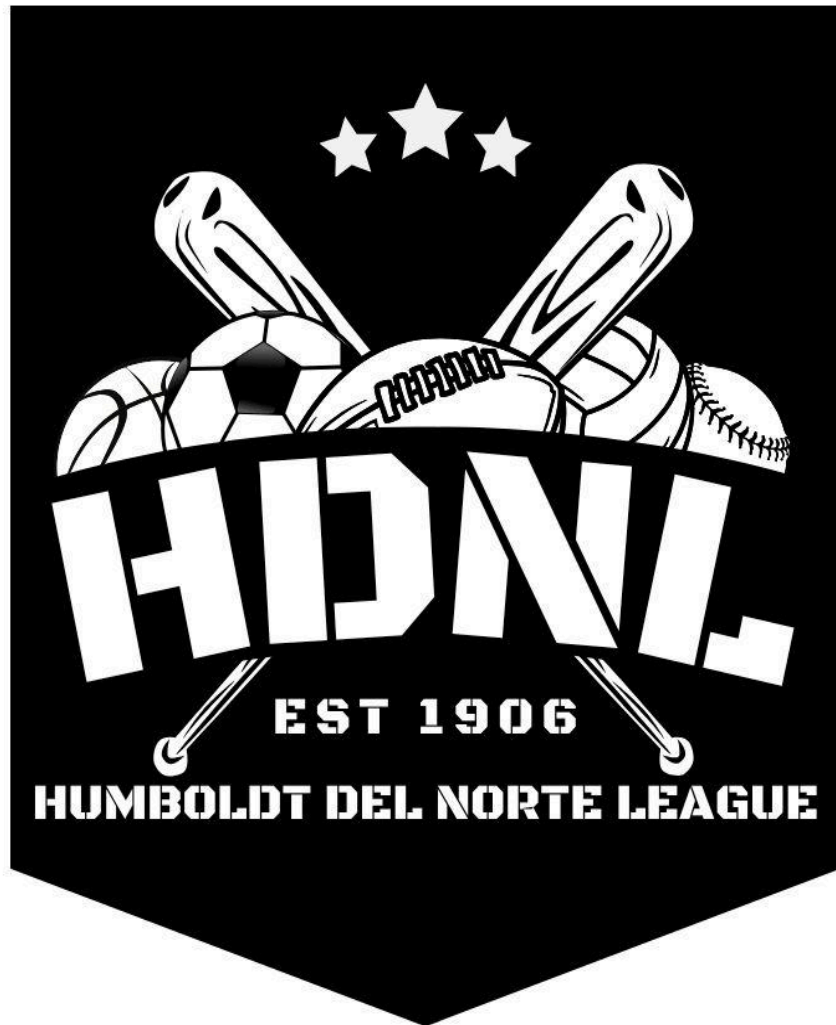


HUMBOLDT-DEL NORTE LEAGUE



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INTRODUCTION

In cases involving athletic issues not specifically covered by the Humboldt-Del Norte League By-Laws and General Practices, the provisions and interpretations as set forth in the North Coast Section Constitution and By-Laws and Sports and General Rulings Handbook governing the conduct of athletes, North Coast Section members and events shall apply as though they referred to Humboldt-Del Norte League athletes, member schools and league and non-league events.

CONSTITUTION

Article 1

NAME AND PURPOSE

- 1.1 This Conference shall be known as the Humboldt-Del Norte League, of the North Coast Section of the California Interscholastic Federation from here on referred to as the HDNL.
- 1.2 Member schools competing in the conference may form two leagues with the approval of the HDNL Board of Managers.
- 1.3 Member schools in the Humboldt-Del Norte League will compete in one of two conferences. Assignment into a conference will be based on the member school's enrollment. These conferences will be known as HDNL – Big 5 Conference and the HDNL – Little 4 Conference.
- 1.4 The purpose of the HDNL is the promotion of athletics and other wholesome inter-school activities among the secondary schools holding membership.

Article 2

MEMBERSHIP

- 2.1 Membership in the HDNL is open to all secondary schools having membership in the North Coast Section of the California Interscholastic Federation.
- 2.2 New schools seeking membership into the HDNL will field a minimum of one (1) female and one (1) male gender varsity team in each of the fall, winter, and spring. The varsity sports are:

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Volleyball	Basketball	Baseball
Football	Wrestling (8 participants)	Softball
Soccer		Track
Golf, Girls (5 participants)		Golf, Boys (5 participants)
Tennis, Girls (5 participants)		Tennis, Boys (5 participants)
Cross-Country (5 participants)		

A school given membership after January 1, 2006, that fails to meet these requirements will have to reapply for membership in the HDNL.

- 2.3 The composition of the HDNL Board of Managers shall be one representative from each member school who shall be selected by the member school's governing board. Only this representative, or his/her proxy, may make or second motions and vote. To gain voting rights, the member school must send the names of all school voting representatives to the HDNL Commissioner, C.I.F. and NCS.
- 2.4 Any school may be suspended or expelled from the HDNL for good with sufficient reasons by affirmative votes of two-thirds of the members in good standing. Sanctions and penalties may be levied by a simple majority of those members present.
- 2.5 Schools assigned as a supplemental team to the HDNL will pay 50% of the dues assessment for full membership schools.
- 2.6 The HDNL dues assessment shall be assessed according to need and with an adopted fee schedule determined by the board of managers.
- 2.7 The declaration date to declare participation in all varsity HDNL sports shall be prior to the start of the first day of competition set by NCS, CIF.

Article 3

MEETINGS

- 3.1 There shall be at least four regular meetings each year: (August, October, January, and March). It is recommended that these meetings precede the North Coast Section Board of Managers meetings.
- 3.2 The HDNL President shall have the power to call special meetings at his/her discretion or upon request from two member schools in good standing or the league commissioner.
- 3.3 The president or representatives from various organizations associated with the HDNL may be invited to attend all league meetings to act in an advisory capacity.
- 3.4 Robert's Rules of Order shall prevail unless otherwise specified

Article 4 OFFICERS

- 4.1 The officers of this league shall be a president and vice-president. The officers shall serve for two years and shall be elected at the last regular meeting of the school year. Terms of office shall begin at the close of the meeting at which they are elected.
- 4.2 The HDNL Board of Managers shall be represented by the President and the Vice-President or their designees at the North Coast Section Board of Managers. If a voting member cannot attend the meeting, the commissioner will be the voting delegate.
- 4.3 Duties of the Officers:
 - A. The president shall preside at all meetings.
 - B. The president shall approve representatives for the HDNL and North Coast Section committees.
 - C. The vice-president shall perform the duties of president in the president's absence or in his/her inability to act.
 - D. The commissioner shall keep the records of the proceedings of the league and shall keep an account of all business that he/she has transacted with communications. These records shall be open at all times to any member school.
 - E. The commissioner shall provide a copy of the minutes of each HDNL meeting to member schools.
 - F. The commissioner is authorized to interpret and enforce the HDNL, North Coast Section and California Interscholastic Federation rules. He/she is authorized to seek assistance from the NCS commissioner when he/she feels that such action is necessary for proper interpretation and enforcement. If one or more member schools are dissatisfied with an interpretation made by the commissioner, said schools may request a league meeting.

Article 5

COMMITTEES

- 5.1 Committees will be developed as needed.
- 5.2 All committee action must be ratified by the HDNL before becoming official.
- 5.3 The HDNL Scheduling Committee will be selected by the HDNL Athletic Directors. It will be comprised of 4 members: 2 athletic directors (1 from each conference), A.D. Chair and the league commissioner. The A.D. chair will type and distribute all schedules and will receive a \$750.00 stipend for his/her work.

Article 6

FINANCIAL POLICIES

6.1 Accounting

- A. It is recognized that all funds handled by the HDNL, dues, fees, admission, donations or corporate-sponsored donations, are monies designed for the furtherance and administration of athletics for the students attending the HDNL's member schools. There is criteria for handling such monies:
- B. The HDNL shall implement standard accounting principles when handling and disbursing funds.
- C. All financial practices and information shall be open to review by HDNL member schools, NCS personnel and/or interested parties. League financial records are public information.
- D. An audit of the league may be requested by the HDNL or any member school's principal. The audit shall consist of a complete examination and assessment of present methodologies, procedures, and policies for the administration and control of league funds and all finances associated with the league. The audit shall conclude with a presentation by the auditor to the league's governing board, and/or the principal(s) requesting the audit. The audit shall not have items altered or deleted by any person and must be presented and retained in its original form from the auditor. The audit may be conducted by parties who are acceptable to the league and the requesting party(ies).
- E. The league shall ensure that all disbursement of funds require two signatures. Staff/elected officials shall not approve their own expense reimbursement vouchers.

6.2 Budget

- A. The commissioner, during the month of January, will present to the Board of Managers a detailed income and expenditure budget for the current fiscal year.
- B. At each regular meeting of the HDNL Board of Managers, the commissioner will provide the members with a financial activity report. This report will include a list of all expenses incurred and all income received from the beginning of the year.
- C. The HDNL will adhere as closely as possible to established financial accounting and reporting procedures.
- D. Dues assessed to member schools to balance the budget will be divided evenly amongst all member schools.

6.3 Reporting Income

- A. All income shall be receipted and deposited into the league's bank account within five days from the time the receipts are received.
- B. All ticket sales for contests under the supervision of the HDNL shall include a ticket sales slip record of the beginning and ending numbers and the revenues. A written explanation shall accompany any discrepancy. The Host school staff fill out and return HDNL Ticket Audit and Payment Voucher Form.
- C. The HDNL Board of Managers shall determine if NCS rebates will be returned to schools or deposited into the league bank account according to policy.
- D. The expenditure of additional funds acquired by the league such as donations or league sponsorships will be evaluated on a yearly basis and budgeted accordingly.
- E. Miscellaneous income will be receipted and deposited according to league policy.

6.4 Expenditures

All expenditures shall be paid by invoice or authorized written request for payment. For audit purposes, all cancelled checks or copies will be attached to copies of request for payment and kept for a period of five fiscal years. The account shall secure and use two party signature checks.

6.4.1 Petty Cash Fund

- A. If a petty cash fund is used, it shall not be more than \$50.00.
- B. Checks written to replenish the petty cash fund shall be issued according to prior receipts. In the absence of receipts, the amount in question will be subject to approval by the HDNL President.

6.4.2 NCS Post Season Fee Schedule - HDNL Schools

A. FALL SPORTS

Football (AQ)	Football (AL)
Volleyball (AQ)	Volleyball(AL)
Soccer (AQ)	Soccer(AL)
Girls Golf (AQ)	CrossCountry
Girls Tennis (AQ)	

B. WINTER SPORTS

Boys BB (AQ)	Boys BB(AL)
Girls BB (AQ)	Girls BB (AL)
Boys Wrestling Team (AQ)	Girls Wres (I)
Boys Wrestling Ind. (AQ)	Boys Wres(A)

C. SPRING SPORTS

Baseball (AQ)	Baseball(AL)
Softball (AQ)	Softball(AL)
Track (AQ)	
Boys Tennis (AQ)	
Boys Golf (AQ)	

6.5 HDNL Expense Review Policy

6.5.1 Expense Vouchers

Expense vouchers submitted to the League other than by the commissioner, shall be reviewed and approved by the HDNL Commissioner and/or other personnel assigned by the HDNL Board of Managers. The HDNL President shall review expense vouchers submitted by the commissioner for approval prior to payment.

6.5.2 Pre-Approvals Pre-approval for meeting and conference attendance related expenses must be obtained in advance of the event from the HDNL Commissioner or the HDNL President when the commissioner is attending the meeting or conference.

6.5.3 Receipts

All expenses, except gratuities, must include receipts when submitted for reimbursement.

6.5.4 Prohibited Reimbursements

Entertainment and personal expenses shall not be charged to the HDNL. Entertainment and personal expenses include games such as golf, tennis, etc.; services such as massages, physical training, or workouts, etc.; grooming services such as haircuts or other grooming services; in-room bar or meal expenses in excess of those adopted by the league, etc.; any alcoholic beverages or tobacco; and charges for in-room movies.

- A. Spouses/guests may participate in meals provided by the league, at the league employee or representative's expense. Such meal costs must be identified and reimbursed by the league employee or representative. The league may pay for spouse/guest meals only if their attendance and participation is directly related to and part of a specific activity or function of the meeting and must be pre-approved by the HDNL

6.5.6 Reimbursement

Reimbursements for overnight lodging expense may be authorized by the commissioner/league president when the league or representative will be required to travel three or more hours each way, when the person would be required to depart from his/her residence prior to 6:30 a.m., when return home would be after midnight or when returning home would present a safety concern or undue hardship. Reimbursement will be paid for lodging in American Automobile Association (AAA) rated three-star hotels or motels, or the equivalent in cost, in the vicinity where the person is representing the HDNL. Expenses for meals will be reimbursed when HDNL business, other than time spent in the office, requires the employee or representative to be away from home. A person is entitled to reimbursement for individual meals when HDNL business requires that they be away from home during the normal time that the breakfast, lunch or dinner would be served. The maximum reimbursement for each meal to include all non-alcoholic beverages, desserts, side orders, etc., and exclusive of sales tax will follow NCS guidelines.

- A. Expense vouchers shall include the actual amounts of each meal or food expenditure

and receipts. The commissioner, with the approval of the president, may increase the meal maximums if they are insufficient for the locale where HDNL business is being conducted. When receipts are lost, the claimant shall provide a written description of the meal, the name of the restaurant and persons in attendance. Use of a personal automobile shall be reimbursed at the prior year mileage allowance figures used by the IRS. Automobile transportation may not be reimbursed for more than the cost of a round-trip unrestricted coach class air fare. Parking expenses and bridge fares shall be reimbursable. Travel shall not be reimbursed for family members or other personal guests.

- B. A maximum gratuity of 15% of the cost of a meal, not to exceed the maximum allowed per meal, shall be reimbursed. This amount may be increased to 20% when a meeting is conducted and the table or the room are used for an excessive length of time. A maximum gratuity of \$2.00 for baggage handlers and \$1.00 for shuttle bus operators or taxi drivers shall be reimbursable. The gratuity for baggage handlers may be increased when excessive baggage is required for HDNL business such as materials, equipment, books, handouts, etc.

Article 7

HDNL PASSES

7.1 HDNL member schools will be given League passes according to the following schedule.

- | | | |
|----|----------------------------|-----------|
| A. | HDNL – Big 5 Conference | 35 passes |
| B. | HDNL – Little 4 Conference | 30 passes |
| C. | NCP - ST – TJ - CR | 10 passes |

7.2 Passes must be signed and are not transferrable. HDNL passes are not accepted at the Niclai Championship Game.

7.3 All passes are subject to identification.

Article 8

BY-LAWS CHANGES

Any changes in the regulations found in the policy book now known as the Constitution and By-Laws of the Humboldt Del-Norte League may be initiated and passed upon at the same meeting. All proposals for change shall go to the Policy Committee for recommendation and then submitted to the Board of Managers for consideration. Once the Board has given its approval, the policy change will be placed on the action agenda of

the next HDNL regular meeting. HDNL By-Laws and General Practices will be reviewed annually.

HUMBOLDT-DEL NORTE LEAGUE GENERAL PRACTICES

General Information

1. Admission

- 1.1 For admission to athletic contests in the HDNL, only valid passes issued by the California Interscholastic Federation, the North Coast Section and passes issued by the Commissioner of the HDNL shall be honored.
- 1.2 The following prices shall be charged by all schools in the HDNL for varsity football, varsity soccer, varsity basketball, varsity volleyball and the HDNL Wrestling Championships. For all other events, each school may set its own admission prices not to exceed \$8.00

<u>Prices shall be reviewed annually</u>	<u>Games</u>	<u>Jamborees</u>
Adults	\$8.00	\$5.00
Visiting students from member schools and college students with student body cards	\$5.00	\$3.00
Visiting students without student body cards	\$5.00	\$3.00
Senior Citizens	\$5.00	\$3.00
Children - 8th grade and under with parents	\$5.00	\$3.00

- 1.3 Events of 3 or more teams will be considered a Jamboree and with only 2 teams a Scrimmage. There will be no admission charge for a Scrimmage.

Note: Adult prices will go up to \$10 in 2025-2026

- 1.4 Each school shall establish the charge, if any, for its own students, senior citizens, alumni, student body card holders and unaccompanied children.
- 1.5 The following individuals and groups shall be admitted free to all HDNL contests if these students are in uniform or accompanied by a faculty representative:
- A. Bands: complete bands for football and pep bands for basketball
 - B. Cheer Leaders, Mascots
- 1.6 All proceeds from the Dick Niclai Basketball Tournament, Charles Lakin Baseball/Softball Tournament, HDNL Playoff games to determine Automatic Qualifiers to NCS Post Season and the HDNL Wrestling Tournament will be forwarded to the league. Use the HDNL Ticket Audit and Payment Voucher Form and forward to the League Commissioner.

- A. The admission for the Dick Niclai Championship Game is \$10.00 per person and HDNL passes are not permitted.
- B. Schools hosting contests that lead up to the Championship Games and the school hosting the HDN Wrestling Championships may use gate proceeds to pay for game personnel as is outlined in 3.08. Use the HDNL Ticket Audit and Payment Voucher Form for this purpose and forward to the League Commissioner.

2. Championships

- 2.1 The HDNL will recognize a championship in all approved varsity sports.
- 2.2 The HDNL recognizes and actively encourages the values of well organized sub-varsity, but does not recognize a champion.

3. Sanctioning

- 3.1 See the North Coast Section Sports Handbook
- 3.2 Failure to Participate

A school entering a team in any varsity sport shall complete its schedule in order to remain in good standing. If a school does not participate in a scheduled varsity league contest, this contest shall be declared forfeited. The HDNL Board of Managers shall invoke all of NCS eligibility by-law 1103.

4. Supervision

- 4.1 It is recommended that an administrator/designee attend all contests involving their school, both home and away. However, realizing the increasing challenges with inappropriate and unsportsmanlike behavior, the HDNL requires an administrator/athletic director be in attendance at all (Varsity) League football games, all (Varsity) boys/girls League basketball and soccer game and any other contests that are deemed to be potentially heated. Communication between both schools before, during, and after these contests is extremely important. Admin from visiting schools will notify the host school if they will be late or sending someone else.
 - A. All coaches should be aware when they are the designated administrator during a contest

- B. All administrators/designees should be aware they are responsible for dealing with unruly spectators including ejections
- C. Administrators/designees, team captains (from both schools) and officials/umpires will meet prior to the start of each game for a Sportsmanship meeting - with the team captains reading the NCS Sportsmanship Script
- D. Administrators/designees from both schools should support/assist in the ejection of a spectator
- E. The designated on site administrator should introduce themselves to the officials upon arrival at the facility and show them to their locker room(s).
- F. Officials and coaches should be able to easily identify admin from both schools if a situation should arise.

5. Eligibility

5.1 Transfer Eligibility

The HDNL will follow all NCS transfer eligibility rules and procedures

6. Team Rules

Recommended Teams and Related Policies

The HDNL will provide league competition in the following sports:

Student varsity football	Boys varsity basketball	Boys varsity track and field
Boys varsity soccer	Boys varsity cross country	Boys tennis
Varsity baseball	Varsity wrestling	Boys golf
Girls varsity volleyball	Girls varsity basketball	Varsity softball
Girls varsity track and field	Girls varsity soccer	Girls varsity cross country
Girls tennis	Girls golf	

7. Governance

- 7.1 The HDNL By-Laws and General Practices will govern all competition involving its athletic teams.
- 7.2 Information not covered by the HDNL By-Laws will be referred to the North Coast Section, C.I.F. By-Laws and Sports and General Rulings Handbook. Refer to these two documents to clarify proper governance for competition involving HDNL teams.
- 7.3 Official rules for all HDNL sports will be governed by the National Federation of State High School Associations Rule Books unless indicated otherwise.

8 Post Season Playoffs

- 8.1 Conference champions and highest qualifiers will be declared as designated teams for North Coast Section competition.
- 8.2 In the event of a tie for automatic berths to North Coast Section competition, the following tie-breaking procedures will be used:
 - A. For Two Teams
 - i. If time permits and records or standing points are identical, there will be a one game play-off. A coin flip shall determine the home team.
 - ii. Head-to-head competition against one another in HDNL competition shall be the second criteria. A clear margin of victories or standing points accumulated by soccer teams, shall determine the HDNL representative to the North Coast Section Post Season Play-offs.
 - iii. In soccer, goal differential in the games the tied teams played with each other will be used as the third criteria.
 - iv. If none of the above apply, the HDNL commissioner or his designee will decide the representative by coin flip.
 - B. For Three Teams
 - i. If time permits and records or standing points are identical, there will be a two game play-off. A coin flip shall determine the bye team. The winner of the first game will be the home team in the second play-off game against the bye team.

- ii. The two teams remaining apply the criteria for ties between two teams.
- iii. If none of the above apply, the HDNL commissioner or his designee will decide the representative by vote or coin flip.

9. Changing Scheduled Dates and Postponement Policy

- 9.1 All league games shall be played on the date and time scheduled except as provided by the league's postponement policy. Postponements may occur due to natural causes (wind, weather, etc.). Special emergency exceptions may be made through the commissioner's office. If the commissioner is not available, exceptions will be handled by the HDNL president and the principals of the schools involved. Any other changes must be made at a gamesHDNL meeting.
- 9.2 Member schools can request schedule changes for League approved contests if there is a conflict with a school related activity. The school with the issue contacts the opposing school. If they agree, then it goes to the Scheduling Committee for approval. The Scheduling Committee shall consist of the Past League President, League President and Vice President.
- 9.3 Requests must be made prior to the start of the League season.
- 9.4 All postponed HDNL athletic contests shall be played by mutual agreement of the schools involved on the earliest date possible. If this agreement is not reached in two school days after the scheduled date of the contest, the date of the contest shall be established by a committee composed of the league president, vice-president, and commissioner or designee.

10. Protests

- 10.1 The following procedure shall be followed when protesting a HDNL athletic contest:
 - A. Protests other than rule book interpretations/misinterpretations will not be considered.
 - B. If a protest is filed, it must be at the time and location of the alleged violation.
 - i. If a scorebook is being used and there is an assigned official, the time of the protest and the alleged rule infraction must be entered into the score-book, and it must be signed by both coaches and the head official.

- ii. If no scorebook is being used, but there is an assigned official(s), the protesting coach must conference with the opposing coach and head official to explain the rationale for his protest and notify them that the contest is being played under protest.
- iii. In the absence of both a scorebook and a contest official, the protesting coach, at the time of the alleged violation, will notify the opposing coach that the contest is being played under protest (witnesses recommended).
- iv. The principal of the protesting school shall file a written report with the HDNL president, commissioner and the principal of the other school or Schools involved by 4:00 p.m. of the next school day.

10.2. Once the written report has been received from the protesting school, the commissioner will check to determine if the protest is compliant with Section 10.2 of the HDNL By-Laws. If it is determined to be non-compliant, all conference members will be notified of the decision. All schools involved in the protest will have the right to appeal this decision to the HDNL Board of Managers.

10.3 If it is determined that the protest is compliant with procedural criteria, the Commissioner will convene a 3-member hearing panel to hear the appeal. The decision of this panel will be final at the HDNL level. Any school involved in this hearing will have the right to appeal the decision to the NCS/CIF.

11. Appeals

If an appeal of any HDNL decision is submitted to the HDNL, the HDNL will hear the appeal using the policies and practices outlined in the NCS appellate handbook.

12. Entries to NCS Post Season Competition

Site directors or designees of HDNL athletic events shall forward all entry information to the NCS event directors.

13. Expenses

Expenses acquired by HDNL member schools in hosting Dick Niclai Basketball Tournament games, Charles Lakin Baseball/Softball Tournament games, HDNL Playoff games to determine Automatic Qualifiers to NCS Post Season, the HDNL Wrestling Championships, and the HDNL Pre-County and HDNL County Championship Track meet will be reimbursed by the following fee schedules:

A. Basketball

Ticket Seller	\$ 50. 00
Ticket Taker	\$ 50.00
Timers/Scorers	\$ 50.00
Site Director	\$ 75.00
Trainer (HSU Only)	\$225.00

B. Wrestling

Ticket Seller	\$ 50.00
Ticket Taker	\$ 50.00
Site Director	\$175.00
Trainer	\$225.00
Scorer	\$125.00

C. Track

Site Director:	\$300
Track Starter:	\$150
Track Announcer:	\$150

14 Schedules

14.1 Schedules for all the next year HDNL sports shall be submitted by the HDNL Scheduling Committee at the HDNL Board of Managers August meeting and will be distributed to member schools following approval by the HDNL. Whenever possible, the HDNL Scheduling Committee will avoid scheduling games on school holidays and adhere to the HDNL gender equity guide lines.

15. Ejection Policy

The HDNL recognizes and enforces the North Coast Section Ejection Policy. Refer to the North Coast Section Sports and General Rulings Handbook for this policy and specific ejectionable offenses for each sport. Additionally, spectators ejected from a HDNL contest must complete the NFHS online Sportsmanship Course.

16. Sex Equity

16.1 The HDNL is committed to provide equal opportunities for all genders.

16.2 The HDNL, the North Coast Section, and the California Interscholastic Federation admit students of any race, religion, color, national origin, sex or sexual orientation to all rights, privileges, programs, and activities generally accorded or made available to the students of member schools. It does not discriminate on the basis of race, religion, color, national origin, ethnic origin, sex or sexual orientation in administering its athletic policies, student eligibility, scheduling or any other programs.

16.3 The HDNL Board of Managers will adopt league athletic schedules that provide the gender equity and minimize the negative impact upon school time in all HDNL sports at all levels of competition.

17. HDNL All-League Awards

- 17.1 Procedure: Each participating institution shall award a five and one-half inch chenille white star with the black letters "HDN" to outstanding athletes. Member schools will be responsible for buying and distributing these stars. The HDNL Board of Managers will DETERMINE the guidelines for awarding the stars AND THE DATE, LOCATION AND TIME FOR the meeting to determine recipients of the stars. Schools failing to have representation at these meetings shall forfeit their all-league awards. THE REPRESENTATIVES FROM EACH SCHOOL MUST BE EITHER ONE OF THEIR COACHES, ADMINISTRATORS OR ATHLETIC DIRECTORS. SUBMISSIONS RECEIVED BY PHONE, TEXT, EMAIL, ETC WILL NOT BE ACCEPTED.
- 17.2 If a tie in the standings affects the awarding of stars (odd number), then an additional star will be awarded so that the tied teams will receive the same amount of stars. Teams below the tied teams do not move up to receive additional stars.
- 17.3 Athletes may receive one star per sport during their athletic careers. If an athlete qualifies for a second star in the same sport, a roman numeral insert is awarded which will be one-half inch high with gold lettering on a black background.
- 17.4 After nominations, there can be a period of discussion and input from other coaches to aid coaches in their selections. All-League Stars will be awarded in the following sports as indicated:
- A. Baseball/Softball
- i. There will be eleven/twelve selections.
 - ii. The selection committee will be composed of the head coach, or designee, from each of the schools.
 - iii. One Most Valuable Player will be selected by ballot before any other selections are made. The coach or designee may nominate a player from his/her school, but may not cast votes for his/her own players.
 - iv. Ties will result in Co-MVPs.
 - v. Any coach or designee may waive a selection if he/she feels no one is deserving. If this happens, another team may select a player if all agree.
 - vi. Players will be selected by the order of finish in the league using the following format: (MVPs are included in these totals.)

<u>Five Team Conference</u>	<u>Four Team Conference</u>
-----------------------------	-----------------------------

1st	5 Selections
2nd	3 Selections
3rd	2 Selections
4th	1 Selection
5th	1 Selection

1st	5 Selections
2nd	3 Selections
3rd	2 Selections
4th	1 Selection

B. Basketball

- i. There will be eight/nine selections including a MVP.
- ii. The selection committee will be composed of the head coach, or designee, from each of the schools.
- iii. One Most Valuable Player will be selected by ballot before any other selections are made. The coach or designee may nominate a player from his/her school, but may not cast votes for his/her players.
- iv. Ties will result in Co-MVPs.
- v. Any coach or designee may waive a selection if he/she feels no one is deserving. If this happens, another team may select a player if all agree.
- vi. Players will be selected by the order of finish in the league using the following format (MVPs are included in these totals):

Five Team Conference	
1st	3 Selections
2nd	2 Selections
3rd	2 Selections
4th	1 Selection
5th	1 Selection

Four Team Conference	
1st	3 Selections
2nd	2 Selections
3rd	2 Selections
4th	1 Selection

C. Cross Country

The first seven finishers in the varsity, HDNL Cross Country Championships (girls and boys) will be awarded stars.

D. Football

- i. There will be twenty/twenty-two selections including a MVP.

- ii. The selection committee will be composed of the head coach, or designee, from each of the schools.
- iii. Two Most Valuable Players will be selected by ballot before any other selections are made. The coach or designee may nominate a player from his/her school, but may not cast votes for his/her own players.
- iv. Ties will result in Co-MVPs.
- v. Any coach or designee may waive a selection if he/she feels no one is deserving. If this happens, another team may select a player if all agree.
- vi. Players will be selected by the order of finish in the league using the following format (MVPs are included in these totals) :

Five Team Conference

1st 8 Selections
 2nd 6 Selections
 3rd 4 Selections
 4th 2 Selections
 5th 2 Selections

Four Team Conference

1st 8 Selections
 2nd 6 Selections
 3rd 4 Selections
 4th 2 Selections

E. Golf

- i. HDNL White Stars will be awarded to the seven (7) golfers with the lowest accumulative stroke total for the matches played in the season. The Individual Scoring System will eliminate the one (1) highest score in relation to par for each player during the seven (7) League matches. Final Individual League standings will reflect the best five (5) scores of the seven (7) league matches. This Individual Scoring System applies to both Girl's and Boy's Golf Seasons

F. Soccer

- i. There will be nineteen/twenty selections including a MVP.
- ii. The selection committee will be composed of the head coach, or designee, from each of the schools.
- iii. One Most Valuable Player will be selected by ballot before any other selections are made. The coach or designee may nominate a player from his/her school, but may not cast votes for his/her own players.

- iv. Ties will result in Co-MVPs.
- v. Any coach or designee may waive a selection if he/she feels no one is deserving. If this happens, another team may select a player if all agree.
- vi. Players will be selected by the order of finish in the league using the following Format (MVPs are included in these totals):

*If any league has more than 5 teams each team finishing 6th or below will receive 1 Selection.)

Seven (or less) Team Conference		Five Team Conference		Four Team Conf.	
1st	5 Selections	1st	5 Selections	1st	5 Selections
2nd	3 Selections	2nd	3 Selections	2nd	3 Selections
3rd	2 Selections	3rd	2 Selections	3rd	2 Selections
4th	2 Selections	4th	2 Selections	4th	2 Selections
5th	1 Selection	5th	1 Selection		
6th	1 Selection				
7th	1 Selection				

G. Tennis

Up to six Stars will be awarded with the participants in the #1 singles and #1 doubles championship matches at the HDNL Tennis Championships. No athlete will receive two stars during a single season, meaning singles championship participants cannot also receive a Star in doubles competition.

H. Track

The champion of each individual varsity event and the champions of the relay teams in the approved order of events at the HDNL Track Championships will be awarded stars.

I. Volleyball

- i.. There will be nine/ten selections including a MVP.
- ii. The selection committee will be composed of the head coach, or designee, from each of the schools.

- iii. One Most Valuable Player will be selected by ballot before any other selections are made. The coach or designee may nominate a player from his/her school, but may not cast votes for his/her players.
- iv. Ties will result in Co-MVPs.
- v. Any coach or designee may waive a selection if he/she feels no one is deserving. If this happens, another team may select a player if all agree.
- vi. Players will be selected by the order of finish in the league using the following format (MVP's are included in these totals):

Five Team Conference		Four Team Conference	
1st	4 Selections	1st	4 Selections
2nd	3 Selections	2nd	3 Selections
3rd	2 Selections	3rd	2 Selections
4th	1 Selection	4th	1 Selection
5th	1 Selection		

J. Wrestling

- i. The champions of the approved weight classes at the HDNL Boys and Girls Wrestling Championships will be awarded stars.

18. Contest Safety

It is the responsibility of each HDNL school to assure that, to the very best of their ability, all contests will be played in an atmosphere of safety; free from violence, intimidation or threats; where the participants, public, staff and officials may enjoy the true purpose of the athletic contest. To ensure safety at HDNL contests, it is recommended that there be an administrator in charge or designee from both schools at all varsity events with emphasis on football and basketball. See Supervision 4.1 To this end HDNL school officials and ultimately the school principal must assess each contest's volatility and take the following actions in anticipation of potential disruptions.

- A. Alert the other school.
- B. Increase the number of certificated staff in attendance, make them visible.
- C. Add police and security officers.

- D. Change the time of the event such as evening to afternoon.
- E. Close the event to the public.
- F. Move the event to a neutral site.
- G. Declare a forfeiture and not play the game.

19. Sportsmanship

The HDNL Spectator Code of Conduct Form will be provided to parents at every Sports' Pre-Season Parent Meeting and student-athletes will not be able to participate (practice/compete) until signed form from a parent is returned to the school

- A. HDN Sportsmanship Bylaws
In an effort to comply with the CIF and encouraging schools to pursue victory with honor the HDN will adopt the 16 principles as bylaws. It will also establish a process to hold schools accountable for actions that do not meet these high standards.
- B. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
- C. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership - including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
- D. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
- E. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.

- F. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
- G. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
- H. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
- I. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
- J. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.
- K. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
- L. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
- M. School Boards, superintendents, and school administrators of CIF-member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the

age group coached as well as first aid. 3) Coaching principles and the rules and strategies of the sport.

- N .Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
- O. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
- P. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
- Q. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

20. Protocol For School Personnel Reporting That Another School May Be In Violation Of HDN Rule

When school personnel have questions or evidence relative to a possible rule violation at another school, they shall immediately report their information to the principal of their school.

- A. Coaches and/or athletic director should place a courtesy call to inform their counterpart at the school of concern. This call should be made immediately upon becoming aware of the question and/or evidence.
- B. The principal of the reporting school shall verify the information that has been provided to her/him (either through other faculty members or with community contacts.). If this cannot be accomplished on the same day that the question or evidence is received, the principal will contact the principal of the student's current school and share his/her preliminary information. The purpose of the immediate information is to protect the school against continuing to violate the rule of concern.

- C. The principal of the reporting school shall contact (via telephone, fax or email) the principal of the student's current school in a timely manner (there would have to be extenuating circumstances for a principal not to initiate contact on the day that he/she receives the question or evidence).
- D. The principal of the student's current school will investigate the alleged infraction, make a determination on the allegations and report her/his findings to the reporting principal within five working days or prior to any league, NCS or State CIF post-season competition that would be affected.
- E. When the reporting principal is not satisfied with the finding of the principal of the student's current school, the reporting principal shall file a request for initial determination with his/her league. The league shall review the information presented by both principals, request additional information, as the league deems appropriate, and make a finding. The finding shall be shared with the two principals.
- F. Any finding of a violation of HDN rules and regulations must be reported according to the procedures adopted by the CIF/NCS Constitution and General Bylaws. The offending school shall report the infraction according to NCS 1103.

21. Prevention Plan for Athletes leaving the Bench Area

All HDNL schools shall develop a Prevention Plan for Athletes leaving the Bench Area during an altercation. The plan should include the following:

- A. Establish the expectation for coaches to instruct their athletes and provide opportunities to practice the plan
- B. Identify which coaches will run to the altercation to assist in breaking it up
- C. Identify which coaches will keep players on the sidelines
- D. If there is only 1 coach, identify which players (captains) will keep players on the sidelines
- E. Players on the (field/court) should distance themselves from the altercation and move towards their sidelines

22. HDNL Supplemental League Alignment Process

Realignment process for HDNL Football and Girls Soccer - Schools will be aligned into basic/supplemental leagues by their conference per the following Criteria:

1. Provide for competitive equity
2. Geographical proximity
3. Input Process: At the end of season coaches meeting: L4 and B5 coaches will meet separately and develop recommended supplemental leagues for the next two year cycle. These recommended Leagues should include rationale for each group's decision. All coaches would then meet and attempt to develop a consensus recommendation if needed.
4. All recommendations would be forwarded to the HDNL Athletic Directors for review. The ADs would attempt to reach agreement on one of the recommended League Alignments or develop their own.
5. The HDNL BOM would review all recommended supplemental Leagues and approve one for the next two year cycle or create their own for approval.
6. Each group must provide rationale for their recommended Alignment Proposal

Baseball

1. Rules: The Official Baseball Rules of the National Interscholastic Federation shall govern HDNL competition. Coaches and officials from the host school, along with the game official, shall agree on the ground rules at each individual site.
2. Games: All HDNL games shall be seven innings. All HDNL games will end after five (5) innings when a team is ten (10) or more runs behind and has had its turn at bat.
 - A. All HDNL games shall be played as scheduled except when postponed because of weather conditions. (Refer to postponement policy). There shall be a maximum of 30 minutes between games of a double header with the host school making the final decision.
3. Suspended Games: If darkness, rain or other causes interfere with play so that the umpire calls a game which is not a regulation game or is a regulation game with a tie score, it shall be declared a "suspended game".

- A. The schools involved may reschedule such a game and if the league championship is affected, it must be rescheduled.
 - B. If a tie or suspended game is replayed, the following provisions will prevail:
 - i. It shall be replayed in its entirety using the same lineup.
 - ii. Injury, ineligibility, etc., may make it impossible for a team to use the same lineup. The intent of the rule is to insure the same lineup in so far as possible.
4. HDNL Charles Lakin Tournament: At the conclusion of the HDNL seasons, the top three teams in each conference will be seeded by order of finish to compete in the Charles Lakin Tournament. All tournament games shall be played at a single site.
- A. In the event of a tie, the following sequence shall be used to determine the seeding:
 - i. Head-to-head competition in conference contests
 - ii. Coin flip
 - B. Tournament Structure:

Game 1: Big 5 Conference #2 seed	vs.	Little 4 Conference #3 seed
Game 2: Little 4 Conference #2 seed	vs.	Big 5 Conference #3 seed
Game 3: Winner of Game 1	vs.	Little 4 Conference #1 seed
Game 4: Winner of Game 2	vs.	Big 5 Conference #1 seed

C. Championship Game:

Winner of Game 3 vs. Winner of Game 4.
 Home team will top seed or be determined by coin flip.

Basketball

- 1. Team Titles: HDNL basketball teams shall be designated varsity, junior varsity and frosh.

2. HDNL Championships: Only those games against HDNL opponents will count toward the HDNL Championship in each of the two conferences.
3. HDNL Dick Niclai Tournament: At the conclusion of the HDNL seasons, the top three teams in each conference will be seeded by order of finish to compete in the Dick Niclai Tournament. Up until the championship games, the highest seeded team will host contests.
 - A. In the event of a tie, the following sequence shall be used to determine the home site:
 - i. Head-to-head competition in conference contests
 - ii. Coin flip

B. Tournament Structure:

Round 1: #2 seed vs. #3 seed from each conference
Round 2: Winner of Round 1 vs. opposite conference #1 seed

C. Championship Game:

Winners from Round 2.
Home team will top seed or be determined by coin flip.

Seasons of Sports

The HDNL will follow the seasons of sports stated in NCS Sports and Ruling Handbook Section 100.

Cross Country

1. Communications: The host school must provide meet results to the participating schools and to the appropriate media.
2. Participation: Individual runners must participate in three of the six HDNL meets in order to participate in the championship meet. Each team must participate in all HDNL meets or forfeit their opportunity to participate in the championship meet. Hardship cases may be approved by the HDNL Commissioner and can exempt individuals or teams from the above provisions.

3. HDNL Championship Meet:
 - A. Prior to the start of the championship meet, each school must designate its seven scoring runners.
 - B. A school may enter less than a full team of five (5) in HDNL Championship meet, but will not be eligible for a team championship.
 - C. The finishing position of any individual who is not a member of a full team, will be disregarded when team points are being tabulated. In other words, when figuring team points, only members of full teams will be considered as finishers.
 - D. Championship teams, both boys and girls, will be declared for the HDNL
 - E. Banners will be given for both boys and girls.
4. Disqualifications: All runners who start and finish the race will go through the finish line and receive a designated finishing position. Should there be cause to disqualify a runner who has participated, he/she will be disqualified after his/her finish place has been determined. All runners finishing behind him/her will then be moved up one place.
5. Meet Director: The Meet Director of the HDNL Championship Meet will be named by the hosting school.

Football

1. Designated Teams: HDNL football teams shall be designated Varsity and Junior Varsity.
2. Contests: There will be a minimum of 30 minutes between the end of the Junior Varsity game and the start of the Varsity game.
3. Tie Breaking: Varsity football contests hosted by HDNL member schools will utilize the tie breaking procedure identified in the National Federation Football Rulebook.
4. Approved HDNL Football Re-Alignment Process

- A. Every 2 years the HDNL will be Re-Aligned in the sport of Football. This shall be done to maintain the integrity of two leagues with a minimum of 4 teams each.
- B. For the purposes of this proposal, the two leagues shall be referred to as the Big 4 and the Little 4.
- C. At the end of the two year scheduling cycle the top 4 NCS division teams will be placed in the Big 4 and the lower 4 division teams will be placed in the Little 4.
- D. If two or more teams are in a NCS division that will have teams placed in both the Big 4 and Little 4:
 - i. The team(s) with the most NCS competitive equity points from the last two-year cycle would be placed in the Big 4 and the team(s) with the least will be placed in the Little 4.
 - ii. If the teams were only in the same NCS division for the final year of the two-year cycle, then the NCS competitive equity points from that year only will be used to determine placement into the Big 4 or Little 4.
 - iii. If two teams are tied with the same number of NCS competitive equity points in either A or B, the winner of a head to head game during the last year of the cycle would be placed in the Big 4 and the loser placed in the Little 4.
 - iv. If there is no head to head game the school with the highest enrollment will be placed in the Big 4 and the school with the lowest enrollment will be placed in the Little
- E. At the end of the two-year scheduling cycle, if a Big 4 team is identified for supplemental placement into the Little 4 (based on the criteria in #3 and #4 above) they will be given the opportunity to remain in the Big 4. If this is the case, no team will be required to move from the Little 4 to the Big 4.

Golf

- 1. Matches: All matches shall be governed by the USGA rules of golf except as modified by the local rules at the golf course being played and the following HDNL Golf Rules.
 - A. If a ball is plugged and lost in your fairway and all players in the group agree that it was lost in your fairway, a ball may be dropped as near as possible to

the spot where the ball plugged and lost in the rough or another fairway other than the hole being played is a lost ball.

- B. Players are not responsible for the addition of their scorecards, but they are responsible for the correct scores on a hole-by-hole basis. If a player signs for a score lower than he or she actually had on a hole, the following penalties will apply:
 - i. First infraction - 2 stroke penalty
 - ii. Second infraction - disqualification for that particular tournament
- 2. Green Fees: Each school shall be responsible for the green fees, if applicable, for its team.
- 3. League Competition: League schedules will attempt to include one scheduled match at each golf course within the HDNL. To increase the opportunities for competition, multiple matches may be scheduled for the same course. To accommodate local courses, league matches are generally played on Mondays.
- 4. Players
 - A. Four (4) golfers per school will constitute a team for team score. Each school will be allowed to play six (6) golfers.
 - B. Host schools in coordination with the host course can determine and allow an extra golfer(s) as an additional exhibition golfer(s) only.
- 5. Scoring the Matches
 - A. Team Scores
 - B. The total combined scores of the four (4) lowest golfers for each team at a match will constitute the team total.
- 6. Individual Scores: HDNL White Stars will be awarded to the seven (7) golfers with the lowest accumulative stroke total for the matches played in the season. The Individual Scoring System will eliminate the one (1) highest score in relation to par for each player during the seven (7) League matches. Final Individual League standings will reflect the best five (5) scores of the seven (7) league matches. This Individual Scoring System applies to both Girls and Boys Golf Seasons.

7. Maximum Hole Score: The HDNL will use the double par score maximum per hole.
8. Record Keeping: Each year the golf coaches will select one of their members to serve as recorder for the season. He or she will keep records for each match, cumulative seasonal totals and will distribute to each school match results and cumulative results after each match.
9. Misconduct by a Player: Misconduct is governed by the North Coast Section Ejection Policy and furthermore, misconduct by a player that results in the damage to any of the golf courses being played in a match may result in immediate suspension.
10. Coaches Roles and Responsibility
 - A. Coaches are responsible for the supervision of their respective teams and will remain on the ground during the entire match.
 - B. Coaches will not golf during any HDNL matches.
 - C. All groups will be assigned a marshal for their entire round. Each HDNL coach will serve as a marshal for a group. The host school(s) will provide additional marshals as needed to cover all groups.
11. Maximum Time Limit: HDNL Golf Matches will be a maximum of 5 hours in length. Holes started before the 5 hour mark will be completed and scored. At the conclusion of the match, the League maximum score of "double par" will be applied to all unscored holes (HDNL Bylaw 807 Maximum Hole Score).

Soccer

1. Designated Teams: Both Boys and Girls Soccer are designated as Varsity teams in the HDNL.
2. Championships
 - A. HDNL Champion and order of finish will be determined using the following point system:
 - i. 3 points for a win
 - ii. 1 point for a tie
 - iii. 0 points for a loss

The team with the most accumulated points through the league season will be declared the HDNL Champion.

- B. In the event there are four (4) or more teams to compete in the HDNL Little 4 Conference, either boys or girls, there will be an HDNL Little 4 Conference Champion and an HDNL Big 5 Conference Champion. Schedules will be adjusted to accommodate this scenario.
3. Season of Sport - Soccer: The North Coast Section allows individual leagues the opportunity to choose the season that soccer will be played. The HDNL season of sport for soccer shall be the Fall.
4. Games: All league contests will be eighty (80) minutes duration played in two equal halves. Each contests will be officiated by three-man crews, but a two-man crew may be used in case of an emergency. Tied games remain a tie.
5. Tie-Breaking: In the event of a one game playoff to determine the HDNL automatic qualifier ends in a tie, the NCS Soccer Tie-Breaking Criteria will be used for that game.

Softball

1. Rule: The Official "Softball" Rules of the National Interscholastic Federation shall governance HDNL competition. Coaches and officials from the host school, along with the game official, shall agree on the ground rules at each individual site.
2. Games: All HDNL games shall be seven innings. All HDNL games will end after five (5) innings when a team is ten (10) or more runs behind and has had its turn at bat. All league games shall be played as scheduled except when postponed because of weather conditions. (Refer to postponement policy). There shall be a maximum of thirty (30) minutes between games of a double header with the host school making the final decision.
3. Suspended Games: If darkness, rain or other causes interfere with play so that the umpire calls a game which is not a regulation game or is a regulation game with a tie score, it shall be declared a "suspended game".
 - A. The schools involved may reschedule such a game and if the league championship is affected, it must be rescheduled.

- B. If a tie or suspended game is replayed, the following provisions will prevail:
 - i. It shall be replayed in its entirety using the same lineup.
 - ii. Injury, ineligibility, etc., may make it impossible for a team to use the same lineup. The intent of the rule is to insure the same lineup in so far as possible.

4. HDNL Charles Lakin Tournament: At the conclusion of the HDNL seasons, the top three teams in each conference will be seeded by order of finish to compete in the Charles Lakin Tournament. All tournament games shall be played at a single site.

A. In the event of a tie, the following sequence shall be used to determine the seeding:

- i. Head-to-head competition in conference contests
- ii. Coin flip

B. Tournament Structure:

Game 1: Big 5 Conference #2 seed	vs.	Little 4 Conference #3 seed
Game 2: Little 4 Conference #2 seed	vs.	Big 5 Conference #3 seed
Game 3: Winner of Game 1	vs.	Little 4 Conference #1 seed
Game 4: Winner of Game 2	vs.	Big 5 Conference #1 seed

C. Championship Game:

Winner of Game 3 vs. Winner of Game 4.
Home team will top seed or be determined by coin flip.

Tennis

- 1. Rules: The rules of the United States Tennis Association (USTA) shall govern the HDNL.
- 2. Teams: Each participating school will have a boys team and a girls team or a student team. An athlete cannot participate in the same sport in two different seasons during the same school year. Each team will consist of four singles players and three

doubles teams. Each participant is allowed to play both singles and doubles, but is not required to do so.

3. Team Match: The team winning four of the seven matches (four singles and three doubles) will be the winner.
4. Match
 - A. Singles
 - B. Competition in the best of three sets will determine the winner.
 - C. Doubles
 - D. Competition in pro sets will determine the winner on weekdays. Competition in the best of three sets will determine the winner on weekends and at the HDNL Tournament.
 - E. Order of Play

The order of play should start immediately with Singles being played first, and then Doubles unless there is mutual consent by both teams to adjust the order of play. It is noted that this is not a home site decision, but one made mutually between the two schools.

5. Balls: The home team shall furnish new balls for each match. Each team will furnish its own new balls at the HDNL Tournaments.
6. Team Championships: There will be two championships awarded, one for boys and one for girls in each conference. The teams with the best win and loss records will be champions.
7. HDNL Tournament: The HDNL Tournament will determine individual champions for both boys and girls and the HDNL representative to the North Coast Section Championships. It shall consist of two events, singles and doubles. Singles and doubles shall be played on separate weekends with singles first. All players except the #1 singles winner may play in both events. (The #1 singles winner qualified to the North Coast Section). The #1 doubles winner will also qualify for play in the North Coast Section Championships.
Seeding for both Tournaments, Singles and Doubles, will follow the NCS Tennis Championships

8. Seeding Criteria:
 - A. Singles Tournament
 - i. The tournament for both boys and girls shall consist of six (6) brackets, one for each of the six singles positions during the season. Any player who plays 50% of the league matches at a particular singles position during the season must play at that position during the HDNL Singles Tournament. (Example: a player who plays #1 all season must play #1 in the tournament). Players may play up the ladder, but not down. (Example: #1 during the season could play #2, but #2 during the season could not play #5). All of the #1's compete against each other in a bracket; all of the #2's compete against each other in a bracket; etc. through #6. *Note: The #1 Singles finals will be played with regular scoring.*
 - ii. The winner of the #1 singles bracket qualifies for the North Coast Section Tournament, wins the HDNL White Star and cannot compete in the doubles tournament.
 - B. Doubles Tournament
 - i. The tournament shall consist of three (3) brackets; #1, #2 and #3 doubles. The #1 and #2 brackets are open events. Any member of a team may play with any other member in these events regardless of the singles or doubles position during the regular season or during the HDNL singles tournament. The #3 doubles bracket will be restricted to the #5 singles player and lower. In this event, as in singles, play is allowed up the ladder, but not down. The winners of the #1 doubles bracket win the HDNL White Star and qualify for the North Coast Section Tournament.
9. The Site Director will receive \$125 for the Singles Tournament and the Doubles Tournament

Track and Field

1. Entries
 - A. Track coaches shall meet previous to the HDNL Conference Meets to seed, determine lanes and to list entries for these meets. Such information shall be forwarded to the schools hosting the meets.

- B. In all HDNL meets, each school may enter a maximum of participants in each event.
2. HDNL Meets: Field Events will start at 3:00 PM and Running Events at 3:30 PM.
- A. The meet director shall have the following responsibilities:
 - i. General supervision of the meet.
 - ii. Provide grounds and equipment.
 - iii. Determine the time schedule for the meet.
 - iv. With the help of the referee and clerk, arrange preliminary and semi-final heats.
 - v. Appoint a head finish judge, a head inspector and head timer.
 - B. Each school has a responsibility to provide two adults to help officiate each league meet. The meet director and host school is responsible for running the starting and finish line as well as the coordination of recording the meet and sending the results to the press. Schools are assigned the following duties and must fulfill the obligation unless arrangements can be made with the site director and/or HDNL:

Arcata: Shot Put	Del Norte: High Jump
Eureka: Long Jump	Fortuna: Discus
McKinleyville: Triple Jump	Ferndale: Finish Line
South Fork: Pole Vault	ST/Hoopa/SB/NCP: Finish Line

NOTE: These responsibilities can be amended on a year-to-year basis. Failure to provide two adult officials will result in a \$100 fee assessed to the offending school in order to secure officials. Repeated failure to provide two adult officials may result in the League Commissioner excluding the offending school from future meets.

- 3. HDNL Pre-County Meet: The Meet Director should not be a current coach and will receive a \$125.00 stipend for their duties. To qualify for the HDNL Pre-County Meet, entrants must have participated in the same event in two of the meets listed on the league schedule. The meet director is required to verify the eligibility of each entrant. Qualifying entries from the HDNL Pre-County Meet will be forwarded to the North Coast Section Area Championship Meet Director by the HDNL Commissioner or

designee immediately upon the meet's conclusion. These entries must include the first name of each competitor. It shall be the responsibility of each coach to see that names are correctly entered in the North Coast Section Area Championship Meet and HDNL County Championship Meet.

4. HDNL County Championship Meet
 - A. The Meet Director should not be a current coach and will receive a \$350 stipend for their duties.
 - B. In order to qualify for competition in the HDNL All-County Championship Meet, individuals must participate in Trials for the following events: 100 meter, 200 meter, 400 meter, 100 meter hurdles, 110 meter hurdles and the 300 meter hurdles. The Top 8 qualifiers for all running events will advance to the All-County Championship Meet. For other events, the Top 16 marks from league meets will be used to determine participation.
 - C. Each coach shall verify the entries from his/her school who are eligible to participate in the HDNL County Championship Meet. The verification shall be made immediately following the HDNL Pre-County Meet.
 - D. This meet will determine the HDNL County Champion without distinction between the HDNL – Big 5 Conference and HDNL – Little 4 Conference.
 - E. 6 places will be scored to determine the HDNL County Champion
5. Track Meets: The league track meets will be the four hosted by Arcata/McKinleyville, Del Norte, Eureka, and Fortuna. All HDNL Schools will participate in these four meets. All meets shall include all events scheduled in the HDNL County Championship Meet. Events for practice meets and invitational meets shall be determined by the schools involved.

Girls Volleyball

1. Rules: The National Federation Volleyball Rule Book shall govern competition.
 - A. Coaches and game officials agree on the ground rules before the first match.
 - B. The official varsity match shall consist of three out of five games and each game shall consist of a regulation 25 points. Game 5 shall consist of 15 points.
 - C. The junior varsity match shall consist of two out of three games and each game shall consist of regulation 25 points. Game 3 shall consist of 15 points.

- D The length of matches and scoring of games is determined by the North Coast Section.

Wrestling

1. Weigh-Ins
 - A. All member schools shall conduct official weigh-ins in accordance with NFHS Rules.
 - B. No wrestling coach may weigh in his own athletes.
2. HDNL Championship Tournament
 - A. No more than one wrestler from each school per weight class will be allowed to participate in the HDNL Championship Tournament.
 - B. The Tournament will apply the team scoring/brackets as identified in the NFHS Wrestling Rule Book.
 - C. For weight classes with more than five contestants, an additional match will be wrestled between the losers of the consolation semifinals. This match will determine the order of the 2nd and 3rd Alternate at each weight class for NCS qualification purposes. There will be no team points associated with these matches and they will have no bearing on the final team scores.
 - D. Wrestling coaches shall meet 30 minutes after the scheduled start of weigh ins for the HDNL Championship/NCS Qualification Meet to seed entries in each weight class.
 - E. The binding seeding meeting will be held at the school site hosting the HDNL Championship. The seeding meeting will be facilitated by the host schools Athletic Director or designee. Additionally, only 1 representative from each participating school and the seeding facilitator can attend the meeting. NO ONE ELSE WILL BE ALLOWED AT THE MEETING.
 - F. The head coach or team's representative shall have the option to seed or not seed their team's wrestler. The remaining spots will be drawn at random. However, if coaches vote a wrestler is considered seedable, that wrestler is then subject to being seeded by the following criteria:

- i. Head to head wrestling
 - ii. Common opponents
 - iii. Previous season placing
 - iv. Coaches vote
- G. If a seeded wrestler is unable to compete, all other seedable wrestlers will move up one spot.
 - H. The seeding meeting shall be a binding meeting and no changes may occur after closure of the meeting.
 - I. Schools failing to send a representative will not be allowed to protest the results of the binding seeding meeting.
 - J. The HDNL Tournament Director will be named by the host school.
 - K. All other rules pertaining to C.I.F. wrestling shall apply.
 - L. Weigh-Ins will start at 8:00 AM and Competition at 10:00 AM
3. HDNL Champion Team: The HDNL Wrestling League Champion will be determined by a combination of points earned in the League scheduled dual-meet competition (vs all HDNL Schools) and points earned in the season ending League Tournament.
- A. 1 point will be awarded for each win in dual-meet competition and added to points from the League Tournament (3 points for first, 2 points for second and 1 point for third). The combined point total will determine the League Champion.
 - B. Additionally the D2 school with the best dual record vs other HDNL D2 schools will be the Automatic Qualifier to the NCS Team Championships.
 - C. And the D3 school with the best dual record vs other HDNL D3 schools will be the AQ to the NCS Team Championships.

Note: Team points in the League Tournament will be awarded as provided in the official National Federation Wrestling Rule Book.

4. ~~HDNL League Representative (This Bylaw has been currently suspended by the League)~~
 - A. ~~The position and responsibilities of the "League Representative" to the North Coast Section, including attendance at the NCS seeding meeting, shall be granted to the league's highest placing team's Head Coach, willing to accept the position. This determination is to be made immediately following the announcement of the final team scores at the HDNL Championships. This position and its responsibilities will continue until the completion of the HDNL Championship the following year."~~
5. HDNL Wrestling Leagues:
Big 5: Arcata, Del Norte, Eureka, Fortuna
Little 4: Ferndale, Hoopa, Mckinleyville, St. Bernards, South Fork
6. HDNL Coaches participating in the NCS Dual Team Championship Seeding Meeting, will support and vote for the HDNL Dual Team League Champion as the highest seeded HDNL team in the NCS Dual Team Championships.
7. HDNL Game Officials
 - A. Independent Contractors
 - i. Game officials for HDNL contests will be approved by the league as independent contractors with no affiliation with the league.
 - ii. These services will be advertised annually in September with bids being received by November 1 of the preceding school year and responses given by the end of January of the preceding school year.
 - iii. Official associations contracted by the HDNL must submit evidence of insurance to the HDNL Commissioner by September 1, of the current school year.

HDNL Commissioner

1. Selection: The HDNL Board of Managers select the HDNL Commissioner.
2. Responsibilities: The HDNL Commissioner is an administrative position and this person is directly responsible to the HDNL Board of Managers. Responsibilities are, but not limited to,:
 - A. Acts as liaison and facilitator among HDNL principals, athletic directors, coaches, and sport officials associations.
 - B. Serves as resource person to all member schools.
 - C. Is responsible for the organization and coordination of the HDNL.
 - D. Investigates and gathers information regarding protests of the HDNL, NCS, and CIF constitutions/by-laws/sports rules and will schedule meetings pertaining to these issues in a timely fashion.
 - E. Processes and approves all NCS eligibility forms.
 - F. Prepares a preliminary future year budget in March subject to HDNL Board of Managers approval in April.
 - G. Is responsible for deposits, writing checks, keeping records and providing the HDNL Board of Managers with financial statements at each regular meeting.
 - H. Organizes and assists athletic directors in developing yearly athletic schedules and assists in organizing any other ad-hoc committee assigned by the HDNL Board of Managers.
 - I. Annually oversees revisions of the constitution, by-laws, administrative regulations and sports rules of the HDNL as by the HDNL Board of Managers.
 - J. Oversees and evaluates the organization and operation of league tournaments and playoffs.
 - K. Attends all NCS Sports Advisory Committee and Board of Managers meetings and ensures that the HDNL has full representation at all meetings.

- L. Advertises and solicits bids for sport officials associations for each sport and evaluates each association at the end of its contract year.
 - M. Oversees and coordinates all cancellations, postponements and changes of schedules per the HDNL By-Laws.
 - N. The commissioner will appoint coaches to chair the HDNL All-League awards meeting and be responsible for coordinating, compiling and publicizing HDNL All-League awards and selections for all sports annually.
 - O. Publishes time line for all HDNL and NCS meetings.
 - P. Attends and serves as a resource for HDNL Board of Managers and Advisory Board meetings. Processes and develops minutes of each meeting and publishes and mails the agendas to all members along with supporting materials.
 - Q. Distributes CIF and NCS information packets to appropriate schools.
 - R. Actively provides leadership in the HDNL helping to promote sportsmanship by acting among spectators, coaches, parents, schools, and athletes themselves.
 - S. Other duties as assigned by the HDNL Board of Managers.
3. Salary Schedule: The schedule is structured to be in line with the averages found in other leagues/conferences found in the NCS. Adopted 2024 - \$22,900
 4. Evaluation: The HDNL Commissioner will be evaluated annually by the HDNL Board of Managers at the April meeting. It is the responsibility of the HDNL President to initiate this evaluation annually.

HDN LEAGUE ALL SPORTSMANSHIP TEAM - Proposal to League from HDN SAAC - Spring 2024

GOAL:

To recognize student-athletes who are positive role models within our schools and the community at large. Integrity, fairness, character and respect are inherent principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results. This award seeks to recognize student athletes that display good sportsmanship and school leadership, regardless of athletic ability.

CRITERIA:

Winners will be selected based on demonstrated principles of good sportsmanship, school and community service, and leadership.

AWARD PROCESS:

- Each HDN school will select one male and one female varsity level student-athlete during each season of sport who demonstrates exemplary sportsmanship and leadership. Schools nominate one male and one female athlete per season (Fall, Winter, Spring) for a total of six during a school year.
- A student athlete may only be nominated for one/year from each school site.
- Selections must be submitted during the season of sport for which the student-athlete competes in.
- Selections must be received no later than 10 school days following the last HDN league game for each season of sport. Schools will submit their selections via a link sent out to all Athletic Directors.
- In May, each HDN school will then select one overall athlete from their six nominees to be awarded to the All Sportsmanship Team.
- Overall winners will receive a HDN sportsmanship gold star, (not as big as the White HDN Star, one size smaller), an award certificate, and recognition at each school site. In addition, press releases will be created and distributed to local media publicizing the league winners.
- Honorable mention team will comprise of the students that were nominated each season.

RUBRIC FOR SELECTING ALL LEAGUE SPORTSMANSHIP TEAM NOMINEES; A GUIDE FOR SCHOOLS TO USE IN THEIR SELECTION PROCESS:

Nominees should be evaluated holistically, considering their actions both on and off the field, and their impact on the school and community. The emphasis should be on recognizing individuals who embody the spirit of good sportsmanship and demonstrate leadership qualities, rather than solely focusing on athletic ability.

Demonstrated Sportsmanship:

- Shows consistent respect for opponents, officials, teammates, and coaches.
- Maintains composure and positive attitude, even in challenging situations.
- Displays fairness and integrity in all interactions on and off the field/court.

School and Community Service:

- Engages in volunteer activities within the school or local community.
- Demonstrates commitment to improving the well-being of others through service.
- Acts as a positive ambassador for the school

Leadership:

- Exhibits leadership qualities both on and off the field/court.
- Inspires and motivates teammates to uphold sportsmanship principles.
- Takes initiative in promoting a culture of respect and integrity within the team and school community.

Ticket Audit and Payment Voucher

Ticket Audit

Activity: Niclai, Lakin, HDNL Wrestling or HDNL Track (circle 1) Date: _____

Site Director: _____ Site: _____

Participating Teams: _____

.00 Adult Ticket Color _____ Binding # _____ Binding # _____ Number Sold _____ Total Sales _____	.00 Student/Seniors Ticket Color _____ Binding # _____ Binding # _____ Number Sold _____ Total Sales _____	0.00 General (HSU/CR only) Ticket Color _____ Binding # _____ Binding # _____ Number Sold _____ Total Sales _____	0.00 General (HSU/CR only) Ticket Color _____ Binding # _____ Binding # _____ Number Sold _____ Total Sales _____
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Total Ticket Sales _____

Total Cash Received _____

Signature _____

Cash (Over/Under) _____

