

Foothill Valley League

Constitution And Bylaws

Revised: March 6, 2025

TABLE OF CONTENTS

ARTICLE I	Name and Purpose	2
ARTICLE II	Membership	2
ARTICLE III	League Representative	2
ARTICLE IV	Structure	3
ARTICLE V	Meetings	3
ARTICLE VI	Dues	4
ARTICLE VII	Amendments	4
ARTICLE VIII	Passes	5
ARTICLE IX	School Regulations	5
ARTICLE X	Awards	6
ARTICLE XI	Protest/Appeal Procedures	8
ARTICLE XII	Admission Fees for Athletic Contests	9
ARTICLE XIII	Baseball	10
ARTICLE XIV	Basketball	12
ARTICLE XV	Cross Country	13
ARTICLE XVI	Flag Football	1
ARTICLE XVI	Football	14
ARTICLE XVII	Golf	15
ARTICLE XVIII	Soccer	17
ARTICLE XIX	Softball	18
ARTICLE XX	Swimming/Diving	20
ARTICLE XXI	Tennis	21
ARTICLE XXII	Track	23
ARTICLE XXIII	Volleyball	24
ARTICLE XXIV	Water Polo	25
ARTICLE XXV	Wrestling	26
ARTICLE XXVI	Stunt Competitive Cheer	27
APPENDIX A	SJS Appeals Hearing Committee Procedures	28
APPENDIX B	Awards – MVP/All -FVL Selection Processes	30
APPENDIX C	Sports Representative Duties and Responsibilities....	38
INFORMATION FLOW CHART		39

Article I Name and Purpose

Section 1 This organization shall be known as the Foothill Valley League (FVL).

Section 2 The purpose of this organization is:

- A. To direct and control athletics and other activities of this League so that faculties and Board will regard them as educational enterprises to be encouraged and supported.
- B. To provide and identify the responsibility for administration and supervision.
- C. To adopt and implement the C.I.F.'s "Victory With Honor" program.

Article II Membership

Section 1 This League shall consist of the following schools:

Del Campo High School
Nevada Union High School
Placer High School
River Valley High School
Roseville High School
Twelve Bridges High School
Yuba City High School

Article III League Representative

Section 1 Each high school in the FVL shall be represented by its Principal or designated Administrator and/or Athletic Director. The representatives shall attend meetings at the expense of the school represented.

Section 2 Each school shall have one vote by its designated representatives.

- A. These representatives shall be approved by each district's Board of Trustees.

Article IV Structure

- Section 1 At the first Fall FVL Board of Managers meeting, the FVL shall elect from its members a President, a Vice President and a Commissioner. These elected representatives will serve for a two year term.
- Section 2 The Commissioner of the FVL shall be elected for a two year term by the FVL Board of Managers. The stipend for the services of the Commissioner shall be reviewed and determined annually by the FVL Board of Managers at the first meeting of the school year.
- Section 3 The duties of the FVL Commissioner shall consist of the following:
- A. Attend FVL meetings as the league secretary:
 - 1. Take notes and write up minutes.
 - 2. Disperse the minutes, schedules, and other communications in a timely fashion.
 - B. Attend Section meetings with the FVL Representative.
 - C. Act as the league secretary by maintaining FVL records.
 - D. Purchase and distribute FVL awards.
 - E. Coordinate the review and update of the FVL Bylaws for each sport on an annual basis.
 - F. Prepare a budget and as the league secretary maintain financial records.
 - G. Convene protest committees as needed.
 - H. Perform such duties as assigned by the FVL President and Board of Managers.
 - I. Set the meeting agenda and send to all member schools one week in advance in accordance with the Brown Act.
 - J. Coordinate the selection and presentation of honors, awards, and scholarships to individual FVL athletes.

The FVL Commissioner will communicate regularly with the FVL President on all FVL business. The FVL Commissioner acts under the direction of the FVL President.

Article V Meetings

- Section 1 The President shall call at least 3 meetings of the FVL.
- Section 2 Emergency meetings may be called at the discretion of the FVL President and shall be in accordance with the Brown Act.

- Section 3 The Athletic Directors and/or designee will meet prior to the Board of Managers meetings. The purpose of the Athletic Directors' meeting is to address issues relating to the FVL athletic programs and policies.
- Section 4 A quorum is necessary for the transaction of FVL business and any regular or special meeting called by the President. A quorum shall be representation by 50% plus one.
- Section 5 The FVL shall conduct a preseason meeting for all varsity coaches of their sport in the fall, winter, and spring to discuss FVL business and concerns. The FVL Commissioner will notify members of the meeting dates.

Article VI Dues

- Section 1 Dues will be reviewed and approved annually by the FVL Board of Managers. The FVL Commissioner will bill the schools for the amount due.
- Section 2 Any and all profits derived by competition in Section playoffs will be put in the FVL general fund.
- Section 3 Hosting Conference Tournaments/Meets:
- A. The host school's director must prepare a budget which includes all anticipated income and expenses to be presented for prior approval to the FVL Commissioner. The FVL will not accept responsibility for items not included in the approved budget.
 - B. Any profit gained through the sale of programs and/or concessions will be retained by the host school. Gate and entry fees will be used to pay for tournament/meet expenses.
 - C. Expenses not covered by gate and entry fees will be shared by all the FVL schools. Tournament/Meet directors will invoice schools.

Article VII Amendments

- Section 1 All requested bylaw changes must be read at a minimum of two Board of Managers' meetings to be implemented.
- The Athletic Directors will first review all bylaw change requests so as to make recommendations to the FVL Board of Managers.
- A majority vote of the FVL Board of Managers shall be necessary for adoption.

Article VIII Passes

Section 1 Fifty (5 0) FVL passes shall be issued by the Conference Commissioner to each school. Passes shall state the year. They shall become valid when signed by the Principal or the Principal's Designee of the issuing high school.

Article IX School Regulations

Section 1 The FVL will have competition leading to a league Championship.

Member schools will attempt to first field Varsity and then Junior Varsity teams in football, boys and girls golf, boys and girls tennis, boys and girls basketball, boys and girls volleyball, baseball, boys and girls track and field, boys and girls soccer, boy and girls cross country, softball, boys and girls swimming/diving, boys and girls wrestling, water polo, and competitive cheer.

Freshmen teams may be added (once Varsity and JV teams are established) in football, basketball, baseball, softball, volleyball, and soccer.

Section 2 More than half of FVL schools must field a team in order to declare a FVL championship. (Varsity only)

Section 3 There shall be no use of school facilities by players without the supervision of the team's coach or district designee approved by the Athletic Director.

- Section 4 Game time may be adjusted by mutual agreement of **both schools administrations.**
- Section 5 A principal may request to cancel a FVL event due to unforeseen catastrophic circumstances. The principal or their designee will then contact the FVL commissioner and all other principals of the schools involved (or their designees) of the cancellation. It is the responsibility of the principal to make sure that all involved schools are notified either by them or their designees.
- Section 6 Noise makers: Refer to Sac-Joaquin Section Constitution and Bylaws. Warm up music is allowed. It will be provided at the discretion of the home team.
- Section 7 If Senior Night Ceremonies are to be held prior to the start of a varsity contest, they are to be limited to 15 minutes in length.

<h2 style="margin: 0;">Article X</h2> <h3 style="margin: 0;">Awards</h3>
--

Section 1

- A. The FVL shall purchase all team championship pennants and MVP/All FVL patches.
- B. All FVL Teams
 - 1. MVP and All FVL teams shall be selected at the end of the season in Varsity team sports.
 - 2. All FVL patches will be awarded for first team Varsity sports only.
 - 3. A Championship pennant will be awarded to all Varsity FVL champions.
- C. Those athletes who have attained the following level of achievement shall be acknowledged as an FVL Scholar Athlete:
 - 1. The Athlete must be on a varsity team for the entire season of sport.
 - 2. The Athlete must have attained a 3.50 GPA at the grading period closest to the last FVL contest of the season.
 - 3. The Athlete does not have to be selected for any other All FVL honor.

Each FVL member school may award a certificate and/or patch that shall read FVL Scholar Athlete.

D. Boys and Girls All Sports Award

1. An annual Boys All Sports Award and a Girls All Sports Award will be presented to a Foothill Valley League school each year.
2. The FVL will assign points only for those League sports in which over half of the FVL schools participate.
The award shall be made for points accumulated on the following scale for Boys and Girls Varsity sports:

1st place	7 points
2 nd place	6 points
3rd place	5 points
4th place	4 points
5th place	3 points
6th place	2 points
7 th place	1 points
DNF	0 points
3. The FVL Commissioner will tally the points earned by each school. At the end of the sports year, the winner will be announced.
4. The FVL will present a separate Boys Pennant and a Girls Pennant to the schools with the most total points in the respective Boys and Girls category.

Article XI

Protest/Appeal Procedures

All hearings shall follow section appeals hearing committee procedures (See Appendix A.)

Section 1 Protests

- A. A protest may be filed for violation of the C.I.F. rules and/or FVL constitution or misinterpretation by an official.
 Protests must occur during or immediately following the contest.
- B. Any protests are to be originated by the principal of the school making the protest.
- C. The protesting principal shall notify the principal of the school receiving the protest. The FVL Commissioner shall convene a protest committee consisting of one principal (or their designee) from three different schools not involved in the protest.

Section 2 Violations

- A. Principals will report violations to the FVL Commissioner for a recommendation of consequences. This recommendation may include a referral to a hearing committee convened by the FVL Commissioner.
- B. If a member school has been found guilty of a C.I.F. bylaw or FVL violation by hearing committee, penalties will ensue according to C.I.F. Sac-Joaquin Section bylaws.

Section 3 Appeal Procedure

- A. The Commissioner of Officials will notify the principal (or his designee), the following day of an athlete/coach ejection. Should the Commissioner of the officials not notify the school, it is still the responsibility of said school to impose the section policy.
- B. An athlete/coach may choose to appeal the one game suspension by submitting a written appeal to the site principal or designee within 24 hours.
- C. The principal must submit a written appeal to the FVL commissioner within 48 hours of the ejection. The FVL Commissioner shall convene the appeals committee consisting of three principals/or their designee from neutral schools.
- D. The FVL Commissioner shall notify the appealing principal/designee of the decision rendered by the appeals committee. A final report on all appeals shall be forwarded to the Commissioner of Officials by the FVL Commissioner.
- E. In the event of a compact time frame, the principal/designee of the appealing school shall gather all of the pertinent information

to submit and report to the FVL Commissioner for a decision. The FVL Commissioner will decide whether to uphold the ejection, grant the appeal or delay the decision pending further investigation. In the absence of the FVL Commissioner, the FVL President or their designee will rule on the matter.

Article XII

Admission Fees for Athletic Contests

Section 1 Admission fees for FVL contests.

- A. The price of admission to FVL contests shall be reviewed annually. When deemed necessary they may be changed by a majority vote of FVL representatives.
- B. The following admission prices are in force:

Sport	Adults and High School Students Without ASB cards	*ASB cards & children below High School Age
Football	\$10.00	\$8.00
Basketball	\$7.00	\$5.00
Wrestling Meet (FVL Finals)	\$7.00 (\$10.00)	\$5.00 (\$7.00)
Frosh Football	\$7.00	\$5.00
Swim Meet (FVL Finals)	\$7.00 (\$10.00)	\$5.00 (\$7.00)
Track Meet (FVL Finals)	\$7.00 (\$10.00)	\$5.00 (\$7.00)
Soccer	\$7.00	\$5.00
Volleyball	\$7.00	\$5.00
Baseball/Softball	\$7.00	\$5.00
Water Polo	\$7.00	\$5.00
Cheer Leading	\$7.00	\$5.00

*Students with ASB stickers: Each FVL School may establish their own Student Body admission fees policy for their own home games.

Each school will give a military or a senior citizen discount at the student rate for their home games.

*Each school has the option to disallow entry to any below high school age children unaccompanied by a parent or they may charge them as an adult.

Each school may choose to charge (or not charge) for sports other than football, basketball, wrestling and volleyball.

Article XIII

Baseball

Starting date established by SJS.

- Section 1 All rules shall be governed by C.I.F. regulations.
- Section 2 Pregame warm up for visiting teams shall consist of the last 15 minutes before game time. NO batting practice is allowed for either team on the day of a contest. Thrown or tossed whiffle balls in the outfield are permitted.
- Section 3 The baseball shall be the ball approved by the C.I.F. Sac-Joaquin Section.
- Section 4 Rules – All baseball competition in the Sac-Joaquin Section will be conducted under National Federation rules unless otherwise provided herein.
1. No batting practice shall be held at the site of the playoff game during the scheduled date of the playoff game. Whiffle ball batting practice is acceptable. PENALTY: VIOLATION OF THESE ABOVE LISTED RULES WILL RESULT IN A FORFEIT.
 2. A game that is called due to weather or darkness and at least five innings have been completed, or if the home team has scored a greater number of runs in four or four and a fraction turns at bat than the visiting team has scored in five turns at bat, will be considered a regulation game.

3. A game that is called due to weather or darkness with at least five full innings completed and the score is tied at the completion of the last full inning will be considered a suspended game. The game will continue from the point of interruption as determined by the schools involved.
 4. A game that is called due to unnatural circumstances (i.e., sprinklers, power outages, etc.) shall be considered a suspended game, continued from the point of interruption determined by the schools involved.
 5. A game that is called due to weather or darkness prior to five complete innings (4½ if the home team is ahead), shall be considered a suspended game. The game would be played from the point of interruption at a time, date and place to be determined by the schools involved.
 6. By mutual agreement of the opposing coaches and the umpire in chief, a game may be shortened or the game terminated. The game would count as a regulation game.
- B. There shall be two officials for Varsity FVL games. If only one official is present the game may be played if both head coaches agree. There may be one official for JV or frosh games. If the umpires fail to appear at a game, it shall be treated as a rained-out game.
- C. When two schools decide not to make-up a game, both teams are charged with a forfeit, unless one team forfeits to the other. If either team scheduled to play a FVL game is in contention for the championship, then the game must be played and no forfeits will be allowed.
- D. Rained out, suspended, or cancelled games will be made up in the order that they were scheduled. They are to be played on the next available day, with the exception of no more than 4 games in one week. Make-up games may be played on Saturdays, but only by mutual agreement between both schools coaches and Administration.
- E. In the event of a tie for the championship or a tie for a position in the Section Play-offs, these tie-breakers will be used in descending order:
1. Head to head FVL records between the teams that tied.
 2. Most FVL wins against each other within the tie.
 3. Most FVL wins against a team outside the tie starting with the highest placed team and then working down the standings.
 4. Least amount of runs allowed in head to head competition.
 5. Least amount of runs allowed in total FVL competition.
 6. Coin flip to be determined by the FVL Commissioner
 7. If multiple teams are tied, once a tie is broken, then the tie breaking process begins again between the remaining tied teams starting at head to head FVL competition.

Section 7 Awards – Refer to Appendix B.

Article XIV Basketball

Starting date as established by SJS

- Section 1 All rules for basketball shall be governed by C.I.F. regulations and the National Federation Basketball Rules.
- Section 2 Schedules shall be developed by the FVL Athletic Directors and approved by the FVL Board of Managers on a yearly basis. Upon approval schedules will be distributed by the FVL Commissioner to the Athletic Directors.
- Section 3 Scorebook and Clock
- A. Adults are to operate both the score clock and shot clock at all Varsity games.
 - B. Adults are to keep the official score book at all Varsity games.
- Section 4 Playoff and Seeding Procedures
- All Tie-Breaking rules shall be according to SJS/CIF regulations.
- 1. Head to Head. (In FVL Competition only).
 - 2. Most wins against each other within the tie (concerning 3-way or more ties)
 - 3. Most FVL wins against a team outside the tie starting with the highest placed team and then working down the standings.
 - 4. The team ranked higher in Max preps will break the tie.
 - 5. Coin flip tossed by FVL Commissioner.
 - 6. If multiple teams are tied, once a tie is broken, then the tie breaking process begins again between the remaining tied teams starting at head to head FVL competition.
- Section 5 The official ball will be the ball used by the Sac-Joaquin section in playoffs.
- Section 6 Awards – Refer to Appendix B.

Article XV

Cross Country

Starting date as established by SJS

Section 1 All rules shall be governed by SJS/C.I.F. regulations.

Section 2 The fall start date will be set by the Sac Joaquin Section. Levels of competition shall be Boys Varsity, Girls Varsity, Boys JV, and Girls JV.

Section 3 FVL Championships will be determined by two Center meets. Teams score one point per win in the first two Center meets, two points per win in the Final meet. The Final race results decide ties after all three races. Cross Country meet rules use the 6th place runner positions to break a tie in all meets.

Section 4 JV runners, who have been "moved up" to the Varsity level for FVL competition, must "stay up" for the remainder of the FVL meets. These runners may be moved down for the subsections.

Section 5 Awards – Refer to Appendix B.

Article XVI

Flag Football

Section 1 All rules for Flag Football shall be governed by CIF-SJS regulations.

Section 2 Schedules shall be approved by the FVL Board of Managers.

Section 3 Qualified personnel shall be provided by the home school to operate the score/game clock, the down/distance markers, and the announcing.

Section 4 Playoff and Seeding Procedures

1. Head to Head. (In FVL Competition only).
2. Time permitting; Play in games at the home of the last visiting team in regulation play.
3. Three-way tie or more: Most wins against each other within the tie (concerning 3-way or more ties)
4. Time permitting; Two play in games, seeded by Max Preps rankings. Higher seed gets the play in bye (concerning 3-way or more ties).
5. The team ranked higher in Max preps will break the tie.
6. If multiple teams are tied, once a tie is broken, then the tie breaking process begins again between the remaining tied teams starting at head to head FVL competition.

Section 5 Any regulation football may be used for FVL play. The recommended ball is the playoff ball used by the SJS.

Section 6 See section 2 under Football Articles.

Section 7 Awards – Refer to Appendix B.

Article XVII Football

Section 1 General Rules

- A. Rules of play, practice and games are governed by the Sac-Joaquin Section of the C.I.F. Included are starting dates for practice and play and any limitations concerning spring and summer participation.
- B. By mutual consent of both schools, the game times for the Varsity and JV games can be changed in the case of extremely poor field conditions.
- C. A licensed M.D. and/or ambulance must be in attendance at all contests at all levels (Frosh through Varsity).
- D. Sideline access shall be the responsibility of each school. Problems on the visitor's side should be referred to the home site administrator.
- E. The FVL will use the same tie breaker that the SJS uses in playoffs.

Section 2 Film Sharing

- A. ALL FVL Varsity, JV, and Freshmen teams are required to use HUDL, placing all their games in a "pool" so that all FVL teams may observe them.
- B. Infractions will be referred to the FVL Board of Managers for disciplinary action.

Section 3 Playoff Selection Procedure

- A. The FVL champion will be the team with the best win-loss record in FVL competition. All subsequent playoff representatives will be determined by the best FVL win-loss record after the champion.
- B. In the event of a tie for the championship or a playoff berth, the team that was victorious in the head-to-head competition will be declared champion or playoff representative.
- C. In the event of a three-way tie for the championship or playoff berth, refer to the SJS/C.I.F. Universal Tie Breaker.

Section 4 Awards – Refer to Appendix B.

Article XVIII Golf

Section 1 General

- A. Play will be governed by USGA and local rules.
- B. Dual matches will consist of 9 holes and starting times will be determined by the home team.
- C. The FVL season will conclude with two 18-hole matches with the FVL representative or his/her designate serving as match director. The director shall appoint a rules committee if one is needed.
- D. Play will be from the blue or black tees unless changed by the host course professional or host coach. Girl's golf will play from red tees.
- E. Teams and individuals will qualify for the sub-section tournament according to the Sac-Joaquin Sub-Section formula (See C.I.F. regulations).
- F. All players are responsible for understanding and following the rules and etiquette of golf.
- G. Throwing of clubs in any manner or use of profane language will result in a two-stroke penalty with disqualification from the match for subsequent infractions.

Section 2 Scoring and Qualification

- A. Each school, during the dual match season, will play all other schools twice (home and home). There will be two FVL 18-hole matches.
- B. Each team consists of six players, with the best five scores counting toward the final team score. If a tie exists when the scores are totaled, the sixth players' score will be considered to determine the match winner. If the sixth player scores are tied, the match will be declared a tie.
- C. Team scoring:
 - 1. Dual Matches: Winner: 1 point Losers: 0 points Tie: ½ point each
 - 2. FVL 18 hole-matches: Points will be awarded to the first place team will be equal to the number of teams in the FVL. Second through last place teams will receive one point less than the team finishing ahead of them.
 - 3. After the dual matches and the two League tournaments, the team points will be added. The team with the most points will be declared the FVL champion. Ties in the standings will remain unless a tie exists for the final post-season position. Seeding will be determined by the combined total of the two 18-hole tournaments. A tie for the final slot will be broken

with a sudden death play-off, beginning on the first hole between the involved teams immediately after the last FVL tournament. All six players will compete, with the best five scores counting.

Section 3 Individual Scoring

- A. Dual Matches: Each of the 12 players (six from each team) who complete the round with a legal score is awarded points. The best scores receive one point for each person in the match. Each succeeding score will receive one less point, with ties dividing the point total.
- B. Conference 18-hole matches: Each of the players is awarded points. The best score receives points equal to the total number of players in the tournament. Other scores will be awarded in descending order so that the worst score receives one point.
- C. Individual players (not on the teams qualifying for the sub-section tournament) will qualify for the sub-section based on their individual point totals applying the section formula. Ties among individuals will be played off in a sudden-death hole (or holes) playoff immediately following the second FVL 18-hole matches.

Section 4 Awards – Refer to Appendix B.

Section 5 Coaches and Players Responsibilities

- A. Home team coaches must communicate the team and individual scores to the FVL golf representative following dual matches.
- B. Each coach is responsible for his players dress and conduct.
- C. The home team coach will determine if a match is to be called due to the weather.

If a rule problem exists and a proper rule decision cannot be reached, the player (on the hole in question) is to play a second ball. Scores for both balls are to be recorded. Score or rule infractions should then be reported to coaches at the conclusion of the match.

- A. Coaches are to settle scoring problems, rule infractions, or other problems before scores are sent in. If the problem is not resolved, the FVL golf representative should convene a committee of coaches to settle the issue.
- B. Players should confront their opponents regarding rule infractions or scoring mistakes as they arise.
- C. Spectators are to maintain the 30-yard rule at all matches and tournaments.
- D. Caddies will not be allowed.
- E. No cell phones are to be used during competition. Phones are not to be in the golfer's possession or golf bag.
 - 1. A 2-stroke penalty will be imposed if the above rule is not observed.

Article XIX

Soccer

- Section 1 All rules shall be governed by SJS regulations.
- Section 2 The field of play should be 100 to 120 yards long and 55 to 75 yards wide. The field will be lined according to National Federation Rules.
- Section 3 Each FVL contest shall have at least three officials. A game may commence with two officials.
- Section 4 Postponed games shall be played on the first available date.
- Section 5 FVL Standings
- A. The FVL standings shall be determined in the following manner:
 - 1. A win shall count as 3 points
 - 2. A tie shall count as 1 point
 - B. In case of a tie for the FVL championship, the tied teams will be named as co-champions.
 - C. The following tie breaking process will determine the FVL representative to SJS playoffs:
 - 1. Head to head FVL records between the teams that tied.
 - 2. Most FVL wins against each other within the tie.
 - 3. Most FVL wins against a team outside the tie starting with the highest placed team and then working down the standings.
 - 4. Least amount of goals allowed in head to head competition.
 - 5. Least amount of goals allowed in total FVL competition.
 - 6. Penalty kicks at the opposite site of the last regular season game between the tied teams, unless another site is mutually agreed upon by administrators of the schools involved.
 - 7. Coin flip to be determined by the FVL Commissioner
 - 8. If multiple teams are tied, once a tie is broken, then the tie breaking process begins again between the remaining tied teams starting at head to head FVL competition.
- Section 6 Awards – Refer to Appendix B.

Article XX

Softball

- Section 1 All rules shall be governed by SJS/NFHS regulations.
- Section 2 Pregame warm up for visiting teams shall consist of the last 15 minutes before game time. The use of a batting machine on game days (before the game) is prohibited. The use of tees or soft-toss is permissible before and during a game as long as it is not into fences.
- Section 3 Schedule shall be a double round robin.
- Section 4 Home team shall provide the official scorer. Each school shall have a double first base for both JV and Varsity fields.
- Section 5 Games
- A. Frosh/JV games will have a two hour time limit. No new inning shall begin after two hours. Varsity games shall end anytime after five innings when a team is behind by 10 runs and has completed its turn at bat. The C.I.F. tie-breaker will be enforced after the 10th inning.
 - B. Postponed games may be made up as a double header on the next scheduled date if mutually agreed on by both schools. The starting time may be scheduled earlier than 3:30 p.m. by mutual agreement of both schools. FVL make up games shall have priority over non-League games. FVL teams will not be required to play more than four FVL games per week. All rainouts are to be made up on the next available day in order of rainout or Saturday by mutual agreement of both participating schools administration. (Taking into consideration available facilities, officials, transportation, etc.)
 - C. There shall be two officials for Varsity FVL games. There may be one official for JV or frosh games. If the umpires fail to appear at a game, it shall be treated as a rained-out game.
 - D. A tie game shall be considered a suspended game and shall be completed the next time the two teams meet. The tie or suspended game shall be played first. In suspended games, ineligible players may not participate in the resumed game and no other roster additions may be made. If it is the last scheduled game, it shall be completed at a later date only if the game has a bearing on post season play or the FVL championship.
 - E. When games are not made-up, both teams are charged with a forfeit, unless one team forfeits to the other. If either team scheduled to play a FVL game is in contention for the championship, the game must be played. A forfeit will be not be allowed.

- F. In the event of a tie for the championship or a tie for a position in the Section Play-offs, the following will be used:
1. Run differential between tied teams
 2. Head to head competition
 3. Greatest number of wins above the tie
 4. Coin flip

Section 6 Awards – Refer to Appendix B.

<h2 style="margin: 0;">Article XXI</h2> <h3 style="margin: 0;">Swimming/Diving</h3>

- Section 1 All rules shall be governed by SJS regulations.
- Section 2 Dual meets shall consist of a boy's varsity competition and a girl's varsity competition. Making the distinction between Varsity and JV is determined at the Sac-Joaquin Section level.
- Section 3 The FVL championship will be determined by the win-loss record in dual meet competition and the FVL championship meet in the following manner:
- A. 1 point for each dual meet victory
 - B. 1 point for each team it defeats at the Championship meet
 - C. A tie for the FVL championship will be decided in favor of the team that finishes higher at the championship meet.
- Section 4 Order of events
- A. Girls Varsity
 - B. Boys Varsity
- Section 6 Events
- A. 200 yard medley relay
 - B. 200 yard freestyle
 - C. 200 yard individual medley
 - D. 50 yard freestyle
 - E. 1 meter Diving
 - F. 100 yard butterfly
 - G. 100 yard freestyle
 - H. 500 yard freestyle
 - I. 200 yard freestyle relay
 - J. 100 yard backstroke
 - K. 100 yard breaststroke
 - L. 400 yard freestyle relay

Per NFHS and C.I.F. rules diving may be done as the first event or by mutual

agreement. If diving is not done as event E, then there is a break of at least 15 minutes before the 100 yard butterfly, unless there is a prior mutual agreement of the coaches.

Section 7 FVL Championship Meet

- A. The FVL Championship is a timed final competition.
- B. At the FVL Championships each school will be allowed to enter four Swimmers in each individual event. Each school will be allowed to enter one official relay team.

Section 8 Awards – Refer to Appendix B.

<p>Article XXII Tennis</p>

Section 1 All rules shall be governed by C.I.F. regulations.

Section 2 New tennis balls shall be provided by the home team for all FVL matches.

Section 3 Matches and Scoring

- A. A match may be called due to darkness if both coaches agree to call it. The safety of the players is the main consideration.
- B. In the event of inclement weather, play may be halted, if both coaches agree. Play will resume on the next available day at the same or an alternate site. The match will resume at the same exact spot that it was stopped.
- C. There will be six singles and three doubles matches. Matches will be put on a court in descending order, 1st singles, 2nd singles, 3rd singles, 4th singles, 5th singles, 6th singles, then 1st doubles, 2nd doubles, 3rd doubles.
- E. The team match will be won by the team which wins the most matches (best of nine).
- F. Single matches are best 2 out of 3. The 3rd set is a 10-point super tie breaker (no add). A 12- point tie breaker will be played at 6-all. A three-minute break is allowed between the 2nd set and the 10-point tie breaker.
- G. Movement of players & Ladders
 - 1. If a coach chooses not to break up a doubles team, they may insert a player at #13 or lower to fill the #6 spot.
 - 2. Players #1 thru #5 must move straight up (if one of these players is missing).
 - 3. 1st half ladders are due prior to the first FVL match. 2nd half ladders are due prior to the first match of the 2nd round.
 - 4. Players may not move up or down more than 3 spots on 2nd half ladder.
 - 5. Doubles add up. If it is a tie, highest rank player has to be at the top of the line up.
 - 6. Line ups are exchanged 15 minutes prior to the match. Violations

to the rules must be corrected prior to the match.

7. Refusal to correct Ladder violations pointed out prior to a match may result in protest and forfeiture of the match.
- H. Play should be continuous. Only coaches are allowed to talk to their own players at a **changeover** (no more than 90 seconds). Coaches shouldn't talk to their opponents players during the match. Parents, pro-coaches, or teammates are not allowed to coach at any time during the match. The high school coach does have 90 seconds to talk with his players on the court after warm-ups, which are not to exceed a total of 5 minutes (serves included).

Section 4 The FVL championship will be determined by dual competition. In the event of a tie, a co-championship will be awarded. The tie breaker for playoff seeding will be:

1. head-to-head.
2. total matches won between teams.
3. total sets (including 10-pt tie breakers) won between teams
4. total games won between teams.

Section 5 All players shall wear team uniforms representing the school.

Section 6 Only the players call their own balls. Players may request line judges consisting of one player from each team stationed at the net post, watching the entire court. Line judges only make a call when asked. If both judges agree, then that is the call. If the judges disagree, then the original call stands. There are no replays.

Section 7 End of Season Tournaments. Each team may select 2 players (and 2 teams for the doubles tourney) for a Flight A bracket and 2 for a flight B bracket. All flight A bracket first round games shall be an 8 game pro-set, with a 7-point tie breaker at 7-7. Quarters, semis, and finals will be best 2 out of 3 sets with a 10-point tie breaker. All flight B matches shall be 8 game pro-sets with 7-point tie breakers at 7-7. Non-finalists in the singles tourney may play in the doubles tournament. The Flight A single finals and the double finals shall be played on the day of the FVL Doubles Tournament. The finalists of the Flight A tournaments will advance to the section tournament.

Section 8 If a player is going to be late, coaches can make advanced arrangements with the opposing coach 6 or more hours prior to the match time to avoid any penalties. If a player is late without prior arrangement being made, then for every partial 5 minutes past the time when the match is called to the court, 1 game and the toss is lost. After 15 minutes, 1 set and the toss is lost. After 30 minutes it is a default.

<p>Article XXIII Track</p>

Section 1 Track and Field Bylaws

- A. The official rule book shall be the National Federation of State High School Associations.
- B. There will be 4 separate divisions: F/S Boys & Girls, Varsity Boys & Girls in all FVL meets. A competitor may not compete in more than one level in one day or one meet.
- C. Each athlete must wear the school issue uniform and colors at all meets. Any participants dressed in inappropriate attire will be disqualified (not allowed to compete). Uniforms must follow NFHS uniform rules.
- D. FVL Champions will be determined by points awarded for overall place at FVL meets and at the League Championship meet:
- 1 point for each team beaten in FVL Meets.
 - ½ point for each team tied in FVL Meets.
 - 1 point for each team beaten in FVL Championships.
 - ½ point for each team tied in FVL Championships.
 - In the case of a tie for the most points, both teams shall be declared champions and duplicate pennants shall be awarded.
- E. Event scoring shall be to 3 places in FVL meets as per NFHS rules. (5-3-1)
- F. Competitors will receive 4 jumps and 4 throws in FVL meets. In the Championship meet Varsity competitors will receive 3 trial and 3 final attempts, top 10 to finals. In the FVL Championship meet F/S competitors will receive 4 attempts only. In horizontal jumps competitors must be signed in by the start of the F/S Boys 4x100 relay. The horizontal jumps will end at the start of the F/S Boys 4x400 relay.
- G. There shall be no limitations on the number of entrants per event in FVL meets. The fastest athletes will be placed in the first heat.
- H. FVL will cover the cost of the official starter and timer for all FVL Championship meets.
- I. The order of events in all FVL meets will follow the SJS Masters' meet format, except for the high hurdles which will be first for the ease of running a timely meet.
- J. Opening FVL meet heights: High Jump: F/S Boys & Girls 4', Varsity Girls 4'6", Varsity Boys 5'. For Pole Vault: F/S Girls 6, F/S Boys 7', Varsity Girls 8', Varsity Boys 9'.
- K. A competitor may not compete in more than 4 events, including relays. PENALTY: A competitor who participates in more events than allowed by rule shall forfeit all individual

places and points. Team relay points and place(s) shall also be forfeited. (Per NFHS rules).

Section 2 Awards – Refer to Appendix B.

Article XXIV Volleyball

Starting date as established by SJS

Section 1 All rules shall be governed by SJS regulations.

Section 2 Games

- A. Varsity volleyball will be decided on the best three games out of five games. JV and frosh will be decided on the best two games out of three. All games are rally scoring.
JV 3rd game is to 15
Varsity 5th game is to 15
- B. A double round robin will be the schedule.
- C. Ground rules for any specific court shall be with the consent of both coaches and officials.

Section 3 In the event of a tie for a position in the Section Playoffs, the following tie breakers will be used:

1. The team with the best head to head record
 - a. Head to head FVL records between the teams that tied.
 - b. Most FVL wins against each other within the tie.
 - c. Most FVL wins against a team outside the tie starting with the highest placed team and then working down the standings.
2. If there is still a tie, the team with the most matches won will break the tie.
3. If there is still a tie, the team with the most games won in those matches will break the tie.
4. If there is still a tie, the point differential will break the tie.
5. If there is still a tie, whichever team won the last game played against each other will break the tie.

Section 5 Awards – Refer to Appendix B.

Article XXV

Water Polo

Starting date as established by SJS

- Section 1 All rules shall be governed by SJS regulations.
- Section 2 Games -A double round robin will be the schedule..
- Section 3 In the event of a tie for a position in the Section Playoffs, the following tie breakers will be used:
6. The team with the best head to head record
 - a. Head to head FVL records between the teams that tied.
 - b. Most FVL wins against each other within the tie.
 - c. Most FVL wins against a team outside the tie starting with the highest placed team and then working down the standings.
 - d. Least amount of goals allowed in head to head competition.
 - e. Least amount of goals allowed in total FVL competition.
 - f. Coin flip to be determined by the FVL Commissioner
 - g. If multiple teams are tied, once a tie is broken, then the tie breaking process begins again between the remaining tied teams starting at head to head FVL competition.
- Section 5 Awards – Refer to Appendix B

Article XXVI Wrestling

- Section 1 All rules shall be governed by the SJS regulations.
- Section 2 There will be two levels of competition, Varsity, and J.V.
- Section 3 Matches
- A. JV is first, followed by the Girls Varsity (only if both schools have a girls team), then the Boys Varsity.
 - B. Weigh-in time is 5 pm. Competition starts at 6 pm. Teams that miss the weigh-in time without proper advanced notice to the opposing team's head coach, shall forfeit the match. The match can still be completed, but it is recorded as a forfeit.
- Section 4 Varsity scores count for championships. J.V. wrestlers may move up to Varsity and back to J.V. with no penalty.
- Section 5 Wrestlers will advance to divisions by qualifying in the FVL tournament which will be hosted by a different FVL school each year. The FVL tournament will allow each school to enter one Varsity team. A Junior Varsity Tournament may be held concurrently.
- Section 6 All student/athletes must have a minimum of ten full practices to participate in a contest. If a student/athlete joins a team after competing in a previous sport, that student/athlete must have had five full practices to participate.
- Section 7 Awards - Refer to Appendix B.

ARTICLE XXVII COMPETITIVE CHEER STUNT

Section 1 – The FVL Champion shall be determined by the team with the greatest number of points. Points shall be awarded: 1 point for a losing team in a league overtime competition; 2 points for a win in a league contest; 3 points for each team defeated in the FVL Championship meet.

Teams tied for most total points will be determined to be Co-Champions.

Section 2 – The SJS will determine the number of qualifying playoff spots. Tie Breakers for qualifying, seeding, and All FVL slots are at neutral sites as follows:

2.1 Two Teams tied for one spot, head to head competition. If still tied, a 5 routine competition will be played at a neutral site.

2.2 Three teams for one spot: A five routine head to head competition will be played at a neutral site; coin flip determines who sits out first (bye team); loser of the competition is eliminated; winner advances to play the bye team; loser of the competition is eliminated; winner advances.

2.3 Three teams for two spots: Each team plays the other teams in a 3-routine competition (order of play determined by a coin flip); if one team wins both competitions they advance as the higher seed and the team that wins one competition advances as the next seed. If after one round of competition the tie is unbroken, another round is played, up to three rounds total. If the tie is still unbroken, a coin flip will determine the qualifiers, "odd man" out, with a 2nd coin toss determining the higher seed.

Section 3 – The FVL Stunt sports representative will determine the neutral sites. All expenses and revenues will be managed by the host school. Should all expenses exceed the revenues, then the participating schools will reimburse the host school.

Appendix A

SAC-JOAQUIN SECTION APPEALS HEARING COMMITTEE PROCEDURES

1. INTRODUCTIONS, by chairman

Chair will ask everyone to introduce themselves and give their role or capacity at the hearing.

2. EXPLANATION, by chairman of committee's role

A. The chair will explain that the hearing is open to the public.

B. The chair will identify the rules in issue and will explain that the committee's role is to receive all relevant information and evaluate, on the basis of the information received at the hearing, whether the student is eligible under the rules. The chair will also comment on what is meant by relevant information.

3. EXPLANATION, by chairman, of procedure

Information Gathering Portion of Hearing

A. The chair will explain that everyone will have a chance to speak and present information when recognized by the chair for that purpose. Only one person will be allowed to speak at a time.

B. The chair will then identify all documents before the committee and direct that they be made a part of the record.

C. The chair will then explain the type of information that the committee will consider.

D. The chair may likely ask the Commissioner for a brief background statement regarding the case.

E. The chair will then recognize either the principal or the parents (as the case may be) for any information they may choose to provide the committee.

- F. Any witness on behalf of the student will be allowed to speak.
- G. If there are persons present who oppose the position of the student, they will be recognized to speak after the student's parents and witnesses have spoken.
- H. The chair will entertain questions directed from one party to the other.
- I. Committee members will then be given an opportunity to ask questions of any person present.
- J. Each side will then be given an opportunity to make a closing statement.

4. DELIBERATIONS

- A. Only Hearing Committee members will be present during deliberations.
- B. Committee members will discuss, among themselves, the information presented.
- C. Committee members will decide, based upon the information presented, the facts they accept as existing and present.
- D. The committee members will apply the facts they have determined to be existing and pertinent to the rules.
- E. The committee will reach a decision as to eligibility or ineligibility.
- F. The committee will direct that its findings and decision be in writing and approved and signed by the chairperson.
- G. The final decision will be mailed to all appropriate parties.

Appendix B

Awards

MVP/ALL FVL Selection Numbers

A. FALL SPORTS	MVPs	ALL LEAGUE
Cross Country - Boys	1	9
Cross Country – Girls	1	9
Football	4	32
Flag Football	3	14
Golf – Girls	1	6
Tennis – Girls	1	12
Volleyball – Girls	1	13
Water Polo - Boys	1	12
Water Polo – Girls	1	12
 B. WINTER SPORTS		
Basketball – Boys	1	10
Basketball – Girls	1	10
Soccer – Boys	2	18
Soccer – Girls	2	18
Wrestling - Boys	3	11
Wrestling – Girls	3	11
 C. SPRING SPORTS		
Baseball	2	18
Golf – Boys	1	6
Softball	2	18
Stunt	1	12
Swimming/ Diving – Boys	1	10
Swimming/ Diving – Girls	1	10
Tennis – Boys	1	12
Track & Field – Boys	1	22
Track & Field – Girls	1	22
Volleyball – Boys	1	13

TOTAL

38

340

Selection Processes:

A. Baseball

All FVL selections will be automatically chosen by the head coaches (or designee) in attendance. If a coach (or designee) is not in attendance and has not notified the respective Sport Representative about their absence, then selections for that school will not be submitted. They will be added evenly to the number that may be selected (first to last order of finish, see below) by each of the schools with coaches (or designee) that are in attendance.

The number of All FVL selections allotted to each school is based on their finish in FVL play. They are picked by each respective attending coach (or designee): 1st-5, 2nd- 4, 3rd-3, 4th-2, 5th- 2, 6th- 1, 7th -1 = 18 Total.

In the event there is a tie in FVL standings, the tie breakers for playoff seeding (see the Baseball By-laws) will be used to determine the place that each team finished.

There will be 2 MVP's chosen (Offensive, Defensive):

1. The MVPs will NOT count against your total selection number.
2. MVPs will be voted on first (Offensive, Defensive).
3. Voting will occur alphabetically and rotate accordingly each round.
4. Coaches may vote for their own player.
5. In the event the MVP votes are tied due to an even number of votes there may be a co-MVP.
6. In the event that the vote ends in a tie for 3 or more players, the coaches shall continue to re-vote (#3 above) until there is either a single MVP or one pair of co-MVPS.
7. The FVL Baseball Representative will determine the site for the meeting. They will preside over the selection process.

B. Softball

1. Each school will receive 1 automatic nomination for All FVL regardless of finish.
2. Coaches will then nominate players to be considered for All-FVL.
3. The MVP candidates will be selected from the nominations.
4. MVPs will be selected first (Offensive, Defensive) by vote of the coaches.
5. Coaches will then rate 16 of the remainder of the nominees from 1-18, with 18 being the highest rating. The highest rated 18 players will be All-FVL.
6. Coaches may vote for their own player.
7. Each school shall be represented by their Head Coach or designee.
8. The FVL Softball Representative will determine the site for the meeting and preside over the selection process.

C. Basketball – Boys/Girls

1. Coaches will nominate players. The list of nominees will be used to develop a ballot to be presented to the coaches for voting.
2. Barring unforeseen circumstances, the All FVL selection meeting will be scheduled during the week following the last league contest. The designated FVL basketball representative will determine the site of the meeting and preside over the selection process.
3. A total of 10 All FVL selections and 1 MVP will be selected.
4. Each school shall be represented by their head coach or designee. If a school is not represented at the All FVL selection meeting, then none of their players can be expected to receive higher than honorable mention.
5. MVP will be selected first. Coaches will nominate candidates for MVP. Coaches will be allowed to talk about their MVP candidate. Then, the coaches will vote for the MVP.
6. When voting for MVP, coaches may vote for their own player.
7. If there is a two-way tie for MVP, there will be co-MVPs. The All FVL first team number would be reduced by one to nine. If there is a three-way tie (or more), the coaches will re-vote until the tie is broken. If the vote is at an impasse, coaches that are involved will leave the room. Those schools left will vote in order to break the tie.
8. After the MVP is selected, the number of FVL selections will be determined by a vote. Coaches will be allowed to talk about their nominations prior to the vote.
9. Coaches may not vote for their own players. Coaches will rate ten opponent players from 1 to 10, with 10 being the highest rating. The top ten (unless co-MVP's, then 9) highest rated players determined by their point totals will be the All FVL team.
10. The league basketball representative will be responsible for insuring that the votes are tabulated correctly.
11. If a tie exists, the player from the team with the higher FVL standings (including the use of the tie breakers), receives the selection. If teams are still tied, there will be a vote of the coaches not involved in the tie.
12. All nominated players not selected to the All FVL team, but receiving a vote will be honorable mention.
13. A coach of the year will be selected by a vote of the coaches following the same process for MVP.
14. The sports rep will email the results to the league commissioner to email to the FVL BOM for their approval and for posting on the FVL website.

D. Cross Country - Boys/Girls

Top ten finishers (1-10) get 10-9-8-7-6-5-4-3-2-1 points in FVL races and the FVL Championship finishers get double points 20-18-16-14-12-10-8-6-4-2. Missing any meet from injury or illness (or any other fair reason) does not disqualify for All-FVL consideration but may reduce overall score. Ties will be decided by head to head competition in the FVL championships. Top total point finisher is MVP, and next 9 point finishers are ALL FVL.

E. Football

1. Each team in the FVL will receive automatic All FVL selections based upon their finish in FVL play. The following point system will determine the number of All FVL selections:
 - First place=8
 - Second place=7
 - Third place=6
 - Fourth place=5
 - Fifth place=3
 - Sixth place=2
 - Seventh place=1
2. Ties will be broken by head to head competition. Multiple way ties will be determined by the playoff point system. Once a multi-way tie is broken, then the remaining two teams will be placed by head to head competition.
3. The MVP will NOT count against your total nomination number. A tie in voting will be determined by Head to head competition of the two player's teams.
4. MVPs will be selected first (Player of the Year, MVP on Offense, MVP on Defense, and Lineman of the Year).
5. Voting will occur alphabetically and rotate accordingly each round.
6. Coaches may vote for their own player.
7. Each school shall be represented by their Head Coach or designee.
8. The FVL Football Representative will determine the site for the meeting and preside over the selection process.

F. Golf – Boys/Girls

Golf gives out 6 All FVL awards and one FVL MVP.

All FVL awards are based on the number of FVL points gained by the golfers throughout the season during the dual matches and the two FVL Tournaments. In order to be eligible for an FVL award, a golfer may only miss one dual match and none of the league tournaments.

Points are totaled up after the last FVL Tournament, and awards are handed out at that time.

The FVL MVP is the golfer with the best total score.

FVL Scores also determine the golfers moving on as individuals to the Sac-Joaquin Divisional Tournament.

G. Soccer – Boys/Girls

Each team in the FVL will receive automatic All FVL selections based upon their finish in FVL play, (if necessary, the tie breaker rules will be used to determine place finish). The following point system will determine the number of All FVL selections:

First place=5
Second place=4
Third place=3
Fourth place=2
Fifth place=2
Sixth place=1
Seventh place=1

The MVPs will be selected first by a vote of the head coaches. The MVP does NOT count against the total number of All FVL selections. If a team was to finish in first, they could have the MVP and they would still get 5 other members on the All FVL team.

H. Swimming & Diving – Boys/Girls

8. All FVL selection will be as follows:

Any Swimmer/Diver winning an individual event or a member of a winning relay team in the FVL Finals is automatically All FVL. If there are fewer than 11 (MVP +10) swimmers/divers on the All FVL Team, then additional members will be selected based on total individual points scored in the FVL Championship Meet. In the case of ties for the last position, the swimmer from the team with the higher FVL finish will receive the ALL FVL nomination. If more than 2 swimmers tie for the last position, coaches will vote in order to break the tie. If there are still ties after the third round of voting, the coaches of the athletes involved are eliminated from voting.

2. MVP Selection Process:

- a. Coaches will vote for the Boys and the Girls FVL MVP. The MVP must place first in at least one individual event.
- b. MVP will be voted on by the Coaches.
- c. MVP must be nominated by a Coach.
- d. MVP will count as an All FVL selection.
- e. Coaches will receive one vote each for MVP Girl and for MVP Boy.
- f. Ties will be broken by the highest finish in league, then by head to head competition between the teams of the MVP candidates, lastly by vote of the coaches not involved in the tie.

I Tennis Boys/Girls: MVP and All FVL Selections:

1. MVP is voted on by the coaches first. ONLY FVL season results are factored into the decision.
3. The MVP will not count against the total number of ALL FVL selections.
4. Coaches will vote for the All-FVL players.

J. Track and Field – Boys/Girls

Coaches will meet on the first Monday after the meet, place and time determined by the Sport Representative, to select the male/female FVL MVPs and the All FVL recipients.

Coaches will first vote for MVP's, 1 vote per school (ties will be broken by place standing). If the school's coach or representative is not present they forfeit their vote.

First place male and female finishers in each event, including relays, at the FVL Championships will automatically receive either a MVP patch (If selected by vote of the coaches) or an All FVL patch.

22 Boys and to 22 Girls will receive ALL FVL patches.

If there are fewer than 23 (MVP + 22) different 1st place finishers on the All FVL Team, then additional members will be selected based on total individual points scored in the FVL Championship Meet. Ties will be broken by team place standing.

K. Volleyball Boys/Girls

1. Each team in the FVL will receive automatic All FVL selections based upon their finish in FVL play. The following point system will determine the total number of All FVL selections for each team: 1st Place = 4, 2nd Place = 3, 3rd Place = 2, 4th Place = 1, 5th Place = 1, 6th Place = 1, 7th Place = 1
2. If necessary, the volleyball tie breaker rules will be used to determine place finishes.
3. If a coach chooses not to fill the number of all FVL selections earned by their FVL record, then they may opt to put their selections into an at-large voting process for coaches to vote on.
4. The MVPs will NOT count against your total selection number.
5. MVP will be selected first.
6. Coaches may vote for their own MVP player.
7. If a final vote is tied, the coaches from those schools will be asked to leave the room. The remaining coaches will vote for the MVP.
 - If a tie still exists, there will be a Co-MVP.
8. Each school shall be represented by their Head Coach (or designee). In the event that a team is not represented at the All FVL selection meeting, their automatic All FVL selections shall be included in the at-large voting process.
9. The designated FVL Volleyball Representative will determine the site for the meeting and preside over the selection process.

L. Wrestling MVP/All FVL Selection Process

1. Each Boys and Girls Varsity weight class champion in the FVL Championship Meet will be selected as an MVP or to the All FVL Team.
 - Three MVPs for the Boys will be selected:
 - MVP Lightweight Class – 106, 113, 120, 126, 132
 - MVP Middleweight Class – 138, 144, 150, 157
 - MVP Heavyweight Class – 165, 175, 190, 215, 285
 - Three MVPs for the Girls will be selected:
 - MVP Lightweight Class – 100,105,110,115,120
 - MVP Middleweight Class – 125-130, 135,140,145
 - MVP Heavyweight Class – 155,170,190, 235
2. The JV champion and runner-up of each weight class in FVL Championship Meet, will receive a medal (not FVL provided). Junior Varsity is open to all students, freshman to senior.
3. A Banner will be awarded to the FVL Dual Meet Champion. A banner or trophy will be awarded to FVL Tourney Champion (not FVL provided).
4. Each school will be represented by the head coach or designee. The FVL Wrestling Representative will preside over the selection process.

M. Water Polo Boys/Girls

1. Each team in the FVL will receive automatic All FVL selections based upon their finish in FVL play. The following point system will determine the total number of All FVL selections for each team:
First Place = 4
Second Place = 3
Third Place = 2
Fourth Place = 1
Fifth Place = 1
Sixth Place = 1
2. If necessary, the water polo tie breaker rules will be used to determine place finishes.
3. If a coach chooses not to fill the number of all FVL selections earned by their FVL record, then they may opt to put their selections into an at large voting process for coaches to vote on.
4. The MVPs will NOT count against your total selection number.
5. MVP will be selected first.
6. Coaches may vote for their own MVP player.
7. If a final vote is tied, the coaches from those schools will be asked to leave the room. The remaining coaches will vote for the MVP.
 - a. If a tie still exists, there will be a Co-MVP.
8. Each school shall be represented by their Head Coach or designee. If a team is not represented at the All FVL selection meeting, then their automatic All FVL selections will be placed in an at large voting process.
9. The designated FVL Water Polo Representative will determine the place for the meeting and preside over the selection process.

N. STUNT CHEER

1. A total of 12 ALL FVL players will be selected as designated by each school; 1st – 3 players; 2nd – 2 players; 3rd- 2 players, 4th-8th – 1 player each. Unused All FVL slots will become at large positions. They will be distributed as determined by a vote of the coaches. Ties will be broken by order of FVL finish.
2. A ballot shall be taken to name the MVP. Each school may nominate a candidate for MVP. Schools may vote for their own candidate. If two players tie for the most votes they will be named co-MVP. Ties of more than two players will be broken by a 2nd vote. If the tie remains, the top two co-MVPs will be determined by order of FVL finish.
3. In the event a coach is unable to attend the ALL FVL meeting, they may send the names of their automatic qualifiers and MVP candidates to the FVL Stunt representative or their Athletic Director. They will not be able to vote in any at large balloting and/or MVP votes.

O. FLAG FOOTBALL

Section 1. A total of Seventeen positions (14 all-league, 1 MVP, 1 Offensive MVP, 1 Defensive MVP) shall be selected.

Section 2. Coaches will select the At Large Positions (MVP, Offensive MVP, Defensive MVP) through a voting system. Coaches may nominate up to 3 players. Coaches will rank every player nominated starting from 1 for the best player numerically through the last player nominated. Coaches will vote for each MVP selecting the overall MVP, then the Offensive MVP, then the Defensive MVP. Once an MVP is selected, they may not be selected for a 2nd MVP. Ties will be broken by place finish in the standings (apply tie breakers). MVPs are considered ALL FVL players, and count towards a team's total number of ALL FVL selections.

Section 3. Order of Selections shall be determined by FVL standings. The same Tie breakers for playoff seedings will be used to determine FVL finish. Coaches select their own ALL- FVL players counting any MVP's as one of their selections.

1st Place 5, 2nd Place 4, 3rd Place 3, 4th Place 2, 5th Place 1, 6th Place 1, 7th Place 1.

If there isn't a 7th Place team, then the 1st place team will receive their selection. No 6th place team, the selection goes to the 2nd place team. No 5th place, then the selection goes to the 3rd place team.

Section 4. Each school will receive two Second Team positions.

Section 5. All conference selections shall be forwarded to the FVL commissioner and posted on the FVL website.

Section 6. In the event a coach does not attend the All-conference meeting. They may provide the coordinator with the names of the automatic qualifiers. Those students will be included on the All-Conference team. They may send nominations for at-large berths and special award consideration. They will not be able to participate in any vote taken at the meeting. In the event a coach does not attend the meeting and does not forward the coordinator the names of the automatic qualifiers, those slots will be reserved for the school. The name(s) of the automatic qualifier will be added to the team when the league commissioner receives the name from the Athletic Director or administrator.

Appendix C

SPORTS REPRESENTATIVES DUTIES AND RESPONSIBILITIES

- A. Serve FVL coaches in your sport as Sport Representative.
- B. Select time and place for post-season meetings.
- C. Develop Agenda and Chair pre-season meetings.
- D. Attend FVL and Section meetings as required.
- E. Serve as liaison between FVL coaches and FVL Athletic Directors.
- F. Provide input on schedule development. ALL schedule changes must be approved by the Athletic Directors).
- G. Review your sport section of the FVL Constitution/Bylaws and recommend update changes.
- H. Serve as Chair on your sport MVP and All FVL selection process.
- I. Provide MVP and All FVL selections to FVL Commissioner.

INFORMATION FLOW CHART FOOTHILL VALLEY LEAGUE

