

LBAL Coaches Handbook

Welcome to coaching in the Loomis Basin Athletic League. You are taking on an important and rewarding role in our community. Please read over this handbook carefully to help you have a successful season. Please let me know if you have any questions or concerns about the league, otherwise contact your AD/Principal involving site issues. I appreciate what you do and thank you for your efforts.

Best Wishes,

LBAL Commissioner

L.B.A.L. 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. The purpose of the 8th grade team sports is more competitive. Regular season results will be used to determine playoff ranking.

L.B.A.L. SPORTS

FALL

Cross Country 4th through 8th grades Girls and Boys
Girls Basketball 7th and 8th grade

WINTER

Boys Basketball 7th and 8th grade
Wrestling 4th through 8th grades
Girls Volleyball 7th and 8th grade

SPRING

Boys Volleyball 7th and 8th grade
Track and Field 5th through 8th grades Girls and Boys

COACHES EXPECTATIONS

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 and volunteers must meet the following requirements:

- Bi-annual CPR certification
- Bi-annual 1st aid certification
- Bi-annual Concussion certification
- Bi-annual cardiac arrest certification
- Fingerprinted and live scanned in the Loomis Union School District, Department of Justice (DOJ) and Federal Bureau of Investigation (FBI)
- TB test
- 18 years or older

Coaches must be clear through the district before coaching by completing the documentation in [LUSD Coaching Application Packet](#)
Athletic Directors and Principals will work with their coaches for clearance.

COACHES RESPONSIBILITY

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

1. Provide sport registration packet link to athletes.
2. Ensure student-athletes have completed sports registration and participation fees before 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 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, MySpace, 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.

PLAYER / PARENT MEETING

Please plan a player meeting to go over the **Parent and Athlete Packet**, and any other specific items that you may have for your team for the season. It is also suggested to have a parent meeting, or communicate with them early in the season through a letter or email. It is beneficial to clearly set expectations at the beginning and start to build relationships with the athletes and families.

COMMUNICATION

It is extremely important to communicate with your athletes and families regularly during the season. This includes, but is not limited to schedules, meeting times, updates, asking for volunteers, thank you notes or acknowledgements, role on team, party plans, etc.

L.B.A.L. COACHES MEETING

Each site needs at least one representative at the pre-season coaches meeting, preferably the coaches. Issues regarding the season are discussed at this meeting, such as important information needed, scheduling conversations, input, etc. If you missed the coaches meeting, then you must follow up with the Commissioner and your Athletic Director prior to starting the season.

ATHLETE PARTICIPATION/ELIGIBILITY

Students must be enrolled in an LBAL school in order to be eligible to participate in LBAL sports. 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. Grades must be regularly checked through the season.

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.

All L.B.A.L. student athletes and their parents must complete the LUSD athletic sports 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.

PLAYING TIME

Playing time and participation is at the sole discretion of each coach. Playing time and participation may be the result of several factors, including but not limited to: ability, effectiveness, attitude, effort, match-ups, practice attendance, etc. Please remember for team sports, that 7th grade is developmental in nature and 8th grade is more competitive. Any student playing up from grade levels below should not start in place of the grade level team players in a regular season game. Any team line up may be used for playoff games.

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.

CANCELATIONS/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 remains for a make up 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.

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.

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.

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.

LEAGUE AND TOURNAMENT CHAMPIONS

The following will be in effect for the 2024 – 2025 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 record for 8th grade and by LBAL Board for 7th grade.

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

OFFICIALS

In the spirit of the LUSD and the 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.

BLOOD BOURNE 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 ambulance is needed; the rescue squad will call it.
2. Contact the parents from your list of emergency numbers and inform them of 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.

RULES

LOOMIS BASIN ATHLETIC LEAGUE

VOLLEYBALL RULES 2024-25

The following rules will be used at all L.B.A.L. events. This document will be made available by the home team (or event director when there is not a home team) at each event at the scorer's table to settle all questions pertaining to L.B.A.L.

1: MAKE UP OF TEAMS

- A team of ten players is officially considered a full team.
- Students may play up a grade level only to fill a roster of ten players. If players play up, no grade level cuts shall have been made.
- Teams can play with less than 6 players if 6 are not available.
- All players that are brought on to a team and played a match are considered a permanent player and is an illegal replacement if found to be an active player on both seventh and eighth grade teams.

2: A MATCH

- An 8th grade match shall consist of the best two-out-of-three games. The first team to win two games shall be the winner of the match.
- All games shall be to 25 points (no cap), and win by two.
- The third and deciding game shall be 15 points (no cap), and a team must win by two for 8th grade.
- A 7th grade match shall consist of three games. Games one and two shall be to 25 points (no cap), and win by two. The third game shall be 15 points (no cap), and a team must win by two.
- Three minutes is allowed between games of a match
- When a third game is played it is not required to switch sides at the eighth point.

3: PRE-MATCH CONFERENCE

- The following applies to the 7th & 8th grade teams.
- Upon entering the gym, the home team selects its team bench.
- Individual team warm-ups are prior to the coin toss.

4: Coin Toss

- A conference shall be conducted by the referee and each team captain to have the coin toss.
- The visiting captain shall call the toss. The winner shall choose to serve or receive.
- If necessary, prior to the deciding game of the match, the home captain calls the toss. The winner chooses to serve/receive or the playing area. The loser of the toss is given the remaining choice.
- Individual team court warm-up time is 6 minutes each, beginning with the home team
- Warm-up, passing, hitting, and serving is decided by each team during their court time.
- Referee will keep time for the team warm-ups.
- 8th grade start time is 3:15
- 7th grade start time is 12 minutes after the completion of the first match

- Any time changes are to be cleared with each school principal

5: SCORING

- Best 2 out of 3 games in a match. First 2 games rally scoring to 25 with no cap, win by 2 points.
- A deciding third game rally scoring to 15 with no cap, win by 2 points.
- See Item 2 for 7th grade conditions

6: TEAM LINE-UPS & ROSTER

- No later than 5 minutes prior to the end of the pre-match warm-up, a coach from each team shall submit in writing to the scorer an accurate roster giving names & uniform numbers of all players.
- A lineup is to be submitted in proper SERVE order.
- A lineup is NOT to be submitted in floor position order
- The first server should always be listed first on the lineup sheet, regardless of whether the team is serving or receiving.
- The referee will verify receiving teams back rotation positions.

7: THE SERVE

- The player must wait until the referee's whistle or the serve will be cancelled and a re-serve directed.
- The ball shall be contacted within 5 seconds of the referees whistle.
- Second infraction = side out.
- Each server is allowed 2 tosses per serve.
- The server is allowed a new 5 seconds for the re-serve.
- It is a legal serve when the ball hits the net & goes over.

8: THE ROTATION

- Team players must line-up on the back line prior to the starting whistle.
- Rotate every side out.
- Service winning team does not rotate first serve.
- A server's foot shall not come in contact with the end line. This is a foot fault & side-out.
- A serving order is in a clockwise rotation.
- A server may serve from anywhere along behind the end line.
- All players must be in their proper positions at the instant the server hits the ball. A violation of this rule is called overlapping.
- After the ball is in play the players may move to any position.

9: PLAYING THE BALL

- **Contacts:** Each team is allowed three (3) successive contacts of the ball in order to return the ball to the opponent area. No blocking or attack of a serve.
- **Ball Contact:** The ball may be hit with any part of the body.
- **Double Hit:** A double hit on the first ball over is allowed as long as it was an attempted pass. A double hit that is set with the hands may be called. The exception is a hard driven ball.

- **Held or Lifted Ball:** When the ball visibly comes to rest momentarily in hands or arms of a player, it is considered to have been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or carrying that ball shall be considered a form of holding. A hand may be open but may not be delayed contact.
- **Simultaneous Holding:** If the ball is held simultaneously by opposing players, it is a double fault and the referee will direct a play-over.
- **Net Contact:** If a player's action causes the player to make contact with the net during play, whether accidentally or not, with any part of the player's body or uniform, that player shall be charged with a fault.
- **First Contact:** Any contact is legal, except a lift on the first ball over the net. Coaches are advised to continue to coach good technique.
- **Contact of Opposing Player's Area:** Contacting the opposing playing area with any part of the body except feet is a fault. Touching the opponents area with a foot or feet in not a fault providing that some part of the encroaching foot or feet remain on or above the center line and does not interfere with the play of an opponent. It is not a fault to enter the opponent's side off the court after the ball has been declared dead by a referee.
- **Back Row Attack and back row player contact:** When a back row player jumps on or in front of 10 foot line and contacts the ball at or above the top of the net, a penalty is called.

10: Substitutions

- Players must sub for one position only, but 3 players may occupy the position.
- Maximum of 12 substitutions are allowed for one game

11: Time outs

- A Coach has 2 time outs @ 1 minute each per game.
- If a coach calls a time out with none remaining, 1 point is awarded to opposing team & opposing team receives the ball.

12: Bench

- Players on the team must sit, not stand, with their team during the game. Only players, head coach, and cleared (coaches clearance) volunteer adults may sit at the bench. No volunteers under 18 are allowed on the bench.

BY-LAWS

- The net height is 7'4" for Girls & Boys (High School is the same for Girls & Boys and is 7'11")
- Home teams will provide line judges, home scorebook, the rules, and scoreboard when available.
- **Both** home team and visiting coaches will call-in/email the match results to gcarson@loomisk8.org.

- *No jewelry allowed. All jewelry must be removed prior to warm-ups. If jewelry is found by a referee the violating team will lose a time out. If all time outs are used a point will be removed from the violating team.
- Metal hair clips & bobby pins are legal to wear.
- No glitter or body paint allowed.
- No heckling or trash talking, violators will be removed!
- Numbers are on front and/or back of player jerseys, even if you must use tape.
- A LIBERO will NOT be used in the L.B.A.L.
- Students may play in multiple associations: ie. School, AAU, ARD etc.

PLAYOFFS

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).

Custodians at each playoff site are responsible for setup and cleanup.

PENRYN GYM RULES:

- Servers can take 2 steps into the court when they serve.
- Balls can be played off of the ceiling if they fall back on the same side of side that's playing it.
- If a ball hits the ceiling on the way over the net it is a side-out; both during a serve and play.
- If a team hits a ball over the net, and it hits the back wall or side wall before the receiving team makes contact, it is a side-out. If the receiving team makes contact with the ball before it hits the back or sidewall, and then it hits, it is a point for the serving team.
- If a ball hits the heating ducts on the south side of the gym, and the referee rules that a play could have been made if the ducting had not been there, it will be a replay for the serving team.

**OTHER THAN THESE EXCEPTIONS & CLARIFICATIONS,
THE NATIONAL FEDERATION OF HIGH SCHOOL C.I.F. RULES WILL APPLY**

LOOMIS BASIN ATHLETIC LEAGUE CROSS COUNTRY RULES 2024-25

The following rules will be used at all L.B.A.L. events. This document will be made available by the home team (or event director when there is not a home team) at each event at the scorer's table to settle all questions pertaining to L.B.A.L.

- ❖ Race start times will be at 3:45 PM. Coaches and students are discouraged from being dismissed early from school for cross country events. Early release of students may result in the student being disqualified from league finals.
- ❖ League meets or practices will be canceled/postponed when the temperature during the event reaches a temperature of 100 or higher
- ❖ League distance is 1.0 mile for all dual meets grades 4 - 8, unless otherwise noted on schedule. Finals distance is 1.0 mile for grades 4 - 8th
- ❖ Course map for all meets should be shared with all schools by host of meet
- ❖ No heckling or trash talking at any time. Person/people will be removed immediately from the L.B.A.L. event.
- ❖ No listening devices with earphones will be allowed while competing.
- ❖ Runners cannot compete outside their grade level team or gender
- ❖ There are 4 teams per school. A girl's 4/5, girls 6-8, boys 4/5, and boys 6-8.
- ❖ Regular season will consist of 3 total meets:
 - o All league meet @ Maidu Park (first meet of season)
 - o All league meet @ HCP
 - o Finals meet at HCP or Loomis Park
- ❖ The start to each race will consist of a column of five racers wide and be 25 meters wide (or as wide as the hosting school can fit all schools) from each school on the start line. Once runners begin, they may run outside of their line. The league finals race may restart if runners are knocked over or fall in the first 100 meters.
- ❖ At meets, there will be races for the following grades and gender for a total of 4 per meet: 4th/5th girls, 4th/5th boys, 6-8th girls, and 6-8th boys.
- ❖ No medals or scoring will be awarded at league meets; only times will be recorded
- ❖ Each school provides a coach/parent to volunteer on the course

LEAGUE FINALS:

1. Team members must have participated in one regular season and cannot be added to the roster solely for the league finals.
2. Teams will consist of the following: 4/5 girls, 4/5 boys, 6-8 girls, and 6-8 boys.
3. Finals course and meet will be at Franklin or if available, Del Oro. 4/5 boys and girls will run a 1.0 mile course and the 6-8 boys and girls will run a 1.0 mile course.
4. Scoring will be based upon the NCAA platform. Top 5 runners from each school for each race will count towards their teams points.
5. **Top 5 runners** from each team will count towards scoring. Each runner will be given the score based upon their finish time in the race as such; 1st (1 point), 2nd (2 points), 3rd (3 points), etc. in each grade level and gender. If a team doesn't have 5 runners to count towards the score, they will be given the lowest finish score; ex: 50 runners in the race and you only had 3 runners, your school's team would be given 51 and 52 points for the missing runners to fulfill a team of 5.
6. In the result of a tie, the 6th runner from the two teams will be used to decide the winner of the championship banner.
7. At the league finals, there will be a total of 4 banners awarded to each team with the lowest point total. One 4/5 grade boy's league champion, one 4/5 grade girl's league champion, one 6-8th grade boy's league champion, and one 6-8th girl's league champion.
8. Individual medals are top 20 per race with first, second, and third differentiated. A total of 80 medals will be awarded to racers (20 - 4/5 boys, 20 - 4/5 girls, 20 - 6-8 girls, and 20 6-8 boys).
9. Every school must bring 2 volunteers to the Finals meet.
10. 2 timers are to be used for accuracy of times at finals.
11. It is the responsibility of each team to run the Final's course prior to the event.

LOOMIS BASIN ATHLETIC LEAGUE
WRESTLING RULES AND WEIGHT CLASSES
2024-25

Practice may begin November 1st for safety reasons, pending a program is offered. Del Oro Wrestling Club is an option for students if there are not enough participants or a coach.

Wrestling Rules and Weight Classes

Wrestling will begin the Monday after Thanksgiving break. .

The district program is for 4th - 8th grade athletes.

Weight Classes

- Wrestlers will be weighed frequently and before all tournaments and some select dual meets.
- Wrestlers are not allowed to compete in divisions greater than two weight categories (varsity competition) above.

Weigh-in Procedures:

- Is good - but currently is not used because we are not part of a league. We are at-large which is preferred because we need the flexibility to compete with what matches our skill levels.

Season

- The team season ends on the 3rd Saturday of February at the Placer/Nevada County Championships. Individuals, if they qualify, may continue till the T.O.C.'s Tourney (2nd Saturday of March).
- Del Oro hosts TOC's. We may host this year's county which is exciting!

WEIGHT CLASSES

We will weigh all wrestlers frequently and before meets and tournaments. Each wrestler will be placed in a weight class where they will compete against other wrestlers within that same class. For instance, a 70# wrestler would not compete in the 83# weight class. The weight classes for junior high wrestlers are as follows:

66, 70, 76, 83, 89, 95, 100, 103, 108, 112, 116, 122, 128, 135, 142, 153, 168, 185, 205, and 235 lbs.

Weigh-ins:

Procedures; (League meets only)

- Weigh-ins will take place at all dual meets for Varsity wrestlers only. J.V. wrestlers **will not** weigh in (coaches' honor) and will wrestle first. During the J.V. match all Varsity will weigh-in and warm-up. Varsity will wrestle immediately at the conclusion of the J.V. match. **If both coaches agree changes to the above format can be made (Varsity wrestles first, no weigh-in for Varsity, etc.)**
- Athletes must stay in the weigh-in area until they complete their weigh-in
- Step on scale – may step off one time – use restroom facilities to relieve themselves only. May not use restroom facilities for any weight cutting purposes – (i.e., throwing up and/or any other dehydration methods)
- Must be back in weight line before the heavyweight steps on the scale
- Weight classes – wrestlers may advance 2 weight classes at the discretion of the coach
- No heckling or trash talking at any time. Person/people will be removed immediately from the L.B.A.L. event.
- Younger grade students may take the place of any older grade student if they are better.
- LBAL Commissioner is the LBAL Wrestling contact person for clarifications concerning Wrestling.

LOOMIS BASIN ATHLETIC LEAGUE BASKETBALL RULES 2024-25

The following rules will be used at all L.B.A.L. events. This document will be made available by the home team (or event director when there is not a home team) at each event at the scorer's table to settle all questions pertaining to L.B.A.L.

Player/Coach Rules

- No school may play for two leagues at the same time in the same sport during that sports season.
- Students may play in multiple associations: ie. School, AAU, ARD
- Players can only play on one team, 7th or 8th based on their grade level. 7th graders play on 7th grade team and 8th graders play on 8th grade team
- Upon the approval of the L.B.A.L. Board/LUSD Cabinet, students can play up a grade level only to fill out a roster of ten players. If players play up, no grade level cuts shall have been made. No player may play up without LBAL Board approval.
- Coaches may coach in multiple associations.
- Two technical fouls on the coach and the coach is ejected from play.
- No jewelry or wrist bands are to be worn during competition.
- In case of uniforms that are the same color or confusing to players due to color, the home team shall make the necessary adjustment.
- Only players, head coach, and cleared (coaches clearance) volunteer adults may sit at the bench. No volunteers under 18 are allowed on the bench.
- To coach in a playoff game, a coach must have coached in a regular season game. Certain exceptions may apply if the head coach becomes unavailable at the last minute.
- If a coach is not present 10 minutes past the scheduled game time, the team forfeits the game.

Player/Coach/Spectators Code of Conduct:

The following behaviors will not be tolerated at any LBAL school athletic events.

- No berating your opponent's school or mascot
- 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

Person/people will be removed immediately from the LBAL event.

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.

Game Play

- There will be a 10 minute warm-up period before each game. Half time is 5 minutes.
- 7th and 8th grade will play four 10 minute running quarters with stop time the last 2 minutes of each half (2nd and 4th quarter).
- 3 point baskets are allowed in gyms with full 3-point lines. These gyms include: Franklin, HCP, Placer, and Loomis. If no clear 3 point line is marked, then all made shots are worth 2 points.
- Teams are allowed 3 full timeouts (60 seconds) and 2 30-second time outs for the entire game. If a timeout is taken during a free throw, the clock stops and begins again once the ball is live.
- No backcourt pressure when a lead is 10 points or more.
- 7th grade league games can end in a tie. No overtime for league. 8th grade, overtime is 2 minutes and stoppage time at all whistles. Overtime continues until there is a winner.
- Mercy Rule: A running clock will begin at any time in the game if the score between two schools becomes 15 points or greater.

- **Playoffs Only**

- 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).
- Tournament games overtime is 2 minutes stoppage time. Overtime continues until there is a winner.

Custodians at each playoff site are responsible for setup and cleanup.

TRACK & FIELD LEAGUE RULES

2024-25

The following rules will be used at all L.B.A.L. events. This document will be made available by the home team (or event director when there is not a home team) at each event at the scorer's table to settle all questions pertaining to L.B.A.L.

For all League and Finals meets:

5th grade can compete in

100, 200, 400, 800, mile, 4x100, 4x400

6th – 8th graders can compete in

100, 200, 400, 800, mile, Hurdles, 4x100, 4x400, HJ, LJ, Shot, Discus

- ❖ All League Mini-meets are **non-scoring**, although times are used for seeding at finals.
- ❖ All schools assist the hosting school for all of the events and each school should supply a timer for their own athletes. The hosting school is responsible to send all important information to other schools before the start of the meet (request of volunteers, equipment needed for meet, conditions of the course/set-up, etc.).
- ❖ Non-hosting schools to report results to the league of the times/distances at each meet within a 48 hours of the event occurring.

ORDER OF TRACK & FIELD EVENTS:

- ❖ To be used for League Mini-meets and Finals:
 - Hurdles, Mile, 4x100, 400, 100, 800, 200, 4x400
 - 5th girls, 5th boys, 6th girls, 6th boys, 7th girls, 7th boys, 8th girls, 8th boys

PROPER TRACK and MEET ETIQUETTE:

- ❖ Stay off infield closest to finish line. Stay out of the starter and the timers' line of sight.
- ❖ Athletes should not cross the track at any time during a race.
- ❖ No pacing of another athlete.
- ❖ No unsportsmanlike conduct (swearing, taunting, show-boating, throwing of the baton, etc).
- ❖ Athletes must check in with the clerk of the course for each running event. Coaches, please identify to all athletes the clerk at the beginning of each meet. Hosting school, please identify to all visiting schools the clerk of the course.
- ❖ Jewelry **not** allowed during competition.

CLERK OF THE COURSE:

- ❖ Organizes athletes and running events. For lane assignments—try not to have two athletes from the same school be next to each other. Rotate schools in the lanes. Fastest runners should be in the first heat and so on.

- ❖ Remind hurdlers that they must fully go over the hurdles and not deliberately knock them down or go around them with either leg.

STARTER:

- Starts each event. Works with the timers

Commands for starter should be as follows:

- 800/mile: "Runners to your mark".....gun/whistle
- All other events: "Runners to your mark....set"....gun/whistle
- Remind timers to start their stopwatches on the smoke of the gun and not the sound of the gun or if using a whistle, the dropping of the arm by the whistle blower. Keep consistent for all events and heats.

Finals

- ❖ To be **eligible** for the Finals, an athlete must qualify by participating in at least one league meet (athletes cannot participate in only the Finals even if for some reason they were absent on all of the pre-meets).
- ❖ Athletes are limited to **4 events (track and field) plus both relays**
- ❖ Events at finals will follow the same order as League Meets
 - 5th girls, 5th boys, 6th girls, 6th boys, 7th girls, 7th boys, 8th girls, 8th boys
 - **Field Events:** Long jump, High jump, Discus, Shotput
 - **Track Events:** Hurdles, Mile, 4x100, 400, 100, 800, 200, 4x400
- ❖ Coaches have the ability to put one or two special condition athletes into an event with prior approval from the LBAL Commissioner.
- ❖ **ALL ATHLETES MUST HAVE STICKERS** for all events both **RUNNING** and **FIELD** events with name, school, grade, and gender pinned to their uniform to be able to compete in TRIALS.
- ❖ Students must qualify for participation in the finals (Track and Field) events by meeting the below requirements:

Long Jump Girls: 6th 9 feet 7th 10 feet 8th 11 feet

Long Jump Boys 6th 10 feet 7th 11 feet 8th 12 feet

High Jump Girls: 6th 3'3" 7th 3'6" 8th 3'9"

High Jump Boys: 6th 3'6" 7th 3'9" 8th 4'0"

Discus Girls: 6th 25 feet 7th 30 feet 8th 35 feet

Discus Boys: 6th 30 feet 7th 35 feet 8th 40 feet

Shot Put Girls: 6th 10 feet 7th 15 feet 8th 20 feet
6 lbs 6 lbs 6 lbs

Shot Put Boys:	6th 15 feet	7th 20 feet	8th 25 feet
	6 lbs	8 lbs	8 lbs
Mile:	5th - 8th	Under 12 minutes	

Field Events:

- ❖ Number of athletes is based on qualifying meets.
- ❖ **ALL** warm up throws/jumps must be completed before the start of each field event.
- ❖ Announcements should be made throughout the meet to remind athletes to get all their attempts in before the end of the meet. Should have a "**LAST CALL**" to complete the event

Rules for Discus

Warm-ups: Warm-ups shall not be allowed unless supervised by an official or a coach. No further practice throwing shall be allowed once the event has concluded.

Competition: Competitors take their throw from inside a (8 ft 2in) in diameter. The Discus must land within an angle of approximately 40 degrees as chalked by the home meet team.

Discus must be thrown with ONE hand only, no TWO handed throws. A 1 kg Discus will be used by ALL competitors.

The Discus thrower must enter and leave the circle from an area of their choice behind the toe line, or a foul is called (Athlete may not enter or leave ring over toe line). Competitors may touch the inside of the circle's rim or stop line during the attempt, but cannot touch past the front rim area. The thrower cannot touch the ground outside the throwing circle during an attempt, nor can he/she leave the circle until the discus hits the ground. The roll of the discus AFTER the first touch on the ground is NOT measured.

Athlete must pause before athlete starts throw attempt.

An unsuccessful attempt is when any of the below occurs:

1. Competitor starts the throw without a pause after entering the circle
2. Competitor touches the circle or the ground outside the circle before the discus has landed
3. The discus lands on or outside the throwing sector chalked 40 degree area (out of bounds). Landing on the sector line is a foul
4. Competitor leaves through the front of the circle, over the toe line after completing the throw.

Measurement in the discus shall be from the nearest edge of the mark made by the discus where it lands in the sector to the inside edge of the toe board, pull tape taught to the near edge of the mark made by the discus (closest to toe line) and measure. Measurements will be to nearest lesser 1/4" inch or lesser centimeter.

Throwers will receive **2 attempts**. The longest throw is measured. The best (longest) throw is used as the "Final Toss."

Rules for Shot Put

Warm-ups: Warm-ups shall not be allowed unless supervised by an official or a coach. No further practice throwing shall be allowed once the event has concluded.

Competition: Competitors take their throw from inside a 7 feet in diameter circle. The shot put must land within an angle of approximately 30 degrees as chalked by the home meet team. **The athlete must rest the shot in between the neck and shoulder and keep it tight to the neck while throwing. At the end of the throw, the thrower must push the throwing arm straight with the thumb pointing down; if the thrower does not push the ball out and throws it like a baseball, the thrower may receive injury.**

The shot putter must enter and leave the circle from an area of their choice behind the toe line, or a foul is called (Athlete may not enter or leave ring over toe line). Competitors may touch the inside of the circle's rim or stop line during the attempt, but cannot touch past the front rim area. The thrower cannot touch the ground outside the throwing circle during an attempt, nor can he/she leave the circle until the shot put hits the ground. The roll of the shot put AFTER the first touch on the ground is NOT measured.

An unsuccessful attempt is when any of the below occurs:

1. Competitor starts the throw without a pause after entering the circle
2. Competitor touches the circle or the ground outside the circle before the Shot put has landed
3. The shot lands on or outside the throwing sector chalked 40 degree area (out of bounds). Landing on the sector line is a foul
4. Competitor leaves through the front of the circle, over the toe line after completing the throw.

Measurement in the shot put shall be from the nearest edge of the mark made by the shot put where it lands in the sector to the inside edge of the toe board, pull tape taught to the near edge of the mark made by the shot (closest to toe line) and measure. Measurements will be to nearest lesser 1/4" inch or lesser centimeter.

Throwers will receive 2 attempts. The furthest throw will be measured. The best (longest) put is used as the "Final Toss."

***Six Pound (6 lb) Shot Put will be used by 6th Grade Boy and all FEMALE athletes.
Eight Pound (8 lb) Shot Put will be used by ALL 7th and 8th Grade Boy Athletes.***

Rules for High Jump

Warm-ups: Warm-ups shall not be allowed unless supervised by an official or a coach. No further practice jumps shall be allowed once the event has concluded.

Competition: Opening heights are as follows:

	Boys	Girls
6th	3' 6"	3' 3"
7th	3' 9"	3' 6"
8th	4' 0"	3' 9"

- 1) Each competitor will be given 2 attempts at a height.
- 2) Athletes should sign in with their label before they jump.
- 3) In order to be considered a fair jump – the athlete must jump off of one foot and keep the crossbar in place after landing.
- 4) Event stewards should ensure that landing pads, crossbar and standards are set/checked after each jump.
- 5) If an athlete can not clear a height after 2 attempts, they may not progress.
- 6) An "X" reflects a missed jump.
- 7) An "O" reflects a cleared jump.
- 8) The crossbar is raised 3 inches at a time.
- 9) A winner is determined by the jumper who clears the highest height.
- 10) In the event of a tie, the winner will be determined as stated below.

❖ **1st Place tie: Jump Off**

- **Begin at the next greatest height**
- **Each jumper has one attempt**
- **The bar is then alternately lowered and raised until one jumper succeeds at a given height**

❖ **2nd or 3rd place tie:**

- **The fewest misses at the height where the tie occurred**
- **The fewest misses at the next greatest height**
- **If still tied: 2nd - 8th Place:**
 - **Tie stands**
 - **Score as outlined below**

Rules for Long Jump

Warm-ups: Warm-ups must take place prior to the start of competition. All jumpers should know their starting distance on the runway BEFORE they jump. A separate measuring tape will be provided by the hosting school. No run-backs will be allowed on the runway. Please make sure you arrive for competition with a label.

Competition:

- 1) Each competitor will be allowed two jumps.
- 2) Athletes will give a label to the event steward on their first jump.
- 3) After jumping, athletes will return to line for their 2nd and final jump.
- 4) A jump may not be measured if any part of the athlete's shoe extends past the white "scratch" bar on the runway.
- 5) The jump is measured from the closest body part in the sand past the scratch bar to the scratch bar. Measure from jump to scratch bar.
- 6) If an athlete is not able to make at least one fair jump without scratching, the athlete is disqualified.
- 7) Event stewards should measure, record, rake the sand between jumpers, then signal for next jumper.
- 8) Placings are determined by the longest jumps.
- 9) In the event of a tie, the winner will be determined as follows:

❖ Compare second best jump.

- **If still tied then, compare 3rd best jump**
- **If still tied then tie stands**
 - **Score as outlined below**

Track Events:

1. 75-meter LOW HURDLES—Five hurdles

- a. Hurdles: 13m to first hurdle-8.5m between-8m to finish line. 30 inch height. Runners to be seeded based upon league meet times, with the fastest 9 runners in the first heat, no matter the school.

2. MILE:

- a. 5th grade b/g start together, 6th grade b/g start together, 7th grade b/g start together, 8th grade b/g start together with a chute at finish line
- b. Waterfall start
- c. *Clerk of the Course to determine additional combinations as needed

3. 4 X 100 m relay

- a. Acceleration zone (10m) Exchange zone (20m).
- b. Schools allowed to have two relay teams per grade per gender.
- c. All relay teams are grade and gender pure.

4. 400 m

- a. Waterfall start.

5. 100 m

- a. 3 runners per school per gender per grade. Runners to be seeded based upon league meet times, with the fastest 9 runners in the first heat, no matter the school.

6. 800 m:

- a. 5th; 6th; 7th; 8th (waterfall start, cut in as soon as safe)
- b. *Clerk of the Course to determine additional combinations.

7. 200 m.

- a. 3 runners per school per gender per grade. Runners to be seeded based upon league meet times, with the fastest 9 runners in the first heat, no matter the school.

8. 4 X 400 m relay

- a. Waterfall start.
- b. Schools allowed to have two relay teams per grade per gender.
- c. All relay teams are grade and gender pure.

***For running the 400/800 meter runs, it is up to the Clerk of the Course and the Starter as to the number of races (all 5th;6th;7th;8th or separate races based on number of participants).**

- ❖ Announcements should be made throughout the meet to remind athletes to get all their attempts in before the end of the meet. Should have a “**LAST CALL**” to complete the event.

Scoring:

❖ TOP 3 WINNERS FOR FINALS WILL EARN POINTS AS FOLLOWS:

1st = 5 POINTS

2nd = 3 POINTS

3rd = 1 POINT

- ❖ There are two teams, a Boys Team and a Girls Team for scoring purposes. Scores will not be combined.

- ❖ **Should there be a tie between competitors, follow the below procedure:**

Tie's & Scoring

- ❖ **Example One: Two Athletes TIE for First Place**

- Formula: First place points (5) + Second place points (3) ÷ total # of athletes tied (2) = total points awarded to each athlete (4)
 - Athlete #1 = 1st Place & 4 points
 - Athlete #2 = 1st Place & 4 points
- Next best score earns Third Place & 1 point

- ❖ **Example Two: Three Athletes TIE for First Place**

- Formula: First place points (5) + Second place points (3) + Third place points (1) ÷ total # of athletes tied (3) = total points awarded to each athlete (3)
 - Athlete #1 = 1st Place & 3 points
 - Athlete #2 = 1st Place & 3 points
 - Athlete #3 = 1st Place & 3 points
- Next best score earns Fourth Place and no points

- ❖ **Example Three: Two Athletes TIE for 2nd Place**

- Formula: Second place points (3) + third place points (1) ÷ total # of athletes tied (2) = total points awarded to each athlete (2)
 - Athlete #1 = 2nd Place & 2 points
 - Athlete #2 = 2nd Place & 2 points
- Next best score receives Fourth Place and no points

- ❖ **Example Four: Two Athletes TIE for Third Place**

- Both students receive Third Place and 1 point. Next best score receives Fifth Place and no points.

- ❖ **LONG JUMP**

- **Compare second best jump.**
- **If still tied then tie stands**
 - **Score as outlined above**

- ❖ **SHOT PUT**

- **Compare second best put.**
- **If still tied then, compare 3rd best put**
- **If still tied then tie stands**
 - **Score as outlined above**

*****A "HOW-TO" SHEET MUST ACCOMPANY ALL VOLUNTEERS RUNNING THE FIELD EVENTS.** You should have a minimum of TWO ADULTS to run each field event.

L.B.A.L. Coaches “TO DO” Checklist

_____ **Coaches Application for Employment:** New coaches must complete this online through InformedK12.

_____ **Fingerprinting:** You must be cleared through the district office before you can begin coaching. This only has to be done once.

_____ **CPR / First Aid:** You must have a current card on file with the district office before you can begin coaching.

_____ **Concussion Certification + Cardiac Heart Arrest:** You must have a current certificate on file with the district before you can begin coaching.

_____ **TB Test:** You must have proof of passing a current TB test on file with the district office before you can begin coaching.

_____ **L.B.A.L Coaches Meeting:** You must attend the mandatory meeting. If the meeting was missed, please talk to the Commissioner, your site AD or Principal to get the necessary information.

_____ **Coaches Handbook and Parent Athlete Packet:** Read through these carefully. Ask your AD or Principal if you haven't received a copy.

_____ **Try-Outs:** Contact the AD or Principal to determine dates for try-outs. Ask the AD or Principal for the paperwork needed for your season to have ready for your player meeting.

_____ **Player Meeting:** You must set up a mandatory player meeting. Pass out the district Sports Packet and go over the Parent Athlete Packet, and give the current schedule. Give them a deadline to turn in paperwork/donation to you.

_____ **First Aid Kit:** Get one from your AD or Principal and bring to all events.

_____ **Equipment:** Get the equipment from your AD or Principal.

_____ **Cuts / Pull-ups:** Get approval from your AD or Principal before making these decisions or telling the players about it. It is a good idea to discuss finalizing the roster with the AD or Principal.

_____ **Collect Paperwork / Participation Fees:** Give to AD or Principal prior to the first practice.

_____ **Roster:** Send the finalized roster to your AD and Principal asap.

_____ **Schedules:** Turn in your practice and game schedules to athletes, office, and AD or Principal before the games/events begin. You must get administrative approval for events not on the season's official schedule.

_____ **Emergency Form:** Keep a copy of each athlete's emergency form and bring them to all events.

_____ **Pass Out Uniforms:** Get the uniforms from your AD or Principal, have students sign out for them, and keep the record until they return them. It is important to discuss the care of them with the athletes.

_____ **Report Results:** Report the results from all games/meets/matches to the L.B.A.L. Commissioner by the next day of the event throughout the season, home and away games.

_____ **End of Season Party:** This is optional but often expected from families. You can organize it or get a parent to help. You may want to ask around to see what's been done in the past at your site.

_____ **Return Equipment:** Return all equipment to your AD or Principal.

_____ **Collect the Uniforms:** Check off each athlete who returns their uniform in good condition and inform the AD or Principal, and office of athletes who didn't return theirs or who returned a damaged uniform.