

# DIABLO FOOTHILL ATHLETIC LEAGUE

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## DIABLO FOOTHILL ATHLETIC LEAGUE BASEBALL GUIDELINES

### 1. SEASON

- 1.1 Baseball is a Spring sport, as defined by NCS.
- 1.2 Practice may begin the second Monday of February.
- 1.3 A schedule will be presented to the Board of Managers for approval each year.
- 1.4 Number of Contests:
  - 1.4.1 Varsity, JV, and Frosh: 24 contests
  - 1.4.2 Varsity & JV may have two (2) scrimmages.
- 1.5 Definition of scrimmage:
  - 1.5.1 There will be no paid officials, no publicity, no score kept.
  - 1.5.2 Scrimmages will be indicated on the schedule as such.
  - 1.5.3 There will be no limit to the length of a scrimmage and free substitution is allowed.
  - 1.5.4 Play may be stopped or interrupted by the coaches, who are permitted on the field.
  - 1.5.5 No admission will be charged.
- 1.6 Tournaments:
  - 1.6.1 Each game of a tournament counts as a game and will be counted in the maximum number of contests.
  - 1.6.2 All tournaments must be CIF sanctioned.

### 2. CONTEST INFORMATION

- 2.1 Starting time: 3:30 PM/4:00PM after Daylight Savings Time.
  - 2.1.1 Night games may be played with mutual consent of both coaches, Athletic Directors, and Principals.
- 2.2 Days of Contests:
  - 2.2.1 Tuesday & Thursday schedule
  - 2.2.2 Monday, Wednesday, and Friday schedule
  - 2.2.3 No league games will be played when school is not in session, unless agreed upon by mutual agreement.
- 2.3 Varsity and JV games will be played at opposite sites, unless prior agreement has been made.
- 2.4 League games take precedence over any tournaments or pre-season postponed games.

### 3. RULES

- 3.1 Contests should be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DFAL rules and guidelines.
- 3.2 Eligibility shall be determined by the rules predetermined by each district in the league.
- 3.3 Participation of players:
  - 3.3.1 Coaches have the option of moving eligible players up or down on a game-by-game basis.
  - 3.3.2 Seniors may not compete on a JV team.
  - 3.3.3 If a player suits up for a game, it counts as a participation.
- 3.4 Warm-up procedures:
  - 3.4.1 Time will be allowed for the visiting team to warm-up after they arrive.
  - 3.4.2 Bus and traffic delays are beyond the control of the traveling team and they should not be penalized for such delays.
  - 3.4.3 Infield/outfield warm-up time should not exceed 15 minutes.
  - 3.4.4 On the day of a game No teams will be allowed to take batting practice within two (2) hours of the scheduled game time. Pepper is allowed. The use of whiffle balls for soft toss is acceptable. **Any team having live or machine batting practice within two (2) hours of the game will forfeit one day of practice for each occurrence.**
- 3.5 Canceled/postponed games:
  - 3.5.1 Games shall be rescheduled on the next available date, and rescheduled in the order they were canceled, if possible.
    - 3.5.1.1 Tied or suspended games will be completed as follows: If the game to be completed occurs in the first round, the game will be completed at the site of the second round game prior to the start of the second round game; If the game to be completed occurs in the second round, the game will be completed on the first available date at the site of the home team if the game has league championship or play-off implications.
  - 3.5.2 League games take priority over tournament games.
  - 3.5.3 No make-up games will be scheduled on the Monday following Spring Break.

- 3.5.4 No more than three (3) games may be played per week during the league season.
- 3.5.5 A week is defined as Monday through Saturday.
- 3.5.6 If the home team's field is not playable, the game will be scheduled at the visitors' site with mutual agreement.

### **3.6 Health and safety**

- 3.6.1 In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.**

## **4. UNIFORMS/EQUIPMENT**

- 4.1 Uniforms shall meet the National Federation rules.
- 4.2 Coaches coaching in the coaching boxes must be in uniform.
- 4.3 League approved ball will be any ball listed in the National Federation Rule book.

## **5. OFFICIALS**

- 5.1 Officials under contract to the league shall officiate all scheduled games.
- 5.2 Varsity and JV games shall have two (2) officials.
- 5.3 By mutual agreement games may be started with one official.

## **6. DETERMINATION OF LEAGUE CHAMPION:**

- 6.1 League Champion:
  - 6.1.1 The regular league season is defined as a double round robin.
  - 6.1.2 The league champion will be the winner of the league double round robin play.
  - 6.1.3 If there is a tie for first place, the tied teams will be co-champions of the league.
  - 6.1.4 Ties, for purposes of NCS will be resolved using the tie-breaking criteria. (see 6.2)
- 6.2 Criteria used to break ties:
  - 6.2.1 Head to head competition
  - 6.2.2 Winner of the second game during the regular season.

## **7. NCS QUALIFYING AND AT-LARGE REPRESENTATION**

- 7.1 The automatic representative to the NCS will be the league champion.
- 7.2 The following criteria will be used to determine the at-large representatives to the NCS.
  - 7.2.1 The at-large bids to the NCS will go to the remaining teams in the order of their finish in league play. In the event of a tie, standard tie breaking criteria will be used.

## **8. ALL LEAGUE SELECTIONS**

- 8.1 Coaches will select an All League first team, second team, and honorable mention players.
- 8.2 There will be a Most Valuable Player selected.
- 8.3 There will be a Most Valuable Pitcher selected
- 8.4 First Team All league Players selected:
  - 8.4.1 2 pitchers, 1 catcher, 1 first baseman, 4 infielder, 4 outfielders, 1 designated hitter, 1 utility player.
  - 8.4.2 Utility player: Must have played 10 innings at each of 2 or more positions.
  - 8.4.3 Designated hitter: Must have 12 or more at bats as a designated hitter.
- 8.5 Second Team All League Players selected: Same as 8.4 (First Team Players selected.)
- 8.6 Voting Procedures:
  - 8.6.1 Each school must be represented at the All League meeting.
  - 8.6.2 Each coach must vote for players at each position.
    - 8.6.2.1 Each first place vote is worth 5 points.
    - 8.6.2.2 Each second place vote is worth 3 points
    - 8.6.2.3 Each third place vote is worth 1 point.
    - 8.6.2.4 Each honorable mention vote is worth 1 point.
    - 8.6.2.5 Coaches may not vote for their own players.

## **9. AWARDS**

- 9.1 Certificates will be presented to the players chosen for the All League honors.

## **10. DFAL EJECTION POLICY**

- 10.1 The NCS ejection policy will be endorsed and enforced by the DFAL.
- 10.2 All ejections must be reported to the Commissioners of the DFAL.
- 10.3 There is a DFAL appeals process for the ejection policy in the Bylaws.

## **11. MISCELLANEOUS**

- 11.1 It is recommended that all players wearing braces shall wear protective mouthpieces.