

LOOMIS BASIN ATHLETIC LEAGUE

BYLAWS

2025-26

The name of this organization is the Loomis Basin Athletic League (L.B.A.L.). The L.B.A.L. Bylaws will be used first when making League decisions. C.I.F. rules will only be used when the L.B.A.L. Bylaws do not address a rule or issue.

MEMBERSHIP

Presently the L.B.A.L. encompasses the Loomis Union School District and its member schools. This is subject to change depending on LUSD member decisions. At this time there are 8 participating member schools; Loomis, Franklin, Placer, Penryn, Ophir, Loomis Charter, H. Clarke Powers, and Newcastle. Any **new** school (not currently a member of the L.B.A.L. wishing to join the L.B.A.L. must submit a written application to the League Commissioner by the January meeting. The league will then vote in February regarding admittance for the upcoming year and in time for scheduling purposes. A majority of member schools, and District Superintendent, each with one vote, must agree to accept a new school into the L.B.A.L. Preference will be given to those schools nearest the geographic center of the league.

VOTING

Each member school is allotted one vote. A majority of member schools and additionally the Superintendent (presently 5 of the 9 votes) voting affirmatively is required to pass a measure. Must be present to vote.

PHILOSOPHY

We believe that athletic competition is a necessary process for the development of the student/athlete. We believe that the purpose of athletics is to assist the student/athlete in developing playing skills, respecting coaches, teammates, and opponents, respecting rules and officials, maintaining good health and physical fitness, practicing good sportsmanship, and remembering that participation is a privilege and carries responsibilities. The purpose of the 7th grade team sports is developmental in nature. Regular season scores are not recorded. Playoffs will be determined by a random drawing. The purpose of the 8th grade team sports is more competitive. Regular season results will be used to determine playoff ranking.

OFFICES AND DUTIES

Loomis Basin Athletic League Commissioner:

Carries out all league related business in the best interest of the L.B.A.L.
Responsibilities include but are not limited to:

- Development of the annual sports calendar and all league game/match schedules
- Develop tournament format
- Communication with and payment for league officials
- Timely communication with league schools
- Organize and run league meetings
- Attend all "Final" matches/meets/games
- Implement and enforce the L.B.A.L. By-laws
- Chair the grievance committee
- Decide punitive measures for rule violations
- All other related league business

Paid for by Loomis Union School District.
\$5000.00 per school year

Application of By-laws

If a coach is ejected from a league contest the League Commissioner will contact the administration of the affected school and a decision will be made before the next contest as to the coaching status of said person. First offense in a school year (not season) is a minimum of the removal from the next game. Coach may not be in the gym or on the field of play. Second offense in a school year (not season), a letter is sent to the principal of that school from the League Commissioner and the Superintendent and the coach will be removed from their assigned coaching duties. School Principals or their designee will be responsible for coaching the remainder of said season. **If a player is ejected from an athletic event for any reason, they will also be suspended from the next game. They may not sit on the bench during that game nor be present at said game.**

Appointment of League Commissioner

- ❑ Take office at the January meeting and take ALL League responsibilities for the next 2 years.
- ❑ June 2023, prior to the end of the current Commissioner's term a new commissioner will be appointed, if approved by a majority vote (5). **There is no term limit for these positions.**
- ❑ Commissioner elect will shadow the current Commissioner for the final 4 to 5 months (January through May) of the term.
- ❑ Anyone interested in becoming League Commissioner must submit their name no later than the November meeting for voting in January

SCHOOL PRINCIPAL

School Principals are responsible for:

- Supervising all aspects of the sports program at their school.
- The hiring and supervision of all site athletic directors and coaches.
- Monitor all aspects of the sports budget
- Implement and support the L.B.A.L. bylaws

ATHLETIC DIRECTOR

The Athletic Director shall serve as support to the site principal for the athletic program at their school. The AD is responsible for all aspects, as directed by the site principal, for the operation of the athletic program.

Duties Shall Include:

- School representative at league meetings representing the school Principal and attend Athletic Director/Commissioner meetings
- Meet with and communicate regularly with the principal regarding all aspects of the LBAL program
- Recruiting of coaches with prior approval of site principal
- Meet with and communicate regularly with coaches to insure clear parent communication
- Review of league handbook and sports information packet with all site coaches
- Coordinate game/event/match supervision at home events
- Order athletic supplies including but not limited to:
 - Uniforms
 - Equipment
 - Supplies
- Distribution and collection of sports packets and necessary forms and fees for student participation
- Communication with Commissioner concerning blended/multi-grade team requests
- Responsible for inventory, distribution, collection, and storage of uniforms and equipment
- Coordinate transportation of athletes including but not limited to:
 - Driver clearance
 - Transportation request forms
 - Schedules busses as necessary
- Prior to games, matches, events at their school site, make sure facilities are ready for on site contests:
 - Inspect fields, Courses, Gymnasiums
- **Introduce yourself to the referee's to announce you are the admin on site**
- Assist coaches with the coordination of end of season athletic awards/celebrations
- Review student grade checks to determine eligibility prior to the first game/event/match of each sport

COACHES

Coaches' Code of Ethics

- Establish player safety and welfare as the highest priority.
- Show respect for players, officials and other coaches.
- Establish and model fair play, sportsmanship and proper conduct.
- Provide proper supervision of students at all times.
- Use discretion when providing constructive criticism and when reprimanding players.
- Maintain consistency in requiring all players to adhere to the established rules and standards of the game to be played.
- Properly instruct players in the safe use of equipment.
- Denounce the use of non-prescriptive drugs, anabolic steroids or substances to increase physical development or performance that are not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
- Coaches should maintain the highest professional and ethical standards in their interactions with students both within and outside the educational setting.

COACH REQUIREMENTS

All LBAL coaches must meet the following requirements:

- Bi-Annual CPR certification
- Bi-Annual First Aid certification
- Bi-annual Concussion certification
- Bi-annual Cardiac Heart Arrest certification
- Fingerprinted and live scanned in the Loomis Union School District, Department of Justice (DOJ) and Federal Bureau of Investigation (FBI)
- TB test
- Be 18 years old and completed high school

COACHES RESPONSIBILITY

As a coach in the Loomis Union School District, it is your responsibility to:

1. Provide information for athletes to complete the sport packet/registration online.
2. Ensure players have a completed sports packet and participation fees prior to the first team practice.
3. Turn in written schedules both practice and game, to the athletes, office, Athletic Director at least one week before games begin.
4. Pass out uniforms – and give a roster to the Athletic Director.
5. Obtain approval in advance from the administration for any games or tournaments not on the season's official schedule.
6. See that students are well behaved on the school bus and on and off the court or playing field before, during, and after any practice or athletic event.
7. Players are not to be left alone without a supervising adult.

8. **Take a first aid kit to all games.**
9. See that school facilities and grounds are picked up after practices and games and left ready for school the next day.
10. Prohibit student/athletes who are ineligible from suiting up or playing in any game.
11. Communicate game/match results the same or next day to the Commissioner, both home team and away team.
12. Collect uniforms and turn them into the Athletic Director.
13. Let the office know if they need to hold a report card, or the Athletic Director if there is a charge involved with the uniform.
14. Return keys or school materials at the end of the season.
15. Coaches MAY NOT post commentary or student pictures on an Internet message board (i.e. Facebook, Instagram, Tik Tok, etc.) In addition, coaches MAY NOT post pictures on school/district websites of student athletes unless written permission is given by the principal and parents.
16. Coaches should refrain from conduct that can undermine professional adult-student interactions as outlined in Board Policy 4219.24.

MEETING PROTOCOL

There will be seven coaches' meetings throughout the school year to review each sport, to aid in scheduling, and to deal with all issues pertinent to the League.

Attendance:

Each school is to send one voting representative to each meeting. All Administrators (Principals, Vice Principals, etc.) are welcome to attend, however, each school will have only one vote. Coaches may attend in an advisory capacity and have input only if invited by their site Principal and the League Commissioner is notified in advance of a speaker to an agenda item. For the sake of time please do not bring other coaches to the meeting without prior notice. Only agenda items will be discussed.

Committee meetings: As needed

PLAYER / COACH / SPECTATORS CODE OF CONDUCT:

The following behaviors are strictly prohibited and will result in immediate removal from the LBAL event:

- Berating opposing teams, schools or mascots
- Verbally targeting individual players
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- No berating / singling out opposing players
- No obscene cheers or gestures
- No negative signs
- No complaining about officials' calls
- No heckling or trash talking at any time

The Loomis Basin Athletic League Administrators and Athletic Directors will also follow very closely California Interscholastic Federation Bylaw 503 which states:

- If a spectator is ejected from a contest, they cannot attend that team's next contest.
- If the same spectator is ejected a second time, they cannot attend any of the remaining contests for that season.

RULES/VIOLATIONS/CONSEQUENCES COMMITTEE

The Rules/Violation/Consequences Committee includes:

- League Commissioner
- League Secretary
- Superintendent
- Superintendent of Business.

The purpose of the R.V.C. Committee is to administer the fair application of the L.B.A.L. bylaws including all grievance procedures in a timely fashion.

If the League Commissioner or member of the Grievance Committee has a conflict of interest in the dispute, the remaining members will make the decision. All decisions by the R.V.C. Committee is final and binding.

GRIEVANCE PROCEDURE

1. League Commissioner has the right to file a grievance when enforcing a violation of the league bylaws without having contact from a principal.

SCHOOL GRIEVANCE PROCEDURE

1. Coach brings complaint to Athletic Director
2. The Athletic Director brings the league violation to the attention of his/her principal. Athletic Director and Principal of school #1 will try to solve the problem with the Athletic Director and Principal of school #2 before it becomes a grievance.
3. Principal #1 writes a letter to the League Commissioner expressing in detail the nature of the league violation. A copy of the letter of complaint is sent to principal #2 of the school with the alleged violation.
4. Principal #1 writes a letter to the League Commissioner expressing in detail a response to the alleged violation. A copy of his/her letter of response is sent to principal #2 of the complaining school.

5.
 - a. Both the letter of complaint and the letter of response will be discussed at an official hearing to be held within seven (7) days.
 - b. All parties involved will be notified of the time and place of the hearing with the right to speak at this hearing.
6. The alleged violating school, after speaking and being asked questions will be excused and the League Commissioner, League Secretary, District Superintendent, and the Assistant Superintendent of Business discuss and vote on the alleged violation. The decision will be final and the alleged violating school will be notified in writing within three working days.
7. League sanctions against regulations, violations, or a flagrant violation of league regulations may result in, but not be limited to the following:
 - a. Placing the coach/school on probation. Athlete will be removed from the team immediately.
 - b. Elimination from post season play in the sport that was violated.
 - c. No appeal of any R.V.C. finding will be allowed. All R.V.C. decisions and findings are final and binding.

LEAGUE SPORTS

The following sports are regulated by the L.B.A.L. Bylaws first and then C.I.F. rules if needed.

L.B.A.L. SPORTS

FALL August - October

Cross Country 4th - 8th grades

Girls Basketball 8th grade Girls Basketball 7th grade

WINTER October - February

Wrestling 4th - 8th grades

Boys Basketball 8th grade Boys Basketball 7th grade

Girls Volleyball 8th grade Girls Volleyball 7th grade

SPRING February - May

Boys Volleyball 8th grade Boys Volleyball 7th grade

Track and Field 5th - 8th grades

STUDENT PARTICIPATION/ELIGIBILITY

All student/athletes participating in/for the L.B.A.L. must have and maintain a 2.0 G.P.A. on any progress report or report card. Additional restrictions may be added by each school as needed. Grade checks will be reviewed prior to the first game/match of any season. The student athlete that does not meet grade criteria for participation is not eligible to practice or attend games until a current progress report determines said player to be eligible again.

A student/athlete's behavior must maintain "good standing" status to maintain eligibility as determined by the individual school discipline plan.

The student/athlete must attend 2/3 (200 minutes) of a school day in order to be eligible to participate in any game/meet/match/contest on that day.

Attendance at team sponsored practices/games is recommended and the student/athlete is subject to the individual discretion and consequences of the coach/school each student/athlete plays for.

It is the intent that 8th graders play on 8th grade teams and 7th graders play on 7th grade teams. It is understood that due to a lack of players at any given grade level that players may "play up" in order to fill out a team. No grade level player shall be cut from a team in order to make room for an underclass player. It is the intent, should any underclassman be brought up to a team, that playing time for the grade level players be monitored by the coach, Athletic Director, and principal. Priority of playing time should be given to the grade level players during the regular season. Athletes may not play on a lower grade level team.

L.B.A.L. athletes may only participate for the L.B.A.L. school they are enrolled in unless said school has made the decision to not field a team due to lack of student athletes. Should a school wish to partner with another school, a written request must be submitted to the League Commissioner prior to the start of the new season. The Commissioner will determine the validity of the request then notify all league members of the decision of more than one school teaming together for a sports team. This does not apply to the sport of wrestling in which the LUSD will have only one district team. Other athletes are not eligible to participate in any LBAL sport (ie. home school students, private school students, non LBAL school students).

All L.B.A.L. student athletes and their parents must complete the LUSD athletic sports registration packet, including fee payment form, prior to the first official team practice. Student athletes may try-out prior to submitting the sports packet but cannot practice until it is submitted to the school athletic director and approved.

JEWELRY

Jewelry, taped or not, will not be worn by players in L.B.A.L. Basketball contest. (CIF Rule)

LENGTH OF SEASONS

The length of the season for LBAL sports is approximately ten (10) school weeks which includes practice and preliminary games. Teams can be selected prior to the ten-week period. Calendar dates for each season are posted on each game schedule.

Try-outs may be held no earlier than the posted first team practice date listed on all league schedules.

The first team practice date is posted at the top of each sport's schedule. No team practices or try-outs may begin prior to the posted date.

CONTACT RULE

Any and all coaches cannot have any contact with their athletes 30 calendar days prior to the first eligible tryout date, including all clinics and open gyms.

At the top of each athletic schedule is the official L.B.A.L. first practice date. Coaches are defined as any person paid or unpaid who will have contact with the athletes during the season. Any questions should be directed to the League Commissioner.

Tryouts - May begin the first day posted on the specific sports schedule as shown below. No practice may begin sooner.

L.B.A.L. SEASONS

Cross Country	August to October
Girls Basketball	August to October
Boys Basketball	October to December
Wrestling	November to March
Girls Volleyball	December to February
Boys Volleyball	February to April
Track and Field	March to May

The length of the season for some sports will vary depending upon the number of participating teams. It is also understood that for Wrestling, this LUSD team competes in at-large meets and not as a part of L.B.A.L. meets.

CANCELLATIONS/MAKE-UP GAMES

Every attempt must be made to make up games that have been missed for whatever reason if a reasonable amount of time remains. Not making up the game may result in a forfeiture. It is the host schools responsibility to determine if the game, etc. is to be played or canceled (inclement weather, poor field conditions, air quality, etc.). This should be done by noon on the day of the game. It is also the host schools responsibility to reschedule the game and referees.

Games that are canceled due to unforeseeable circumstances and little time remaining for a makeup could result in a "no game". In the event of a seeding controversy, the team(s) that did not complete all league games would receive a loss and be seeded accordingly in postseason play.

NUMBER OF CONTACTS/CONTESTS/TOURNAMENTS

No team in any sport will exceed twenty (22) contacts/contests during the sports period. This includes both preliminary, league and ALL tournament games. Scrimmages against another school count as one (1) contact. No athlete and/or school may play for two leagues at the same time in the same sport during that sports season.

Wrestling: practice may start November 1st. (This is for safety reasons, not additional time for tournaments) Wrestling counts each Tournament as one (1) contact including County Tournament and Tournament of Champions.

SCHEDULING GUIDELINES

1. Every attempt will be made to equalize the number of home and away games each year.
2. Every attempt will be made to alternate home and away games on alternate years.
3. Every attempt will be made to schedule only one sport on a site per day,
4. It is understood that eighth grade games will precede seventh grade games unless prior agreement has been attained.

LEAGUE DIRECTORY

An updated league directory, including a contact person, telephone, FAX numbers, addresses, and e-mail addresses (if applicable), cell phone numbers, dismissal times, etc., will be developed each year.

UNIFORMS

T-shirts and shorts are allowed, black, white, or major uniform color only. All players must wear the same color T-shirt/spandex under their uniform or wear no T-shirt/spandex at all. Guidelines for care and maintenance of uniforms shall be included in the Student Athlete Handbook.

SUPERVISION

All L.B.A.L. schools should have an adult supervising at the scorers table at all league and tournament games. The scoring table supervisor cannot be a coach while he/she is coaching that game. 8th grade coach may sit at the scoring table during 7th grade game and vice versa.

All L.B.A.L. schools will have the site principal or designee supervising the game and facility for all home games. This cannot be the coach of the team that is playing. It is the goal of the L.B.A.L. that games will not start without an adult in charge of the scoring table and an identified game/facility supervisor. This shall be two different people.

LEAGUE AND TOURNAMENT CHAMPIONS

The following will be in effect for the 2025 – 2026 school year:

BVB, GBB, BBB, GVB will have a League Champion
CC and TRACK will have a League Finals Champion

The League Champions will be the winner of each sports' seeded tournament. Seeding is based on league records for 8th grade and by a random draw for 7th grade.

The League Finals Champion will be determined by the single Finals meet.

For tournament purposes the following will be used:

- I. All teams will have the opportunity to participate in all L.B.A.L. tournaments.
- II. Seeding for any tournament will be determined by the League Commissioner. This will be done by records as soon as they can be provided. Best record first, then head to head (no point system will be used), and then flip of the coin.
- III. If the event records are incomplete the League Commissioner will use the flip of a coin method in the presence of an administrator to determine seeding.
- IV. League tournament rules:
 - A. Request donations to support L.B.A.L.
 - B. All teams must attend all their scheduled games.
 - C. Brackets provided by the L.B.A.L. Commissioner will be used at all league tournaments.
 - D. Each team participating in the playoff game is required to send 2 adults from their school to work the scorer's table during their game (can be non-LUSD employee such as a parent) and 1 Administrator for crowd control, first aid issues, emergencies, etc. (LUSD Administrator, A.D., or designated employee).
 - E. Custodians at each playoff site are responsible for set up and clean up.

FORFEITS

If a team does not show up for their game within 15 minutes from the scheduled start time the game can be considered a forfeit. The referee cannot make the forfeiture decision. When you are going to be late to your game please give a courtesy call to the host school A.S.A.P. The intent is to not have forfeitures but to play scheduled games.

AMENDMENTS

Amendments to the L.B.A.L. Bylaws may be proposed in writing at any organizational meeting by any representative; shall be acted upon at the next administrative organizational meeting; and may be adopted by a quorum.

FEES

All league/tournament fees will be paid for on or before the first league game for each sport. The Commissioner, through the LUSD business office, will bill schools, itemizing costs, and the League Commissioner will purchase all league banners. The cost of championship banners, and cross country and track medals will be distributed equally among all schools.

OFFICIALS

The intent of the L.B.A.L. is to work together with Del Oro High School and each foundation school to obtain officials for all games. In an attempt to reduce sports costs, it is understood that officials may be “less experienced” than certified CIF officials.

In the spirit of the LUSD and L.B.A.L., it is the responsibility of all administration, coaches, and spectators to act with respect towards all L.B.A.L. officials. The L.B.A.L. philosophy of a developmental league which includes a respectful and competitive student/athlete shall always drive the responsibility of school personnel, coaches, parents, spectators, and athletes.

It is the desire and intent to have the following number of officials per sporting event:

Basketball – 2 certified CIF officials

Volleyball – 1 certified CIF official and 2 lines persons from the home team

BLOOD BORNE PATHOGENS

As with most other leagues we have adopted a procedure when dealing with a bleeding athlete. First, no athlete may participate or continue to play with any type of bleeding. An athlete must be removed from the contest and cannot return until the bleeding has completely stopped and the athlete is cleaned up.

All schools should have all necessary materials to handle any bleeding problem in their own gym/facility.

ATHLETIC INJURY

POSSIBLE SERIOUS INJURY (NO DOCTOR AVAILABLE): Any injury which requires immediate professional medical assistance and/or hospitalization.

1. Call for emergency assistance immediately. Fire Department Rescue 911 if an ambulance is needed; the rescue squad will call it.
2. Contact the parents from your list of emergency numbers and inform them of the accident and action being taken.
3. Inform A.D. of the injury and the action taken.
4. Follow up all injuries with a phone call home/visit to parents. Show concern!

5. Fill out an accident report form within a 24-hour period and submit it to the Athletic Director.
6. Receive a medical release from a physician with the Athletic Director prior to allowing the athlete to return to practice or participation in a game.

LESS SERIOUS INJURY: Any injury which may require professional medical assistance.

1. Administer first aid with caution and discretion.
2. Contact the parents from your emergency number list, find out the parent's instructions and follow them.
3. If parents cannot be reached, determine the extent of the injury and act accordingly.
4. Follow up with a phone call to parents. Show Concern!
5. Fill out an accident report form within a 24-hour period and submit it to the Athletic Director.

SMALL INJURY

1. Administer first aid.
2. Show concern.

Note:

- **NEVER** transport a seriously injured athlete yourself
- **DO NOT** remove an athlete until appropriate medical help arrives
UNLESS the above are absolutely necessary or life threatening

CONCUSSION INFORMATION:

In accordance with California Education Code, if a player is known to have or is suspected of sustaining a concussion or head injury in a practice or game, the player shall be removed immediately from the activity for the remainder of the day. A student-athlete who has been removed from play may not return to action until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and receives written clearance to return to play from that health care provider.

Parents/guardians of any student wishing to participate in an athletic activity and the athlete are required to annually sign a concussion information sheet before the student can participate.

If a licensed health care provider determines that an athlete has sustained a concussion, the athlete shall complete a graduated return to play protocol of not less than seven (7) days.