

# Central Coast Section 2009-2010 Start Dates & Maximum Number of Contests

## Highlights

Beginning with the 2009-10 season the CCS Board of Managers has adopted a section wide start dates along with maximum number of contests for all sports.

To review all of the specifics of START DATES & Maximum Number of Contests go to 2009-10 CCS Bylaw Article V Section 3 SEASON OF SPORT.

**1. START DATES**

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

<u>Year/Season</u>	<u>Practice</u>	<u>Start Dates</u> <u>Scrimmages etc.</u>	<u>Contests</u>	<u>End of Season</u>
<b>2009-2010</b>				
Fall	August 14	August 28	September 3	See Article V, Section 3.B.4
Winter	November 2	November 23	November 30	
Spring	February 1	February 15	February 22	

**2. POST SEASON AUTHORITY (Article V Section 3.B.4)**

All post-season competition is under the sole jurisdiction of the CCS which has full authority over any competition held after the last-regular season date of allowed competition. See Article V section 3.B4 for dates of last regular season event.

**3. OUTSIDE ORGANIZATIONS (Article V Section 3.E.1-4)**

- This section defines from whom an athlete can seek outside coaching.
- Defines what a school coach can demand of their athlete in participating in outside teams.
- Defines prohibitions on outside teams identifying with the school regarding mascot names, colors and rental of facilities.

**4. PRACTICE (Article V Section 3.F.1-5)**

- This section defines what constitutes a practice.
- A practice cannot be longer than 3 hours in length and if 2 practices are held in a single day then a mandatory 2 hour break must be taken between practices.
- Defines the exact day that practices may begin for the fall, winter and spring seasons.
- Penalties are also outlined for violations of this by law.

**5. SCRIMMAGES/JAMBOREES/ALUMNI GAMES/FACULTY GAMES (Article V Section 3.H.1-6)**

This section specifically defines scrimmages, jamborees & Alumni games,

- who can sponsor them,
- when they can occur for each season,
- how they are counted in maximum contests and
- how many of the various types of these contests a sport can have ( 2 scrimmages except football (1), 1 faculty game, 1 alumni game, 1 jamboree per season).
- This also defines the exact day that any scrimmage etc may begin for the fall, winter and spring.
- Penalties are also outlined for violations of this by law.

**6. SPRING FOOTBALL-Spring football is allowed to continue (Article V Section 3.F.4.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 and helmets, beginning no earlier than May 1<sup>st</sup>. No tryouts may be conducted during spring football practice and spring football may not be implicitly or explicitly mandated by the coach or anyone else associated with the school or the program.

# MAXIMUM NUMBER OF CONTEST PER SEASON OF SPORT HAVE BEEN APPROVED AS FOLLOWS:

In all sports every contest is counted contest for contest except where note  
tournament competition

Other Information League Championships do not count in Max # of Contest for any sport; CCS Schools are governed by the following rules for counting tournaments whether a tournament is hosted within or outside of the section.

- 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

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

	<u>MAX#</u>	
<b>Swim/Dive</b>	13	Counts for both the individual athlete and the team
<b>Tennis</b>	22	Counts for both the individual athlete and the team
<b>Track &amp; Field</b>	15	Counts for both the individual athlete and the team
<b>Gymnastics</b>	15	Counts for both the individual athlete and the team
<b>X Country</b>	13	Counts for both the individual athlete and the team
<b>Wrestling</b>	40	As outlined in CIF Bylaws Article 31, 3101
<b>Badminton</b>	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.
<b>Field Hockey</b>	20	In tournaments where other than regularly-timed contests are played, each day of that tournament shall count as one (1) contest.
<b>Golf</b>	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.
<b>Lacrosse</b>	20	In tournaments where other than regularly-timed contests are played, shall be counted as one (1) contest per day.
<b>Volleyball</b>	26	Any 2 out of 3 contests played in a tournament shall count as ½ of a contest. In pool play, If 2 contests are played, but a third would not be played regardless of the outcome, those contests do not count toward the max #.

## ADDRESSING PROBABLE EXCESS OF CONTESTS (Article V, Section 4.F.1-2)

- This section addresses how a school could resolve a potential problem of exceeding the Maximum number of contests.
- This section also explains that if a school is going to exceed their maximum contest they cannot forfeit any league contests in order to comply with the maximum number..
- The penalties for exceeding the maximum number of contests is also outlined in this section.

### Special Note:

Tournament directors when devising their tournament format need to be aware of these changes. The format of any tournament should take into consideration that every game played counts, so the format may need to be modified so that teams are able to know how many games they will play in any given tournament before they agree to participate. Schools will have to count their contests carefully, so they do not go over the maximum number of contests.