Achievement in these activities depends upon an individual's athletic prowess in a particular sport. If this activity is an approved CIF sport, then a student may jeopardize the student's CIF eligibility if the student's participation violates the CIF amateur status or award rules.
- B. DURING THE SUMMER (Defined by the CCS for purposes of this and other CCS and CIF bylaws as beginning the **1st (First) Saturday in June (June 4, 2022; June 3, 2023) and through the Sunday of the 4th week in the NFHS Calendar: (July 24, 2022; July 23, 2023).** During the summer period, the California Interscholastic Federation rules and regulations do not apply to any activities except as follows:
1. No physical conditioning or practice sessions for football prior to the opening of authorized practice may be conducted by a high school, unless specifically authorized by the appropriate CIF Section. NOTE: CCS allows this activity during the summer.
 2. Participation in any other sports during the summer is governed by the nationally recognized authority for each sport, if such authority exists.
- C. During the summer period as defined by the CCS dates, the summer practices or activities shall not be implicitly or explicitly mandated for student athletes to participate. Furthermore, the absence of an athlete during summer practices or activities cannot be a determining factor, implicitly or explicitly, when choosing teams during the season.

NOTE; See CIF Bylaw 900 for All-Star competition regulations

Section 8 NON-CIF TEAM COMPETITION

As allowed in CIF Bylaw 502.A. OUTSIDE TEAMS referenced below,

- A. Alumni/Faculty Games: CCS grants approval for CCS member schools to conduct one alumni and/or one faculty competition against each of their varsity teams provided such contests:
1. are approved by the Principal of the school; AND
 2. are conducted during the season of sport and prior to the date of the last league event for that sport as established by the CCS Board of Managers annually; AND
 3. are not conducted on Sunday.
- B. Any other competition with a non-CIF member Team, must be approved by the League Commissioner and the CCS Commissioner. (CCS Form 502)

CIF Bylaw 502 OUTSIDE TEAMS: No school belonging to the California Interscholastic Federation shall compete, scrimmage or practice with any team outside the jurisdiction of the Federation without the consent of the California Interscholastic Federation Section involved. A school disregarding this rule may be barred from participation in that sport during the following season. CIF member schools shall only compete with other member schools of the CIF and/or schools who are members of another state association/federation who are eligible to participate in their respective state association/federation playoffs (see Bylaw 705 for International Competition).

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