
ATHLETIC DIRECTORS MEETING MINUTES, THURSDAY, FEBRUARY 22, 2018

ATTENDANCE

Jerry Bonfigli (AD)	Cardinal Newman	Ty Yanez (AD)	Ukiah
Jerry Deakins (AD)	Maria Carrillo	Jeff Hardie (AD)	Windsor
Dean Haskins (AD)	Montgomery	Kevin Ballatore (AD)	Windsor
Scott McKeon (AD)	Rancho Cotate		
Bryan Price (AD)	Santa Rosa	Jan Smith Billing	Commissioner

I. APPROVAL OF AGENDA

Motion to recommend approval of the agenda as presented.

Motion: Jerry Deakins

Second: Ty Yanez

Motion approved unanimously

II. APPROVAL OF THE NBL CONSENT AGENDA

Motion to recommend approval of the NBL consent agenda, as listed below.

Motion: Scotty McKeon

Second: Jerry Deakins

Motion approved unanimously

1. Approval of minutes from the previous meeting. (Item III)
2. Approval of SAC Consent Agenda
3. Motion to adjourn the meeting

III. APPROVAL OF MINUTES FOR THE PREVIOUS MEETING

Motion approved by consent

IV. PUBLIC COMMENT

Pursuant to Education Code Section 54954.3 and Education Code section 33353, any member of the public wishing to speak on any matter within the subject matter jurisdiction of the NBL, CIF, and NCS will be heard at this time. The time for such comment is no more than two (2) minutes per person on an item and no more than twenty (20) minutes total on an item or as designated by the Chair.

There were no members of the public present at this meeting.

V. NCS SAC AGENDA ITEMS

I. Consent Agenda

Motion to direct the NBL representatives to the SAC vote to approve the SAC Consent Agenda.

Motion approved by consent.

II. Minutes of the previous SAC meeting

Proposal to recommend approval of the minutes of the previous meeting as posted on the NCS website approved by consent.

IV. CIF Items

A. Proposed Revision of CIF 504.M—Day of Respite

Notes from Eligibility Committee Meeting: This rule adds a bit of flexibility for Seven Day Adventist schools. Each school has the option to make their own decision as to their day of respite.

Supported unanimously by NBL Athletic Directors

Proposal Originated: CIF Sac-Joaquin

Type: Bylaw Revision

Proposal Summary: Bylaw 504.M currently includes an exception that allows those schools founded upon the religious tenets of observing a Sabbath day of respite from sundown Friday until sundown Saturday to declare an alternate day of respite of Friday or Saturday. The proposed revision clarifies and strengthens the exception language. The revision clarifies the alternate day of rest as a 24-hour period running from sundown Friday to sundown Saturday. This more closely matches the beliefs and practices of member schools that have Sabbath rest as a part of their school tenets. It also strengthens the exception language by requiring documentation, if necessary, of schools' religious beliefs. Additionally, the proposed change closes a potential loophole where students could play games on 7 consecutive days (Friday afternoon, Saturday night, and Sunday). Schools that observe a Sabbath day of rest will be treated equitably along with other CIF member schools.

Background: The enforcement of the current bylaw language unfairly limits religious schools' athletic participation. Currently, by declaring an alternate day (Friday or Saturday) these religious schools would be restricted by religious belief and organizational bylaw from participating in athletic events/practices for approximately 41 hours if Friday is declared, or approximately

Sunday it would potentially limit accommodation options for playoff participation and also limits participation by the religious schools in traditional pre-season tournament play (Thursday-Saturday). If an alternate day is not declared, then these religious schools are restricted by religious belief and organizational bylaws from participating in athletic events/practices for 48 hours total each week. The sundown to sundown period could open the door for religious schools to practice or play all week and then participate in a Friday afternoon, Saturday night, and Sunday tournament with other religious schools. The proposed revision would limit this potential opening by not allowing seven consecutive days of athletic participation (practice and/or games) and requiring documentation (as necessary) of adherence to that rule.

B. Proposed Revision of CIF Bylaw 502—Competition vs. Non-CIF Member Schools

Prevents Section Commissioners from granting member schools to play members of another state association unless that school is a full association member, eligible to play for the State Championship series.

Supported unanimously by NBL Athletic Directors

Proposal Originated: Commissioners Committee

Type: Bylaw Revision

Proposal Summary: This proposal clarifies who CIF member schools are allowed to play. Schools would be allowed to compete with other CIF member schools or with schools who are members of other state associations and are eligible to play in their respective state playoffs.

Background: In recent years, CIF member schools have been engaging in competition with schools from other state associations who have membership in their state but are not allowed to play in their state playoffs. In some instances, these schools are not allowed to compete with member schools of their own state because they are not required to follow the same eligibility rules. This proposal would help to ensure that CIF member schools are playing other education based high schools and not academy like programs.

502. NON-CIF MEMBER SCHOOL/CLUB TEAMS

- A. *CIF member schools shall only compete with other member schools of the CIF and/or schools who are members of another state association/federation who are eligible to participate in their respective state association/federation playoffs (see Bylaw 705 for International Competition).*

C. CIF Bylaw 2001.B Football full contact practice limitation (Attachment B)

The original CIF rule of 90 minutes was appropriate at the time, but many more state are limiting full contact to 45 minutes, two days per week. This is a good move on the part of the CIF as it works to establish rules that will help keep student-athletes safe.

Supported unanimously by NBL Athletic Directors

CIF Bylaw 2001.B.

Football teams are limited to two days per week of full contact practice, with no more than **45** ~~90~~ minutes of full contact on each of those days during the season of sport. For purposes of this bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of "Live Action" as defined by USA Football.

Talking Points:

- This reduction will bring California in line with the rest of the country as the national average for full contact each week is 90 minutes.
- The proposal has the unanimous support of the CIF State Football Advisory Committee.
- The ten section commissioners unanimously supported moving this proposal forward to the CIF State Executive Committee for their consideration.
- When asked about full contact practice taking place at their own schools or at other schools in their sections, no member of the Football Advisory Committee believed that any program was currently using more than 90 minutes per week. In fact, the general consensus of the group was that most coaches were using less than 90 minutes per week.
- Full contact is defined in the above proposal. As per CIF policies, all of the following activities would not count towards the **45** ~~90~~ minutes of full contact per week and players may still dress in full pads for these drills:
 - ✓ **Air:** Players run unopposed without bags or any opposition
 - ✓ **Bags/Blocking Sleds:** Activity is executed without a bag/blocking sled, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coaching standing behind the bag.
 - ✓ **Control:** Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.

D. Revision of CIF Bylaw 201.A. (4)—Contact with incoming ninth graders

The bylaw already gives schools the opportunity to meet with enrolled incoming ninth grade students in a school-wide athletic meeting with no break-out rooms to meet with individual sport coaches. This revision allows schools to review requirements for the fall, summer activities, basic eligibility rules, etc., sport specific, with incoming ninth grade students and parents. It also allows coaches to contact incoming enrolled ninth grade students after May 1. Supported unanimously by NBL Athletic Directors

Discussion of revision of CIF Bylaw 201.A.(4) b and c, which would allow school coach to contact incoming ninth graders starting as early as May 1 concerning next year athletic activities IF the student is enrolled for the next year.

Eligibility Committee: This proposal was supported unanimously by the Eligibility Committee. It would allow a meeting with incoming PREVIOUSLY ENROLLED freshman with NO BREAKOUTS. More clarification will be forthcoming from Gil.

Proposal Originated: Commissioner Committee

Type: Bylaw Revision/Move

Next: Federated Council Action, 4/2/2018

Proposal Summary: The proposed bylaw revision will allow schools to meet with incoming eighth grade students and parents after May 1 and ONLY if the student has registered for classes at the CIF member school and, in the case of a private school, paid a non-refundable registration fee. If approved, this Bylaw revision is for immediate implementation.

Fiscal Impact: None

Background: With the majority of high school and middle school graduations and promotions coming earlier, schools have been requesting the ability to schedule and meet with their incoming eighth graders to discuss and disseminate sport specific information regarding summer activities. ONLY parents/guardians and student who are ALREADY registered for

classes at the CIF member school and, in the case of a private school, paid a non-refundable registration fee may attend these information meetings. The prohibition for practice, attendance at practice and competition remains in place until the eight grade students graduate.

CIF State Bylaw 201.A.(4)—page 29

Enrollment standards for purposes of Bylaw 510 (pre-enrollment contact) (Bylaw 510)

- a. General information about athletic programs, physicals, summer activity, camps, etc. may be distributed to middle school students only by a CIF member school administrator or athletic director.

Question: What may representatives of a senior high school do as far as contact with junior high/middle school students is concerned?

Answer: Because a graduate of a junior high/middle school may enter any high school in California and may be residentially eligible in accordance with all CIF rules, contact by senior high school representatives is regulated. Individual coaches cannot visit or initiate contact with junior high/middle school students, but it would be permissible for the school administrator or athletic director (not the coach) of a senior high school to visit the junior high/middle school campus for the purpose of informing students of the total athletic program at the senior high school. However, it is legal on a school day for a high school coach to be part of a total open house and/or school orientation (academics, activities, but not athletics by itself) where a student is part of a general gathering of students on the high school campus and such activity has the approval of the high school and junior high/middle or elementary school principal.

- b. Eighth graders who have not graduated from the eighth grade may not participate in any athletic meetings conducted by any high school coach that is not part of a school-wide high school presentation **until May 1 and only if the student has registered for classes at the CIF member school and, in the case of a private school, also paid a non-refundable registration fee.**
- c. The student may not practice or compete in any contest at any high school, even if they have registered for classes and/or paid a non-refundable registration fee, until they have graduated from the eighth grade.
- d. Contact between coaches (and others associated with the athletic program) and students or their parents during summer activity conducted by a CIF member school, shall not be considered pre-enrollment contact requiring disclosure, if the student has, previous to that summer, registered for classes at the CIF member school and, in the case of a private school, also paid a non-refundable registration fee and has officially withdrawn from the previous school as long as the contact does not occur prior to the conclusion of the student's former school's year end. Such contact is not required to be disclosed. All other contact not covered in this circumstance between coaches (and others associated with the athletic program) and students or their parents must be disclosed as required in Bylaws 206, 207 and 510.

This will be a first reading item at the January 2018 Federated Council Meeting with a vote at the April 2018 Federated Council Meeting for immediate implementation.

V. NCS ITEMS

A. Sport Divisions for 2018 – 2019 (ATTACHMENTS E – R)

B. Emergency Action Plan (ATTACHMENT S): Supported unanimously by NBL Athletic Directors

Notes from Gil: The sticking point with this proposal is the inclusion of the AED. At least two joint power agreements in the state recommend not having AEDs. This is surprising at first, but when you read the documentation, current state law holds individuals accountable to parameters of having AEDs and this has concerned districts who are self-insured in JPAs. AT this time, we may

want to hold off on any decision since there is a bill in the assembly and we don't know what protections will be part of the bill. The issue is language under Health and Safety Code 1797.196

Bryan provided a link that is helpful for the establishment of an Emergency Action Plan and is supported by the NFHS, among other organizations. Bryan and Kenny go over this information with their coaches and, in turn, their student-athletes. The link is: anyonecansavealife.org

Any school hosting an NCS Championship event must verify with the Section administration that the school has an Emergency Action Plan in place which includes after school athletic events. The EAP must include the availability of an Automated External Defibrillator (AED). Schools who cannot verify the EAP, with a working AED, will not be allowed to host NCS Championship events.

C. Golf Proposal—Decrease D1 teams by 1 and add 6 individual qualifiers: Supported unanimously by NBL Athletic Directors

Currently NCS takes 9 D1 and 9 D2 individuals to the D1 Championship. The total number of teams that that are taken to the D1 Tournament is 21. (7 Automatic Qualifiers and 14 at-large teams) The committee reviewed the information regarding the scores comparison between the last at-large team accepted to the D1 tournament and the individual golfers' scores that placed 13 - 18 in the qualifier. The average scores of the last at-large team selected was 91. The average score of the next six individuals was 74.

D. Golf—Penalty for defaulting at the NCS Golf Championships

Athletic Director Concerns: Don't penalize kids who had no involvement in this situation; perhaps levy a fine, as is done when teams do not use an official ball in NCS Championship events.

An individual qualifier or team shall not enter the NCS Golf Championships and then withdraw. (Only exceptions allowed without penalty are documented injury, documented illness or documented personal emergency).

PENALTY FOR VIOLATION: Any school whose individual/ team qualifies to the NCS Golf Championships and does not compete will be subject to the following penalty as determined by NCS Golf Management Committee panel: **Loss of privilege to participate in the NCS/Les Schwab Tires Golf Championship for one year.** NOTE: If a school's individual entry violates this bylaw, then the school will not be allowed to send an individual the following year to the NCS Golf Championships. If a school team violates this bylaw, then the following year the school team will not be allow to participate in the NCS Golf Championships.

E. Competitive Divisions

Motion to alter the competitive divisions procedures. Supported unanimously by NBL Athletic Directors

Once promoted, teams may leave the promoted division if they have less than **4 (four) points** ~~8 points~~ earned in all divisions in the last three years.

Rationale: When the competitive divisions proposal was created the points required for movement up and down was set as the same number. It is the belief of the Commissioner that there should be a high standard set for the movement up, 8 points, and the point level has served the section well to date. However, when reviewing the opportunity for a highly competitive team to move down after being required to move up the point average should not be so high as to basically guarantee that any team moving up should make the semifinals or championship game, and if they don't, move down the following year. Rather, the point threshold should be a lower number. Four (4) points is a better representation of the competitiveness of a school at the higher division, showing that the team proceeded to the quarterfinals or higher in the higher division.

F. Hot Weather Policy

Motion to adopt a Hot Weather Policy that would apply to all contests NCS member schools host during the preseason, season and postseason. Supported unanimously by NBL Athletic Directors

Notes from Gil: Two superintendents asked why the NCS does not have a policy regarding participation during hot weather. Although many other states have such a policy, the CIF does not. But, that does not mean that we cannot implement a policy. The proposed policy uses the established Heat Index Chart, but I (Gil) suggests a number, 104, or some other number supported by the group and can be easily determined using a smart phone. I (Gil) uses WeatherBug to determine temperature and humidity, then can determine the Heat Index using the chart on the agenda, or better yet, use the OSHA-NIOSH Heat Index App, which tells you the index. This app is great and easy to use.

Hot Weather Policy When the Heat Index is above 104 degrees at the start of all outside contest the contests may not be conducted. Heat Index is calculated using temperature and relative humidity readings. Once the readings are recorded, the assigned school individual uses the chart below to determine the Heat Index.

G. Air Quality Index

Motion to adopt an air quality index of 125 for all high school outdoor athletic events hosted by NCS member schools during preseason, league and Section Championship events. Supported unanimously by NBL Athletic Directors

Notes from Gil: Same as above under the hot weather policy. NCS Office received calls as to why NCS does not have a standard. Gil suggested 125, but the NCAA uses 200 and an AQI of 149 or less would keep competition out of the unhealthy area of the AQI scale. Gil uses AirVisual on his smart phone. It recognizes the most local weather information.

Rationale: During the fall, many games were cancelled by schools and/or school districts based on poor air quality and air quality advisory email sent by the Commissioner of Athletics. In conversation with principals and superintendents some expressed a desire to have a written policy that would mandate cancellation of contests.

The link below is a good tool for use in calculating air quality in your zip code. http://airnow.gov/?action=airnow.local_city&zipcode=

H. Clarification of NCS Bylaw 15.501(F)22.501(F), Baseball/Softball—Immediate Implementation

Participating teams will not be allowed to take batting practice, use pitching machines or batting cages at the game site within two hours of the scheduled game time. The use of regulation, whiffle or other low flight balls may be used for hitting warm-up drills (provided it is allowed by the host facility), with the following exception: regulation balls may not be used for front toss. Only whiffle or other low flight balls may be used for front toss.

PENALTY FOR VIOLATION: The game shall be forfeited by the offending team. IMMEDIATE IMPLEMENTATION

I. Proposal for Redwood Empire Area Track Meet Entries: Opposed unanimously by NBL Athletic Directors

The number of qualifiers per each event by league for the NCS/Les Schwab Tires Redwood Empire Track & Field Championships will be as follows:

HDNL	4 entries
MCAL	4 entries
NBL	4 entries 5 entries
VVAL	4 entries

*Plus the next best 8 7 marks from all 4 league championships.

Lower Lake – Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place(s) in the top four (4) of the CMC meet, he/she qualifies (up to three entrants per event as stated in the NFHS Track & Field Rules, 4 - 2 - 4c on page 24) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

*Any league that fails to forward **any entries in an individual event** will increase the entries to other participating leagues. No league will receive more than six entries and the Meet*

Director must maintain equal entries from each participating league.

Note: Due to the number of potential qualifiers in the NCS/Les Schwab Tires Redwood Empire Track & Field Championships additional heats may be necessary in some races. Entries to the NCS Class A/Area meet will be as follows:

NCS Class A and 2A/3A Area Meets			
Class A ⁵	Redwood Empire ⁵	Bay Shore ⁵	Tri-Valley ⁵
Bay Counties 8 (4 relays) Coastal Mountain 8 (4 relays) HDNL Little 5 (2 relays) ⁴ Branson, Berean Christian	HDNL (Big 5) 4 MCAL 4 ¹ New League 5 SCL 4 ² Lower Lake Next 7 best marks from all 4 league champs	Mission Valley 4 TCAL 6 WACC 6 Next best marks from all 3 league championships.	Bay Valley 4 Diablo Athletic 6 East Bay 6 Next best marks from all 3 league championships.

²Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place in the top four (4) of the CMC meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

NOTE: This action may require an additional heat at the NCS/Les Schwab tires Redwood Empire Track & Field Championships in all races that are run in lanes.

⁴Branson School shall compete in the Marin County Athletic League's league qualifying track & field meet. When Branson School athlete(s) place in the top four (4) of the MCAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS Class A Track & Field Championships.

⁵Any league that fails to forward any entries in an individual event will increase the entries to other participating leagues. The Meet Director of the Class A or Area Meet must maintain equal entries from each participating league.

⁴Berean Christian shall compete in the Diablo Valley Athletic League's league qualifying track and field meet. When Berean Christian athlete(s) place in the top four (4) of the MCAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS Class A Track & Field Championships.

1. For any meet, a student may enter not more than four individual events, excluding relays, and not participate in more than four events.
2. A student may compete in only one classification in league meets. Example: A student who is entered in Frosh - Sophomore competition in a league meet, but who fails to qualify for the finals cannot be moved to a Varsity relay team for the finals of that same meet.
3. A student who has been entered in the maximum number of events in the trials of any meet, but who fails to qualify in one or more of these events is not eligible to be substituted as a member of a qualifying relay team in the finals of that same meet.
4. A student who competes in a non - varsity classification in the league meet may compete as a member of a Varsity relay team in either of the NCS/Les Schwab Tires Area/Classification Championships or the NCS/Les Schwab Tires Meet of Champions.
5. A student may only compete in the NCS/Les Schwab Tires Area/Classification Championship Meet in the individual event(s) in which the student qualifies in his/her league meet.

J. NBL Proposal for Redwood Empire Area Track Meet Entries: Supported unanimously by NBL Athletic Directors

Since in 2018-19 there is a league re-alignment and the number of schools in each league in the Redwood Empire will change, the following proposal is offered to accommodate the leagues that are increasing in numbers. Attached is the list of leagues for the 2018-2020.

The number of qualifiers per each event by league for the NCS/Les Schwab Tires Redwood Empire Track & Field Championships will be as follows:

League	# of schools	Current Entries	TMC Proposal	NBL Proposal
HDNL	5	4	4	2
MCAL	9	4	4	5
NBL	12	n/a	5	7
VVAL	7	n/a	4	3
Total	33			17

***Plus the next best 8 7 marks from all 4 league championships.**

Rationale: There are 33 schools involved in the Redwood Empire Track Meet. There are 24 entries. 24 divided by 33 is 0.727... entries per school. If you multiply 0.727 times the number of schools per league you obtain the entries shown in the table below. This method of determining entries is equitable and provides for entries based on the actual number of schools per league. The seventeen guaranteed entries added to seven at-large entries will result in 24 total entries.

League	Number of schools	Entries using formula	Rounded off entries	Deduction of 2 entries to provide for 7 at large entries
HDNL	5	3.63	4	2
MCAL	9	6.54	7	5
NBL	12	8.724	9	7
VVAL	7	5.089	5	3
				17 + 7 at large = 24 total

Lower Lake – Lower Lake shall compete in the Coastal Mountain Conference’s league qualifying track and field meet. When a Lower Lake athlete(s) place(s) in the top four (4) of the CMC meet, he/she qualifies (up to three entrants per event as stated in the NFHS Track & Field Rules, 4-2-4c on page 24) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

Any league that fails to forward **any entries in an individual event** will increase the entries to other participating leagues. ~~No league will receive more than six entries and the Meet Director must maintain equal entries from each participating league.~~

Note: Due to the number of potential qualifiers in the NCS/Les Schwab Tires Redwood Empire Track & Field Championships additional heats may be necessary in some races.

Entries to the NCS Class A/Area meet will be as follows:

NCS Class A and 2A/3A Area Meets			
Class A ⁵	Redwood Empire ⁵	Bay Shore ⁵	Tri-Valley ⁵
Bay Counties 8 (4 relays)	HDNL (Big 5) 4 MCAL 4 ¹	Mission Valley 4 TCAL 6	Bay Valley 4 Diablo Athletic 6

Coastal Mountain 8 (4 relays) HDNL Little 5 (2 relays) ⁴ Branson, Berean Christian	New League 5 SCL 4 ² Lower Lake Next 7 best marks from all 4 league champs	WACC 6 Next best marks from all 3 league championships.	East Bay 6 Next best marks from all 3 league championships.
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²Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place in the top four (4) of the CMC meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

NOTE: This action may require an additional heat at the NCS/Les Schwab Tires Redwood Empire Track & Field Championships in all races that are run in lanes.

⁴Branson School shall compete in the Marin County Athletic League's league qualifying track and field meet. When Branson School athlete(s) place in the top four (4) of the MCAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS Class A Track & Field Championships.

⁵Any league that fails to forward any entries in an individual event will increase the entries to other participating leagues. The Meet Director of the Class A or Area Meet must maintain equal entries from each participating league.

⁶Berean Christian shall compete in the Diablo Valley Athletic League's league qualifying track and field meet. When Berean Christian athlete(s) place in the top four (4) of the DVAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS Class A Track & Field Championships.

- 1) For any meet, a student may enter not more than four individual events, excluding relays, and not participate in more than four events.
- 2) A student may compete in only one classification in league meets. Example: A student who is entered in Frosh-Sophomore competition in a league meet, but who fails to qualify for the finals cannot be moved to a Varsity relay team for the finals of that same meet.
- 3) A student who has been entered in the maximum number of events in the trials of any meet, but who fails to qualify in one or more of these events is not eligible to be substituted as a member of a qualifying relay team in the finals of that same meet.
- 4) A student who competes in a non-varsity classification in the league meet may compete as a member of a Varsity relay team in either of the NCS/Les Schwab Tires Area/Classification Championships or the NCS/Les Schwab Tires Meet of Champions

A student may only compete in the NCS/Les Schwab Tires Area/Classification Championship Meet in the individual event(s) in which the student qualifies in his/her league meet.

K. Maximum number of contests for Competitive Sport Cheer = 2—IMMEDIATE IMPLEMENTATION

L. Motion to adopt the three-year championship calendar (2018 – 2021); *Supported unanimously by NBL Athletic Directors*

VI. NEW BUSINESS

A. Proposal for Home Playoff Games for SVLC Teams in North Coast Section Lacrosse Playoffs. *Opposed unanimously by NBL Athletic Directors*

Sacramento Valley Lacrosse League is submitting this proposal on behalf of the teams in the Sacramento Valley Lacrosse League ("SVLC"). The SVLC consists of the following teams: Boys: Granite Bay, Davis, Oak Ridge, Casa Roble, Jesuit, St. Mary's of Stockton, Lincoln of Stockton, Bella Vista, Christian Brothers and Vista del Lago Girls: Granite Bay, Davis, Oak Ridge, Casa Roble, Bella Vista, St. Francis, Rio Americano, Christian Brothers and Vista del Lago.

In 2013, the SVLC was approved by the North Coast Section as a supplemental league for

purpose of participating in the North Coast Section lacrosse playoffs. Since that time, 4 - 5 teams from the SVLC have been selected to participate in those playoff each year in both the girls and boys divisions. In addition, all SVLC teams regularly play North Coast section teams during the regular season both home and away. However, during the playoffs, SVLC teams have been required to play all their games away even when they have been a higher seed. This has put the SVLC teams at a significant disadvantage as it would require them to travel up to 4 times in a 2 - week period. The SVLC believes that it has become an integral part of the North Coast Section playoffs and provides high - level competition for the North Coast Section teams both during the season and the playoffs. It would respectfully request that the North Coast Section consider revising its rules to allow SVLC teams to host North Coast Section playoff games when they are the higher seed. This proposal was unanimously approved by the Board of the SVLC as its November 9th, 2017 meeting.

B. Proposal to treat Division 1 and Division 2 tennis teams equally in conducting the NCS Singles/Doubles Championship Series. Supported unanimously by NBL Athletic Directors

Description of the Proposal: Amend 24.205H d) to read "The doubles' teams' brackets shall be filled to 16 places for **both Division I and II** (Division I) and 8 places (Division II) using the second place doubles team...

Date of Requested Implementation: July 1, 2018.

Rationale in Support of Proposal: This is a simple matter of equity. There are approximately the same number of schools in DI and D II. There are approximately the same number of quality doubles teams in DI and DII. There should be the same opportunity to participate in NCS championships for student - athletes from schools in both divisions.

Income and Expenses Related to Implementation: Any slight increase in the costs to the NCS in running the championship event will be more than offset by collecting participation dues from eight more D II teams.

C. NBL Proposal for Redwood Empire Area Track Meet Entries: Supported unanimously by NBL Athletic Directors

Since in 2018-19 there is a league re-alignment and the number of schools in each league in the Redwood Empire will change, the following proposal is offered to accommodate the leagues that are increasing in numbers. Attached is the list of leagues for the 2018-2020.

The number of qualifiers per each event by league for the NCS/Les Schwab Tires Redwood Empire Track & Field Championships will be as follows:

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Rationale: There are 33 schools involved in the Redwood Empire Track Meet. There are 24 entries. 24 divided by 33 is 0.727... entries per school. If you multiply 0.727 times the number of schools per league you obtain the entries shown in the table below. This method of determining entries is equitable and provides for entries based on the actual number of schools per league. The seventeen guaranteed entries added to seven at-large entries will result in 24 total entries.

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				17 + 7 at large = 24 total

Lower Lake – Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place(s) in the top four (4) of the CMC meet, he/she qualifies (up to three entrants per event as stated in the NFHS Track & Field Rules, 4-2-4c on page 24) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

Any league that fails to forward **any entries in an individual event** will increase the entries to other participating leagues. ~~No league will receive more than six entries and the Meet Director must maintain equal entries from each participating league.~~

Note: Due to the number of potential qualifiers in the NCS/Les Schwab Tires Redwood Empire Track & Field Championships additional heats may be necessary in some races.

Entries to the NCS Class A/Area meet will be as follows:

NCS Class A and 2A/3A Area Meets			
Class A ⁵	Redwood Empire ⁵	Bay Shore ⁵	Tri-Valley ⁵
Bay Counties 8 (4 relays) Coastal Mountain 8 (4 relays) HDNL Little 5 (2 relays) ⁴ Branson, Berean Christian	HDNL (Big 5) 4 MCAL 4 ¹ New League 5 SCL 4 ² Lower Lake Next 7 best marks from all 4 league champs	Mission Valley 4 TCAL 6 WACC 6 Next best marks from all 3 league championships.	Bay Valley 4 Diablo Athletic 6 East Bay 6 Next best marks from all 3 league championships.

²Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place in the top four (4) of the CMC meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

NOTE: This action may require an additional heat at the NCS/Les Schwab Tires Redwood Empire Track & Field Championships in all races that are run in lanes.

⁴Branson School shall compete in the Marin County Athletic League's league qualifying track and field meet. When Branson School athlete(s) place in the top four (4) of the MCAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS Class A Track & Field Championships.

⁵Any league that fails to forward any entries in an individual event will increase the entries to other participating leagues. The Meet Director of the Class A or Area Meet must maintain equal entries from each participating league.

⁶Berean Christian shall compete in the Diablo Valley Athletic League's league qualifying track and field meet. When Berean Christian athlete(s) place in the top four (4) of the DVAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS Class A Track & Field Championships.

1) For any meet, a student may enter not more than four individual events, excluding

relays, and not participate in more than four events.

- 2) A student may compete in only one classification in league meets. Example: A student who is entered in Frosh-Sophomore competition in a league meet, but who fails to qualify for the finals cannot be moved to a Varsity relay team for the finals of that same meet.
 - 3) A student who has been entered in the maximum number of events in the trials of any meet, but who fails to qualify in one or more of these events is not eligible to be substituted as a member of a qualifying relay team in the finals of that same meet.
 - 4) A student who competes in a non-varsity classification in the league meet may compete as a member of a Varsity relay team in either of the NCS/Les Schwab Tires Area/Classification Championships or the NCS/Les Schwab Tires Meet of Champions
- A student may only compete in the NCS/Les Schwab Tires Area/Classification Championship Meet in the individual event(s) in which the student qualifies in his/her league meet.

VII. OLD BUSINESS

A. No old business

VIII. ROUND TABLE DISCUSSION

- A. The HDNL believes the Championship Calendar has been affected by many factors over time, i.e. increased number of sports, the addition of NorCal/CIF playoffs, changes in CIF dates, etc.

With all these changes the HDNL would like to propose the SAC review the Championship Calendar and potentially assign an Ad-Hoc Committee to review the differences between the April 2016 calendar and the April 2017 Calendar (starting/ending dates) and the length of season for each sport excluding the postseason playoffs. The Committee would make recommendations for changes and a timeline for implementation to the SAC.

IX. SPORTS REPORTS

- A. Current Season
- B. Next Season
- C. Previous Season

VI. NBL NEW BUSINESS

A. Proposal to modify NBL General Rule 6(e)

Motion to modify NBL General Rule 6(e) as indicated below.

Motion: Ty Yanez

Second: Jerry Bonfigli

Motion supported unanimously

6(e): A student-athlete must be in school all day (as determined by the school district) on the day of a contest ~~or on the Friday before a Saturday contest~~ in order to be eligible to compete in that contest. Exceptions may be made if an athlete is specifically excused by the parent or his/her administrative designee with a written communication from the parent/guardian. This written communication is to be kept in the files of the principal and/or athletic director.

Rationale: The prohibition about not participating on Saturday if the student is not in school all day on a Friday is too punitive. A student may have an illness that prohibits attendance at school on Friday, but is well on Saturday. Principals have typically made exceptions for doctor or dentist appointments, funerals, etc.

B. Should an AED be a requirement for any school hosting an event at a remote area? I.e., Swim, Cross Country, Track & Field, etc.

Motion: Jerry Deakins

Second: Jeff Harding

*Rationale: The strenuous activity of running at one's highest level of exertion places strain on the heart. A healthy heart can handle this without a problem, however a small number of young student-athletes will have undiagnosed heart conditions of which they remain unaware of until something happens. Apart from being directly injured, **the most common cause of death in young***

athletes is due to a cardiac event. Early defibrillation in these cases has a 75% chance of saving that athlete's life. It is the single most important determinant of survival.

Every school interscholastic athletic program should have a portable AED that they can bring to sporting events when needed. This is especially important if the event is being held at a location where immediate emergency assistance is not available, i.e., off campus locations.

C. Eligibility Committee Report

1. International students are now limited to sub-varsity competition in any sport they participated in during the previous twelve (12) months, including participation in school, club, community and national programs or if they participated in any instructional programs for competition, i.e., golf or tennis lessons for competition. If there is no sub-varsity level, these international students may not participate.
2. Currently, continuation schools must join the CIF and NCS in order to be able to play and may NOT participate via a multi-school agreement. The proposed amendment would allow continuation school students to play at their school of residence as long as they are not at the continuation school for discipline reasons. Each school who would like to allow continuation school students to play at their school of residence must file a multi-school agreement, which would require that they add the entire continuation school population to their own student population. Some concerns: different graduation standards between continuation and comprehensive schools; who will verify eligibility; length of time in school for continuation school students as opposed to comprehensive school students; will continuation schools become a conduit for students to gain eligibility for interscholastic athletics. Participation in athletics is a privilege, not a right—it should be earned. All state section commissioners were in favor; NCS Executive Committee was split 5-5; Eligibility Committee was split 6-7-1.
3. Bylaw 208.A.(4) Foreign Exchange Students in Approved Programs—Who May Host? **No foreign exchange student may play varsity sports if any member of the host family is a coach, paid or volunteer, at the school of attendance.**
4. Bylaw Revision/Move 207.B: Supported unanimously by the Eligibility Committee. The proposed bylaw revision/move is Bylaw 207.B.(5).c.(viii).(e) "Return to Previous School" without participation. Presently, it is listed under "Hardship Waivers." The Commissioners Committee is recommending moving this exception to a more appropriate place in Bylaw 207.B.3 Transfer Eligibility. Placement in this section would count this as a transfer.
5. Eligibility Rules Handouts—will be distributed at the meeting—recommend usage at Open House, post on school website, etc.
6. Application of CIF/NCS Rules
 - a. Application of CIF/NCS Rules
 - i. One day of attendance = enrollment
 - ii. Eligibility limited to the CIF rules
 - iii. Action by a school to seek injunction relief via Superior Court based on dissatisfaction with a Section decision may be required to pay CIF attorney costs and lose membership within the Section
 - b. Exceptions
 - i. By action of the CIF Executive Committee, rules may be waived. For examples, hurricane and fire transfers. This waiver may also include other CIF rules besides transfer rules
 - ii. CIF Set-Aside rule—CIF 1109

D. Awards

Report by Ad Hoc Committee members Jerry Deakins, Bryan Price and Joe Elwood

E. Bylaw Review and/or revision

1. Baseball: Bryan and Carlos
2. Football: Kevin and Dave St.
3. Badminton: Already reviewed
4. Basketball: Jerry D. and Mike
5. Cross Country: already supported by new NBL coaches
6. Softball: Dave G. and Jeff
7. Soccer: Ernesto and Scotty

8. Golf: Jan will review and report recommendations at the next meeting
9. Track & Field: already supported by new NBL coaches
10. Wrestling: Dean will report on recommendations at the next meeting
11. Tennis: Jerry B. and Ty
12. Volleyball: already approved by all 12 new coaches AND NBL principals
13. Swim: Dean—did you review with coaches?

F. Review schedules for accuracy

Schedules are available on-line at www.northbayleague.org

G. Constitution and Bylaws Questions

1. Should we eliminate honorable mention in all-league selections? No
2. MVP format—what about when there are more than two candidates? Can vote for your own player.
3. **If a student-athlete has been disqualified from a contest AND the next contest, should we have a bylaw to not allow that disqualified athlete attend the next game—basically, the same rule currently used for coaches.** Did not discuss.
4. **Should the bylaws be the same in sports that are offered to both boys and girls?** Did not discuss.
5. 11 of the 12 baseball coaches want to play a triple round robin (Cardinal Newman coach Derek DeBenedetti changed his mind after the meeting) and all of them want to play each team home and away in the same week. Motion to have the teams play each team home and away in one week. Motion: Ty Yanez; Second: Ernesto Aubin. Motion approved unanimously.

H. Next steps in establishment of the new league

1. Advertising for a new commissioner and assistant commissioner has been done. When will interviews be conducted? Who will be on the hiring committee?
2. When and how do the athletic directors and principals want to review, revise and then adopt the new Constitution and bylaws?
3. Next joint meeting will be on May 1 at the SRCS Curriculum and Instruction Conference Room.

VIII INFORMATION ITEMS

1. Next AD meeting is on Monday, March 26 at SRCS
2. Next Principals' meeting is on Thursday, March 29 at Ukiah High School

ADJOURNMENT

Motion to adjourn the meeting