
ATHLETIC DIRECTORS MEETING MINUTES, THURSDAY, DECEMBER 1, 2016

CALL TO ORDER AND ROLL CALL

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

I. APPROVAL OF AGENDA

Motion to recommend approval of the agenda as presented.

Motion: Jerry Deakins

Second: Henri Sarlatte

Motion approved unanimously

II. APPROVAL OF THE NBL CONSENT AGENDA

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

Motion: Ty Yanez

Second: Henri Sarlatte

Motion approved unanimously

1. Approval of minutes from the previous meeting. (Item III)
2. Motion to support instruction to NBL reps to NCS SAC vote to approve SAC Agenda
3. Motion to support instruction to NBL reps to NCS SAC vote to approve minutes of the previous meeting, as printed.

III. APPROVAL OF MINUTES FOR THE PREVIOUS MEETING

Motion approved via 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.

V. NCS SPORTS ADVISORY COMMITTEE AGENDA ITEMS

I. Consent Agenda

Motion to support instruction to NBL representatives to the NCS Sports Advisory Committee vote to approve the NCS Sports Advisory Committee Consent Agenda.

Motion approved by consent.

II. Approval of minutes of the previous NCS SAC Meeting

(Previously emailed, or mailed, posted on the NCS website)

Motion approved by consent.

IV. CIF ITEMS

A. Competitive Equity Regional and State Playoffs (Attachment A)

Proposal Originated: CIF Commissioners

Proposal reviewed from 10/1/2013 through 10/2/2015

Background: The Federated Council will hear information and data on the "competitive equity" playoff model currently being used in the Central, Los Angeles, San Diego and Southern Sections in selected sports for their section playoffs.

The Council will be updated on the progress of the Regional and State Playoff "competitive equity" entry model in Volleyball, Basketball and Soccer in Southern California and the statewide "competitive equity" model used in Regional and State Football. Following the presentation the Council will be asked to discuss and explore options for the future.

Athletic director concerns:

- **Year by year is okay. Do not want to be locked in for three years**
- **Need to look at other programs to see how they work—pros and cons**

B. Revision of Bylaw 504; 1200; New Bylaw 1700, 1701, 1702 (Competitive Cheer) (Attachment B)

Proposal Originated: State Legislature, Implementation of Bylaws for A.B. 949

Proposal reviewed beginning 10/1/2015 and will be voted on by the Federated Council on 4/7/2017.

Summary: A.B 949 directs the CIF to develop policies and procedures for competitive cheer. Associate Executive Director Ron Nocetti will share draft language that has been developed to include Competitive Cheer as a CIF approved sport.

Fiscal Impact: None

Background: This bill requires the California Interscholastic Federation, in consultation with the State Department of Education to, no later than July 1, 2017; develop guidelines, procedures, and safety standards for the purpose of classifying competition cheer as an interscholastic sport. The bill requires the CIF to seek a United States Department of Education Office for Civil Rights Title IX compliance designation for competition sport cheer and would specify that competition cheer shall not be counted toward a school's Title IX compliance unless the United States Department of Education Office for Civil Rights deems competition cheer compliant with its definition of a sport.

The revision of Bylaw 1200 adds Competitive Sport Cheer to the CIF-Approved list of sports.
The revision of Bylaw 504 adds Competitive Sport Cheer to the Spring Season of Sport.

**Article 170
COMPETITIVE CHEER**

1700 COMPETITIVE CHEER DEFINITIONS

a. Traditional Competitive Cheer (TCC)

For all CIF Bylaws, Traditional Competitive Cheer (TCC) will be defined as any competition using or following the traditional competitive format. TCC coaches must meet education requirements and safety of Bylaws 22.B.9 and 1702. (CA Education Code 35179-35179.7, 49032 and 45125.01-45125.1)

b. Competitive Sport Cheer (CSC)

For all CIF Bylaws, Competitive Sport Cheer (CSC) will be defined as any competition that consists of four quarters of play (Partner Stunts, Pyramids & Tosses, Group Jumps & Tumbling, and Team Performance) with a halftime in between the second and third quarters. Competitive Sport Cheer will follow the rules of "Stunt" that focus only on the technical and athletic components of cheer. CSC Coaches must meet education and requirements and safety of Bylaws 22.B.9 and 1702. (CA Education Code 35179-35179.7, 49032 and 45125.01-45125.1).

c. Competitive Cheer (see a. and b. above) shall not be counted towards a school Title IX compliance unless the US Department of Education Office for Civil Rights deems Competition Cheer compliant with its definition of sport.

1701 OFFICIAL RULE BOOKS

As per Bylaw 1201A., the National Federation of High Schools (NFHS) Spirit Rules Book shall be the official rule book.

1702 SAFETY CERTIFICATION OF COACHES

Schools must ensure that all TCC and CSC coaches, paid and unpaid, will have completed a safety education program that emphasizes the following components:

a. A philosophy of safety awareness.

b. Understanding and assessing legal liability in cheerleading.

c. Knowledge of cheerleading safety equipment, including apparel and training aids such as spotting belts and mats.

d. Spotting techniques for tumbling and partner stunts.

e. Skill progressions for tumbling, partner stunts, and pyramids.

f. Physical and psychological performer readiness.

g. Medical responsibilities, including injury prevention, the development of an emergency plan, and the assessment, treatment, and rehabilitation of injuries.

Athletic director concerns:

- Practice considerations
- Can you use the same routine all year long?
- Do you have to have a cheerleading team? Our surveys indicate the sport the majority of students want is lacrosse?
- How would schools handle two-sport athletes?
- Coach salary negotiations
- How many competitions?

- Who would design the routines/competitions?
- Where would we find judges or officials?

C. Pitching Limitation Rule—Pitch Count

ARTICLE 150--BASEBALL

1500. PITCHING LIMITATION RULE—30 OUTS

Sections shall adopt the following baseball pitching limitation rule: 30 outs and/or three (3) appearances in a calendar week through the season.

- The calendar week begins on Monday.
- Innings pitched in a no game (i.e., rainout, power failure, etc.) shall count toward the total.
- If the 30th out involves a double or triple play, the team will not be penalized.
- An appearance is defined as a pitcher pitching at least one (1) pitch. If a pitcher is removed from the mount to another position or to the dugout and later returns to pitch in the same game, the pitcher will be charged with a second appearance.
- Any violation constitutes a forfeit of the contest.

1501. PITCHING LIMITATION RULE—PITCH COUNT

In addition to 1500 above, Sections shall adopt the following baseball pitching limitation rule with respect to pitch count:

Pitch count limits and required rest:

Level	Daily Pitch Limit	0 days rest	1 day rest	2 days rest	3 days rest
Varsity	110 pitches	1-30 pitches	31-50 pitches	51-75 pitches	76+ pitches
Frosh; F/S; JV	90 pitches	1-30 pitches	31-50 pitches	51-75 pitches	76+ pitches

- A pitcher may finish the current batter if the Maximum Daily Pitch Limit is reached during that at-bat.
- Pitches thrown and appearances made in a no game (i.e. rainout, power failure, etc.) shall count toward the totals
- At the end of each half inning, the head coaches will both confirm and both team books will record the pitch count for all pitchers who threw a pitch in that half inning. In the case of a discrepancy, the home book is considered the official book.
- Each school must keep a record of all pitches thrown by each of their players in each game and make this available to their respective Section Office upon request.
- Any violation constitutes a forfeit of the contest.

Questions & Answers:

Q: How is a day of rest defined?

A: A day of rest is defined as a calendar day. For example, if a pitcher throws 76 or more pitches in a Monday game thus requiring three-day rest before being allowed to pitch again, those days of rest would be Tuesday, Wednesday, and Thursday, allowing that pitcher to pitch again on Friday.

Q: If a pitcher exceeds the maximum number of allowable pitches with respect to the required days of rest while finishing a batter, how is the required number of rest days calculated?

A: The required days of rest is determined by the actual number of pitches thrown. For example, if a pitcher starts a batter with 48 pitches, finishes the batter with 53 pitches and is then removed from the game, that pitcher would be required to rest for two days before making another appearance.

Q: What, if any role, do the umpires play in the confirmation and recording of the pitch count after each half inning?

A: The umpires are asked to ensure that the teams are exchanging the required information but the actual recording of the pitch count is up to the head coach from each school.

15012 OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball and water polo.

15023 PROTECTIVE EQUIPMENT

It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards. NOTE: NFHS rules govern use of protective equipment by a player/student.

V. NCS ITEMS

A. Proposal to adjust track advancement formula from league championships to area meet championships

The Track Management Committee proposes a change to the advancement formula from **league** championship meets to **area** championship meets.

Beginning in 2017 for the **Tri Valley** Area, the proposed formula is as follows:

EBAL 6 automatic berths

DAL 6 automatic berths

BVAL 4 automatic berths

Plus the next best 8 marks to reach a total of 24.

Plus any additional "at-large" qualifier marks.

*Only performances from the league championship finals may be used to determine advancement to the area championships.

*Auto qualifier marks must also be achieved in the league championship finals.

Beginning in 2018 for the **Bay Shore** Area, the proposed formula is as follows:

MVAL 4 automatic berths

TCAL 6 automatic berths

WACC 6 automatic berths

Plus the next best 8 marks to reach a total of 24.

Plus any additional "at-large" qualifier marks.

*Only performances from the league championship finals may be used to determine advancement to the area championships.

*Auto qualifier marks must also be achieved in the league championship finals.

Beginning in 2018 for the **Redwood Empire** Area, the proposed formula is as follows:

HDNL 4 automatic berths

MCAL 4 automatic berths

NBL 4 automatic berths

SCL 4 automatic berths

Plus the next best 8 marks to reach a total of 24.

Plus any additional "at large" qualifier marks.

*Only performances from the league championship finals may be used to determine advancement to the area championships.

*Auto qualifier marks must also be achieved in the league championship finals.

RATIONALE: Fosters more consistency of qualifications process from league to area meets.

Do all leagues use automatic timing?

How many leagues use hand timing?

B. Ejection Policy Article 40 Bylaw 400

A. Coaches Review Content

League commissioners shall have coaches review the content of the Ejection Policy for the coaches' respective sport at the end of the season meeting and make recommendations for change. The league commissioner will direct such recommendations to the NCS Sports Advisory Committee ("SAC"). The SAC will determine whether to forward recommendations to the Board of Managers for consideration.

B. Coaches' Responsibility

Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture should a student who is in violation of the Ejection Policy play in a subsequent contest).

C. Notice

Every player and coach must read and sign a copy of the NCS Ejection Policy rule. The copies will be maintained by each school's administration. Each school's principal must send a statement to the league office prior to the first contest of the season verifying that all players and coaches for the respective season (fall, winter, and spring) have read and signed the NCS Ejection Policy rule. Additionally, each school's principal must verify to the league that any future additions to the roster of either players or coaches will also read and sign the NCS Ejection Policy rule prior to participating in an interscholastic contest.

D. Penalties

1. These rules and minimum penalties are applicable to players and coaches during the time that contest officials have jurisdiction for the contest in accordance with National Federation or sport governing body rules for the respective sport.

a. Players

Ejection of player from a contest for unsportsmanlike or dangerous conduct as defined in sport specific NCS Ejection Policy rules summaries.

Penalty: The player shall be ineligible for the next contest the school actually participates (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.). An additional penalty applies for any player ejected for fighting: Player(s) ejected for fighting shall complete the NFHS online sportsmanship course. The student may not participate until the course has been completed. A student who was ejected from his/her team's previous contest for dangerous or unsportsmanlike actions, shall not be allowed to dress in his/her team uniform, but will remain the responsibility of school personnel.

Interpretation: The student will be held out of the school's next contest of the respective sport from which he/she was ejected even if it is the first contest of the next season. *(Board of Managers 4/28/2015)*

b. Coaches

Ejection of coaches, assistant coaches and/or coaching representatives for unsportsmanlike conduct as defined in sport specific NCS Ejection Policy rules summaries.

Penalty: The coach, assistant coach and/or coaching representative will immediately remove themselves from their coaching responsibilities in accordance with National Federation or sport governing rules for the respective sport. The coach, assistant coach and/or coaching representative must leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team players and other team personnel during the remainder of the game. If there is no other coaching representative who is certified by the school in accordance to CIF bylaw 506, the game shall be terminated and declared a forfeit. The offending coach's school will be credited with a loss and the opposing school shall be credited with a win. The ejected coach, assistant coach and/or coaching representative will be prohibited from coaching or attending the next interscholastic contest for that team or any other team in the same sport prior to serving the penalty. Coaches also must meet with their respective Athletic Director and/or School Administrator and complete the online NFHS Sportsmanship course, located at NFHSlearn.org. *(Board of Managers 4/28/2015)*

Question: When a coach is ejected from a contest they are not allowed to coach in the next contest. Can the coach attend as a spectator and watch the contest?

Answer: No, the coach may not be present at the contest. Failure to adhere to the spirit of the ejection policy and abide by the penalty of not being allowed to attend the next contest would result in a forfeit and the requirement of the coach to serve the required ejection at the next contest.

Question: When a coach is ejected from a Sub \square Varsity contest they are not allowed to coach in the next contest at the same level. Can the coach attend the next Varsity contest the same day?

Answer: No, the coach may not be present at the contest. Failure to adhere to the spirit of the ejection policy and abide by the penalty of not being allowed to attend the next contest would result in a forfeit and the requirement of the coach to serve the required ejection at the next contest.

c. Illegal participation

Illegal participation in the next contest (the next contest the school actually participates) by a player or coach, assistant coach and/or coaching representative ejected for unsportsmanlike or

dangerous conduct, as defined in sport specific NCS Ejection Policy rules summaries, in a previous contest.

Penalty: The contest shall be forfeited and the ineligible player, coach, assistant coach and/or coaching representative shall be ineligible for the next contest. During the contest for which the player is ineligible, the player shall not be allowed to dress in his/her team uniform, but will remain the responsibility of school personnel. Ejected coaches, assistant coaches and/or coaching representatives are not allowed to attend the school's next contest. If, in the next contest, there is no other coaching representative who is certified by the school in accordance to CIF bylaw 503, the game shall be declared a forfeit. The offending school will be credited with a loss and the opposing school shall be credited with a win.

d. Second ejection of a player or coach

Second ejection of a player or coach for unsportsmanlike or dangerous conduct or of a coach for unsportsmanlike conduct as defined in sport specific NCS Ejection Policy rules summaries from a contest during one season.

Penalty: The player shall be ineligible for the remainder of the season (includes pre-season, league season and post-season play). The coach, assistant coach and/or coaching representative are employees of the school. The NCS does not have the authority to terminate employment of school employees, which would be the effect of a balance of the season suspension. Therefore, the penalty for a second ejection for a coach, assistant coach and/or coaching representative shall be that the coach, assistant coach and/or coaching representative shall be prohibited from coaching or attending the next two interscholastic contests for that team and shall also be prohibited from coaching or attending any NCS post-season contests for which the team qualifies.

e. Players leaving the bench to participate in an altercation.

Penalty: When one or more players leave the bench to begin or participate in an altercation Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest the school actually participates (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.). A student who was ejected from his/her team's previous contest for dangerous or unsportsmanlike actions, shall not be allowed to dress in his/her team uniform, but will remain the responsibility of school personnel.

NOTE: When a student and/or team must forfeit a contest due to violation of the Ejection Policy, the student and/or team shall be charged with participation in the contest for purposes of the respective sport's maximum number of contests rule.

C. NCS Three-year championship calendar. CIF changes for 2018-19 (Attachment C)

D. Fall Divisions—this will be a handout at the SAC meeting

VI. NEW BUSINESS

A. Officials Certification Addition

Proposal: To: SAC, BOM, CIF Federated Council

1. All officials serving any of the CIF member schools must complete and pass the NFHS Interscholastic Officiating Course prior to officiating any CIF contests. The record of the completed course will be kept on file by the official's organization of which the official is currently working for.
2. Should the official's organization allow an uncertified NFHS official to officiate a CIF event, the organization will be fined \$100 per infraction.

Rationale: We require our coaches to be certified as a coach, first aid, concussion protocol, and in some cases defibrillator training. Currently there are no common standards for officials to officiate. Each official's organization teaches and trains their own members. Some associations do a very poor job training their officials and some do a terrific job, however there needs to be some national standard all official organizations must adhere to. Many times officials come to the event with the wrong perspective and attitude in the administration of the event. The more training they have the better the outcome! Let's get the officials associations all on a common ground of training..... This is an online course....easy to access. **NFHS Learning Center: Interscholastic Officiating Course \$20**

Athletic director concerns.

Will the cost trickle on down to us?

How significant are these courses?

Trust the professionalism of the officials' association.

B. Badminton—New league entry allotments and point system for NCS Championships (Attachment D)

At its June meeting, the NCS Badminton Management Committee will assess the number of DI and DII schools competing in each league and allocate entry slots in a proportionate manner to those leagues for the next year of NCS Badminton competition. Entry slots will be rounded up or down to the nearest integer.

C. Badminton—New point system for NCS Badminton Championships (Attachment D)

Proposal 6-2016: Improving the fairness of the NCS Badminton Championship

Submitted by: Whitney Baron—UHS Coach, former BAC Badminton Sports Rep, NCS Co-Tournament Director and Member of the NCS Badminton Management Committee. Submitted on 10/16/2016

Background: For the past two years, we have tried to work with the Badminton Management Committee to address important issues in the way the Championship is structured. While some progress was made 15 months ago, there are still inequities that need to be addressed. The meeting of this past June helped us realize that working through the Badminton Management Committee was not going to be productive and we have been encouraged to bring our thoughts and proposals directly to the SAC.

Core Issue: The NCS Badminton Championships are unique in the fact that you gain points in that event based on the number of entries you are allowed and how those entrants perform. Last year, one school was able to gain 16 entrants, 2-3 times the number of its key competitors, because their league was awarded a disproportionate amount of entry slots AND the overall weakness of their league allowed them to claim 80% of those slots.

Additionally, the points that are awarded in the event are given for 'advancing' and for final placement. They are heavily skewed to 'Advancement' as opposed to 'Placement'. The winning school earned 89 points of which 62 were from 'Advancement' and only 27 were from 'Placement.'

When you combine unequal access to entry slots and heavy weighting for simply advancing in preliminary rounds (including byes), you have a recipe for an unfair outcome that materialized last year and also in other recent years.

We advocate the following two proposals which will create a fairer system for determining an NCS Badminton Champion:

- A. At its June meeting, the NCS Badminton Management Committee will assess the number of D1 and D2 schools competing in each league and allocate entry slots in a proportionate manner to those leagues for the next year of NCS Badminton competition, Entry slots will be rounded up or down to the nearest whole integer.
- B. The points accruing to each team at the NCS Badminton Championships shall only be awarded for a singles player or doubles team placement as follows:

First place:	10 points
Second place:	7 points
Third place:	4 points
Fourth place:	2 points
Fifth/sixth place:	1 point

Pros:

The two proposals greatly resolve the current inequity in the way the NCS Badminton Championships are conducted. NCS titles are significant to student-athletes who train hard and compete with great excitement for them and they should be contested only in the fairest possible of manners:

- a. The proportionate allocation of entry slots is more fair and reasonable.
- b. The elimination of advancement points moves Badminton to a similar model used for NCS Track & Field Championships and eliminates the opportunity for outcomes to be decided by lucky draws and, more importantly, negates the advantage of a team advancing from a very weak league.

Cons:

Fewer points will score points for their teams which could potentially diminish their feeling of contribution at the event.

Conference vote: 22 – 0

D. Track Proposal (Attachment E)

**Freedom High School
Track & Field / Cross Country**

AREA MEET ADVANCEMENT PROPOSAL BY BVAL in response to EBAL proposal from 2015 (Attachment E)

Last year the EBAL proposed and the athletic advisory committee along with the NCS Board of managers passed a bylaw change that affected ONLY the Tri-Valley Area Track meet. The proposal changed how Tri-Valley Area Leagues advanced athletes to the NCS Tri-Valley Area Track Meet and did not affect any other NCS Area Meet. Prior to the proposal, each of the 4 leagues received 6 automatic qualifiers to the NCS Area meet similar to the other current NCS Area Meets. The Proposal approved last year stated that each Tri-Valley league would advance only 3 automatic qualifiers and then the next 12 best performance/times from all the leagues would advance to creating a field of 24 competitors.

The BVAL track coaches and schools were not even consulted on this proposed change as we did not even learn about this change until Mid April. [I assume most of the schools from other leagues were unaware either as almost every coach I talked to did not know about the change until mid season as well.]

A note for the Advisory Board:

Using their proposed bylaw change, the EBAL then set up an EBAL League Championship meet format to maximize their league's qualifiers using the new rule. 1) The EBAL scheduled one week of rest between the trials and finals during their championships. 2) EBAL also used a non-championship meet format by running 2 heats for each event calling them finals. This allowed the EBAL to advance time qualifiers beyond the normal 8-9 athletes. So besides having a full week's rest helping to run faster time in the finals [which is acceptable], they also used the 2 heat final to qualify 10-12 athletes in number in most event at the 2016 NCS Area Meet.

In contrast, athletes that ran in the BVAL Championship Meet ran trials on Thursday and finals on Saturday with just 1 days rest which produced slower time in the finals than time ran in the trials. Many of our sprinters had faster times in the BVAL trials than the EBAL finals runners that advanced which advanced on time. Because BVAL athletes were competing only on 1 days rest, finals times were slower. The BVAL was told by NCS Area seeding officials [also EBAL coaches] that only final times could be used to advance athletes to the NCS Area Meet.

From the advisory committee minutes we believe last years proposal to move to 3 auto qualifiers and 12 time qualifiers passed without all the facts.

1. Track, more than other sports performance, can be greatly affected by environmental conditions, such as winds, rain, heat, etc. Rest periods between trial and finals play a large roll in performance. The micro-climates for the Tri-Valley Area leagues is very diverse. East Contra Costa County maybe 90-100 degrees with no wind, while at the same time Tri-Valley region Pleasanton/Dublin/Danville area is in the 70's and windy. Tail wins in the 100m and 200m can be the difference of .5 second.
2. The fact that leagues set their own League Championship format make comparing time a big challenge. We feel leagues should set their Championship Meet format, but if this format remains NCS many need to dictate to leagues their championship format, i.e. days of competition, wind gauges mandatory, etc.
3. One reason stated for the proposal was the top athletes should be competing at the NCS meets. It is true the prior system allowed a slower runner from one league to advance while a faster runner were left home because they were the 7th in their league, but the athlete could still achieve NCS qualifying standards to during their league meet to advance if they were 7th or 8th in their league. BVAL points out that there are automatic qualifying time so if a league may advance more than 6 athletes to NCS.

BVAL also points out that if we want to best athletes competing in the NCS competitions is the true reason for voting the change in then why is the advancement formula not being used to ALL NCS Area Meet. We feel that if the change would have been proposed for ALL Area Track Meets that it would have never passed as now all the school and leagues voting would have been effected and making the issue more of an issue.

REQUESTED ACTION

The BVAL is asking the advisory committee to VOTE to pass one of the following options:

1. VOTE to return to the prior NCS TRI-VALLEY AREA Meet qualifying formula which is used for the other NCS Area Meets which is this:
 - a. ***Each League automatically qualified 6 participated in each event. Athletes may also qualify for NCS Area Meet by running the qualifying standard during their league championship meet, either during the trials or finals.***

OR

2. VOTE to use the same Advancement Formulas in ALL NCS Area Track Meets which is this:
 - b. ***Each league automatically qualifies 3 participates in each event. The***

remaining competitors are selected based on time/performance rankings from their respective League's Championship Meet. PLUS Performance marks recorded any time during a League Championship Meet may be used for qualifying for an NCS Area Track Meet. Marks achieved either during the trials or the finals may be used.

The BVAL thanks you for your consideration of this issue.

Questions/concerns:

Clarification of what this means?

How would it affect other meets?

Is this an NCS issue or a Tri-Valley issue?

E. Proposal to eliminate Bylaw 18.50H Spring Football Practice

18.105H Spring Football Practice

Spring practices shall not start earlier than the Monday **four** weeks prior to Memorial Day and must be completed before spring final examinations start. *(Board of Managers 4/25/08)*

- a.** Spring practice shall not exceed ten (10) practice sessions, none of which may be held on Saturday or Sunday.
- b.** The only allowable football equipment for spring football shall be: football shoes, footballs, and blocking bags.
- c.** Eighth and 9th grade students from an elementary, middle or junior high school **may not** take part in the spring football practice at the high school. (See Bylaw 18.107H for multi-school exception). (CIF 1904)
- d.** A high school coach may not conduct a football practice session at a separate junior high school. (CIF 1904)

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 18.105H are found in Bylaw 102H. *(Board of Managers 5/1/06)*

Rationale: With practice allowed starting June 1, EBAL does not feel this bylaw is necessary any longer.

The EBAL states that "Rationale: With practice allowed starting June 1, EBAL does not feel this bylaw is **necessary** any longer." The WACC feels that this language is still "**necessary**."

Here are some reasons why the WACC prefers to keep spring football, a very unique and physically demanding sport.

1. We have many kids in a socioeconomic category that makes them unable to fully participate, or participate at all, in whatever summer football program their school might offer. Spring football is "necessary" for them and for their team to start learning the techniques necessary to survive this physically demanding sport. We have many kids whose first experience with football is at the high school level and who do not participate in the Fall their freshman year.

2. We had nine schools that weren't yet in session for week # 0 games this year and three that weren't even in session for week # 1 games. While some incoming freshmen at some schools are very knowledgeable about when football practice starts and get out in early August; others are not. These potential athletes end up not playing football their freshman year and coaches have discovered that spring football is a "necessary" way for end-of-1st-year freshman to experiment with football without the commitment that summer football practices require, allowing them to decide whether to participate in football in the fall.

3. For a variety of reasons, many WACC schools have football players who struggle to remain academically eligible. Spring ball allows coaches to identify struggling students, check their grades and develop an individualized program for them to succeed academically. Study hall is a "necessary" component of Spring ball for many WACC schools. It is supported by 100% of the coaches, even those with programs that do not have spring football activities.

4. Fully half of our varsity head coaches are off-campus coaches. Spring ball is absolutely "necessary" for them to develop and grow their programs. They need to see their student-athletes sometime in the Spring; they would be unable to see them otherwise. They obviously don't see them in the football oriented physical education programs that some schools offer for the entire spring semester. A league with many football physical education programs for the entire spring semester may not see the "necessity" of spring ball.

5. All WACC schools with spring football options have strict rules that prevent kids from quitting their spring sport when spring football begins. We don't have this problem that was mentioned at the August SAC meeting. Most WACC football coaches actively encourage participation in a spring sport and work any spring ball activities around spring sports

6. If this is about gaining an unfair advantage, about competitive equity, then let's have a full discussion about how weight room operates, about p.e. classes called football, about 18.501 H, about what is and is not allowed in the summer. We support an even playing field for all NCS schools, for all CIF schools.

7. Finally a reminder - schools are not REQUIRED to have spring football. If it works (is "necessary" for some schools for whatever reasons, then we need to keep it. If it doesn't work for you, you're not required to offer it.

Athletic director comments/concerns:

Athletic packets?

Something else to regulate?

Coach certification?

No other sport does this.

Football is a year-round sport; weights and plyometrics are being used now.

End of the year is busy

Now you can do anything in the summer

Many coaches would like to keep it, but be relieved if it is not allowed anymore.

Some schools don't use all days now.

Athletic directors voted to support the elimination of spring football practice, 7 - 1

F. Proposal for NCS Open to go from 4 teams to up to an 8-team bracket

Implementation – 2017-2018 school year

1. Increase amount of allowable team entries to up to 8 for football open division
2. All teams that advance to semi-finals shall have the right to displace any originally assigned division champion for purposes of qualifying to the State CIF Championships.
3. The Division 1 bracket will be 8 teams

Rationale:

1. Addresses the byes and scheduling situation currently in Open division – 2 games in 4 weeks.
2. Allows the top teams in the section to advance to state playoffs.
3. Allows for competitive play in other divisions for section championships.
4. No teams would be affected for NCS playoffs – criteria the same and same amount of teams will qualify.

Implications:

1. Competitive equity – will put the best teams yearly in same NCS division. Allows for other schools to have a chance to win section championship.
2. Allows for top section teams to still move on to CIF Nor Cal Regionals or Open and would be selected, based on competitive equity.
3. No revenue would be lost.

The bracket will be developed as follows:

- a. The Open Division can consist of up to an 8-team bracket. No less than 4 teams.
- b. The appointed NCS At-Large and Seeding Committee, prior to development of any of other division brackets, selects at least 4 and up to 8 of the most competitive teams within CIF-North Coast Section based on the currently established at-large and seeding criteria.
- c. The Open Division Bracket will be pure seeded with #1 vs. #8, #2 vs. #7, #3 vs. #6, and #4 vs. #5
- d. Assignment of games will be according to the same established policy used in other brackets and approved by the NCS Board of Managers.
- e. Competition will be conducted as follows – week 11 bye and then play 8 team bracket for three consecutive weeks.
- f. A team that wins its first-round game shall have the right to displace any originally assigned division champion for purposes of qualifying to the State CIF Championships.

The following will also apply:

- a. If the CIF State or Nor-Cal competition has an open division only teams from the Section Open Division Championship will be eligible to participate.
- b. If the CIF State or Nor-Cal competition only allows one open entry, or allows more than one open entry but not all Section open entries have an opportunity to participate in the CIF State or Nor-Cal Open Division the Section Open Division team is allowed to replace the originally assigned division champion for purposes of qualifying to the State CIF Championships. Any original division qualifiers

who are allowed to proceed as entries to the CIF State or Nor-Cal Championships qualify in order of finish, or by seed if the team does not advance beyond the semifinals or quarterfinals.

- c. If the CIF State or Nor-Cal competition allows for multiple entries then the Open Division teams are ranked and will be allowed to replace the originally assigned division championship, runner-up, semifinalist or quarterfinalist. Any original division qualifiers who are allowed to proceed as entries to the CIF State or Nor-Cal Championships qualify in order of finish, or by seed if the team does not advance beyond the semifinals or quarterfinals.

Water the tournament championship down

VII. OLD BUSINESS

- A. NONE**

VIII. ROUND TABLE DISCUSSION

IX. STAFF REPORTS

- A.** Commissioner
- B.** Associate Commissioner

XI. ADJOURNMENT

VI. NBL NEW BUSINESS

- A. Fall Sportsmanship Summary: Congratulations to Santa Rosa High for winning pennants in both the boys' and the girls' sportsmanship competition!**

	CN	CG	MC	M	RC	SR	U	W
Football	5	6	10	4	5	2	9	
Boys' Cross Country	1	5	5	3	8	16	7	3
Girls' Cross Country	1	5	5	3	8	16	7	3
Girls' Soccer	8	8	0	4	9	9	3	7
Volleyball	4	11	7	3	6	7	0	9
Girls' Tennis	4	9	2	6	4	4	7	12
Girls' Golf	9	6	3	6	5	7	4	8

	CN	CG	MC	M	RC	SR	U	W
FALL TOTALS	32	50	32	29	45	61	37	42

B. Modification of current sportsmanship program

This award is to honor the school that has had the greatest overall success in athletic and scholastic achievement as well as demonstrated good sportsmanship during each season of sport.

CRITERIA

- Schools will receive five points for first place, three points for second place and one point for third place in team athletic competition.
- Scholastically, schools will earn five points for first place, three points for second place and one point for third place. The NBL would use the same criteria as used for the NCS Scholastic Awards program, so no additional work would be required to determine the top three teams.
- Sportsmanship criteria
 1. Each school that has no ejections for all sports is awarded 15 points
 2. Each school that has 1 ejection for all sports is awarded 10 points
 3. Each school that has 2-3 ejections for all sports is awarded 5 points
 4. Each school that has 4-5 ejections for all sports is penalized -5 points
 5. Each school that has 6 ejections for all sports is penalized -10 points
 6. Each school that has 7+ ejections for all sports is penalized -15 points

The school totaling the greatest number of points will be awarded the Award of Excellence.

Motion to support the implementation of a new sportsmanship program, beginning in 2017 – 2018.

Motion: Jerry Bonfigli

Second: Henri Sarlatte

Motion approved unanimously

C. Lacrosse letter from Chris Ziemer, Sonoma Country Day School

I wanted to connect about boys' lacrosse. As you are aware, the NCS placed in us in the NBL two seasons ago. We were in the Bay Counties League with schools of similar size and it was a good fit for us.

We were willing to give the NBL a try, knowing that it would help the Sonoma County lacrosse community grow. We knew it wouldn't be a good fit for our boys, and it would become even less of a good fit as the NBL schools developed their programs. That has happened very quickly.

Last spring was not a good season/experience for our boys in the NBL. It's not about wins and losses; it's about being in a league and games that are good for both teams. We had a lot of injuries. We really don't belong in the league.

There was rumor last spring of several new schools coming in to the league (SR, Monty, MC, Elsie, Piner and even St Vincent). We discussed staying put knowing that there might be other similar teams. Obviously, that didn't happen and it is the same schools.

We recently developed an interest list and based upon the numbers and experience I am not certain it makes sense for us to be in the NBL.

I'm trying to get a hold of our coach and set up a lunch meeting, but wanted to get your thoughts.

I know it is late and league schedules are set. It might be hard for teams to add games later in the season if we were to pull out of the NBL, but many of them seem to have full schedules already. Would it be possible to play everyone once and not be in the official league standings, which would mean they only lose one game? Have our games be scrimmages and if some coaches wanted to find better games they could?

Anyway, I'm not sure what the best solution is at this point, but wanted to let you know where we were at.

It is a great group of coaches and AD's - that isn't the issue.

D. Wrestling proposal: 14.805.1 Seeding for NBL Wrestling Tournament

A preliminary seeding meeting will be held on the Wednesday prior to the NBL tournament. All wrestlers who will be competing in the tournament will be placed in a bracket for the tournament. If any wrestler is left off the brackets, that wrestler will not be eligible to compete. On the morning of the league tournament, immediately following weigh-ins, there will be a final verification of all weight classes and the seeding for the tournament will be finalized. If there are no changes to any weight class, the seeding from Wednesday will stand. If any weight class should have changes, then that weight class will be redrawn per the criteria used at the preliminary meeting.

14.805.1 to be renumbered 14805.2

14.805.2 to be renumbered 14805.3

14805.3 to be renumbered 14805.4

Motion to support the new wrestling proposal, effective immediately.

Motion: Jerry Deakins

Second: Henri Sarlatte

Approved unanimously

E. Discussion from the floor

INFORMATION ITEMS

- A.**
- Swim coaches need to get adjustments in now. The swim preseason meeting will be held on December 13, 6 PM, at the SRCS board room.
 - Neither Maria Carrillo nor Ukiah will field a freshman girls' basketball team this season.
 - Jan will be developing the 2017 freshman football schedule. Note: Petaluma and Casa cannot play home on the same day in frosh football.

ADJOURNMENT