

**ATHLETIC DIRECTOR MEETING MINUTES  
THURSDAY, DECEMBER 3, 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
Chris Giovannini	Montgomery	Jeff Hardie	Windsor
Dean Haskins	Montgomery	Jan Smith Billing	NBL Commissioner

**I. APPROVAL OF AGENDA**

Motion to recommend approval of the agenda as presented.

Motion: Chris Giovannini, MHS

Second: Henri Sarlatte, RCHS

Motion approved, 6 – 0

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

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

Motion: Henri Sarlatte, RCHS

Second: Chris Giovannini, MHS

Motion approved, 7 – 0

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

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

**Motion approved 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.

No member of the public who was present wished to speak.

**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 meeting.

Motion approved by consent.

**IV. CIF Items**

**A. NOR CAL Soccer (Attachment A)**

Motion to send the NBL delegates to the NCS Sports Advisory Committee Meeting uninstructed on this item.

Motion: Chris Giovannini, MHS

Second: Ty Yanez, Ukiah

Motion approved: 8 - 0

**Proposed by the CIF San Francisco Section  
Proposal**

The CIF San Francisco Section proposes that a post-season Northern California soccer tournament shall be held at the conclusion of each of the three seasons of sport in which Northern California Schools participate in soccer. Pursuant to this proposal, there shall be a boys' post-season Northern California soccer tournament in the fall season of sport; there shall be a boys' and girls' post-season Northern California soccer tournament in the winter season of sport and there shall be a girls' post-season Northern California soccer tournament in the spring season of sport.

**Implementation Note**

There are three possible ways to effectuate this proposal. The first way is to amend CIF State Bylaw 511(D) to provide a NorCal Regional in soccer for each season of sport.

The second way is to simply allow the Northern Sections to extend the season of sport in soccer so their champions and other designated representatives can compete in an invitational tournament that would not be defined as a NorCal regional.

The third way is to provide a winter season of sport NorCal regional—just as the South has a So Cal regional—and then allow those teams that play boys' soccer in the fall and girls' soccer in the spring to hold an invitational tournament where their Section exempts them from playing in the winter.

The Section can modify this proposal so it can move forward in any of the three possible ways of effectuating this proposal. As the proposal will need to move through a number of CIF Committees, the Section has deferred selecting any one of the three ways until it has an indication as to which of the three ways is preferable.

NBL athletic director discussion items:

- For winter season only? Or, all three seasons, as the NCS currently functions?
- When does the CCS play? How about the Sac-San Joaquin Section?
- Who would play? When and where?
- Would this be a just a Northern California Championship or is this a precursor to a State Championship?
- Some athletic directors want one season and one champion.

**Gil's explanation.**

- **There is no proposal on any CIF agenda at this point in time.**
- **There will probably be a proposal to add regional soccer in the north.**
- **Gil thinks that this is going to happen and that we will be looking at a championship--not this year, but potentially the year after.**
- **Gil does not know if another section is going to go forward with a proposal; if it does happen, it will probably happen for 2017 – 2018.**
- **Only winter season; does not know what CCS and Sac-San Joaquin do in soccer at this point**
- **Would mirror the Southern Section Championship**
- **If section commissioners hammer out a proposal in January, then it will show up on the NCS Board of Managers Agenda in January.**

## V. NCS Items

### A. 506H

#### **School Events Conflicts vs. NCS/Les Schwab Tires Championship Series Event Calendar**

Motion to direct the NBL representatives to the NCS Sports Advisory Committee Meeting vote to support this proposal.

Motion: Chris Giovannini, MHS

Second: Henri Sarlatte, RCHS

Motion approved: 8 – 0

Discussion points:

- What is the definition of a conflict?
- How about venue changes? Chris Giovannini brought up the MCHS/MHS soccer conflict.

**Bri Niemi's explanation:**

- **Schools have asked NCS to be more flexible about NCS Championships dates and times to accommodate their individual needs.**
- **There is definitely a trend to being more lenient regarding individual events. Parking and staffing might be a concern, but is a**
- **Basically, we want to be flexible with you, but you have to let the NCS know by the deadlines specified.**

The following policy outlines how conflicts between school events and NCS/Les Schwab Tires Championship Series Events will be managed.

1. In team sports, NCS staff will attempt to avoid official school conflicts, if and when possible, as long as the school conflict is reported to NCS in the following manner. For first round games, all conflicts must be submitted to the NCS by 8:00 a.m. on the day of that sport's seeding meeting. For all other rounds, all conflicts must be submitted by 12 noon one day prior to each subsequent round. Any school conflict reported after championship assignments have been posted will not be considered. In individual sports, NCS Staff will not alter published championship event dates or times due to conflicts with participating schools' schedules.

2. The NCS/Les Schwab Tires Championship event dates may be altered due to inclement weather, loss of facilities and circumstances beyond the control of NCS.
3. Each participating school's regular varsity athletic team is expected to participate in all games scheduled during the first and last published championship date for the respective championship.
4. When the NCS/Les Schwab Tires Championships extend beyond the last date published on the NCS/Les Schwab Tires Championship schedule, NCS staff, in conjunction with each participating school's administration, will cooperate to identify acceptable dates and times for the participating schools and will attempt to conclude the NCS/Les Schwab Tires Championships at the earliest possible date or weekend avoiding conflicts with previously scheduled school activities.

**FOR IMMEDIATE IMPLEMENTATION**

**B. Bracket size adjustments**

When bracket sizes are set less than 16 teams, NCS staff may increase the size of the bracket up to 16 teams provided there are qualified teams that have applied and the championship dates are not altered. Motion to direct the NBL representatives to the NCS Sports Advisory Committee Meeting vote to support this proposal.

Motion: Jerry Deakins, MCHS

Second: Henri Sarlatte, RCHS

Motion supported unanimously.

**NCS Explanation:**

- ***NCS tries to maintain the same number of divisions in all championships***
- ***This fall, there was a 12 team bracket and 16 teams applied. This would allow more schools who qualify to participate.***

**C. Competitive Divisions (Attachment B)**

NBL Discussion points:

- Will the competitive divisions be decided by performance in the league or by performance in NCS Championships?
- Switching leagues around for each sport seems unwieldy.
- Leagues should be placed in divisions based on competitive equity.
- What sports would be involved, at least initially?
- Sometimes Division 4 is more competitive than Division 2 or 3. How will that be addressed?
- Just because you move up doesn't mean that the higher division is more competitive.
- How long will a team be required to stay in the new division?
- Direction should come from the CIF. Why don't they just make all sections do the same thing? They are our governing body.
- What about Analy?
- Would the NBL and SCL be merged together and have two divisions and two automatics? Or, would the Redwood Empire Conference be realigned based on competitive equity?
- What is best for kids should be the over-riding consideration.

**Competitive Division update by Gil Lemmon:**

- ***Washington is doing something very similar to Gil's original proposal and are implementing this for the 2016 – 2017, with some more fine-tuning. Washington's proposal has ways to move teams up and down.***
- ***Gil thinks that the state will eventually choose some Open division schools and will then rank everyone else and place them in divisions.***
- ***Gil thinks that this may be on the CIF section commissioners agenda for January***
- ***There are lots of states that use competitive divisions***
- ***Don't have schools competing where they should be; look at CNHS and Marin Catholic this year.***
- ***Placement based on NCS championship participation and results***
- ***In an ideal world, all team sports would be seeded this way***
- ***Gil thinks decisions should be data driven***
- ***If you look at the larger brackets, there are going to be a lot of lopsided scores. Additionally, the game attendance is generally lower at this level.***
- ***Proposal last year was tabled on a vote of 26 – 19***

**SAC made a motion to direct staff to develop a plan for placement in divisions based on competitive equity. Motion passed 30 -0.**

Update on the status of competitive divisions: From NCS Commissioner Gil Lemmon

This past summer Chris Heller, NCS President and I attended the NFHS Summer Annual Meeting in New

Orleans. It was a great conference and many important topics were presented with various state associations reviewing best practices and positive concepts that have worked well within their state, or concepts that a state may have developed and will be implemented in coming years. As has been the case in California for the last couple of years, competitive equity, or competitive divisions, was heavily discussed with several states sharing ideas. Since I believe this is a very important topic and one that I believe NCS member schools should address this document is a review of information surrounding concept of competition that is fair and equitable.

### **HISTORY OF REVIEW OF COMPETITIVE DIVISIONS**

First conversations on the topic of competitive divisions were initiated by me two years ago. Using statistical tools I presented to Section Commissioners, the Executive Committee and the Sports Advisory Committee the overwhelming evidence that the current model of using enrollment as a guide to place schools into competition divisions did not achieve the originally intended outcome, the premise that the larger the school the more athletes and therefore, more competitive. It was a simple concept used by almost every state association in the United States. The fact is that when the competitive success of a school over a period of time compared to the enrollment of the school has very little relationship, and probably hasn't had much of a relationship for many years, yet states stayed with the concept. However, in the last six or so year there is a growing movement by state associations, and sections in California, to create a more equitable and fair model based on historical success.

1. Commissioner Lemmon presents statistical data to section commissioners in June 2012.
2. Commissioner Lemmon shares the statistical data with the Executive Committee and SAC in the fall of 2012.
3. The SAC appoints an Ad-Hoc Committee to review the competitive balance/equity of divisional competition.
4. The appointed SAC Sub-Committee to review competitive division competition has met twice to discuss possible proposals for review by the Sports Advisory Committee with a goal of developing divisional competition that is equitable and fair.

The committee members selected by NCS staff were as follows:

Don Nelson, EBAL Commissioner  
Rich Woodall, MCAL Asst. Commissioner  
Tom Breen, MVAL Commissioner  
Mark Uhrenholt, retired administrator, DFAL  
Joe Ellwood, Athletic Director, Analy HS, SCL  
Troy Ghisetti, Athletic Director, Arcata HS, HDNL  
Steve Chappell, Athletic Director, Northgate HS, DVAL  
Henri Sarlatte, Athletic Director, Rancho Cotate HS, NBL  
Hugh Lenahan, Athletic Director, Tennyson HS, WACC  
Jason Strickland, Athletic Director, Hercules HS, TCAL  
Joe Aliotti, working administrator, De La Salle HS, EBAL

Additional attendees:

Bill Jones, TCAL Co-Commissioner  
Phil Tomasini, TCAL Co-Commissioner  
Robert Pinoli, CMC Asst. Commissioner  
Geri Giovannetti, CMC Asst. Commissioner

The committee met January 29th and February 20th, 2013. At the first meeting the committee reviewed documentation provided by the section office concerning competitive divisions and how other states and sections were handling competitive equity in their respective championships. The meeting also included a 20 min. conference call with Rainer Wulf, Southern Section Asst. Commissioner who is in charge of the competitive division process used by the Southern Section. The meeting consisted of much discussion including the following bullets of thoughts expressed at the first meeting:

- The perception that there is a competitive advantage for private schools based on size of school and participation in final championship contests in section, state and other state championships.
- The common multiplier factor does not solve the public-private inequities.
- The section consists of both public and private schools and any effort made to develop better equity of competition in the NCS Championships should not be based on whether a school is public or private.
- NCS currently limits any opportunity for a more competitive team to petition up in some sports, limiting the opportunity to develop better equity of competition in the NCS Championships.
- Even with petitioning many felt that schools would not petition up if allowed, choosing to stay at a lower division where the school is more competitive.

- The desire to participate at a lower division is based on potential success in post-section competition.
  - In review of a total ranking of teams separated by competitive level the section would be at a disadvantage in post-section competition with sections that do not support a competitive division model.
  - It would be better to focus on one or two sports and develop a proposal that could be implemented and evaluated prior to across the board implementation.
  - At the conclusion of the first meeting Joe Aliotti and Gil Lemmon were instructed to develop basketball data over the last five years based on the following scale, bring the data back to the next meeting:
    - 5 points for winning a section championship
    - 4 points for playing in the section championship contest
    - 3 points for playing in a semifinal game
    - 2 point for playing in a quarterfinal game
    - 1 point for entering the section championship as a champion or at-large team.
  - A second meeting was set for Wednesday, February 20, 2013.
  - At the second meeting the committee reviewed the data collected by Joe and Gil and reviewed the CIF bylaws and power rankings and competitive division placement in the Sac-Joaquin. In discussion it was decided that with the data collected that a team that has demonstrated superior competitive strength over a five-year period should be required to move the next higher division. Listed below are the basic rules:
    - No implementation until 2014-15.
    - The five-year period would include 2009-2010, 2010-2011, 2011-2012, 2012-2013, 2013-14
    - Any team averaging 8.0 or higher would be required to move to the next division.
    - When a team is added to a high division another team in the higher division is moved down.
    - To decide the team that moves down the school in the higher division with the lowest point total will be moved one division lower.
    - If there are teams tied with the lowest point total the tie will be broken by the enrollment number of the school. The school with the lowest point total and smallest enrollment would be moved to the next lower division.
5. Concept was presented to the SAC in the fall of 2013 and tabled till the December meeting.
  6. At the December 2013 meeting the original proposal failed 3-18. A second proposal was made reducing the threshold that teams would move up in division. Motion passed 25-3. In addition language was added to allow teams who move up in a division to return to a lower division if they did not qualify for the championship finals of the higher division during the following three years.
  7. In the following weeks the item was supported by the Executive 9-1 but when presented to the Board of Managers the item was Tabled 26-20. 8.
  8. During the above process within NCS the San Diego Section implemented a competitive division format in multiple sports which is perceived by many San Diego Section schools as very successful. A presentation was made by the San Diego Section Commissioner at the April 28, 2015 Board of Managers meeting.

Based on discussion at the Section Commissioner's meetings and movement of six of the 10 sections to a competitive model and movement of multiple states to do the same I believe NCS member schools should continue

to review and consider a competitive division model that focuses on the following concepts:

1. Sport Specific
2. Addresses schools in rural/urban areas.
3. Universal application to all NCS member schools.
4. Clear, concise concept supported by data.
5. A continuous balance of competition with schools moving up and down equally by division.
6. Review and evaluation on any supported concept.

#### **CONCEPTS THAT HAVE NOT WORKED**

What not the Multiplier?

1. Applied to only private schools.
2. Does not take into account the open enrollment policies or unlimited charter school boundaries.
3. It assumes that any assumed advantage for one private school applies to all private schools.
4. Opens the Section to lawsuit.
5. Has been attempted in Wisconsin, Missouri, Georgia and Arkansas and the perception by other states is that the multiplier has not met the criteria above.
6. Does not take into account the success of a school, rather lumps a group of schools together and treats them the same.

Add a Division?

1. Adding a division of enrollment only allows relief for a small number of schools. It does not address

- schools in the middle.
  - 2. Financial irresponsible.
  - 3. Waters down the competition.
  - 4. Unfilled brackets do not create a championship atmosphere.
- Other potential concepts that might meet the concepts outlined above:
- 1. Reducer
  - 2. Success Factor
  - 3. Geographical, boundary specific multiplier

#### **SUCCESS FACTOR PROPOSAL ADOPTED BY WISCONSIN**

- Implemented in the sports of soccer, volleyball, basketball, softball and baseball.
- Will start with the 2016-2017 school year.
- Divisional assignment will begin with the previous year's divisional assignment.
- All teams with a qualifying point total will be promoted to the next higher division.
  - ✧ Promotion will only occur in the sport where a school has achieved the required point.
- All teams promoted using success factor will be locked into the promoted division.
- Following promotion and locking, all non-promoted teams will be placed in divisions based on enrollment, consistent with the WIAA season regulations currently in place.
  - ✧ Following application of season regulations, no team can be moved down a division due to another team's promotion if they have earned any success factor points in that division in the last three years.
  - ✧ Should this situation arise, that school or schools will be locked in the previous year's division, and the next smallest enrollment school or schools with no success factor points in the last three years will be moved down.
  - ✧ Any tie will be addressed consistent with current season regulations after the application of this clause.
- The 3-year cumulative period used in determining placement for the first year of implementation will be the 2013-2014, 2014-2015, and 2015-2016 school years.
- No team will move more than one division from the previous year's divisional assignment to the current year's divisional assignment.
- Once promoted, points from a lower division will not be considered in a subsequent promotion.
- Once promoted, teams will leave the promoted division if they have less than 6 points earned in all divisions in the last 3 years.
- Points will be assigned in the following way:
  - ✧ Points will only be awarded once per postseason. A maximum of 4 points may be earned by a team in a post-season tournament. Teams will be assigned points from only one of the following categories per year per sport: The most points a teams can earn is 4 points a year.
    - 4 points for winning a state championship game
    - 3 points for advancing to the state championship game
    - 2 points for advancing to a state semifinal (final four)
    - 1 point for advancing to a state quarterfinal (final eight)
    - Points will be cumulative for a period of 3 years.
    - If at the close of any season, a team has earned a 3-year cumulative total greater than 6 points or higher or when a school reaches 6 points, it will be promoted to the next higher division in the next season for that sport.

#### **D. Change fall petitioning date deadline**

Motion to direct the NBL representatives to the NCS Sports Advisory Committee vote to support to fall petitioning deadline from the third week in September to April 1.

Motion: Chris Giovannini, MHS

Second: Kenny Knowlton, SRHS

Motion supported: 8 – 0

#### ***Gil's explanation:***

***Winter petitioning is done in November***

***Spring petitioning is done in February***

- ***Having schools petition for the fall in April would allow all petitioning done prior to the new season.***
- ***Really should be the last day of March***

#### **E. Wrestling Entries by League**

NCS Wrestling Management Committee VOTED (7 - 1 - 1) to adjust 28.501H.

Motion to direct the NBL representatives to the NCS Sports Advisory Committee vote to support the proposed wrestling entries by league.

Motion: Chris Giovannini, MHS

Second: Henri Sarlatte, RCHS  
Motion supported: 8 – 0

Rationale: Due to the new alignment cycle and addition of the TCAL as a league effective 2016 - 2017, the wrestling management committee has recommended the following entry system based on the 2012 - 2015 medal summary and the addition of teams to the EBAL and DFAL/DVAL.

**2016 - 17**

BAC (5)	2
BVAL (6)	3
CMC (11)	3
NEW DFAL/DVAL (12)	5
EBAL (10)	5
HDNL (8)	3
MCAL (7)	3
NBL (8)	3
SCL (7)	3
TCAL (6)	2
WACC (7)	3
<b>Total Entries</b>	<b>38</b>
<b>At-large Entries</b>	<b>2</b>
<b>Total Entries</b>	<b>40</b>

If any league does not fill their entry allotment in any given weight class, the open spot will become an at-large entry (as opposed to an alternate). The wrestling management committee will evaluate this entry system on a 2-year basis.

F. Sports and General Rulings Bylaw 507H Divisions

Motion to direct the NBL representatives to the NCS Sports Advisory Committee vote to support this proposal.

Motion: Henri Sarlatte, Rancho Cotate

Second: Ty Yanez, Ukiah

Motion supported 8 – 0

**Karen's explanation**

- **The items that are struck out came from a sub-committee that met several years ago. NCS does not use these because of CIF requirements for Nor Cal basketball. But, the state doesn't do this anymore, so we need to update our bylaws to represent current practice.**
- **Needed to strike the minimum of 25 required and to add golf**

507H Divisions

- a. NCS/Les Schwab Tires Championship Series Events shall be divided into divisions as determined by the NCS Board of Managers and/or the State CIF Federated Council.
- b. Criteria for establishing divisions:
  1. Criteria for divisional alignment: Balance all divisions by the number of schools participating. ~~A minimum of 25 boys and girls teams in each division when possible.~~
  2. Sports with six (6) divisions, (currently girls' volleyball, boys'/girls' basketball, baseball, softball) schools will be placed in the same division for the identified sports.
  3. If a school's enrollment **increases or decreases by 15% or more** of the division break, that school will be **moved up or down a** division the following school year. ~~(Note: If a school is moved to a different division, causing a division to drop below the minimum of 25 schools, then the divisions will need to be adjusted to balance each division.)~~ NOTE: Divisions will be reevaluated at every alignment cycle. (Every 4 years). ~~If a school enrollment increases or decreases by less than 15% of the division break, that school may remain in the current division until the next realignment cycle (every 4 years).~~
- c. Schools will be allowed to change to a higher division, in the sports of baseball, basketball, football, **golf**, lacrosse, soccer, softball, team tennis and water polo for the purpose of post - season competition consistent with the applicable criteria. Schools may petition in accordance with the time schedule set by the NCS Board of Managers. The deadline for petitions would be consistent with other sports of the same season. 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. Note: Some additional criteria for changing division may be included under the specific sports in this handbook.
- d. In the sports of badminton, football, **golf**, lacrosse, soccer, team tennis, wrestling, baseball and softball,

where divisions are determined by enrollment in the previous year's grades 9 - 12 TOTAL data, and any other "division" sports that are subsequently added, NCS staff shall automatically adjust to TOTAL enrollment break points to ensure that schools from different divisions have approximately the same chance of participating in the NCS playoffs based on established bracket sizes. NCS staff shall take historical "petitioning up" in division into consideration when determining break points. Any enrollment breaks listed under specific sports are subject to change based on the above potential adjustments. Current year's enrollment breaks for each sport are listed on the sports home page on the NCS website. (Board of Managers 1/21/05)

- e. If a school of larger division participates in a league with schools of a smaller division that school must compete in its actual division during post - season competition in team sports.

#### **SINGLE DIVISIONS**

Boys' & Girls' Swimming  
Boys' & Girls' Wrestling (Winter)  
Girls' Soccer (Spring)  
Boys' & Girls' Meet of Champions Track & Field Championships

- G. Failure to submit an application/entries for post season participation  
Motion to direct the NBL representatives to the NCS Sports Advisory Committee vote to support this proposal. For immediate implementation.  
Motion: Jerry Bonfigli, CNHS  
Second: Ty Yanez, UHS  
Motion supported 8 - 0

Discussion points:

- Why do we have to apply?
- Why would any league champion choose not to apply?
- Might create unfair seeding.

#### **Gil's explanation:**

- ***In cross country this year, two schools failed to submit entries—Washington and Kennedy. Additionally, a team missed the 10 PM deadline, but NCS was able to make an exception to let them in based on unforeseen circumstance beyond the coach's control***
- ***Kids end up suffering for a coach's failure to submit their forms***
- ***Do need to have a deadline, but provides for relief for kids, but holds the school/coach accountable.***
- ***For immediate implementation.***

#### **Sports & General Rulings Handbook Bylaw XXXH**

*The following procedure will be implemented anytime a school fails to submit an application for post-season participation, or fails to correctly submit an accurate application by the stated deadline listed in the respective sport Championship Bulletin:*

#### **Team Championships**

- A. If the error is discovered prior to the conclusion of the respective sport at large and seeding meeting the following will occur:
  1. The team will be allowed to apply.
  2. The school will forfeit their opportunity to host contests for the respective sport championship for the current year.
  3. The head coach will not be allowed to coach in the first scheduled contests of the respective Section Championships for the current year.
- B. If the error is discovered after the respective sport at large & seeding meeting and prior to the posting of the respective championship bracket and the team would have qualified for the respective sport NCS Championship Series the following shall occur:
  1. If there is an open position in the team bracket, the team shall be placed in the position of the next seeded team and the following penalties will be implemented by Section staff:
    - a. The school will forfeit their opportunity to host contests for the respective sport championship for the current year.
    - b. The head coach will not be allowed to coach in the first scheduled contest of the respective Section Championships for the current year.
  2. If there are no open positions in the team bracket the team will not be allowed entry into the respective Section Championship.
- C. If the error is discovered after the posting of the bracket in the respective sport the team will not be allowed entry into the respective Section Championship.



**Individual Championship**

- A. For individual championships of cross country, tennis singles, girls' wrestling and swimming the following procedures will be implemented anytime a school fails to submit an application for post-season participation, or fails to correctly submit an accurate application by the stated deadline listed in the respective sport Championship Bulletin:
1. Late entries based on alleged errors will not be considered after 3:00 p.m. on the day of posting of the respective sport lane assignments, heats and entries, or after consideration by the respective sport management committee.
  2. Any individual late entries which are accepted for participation in the respective NCS Championship the school to be fined \$75 in addition to the regularly required entry fee for the respective sport.
  3. For team entry in individual competition any late entry accepted into the respective NCS Championship series the school will be fined \$150.
  4. The following guidelines apply:
    - a. No school will be allowed to adjust individual entry events submitted by the entry deadline after the entry deadline has passed.
      - i. If there is an open position or lane of the listed heat entries or competition the individual shall be placed in the open position based on the merits of the entry, review of any other late entries and consideration by the respective sport management committee.
      - ii. If there are no open entry positions, heats or lanes, the individuals will not be allowed entry into the respective Section Championship event.

**VI. NCS SAC New Business**

**A. Proposal to move the baseball/softball NCS Championship dates back one week, with implementation in 2017.**

Motion to direct the NBL representatives to the NCS Sports Advisory Committee vote to support this proposal.

Motion: Rick O'Brien, Casa Grande

Second: Henri Sarlatte, Rancho Cotate

Motion supported 8 – 0

NBL discussion points:

- What about badminton? Have the NCS Championships ever taken place after a school's graduation?
- Does the Ed Code allow graduates to continue participate in sports?

Rationale: Many schools have ended their school year and students have graduated. Since baseball and softball do not have a NorCal or State playoff, then why can't we end the Championships earlier?

<b>BASEBALL</b>	<b>2016-2017</b>	<b>2017-2018</b>
Deadline for Division I-VI to determine qualifiers	May <del>19</del> <b>12</b>	May <del>18</del> <b>11</b>
Final date for Division I-VI competition other than NCS Championships	May <del>19</del> <b>12</b>	May <del>18</del> <b>11</b>
Division I-VI At-large, Seeding, and Orientation meetings	May <del>20</del> <b>13</b>	May <del>19</del> <b>12</b>
Division I-VI first round games	May <del>23, 24</del> May <del>16, 17</del>	May <del>22, 23</del> May <del>15, 16</del>
Division I-V second round games; Division VI Semifinals	May <del>26, 27</del> May <del>19, 20</del>	May <del>25, 26</del> May <del>18, 19</del>
Division I-V Semifinal games	May <del>30, 31</del> May <del>16, 17</del>	May <del>29, 30</del> May <del>22, 23</del>
Division I-VI NCS Championships	June <del>2, 3</del> May <del>26, 27</del>	June <del>1, 2</del> May <del>25, 26</del>
<b>SOFTBALL</b>	<b>2016-2017</b>	<b>2017-2018</b>
Deadline for Division I-VI to determine qualifiers	May <del>19</del> <b>12</b>	May <del>18</del> <b>11</b>
Final date for Division I-VI competition other than NCS Championships	May <del>19</del> <b>12</b>	May <del>18</del> <b>11</b>
Division I-VI At-large, Seeding, and Orientation meetings	May <del>20</del> <b>13</b>	May <del>19</del> <b>12</b>
Division I-VI first round games	May <del>23, 24</del> May <del>16, 17</del>	May <del>22, 23</del> May <del>15, 16</del>
Division I-V second round games;	May <del>26, 27</del>	May <del>25, 26</del>

Division VI Semifinals	May <del>19</del> , <del>20</del>	May <del>18</del> , <del>19</del>
Division I-V Semifinal games	May <del>30</del> , <del>31</del> May <del>16</del> , <del>17</del>	May <del>29</del> , <del>30</del> May <del>22</del> , <del>23</del>
Division I-VI NCS Championships	June <del>2</del> , <del>3</del> May <del>26</del> , <del>27</del>	June <del>1</del> , <del>2</del> May <del>25</del> , <del>26</del>

## VII. NCS SAC Old Business

### A. Proposal to change the format of the NCS Football Championships (Dave Kiesel)

#### Tabled (8/31/15)

Motion to direct the NBL delegates to the NCS Sports Advisory Committee be uninstructed On this item.

Motion: Henri Sarlatte, RCHS

Second: Ty Yanez, Ukiah

Motion supported 8 – 0

NBL discussion points:

- Shorten the seasons!
- Mote the end of the season up!
- Are there any CIF plans to move the season more towards the start, not the end?
- Move the back end up, not the front end forward.

SAC Discussion:

- **First found games are sometime held before school begins in the fall and lack school/stu**
- **Decreasing the brackets will affect smaller leagues and will decrease their opp championships. St. Helena football was 9-1 and might have not had the opportunity to entries.**
- **Decreasing the number of games could have a major hit on the budget and possibly i NCS dues.**
- **In the Open Division: the top two teams are placed in this division. However, only the v best team is not allowed to move on.**
- **No one is in favor of extending the season.**
- **Earlier start date is okay with most leagues.**
- **Leagues want to break the proposal up and bring it up. In essence, create separat proposal definitely needs to be rewritten.**
- **What about the affect on teams that already have schedules made and are in two-year c**

This SAC item failed 10 – 18.

A motion was made to direct the NCS office to work on an open division proposal passed 23

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

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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

#### **Further Discussion of the Proposal to Change the Format of the NCS Football Championships**

Here are some of the major reasons for this proposal;

- A. To reduce the number of games that NCS football teams play by ONE; high school teams are playing too many football games.
- B. To start the football season one week later in the school calendar; football should start when all other fall sports start and games should be played when school is in session.
- C. To shorten the football season by one week.
- D. To eliminate the "blow - outs" that frequently occur in the 1st round of the NCS playoffs; games with point spreads in the 50's or 60's have no business in educational athletics.
- E. To allow the elite teams to participate in an "open division;" we have some very, very good football teams that should be playing challenging games.

A., B., C, and D work together; E. stands alone and doesn't need to happen for the others to happen.

My colleagues at the August NCS SAC meeting had some excellent concerns about the proposal and I'd like to address them.

1. SCL's Concern - I understand the SCL's important point that moving the football season one week later in the calendar means that, especially at the non - varsity level, student - athletes will finish the football season one week later and there will be a one week overlap between the end of the football "season of sport" and the beginning of the winter "season of sport" for the sports of basketball, soccer, and wrestling. The CIF's "seeding Sunday" is presently four weeks from the NCS "seeding Sunday." If we reduce the number of games teams play in the NCS playoffs from a maximum of four to a maximum of three, we're at the mercy of that CIF seeding Sunday date and its bowl game schedule. We
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presently have four weekends for NCS football games. The overlap is in effect "caused" by the CIF's bowl game schedule.

If our concern is only A. and D. above, reducing the number of high school football games played and 1st round blow-outs, one possibility that would mitigate the SCL's "overlap" concern might be to finish the season when we do now, allow eight, rather than 16, teams into each bracket, play the first two rounds when we do now, then take a week off before the NCS championship games, in effect allowing teams that earn the right to play in those games to have an extra week to prepare for the championship game. However this option would mean we'd still start the season at the same time we do now, one week earlier than all other Fall sports start. Many principals and AD's are concerned that football starts too early in the school calendar. Football starts well before school starts and many football programs, maybe not the few elite ones, suffer because incoming freshmen, students new to a school, even some returning students are asked to begin football practice well before school starts. For one WACC school this year, football started 18 "school days" before school started. Football is not a sport where student-athletes can "try-out" two weeks into the season. To do A., B., C., and D. above, we need to have the "season of sport" overlap.

2. EBAL's Suggestion - I understand the EBAL's suggestion that we might want to allow only 12 schools into each NCS bracket rather than the 16 we do now. That would certainly eliminate some, but not all, of the "blow-outs" (D. above) that occur in the first round. It would not however allow us to start the football season one week later in the school calendar (B. above), nor would it shorten the football "season of sport" to the length of other Fall sports (C. above), nor would it reduce the number of football games for the teams seeded # 5 through # 12 (A. above).

Do teams seeded # 9 through # 12 have a realistic chance of winning the championship? In 64 possibilities, none has ever won a championship; only one of those 64 possible teams has ever played in a final game; only three of those 64 teams have ever even made it to the semifinals? Only three times out of 64 possibilities have teams seeded # 5 - # 8 ever even played in the championship game.

In addition, giving a 1st round bye to teams seeded 1 - 4 would also give a huge advantage to those teams in their second round games against opponents who played 1st round games. For example the team seeded # 4 would get a bye the week before they play the team seeded # 5, which would have played a 1st round game (# 5 has never lost to # 12 in 16 possibilities in the first round of the last four years). The winner of that game between # 4 and # 5 has been evenly split over that last four years when they both played 1st round games.

3. MCAL's Concern - I understand the MCAL's concern about the financial impact of eliminating some of our NCS games; the dollar amounts presented were incorrect however. If we're going to be fair about estimating the financial impact of reducing the number of teams in a bracket from 16 to eight and adding an open division bracket, we need to do more than just divide attendance revenue numbers and expense numbers in half as the MCAL did. We now play 54 games in the D I - D IV brackets (60 minus an average of six byes a year). I'm proposing 40 games, a reduction of only 14 games.
    - What's the financial impact of adding 12 games in an eight-team open division, whilst eliminating present 1st round games where # 1 plays # 16? Twelve open division games would all be marquee games that will draw large crowds.
    - How much of the NCS income comes from 1st round games, from 2nd round games, from semifinal games, from the championship games? I would argue that much more income comes from 2nd round, semis and finals.
    - How much in unreimbursed costs, hidden in the NCS numbers, accrues to schools participating in those first round games? NCS staff admits that they do NOT fully reimburse either the hosting school or the visiting school. Would
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- NCS dues increase by more than these unreimbursed costs – I don't know.
  - Finally - what is the time value of the many school site staff members who are charged with administering a football game; what is the time value of school site staff members who travel to a football game? What is the time value for NCS staff members who are preparing for those 1st round games? Let's please not play meaningless football games because we can reduce NCS dues.
4. Open Division - The establishment of an open division (E. above) is a separate issue and in many ways unrelated to the other proposals. It stands alone and if we don't want to have an open division, it would not affect the other proposals, although it would affect the financial discussion above. An open division would allow our elite football teams to be immediately challenged in our NCS playoffs; they are certainly not now in those first few rounds. In addition an open division would produce a clear NCS choice to be considered by the CIF for its own open division. We could be flexible in making some choices about which divisions can be considered for the NCS open division. We could be flexible about scheduling the open division games.

**FINALLY**

- If you feel that 16 - year - olds are playing too many high school football games (up to 16 at the present time), please seriously consider this proposal.
- If you feel that football practice starts too early in your school calendar (scheduled to start on July 20 [non - mandatory] and August 8 [mandatory] next year), please seriously consider this proposal.
- If you feel that the football "season - of - sport" is too long (July 20 - December 17 next year), please seriously consider this proposal
- If you feel that games with 50 + point spreads are not educationally sound, please seriously consider this proposal.

VIII. Round Table Discussion: none

IX. Staff Reports

A. Commissioner

- ***The January supplemental league placements will be available soon.***
- ***Spring petitions will be coming out soon.***
- ***Partnership between CIF, Special Olympics and the California Dept. of Education***

B. Associate Commissioner

C. Assistant Commissioner

VI. NBL NEW BUSINESS

**A. Modification of soccer rule 8.801**

**Motion to support the proposal as written below.**

**Motion: Chris Giovannini, MHS**

**Second: Bryan Price, SRHS**

**Motion supported: 7 – 1 (RCHS voted no on this item)**

***In boys' and girls' soccer:*** The team with the highest total contest points will be the winner. If two or more teams have the highest total, then there will be co-champions. Points are determined as follows: Win: 3 points; tie: 1 point; loss: 0 points.

Motion: Casa Grande

Second: Montgomery

Motion supported unanimously

**B. Modification of soccer rule 8.802**

**Motion to support the proposal as written below.**

**Motion: Chris Giovannini, MHS**

**Second: Bryan Price, SRHS**

**Motion supported: 8 - 0**

~~Girls' soccer:~~

~~a. If there is a tie, a play-off match will be conducted on a neutral field.~~

~~b. If this match is tied at the end of the play-off contest, there will be two ten-minute overtime periods.~~

~~c. If the match continues to be a tie at the end of the overtime periods, penalty kicks will be used to break the tie.~~

Boys' **and girls'** soccer:

a. Award three points for a win and one point for a tie.

b. If a tie continues to exist, then the team with the best record in head to head competition will be

awarded the automatic entry.

- c. If the head to head record is equal, then goals for and against in head to head competition will be used.
- f. If a, b, and c are applied and the tie still exists, the team whose school has the lowest number in the fall draw by the administrators will be awarded the automatic entry.

Motion: Maria Carrillo

Second: Casa Grande

Motion supported 8 – 0

**C. Motion to delete volleyball rule 13.802**

**Motion to support the deletion of volleyball rule 13.802.**

**Motion: Chris Giovannini, MHS**

**Second: Ty Yanez, Ukiah**

**Motion supported 8 – 0**

13.802 There will be an NBL post-season tournament.

- a. The top four 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
  - #2 vs. #3 at the site of the higher seedOn Thursday:
  - The winners of Tuesday's matches will play at the site of the highest seed.

Motion to eliminate the North Bay League Post-season tournament

Motion: Rich Schwarz, Windsor

Second: Ori Polkinghorne, Ukiah

Motion supported: 8 – 0

- D. Proposal for an NBL Bylaw that all home contest host schools are responsible to post on MaxPreps for all sports.** (Henri Sarlatte)  
**Motion to support this proposal.**  
**Motion: Jeff Hardie, Windsor High**  
**Second: Ty Yanez, Ukiah**  
**Motion supported 8 - 0**

*Rationale: It would make it easier to determine NBL standings for coaches, athletic directors, and commissioners.*

- E. New dates of determination for Casa Grande High School.**  
October 2; November 6; January 8; February 26; April 22; last day of summer before the start of the 2016 school year.

- F. Report from November 19, 2015 Eligibility Committee Meeting** (Jan Smith Billing)

- G. Budget Update** (Jan Smith Billing)  
Motion to assess each member school \$3000 to cover league dues and to eliminate fees currently charged for participation in individual sports championships.  
Motion: Jerry Deakins, MCHS  
Second: Henri Sarlatte, RCHS  
Motion supported 8 - 0

- H. Discussion regarding location of NBL Tournaments; AD meetings; Principals' meetings**

- I. Business from the floor**

**IX. ADJOURNMENT**

Motion to adjourn the meeting 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) hours 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].

(Approved May 2014 Federated Council)