

Article VII - Softball

700. Practice

"The WBAL will reflect the CCS By-Laws (Article V, Section 3, F-Practices) regarding practices."

- a) Interscholastic practice during the school year is defined as:
 - i. Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
 - ii. Any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
 - iii. Any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
 - iv. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.
- b) Any single practice session shall be no longer than 3 hours in length.
- c) There shall be a minimum of 3 hours between any two practice sessions in a single day.
- d) Double day practices shall not be held on consecutive days.
- e) Conditions for Optional, Non-Mandatory Off Season Individual & Small Groups Skill Development: Coaches are allowed to work with their athletes in a designated off season 8 week program individually or in a small group of no more than 4 athletes, no more than one hour a day and no more than twice a week for an athlete.

701. Schedule

- a) A double round robin schedule shall be played each year by the varsity team.
- b) Individual schools have the option of fielding a Junior Varsity team.
- c) All games shall be played according to the current official softball rule book of the National Federation.

702. Length of game

- a) A ten run rule will be enforced after the 5th inning.
- b) A fifteen run rule will be enforced after the 3rd inning. At this time the game is officially over, but by mutual consent of the two coaches play can continue for the benefit of the athletes.
- c) If there is a loss of facilities, the score shall revert back to the last full inning to determine the winner.
- d) If the game is tied at the end of the 8th inning, the international tiebreaker will be implemented at the beginning of the 9th inning..
- e) In the international tie-breaker, the batter who immediately precedes the lead off batter for that inning shall be placed at 2nd base to start the inning.

703. Equipment

- a) The ball to be used will be the same ball used in the CCS Tournament.

704. Score keeping

- a) The visiting team has the option to have their scorebook keeper sit next to the home scorebook keeper.
- b) Score books shall reflect the same entries at the end of the game.

705. Crowd control

- a) The home school has every right to ask any home or visiting spectator to leave due to inappropriate behavior.
- b) If an incident does occur, fill out the CCS incident form and send it to the League Commissioner.

706. Section playoff advancement

- a) #1, #2, & #3 seeds from the Foothill Division are automatic qualifiers for CCS.
- b) Method for breaking ties in League standings (for CCS Advancement only):
 - i. Head to Head competition
 - ii. Second round record

- iii. Head to Head competition with the next highest finishing team (2nd, 3rd, 4th)
- iv. Winner of originally scheduled second round game
- v. Coin toss