

VALLEY ATHLETIC LEAGUE

SPORTS HANDBOOK

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LEAGUE WEBSITE: www.ValleyAL.org

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Section I. Program objectives and Criteria

PROGRAM OBJECTIVES

The VAL Sport Program has been organized to provide students with the opportunity to participate in formal, organized athletic events.

The guiding philosophy of this sports program is: "Students interested in participation in an athletic endeavor should have the opportunity to do so under responsible supervision."

The sports activities offered are presented as extensions of regular physical education programs. The major intention is to make this an extended learning program, meeting the learning and competitive needs of the VAL students.

PROGRAM CRITERIA

The program should be administered by trained personnel under conditions modified to the age of the participants. This would include the following:

1. Grade Level classification.
2. A limited number of contests.
3. Limited distance for traveling.

4. Suitable protective equipment and supplies.
5. Appropriate time for each game or meet. 4:00 start time; 4:15 at the latest.
6. Limited practice periods
7. Discourage radio, press, or television coverage. (Exceptions: sports shows, general sports review, etc.).
8. No gate receipts. (Exception: sports shows. Sectional/County Tournaments).
9. Discourage organized cheerleaders, bands, or drum majors for away games.
10. Participants should have a physical examination, and some type of accident insurance
11. Stress participation of ALL players
12. Sportsmanship on the part of players and coaches should be of the highest quality
13. Recommend standardization of team trophies, team awards, and tournament entry fee.
14. Rules should be modified to the ability of the contestant.
15. Upon reaching his/her 16th birthday, a student may no longer participate in after school sports. A student may finish the season, if he/she started the season before their 16th birthday.
16. Students will participate within the division in which his/her exponent places them. He/she may not move up or down in any division.
17. Transportation shall be conducted under basic liability laws.
18. A student should have written parental permission to participate in after school sports.
19. Students must maintain at least "C" average to be eligible.
20. Homeschooling students play at school of residence if in league boundaries or have a drawing for school if not living within league boundaries.
21. Under NO circumstances can a student play on any after school sports with a cast on their arm (or leg).
22. Competition allowed by 6, 7, and 8th grade students.

Section II. Constitution

Article I

This Organization shall be known as the Valley Athletic League (VAL).

Article II

The objectives of this organization are:

1. To provide an opportunity for an organized interschool athletic competition.
2. To promote good sportsmanship.
3. To give a thorough knowledge of current game rules to all teams.

Article III

Membership

Membership is limited to intermediate schools in the VAL and to all coaches, Physical Education Supervisors, and directors in these schools.

Article IV

League Fees

Fees for participation are set by the league each year.

1. League Fees are determined annually by a vote of the Board of Managers. All participating VAL Sites are expected to contribute league fees in a timely manner by the requested due date in order to support League planning and operations.

Article V

The Executive Board shall consist of the League Chairman, the Awards Coordinator and the Sports Coordinators (Athletic Directors).

1. The League Coordinator shall preside over all official meetings and appoint the League Chairman.
2. The League Coordinator shall take the minutes of each meeting and be responsible for all correspondence. This correspondence will be kept in a sport binder.
3. Athletic Directors shall send all communications to head coaches at his/her school.
4. The League Coordinator will submit such revisions for each sport at conclusion of the year to the League Chairman.
5. The Sport Coordinator for the ensuing year shall be selected at the last regular meeting of the current year.

Article VI

Meetings

1. This organization will have regular meetings (one per sport, during the school year, three per year, plus any emergency meetings which may be called by the League Coordinator Chairman).
2. Member schools must be represented at each meeting. If the school is not present at the opening or ending season meeting the following may occur:
 - A. Letter of reprimand from Coaching Association/Board of Managers League Chairman.
 - B. Possible \$100 fine or miss existing season. Fine to be paid before 1st game or next game competition.
 - C. Possible league dismissal.

Article VII

General Rules

1. Competition shall be limited to the 6th, 7th, and 8th grade students at the school.
2. Classification of participants will be based on Grade Level.

3. Wrestling – see current year's schedule (Weigh-ins will be conducted the day before a match, before practice begins. This is the official weigh-in, wrestlers cannot weigh in again. If this is not possible (wrestler absent from practice, a Monday match, back-to-back matches, etc.), then the weigh-in will be conducted prior to noon the day of the match.).
4. Cross Country/Softball/Soccer/Track & Field – by grade level
5. 6th graders are only allowed to move up one grade level except for softball. Softball teams may consist of all grades.
6. NO student shall compete after his/her 16th birthday. A student is allowed to complete a sport he/she may be competing in at the time.
7. An amendment to this constitution must pass by a majority vote of on site school coaches. Proposed amendments must also pass through Athletic Director and Board of Managers (2/3 vote of member schools).
8. Robert's Rules of Order shall prevail at all meetings with exception of certain articles specifically set forth in this Constitution.

Article VIII

Protest Procedure

Should a dispute arise from any athletic contest or an infringement of rules occur:

1. Coaches should immediately consult the Athletic Director from each participating school and notify the Sport Coordinator of a possible protest.
2. If a resolution of the problem is not possible at this level, a written protest* must be filed within 24 hours from the time of the incident to the Sport Coordinator and the Principals of the parties involved. The Sports Coordinator will then notify the League Chairman for a final decision.

*A protest situation cannot involve a judgment call by a referee or official. Only situations where rules have been misinterpreted or disregarded are eligible for protest.

VAL Protest Form

Instructions: To file a protest fill out the form below within twenty-four hours of the incident then send a copy to the following people:

1. The AD in charge of the school where the incident occurred.
2. The Sport Coordinator (school in charge of that season).
3. The League Chairman (Mark Ollila & Grady Wright)

Part I - Specifies

Date of Incident:

Sport:

Level of Play:

School where incident happened:

Part II - Description of Incident

Describe below what occurred. Remember that judgment calls made by an official (no matter how bad) will not be considered for protest. Valid protests would involve rules that are not interpreted correctly, ignored, or can be shown to be biased before or during a sporting contest.

Section III. League Organization

BOARD OF MANAGERS

Organizational Chart

POLICY VOTING MECHANICS

- Board of Managers*** - Intermediate school principals.
(2/3 majority needed for motion to become League Sports Policy)
- League Coordinator*** - 2 Positions, responsible for coordinating sports.
- Athletic Directors*** - One vote per school.
(2/3 majority needed for motion approval)
- Awards Coordinator*** - One position.
- League coaches and AD's*** - One vote per school.
(Simple majority needed for motion passage)

(Note: Changes which affect the total sports program will be made by September 15th. Changes which affect a sport will be made by the end of June).

Board of Managers

- A. Intermediate school principals will act in the capacity of a Board of Managers for the VAL interscholastic sports program.
- B. Principals will work cooperatively with the Athletic Directors in obtaining coaches for the various school teams.
- C. The Board of Managers will make final decisions on all questions, disputes, and/or recommendations presented by the Executive Board Coordinator.
- D. Provide staff supervision for all after-school sports activities.
(Specifically: student and spectator supervision. Supervisors are to be staff members who are not responsible for coaching or officiating.)

Athletic Directors

1. Discuss recommendations from coaches and present recommendations to the Board of Managers. Seven of ten school votes needed for passage.
2. Structure each year's sports schedules and make these schedules available to coaches, students, principals, and community at the beginning of each school year.
3. Inform all coaches as to duties and responsibilities in the after school sports program.
4. Recommend coaching staff to the school principal or city recreation director.
5. Assist school principal and recreation director in the hiring of all coaches.
6. Approve and turn in all coaching units of pay after completion of each sport.
7. Will be responsible for running one sport season as the Sports Coordinator. They will conduct a coaches' meeting at least two weeks prior to the start of a sports season. They will publish and distribute the sports schedule to the Athletic Directors, coaches and the administrator who supervises at each school. Each district will be billed for their portion of the cost.
8. The schedules are to remain as published unless proposed changes are deemed necessary by the Athletic Director and coaches.

League Coordinator

Selection: 1. Volunteer

- Responsibilities:
1. Review current rules and policies regarding all sport teams.
 2. Make recommendations regarding sports activities.
 3. Purchase all awards and distribute them to winning schools.
 4. Attend the Board of Managers meeting when requested.
 5. Involved with communicating protests to the board of directors.

Suggested Coaching Duties

1. Select a team, be available for questions from student athletes after a team has been selected
2. Notify students and parents of practices and game schedules.
3. Keep accurate attendance and award points.
4. Turn in attendance and award totals at the end of each sports season.
5. Report all game scores to the sports Chairman as soon as possible after the game.
6. Carry a first-aid kit to all contests.
7. Turn in all keys, uniforms, and equipment (after cleaning) at the end of the season.
8. Be responsible for: Uniforms, equipment, awards, and transportation.
9. Have all students return their parent permission card prior to the first game.
10. Recommend physical examinations for all athletes.
11. Attend all VAL, division, and county coaches' association meetings pertaining to their sport.
12. Good sportsmanship is to be encouraged and practiced by all coaches, players and spectators.

13. When time permits, extra periods of play should be provided for substitutes after regulation games have been completed. (Host schools responsible.)
14. Scouting is discouraged in the VAL. Coaches may not leave an assigned coaching duty in order to scout other teams. No exceptions.
15. A coach visiting another school should keep his/her team with them at all times. Do not allow student-athletes to wander around campus, etc.
16. Each coach should spend time on the importance of good sportsmanship with his/her team and review these standards as necessary during the season.
 - A. No disputing of an official's call either by word or action.
 - B. No use of profanity or obscene gestures on/off the field of play, locker rooms, bus, etc.
 - C. No commission of intentional or flagrant fouls.
 - D. Teaching the fundamentals of FAIR play. Leave the "Things to get away with tricks" at home.
 - E. No coach should allow his/her team to run up the score or embarrass another team in any way.
17. Schools are responsible for providing their own official rule book for each sport.
18. Proper attire should be worn by all coaches (no t-shirts advertising alcohol, smoking, etc.)

Sportsmanship

The development and display of good sportsmanship by their team should be the prime objective of each coach in our athletic program. The coach through his/her comments, actions, and emphasis in the program will set the example which will be modeled by the players. No action by a coach, official, player, or spectator which downgrades, embarrasses, or ridicules any other player, coach, official, or spectator can or should be tolerated or encouraged. Coaches or athletes who cannot subscribe to the principles of good sportsmanship should and must be eliminated from the program.

Suggested Guidelines

1. At the first coaches meeting for each sports season, a Sport Coordinator will stress the importance of good sportsmanship and go over this policy with all the coaches.
2. Each coach should spend time on the importance of good sportsmanship with his/her team and review these standards as necessary during their season.
 - A. No disputing of an official's call either by word or action (only team captain or the coach may talk to the official.)
 - B. No use of profanity or obscene gestures on/off the field, locker room, bus, etc.
 - C. No commission of intentional/flagrant fouls.
3. Officials are human and will commit errors in judgment and rule interpretations. Players and coaches should be aware of this and should make allowances for it. Everyone should understand that over a game and/or season, "breaks" will even out. If a team spends time worrying about the officiating or the actions of the other team, it may well take away from their concentration and adversely affect their play. If the officiating is so poor that it is making the

activity dangerous to the players, the TWO coaches should discuss it and go to the officials together and get the situation corrected. Under no circumstances should a coach challenge a judgment call. Rule interpretations may be questioned in an appropriate manner (generally helpful to involve the other team's coach when this is being done.)

4. Good sportsmanship revolves around thinking of the other person or your team and another team in any way. We should not go for a school record, run up the score, and play our first unit the whole game, etc, when we know the other team is in no position to compete.
5. The display of good sportsmanship will enhance our athletic program and enable us to turn out student-athletes who will respect the game and one another.
6. Procedure for handling conflicts in games. If coaches see that a game is getting out of hand or may get out of hand (fouls not being called, rough play, comments being made, etc.) Both coaches should go to the officials and state their case.
7. Refer to Section II-Article VIII for any questions regarding protest procedures.

***If we do a good job of selecting and training officials, it will markedly improve our athletic programs.**

VAL SPORTS PARTICIPATION

VAL schools will field the following teams on a required basis:

Boys

- | | | | |
|----|---------------|----------|-------------------------|
| A. | Cross Country | 8, 7, 6 | (Grade Classification) |
| B. | Volleyball | 8, 7, 6 | (Grade Classification) |
| C. | Wrestling | Var., JV | (Weight Classification) |
| D. | Soccer | 8/7, 7/6 | (Grade Classification) |
| E. | Basketball | 8, 7, 6 | (Grade Classification) |
| F. | Track & Field | 8, 7, 6 | (Grade Classification) |

Girls

- | | | | |
|----|---------------|----------|-------------------------|
| A. | Cross Country | 8, 7, 6 | (Grade Classification) |
| B. | Softball | 8/7/6 | (Grade Classification) |
| C. | Volleyball | 8, 7, 6 | (Grade Classification) |
| D. | Wrestling | Var., JV | (Weight Classification) |
| E. | Soccer | 8/7, 7/6 | (Grade Classification) |
| F. | Basketball | 8, 7, 6 | (Grade Classification) |
| G. | Track & Field | 8, 7, 6 | (Grade Classification) |

6th grade students at the school will not participate on the 7th grade team.

1. VAL schools may field teams on an optional basis in other sports if facilities and staff are available.

2. Season limitations (number of formal games to be played by each team within a single season): Scrimmages and practice games are considered the same thing.
3. Recommended number of student participants per sport and team:
 - A. Wrestling 38 per team
 - B. Basketball 12 per team
 - C. Soccer 18 per team
 - D. Volleyball 12 per team
 - E. Softball 15 per team
 - F. Cross Country 10 per division - unlimited
 - G. Track & Field 20 per division – unlimited
4. League Organization
 - A. VAL schools may compete on a league basis only within the league.
 - B. Additional non-league games may be scheduled according to the rules in this handbook.
 - C. VAL schools may participate in post-season tournaments.
 - D. VAL schools will follow as closely as possible to the Santa Clara County Sports Association standards and rules. VAL modifications may be made.
 - E. Other non league middle schools may be scheduled for practice games.
 - F. Schools unable to field a team should notify the league coordinator and each sport coordinator as soon as possible to enable an adjustment in the sports schedule.
 - G. Schools must have numbered jerseys for all team sports.

Required Sports

- A. Cross Country (meets) 5 League, 1 County
- B. Volleyball (games) 9 league 2 practice games + 1 Tourn. Or 3 pract games.
- C. Softball (games) 9 league 2 practice games + 1 Tourn. Or 3 pract games.
- D. Wrestling (meets) 9 league 2 practice games + 2 Tourn. Or 3 pract meets.
- E. Basketball (games) 9 league 2 practice games + 1 Tourn. Or 3 pract games.
- F. Soccer (games) 9 league 2 practice games + 1 Tourn. Or 3 pract games.
- G. Softball (games) 9 league 2 practice games + 1 Tourn. Or 3 pract games.
- H. Track & Field (meets) 5 league 2 practice games + 1 Tourn. Or 3 pract meets.

Division and County Sports Participation

Mandated Sports

1. Cross Country Division and County.
2. Wrestling Division, Sectional, and County.
3. Track & Field Division and County.

Section IV. League Policies

Awards (Suggestions)

Valley Athletic League sponsored awards shall be limited to the following:

1. Certificates for all participants
2. *Trophies for the league champions and the runner up of each team sports.
3. *Medals for the 1st , 2nd and 3rd place individuals in the cross country, wrestling and track & field league championship. No medals will be awarded for other sports.
4. *Ribbons for the 4th place to 8th place finishers in track & field. Ribbons for 4th place to 15th place finishers is cross country.
5. Schools may provide additional awards for individuals and teams upon their discretion. The expense must be met by the school and these awards may not be awarded at a league tournament or activity.

*Expense of the awards to be met by all schools equally.

Awards Coordinator Role: When a vacancy occurs for the role of Awards Coordinator, volunteers will be solicited among all participating VAL Sites. In the event no volunteer sites come forward, the Awards Coordinator Role will rotate to the site that serves as Sports Coordinator for Cross Country.

Transportation

1. If games are canceled or postponed for any reason, notification must be given to the Transportation Director prior to 2PM. Games are to be postponed for rain or inclement weather only. No games are to be canceled without the approval of the Athletic Directors / Principals.
2. A Forfeit occurs automatically when a team is unable to play & reschedule all games.
3. Only team members, coaches, managers, and officials may travel on the team bus.
4. There must be at least one certificate coach on each team bus to an athletic contest.
5. Car transportation may be used for competition with Division schools, optional sports, and special events (principal approval required). Parents and staff members only are to drive with normal car capacity limits being observed.

Participation-Eligibility of Athletes

1. To participate, students should have a Parent Permission Card signed and returned, along with emergency phone numbers.
2. Insurance coverage is recommended:
 - A. School insurance, Health and Accident and/or
 - B. Family insurance, Health and Accident.

Participation

1. Athletes must follow all practice rules set by VAL policy and coach.
2. Students on school restriction may not be eligible to participate. Refer to individual school policy.

3. Students should notify the coach in advance if they are unable to attend any practice.
4. Participants must be enrolled in the sixth, seventh, or eighth grade at the school or home schooled within that school boundaries.
5. Player classifications:
 - A. Cross country and Track & Field – By grade level.
 - B. Wrestling-

Varsity:	6 th , 7 th and 8 th
JV:	6 th , 7 th and 8 th
 - C. Team sports
 1. 8th grade team – Open only for the 8th grade students.
 2. 7th grade team – Open for 6th and 7th grade students.
 3. Players must stay on assigned teams after the first formal regularly scheduled game.
 4. Students may not play with hard casts, or braces that may cause harm. (Even if padded. CHS rule).
 5. In the event a school is unable to field complete teams (7th & 8th), they can still participate as an eighth grade team.

Officiating

1. Each school is responsible for obtaining competent officials for all home games.
2. Cross country and Track & Field officials are to be qualified volunteers.
3. The home school should notify the visiting team at 12:00 PM if problems arise regarding home officials.
4. Time clocks should be visible by BOTH benches.
5. Officials may be paid more than the listed amount, but funds must be drawn from the individual school's student body funds/recreation department.
6. Minimum VAL official requirement:
 - A. Softball – 1 per game.
 - B. Volleyball – 1 per game
 - C. Wrestling – 1 per match
 - D. Basketball – 2 per game
 - E. Soccer – 2 per game

Scheduling

1. A rotating schedule shall be used on both single and double round robin scheduling.
2. VAL interscholastic competition must be scheduled in the following manner:
 - A. Single or double round robin scheduled with VAL schools.
 - B. Practice games may be scheduled with other schools.
 - C. Order of games are 8th-7th for basketball and volleyball if necessary. Changes must be made with the affected schools with the approval of all coaches involved.
3. Boys and girls schedule must be comparable (same number of scheduled games in soccer, basketball, etc)
4. Practice may begin on the date specified by VAL. (See league schedule).

Practice Limitations

1. Games must be played as scheduled unless changed by mutual agreement. Only inclement weather is a valid reason for rescheduling games.
2. Practice sessions should not exceed two (2) hours in length.
3. Practices and games are limited to four days per week (exceptions wrestling may practice 5 days a week all season, other teams may practice 5 days a week prior to the first league game).
4. Practice includes: classification of players; instruction; issue of uniforms. Picture day does not count as practice, if the team does not conduct practice afterwards.
5. Practice hours: It is recommended that practice hours be immediately after school – not before school or evening. (One practice session per day).
6. Vacation (winter break, spring break, etc) holiday practices are to be held only on an optional/voluntary basis for players and coaches.
7. Students should have a parent-permission card on file prior to participation in practice or game activities.
8. Physical examinations are to be recommended prior to participation.
9. Adequate insurance coverage is recommended prior to participation.

Section V. Sports Rules and Modification

High School Federation or NCAA Rule Books with appropriate Junior High modifications will govern all VAL sports activities.

Tournament (Playoff) - The #1 and #2 seeds get byes. In the quarterfinal, 4 vs. 5 and 3 vs. 6.

In the semi-final #1 seed will play against the lowest seeded team. (e.g. if 6 beats 3, 1 plays 6. If 3 beats 6, 1 plays the winner of 4 vs. 5).

Referees for 1st and 2nd round: Visitors can have an association official at the game but they must let the home team know one day in advance, otherwise the home team will provide officials.

Tie-Breakers for Tournament (Playoff) Seeding

1. Head to Head - the winner of the head to head matchup is seeded higher.
2. If there are three or more teams involved in a tie, the tie shall be broken by evaluating the record in games played against the tied teams. Remaining teams will be reevaluated by head to head competition.
3. If there is still a tie, the tie will be broken by drawing a school's name out of a hat. All schools involved in the tie will have their name in the hat. The Sports Coordinator will draw the name. Remaining teams will be re-evaluated by head to head competition.
4. AT NO TIME do we use runs scored or points scored as a tie-breaker.

5. In the event of teams not playing all of their regular season games due to weather conditions, all playoff seeding criteria will change from win/loss record (or points in soccer) to winning percentage and incorporate an 8 seed playoff bracket if possible.

Section VI. Support Organization

1. Cheerleading must have faculty supervision and should participate in home events only.
2. Others include drill teams, pep bands, etc. – Schools may have these activities, but they may not be included as part of the after school sports program.

Sport Coordinator Responsibilities

1. Conduct preseason coaches meetings. (Check master schedule for the meeting date)
2. Distribute any changes that may occur before and during the season.
3. Update league standing online. Standing must be updated at least once a week.
4. Contact League Coordinator for protest/seeding/or if a conflict arises at a sporting event.
5. Arrange League Finals location.
6. Secure referees for League Finals. (Not all of the playoffs). VAL pays for the league finals' officiating.
7. If athletic directors and coaches have questions directly pertaining to the sport, please contact the Sport Coordinator FIRST.
8. If the situation cannot be resolved, it will be directed to the League Coordinator and Director of Board of Managers

No Changes will be made in the sports coordinator schedule, unless all schools are notified in writing prior to the beginning of the season.

SPORTS COORDINATOR SCHEDULE 2024-2025

Cross Country:	Lawson
Girls Softball:	Miller
Boys Basketball:	Sunnyvale
Girls Volleyball:	Blach
Wrestling:	Columbia
Girls Soccer:	Cupertino
Boys Volleyball:	Egan
Girls Basketball:	Hyde
Boys Soccer:	Kennedy
Track:	Graham/Crittenden

Awards Coordinator: [Lawson](#)

League Chairman & Coordinators: [Mark Ollila & Grady Wright](#)

VAL CROSS COUNTRY RULES

- Athletes shall be allowed to participate in the following divisions
 - 6th Grade Boys
 - 7th Grade Boys
 - 8th Grade Boys
 - 6th Grade Girls
 - 7th Grade Girls
 - 8th Grade Girls

- Races shall start promptly at 4:00pm

- A school's team is allowed unlimited runners in every division with the first 5 runners being counted toward official team scoring.

- Each division shall only score the TOP 5 runners from each school.

- In the event of a tie score between two or more teams, the 6th And 7th (if needed) runners from those teams will be counted toward the scoring to help break the tie.

- Incomplete Teams (IC) are teams that have fewer than 5 runners that finish a race.
(i.e. four 6th grade girls from one school would be considered an incomplete team)

- Scoring will be calculated by adding up the places of the first 5 runners on complete teams for each division.

- Incomplete teams and runners above the 7th place finisher shall not displace the scorers on other complete teams.

- Team scoring should only involve the 5 (MAX 7) runners that have finished the race. All other finishers should be disregarded for scoring purposes.

- The size of a runner's name tag shall be no larger than 1" x 4" inches
 - *EVERY- 5961 White Mailing Labels are the preferred label**
- The athletes tag shall include the following;
 - LAST NAME, FIRST NAME**
 - SCHOOL GRADE GENDER**

**It is recommended that the name tag also have a colored stripe of the schools primary color/s. In the case of similar school colors, an alternative color or a small symbol to help differentiate the tag will help with scoring and identifying your school's runners after results have been posted.*

- The minimum distance of a race shall not be less than 1.0 miles
- Each race prior to league finals shall be longer than its previous race.
- The VAL finals race shall be no less than 2.0 miles

- Copies of official results for each race shall be available no later than the following meet.
- Course maps should be emailed and/or available the day of the meet.
 - * Emailing digital copies of the course map is preferable.
- Schools who do not host a meet are responsible for the scoring and distribution of results.
 - * Emailing results by following Tuesday at 9 am.
- The order of competition at league finals shall be 6th/7th/8th grade with the boys division starting first and girls division following shortly thereafter.

- Every runner who finishes a race must stay in the order they finished until their athlete tag has been removed or their name has been recorded at the finishers table

VAL Softball Rules

NFHS Rules shall be followed with the following modifications:

1. NO JEWELRY may be worn by any player
2. BATTERS begin with a 1 ball and 1 strike count.
3. 60-foot base paths and a 40-foot pitching rubber (bases and rubber secured to the ground).
4. Baselines and pitching circle (8' Radius) will be marked in chalk.
5. Game will use an ASA approved 12" leather ball.
6. All-purpose shoes (rubber cleats) are recommended. No metal cleats.
7. Catchers must be equipped with a facemask, chest protector, shin guards, a helmet and a throat guard. Face masks attached to batting helmets are suggested but not required.
8. Ten starters on a team (may start and finish with 8). Teams may bat a continuous line up with any 8-10 players on defense. If a team uses a regular 10 line up, the re-entry rule will be enforced.
9. Games shall be 6 innings, with no inning STARTING after 1 hour and 30 minutes of play. This rule applies to regular season and playoff games. If a playoff game is tied please see rule #14.
10. A seven run per inning rule will be used, except for the last inning, which is unlimited runs.

11. Three innings will count as a regulation game. IF THE VISITING TEAM IS DOWN BY 15 RUNS AFTER 3 AND 1/2 INNINGS OR THE HOME TEAM IS DOWN BY 15 RUNS AT THE END OF 4 INNINGS, THE GAME IS CALLED. Once a game has started, the judgment to halt play will be at the umpire's discretion (rain or darkness). The home school prior to the start may call a rainout. Regular season games can end with a tie.
12. Each school will field one team consisting of 6th, 7th, and 8th graders.
13. The strike zone is from the armpits to the bottom of the knee.
14. A dropped third strike is an out. The hitter may not try to advance to first base. Base runners may advance, except toward home.
15. If a play-off game is tied at the end of regulation, the international Tiebreaker will be used. The final batter in the previous inning will start at second base with 0 outs.
16. If a game is called in the middle of an inning, the score reverts back to the previous inning.
17. Umpires judgment:
 - A. If a player throws a bat, she is declared out.
 - B. A runner turning into the field of play after touching first can be tagged out.
 - C. A player may steal as soon as the ball leaves the pitcher's hand
18. An illegal pitch will be ruled a dead ball, and called a ball on the batter, with no advancement of the runners.
19. Sliding is allowed.
20. Pitchers are not restricted on innings allowed to pitch.
21. Games should be officiated by ASA qualified umpires. The Championship game should have two umpires.
22. All bats must be official softball bats with "approved by ASA" markings.
23. Runners MAY NOT advance home on a wild pitch or passed ball. A runner may advance home on an overthrow to the pitcher if the ball leaves the circle or a play at another base.
24. A wild pitch, passed ball and wild throw back to the pitcher are all live situations.
25. Helmets must be worn by base runners, batters, student base coaches, and on deck hitters.
26. Please establish ground rules for your facilities and inform the umpire prior to the game of said ground rules. Both coaches and the umpire should meet prior to the game to exchange line up cards and cover ground rules for understanding.
27. Coaches inform umpire and other coach/scorekeeper of substitutions
28. Game time is 4:00 pm, provided the visiting team has at least a 10-minute warm-up. The latest a game should start is 4:15 pm with or without a 10-minute warm-up. Please try to get to away games by 3:45pm.
29. All softball teams' pitchers may use "windmill" style of pitch.
30. As per NFHS rules, on game days, equal use of facilities for both teams is required (ex. Batting Cages).

VAL Basketball Rules

NFHS Rules shall be followed with the following modifications:

1. NO JEWELRY may be worn by any player.
2. ALL games are 7-minute (stop clock) quarters.
3. Back courting is a violation, which means players are not permitted to go over and back across the centerline.
4. Teams have 10 seconds to get the ball over the centerline and 5 seconds to get the ball in bounds.
5. Shirts must be tucked in and shorts must be over hips.
6. Overtime is a 3-minute (stop clock).
7. Teams will shoot 2 free throws on the 5th team foul of each quarter. Team fouls reset at the beginning of each quarter.
8. Each team is given 5 full time outs to start a game. One additional time out will be awarded for each over time plus any remaining time outs. All time outs are 1 minute long.
9. Official Time outs are for officials to discuss rules and injuries.
10. Jump ball starts a game - alternating possessions thereafter. Jump ball to start each over time.
11. The home school is responsible for providing two officials for every game and 1 official scorebook.
12. On a free throw, all players except the shooter may enter the lane on the release of the ball. The shooter must wait for the ball to make contact with the rim. If the ball does not come in contact with the rim, the ball is awarded to the non-shooting team.
13. Games are to be played in the determined order, unless approved by all coaches involved at least two days in advance.
14. Technical fouls count as personal and team fouls. Two technical fouls by a player or coach is an automatic ejection for the remainder of the contest. Failure to leave the gym may result in a forfeit of the contest.
15. A player fouls out of the game on the 5th personal foul.
16. 3 pointers are legal.
17. Good sportsmanship.
18. After a 20-point lead, backcourt pressure will not be allowed. A Technical foul will be enforced on the coach. If this happens multiple times refer to rule 16.
19. At any point of the game, if a team has a 30 point lead, the game must go to a running clock. The game may go back to a stopped clock if a score gets within 15 points.
20. These rules and clarifications are based on the National High School Federation Rules

23. Game time is 4:00pm, provided the visiting team has at least a 10-minute warm-up. The latest a game should start is 4:15 pm with or without a 10-minute warm-up. Please try to get to away games by 3:45pm.

24. During playoffs if a team is hosting 3 games on one day, one game must be played at another site.

VAL Wrestling Rules

*NFHS rules updated as of April, 2024 and will be followed in the VAL;

* Wrestlers will be inbounds with only one point of contact of either wrestler inside or on the boundary line.

* Takedowns will be awarded three points.

* Near-Fall criteria will be awarded 2 points for holding for 2 seconds, 3 points for 3 seconds, and 4 points for 4 seconds.

NFHS Rules shall be followed with the following modifications:

1. NO JEWELRY or hard clips may be worn.
2. A boy/girl must wrestle at the lowest weight classification for which he/she is eligible in at least one match during the season. He/she may also wrestle in the next weight class above, except from 175 to heavyweight.
3. A minimum mat border of 6 feet should be met for safety.
4. 176 - 235 Heavyweight classification.
5. Teams may not take part in a chant or cadence yell for their team member on the mat. Example: "PIN! PIN! PIN!"
6. Weight allowances:
 - a. 2 pound allowance, approximately Oct. 30
 - b. 1 pound extra allowed for all Monday meets.
 - c. 1 pound extra allowed for any back-to-back meets (both teams).
7. NCAA Guide to be used with appropriate Junior High modifications:
 - a. Three one-minute periods
 - b. No advantage time or points
 - c. Overtimes – 1st period/1 minute Sudden Death or first point scored;

- c2. 2nd overtime – 30 and 30 (30 sec. on top/30 sec. on bottom no matter what, unless there is a pin);
- c3. 3rd overtime - 30 sec. riding time; whoever scores 1st gets choice in match (top or bottom)
- d. Head gear optional
- e. Mouthguards are mandatory for anyone with braces, dental work.
- f. Tennis shoes may be worn
- g. Weight classifications (19): 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 135, 145, 155, 165, 175, 205, Hwt. (175 - 235)

8. ***WEIGHT LOSS IS HIGHLY DISCOURAGED***

9. Weigh-ins will be conducted the day before a match, before practice begins. This is the official weigh-in, wrestlers cannot weigh in again. If this is not possible (wrestler absent from practice, a Monday match, back-to-back matches, etc.), then the weigh-in will be conducted prior to noon the day of the match.

10. To seed wrestlers, a coach must attend the seeding meeting. Wrestlers must have competed (forfeit by the opponent) in a regular season league match at a weight to be seeded at that weight for league/sectional/county finals.

11. For the regular season match, the teams do not have to start wrestling @ 70lbs (lightest division) every match. This is to avoid heavyweight becoming the last wrestler of the match every meet. Pre-setting the starting weight during preseason coaches meeting is highly encouraged.

12. Athletes will be allowed to wrestle in consecutive matches with a 15-minute rest between matches.

VAL Volleyball Rules

NFHS Rules shall be followed with the following modifications:

1. **NO JEWELRY**, except covered post, may be worn by any player.
2. All games at a site must be played at the same time, as soon as the visiting team has completed their warm-ups, unless it is raining. There will be no more “second games” in order to play indoors. Best of 3 matches will all be played to 25 points. Best of 5 matches will have a 5th match to 15 points. **If a gym volleyball court is not available, the home team has the option of playing the match on the blacktop or the grass assuming that there are correct dimensions on the ground. Failure to honor this rule will result in a forfeit.**
3. Home team will make the court available for warm-ups as soon as the visiting team arrives. Teams should arrive and be ready to warm-up no later than 45 minutes after the visiting team’s school is out. Ten-minute warm-up periods **should be shortened** if visitors are late. **Every effort should be made to start the match by 4:00pm.**

4. Home team must provide a referee, an official scorer, and a visual scoreboard. The home scorebook is the official book.
5. All matches will be best three out of five games unless both coaches are informed otherwise in advance. Rally scoring system will be used and each game is played up to 25 points or until one team wins by 2 points. The fifth game is played up to only 15 points. All teams must win by 2 points. Switch sides at 8 points during the fifth game.
6. Each team is allowed two timeouts per game.
7. Determine serving team and sides by coin toss at the beginning of the first and last game.
8. Both schools must provide line judges.
9. A player may step on, but cannot completely step over the centerline.
10. It is an illegal hit if the ball rolls off the fingers or is carried on 1st, 2nd or 3rd hit.
11. The officials must be instructed to give warnings if unsportsmanlike conduct occurs. A sideout and point will be awarded for any subsequent offense.
12. Serving: High school rules will govern serving out of turn. All points by a server who serves out of turn will be canceled if the infraction is called to the attention of the referee before the opposing team serves. No points will be canceled if the offense is discovered after the next server has served. See 2000-2001 N.F.H.S. Rules.
13. Serving: The server must wait for the official's signal before serving the ball. There will be no warning; a sideout and point will be awarded to the opposing team. The server may elect to toss and not serve once during his/her rotation. Serves may be taken from any position behind the service line and within the side boundaries.
14. The serve may not be spiked or blocked by an opposing team. Returned serves may be "bumped" underhand or overhands and set. **The set off the serve can be a double hit, as well as on any 1st hit.** All coaches should discourage a hard-struck, attacking overhand bump.
15. Serves that hit the net and go onto the opposing side are in play.
16. Each team must begin the match with six players. A team may continue to play with a minimum of five players.
17. The net height must be 7'2" and the nets should be pulled tight in order to play the ball off the net.
18. Rotation: After the first team serves, the team that wins the sideout must rotate before serving.
19. Substitutes must take the position in the serving order of the player coming out of the game.
20. Players who re-enter the game must take their original position in the rotation except in the case of a disqualifying injury. Three or more players may be substituted for the same position, but they may play only that position.
21. Substitutions: A team will be allowed a maximum of 18 entries into the game.
22. If two or more opposing players contact the ball simultaneously above the net, all players are eligible to participate in the next play (hit). That next hit will be considered the first of the three contacts allowed to the team. A block is not considered one of the three contracts allowed to a team.
23. Each school should make the effort to carry a minimum of 9 players.
24. Hands may go over the net, but may not touch the net.

25. Coaches and players cannot yell the ball being "in" or "out" from the bench or sideline to the opposing team. **Penalty:** first time is a warning; second time's a side-out and point awarded to the opposing team.
26. Back row players may not reach above the level of the net to block or defend an attack from the other team within 10' of the net. The ten-foot line must be marked and visible on all courts.
27. Back row players may not initiate an overhead attack within 10 feet of the net unless both feet are on the ground.
28. . Game time is 4:00pm, provided the visiting team has at least a 10-minute warm-up. The latest a game should start is 4:15 pm with or without a 10-minute warm-up. Please try to get to away games by 3:45pm.
29. During playoffs if a school is hosting three matches on the same day one match must be played at another site.

VAL Soccer Rules

NFHS Rules shall be followed with the following modifications:

Molded shoes or screw-on cleats and shin guards are REQUIRED.

1. NO JEWELRY may be worn or hard hair clips.
2. Goalkeepers must wear a different color shirt.
3. Choice of kickoff, end of field, deferment will be decided by the coin toss.
4. Regular season points:
 - Win = 3 points
 - Tie = 1 point
5. Goalkeeper has a 6 second limit to get rid of the ball once in possession.
6. Home school is responsible for:
 - Furnishing 2 officials for each game.
 - Have an extra ball at each goal (leather recommended).
 - Have nets on your goals.
7. Home school MUST notify the traveling team by 12 PM noon, if the game is postponed for inclement weather. Make every effort to contact the coach also.
8. Substitutions may be made for injury.
9. Ball may not be intentionally kicked back to the goalkeeper and picked up by him or her. This includes a ball kicked back or a throw-in. An indirect kick is awarded.
10. YELLOW CARDS: Player(s) will sit out, at least, until the next substitution. If a player earns 3 yellow cards during the course of the season, Athletic Director shall suspend the athlete from the next regular season game or playoff game Coaches or athletic directors are responsible for reporting yellow cards to the soccer coordinator after every game. The yellow card tally resets to zero after a player earns his/her 3rd card.

11. RED CARD: Player is removed from the game (the team will play down one player). The player is also suspended from the next regular season game or the playoff game. If a coach receives a red card he/she must leave the field.

12. Unlimited substitutions during any game. Both teams may substitute after any goal, on any goal kick and between periods.

The team in possession of the ball may substitute on a throw-in or corner kick. The team not in possession of the ball may substitute on a throw-in or corner kick if the team in possession of the ball substitutes.

All players should check into the game at midfield on the sideline of where the team bench is located. All players must enter and exit from their team bench sideline unless a substitution results from injury.

13. Teams stand on the same sideline. Spectators opposite sideline from the teams.

14. High School Federation Guide adopted for league play modifications.

- Players MUST have numbered jerseys (tape O.K.)
- Every player on a team must have the same color jersey.
- Every player on a team must have the same color socks.
- Regulation games are 2 (30 min.) halves.
- Halftime will be 5 min. in length.
- No overtime for regular season games.
- Overtime for **PLAYOFFS & CHAMPIONSHIP GAMES ONLY (A1 - A4):**

A1. Two 5 min. periods (If score is still tied after 10 minutes, move to #A2)

A2. Two 5 min. sudden deaths (first score wins) (If no score in these 10 minutes, move to #A3)

*A3. Five-player shootout (If score is still tied after 5 PKs each, move to #A4)

*A4. "Sudden Death" Penalty Kicks, where if 1 team makes and the other misses, the game is over.

15. No Blow Outs: After a team has 5-goal differential, all goals by that team must be scored from outside of the Penalty Area. Also, after a 5-goal differential the team that is ahead must take off one player for each additional goal (starting with the 5th goal). There is no point loss for going over 7 goals. The team that is ahead can add player(s) back if the losing team scores.

16. Game time is 4:00pm, provided the visiting team has at least a 10-minute warm-up. The latest a game should start is 4:15 pm with or without a 10-minute warm-up. Please try to get to away games by 3:45pm.

VAL Track & Field Rules

NFHS Rules shall be followed with the following modifications:

1. GOVERNING RULES

Track & field meets shall be conducted in accordance with the rules as defined in the National Federation Track & Field Rules Book.

2. GENERAL RULES

Normal Order of Competition: 6, 7, 8

Order of Track Events;

- 400m Run (Limit 1 heat per division)
- 1600m Run
- 65m Hurdles (Limit 3 heats per division)
- 400m Relay
- 800m Run
- 100m Dash (Limit 3 heats per division)
- 1600m Relay

Field Events - Contested

Shot Put, Discus, Long Jump, Triple Jump, High Jump

Limitations to Field Events;

- Home team unlimited athletes per division.
- Away teams allowed 9 athletes per division (Tri-Meets allow top 6).
- If a hosting school would like to add more throwers/jumpers, please inform the traveling school of your ability to host extra athletes at least 24 hours in advance.

Limitations to Hurdles and Sprinting Events;

- Sprinting and hurdle events will be limited by the host school to 3 heats per division.
- If a hosting school would like to add more heats, or allows extra heats without times, please inform the traveling school of your ability to host extra athletes at least 24 hours in advance.

Limitations to Individual Athletes;

- No individual athlete is allowed to compete in more than 4 total events in a specific track meet.

3. RUNNING EVENT RULES/PROCEDURES

400 Meter Run

- 400m will compete first, prior to the 1600m run and start promptly at 4pm.
- There will only be 1 heat per division at regular season meets with only 6 lanes.
- Dual meets will only allow top-3 runners from each division. Tri-meets will only allow top-2 runners from each division.
- If possible to combine divisions/heats, please do so.
- Times will be recorded to 2 decimal places (Ex. 59.14)

Distance Races: 1600m and 800m Run

- Waterfall (curved) starts.
- Grades/genders can be combined to help with the pace of the meet.
- Numbers of runners allowed to participate are unlimited in races prior to league finals.
- Runners should be lined up closer to the inside of the track with each team alternating their runners from faster to slower.

In Distance Races the following are some of the reasons that a starter could halt or recall the start:

- Runners not steady
- Toes on the line

- Failure to come to the line in a timely manner
- Impeding a position of another athlete
- Fall during first 100 meters due to contact

Sprints: Hurdles and 100m Dash

- Runners/teams will be limited to the number of lanes available at a given meet in each heat.
- Sprinting and hurdle events will be limited by the host school to 3 heats per division.
- If a hosting school would like to add more heats, or allows extra heats without times, please inform the traveling school of your ability to host extra athletes at least 24 hours in advance.
- Use of starting blocks recommended.
- Runners should walk back to the finish line and wait in their lane to receive their positioning and time.

- False Starts - A false start occurs when the competitor leaves mark with:

1. Hand or foot after the set command;
 - One or both feet leaving the starting block pedals
 - One of both hands leaving the ground
2. With a forward motion without the starting device being fired.

- Disqualifications - Only 1 false start per race shall be allowed without the DQ of the athlete(s) responsible for the false start. Any athlete(s) responsible for future false starts shall be disqualified.

- Note - No video evidence from spectators, coaches, or athletes will be allowed for any false start decisions.

Hurdle Heights and Distances

Hurdle Height - 30 inches

Distance for spacing the 5 hurdles in the 65m hurdle event;

65m = Distance 14m from start line to the first hurdle and the last hurdle to the finish line. Distance 9.25m between each hurdle.

Relays: 400m and 1600m Relays

All runners must stay in their lane for the 400m relay.

All 1st runners stay in their lane for the 1600m relay. 2nd, 3rd and 4th runners can move in thereafter.

Disqualifications (DQ's)

Each race should have a monitor at each exchange zone to check for disqualifications. Passing the baton out of the exchange zone, impeding other runners, dropping the baton out of your lane and throwing the baton down after the finish are all examples of DQ's.

4. FIELD EVENT RULES/PROCEDURES

The actual order of field events that are contested depend on the school hosting, helpers available and the facilities available at a given meet. Please let the visiting schools know ahead of time the order of events that are going to be run for field events in order to allow for an efficient meet.

Athletes must sign in to their events at the beginning of the meet.

If you leave for a track event, you must tell the field event judge before you leave in order to be allowed to re-enter the event.

Limitations to Field Events;

- Home team unlimited athletes per division.
- Away teams allowed 9 athletes per division (Tri-Meets allow top 6).

- If a hosting school would like to add more throwers/jumpers, please inform the traveling school of your ability to host extra athletes at least 24 hours in advance.

THROWING EVENTS

The legal sector lines for all throwing events should be 34.92 (35) degrees.

Competitors are allowed to enter from anywhere into the circle; Competitors must exit from the back half or the circle.

Falling down and remaining inside the circle with the throwing implement shall not be judged a foul. Athletes are allowed to re-start their event without leaving the circle.

Measuring Legal Put/Throw

The measurement of a put/throw shall be from the nearest edge of the first mark made by the shot/discus to the inside edge of the toe-board. The measurement should have a line created by the tape measure that lies through the center point of the ring.

Tiebreaker Rules

1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better from either the preliminary trials or the finals.
2. If after (1.) the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.

Throwing Fouls

It shall be a foul and not measured if, after entering the circle and starting the throw, the competitor:

- Uses any method contrary to the definition of a legal throw;
- The shot put drops below or behind the shoulder.
- Cause the throwing implement to fall on or outside the sector lines.
- Touches with any part of the body, before the throw is marked;
 1. Any surface of the metal band except the inside surface, or any of the marked ring if it is painted.
 2. Any surface of the toe-board except its inside surface.
 3. The area outside the circle.
- Throw an implement that does not conform to the legal size/weight requirements.
- Wear any illegal device or illegally taping the fingers together, so all fingers cannot move independently (Medical tape used for medical purposes are allowed)
- Leave the circle from the front half, or before the head official indicates a fair throw.
- (Note - Entering from any part of the ring is allowed)

SHOT PUT

The weight of the shot put shall be;

- 6 lbs. for 6th, 7th, and 8th grade girls as well as 6th and 7th boys.
- 8 lbs. for 8th grade boys.

Legal Put

A legal put shall be made from within the circle without touching the top edge (raised or painted) of the circle or the top surface of the toe-board.

A legal put must be made from the shoulder with one hand only so that, during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle.

DISCUS

The weight is 2.2 pounds

Legal Throw

A legal throw in the discus is one that is thrown from the circle into the legal sector. A competitor must start from a stationary position inside the circle.

Legal throws and measurements are the same for Discus as for Shot Put and are described in 'Throwing Fouls'.

JUMPING EVENTS

_Limitations to Jumping Events;

- Home team unlimited athletes per division.
- Away team allowed 9 athletes per division (Tri-Meets allow top 6).
- If a hosting school would like to add more throwers/jumpers, please inform the traveling school of your ability to host extra athletes at least 24 hours in advance.

LONG JUMP

- If multiple takeoff lines are available, athlete's should notify the scorer which line they are taking off from before their attempt.
- An athlete may step on the takeoff line, but not past it. If they pass it, it is recorded as an attempt and will equal no score (scratch).
- If there is a scratch, put an "X" on the scoresheet for that jump.
- The distance is recorded from the inside edge of the takeoff line (closest to the sandpit) to the inside edge of the closest touch in the sandpit by the athlete's body (closest to the takeoff line). Placing a hand behind to catch themselves from falling backwards should be considered when recording their distance.
- At least 2 scorers should be available for each jump attempt. One watching the takeoff line and the other scorer marking where the athlete lands in the sandpit.
- Each athlete should be allowed 3 attempts to perform their longest jump.

Tiebreaker Rules

- 1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better from either the preliminary trials or the finals.
- 2. If after (1.) the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.

TRIPLE JUMP

Same rules at long jump, but with addition to;

- An athlete must use the "hop, step, jump" technique for their attempt to be recorded as a successful jump. Wrong technique will result in no score (scratch).

HIGH JUMP

- An athlete may attempt to clear the crossbar in any manner, provided their takeoff is from one foot. All of the athlete's body must go over the crossbar.
- An athlete is not recorded an attempt if they approach the crossbar, but do not cross over the plane of the crossbar.
- An athlete is permitted 1 minute for their attempt.
- 2 inch increments
 - Tie breaker is 1 inch increment
- An athlete is eliminated after 3 consecutive failed attempts.
- An athlete may pass on a height at any time, but may still be eliminated after receiving 3 unsuccessful attempts in a row. They will then be awarded the highest height they cleared.
- An athlete is awarded their highest cleared height.

- Bar should never be lowered unless during a tie breaker for 1st place only

Starting Heights - High Jump

6th Girls - 3'6" (First Meet 3'4")

7th Girls - 3'8" (First Meet 3'6")

8th Girls - 3'10" (First Meet 3'8")

6th Boys - 3'10" (First Meet 3'8")

7th Boys - 4'0" (First Meet 3'10")

8th Boys - 4'2" (First Meet 4'0")

- First Track Meet is 2 inches lower than normal.

- League Finals Track Meet adds 2 inches for all starting heights.

Tiebreaker Rules

- 1. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
- 2. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
- 3. Passed trials shall not count as misses.
- 4. If the tie remains after applying (1.) and (2.) and:
 - (a) It concerns first place, the competitors tying shall make one more attempt at the height at which they failed. If no decision is reached, the bar shall be lowered in increments of 1 inch (2 cm) in the high jump. If two or more of the tying contestants cleared the height, the bar shall be raised by intervals of 1 inch (2 cm) in the high jump. Each competitor shall attempt one trial at each height until a winner is determined.
 - (b) If all competitors eligible for a jump-off withdraw from the competition before the jump-off begins or at a height change, those competitors shall tie for first place, and any team points shall be added together and divided equally between the tying competitors.
 - (c) The tie concerns any place other than first, the competitors shall be awarded the same place.

5. LEAGUE / SECTIONAL TRACK MEETS

- Team points (1st - 6th place). (10, 8, 6, 4, 2, 1)
- All top 8 finishers in Sectional & League Finals will receive recognition.

League Finals Qualifications for Relay Races;

- Top 8 times per division (grade/gender). Only 1 team entry per school in each division.

League Finals Qualifications for 400m;

- Top 2 runners from each school per division will have times entered.
- The top 16 times will race in Semi-Finals on Day one.
- Race one will have runners 9-16. Race two will have runners 1-8.
- The top 8 overall times from the two races will advance to Finals on Day Two.
- If a tie-breaker is needed amongst the top 16 times to enter Semi-Finals, names will be drawn from a hat.
- Note - not all 400m top placers at League Finals will advance to County Finals due to time qualifications.

League Finals Qualifications for 1600m, 800m, 100m, 65m Hurdles;

- Top 3 athletes per school in each division.
- For 100m Dash and Hurdles, the top 8 fastest qualifying times from the preliminary races will make it to the Finals.

League Finals Qualifications for all Field Events;

- Top 3 athletes per school in each division.

VAL Directory

School

Blach Intermediate School

Columbia Middle School

Crittenden Middle School

Cupertino Middle School

Egan Junior High School

Graham Middle School

Hyde Middle School

Kennedy Middle School

Lawson Middle School

Miller Middle School

Sunnyvale Middle School

Athletic Director(s)

Paul Ramirez

Miali Reynoso

Tapan Dave

Jonathan McMahan

Can Huynh and Bryan Troyer

Nick Van Damme and Azucena Corral-Pinela

Evan Blomquist

Larry Blair and Wade Nakamura

Todd Butler and Jeren Jensen

Brian Yoshikawa

Juan Decali

Awards Coordinator: [Lawson](#)

League Chairman & Coordinators: Mark Ollila & Grady Wright

League Website: ValleyAL.org