

ARTICLE IV

- A. Officers of the Shasta Valley League shall be the President, Vice-President, Secretary and Treasurer.
1. The President shall conduct monthly meetings and coordinate activities, appoint members to the Protest Committee, and prepare agenda for meetings.
 2. The Vice-President shall carry out the duties of the President in the President's absence, draft schedules for the next year, draft schedules and arrange for officials for all sports. The Vice-President is responsible for sending schedules and league rules to the Officials Association.
 3. The Secretary shall take minutes of meetings and provide one copy of these minutes to each member school at the next meeting. Secretary shall record all motions and changes into the bylaws after the last meeting.
 4. The Treasurer shall be in charge of collecting League fees, making out appropriate checks and report on League funds at the monthly meetings. He/she is also responsible for ordering League championship and tournament banners.
- B. The appointment of all officers shall be assigned on a yearly basis. During the last scheduled meeting of the year, all officials will assume their positions for the coming school year.

ARTICLE V

- A. Activities of the Shasta Valley League will consist of the following:
1. Soccer.....A team (co-ed)
 2. Volleyball.....A & B Girls
 3. Basketball.....6th, 7th, 8th Boys; 6th, 7th, 8th Girls
 4. Softball/Baseball.....A Girls; A Boys
 5. Track and Field.....ABC Boys; ABC Girls
- B. Any new activities to be adopted by the League will be by 2/3-majority vote and according to Title IX.
1. If a quorum of League schools does not participate in a League activity, the activity is not recognized as a League activity.

C. Rules governing A, B and C divisions:

1. Once an athlete participates in a specific division, he/she must remain in that division for the remainder of the season. This applies to League games and tournaments only. In the League Track Meet, athletes must remain in the same division throughout the meet.
2. A school may come before the board to petition for players to play (B move up to A) by submitting a roster of identification with names on both rosters.
3. No eighth graders may participate in "C" division Track.

D. Tournament bracket attached (See Appendix B – B2)

E. Tournament Gate Fees:

1. 1st day - \$1.00/adult; \$.50/student
2. 2nd day - \$2.00/adult; \$.50/student
3. Children under 5 are free
4. Host school gets check from League to pay referees before tournament.
5. Host school collects gate fees and turns these into League Treasurer.
6. If host school doesn't collect a gate fee, the school will be billed for referee costs.

F. League schedule will change in this order from year to year; bottom to top, reverse home and away. League schedules for following year will be reviewed at April meeting and adopted at final league meeting.

ARTICLE VI

A. Changes to Bylaws

1. Waiting period of one League meeting before vote.
2. No change in bylaws unless two-thirds yes vote of all member schools.

B. General

1. Any other voting must be passed by a majority of the quorum.
2. There will be a school representative designated in writing who will represent his/her school at League meetings throughout the year.
3. Only the designated representative or his/her proxy may have a vote in League affairs.
4. All schools are urged to participate in all League activities, if possible, in order to enhance all sports.
5. All schools shall follow governing of CIF rulebooks and League Bylaws for specific sport. (See Appendix C – G).
6. Attendance of all schools at League meetings is required. Two absences in succession during the year may subject the school to expulsion from the League. The President is to notify school principal or immediate supervisor by letter of school representative absenteeism from meetings (See Appendix A letter).
7. All League sponsored tournaments will be assigned on a yearly basis.

8. Individual schools may petition the League to be exempt in a given sport by presenting their problem. The League will determine by majority vote to excuse the school from that sport for that year.
9. Schools that are exempt from any one or more sports are to pay all League fees.

ARTICLE VII

Schools petitioning to join the League will be admitted by two-thirds vote of existing members. Incoming schools will serve a probationary period of not less than one year before becoming full members of the League.

Acceptance or rejection of incoming schools at the end of the probationary period shall be by two-thirds majority vote of members of the division affected.

During probationary period, incoming school shall have a vote on all League matters except changing League Bylaws and acceptance or rejection of incoming schools.

ARTICLE VIII

Violations of Shasta Valley League

A. Violations of League Bylaws shall be reported to the League President, in writing, within 48 hours of the incident. This applies for all League sponsored events.

B. President's duties:

1. Initiate an investigation within 7 days of receipt of written complaint.
2. Schedule a hearing within 7 days of said receipt.
3. Prepare the specific charges.
4. Deliver copies of the charges to all persons concerned 48 hours prior to the scheduled hearing.
5. Conduct the hearing at a closed meeting.
6. Notify all League schools of the hearing results.

C. Hearing Panel:

1. For the purpose of individual hearing, a panel of 3 or 5 school representatives will be formed. In the case of a team or school violation, a panel will be formed by the member schools.
2. The panel will not include any of the schools involved in the incident or violation.
- ③ The panel will be appointed by the President.
4. The panel will determine guilt or innocence of each charge by a majority vote.
5. The panel will determine the corrective actions to be taken, following Bylaws in Article VIII, part D.
6. The panel will place guilty party on probation and determine length of time.

D. Suggested Corrective Actions:

1. Individual athlete – within a 1 year interval
 - a. First hearing – warning by the home school
 - b. Second hearing – not allowed to participate in League sponsored current sport and next sport
2. Team – within a 1 year interval
 - a. First hearing – admonished by own school officials
 - b. Second hearing – suspension or expulsion from League, for that season, for the remainder of the season
3. School
 - a. First hearing – compliance with League Bylaws
 - b. Second hearing – expulsion from League

E. Protests

After an attempt has been made to resolve the problem between the coaches, the complaining coach should notify the officials, in the presence of the other coach, of the problem and ask them to resolve it. If they cannot or will not settle the problem, or if it is not settled to the satisfaction of the offended coach, the following procedure should be followed:

1. The coach and the officials should be verbally notified of the protest immediately at the time of disagreement.
2. A formal letter of protest, stating the reasons for the protest, should be sent to a league member not involved in the dispute. This letter should include all of the details of the protest, such as officials, time, score, inning, etc.
3. After receiving the letter, the chairman will contact the other members of the committee and set a meeting date.
4. In the event of a protest, the protest committee will consist of three members, each from a non-involved school, to be appointed by the League President.
5. In the event that the protest committee cannot reach a decision with the information at hand, the coaches of the teams (or their representatives) will be called to attend a meeting at a later date.
6. All protests will be acted upon within one week of receiving the letter.
7. The action of the protest committee is final.
8. In the event that the regular member schools are involved in the protest, the alternate members will be called upon to replace them.

**SHASTA VALLEY LEAGUE
LEAGUE MEMO**

To: Shasta Valley League School Administrator

From: (League President)

Subject: A.D. League Meeting Attendance

Recently there was a Shasta Valley League meeting. The Athletic Director or A.D. representative from your school did not attend this meeting.

During these meetings, the Athletic Directors discuss league policies, problems, scheduling, and various other concerns. If your representative does not attend, your school will not have any input into decisions and will receive the information late. The decisions made at these meetings are often extremely important for the coaches, students, and parents as they plan for the activities.

Please make certain your representative attends these meetings or send an alternate if he or she is unable to attend.

If you have input with regards to this, please speak to your A.D. or me.

Thank you,

Shasta Valley League
League Tournament
Round Robin

<u>Game 1</u> 1 - 2	<u>Game 3</u> 5 - 1	<u>Game 5</u> 2 - 5	<u>Game 7</u> 4 - 1	<u>Game 9</u> 3 - 2
<u>Game 2</u> 3 - 4	<u>Game 4</u> 1 - 3	<u>Game 6</u> 2 - 4	<u>Game 8</u> 5 - 3	<u>Game 10</u> 4 - 5

Friday

<u>HOME</u>		<u>VISITOR</u>	<u>TIME</u>
(1) _____	vs. (2)	_____ @ _____	
(3) _____	vs. (4)	_____ @ _____	
(5) _____	vs. (1)	_____ @ _____	

Saturday

<u>HOME</u>		<u>VISITOR</u>	<u>TIME</u>
(1) _____	vs. (3)	_____ @ _____	
(2) _____	vs. (5)	_____ @ _____	
(2) _____	vs. (4)	_____ @ _____	
(4) _____	vs. (1)	_____ @ _____	
(5) _____	vs. (3)	_____ @ _____	
(3) _____	vs. (2)	_____ @ _____	
(4) _____	vs. (5)	_____ @ _____	

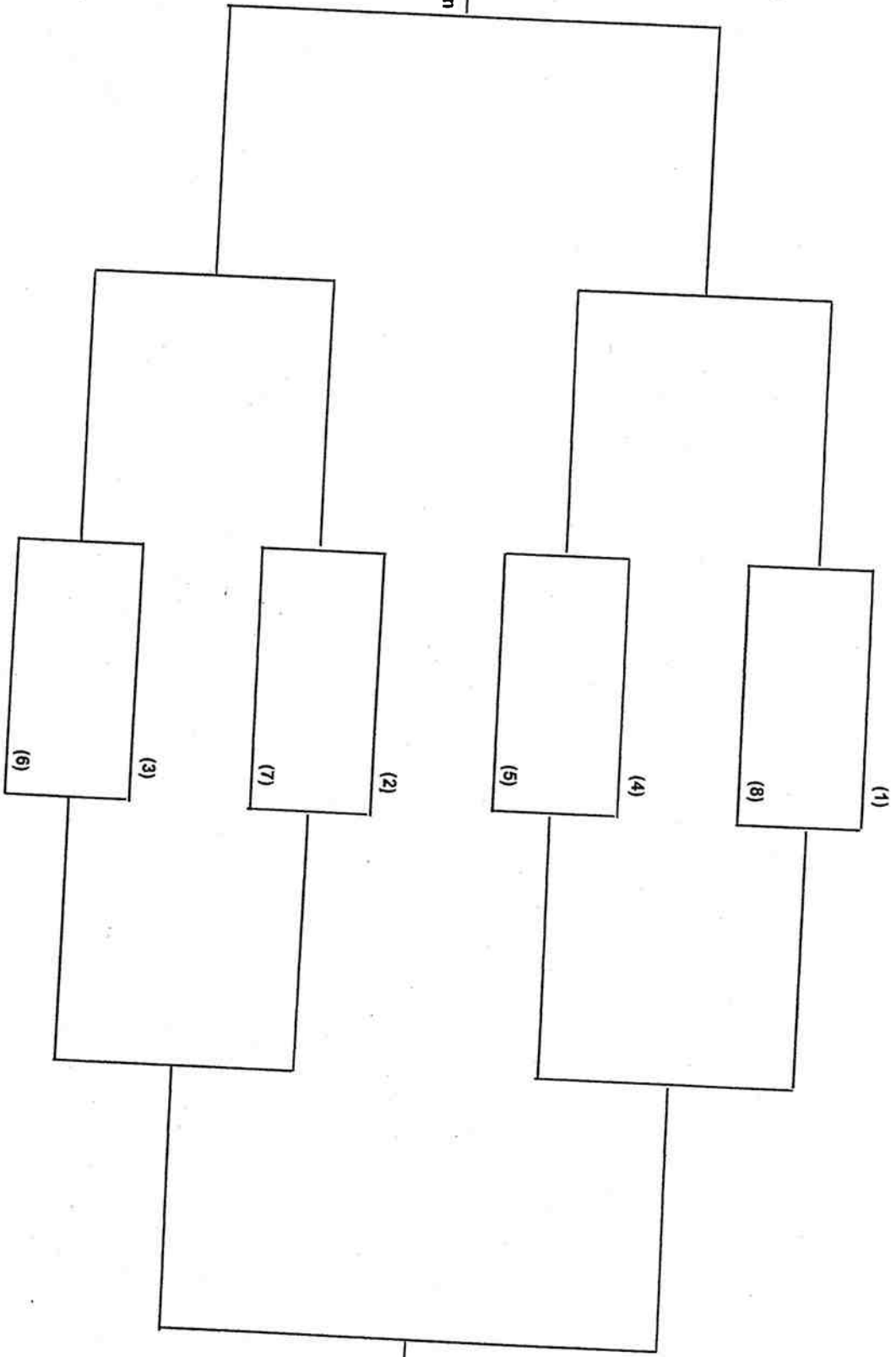
(1) Evergreen
(2) Pacheco
(3) Happy Valley
(4) Buckeye
(5) St. Francis

Shasta Valley League Basketball Tournament

Appendix B1

Consolation

Championship

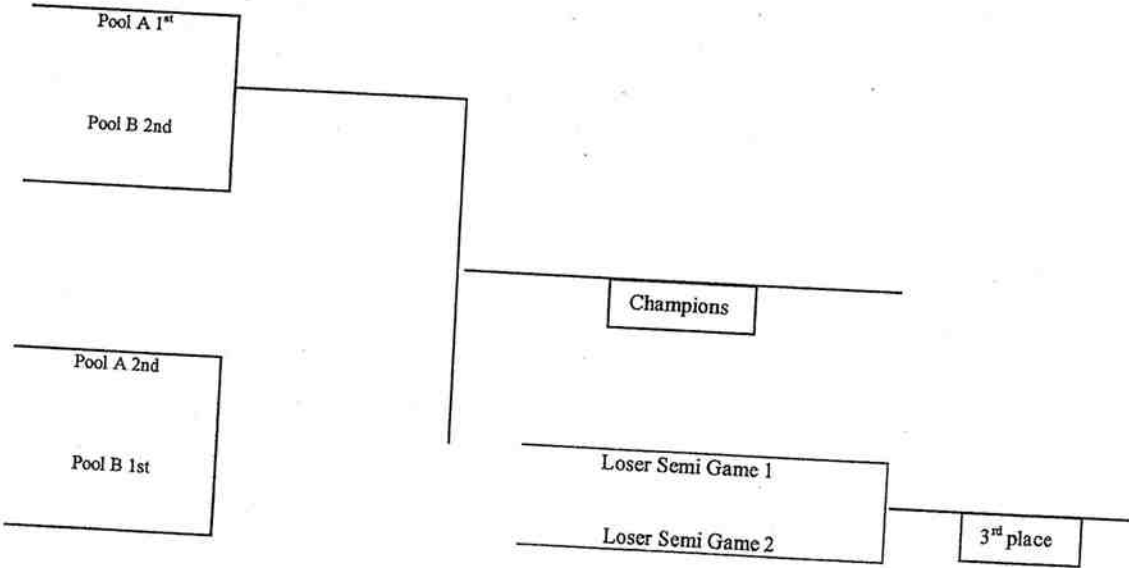


Third Place

**Shasta Valley League
League Tournament
Pool Play**

<u>Pool A</u>		<u>Pool B</u>
1) Evergreen		1) Buckeye
2) Pacheco		2) St. Francis
3) Happy Valley		3)

<u>Pool A @</u>	<u>Time</u>	<u>Pool B @</u>
1 vs. 2		1 vs. 2
2 vs. 3		2 vs. 3
1 vs. 3		1 vs. 3



**SHASTA VALLEY LEAGUE
VOLLEYBALL TOURNAMENT GUIDELINES**

***Dates:**

***Location:**

***Concessions:**

***Admission:**

1st day - \$1.00/adults & \$.50/children

2nd day - \$2.00/adults & \$.50/children

Children under 5 are free

On both days, the admission price is good for admission to both gyms

*Admission fees are necessary to pay officials

***Team Information:**

Teams listed on the top brackets are the home teams

***Game Information:**

The home team will provide a leather game ball.

The home team will provide the official scorekeeper. This should be an experienced scorekeeper.

The host school will operate the score clock.

Each team will provide one linesman to be assigned by the tournament director.

All matches will be 2 out of 3 games, rally point scoring.

Team warm-ups are 5/5.

***Seeding:**

Please call the tournament director as soon as possible on the evening of your final league game with your record and the teams you have beaten. Bracket information will be faxed the following morning.

***Tournament Director:**

Contact Person:

School Phone:

Home Phone:

Appendix D

SHASTA VALLEY LEAGUE BASKETBALL BYLAWS

League play will be governed by the National Federation of State High School Association rulebook, with the following exceptions:

1. Illegal numbers are allowable (7-9, 16-19, etc.)
 - a. Masking taped numbers front and back would suffice only if necessary.
2. In 7th and 8th grade basketball, any team should pull off a press when they are 15 points ahead and **must** pull off a press when they are 20 points ahead.
3. Home team wears white uniforms. If there is a conflict of uniform colors, pennies must be worn by the home team.
4. The home team must provide a supervising adult at the scorer/timer table.
5. **6th Grade only:**
 - a. No backcourt pressure following a successful field goal or in bounded ball, **except** during the last 2 minutes of a game or overtime, backcourt pressure is allowed after a missed field goal attempt.
 - b. No 3 point baskets

**SHASTA VALLEY LEAGUE
BASKETBALL TOURNAMENT GUIDELINES**

***Dates:**

***Location:**

***Concessions:**

Concessions will be available both days of the tournament.

*** Admission:**

1st day - \$1.00/adults & \$.50/children

2nd day - \$2.00/adults & \$.50/children

Children under 5 are free

*Admission fees are necessary to pay officials

***Team Information:**

Teams listed on the top brackets are the home teams and should wear light/white jerseys. Players should bring both jerseys to all games if available.

***Game Information:**

The home team will provide the game ball.

The home team will provide the official scorekeeper. This should be an experienced scorekeeper.

6-minute warm-up prior to the game.

6-minute quarters.

6-minute halftime.

3-minute overtime (if necessary).

Cheer competition will take place before the Consolation game.

The host school will provide gate personnel.

The host school will provide timekeepers.

***Seeding:**

Please call the tournament director as soon as possible on the evening of your final league game with your record and the teams you have beaten. Bracket information will be faxed the following morning.

***Tournament Director:**

Contact Person:

School Phone:

Home Phone:

Shasta Valley League
7th/8th Girls' Basketball Tournament

Friday, _____ @

Game 1 – 7th Grade

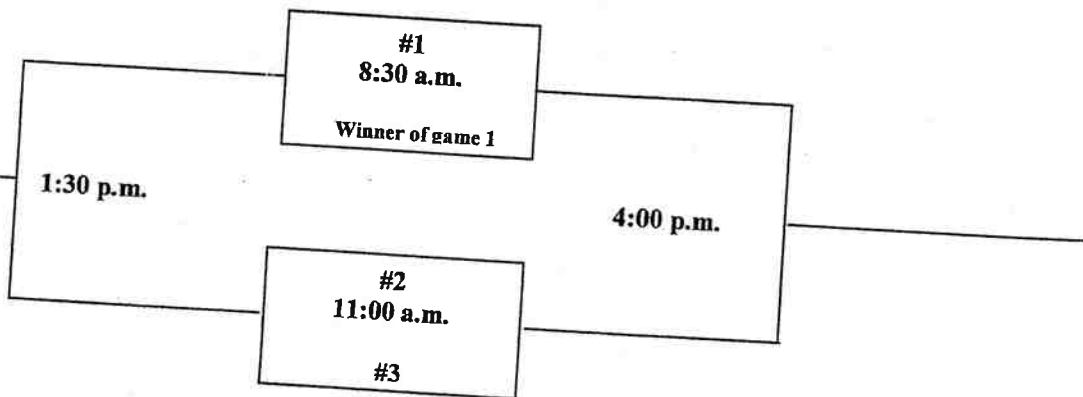
#4 _____ vs. #5 _____ @ 4:00 p.m.

Game 2 – 8th Grade

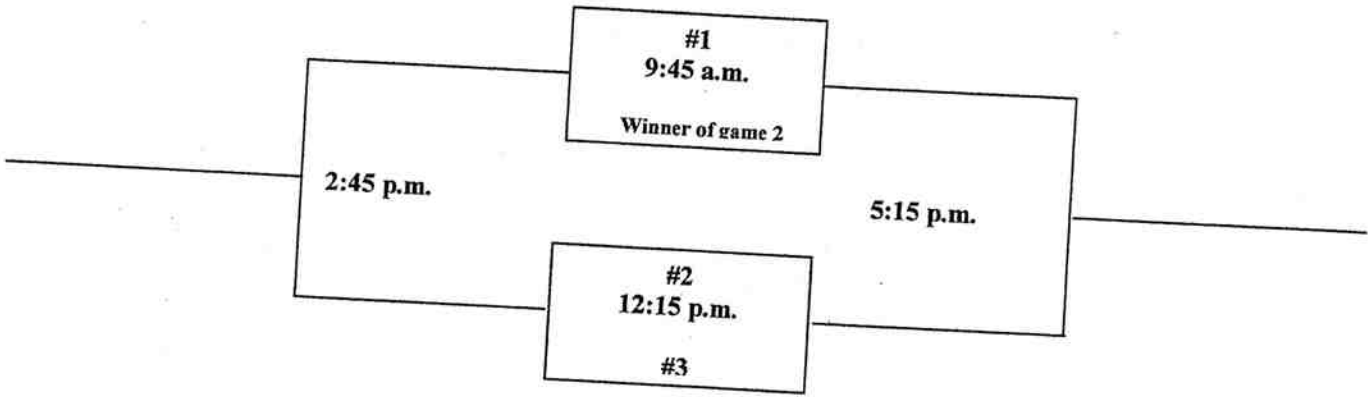
#4 _____ vs. #5 _____ @ 5:15 p.m.

Saturday, _____ @

7th Grade



8th Grade



**SHASTA VALLEY LEAGUE
SOFTBALL/BASEBALL BYLAWS**

1. Game time shall be 4:00 p.m. No new inning shall begin after two hours, with the exception of tie games, which will be played out as long as there is adequate light as determined by the umpire.
2. Players' jerseys are to be numbered. Line-ups with the players' numbers are to be submitted to the other coach prior to the game.
3. Home team is to provide a game ball, which shall be a 12" leather unrestricted flight ball for girls. A second ball in good condition also needs to be provided.
4. National Federation of State High School rulebook will govern our league with the following exceptions:
 - a. No metal cleats or spikes may be worn. Plastic and rubber cleats only.
 - b. All players do not have to have matching uniforms.
5. Two umpires will be provided for the games.
6. A team that is 10 runs ahead after five innings is the winner of the game.
7. Hardball: 80' bases, 54' to pitcher's mound.
8. In the case of an injury or to discipline a player, when all possible substitutes have been used, you may insert another player into the lineup, even if the player is batting out of order, with the approval of the opposing coach.
9. In league and tournament softball play, any extra inning game will be decided by International Tiebreaker Rules. (Each inning after the 7th inning will start with a runner on 2nd base.)

SHASTA VALLEY LEAGUE TRACK SCHEDULE

Appendix F

	<u>2004/2009</u>	<u>2005/2010</u>	<u>2006/2011</u>	<u>2007/2012</u>	<u>2008/2013</u>
1ST WEEK	Buckeye(Host) Happy Valley(Co) Pacheco	Pacheco(Host) Buckeye(Co) St. Francis	St. Francis(Host) Happy Valley(Co) Evergreen	Pacheco(Host) St. Francis(Co) Evergreen	Buckeye(Host) Happy Valley(Co) Pacheco
2ND WEEK	Evergreen(Host) Buckeye(Co) Happy Valley	Happy Valley(Host) Pacheco(Co) Buckeye	Buckeye(Host) St. Francis(Co) Pacheco	Happy Valley(Host) Evergreen(Co) St. Francis	Evergreen(Host) Buckeye(Co) Happy Valley
3RD WEEK	Pacheco(Host) St. Francis(Co) Evergreen	Buckeye(Host) Happy Valley(Co) Evergreen	Pacheco(Host) Buckeye(Co) Happy Valley	St. Francis(Host) Pacheco(Co) Buckeye	Pacheco(Host) St. Francis(Co) Evergreen
4TH WEEK	Happy Valley(Host) Evergreen(Co) St. Francis	St. Francis(Host) Evergreen(Co) Pacheco	Happy Valley(Host) Evergreen(Co) Buckeye	Buckeye(Host) Happy Valley(Co) Pacheco	Happy Valley(Host) Evergreen(Co) St. Francis
5TH WEEK	St. Francis(Host) Pacheco(Co) Buckeye	Evergreen(Host) St. Francis(Co) Happy Valley	Evergreen(Host) Pacheco(Co) St. Francis	Evergreen(Host) Buckeye(Co) Happy Valley	St. Francis(Host) Pacheco(Co) Buckeye
LEAGUE MEET	Buckeye	Evergreen	Happy Valley	Pacheco	St. Francis

TRACK ASSIGNMENTS FOR LEAGUE FINALS

1. Discus
2. Scoring/Ribbons
3. Shot-Put
4. Announce
5. Long Jump
6. Lane Judge
7. High Jump
8. Host

Assignments for League Meet to be determined on a yearly basis.

SHASTA VALLEY LEAGUE
TRACK MEET

LEAGUE MEET ASSIGNMENTS

*Each school needs to provide two timers.

- I) Discus
- 1) 3 people
 - a. Recorder with clipboard, pencil, and papers
 - b. Marker and measurer
 - c. Measurer
 - 2) 3 - 4 Discuses
 - 3) 1 tape measure 150'+
 - 4) 18 markers (if you have this many)
 - 5) Four total throws in this event
 - a) Have 6 in each flight (6 throwers marked. One throw at a time, then proceed to next thrower. You do not have to follow this format.)
- II) Scoring and Ribbons
- 1) 2 people with one table
 - 2) Score sheets - 6 - one for each division/gender
 - 3) 5 large manila envelopes
 - a) Put ribbons in envelopes as results com in to you
 - b) Fill out ribbons - name, event, time or distance
 - 4) Add points for all schools to decide. DIVISION CHAMPION AND OVERALL SCHOOL CHAMPION
 - 5) Allow no athletes in the scoring area
 - 6) Mail copies of final score sheets to league schools
 - 7) Obtain ribbons from host school
- III) Announcer
- 1) Set up PA system and take down
 - 2) Bring a PA system if the facility does not have one
- IV) Shot Put
- 1) 3 people
 - a) Recorder with clipboard, pencil, and papers
 - b) Marker and measurer
 - c) Measurer
 - 2) A & B throws 8 lbs.
 - 3) C throws 6 lbs.
 - 4) Bring two of each lb. shots

- V) Long Jump
 - 1) 3 people
 - a. Recorder with clipboard, pencil, and papers
 - b. Marker and measurer
 - c. Measurer
 - 2) Measure each legal jump
 - 3) Allow one run-through
 - 4) Need rake and 30 – 50' tape
 - 5) Refer to National Rule Book
- VI) High Jump
 - 1) Standards and two cross bars and pits set up
 - 2) All high jumps are final events. Refer to schedule
 - 3) Recorder sheets and clipboard with pencils
 - 4) After the last jumper – measure the height with a tape measure – in the middle
- VII) Lane Judges and Lane Assigners
 - 1) Lane Judges – need 4 for 400 relay with red flag and white flag
 - a. Red – for team going out of their zone
 - b. White flag indicating teams are ready to run when in position (to notify starter)
- VIII) League Host
 - 1) SECURE TRACK FOR LEAGUE MEET – TWO WEEKS PRIOR
 - 2) Order all awards – 3 weeks prior
 - 3) Have lane assignment for 100, 200, 400, mile relay(s) and 400 relay(s). Responsible to set up meeting or call schools or coaches to retrieve times
 - 4) Have one person to do all results of each race
 - a. Needs to be at each finish line
 - b. Clipboard and at least 3 pencils needed
 - c. All heat sheets and final sheets ready and made up
 - 5) Responsible for making up final sheets in all running events that have finals (100, 200)
 - 6) Send final results with a runner to the scorers' table

- 7) Lane Assigner, starter and finish line recorder are the responsibility of league host
 - a. Lane assigner(s) (1 or 2 people)
 - a) Have trial and final sheets for lane assignments
 - b) Have next division or race ready to run in the next heat or division race. Move them out onto the track after they are set up and the preceding race is finished or started
 - b. Starter
 - a) 1 back up pistol, 1 starting pistol, 2 boxes of blanks
 - b) Give all athletes you command before the start of each race
 - c) One false start and the competitor is disqualified
- 8) Need finish line string holders
 - a. Yarn or bright material

IX) All Schools

- 1) Refer to League and National Rule Guidelines
- 2) Keep all athletes away from:
 - a. Finish line
 - b. Field events unless competing
- 3) All competitors should be there by 3:30 p.m.
- 4) Coaches meeting Friday or designated day prior to league meet to seed all competitors in the 100, 200, 400, mile relay and 400 relay. To be arranged by host school

**SHASTA VALLEY LEAGUE
TRACK MEET**

TIME: 4:15 p.m. – Both days

DATE:

LOCATION:

EVENT RESPONSIBILITIES:

- Host-
- Scoring & Ribbons-
- Discus-
- Shot put-
- Announcing-
- Long Jump-
- Lane Judge-
- High Jump-

SCHEDULE OF EVENTS

1st DAY:

	<u>RUNNING EVENTS</u>	<u>DIVISIONS</u>
4:15	100m Trials	C, B, A
4:45	800m – Finals	C, B, A
5:25	400m Relays – Finals	C, B, A
5:45	400m Finals – By times	C, B, A
6:15	200m - Trials	C, B, A
	<u>FIELD EVENTS</u>	
4:15	Long Jump	A – Boys
	Shot Put	A – Girls
	High Jump	C – Girls
	Discus	C – Boys
4:45	Long Jump	B – Boys
	Shot Put	B – Girls
	High Jump	A – Girls
	Discus	A – Boys
5:15	Long Jump	C – Boys
	Shot Put	C – Girls
	High Jump	B – Girls
	Discus	B – Boys

**Appendix F3
(cont.)
DIVISIONS**

2nd DAY

RUNNING EVENTS

4:15

100m - Finals

C, B, A

4:45

1600m - Finals

C, B, A

5:25

200m - Finals

C, B, A

5:45

1600m Relay - Finals

C, B, A

FIELD EVENTS

4:15

Long Jump

A - Girls

Shot Put

A - Boys

Discus

B - Girls

High Jump

C - Boys

4:45

Long Jump

B - Girls

Shot Put

B - Boys

Discus

C - Girls

High Jump

A - Boys

5:15

Long Jump

C - Girls

Shot Put

C - Boys

Discus

A - Girls

High Jump

B - Boys

- The schedule may run behind, but will not run ahead.
- Competitors are disqualified after two false starts in all running events
- If there are only eight or nine runners in the 100m or 200m in any division, then that event will be run as a final on Wednesday.
- 4 total throws or jumps in the Long Jump, Shot Put, and Discus.
- High Jump remains the same as at Mini-Meets.

SHASTA VALLEY LEAGUE

Track Information

Governing Rules:

National Rule Book for Track and Field.

Order of Running Events:

Running events will start at 4:00 p.m. Girls will run first in each division. C division will always run first, then B, then A. Each division is classified according to the league's exponent system (enclosed).

Cancellations:

Mini-meets – Call by 1:00 p.m. League – Cannot be canceled.

Running Events

Designated Participants

	League Meet	Mini-Meets
3 400 Relay (4 x 100 met. or 110 yards)	1 Relay team	2 Relay teams
2 Mile or 1600	Unlimited number	per division
1 100 met. or yards	3/division/gender	Unlimited
4 400 met. or 440 yards	3/division/gender	5/div./gender
5 800 met. or 880 yards	Unlimited	5/div./gender
6 200 met. or 220 yards	3/division/gender	Unlimited
7 Mile relay or 1600 met. relay	1 Relay team/ division/gender	5/div./gender 2 Relay teams

- Trials will be run in the 100 or 200 (220) in the league meet. If there is a particular division that has only one heat, then they shall keep times.

Relays:

One more relay per division for scoring. A team may run more than one relay team, if there are any extra lanes in mini-meets.

Order of Field Events:

Field events shall begin at 4:00 p.m. – mini-meets. Field events will begin at 4:15 p.m. – League meets.

- Long Jump** - A boys – B boys – C boys – A girls – B girls – C girls
- Shot Put** - A girls – B girls – C girls – A boys – B boys – C boys
- High Jump** - C girls – A girls – B girls – C boys – A boys – B boys
- Discus** - C boys – A boys – B boys – B-girls – C girls – A girls

Field Event Regulations:

5 division/gender for all field events for mini-meets and league meets.

When your name is called and you did not check out, you will have 1 1/2 minutes. If you do not attempt a throw or jump, it will be considered a miss or scratch.

If any athlete leaves the high jump, shot put or long jump area to compete in another event, he/she must notify the clerk of the course and report back within 10 minutes or be credited with the last jump, throw or cleared height at all meets conducted by Shasta Valley Athletic League. Make sure official notes time.

Shot:

- (1) A & B (boys & ~~girls~~) - 8 lb. → Everyone Else
- (2) C (boys & girls) - 6 lb.
- (3) Mini-meets - 3 throws
League meets - 4 throws - all 4 throws measured

Discus:

- (1) 1 kg. (high school girls) for all divisions
- (2) Mini-meets - 3 throws
League meets - 4 throws - all 4 throws measured

Long Jump:

- (1) 3 jumps - two run throughs only
Mini-meets - 3 jumps
League meets - 4 jumps - all measured

High Jump:

- (1) 3 jumps at each new height after clearing the preceding height, mini-meets and league meets.
Finals at all meets.

(2) Starting Heights

Girls

- A - 3'8"
- B - 3'6"
- C - 3'4"

Boys

- A - 4'2"
- B - 3'10"
- C - 3'8"

- (3) The bar shall be moved up by 2 inch increments if there are two remaining jumpers. If one jumper is remaining, then that jumper may decide what height he/she may attempt. Practice jumps - 2 at the opening height for each athlete in each division if they choose to do so.

Scoring:

- (1) Six places for individual and relay scoring.
- (2) The following are for team points:

<u>Place</u>	<u>Points</u>
1 st	10
2 nd	8
3 rd	6
4 th	4
5 th	2
6 th	1

- (3) A running total shall be kept for each division and team scores.

Limit on Events:

2 track, 1 field, and both relays or 1 track, 2 field, and both relays, or 2 track, 2 field, and one relay. Any combination of 2-2-1.

Relays:

Any mixed relay team (boys and girls on the same relay team) must run in the boys' division.

Any relay team having mixed divisions must run in the higher division.

A runner may run on a relay team in an upper division and then go back to his/her division for individual events. A runner may never drop down a division to run on a relay team or any individual event.

False Starts:

League Meets – Second false start disqualifies a runner.

Mini-Meets – Second false start disqualifies a runner from that race.

**SHASTA VALLEY LEAGUE
SOCCER BYLAWS**

1. Two – 30 minute halves will be played.
2. Ties will be decided by penalty kicks.
3. A player that receives a yellow card must be subbed out by the coach.
4. Both teams may sub on corner kicks if the offensive team does...just like throw-ins.
5. If a player or Coach receives a Red Card, they must sit the next league game. 11/06

