

**ATHLETIC DIRECTORS MEETING MINUTES**

**Thursday, August 27, 2015**

**ATTENDANCE**

Jerry Bonfigli	Cardinal Newman	Henri Sarlatte	Rancho Cotate
Rick O'Brien	Casa Grande	Kenny Knowlton	Santa Rosa
Jerry Deakins	Maria Carrillo	Bryan Price	Santa Rosa
Mike Mastin	María Carrillo	Ty Yanez	Ukiah
Chris Giovannini	Montgomery	Jeff Hardie	Windsor
Dean Haskins	Montgomery	Jan Smith Billing Dean Haskins	NBL Commissioner NBL Assistant Commissioner

**I. APPROVAL OF AGENDA**

Motion to recommend approval of the agenda as presented.

Motion: Jerry Deakins, Maria Carrillo

Second: Chris Giovannini, Montgomery

Motion Passed: 8 - 0

**II. APPROVAL OF THE NBL CONSENT AGENDA**

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

Motion: Chris Giovannini, Montgomery

Second: Henri Sarlatte, Rancho Cotate

Motion Passed: 8 - 0

1. Approval of minutes from the previous meeting. (Item III)
2. Approval of SAC Consent Agenda
3. Motion to increase Division 2 Singles tournament to a 16-person bracket (Item V.I.)
4. Motion to increase Division 2 Singles tournament to a 16-person bracket (Item V.G.)
5. Proposal to amend baseball bylaw 2.802(6)—For immediate implementation.  
Each participating school must provide six balls per game ~~and a ball shagger.~~ (Item VI.D)
6. Proposal to amend volleyball bylaw 13.302—For immediate implementation. (Item VI. E)
7. Proposal to amend volleyball bylaw 13.303—For immediate implementation. (Item VI.F)
8. Proposal to amend volleyball bylaw 13.304—For immediate implementation. (Item VI.G)
9. Proposal to add volleyball bylaw 13.305—For immediate implementation. (Item VI.H)
10. Proposal to add volleyball bylaw 13.306—For immediate implementation. (Item VI. I)
11. Proposal to add volleyball bylaw 13.307—For immediate implementation. (Item VI.J)
12. Proposal to add volleyball bylaw 13.805—For immediate implementation. (Item VI.K)
13. Proposal to amend girls' golf bylaw 6.101—For immediate implementation (Item VI.N)
14. Proposal to amend bylaws 6.302 (Item VI.P), 6.304 (Item VI.Q), 6.305 (Item VI.R), 6/306 (Item VI.S), and 6.308 (Item VI.T.)—For immediate implementation
15. Motion to adjourn the meeting

**III. APPROVAL OF MINUTES FOR THE PREVIOUS MEETING**

Motion approved via NBL Consent Agenda

**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.

No person who was present chose to address the athletic directors at this time.

**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**

Motion to direct the NBL representatives to the SAC vote to approve the minutes of the previous SAC meeting.

Motion approved by consent.

**IV. CIF Items**

**A. Two-year pilot program—So-Cal Regional Tournament for Basketball, Soccer and Volleyball**

Motion to send the NBL representatives to the SAC uninstructed on this item.

Motion: Chris Giovannini, Montgomery

Second: Henri Sarlatte, Rancho Cotate

Motion approved: 8 - 0

## V. NCS Items

- A. The Badminton Committee proposes the following adjustments to the league entries to the NCS Badminton Championships.  
Motion to direct the NBL representatives to the SAC vote to support this item.  
Motion: Chris Giovannini, Montgomery  
Second: Ty Yanez, Ukiah  
Motion approved: 8 – 0

Entries to the NCS/Les Schwab Tires Badminton Championship must be received by the Entry Coordinator, from the league commissioners or their designated representatives, no later than the posted deadline in the Championship Bulletin. The following formula should be used to determine entries into the NCS/Les Schwab Tires Badminton Championships.

- a) If a league fields 1 - 3 badminton teams, it will receive 3 entries.
- b) If a league fields 4 - 5 badminton teams, it will receive 4 entries.
- c) If a league fields 6 - 7 badminton teams, it will receive 5 entries.
- d) If a league fields 8 or more badminton teams, it will receive 6 entries.

### **IMMEDIATE IMPLEMENTATION**

- B. The Badminton Committee would like to propose the following bylaw.  
Motion to direct the NBL representatives to the SAC vote to support this item.  
Motion: Chris Giovannini, Montgomery  
Second: Ty Yanez, Ukiah  
Motion approved: 8 – 0

14.90H Qualifying for CIF Northern California Badminton Championships

The CIF Northern California Badminton Championship entries will only be selected from the NCS Division 1 Badminton Championship. Division 2 will not advance any entries to the CIF Northern California Badminton Championship.  
Rationale: This is keeping consistent with other like sports that qualify to the next level. (Golf and Tennis)

### **IMMEDIATE IMPLEMENTATION**

- C. Track Honest Effort Rule  
Motion to direct the NBL representatives to the SAC vote to support this item.  
Motion: Chris Giovannini, Montgomery  
Second: Henri Sarlatte, Rancho Cotate  
Motion approved: 8 – 0

The track management committee would like to add the following language to the Sports and General Rulings Handbook. This is the same language used at the state meet. Competitors who have qualified for and been entered into more than one event must honestly participate with maximum effort in each event for which the athlete is declared or the athlete will be barred from further competition in the meet.

*Note: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.*

Rationale: This keeps our meets consistent with the CIF State meet. This prevents student-athletes from pulling out of the finals after getting a qualifying mark which can prevent another student-athlete from advancing.

### **IMMEDIATE IMPLEMENTATION**

- D. The track management committee would like to add the following language to the Sports and General Rulings Handbook.  
Motion to direct the NBL representatives to the SAC vote to support this item.  
Motion: Henri Sarlatte, Rancho Cotate  
Second: Bryan Price, Santa Rosa  
Motion approved: 8 - 0

### **AT-LARGE QUALIFIERS**

25.408H At-large entries

Athletes may automatically qualify to the NCS/Les Schwab Tires Class A/Area Championships based on times or distances achieved **in the finals** of their league's qualifying meet. Athletes may automatically qualify to the NCS/Les Schwab Tires Meet of Champions based on times or distances achieved in either their area qualifying meet **finals only**. At-large standards will be determined based on the average of the last qualifying spot to the NCS/Les Schwab Tires Meet of Champions Finals in each event over the last three years. These standards will be available on the NCS website and listed in the respective track & field bulletin.

### **25.403H CLASS A At-Large Entries**

At-large qualifying marks for CLASS A track meet. Each year based on the average 8th place finisher's mark over previous three years. The mark must be established **during the finals** at their respective league championship meets. If an athlete finishes as an automatic qualifier based on finish order then the qualifying mark standard would not apply. The Class A At-Large qualifying mark achieved and the respective league meet may only qualify the individual to the Class A meet. **EXCEPTION: Class A schools that participate in large school leagues will be allowed to use the at-large qualifying times to qualify for the next level during the trials or finals at their respective league meet.**

Rationale: This protects the integrity of the league and area meets. This prevents student-athletes from pulling out of the finals after getting a qualifying mark which can prevent another student-athlete from advancing.

**IMMEDIATE IMPLEMENTATION**

- E. The Track Management Committee would like to propose a change in the entries to the Class A Track and Field meet to the following.  
 Motion to direct the NBL representatives to the SAC vote to support this item.  
 Motion: Jerry Deakins, Maria Carrillo  
 Second: Kenny Knowlton  
 Motion approved: 8 - 0

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

NCS Class A and 2A/3A Area Meets			
Class A <sup>5</sup>	Redwood Empire <sup>5</sup>	Bay Shore <sup>5</sup>	Tri-Valley <sup>5</sup>
Bay Counties <del>6</del> <b>8</b> (4 Relays)	Humboldt-Del Norte (Big 5) 6	Mission Valley 6 TCAL-9	Bay Valley 6 Diablo Foothill 6
Coastal Mountain 8 (4 Relays)	Marin County 6 <sup>1</sup> North Bay 6	WACC-9	Diablo Valley 6 East Bay 6
Humboldt-Del Norte (Little 5) 4 (2 Relays)	Sonoma County 6		
<sup>4</sup> Branson, Berean Christian	<sup>2</sup> Lower Lake		

<sup>2</sup>Lower 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 on page 21) 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.

<sup>4</sup>Branson 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)~~ **six (6)** 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 on page 21) to the NCS Class A Track & Field Championships. Berean Christian shall compete in the Diablo Valley Athletic League's league qualifying track and field meet. When either Berean Christian athlete(s) place in the top ~~four (4)~~ **six (6)** 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 on page 21) to the NCS Class A Track & Field Championships.

<sup>5</sup>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~~ **nine (9)** entries and the Meet Director of the Class A or Area Meet must maintain equal entries from each participating league. (Board of Managers 10/17/08)

**IMMEDIATE IMPLEMENTATION**

- F. Proposal to add the following language to Bylaw 504H Minimum Standards/Procedures for qualifying league representatives to section championships series in team sports.  
 Motion to direct the NBL representatives to the SAC vote to support this item.  
 Motion: Ty Yanez, Ukiah  
 Second: Henri Sarlatte, Rancho Cotate  
 Motion approved: 8 - 0

504 H Minimum Standards/ Procedures for qualifying league representatives to section championships series in team sports

f) In the sport of basketball, football, volleyball, lacrosse, team tennis, water polo, soccer, softball and baseball, a team shall have compiled either an overall record of at least an equal number of wins and losses, or an overall record of at least an equal number of wins and losses against teams in its own division, or an equal number of wins and losses against teams in league competition in order to participate in the NCS/Les Schwab Tires Championships. Note: League record does not count the league playoffs. (Board of Managers, 1/18/08)

1. **“.500 record” is defined as a team having an equal number of wins and losses. NOTE: A 0 - 0 record is not considered an even record for purposes of qualifying to the NCS Championships.**
2. **“Teams in its own division” is defined as any team whose grades 9 - 12 enrollment fall within the school's NCS/Les Schwab Tires Divisions.(See NCS Division ranges) NOTE: In the sports of volleyball, football, and basketball NCS Staff will honor division placement established by the other sections, regardless of the enrollment of the school.**
3. **Games against teams outside the United States will not be counted in determining the “.500 record within a division”.**
4. **When a team's petition is approved to play in a division of greater enrollment, that division for which the team is approved, shall be its division for the respective year. NOTE: Schools who petition up in division will remain at that division during the current year and future years. Schools who petition up in division may move back to their actual division in accordance with the time schedule set by the NCS Board of Managers.**

**IMMEDIATE IMPLEMENTATION**

- G. Motion to increase Division 2 Singles tournament to a 16-person bracket

The NCS Tennis Management Committee VOTED (consent) to increase the Division II singles (only) bracket to a

16-person bracket.

Rationale: Increase student-athlete opportunity at the Division II level to match what is currently being done in D - I.

- H. Proposal for additional language to Bylaw 24.515H  
Motion to direct the NBL representatives to the SAC vote to support this item.  
Motion: Kenny Knowlton, Santa Rosa  
Second: Henri Sarlatte, Rancho Cotate  
Motion passed: 8 - 0

#### **24.515H Defaults**

The NCS Tennis Management Committee VOTED (3-0-2) to adopt additional language regarding defaults.

#### **24.515H Defaults**

In the event a team is short a player, they will have to default an individual match, leaving vacant the last position in either singles or doubles. ***If during semifinal team play, after the overall match score has been decided, a player is "defaulted" by his/her coach, for any reason, he/she will not be allowed to play in the next round of play. As a result of the default match, one point will be awarded to the opposing team. In the next round, a coach may substitute a new player, but MUST maintain the integrity of the team ladder.***

Rationale: The committee would like to add this language (a modified version of what is being done at the Nor Cal level) to prohibit gamesmanship during NCS semifinal matches where players default their individual match, after their team has clinched the win, to save themselves for the final round. There were abstentions as some felt that legitimate injuries (cramping, nose bleeds, etc.) that would cause a player to default in the semis, could be remedied by the finals and this rule would prevent them from playing.

#### **IMMEDIATE IMPLEMENTATION**

- I. Motion to allow golf measuring devices during the NCS Championships.  
Motion to direct the NBL representatives to the SAC vote to support this item.  
Motion: Chris Giovannini, Montgomery  
Second: Ty Yanez  
Motion approved: 8 - 0

#### **19.077H Assistance During Play**

It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. Assistance includes:

1. Advice regarding improvement of play
2. Use of electronic equipment or any other aid on the course
3. ***Use of a distance measuring device is allowed provided it measures distance only.***
  - a. ***The features that would render the use of the device contrary to the rule include but are not limited to:***
    - i. ***The gauging or measuring of slope.***
    - ii. ***The gauging or measuring of other conditions that might affect play or climate-based information such as temperature, humidity, etc.***
    - iii. ***Calculating the effective distance between two points based on slope or other conditions affecting shot distance.***
    - iv. ***Such non-conforming features render use of the device contrary to the Rules, irrespective of whether or not; the features can be switched off or disengaged; and the features are switched off or disengaged.***
    - v. ***Players may not use any cell phone application as the use of a cell phone is prohibited.***
  - b. ***In each grouping (2 - 4 players), if any player uses a distance measuring device, then all players will have access to the distance information.***
  - c. ***Any player using a device who does not share the distance information with other players in his grouping, when asked, will be subject to disqualification for a serious breach of etiquette."***

#### **IMMEDIATE IMPLEMENTATION**

- J. 15.5001H (f) Game Administration Baseball/Softball (22.501H(f))  
Motion to direct the NBL representatives to the SAC vote to support this item.  
Motion: Chris Giovannini, Montgomery  
Second: Bryan Price, Santa Rosa  
Motion approved: 8 - 0

#### **1) 15.500H GAME ADMINISTRATION**

**15.501H/22.501H The following rules are applicable to all North Coast Section baseball/softball playoff games.**

f) Participating teams will not be allowed to take batting practice at the game site within two (2) hours of the scheduled game time ***in the batting cage with live pitching or pitching machine.*** The use of whiffle balls ***or other low flight balls*** for soft toss is acceptable provided it is allowed by the host facility. ***If the host school is using the batting cage for soft toss equal time must be given to the visiting team.***

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

*(Board of Managers 5/1/06)*

#### **IMMEDIATE IMPLEMENTATION**

Or

**2) 15.500H GAME ADMINISTRATION**

**15.501H/22.501H The following rules are applicable to all North Coast Section baseball playoff games.**

~~f) Participating teams will not be allowed to take batting practice at the game site within two (2) hours of the scheduled game time in the batting cage with live pitching or pitching machine. The use of whiffle balls or other low flight balls for soft toss is acceptable provided it is allowed by the host facility. If the host school is using the batting cage for soft toss equal time must be given to the visiting team.~~

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

~~(Board of Managers 5/1/06)~~

**f) Participating teams will not be allowed to take batting practice the day of the contest.** The use of whiffle balls or other low flight balls for soft toss is acceptable provided it is allowed by the host facility. **If the host school is using the batting cage for soft toss equal time must be given to the visiting team.**

**IMMEDIATE IMPLEMENTATION**

**VI. NCS SAC New Business**

- A. The EBAL would like to propose a change in the entries to the Tri Valley Track and Field meet to the following:  
 Motion to send the NBL representatives to the NCS SAC meeting uninstructed on this item.  
 Motion: Chris Giovannini, Montgomery  
 Second: Bryan Price, Santa Rosa  
 Motion approved: 8 – 0

<b>NCS Class A and 2A/3A Area Meets</b>			
<b>Class A<sup>5</sup></b>	<b>Redwood Empire<sup>5</sup></b>	<b>Bay Shore<sup>5</sup></b>	<b>Tri-Valley<sup>5</sup></b>
Bay Counties <del>6</del> <b>8</b> (4 Relays) Coastal Mountain 8 (4 Relays) Humboldt-Del Norte (Little 5) 4 (2 Relays) <sup>4</sup> Branson, Berean Christian	Humboldt-Del Norte (Big 5) 6 Marin County 6 <sup>1</sup> North Bay 6 Sonoma County 6 <sup>2</sup> Lower Lake	Mission Valley 6 TCAL-9 WACC-9	Bay Valley <del>6</del> <b>3</b> Diablo Foothill <del>6</del> <b>3</b> Diablo Valley <del>6</del> <b>3</b> East Bay <del>6</del> <b>3</b> <b><sup>5</sup>Next 12 best marks from all 4 league championships</b>

RATIONALE: As it is set up now, each of the four leagues which make up the NCSTV (EBAL, DVAL, DFAL, and BVAL) are granted 6 qualifiers in each event. However, for some time now (last 10 seasons – and the last 5 most notably) there has been a disparaging difference in the level of “quality” in those that make up the 6 qualifiers from each league. This difference means that athletes who ran, jumped, threw, etc. a better mark, in their respective league championship meet than their counterpart(s) from the other leagues, are staying home because of the 6 athlete limit, per league.

As you are aware, track is unique in that throughout the season athletes of all levels and talents can and do compete. We do not have athletes that sit on the “bench” due to a lack of talent. For that reason, we feel the post season can and should be different – the best should continue to move on from round to round (or at the very least be provided the opportunity to do so) based solely on performance not a pre-determined restriction, which has nothing to do with performance.

- B. Proposal to change the format of the NCS football championships (WACC)  
 Motion to send the NBL representatives to the NCS SAC meeting uninstructed on this item.  
 Motion: Jerry Deakins, Maria Carrillo  
 Second: Chris Giovannini, Montgomery  
 Motion approved: 8 – 0

Discussion notes:

- Anything to shorten the season
- Competition is watered down now; this would provide better competition
- Elimination of blow-out games
- Reduction of physical pounding
- Isn't this in direct contrast to what we approved last year?
- How does the Open work?
- Does this mimic basketball? Physicalness of football is a concern
- Like going from 16 to 8 teams
- Make it a true power-ranking
- When does MaxPreps cut off, in terms of score differential?

Description of the proposal:

- A. Begin football practice a week later in the school calendar and move every date one week later in the calendar. For example, the football calendar would contain the bolded dates for the 2016 – 2017 season, rather than the currently approved dates, which are italicized.
  - Earliest date non-mandatory practice may begin: **July 27** rather than *July 20*
  - Earliest date mandatory practice may begin: **August 15** rather than *August 8*
  - At-large and seeding meetings: **November 13** rather than *November 6*
- B. Establish an open division for the NCS football championships consisting of the eight “best”

teams in the NCS, regardless of division, as selected by the seeding and at-large committee. We'd need three weeks for these playoffs rather than the present four weeks.

1. These eight teams would play out the bracket; in other words, all eight teams would be guaranteed three NCS playoff games and would play out to all eight places.
  2. The open bracket winner would be the NCS Open Division representative for consideration for the NorCal/CIF championships open division championships. If not selected for the Nor Cal Open division, this open bracket winner would be the NCS division representative in a bowl game for its division.
  3. The highest placed representative from each of the five divisions (we play out to all eight places in the open division) would be the NCS representative to their particular NorCal/CIF championship bowl game in that division. If, for example, a D1 team finished third in the open bracket and another D2 team finished sixth in the open bracket, the team that finished third would be the NS bowl representative in D2.
  4. Any game in the third round of the open championships may be cancelled with the agreement of both involved principals, with that cancellation to be decided by 6 PM on the Sunday following the second round game.
- C. Continue D1 through DV brackets, but limit D1 to D5 brackets to eight teams rather than sixteen teams, thus having NCS playoffs for three weeks rather than four weeks. These eight teams would compete for the "NCS Division Championship."
1. Eight D I schools, not selected for the open division would compete for the D I NCS championship.
  2. Eight D II schools, not selected for the open division would compete for the D II NCS championship.
  3. Eight D III schools, not selected for the open division would compete for the D III NCS championship.
  4. Eight D IV schools, not selected for the open division would compete for the D IV NCS championship.
  5. Eight D V schools, not selected for the open division would compete for the D V NCS championship.
  6. Reminder. If a representative from any divisions was selected for the open division (see B1 and B3 above), that remaining representative from that division who placed highest in the open division would be the NCS representative to that particular NorCal/CIF championship game in that division.
  7. If there was no representative from a particular NCS division in the open division (for example, that there were no D V teams selected for the open division), the NCS division champion in that particular division (see C5 above) would represent the NCS in the Nor Cal/CIF bowl championships.

To summarize:

1. Football "season of sport" starts one week later and ends one week later in the school year.
2. There will still be eleven weeks to play ten games.
3. The open division will consist of the eight best teams.
4. DI through DV brackets are limited to eight teams, not sixteen. Three weeks are needed for NCS playoffs, not four.
5. Rank order of teams who would go through to the NorCal Bowl Games: Open Division Winner, Open Division second place, Open Division third place, Open Division fourth place, Open Division fifth place, Open Division sixth place, Open Division seventh place, Open Division eighth place, winner of the 8-team bracket in that division.

Rational in Support of Proposal and Possible Objections to the Proposal

1. Football practice begins very early in the school year. Football practice begins when no one is official on campus in a great majority of NCS schools. In early August, only the principal is officially back at work and he/she frequently has retreats, district office meetings, is away hiring teachers, etc. Is this "educational athletics?"
2. Football practice would begin when practice for other fall sports begins.
3. Average football teams (the great majority of NCS schools have "average" football teams) don't get all their potential players out until immediately before school goes back into session, towards the end of August. It is hard for these student-athletes, especially hard for those new to high school or new to their new high school Football now starts way before school starts. Is this "educational athletics?"
4. The first scrimmage for the great majority of schools comes when school is not in session. Is this "educational athletics?"
5. The first game for many schools comes when school is not in session. Is this "educational athletics?"
6. There are 107 schools listed as having DI to DV football programs. Presently, up to 80 football programs in DI to DV are selected for NCS football playoffs and have a spot in the NCS football brackets. 75% of all football programs now qualify for the NCS playoffs, by far the highest for any sport. Is this too many, just right, or not enough?
7. The above proposal would reduce the number of football games for eighty NCS schools by one game a season. Thirty-two fewer school would qualify for the playoffs and play only their ten maximum number of contests game. Forty-eight schools selected for playoffs
8. The present first round of the NCS playoffs would be eliminated. Note: Higher ranked schools generally beat lower ranked schools by a significant margin of victory.
9. Do byes give a big advantage to a team in the following round?
10. How many football games a season is enough for a sixteen year old? How long should the season be?

**Income and expenses related to implementation**

1. The NCS does not completely reimburse host schools for all the expenses associated with hosting a football game. There are up to forty host school in football every year. These schools will save an unknown amount of money.
2. The NCS does not completely reimburse visiting schools for all the expenses associated with traveling to a school to play a game. There are up to forty host school in football every year. These schools will save an unknown amount of money.
3. The NCS uses gate receipts from football contests to offset the costs of running the NCS. The above proposal would halve the number of NCS playoff games. It is unknown how first round gate receipts stack up against second, third, and championship round gate receipts. It's a guess that more people attend later round football games than they do first round games. It's safe to assume, however, that NCS dues would have to increase by an unknown amount to account for the missing revenue caused by the elimination of present first round games. Whether this would be more or less than the unreimbursed expenses referred to in 1 and 2 above is anyone's guess.

Date of requested implementation: July 1, 2016

**VII. NCS SAC Old Business**

**VIII. Round Table Discussion**

**IX. Staff Reports**

- A. Commissioner
- B. Associate Commissioner
- C. Assistant Commissioner

**VI. NBL NEW BUSINESS**

**A. FIRST READING**

**Proposal to delete NBL Constitution Article X**

Rationale: The North Bay League does not have non-profit status. Note: it is not possible to get directors and officers insurance without being a non-profit.

ARTICLE X

Non-profit Status

Sec. 1 This organization is organized exclusively for charitable and educational purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code.

"Notwithstanding any other provision of these articles, the organization shall not carry on any other activities not permitted to be carried on (a) by an organization exempt from federal income tax under Section 501(c)(3) of the Internal Revenue Code of 1986 (or the corresponding provision of any future United States Internal Revenue law) or (b) by an organization's contributions to which are deductible under Section 170(c)(2) of the Internal Revenue Code of 1986 (or corresponding provision of any future United States Internal Revenue law)."

"Upon the dissolution of this organization, assets shall be distributed for one or more exempt purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code (or corresponding section of any future tax code), or shall be distributed to the federal government, or to a state or local government, for a public purpose. Any such assets not so disposed of shall be disposed by the Court of Common Pleas of the county in which the principal office of the organization is then located, exclusively for such purposes or to such organization or organizations, as said court shall determine, which are organized and operated exclusively for such purposes."

**B. FIRST READING**

**Proposal to add the purpose of athletic director meetings to the NBL Bylaws**

**ATHLETIC DIRECTOR COMMITTEE**

**A. Purpose**

1. To allow the Board of Managers to devote more time for policy determination and evaluation
2. To ensure that recommendations to the Board of Managers have been considered by a committee composed of individuals who are responsible for administering a comprehensive athletic program
3. To provide an input source for coaches.

**B. Composition**

1. Each member school will send its athletic director(s).

**C. Jurisdiction**

1. The Athletic Director Committee serves as an advisory body to the NBL Board of Managers on items involving the conduct of boys and girls sports' competition and NCS Championship competition.
2. Decisions are subject to vote by the NBL Board of Managers.

**D. Meetings**

1. The Athletic Director Committee will meet four to eight times per year prior to each of the regularly scheduled NCS Board of Managers meetings.

**E. Operational Procedure**

2. Athletic Directors from NBL member shall forward business items to the NBL Commissioner or Assistant Commissioner prior to the prescribed deadline. The commissioner or assistant commissioner will then compile the items into an agenda and forward the agenda to each athletic director and principal. The agenda will also include items from any upcoming NCS Sports Advisory or Board of Managers Meeting.

**F. Meeting Procedures**

3. All agenda items must have written rationale before being placed on the agenda and identified by the athletic director, site administrator, or NBL staff member that submitted the item.
4. Agenda items shall be worded in the form of a motion.

5. Any item considered by the Athletic Director Committee cannot be placed on a future Athletic Director Committee agenda for the balance of the school year without a two-thirds affirmative vote of the Athletic Director Committee representatives present.

- C. Proposal to amend baseball bylaw 2.802  
Motion to support the implementation of baseball bylaw 2.802.  
Motion: Ty Yanez, Ukiah  
Second: Chris Giovannini, Montgomery  
Motion approved: 8 – 0

~~The winner of the League tournament shall be the NBL automatic representative to the NCS Championships.~~

**The winner of the league round-robin shall be declared as the NBL baseball champion and will represent the NBL in the North Coast Section Baseball Championship. If two or more teams tie for first place, they shall be declared co-champions and each shall receive a pennant. In order to determine the NBL representative to the North Coast Section Championships, the following process shall apply.**

1. **If there is a two-way tie for first place at the conclusion of the NBL Round Robin, the teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:**
  - a. **If one of the two tied teams wins the NBL postseason tournament, then this team shall be named the NBL automatic entry to the NCS Championships.**
  - b. **If neither of the two tied teams wins the NBL postseason tournament, the team that advanced to the finals in the tournament shall be named the automatic entry to the NCS Championships.**
  - c. **If both of the tied teams are eliminated in the semi-finals, then the team with the lowest number in the winter draw shall be named the automatic entry to the NCS Championships.**
2. **If there is a three-way tie for first place at the conclusion of the NBL Round Robin, the three teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:**
  - a. **If one of the three tied teams wins the NBL postseason tournament, then that team shall be named the automatic entry to the NCS Championships.**
  - b. **If none of the three teams that tied for first place wins the postseason tournament, then the team that advanced to the finals shall be named the automatic entry to the NCS Championships.**
3. **If there is a four-way tie for first place at the conclusion of the NBL Round Robin, the team that wins the NBL postseason tournament shall be named the automatic entry to the NCS Championships.**

*Rationale: This proposal would ensure that the winner of the NBL double-round robin is given the automatic berth to the NCS Championships, and could also provide more favorable consideration to a team applying for an at-large berth, should that team defeat the NBL double-round robin winner in the post-season tourney*

- D. Proposal to amend baseball bylaw 2.802(6)—For immediate implementation.  
Each participating school must provide six balls per game ~~and a ball shagger.~~

*Rationale: In the past three years, no one has participated as a ball shagger. Foul balls are collected by spectators and returned. The spot on the gate list for ball shagger is used to admit another person at no charge.*

- E. Proposal to amend volleyball bylaw 13.302—For immediate implementation.  
JV matches will begin at 5 PM ~~with the varsity match immediately following.~~ **The warm-up for the varsity match will begin immediately following the conclusion of the JV match. All matches involving Ukiah high school will begin at 4:30 PM.**

*Rationale: clean-up language to specify the warm-up period between matches and to clarify the start time whenever Ukiah plays. The previous language mandated an earlier start time only when teams played at Ukiah.*

- F. Proposal to amend volleyball bylaw 13.303—For immediate implementation.  
The varsity shall play a five-game match in which a team is considered the winner of the match when it wins three games. If a fifth game is necessary, a coin toss shall be conducted prior to that game. Rally scoring will be used in all games. The **freshman** and junior varsity teams shall play a two out of three game match.

*Rationale: clean-up language to include protocol for schools with freshman volleyball teams.*

- G. Proposal to amend volleyball bylaw 13.304—For immediate implementation.  
There shall be a period of twenty-five (25) minutes between the **freshman and JV match and** between the JV and varsity match. **Warm-up shall be five minutes shared time on the court, ten minutes on the court for the visiting team and ten minutes on the court for the home team.**

*Rationale: clean-up language to include language for schools that field a freshman team and to clarify the use of the warm-up period between matches.*

- H. Proposal to add volleyball bylaw 13.305—For immediate implementation.  
**It is the responsibility of the home team to provide at least eight (8) volleyballs per team for warm-up prior to the contest.**

*Rationale: clean-up language to reflect common practice that has occurred over the past several years.*

- I. Proposal to add volleyball bylaw 13.306—For immediate implementation.  
**If music is used, it must be played for both teams during pre-match warm-ups.**



Rationale: clean-up language to reflect common practice that has occurred over the past several years.

- J. Proposal to add volleyball bylaw 13.307—For immediate implementation.  
**It is the responsibility of the home team to provide lines people for the matches.**

Rationale: clean-up language to reflect common practice that has occurred over the past several years.

- K. Proposal to add volleyball bylaw 13.805—For immediate implementation.  
**All-league selection format for volleyball.**
1. **The all-league meeting will be held on the Monday following the conclusion of the NBL schedule, at a site determined by the NBL Commissioner or Assistant Commissioner.**
  2. **Each team will be awarded first and second team all-league selections based on their team's finish in the league standings, as follows: First place: three first team and two second team; second place: two or three first team and two second team; third place: two first team and two second team; fourth place: two first team and two second team; fifth place: one first team and one second team; sixth place: one first team and one second team; seventh place: no first team and one second team; and eighth place: no first team and one second team. There is no honorable mention.**
  3. **MVP—open nominations, followed by a vote. Coaches may vote for player on their own team. The vote will be conducted using a secret ballot.**

Rationale: clean-up language to reflect common practice that has occurred over the past several years.

- L. Proposal to amend cross country bylaw 4.101  
Motion to support the amendment to cross country bylaw 4.101, effective immediately.  
Motion: Jerry Bonfigli, Cardinal Newman  
Second: Mike Mastin, Maria Carrillo  
Motion approved 8 – 0

4.101 The schedule shall be four weeks in length. Each week two of the meets will be a three way/tri meet and the other will be a dual meet. The schedule is established by using a seven year matrix developed by the cross country and track coaches. The matrix is located at the end of this constitution and bylaws.

4.101 **The NBL Cross Country schedule shall be developed using a three-meet model. The three-meet model will consist of two center meets and then a culminating championship meet. In order to determine a league champion, each center meet is worth 25% and the NBL Championship meet is worth 50%.**

**The first center meet would take place four (4) weeks prior to the NBL Cross Country Championships and the second center meet would take place two (2) weeks before the NBL Cross Country Championships.**

1. For the 2015 – 2016, the first center meet would take place on October 7 and the second center meet would take place on October 21. The NBL Championship Meet would take place as currently scheduled.
2. In this three-meet model, the first center meet would be held at Spring Lake and the second center meet would rotate between being held at Spring Lake and Ukiah High School. Ukiah would have the option of not hosting, if they so choose, in any given year. The NBL Championship would continue to be held at Spring Lake.
3. Coaches would be allowed to run unlimited varsity runners in center meets, without pre-designation. In other words, the first seven are the first seven. NBL rules require that varsity teams be filled first.
4. Benefits of moving to the center meet model.
  - Flexibility in scheduling
  - More competitive meets
  - Increased opportunities for instruction and training
  - Decline in transportation costs
  - Less time out of class
  - Fresher legs for all athletes
  - Less environmental impact on the home courses, especially Spring Lake.

- M. Proposal to amend volleyball bylaw 13.802—For immediate implementation.  
There will be an NBL post-season tournament.  
Motion to support the proposal to the amendment to bylaw 13.802.  
Motion: Chris Giovannini, Montgomery  
Second: Ty Yanez, Ukiah  
Motion defeated 0 – 8

- a. The top ~~four~~ **three** finishers in the league round robin will participate in the tournament.
- b. The tournament will be held on the first Tuesday and Thursday in the week following the regular season matches.
- c. Each match will be held at the site of the highest seed.
- d. On Tuesday:  
~~#1 vs. #4 at the site of the higher seed~~  
**#1 will receive a bye**  
#2 vs. #3 at the site of the higher seed

On Thursday:

The winners of Tuesday's matches will play ~~at the site of the highest seed~~ #1 at #1's site.

Rationale:

- The team finishing fourth in the NBL round-robin has not qualified for NCS competition as a result of the extra loss incurred in playing team #1 (finishing .500 in league, then the additional loss puts them below the .500 mark).
- The top seed should receive a bye as a result of earning the #1 position.
- The #1 vs. #4 match-up has typically been poorly attended and may have actually resulted in a net loss to the league.
- The coaches would like to see more NBL volleyball student-athletes have the opportunity to participate in NCS Championships, as it can be a positive, motivational experience.

Volleyball coaches supported this proposal 7 – 0 (Rancho Cotate was absent).

**N. 6.101** Girls' golf:

The schedule shall be reversed and rotated yearly. (NBL Board of Managers, January 21, 2014)

a. Each round will consist of nine holes.

b. Starting time for **first-round matches** shall be 3:30 PM **and starting time for second-round matches shall be 3:00 PM. All girls' golf matches played at Bennett Valley will begin at 3 PM for both rounds.**

~~c. Adjustments may be made for daylight savings time with the approval of the principals of the involved schools.~~  
Rationale: Rationale: clean-up language to reflect common practice that has occurred over the past several years.

**O. 6.302** **Motion to amend bylaw 6.302 to allow coaching in boys' golfing only.**

Motion: Chris Giovannini, Montgomery

Second: Ty Yanez, Ukiah

Motion defeated: 2 – 6 Ukiah and Montgomery voted for the amendment; Cardinal Newman, Casa Grande, Maria Carrillo, Rancho Cotate, Santa Rosa and Windsor voted against the amendment.

**In boys' golf only:**

Coaching in Golf. (NBL Board of Managers, April 20, 2015)

Coach may provide instruction, encouragement and information to his/her golfers without interfering with play or the conduct of the event is allowed under the following regulations:

1. Between the play of holes, a coach is allowed to communicate advice to his/her players. Between the play of holes is defined as that period when an entire group has completed play of a hole and ends when the individual player hits his or her tee shot on the next hole.
2. The communication of advice may not impede the pace of play.
3. Coaches are NOT allowed to communicate any advice (verbal or non-verbal) during the play of the hole. A violation of this would result in the player being penalized under Rule 8 of USGA Rules of Golf.
4. Coaches who are in violation of this policy may be subject to one or more of the following consequences from a member/ members of the tournament committee: a) limited coaching time; or b) Removal from the golf course (coach may remain in the clubhouse/practice area)
5. Only the golf coach may communicate advice to his/her players. The golf coach is defined as the person who signs in the team at the event and is listed on file at his/her respective school as the golf coach.

As a reminder, players are still prohibited from communicating advice, as defined by Rule 8, to other players at any time during their round. Any player who gives or asks for advice will be penalized according to Rule 8 of the USGA Rules of Golf.

Rationale: Coaches voted 5 – 3 (Windsor, Casa & Rancho voted no) to amend this bylaw for use in boys' golf only because the majority of the girls' golf coaches do not like this rule; they would prefer to continue, as they have for 15+ years, to marshal their player groups to assist in speed of play, rules interpretation, and options available (the girls are advised in the pre-match meeting to ask, "What are my options?")

**P. 6.302** In order to ensure sportsmanship, fairness and impartial enforcement of the "Rules of Golf", all NBL players will play by the "Rules of Golf" approved by the United States Golf Association (USGA) and "The R & A" effective January 1, 2010. Special "Local Rules", pertaining to extreme wetness and abnormal playing conditions will be in effect. This will apply to all courses that are used by NBL school teams. All other NBL League rules listed will be in effect for all NBL players. (August, 2012)

Rule 2: Advice

2.1 Advice is any counsel or suggestions that could influence a player in determining their play, the choice of a club, or the method of making a stroke. Information on the rules, distance or matters of public information, such as the position of hazards or the flagstick on putting green is not advice.

2.2 In the NBL format, where all players are competing against each other for post-season honors, there are no partners amongst teammates.

~~Penalty: Two strokes for each violation.~~

Rule 3: Extra ball in player's pocket

3.1 Players are not allowed to carry an extra ball in their pocket during the round being played. Players must inform their fellow competitors when they are hitting a provisional ball and get the ball from their bag.

**Exception: A player may carry an extra ball on the tee box in order to speed play.**

Rule 4: ~~Double~~ Quad Bogey (girls' golf only)

4.1 ~~Players are to pick up at Double Bogey Plus 2. Quad Bogey — Mandatory Pickup)~~ **Players are required to**

**pick up their ball on a quad bogey.**

Rationale: Clarifying language

~~Rule 8: Disqualification~~

Rule 10: NBL Team Tie-breaking System

10.2 The following are the tie-breaking procedures in golf if 9 holes are played.

Rationale: Language clarification.

1. In the event of a tie for first, second, or third, the tie will be decided by adding the 6th player's score to the team total.
- ~~2. If a still tied, the tie will be broken by using the USGA recommended tie-breaking procedure which totals the scores of all six players on each student team for holes 1-9.~~
- ~~3. If still tied, holes 4-9 will be used~~
- ~~4. If still tied, holes 7-9 will be used.~~
- ~~5. If still tied, hole 9 will be used.~~
6. If the teams are still tied, the tie will be broken by using the **#1 player score on the lowest handicap hole** and continue this process until the tie is broken.

Q. 6.304 In order to speed up play at NBL golf matches in **boys' golf**, the following rule will be applied:

By coach's agreement on the day of the NBL golf match, players will be notified as to which players will be playing the quad bogey rule. The words QUAD RULE will be written on the scorecard of each eligible player. The players so notified MUST stop playing, pick up their golf ball and proceed to the next tee when their score on any hole reaches quadruple bogey (7 on a par three, 8 on a par four, 9 on a par five). Failure to stop play when quad bogey is reached results in disqualification from the next NBL golf match. These players are not eligible for any NBL individual golf awards during the season.

Rationale: There is already a rule for quad bogey in girls' golf.

R. 6.305 **In boys' golf**, summer rules shall prevail with regard to movement of the ball. Aside from this, USGA rules shall prevail with the exception of local course rules. Each coach shall have at their disposal, at all matches, a current rule book to settle controversy. If the two coaches cannot agree, the decision of the home coach shall be final.

S. 6.306 ~~"Advice" is not allowed during play.~~ Rationale: redundant

T. 6.308 ~~Dress code in accordance with the NCS rules (see below)~~

~~NCS DRESS FOR PLAYERS AND COACHES (No Exceptions)~~

~~Men: Colored golf shirts are required. Shorts may be worn and must be no more than 3" above the knee. No blue jeans (including any color designer jeans), T-shirts and tank tops are prohibited.~~

~~Women: Golf shirts, slacks, skirts, or shorts with no more than 3" above the knee are permitted. No blue jeans (any color designer jeans), T-shirts and tank tops.~~

~~Important! Shirts must be tucked in and hat bills are to be worn forward.~~

Rationale: Redundant

U. Proposal to amend golf rule 6.804

Motion to amend golf rule 6.804 as written below.

6.804 The top three individuals in the league tournament shall receive medals. **In girl' golf, a player must play in a minimum of ten league matches in order to receive NBL honors or participate in the NBL Championships. A player who does not qualify may petition to the NBL Executive Committee for exception, based on documented evidence of a condition beyond the control of the student-athlete.**

Motion: Jerry Deakins

Second: Ty Yanez

Motion approved: 8 – 0

Rationale: To set standards for earning a medal at the tournament and for players to advance to NCS Championships.

V. Football violation by Rancho Cotate High School (Amie Carter and Henri Sarlatt)

W. CIF 510 violation by Windsor High School (Marc Elin and Jeff Hardie)

Situation:

A Windsor High School Booster flyer, produced independently by the Booster Club member responsible for escrip (George Horwedel), violated CIF Rule 510 (excerpt below) where a cost/no-cost reference was made regarding public vs. private schools. From the handout—**"A totally amazing high school experience with no \$13,800 annual tuition cost."**

CIF 510 excerpt: This time prior to actual attendance to a high school is a time where parents and students should have no pressure to make decisions regarding where they will attend high school. Incoming students must always have the opportunity to select a high school with no influence from high school coaches, parents, students, booster club members, etc.

Actions taken by Windsor High School:

- The situation was immediately reported to NCS Commissioner Gil Lemmon and to NBL Commissioner Jan Smith Billing and to Cardinal Newman principal Graham Rutherford.
- A meeting was held on June 22, 2015 to discuss the situation. In attendance were Marc Elin, WHS principal, WHS athletic director Jeff Hardie, WHS Boosters outgoing President David Kahn, and incoming Booster president Lee-Ann Peoples. All agreed that the flyer violated CIF 510.
- Principal Elin and AD Hardie attended the Executive Board Meeting of the Windsor High School Booster Club on July 6. At that meeting, Mr. Elin presented each board member with a review of the situation and then, in conjunction with the Boosters, an action plan was developed.
  1. The president of the WHS Booster Club removed the individual who created the flyer without Board approval from his post as the chair for Booster Escrip. This person is no longer in any

- position to produce materials in any capacity for the Booster organization.
2. Mr. Elin is working with the Board President to develop an in-service educating Booster Board and general membership regarding any CIF guidelines related to any/all forms of communications by the organization and its members regarding any references regarding Windsor High. Specific examples of appropriate and inappropriate forms of communication will be included as part of the in-service plan.

**X. 2015-16 NCS SOCCER REMINDERS**

**Winter Soccer and CIF Bylaw 600**

In the sport of soccer, CIF Bylaw 600 shall be in effect only during the winter high school soccer season. High school soccer programs that compete during the fall or spring season are not subject to Bylaw 600. CIF Bylaw 600 states that: "A student on a high school team becomes ineligible if the student competes in a contest on an 'outside' team, in the same sport, during the student's high school season of sport."

**FAQs**

Question:	May a student who competes at the freshman or junior varsity level compete on an outside team during his or her high school season of sport?
Answer:	No. The Outside Competition Rule pertains to all levels of competition. Thus, any individual participating at the varsity, junior varsity, sophomore and/or freshman levels may not compete on an outside team during his or her high school season of sport.
Question:	When does a student-athlete become a member of a high school team?
Answer:	Once a student-athlete competes in either a scrimmage or contest they become an official member of the team for purposes of the application of competition on an outside team.
Question:	May a student-athlete currently on a high school team practice with an outside team?
Answer:	The CIF and NCS have never had a rule that prevented a current student-athlete on a high school team the opportunity to practice with an outside team. The only restriction is participation in a scrimmage or contest on an outside team while a member of a school team in the same sport. However, students and parents should take into consideration the potential for overuse and injury. In addition, student-athletes are still obligated to attend all school team practices or team meetings, or other required functions, as a member of the school team. It is best to discuss this situation with the school coach to maintain compliance with school and team rules.

Winter Soccer and NCS Bylaw 21.600H Team Transportation and Travel Allowances

NCS schools have authorized team transportation reimbursement and per diem for fall soccer only. Schools that participate in winter or spring soccer will not be given travel allowances for NCS playoff appearances.

Winter Soccer and Petitioning

NCS schools that wish to petition for placement into a division of greater enrollment must complete the petitioning form by the stated deadline (to be included on forms). Petitioning information will be mailed to all NCS schools in November.

Awarding of NBL Sportsmanship pennants for the spring season of sport.

**VII. NBL OLD BUSINESS**

**A. Amend NBL General Rule 4 (Jan Smith Billing)**

Motion to amend NBL General Rule 4: Each varsity coach or their designee is required to attend a preseason meeting and a post-season/all-league meeting. Failure to attend a meeting will result in a fine that will be levied against the school. Principals and athletic directors will be notified if any of their varsity coaches do not attend a required meeting. ***In the sports of football, soccer, volleyball, basketball, wrestling, baseball, and softball, the coaches are also required to attend a meeting with their respective officials' association. Ukiah coaches who coach a sport that does not use the local officials association are excused from attending an officials' meeting that is not hosted by the officials' associations that serve Ukiah.***

Supported unanimously by NBL Athletic Directors on August 28, 2014

Supported unanimously by NBL Board of Managers as a first reading item on September 4, 2014  
This amendment will be effective immediately.

**B. PAYROLL MASTER PROPOSAL**

Proposal supported by athletic directors

**C. PROPOSED 2014 – 2015 BUDGET (Jan Smith Billing)**

Attachment

Comments from athletic directors:

- Increase dues
- Cash in CD's
- Assessment per student
- Assessment per team
- Have a base amount of dues and an assessment per student

**D. AD Dialogue**

Dean Haskins led a discussion of eligibility cases

**E. Awarding of Spring Season Sportsmanship pennant and NBL Elmer Brown Sportsmanship Pennant**

## **INFORMATION ITEMS**

1. It recommended that your school submit the application to host NCS/Les Schwab Tires Championship Events to the NCS as soon as possible.
2. There is a change in the official ball for tennis. The new ball is a Penn ball. Because the change came about so late in the year, the Wilson or Penn may be used in the first and second rounds of NCS Competition, but after that the approved Penn ball must be used.
3. Please tell your athletic coaches to ONLY submit applications to participate in North Coast Section Championships if they are qualified, or on the bubble.
4. Remind your swim coaches that they must have a password in order to complete the application to participate in NCS Championships process.
5. There is a change in format for the CIF State Football Championships. EVERY section champion will have the opportunity to participate this year.
6. A bill making cheerleading an official sport has passed the California House of Representatives and is heading on to the Senate. This bill has the support of the CIF. This would NOT refer to side-line cheer, but rather competitive cheer, which is generally held in the spring. Earliest projected date of implementation is 2017 – 2018.
7. The position of the NCS is that schools and other individuals may not allow a drone to be flown within the vicinity of an athletic competition. If the offending team or other individuals(s) does not cease the activity, there are game-ending procedures set forth in all of the rule books. Additionally, the involved officials' association should notify the NCS Office.
8. As CIF member schools continue to manage their school's athletic program, the following will be some of the more important challenges for the 2015 – 2016 school year.
  1. North Coast Section, CIF will continue to address the difficult issue of athletically motivated transfers.
  2. Address the conduct of athletic programs that best serve our student-athletes and communities with limited resources.
  3. Participate in discussion concerning legal costs and how the State CIF, Sections and member schools should determine responsibility for payment of legal costs.
  4. Continue to review all safety rules and policies in order to better protect our student-athletes.
  5. Participate in the reauthorization of the CIF with the California Department of Education.
  6. Completely revise and modernize the NCS website, improving customer service, include more up-to-date features and software applications and improve the ease of use and service to the site.

## **ADJOURNMENT**

Motion to adjourn the meeting  
Motion approved by consent.

## 506. PRACTICE ALLOWANCE/GUIDELINES

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

- A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.
  - (1) Multiple Practice Sessions:
    - a. Double day practices shall not be held on consecutive days.
    - b. Must include a minimum of three (3) ours rest between practices.
  - (2) Golf only
    - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]
- B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
- C. **Definition of Practice**
  - (1) Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
  - (2) Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
  - (3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR
  - (4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
  - (5) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C.(1)-(5) above.
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
- F. **Penalties**

Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

**NOTE:** For purposes of this Bylaw, the season of sport begins with each CIF Section's first allowable date of practice.

**Frequently Asked Questions** - (FAQ's will continue to be revised as needed and appropriate to assist schools in understanding the implementation of the Bylaw. Schools seeking additional clarification should contact their local CIF Section office.)

- Q. *Our football coach conducts a one-hour (1) before school weight lifting activity in the weight room for football players. Does this count in the three-hours per school day practice limitation?*
  - A. Before school activities that are NOT part of the curricular day are subject to the practice limitations. If the activity is organized and/or directed and/or supervised by any of the football coaching staff and only open to football players then YES it is considered to be practice and counted in the daily limit.
- Q. *Our football coach conducts a one-hour (1) before school zero period weight lifting activity in the weight room for football players. Does this count in the daily practice limitation?*
  - A. If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.
- Q. *We have a one-hour (1) before school; (2) zero period; general weight lifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?*
  - A. (1) Before school is not part of the curricular day so activities during this time are subject to practice duration limitations. However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a non-football hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e. access only through the boys locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation. (2) If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.
- Q. *A (1) Volleyball or Football; (2) Cross Country; Coach tells their team members "just go for an hour run" as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?*
  - A. Yes. This activity done as a team or as an individual and has been implicitly/explicitly required by the coach; directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.
- Q. *A basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?*
  - A. Yes, this would be considered an activity under C.(2) and (4) above because it was required and or implied by the coach for his/her basketball team members to participate. If it was not implicitly or explicitly required by the Coach it would not count towards practice duration limitations.
- Q. *The Water Polo Coach establishes a swimming conditioning session (1) before practice each day (2) in the morning before school; (3) during zero period. Does this count towards the practice duration limitations for that day?*
  - A. (1) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations. (2) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation. (3) If Zero period is considered part of the curricular day it does not count against the practice duration limitations.
- Q. *A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two seasons is a student allowed to practice for four hours per day for volleyball and then another four (4) hours per day for basketball, for a total of eight (8) hours of practice on any given day?*
  - A. No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation [four (4) hours max per day and only 18 hours per week].