|  | **NORTH BAY LEAGUE**  **Joe Ellwood, Commissioner**  [jellwood@wscuhsd.org](mailto:jellwood@wscuhsd.org); (707)484-8410  **Dean Haskins, Assistant Commissioner**  dhaskins@srcs.k12.ca.us; (707) 484-0271 |  |
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**ATHLETIC DIRECTORS MEETING AGENDA, TUESDAY, FEBRUARY 20, 2024, 10 AM**

**Lewis Learning Center**

| **ATTENDANCE: Present, Jamie Williams WHS, Josh Cavanagh HHS, Ryan Riddle PHS, Jerry Deakins MCHS, Bryan Price SRHS, Kenny Knowlton SRHS, Larry Arterberry EAHS, Aaron O’Brien UHS, Mike Roan AHS, Megan Ornelas, MHS, Dean Haskins Asst. Commissioner, Joe Ellwood Commissioner** | | | |
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| **I.** | **APPROVAL OF THE NBL AGENDA (ACTION)** Joe | | |
|  | Motion to approve the NBL AD Agenda. | | |
|  | Motion: Jerry Deakins MC, 2nd Jamie Williams WHS 10-0 | | |
| **II.** | **APPROVAL OF THE NBL CONSENT AGENDA** | | |
|  | There is no consent agenda for this meeting. | | |
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| **III.** | **APPROVAL OF MINUTES FOR THE PREVIOUS MEETING (ACTION)** Joe | | |
|  | Motion to approve the minutes from the 11/27/23 athletic director meeting, previously emailed and available online at www.northbayleague.org | | |
|  | Motion: Mike Roan AHS, 2nd Kenny Knowlton SRHS 10-0 | | |
| **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. | | |
|  | Rich Carnation, WHS School Board member spoke in oposiiton of the WACC Wrestling proposal on the SAC Agenda. Mr Carnation stated that because there is a competing proposa being re-considered by the NCS Wreslting Mgt Committee, this proposal was not necessary and would make it more difficult to pass the proposal being modified by the NCS Wrestling Mgt Commitee. | | |
| **V.** | **NORTH BAY LEAGUE AGENDA ITEMS** | | |
|  | **A.** | **SOCCER OFFICIALS** (R/D) (Joe) | |
|  |  | Ejection policy procedures | |
|  |  | ADs were asked to inform their coaches (soccer in particular) not to contact officials or the officials association directly if they have a question about ejections and disqulificaitons. | |
|  | **B.** | **FLAG FOOTBALL, 2024-2025** (R/D) (Dean) | |
|  |  | Do we have four teams to make it a league sport?  If so, we need to establish bylaws, a schedule, championship, etc. | |
|  |  | Analy, Rancho, CN stated they will have teams next year. | |
|  | **C.** | **OAK AND REDWOOD DIVISION PLACEMENTS FOR 2024-2026** (R/D/A) (Joe) | |
|  |  | Basketball, soccer, and wrestling divisional recommendations to be presented to the NBL Principals for approval. | |
|  |  | Wrestling: Elsie Allen to Redwood and Montgomery to Oak. Motion Megan Onelas MHS, 2nd Jamie Williams WHS 11-0  Boys’ Basketball: Ukiah to Oak and Piner to Redwood: Motion Ryan Riddle PHS, 2nd Aaron O’brien UHS 11-0  Girls’ Basketball: Windsor and Rancho Cotate to Oak and Ukiah to Redwood. Motion Josh Cavanagh HHS, 2nd Aaron O’Brien UHS 10-1 Ryan Riddle, PHS opposed to support his coachs’  Boys’ Soccer: Ukiah to Oak and Piner to Redwood, Motion, Aaron O’Brien UHS, 2nd Mike Roan AHS 11-0  Girls’ Soccer: Ukiah to Oak Motion, Aaron O’Brien UHS, 2nd Josh Cavanagh HHS 11-0 | |
|  | **D.** | **TENNIS BYLAW CHANGE** (R/D/A) Dean | |
|  |  | | 11.801 | NCS Qualifying Tournaments will be held ~~in both the Oak and Redwood Divisions.~~to determine who will represent the NBL at the NCS Tennis Championships. | | | --- | --- | --- | |  | Singles | | |  | a. | ~~There shall be a singles tournament every year in both the Oak and Redwood Divisions.~~ | |  | b. | ~~Each school may send a maximum of two players to the league tournament in order to compete for the right to represent the league at the NCS Tennnis Tournament.~~  **The league singles tournament will have a draw of sixteen (16) singles players. Each school may send two (2) singles players in order to compete for the right to represent the league in the NCS Tennis Singles Championships.** | |  | c. | ~~If a school does not have any entry, that sport will be filled from the next best available player from the NBL championship team. If no player is available from the first-place team, the next best available player from the second-place team will fill that spot.~~  **In the event that there are more than eight schools sending two (2) entries, play-in games may be necessary for the seventh through tenth place teams to keep the tournament at a maximum of sixteen entries.** | |  | c. | The winner of the tournament shall be the automatic entry into the NCS Championships. | |  | e. | The tournament must be played to third place. | |  | f. | Seeding will be done by the coaches before the first match. | |  | g. | ~~In the girls’ and boys’ tournament, a~~ **A** maximum of four players will be seeded. | |  | h. | In the event of rain, the league representative shall be the player with the most wins at number one singles in league competition. | |  |  |  | |  | Doubles | | |  | a. | ~~There shall be a doubles tournament in both the Oak and Redwood divisions to qualify for the NCS Championships. The winner of the tournament will be the automatic NBL entry into the NCS Championships.~~ **The league doubles tournament will have a draw of sixteen (16 teams. Each school may send two (2) teams in order to compete for the right to represent the league at the NCS Tennis Doubles Championships.** | |  | b. | ~~In the girls’ tournament, there will be a sixteen (16) team single elimination tournament with a consolation round. Each school is allowed to send two entries. If a school does not send two entries, the team with the most wins may send three teams. If two schools do not send entries, the team in second may send three teams, etc.~~ **In the event that there are more than eight (8) school send two entries, play-in games may be necessary for the seventh (7) through tenth (10) place teams to keep the tournament to a maximum of sixteen (16) entries.** | |  | c. | The tournament must be played to third place. | |  | d. | Seeding shall be done on the first day of the tournament by the coaches before the first match begins. In the boys’ tournament, seed according to standings. | |  | e. | The winner of the tournament shall be the automatic entry to the NCS Tennis doubles tournament. | |  | f. | The women’s tennis championship shall begin at 1 PM on Friday and at 9 AM on Saturday, whenever possible. There will be a seeding meeting prior to the first matches. | |  | g. | In case of rain, the doubles team winning the greatest number of doubles matches during league shall represent the league in the NCs Championships. | | |
|  |  | Motion, Josh Cavanagh HHS, 2nd Heather Campbell SVHS 11-0 | |
|  | **E.** | **PROPOSED GOLF BYLAW AMENDMENTS** (R/D/A) (Dean) | |
|  |  | 6.803 | ~~In case of a tie, all tied teams will be considered NBL co-champions and each shall receive a pennant. The team with the lowest fall (girls’) or spring (boys’) season number (drawn by NBL principals) will be the automatic NBL qualifier to the NCS Golf Championships.~~ |
|  |  |  | **If two or more teams tie for first place at the end of the round robin, those teams shall be declared co-champions and each shall receive a pennant. In order to determine the NBL representative to the NCS Championships, the following process shall apply.**   | **1.** | **Head-to-head competition between/among the tied teams.** | | --- | --- | | **2.** | **If the tie(s) still exists/exist, the next determination shall be the lowest total combined score versus the tied teams(s) in each of their matches.** | | **3.** | **If the tie(s) still exists/exist, the next determination shall be the lowest total combined scores in all league matches.** | | **4.** | **If the tie(s) still exists/exist, the next determine will be the principals’ draw—the team with the lowest draw number shall represent the NBL at the NCS Championships.** | |
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|  |  | 6.805 | An all-league team will be selected following the end of the league season. There will be a Player of the Year, a first team of no more than seven (7) players and a second team of no more than seven (7) players. The all-league team selections shall be based on shots over jar per individual over the course of the league season. 9/25/23  A golfer must play in a minimum of ~~four league matches~~ **two-thirds or more of their league matches** to be considered for the NBL Qualifying Tournament and for all-NBL honors. Additionally, the total scores for all golfers will be averaged against par for the course played. |
|  |  | Motion, Jerry Deakins MCHS, 2nd Heather Campbell SVHS 11-0 | |
|  | **F.** | **NEW ITEMS/ DISCUSSION** (Joe & Dean) | |
|  |  |  | |
| **VI.** | **NCS SPORTS ADVISORY COMMMITTEE** | | |
|  | **I.** | **CONSENT AGENDA** | |
|  |  | *There is no consent agenda for this meeting.* | |
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|  | **IV.** | **CIF ITEMS** | |
|  |  | **A.** | **HEAT ILLNESS PROTOCOL** (R/D/A) Crookshank |
|  |  |  | Proposal to amend CIF Bylaw 503.k.(1) with respect to heat illness protocols. Addition of an acclimation period for fall sports. (Attachment A) |
|  |  |  | **Type: Bylaw Addition**  **Summary:** The council will discuss proposed amendments to the Bylaw which would require schools to postpone or cancel practices and/or competitions due to extreme heat. The changes to the heat illness protocol are due in part to the new requirements of California state law (AB 1653 - Sanchez).  **Fiscal Impact:** Member schools may incur costs to purchase a Wet Bulb Globe Temperature device and/or additional body temperature cooling mechanisms.  **Background:** When State statutes are added and/or amended, the CIF has developed corresponding Bylaws to ensure that its member schools are aware of the legislation and comply with its requirements. |
|  |  |  | **503.K. Heat Illness/Air Quality Index Protocol**  **Heat Illness**   1. A student-athlete who exhibits signs of heat illness while participating in, or immediately following, an athletic activity must be removed immediately from participating in a practice or game for the remainder of the day. A student-athlete who has been removed from play after displaying signs and symptoms associated with heat illness may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider. On a yearly basis, a Heat Illness information sheet shall be signed and returned by all athletes and the athlete's parent(s)/guardian(s)/caregiver before the athlete's initial practice or competition.   All CIF member schools must adhere to the CIF Heat Illness Prevention and Heat Acclimatization Policies (see pages - TBD). |
|  |  |  | **HEAT ILLNESS PREVENTION POLICY FOR THE CALIFORNIA INTERSCHOLASTIC FEDERATION**  As per CA State Law AB 1653 and CIF Bylaw 503 K.1. - Heat Illness Protocol, all CIF member schools must adhere to the CIF Heat Illness Prevention Policy as outlined below.  **Extreme Heat Procedures:**  The Wet Bulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle, and cloud cover (solar radiation). This differs from the Heat Index, which takes into consideration temperature and humidity and is calculated for shady areas. The WBGT is especially valuable in environments where people are physically active, such as sports, as it provides a better assessment of the risk of heat-related conditions during physical exertion. The CIF requires that schools use the WBGT for the most accurate measurement.  Depending on your Category Region (see map below), it is mandated for the benefit of the health and safety of our student-athletes that practice/games be canceled, or delayed until cooler when WBGT exceeds these levels:   * Region Category 1 >86.2°F * Region Category 2 >89.9°F * Region Category 3 >92.0°F   **STEP 1**  **Find your Region Category**  Based on the following map, schools should select the category that best fits their region to follow the required guidelines shown below.  The majority of states fall under just one category or two at the most. However, due to its diverse climate across the state, California encompasses all three categories: light gray - Category 1 / medium gray - Category 2 / dark gray - Category 3. (See image below).  A map of the united states  Description automatically generated |
|  |  |  | **STEP 2**  **WBGT Readings** (Note: Temperatures listed in the chart below are calculated using a WBGT and are **not** basic air temperatures) Please see Step 3 below for samples of WBGT readings.   | **Cat 3** | **Cat 2** | **Cat 1** | **Outdoor Activity Guidelines** | | --- | --- | --- | --- | | **<82.0°F** | **<79.7°F** | **<76.1°F** | **Normal Activities – Provide at least three**  **separate rest breaks each hour with a**  **minimum duration of 3 min each during the**  **workout.** | | **<27.8°C** | **<26.5°C** | **<24.5°C** | | **82.2 - 86.9°F** | **79.9 - 84.6°F** | **76.3 - 81.0°F** | **Use discretion for intense or prolonged**  **exercise; Provide at least three separate rest**  **breaks each hour with a minimum duration of**  **4 min each.** | | **27.9 - 30.5°C** | **26.6 - 29.2°C** | **24.6 - 27.2°C** | | **87.1 - 90.0°F** | **84.7 - 87.6°F** | **81.1 - 84.0°F** | **Maximum outdoor practice time is 2 h.**  **Provide at least four separate rest breaks**  **each hour with a minimum duration of 4 min**  **each. For Football/Field Hockey: players are**  **restricted to helmet, shoulder pads, and shorts**  **during practice. If the WBGT rises to this**  **level during practice, players may continue to**  **work out wearing full pads without changing**  **to shorts.** | | **30.6 - 32.2°C** | **29.3 - 30.9°C** | **27.3 - 28.9°C** | | **90.1 - 91.9°F** | **87.8 - 89.6°F** | **84.2 - 86.0°F** | **Contests are permitted with additional hydration**  **breaks. Maximum outdoor practice time is 1 h.**  **No protective equipment may be worn during**  **practice, and there may be no conditioning**  **activities. There must be 20 min of rest breaks**  **distributed throughout the hour of practice.** | | **32.2 - 33.3°C** | **31.0 - 32.0°C** | **29.0 - 30.0°C** | | **≥92.1°F** | **≥89.8°F** | **≥86.2°F** | **No outdoor workouts/contests. Delay**  **practice/competitions until a cooler WBGT is**  **reached.** | | **≥33.4°C** | **≥32.1°C** | **≥30.1°C** |  | |
|  |  |  | **STEP 3**  **Schools without a WBGT should use the link below from the NOAA for a WBGT reading**  [https://digital.mdl.nws.noaa.gov/?zoom=7&lat=35.28787&lon=-](https://digital.mdl.nws.noaa.gov/?zoom=7&lat=35.28787&lon=-79.36779&layers=F000BTTTFTT&region=0&element=8&mxmz=true&barbs=false&subl=TTFFFF&units=english&wunits=nautical&coords=latlon&tunits=localt) [79.36779&layers=F000BTTTFTT&region=0&element=8&mxmz=true&barbs=false&subl=TTFFFF&units=english&](https://digital.mdl.nws.noaa.gov/?zoom=7&lat=35.28787&lon=-79.36779&layers=F000BTTTFTT&region=0&element=8&mxmz=true&barbs=false&subl=TTFFFF&units=english&wunits=nautical&coords=latlon&tunits=localt) [units=nautical&coords=latlon&tunits=localt](https://digital.mdl.nws.noaa.gov/?zoom=7&lat=35.28787&lon=-79.36779&layers=F000BTTTFTT&region=0&element=8&mxmz=true&barbs=false&subl=TTFFFF&units=english&wunits=nautical&coords=latlon&tunits=localt)   | **EXAMPLE @2:30 PM** |  | | | --- | --- | --- | | AUGUST 31, 2023 | AUGUST 31, 2023 | AUGUST 31, 2023 | | CATEGORY 1 SCHOOL | CATEGORY 2 SCHOOL | CATEGORY 3 SCHOOL | | Outside Air Temp 870 F | Outside Air Temp 970 F | Outside Air Temp 920 F | | WBGT Reading =80 | WBGT Reading =82 | WBGT Reading =81 |   **CIF Fall Outdoor Sports Acclimatization Policy**  Given the extreme heat issues typically experienced at the start of the Fall sports season, heat acclimatization is crucial for high school athletes to help them adapt to hot weather conditions and reduce the risk of heat-related illnesses. The following is a four-step plan for heat acclimatization in outdoor high school sports:   1. **Gradual Increase in Activity:**    * Start with light workouts in cooler conditions to prepare athletes for increased heat exposure.    * Gradually increase the intensity and duration of practice sessions over 10-14 days. 2. **Hydration Education:**    * Teach athletes the importance of staying hydrated and recognizing signs of dehydration.    * Encourage regular water breaks during practice and games and always provide access to water. 3. **Modify Practice Schedules:**    * Schedule outdoor practices during cooler times, like early morning or late evening.    * Allow frequent breaks and shade to help athletes cool down and recover. 4. **Monitor Athlete Health:**    * Educate coaches, trainers, and athletes on the signs of heat-related illnesses (heat exhaustion and heat stroke).    * The school will have available a method to institute whole-body cooling to treat a student-athlete with exertional heat illness, especially heat stroke (e.g., ice tub, “taco tarp”, ice towels) which is easily accessible at all practice and contest venues.   Safety should always be the top priority when acclimating high school athletes to hot weather conditions. This plan helps athletes adapt while minimizing the risk of heat-related issues.  **For All Outdoor Fall Sports:**  **Five-Day Acclimatization Period.** Preseason practice shall begin with a five-day acclimatization period for all fall outdoor student-athletes. All fall outdoor student-athletes, including those who arrive at preseason practice after the first day of practice, are required to undergo a five-day acclimatization period. The five-day acclimatization period shall be conducted as follows:  Participants shall not engage in more than one on-field practice per day during the five-day acclimatization period. On-field practices shall last no longer than two hours.  **For Football Only**  During the first three days of practice or testing activity, helmets shall be the only protective equipment student-athletes may wear. During the next two days of practice or testing activity, helmets, and shoulder pads shall be the only protective equipment student-athletes may wear. Student-athletes may practice in full pads on the sixth day of practice or testing activity. |
|  |  |  | Motion to support Jerry Deakins MCHS, 2nd Larry Arteberry EAHS |
|  |  | **B.** | **AIR QUALITY INDEX** (R/D/A) Crookshank |
|  |  |  | Proposal to amend CIF Bylaw 503.K.(2) to cancel practices and/or competitions due to an air quality of 151 or higher. (Attachment B) |
|  |  |  | **Type:** Bylaw Addition  **Next:** Action Item at the April 5, 2024 Federated Council meeting  **Summary:** The council will discuss the proposed addition of this Bylaw which would require schools to postpone or cancel practices and/or competitions due to an unhealthy air quality level of 151 or higher.  **Fiscal Impact:** The only fiscal impact would be if schools choose to purchase an Air Quality Index measurement device for their campus. This is not a requirement for this Bylaw.  **Background:** Even healthy athletes are at increased risk for inhaling pollutants in the air. Physical activity increases ventilation and the number of pollutants that are inhaled is increased compared to periods of rest. These risks are increased if an athlete has a pre-existing medical condition such as asthma or a cardiac condition.  **503.K.(2) Air Quality Index Protocol**  All CIF member schools must refrain from outdoor practice and/or competition when the Air Quality Index is 151 or higher. Schools may use readings for their local area obtained through  [www.airnow.gov](http://www.airnow.gov/) or a measurement device located outdoors on their physical campus. (Approved January 2019 Federated Council)  *Q: One of my student-athletes sometimes experiences leg cramps during practices and/or games but then they go away with rest and stretching. Do I have to hold her out from the rest of that practice or game? Does she need to see her physician before she can return to play?*  A: Muscle cramps may be an early sign of heat illness and can be evaluated and managed with rest, stretching and oral fluids including electrolyte drinks. If the cramps are not associated with any other signs and symptoms of heat illness and resolved promptly, then the athlete could return to practice or competition and would not require clearance from a licensed healthcare provider. BUT, if any signs and symptoms of heat illness exist alongside heat cramps, then yes, she would need to be cleared by her physician before returning to play. AND, if she continues to experience recurrent muscle cramps, have her see your school’s athletic trainer who can evaluate further. If there’s no athletic trainer available at your school, your athlete should get a medical evaluation from her physician. Please visit <https://cifstate.org/sports-medicine/heat_illness/index> for more information on this topic. (Editorial May 2020)  **Q: Is there more information available about precautions related to Air Quality Index (AQI)?**  A: Yes. Go to the Sports Medicine – Air Quality page at [www.cifstate.org](http://www.cifstate.org/) for other resources and best practices related to AQI.  *Q: What is meant by licensed health care provider?*  A: The scope of practice for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).  *Q: May nurse practitioners (NP) or physician assistants (PA) provide written clearance to return to play?*  A: Yes, a nurse practitioner (NP) or physician assistants (PA) working under the direct supervision of a medical doctor (MD) or doctor of osteopathy (DO) may provide clearance for return to play. |
|  |  |  | Motion to support Aaron O’Brien UHS, 2nd Heather Campbell SVHS |
|  |  | **C.** | **EMERGENCY ACTION PLAN AND AED PROTOCOLS** (R/D/A) Crookshank |
|  |  |  | Proposal to amend CIF Bylaw 503.L. which requires schools to review and rehearse their Emergency Action Plan due to the new requirements of California State Law (AB 245—McKinnor). (Attachment C) |
|  |  |  | **Type:** Bylaw Addition  **Next:** Action Item at the April 5, 2024 Federated Council meeting  **Summary:** The council will discuss the proposed addition of this Bylaw which would require schools to postpone or cancel practices and/or competitions due to an unhealthy air quality level of 151 or higher.  **Fiscal Impact:** The only fiscal impact would be if schools choose to purchase an Air Quality Index measurement device for their campus. This is not a requirement for this Bylaw.  **Background:** Even healthy athletes are at increased risk for inhaling pollutants in the air. Physical activity increases ventilation and the number of pollutants that are inhaled is increased compared to periods of rest. These risks are increased if an athlete has a pre-existing medical condition such as asthma or a cardiac condition. |
|  |  |  | **503.L. Emergency Action Plans and AED Protocols**   1. A school shall ensure that there is a venue specific written ~~athletic~~ emergency action plan (EAP) for athletics in place that describes the ~~locations and procedures to be followed~~ steps to be taken in the event of ~~Sudden Cardiac Arrest and other medical emergencies related to the athletic program’s activities or events~~ an emergency related to sudden cardiac arrest and other medical emergencies including concussion and heat illness. The school’s EAP shall (should) be reviewed annually by pertinent school staff and local EMS providers and be distributed to all athletic department members and healthcare professionals who will provide medical coverage during games, practices, or other events. Each school team (coaches, players, athletic director, etc.) shall rehearse the EAP at least once per season. 2. Each school’s emergency action plan (EAP) shall:  | a. | List and provide the location of all on-site emergency equipment that may  be needed in an emergency situation. | | --- | --- | | b. | Identify personnel and their responsibilities to carry out the plan of action. | | c. | Include appropriate contact information for EMS | | d. | Specify documentation actions that need to be taken post emergency. |  1. The school shall have at least one automated external defibrillator (AED) for the purpose of rendering emergency care or treatment. The AED(s) should be available for use at each athletic venue within three (3) minutes of a Sudden Cardiac Arrest. The school shall ensure that the AED(s) are available to certified athletic trainers, healthcare professionals, coaches and authorized personnel at these activities or events. |
|  |  |  | Motion to support Aaron O’Brien UHS, 2nd Heather Campbell SVHS |
|  |  | **D.** | **BOYS’ VOLLEYBALL STATE CHAMPIONSHIP** (R/D/A) Crookshank |
|  |  |  | Proposal to establish a CIF Boys’ Volleyball State Championship during the 2024-2025 academic year. (Attachment D) |
|  |  |  | **Type:** Bylaw Addition  **Next:** Action Item at the April 5, 2024 Federated Council meeting  **Proposal Summary:** The CIF Staff is proposing the implementation of a CIF State Boys Volleyball Championship to begin in the 2024-2025 school year. This proposal follows the approved State Championships Master Schedule timeline for implementation of new events for consideration.  **Fiscal Impact:** The staff has conducted a review of regional boys’ volleyball events and calculated the budget estimates for State Championship events. This information is included in this proposal (Page 2, #4).  **Background**: The CIF does not currently have a state championship in Boys Volleyball. This event would bring the top teams from each region to compete in an even larger scale event than their own section and regional championships. It’s another opportunity for boys to have state level competition in the sport of volleyball as currently offered to many other CIF sports participants. This championship event is proposed as a one-day event held one week after the Regional Championship.  **PROPOSAL FOR CALIFORNIA BOYS’ VOLLEYBALL CHAMPIONSHIP NEW CIF CHAMPIONSHIP EVENTS**  **Name of Event:** CIF State Boys Volleyball Championships  **Proposed Event Dates:** The proposed dates of the event coincide with the next available weekend after the completion of regional finals.  **Boys Volleyball Schedule Following Regional Championships:**  2025: Saturday, May 31: (Regional Championships are Saturday, May 24) 2026: Saturday, May 30: (Regional Championships are Saturday, May 23) 2027: Saturday, May 29: (Regional Championships are Saturday, May 22) 2028: Saturday, May 27: (Regional Championships are Saturday, May 20)  **Format**  Four divisions of competition between the champions from the Northern and Southern Regional Championships  **Section Entries (8 team brackets)**  North: CS- 3; CCS- 8; NCS- 8; OS-2; SJS- 8; SFS- 2  South: CS- 3; LACS- 7; SDS- 9; SS-14  **QUALIFYING TO CIF STATE CHAMPIONSHIPS**  Teams must compete and qualify through the CIF Regional Championships to participate in the CIF State Championships. |
|  |  |  | Motion to support Jamie Williams WHS, 2nd Mike Roan AHS 11-0 |
|  |  | **E.** | **TRADITIONAL COMPETITIVE CHEER** (R/D/A) Crookshank |
|  |  |  | Proposal to establish a CIF Traditional Competitive Cheer State Championship during the 2024-2025 academic year. (Attachment E) |
|  |  |  | **Type:** Bylaw Revision  **Next:** Action Item at the April 5, 2024 Federated Council meeting  **Proposal Summary:** The CIF Staff is proposing replacing the current regional invitational with the implementation of a CIF Traditional Competitive Cheer State Championship to begin in the 2024-2025 school year. This proposal follows the approved State Championships Master Schedule timeline for implementation of new events for consideration. This championship event is proposed as a two-day event (based on registration numbers) held in late January.  **Fiscal Impact:** The staff has conducted a review of regional traditional competitive cheer events and calculated the budget estimates for State Championship events. This information is included in this proposal (Page 2, #4).  **Background**: State CIF does not currently have a state championship in Traditional Competitive Cheer. This event would bring teams from all over California to compete in an even larger scale event than their own section championships. It’s another opportunity for boys and girls to have “state” level competition in the sport of Traditional Competitive Cheer as other sports currently do (Swim and Dive, Wrestling, Cross Country, etc.) The event would allow traditional competitive cheer teams an opportunity to compete at the State level. |
|  |  | Motion to send UNOPPOSED Heather Campbell SVHS, 2nd Ryan Riddle PHS 11-0 | |
|  | **V.** | **NCS ITEMS** | |
|  |  | **A.** | **DIVISIONS** (R/D/A) Niemi & Cruickshank |
|  |  |  | Proposal to adopt enrollment-based divisions for the 2024-25 academic year (badminton, cross country, golf, girls fall soccer, boys fall soccer, tennis, dual team wrestling) and competitive equity base divisions for the 2024-25 academic year (baseball, basketball, football, girls’ lacrosse, boys’ lacrosse, girls’ winter soccer, boys’ winter soccer, softball, girls’ volleyball, boys’ volleyball and water polo). (Attachments F-W) |
|  |  |  | Motion to support, Heather Campbell SVHS, 2nd Aaron O’Brien UHS 11-0 |
|  |  | **B.** | **TRADITIONAL COMPETITIVE CHEER** (R/D/A) Niemi |
|  |  |  | Proposal to establish an NCS Traditional Competitive Cheer Championship during the 2024-2025 academic year. (R/D/A) Niemi |
|  |  |  | League Submitting Proposal: NCS  Vote from the League Regarding Proposal:  Date of Requested Implementation:  2024-2025 School Year  Description of Proposal: (include bylaw revision, if appropriate) NCS Traditional Competitive Cheer (TCC) Championship   * Two weeks prior to the CIF TCC Championship, due to limited number of available judges (in 2025, the NCS date would be Jan. 18, 2025). * All-Comers Invitational Tournament, with NCS schools entering in divisions which would mirror the CIF Championships. * Competitive Divisions would include the following:   + Varsity Division Small (5-19, Female)   + Varsity Division Large (20-36, Female)   + Co-Ed Small (Female/1-4 Males, Note: 1 or more males allowed)   + Co-Ed Large (Female/5+ Males, Note: 1 or more males allowed)   + Non-Tumbling Small (5-19, Female)   + Non-Tumbling Large (20-36, Female)   + Co-Ed Non-Tumbling Small (5-19, Female/1-4 Males)   + Co-Ed Non-Tumbling Large (20-36, Female/5+ Males)     - In the best interest of the tournament, divisions may be sub-divided or combined at the discretion of NCS. * Medals and pennants to the finalists in each division (1st, 2nd) and championship plaque to each divisional winner. * Entry deadline to be established by NCS Staff. Applications to be submitted on CIFHome.   Rationale in Support of Proposal:  With the potential implementation of a CIF TCC State Championship to begin in the 2024-25 school year, establishing an NCS Championship allows schools to qualify through a Section meet. Additional championship opportunity for predominantly female sport.  Possible Objections to Proposal:  Income/Expenses Related to Implementation:  Income from ticket sales and NCS entry fees for the teams selected. Expenses would be for officials/judges, awards, and site personnel.  Entry fees would align with existing team sports ($150). No travel reimbursement for schools. |
|  |  |  | Motion to send UNOPPOSED Mike Roan AHS, 2nd Ryan Riddle PHS 11-0 |
|  |  | **C.** | **GIRLS’ FLAG FOOTBALL** (R/D/A) Cruickshank |
|  |  |  | Proposal to establish an NCS Girls’ Flag Football Championship during the 2024-2025 academic year. |
|  |  |  | League Submitting Proposal: NCS  Vote from the League Regarding Proposal:  Date of Requested Implementation: 2024-2025 School Year  Description of Proposal: (include bylaw revision, if appropriate) NCS Girls Flag Football Championship Tournament   * One 16 team bracket, to be played over 2 days. * Current rules of the CIF apply. <https://www.cifstate.org/sports/flag_football/CIF_FLAG_FOOTBALL_RULES.pdf> * Field Size will be the same throughout the tournament, 40 x 80 + 2 endzones. * Teams would be selected as follows:   + League Champions are automatic qualifiers.   + Remaining spots to be filled by the NCS at-large and seeding process.     - Four top seeds would host 1st & 2nd round games at their site on day 1.     - The Highest remaining seeded team would host the Semi-finals and Championship game on Day 2.     - Medals and Pennants to the Finalists, the Championship team would receive a plaque.   Rationale in Support of Proposal:  With at least four leagues competing in the 2023-2024 (WACC, EBAL, DAL, BVAL), the NCS proposes the adoption of a Championship Tournament in the sport of Girls Flag Football.  Possible Objections to Proposal:  Income/Expenses Related to Implementation:  Income from Ticket Sales and NCS entry fees for the teams selected. Expenses would be for Officials, awards, and site personnel.  Attachments:   * NCS would determine a final date of Competition during the final week of the season (Wednesday). * Championship teams and at-large team’s applications would be due by 10:00pm that night. * The Seeding Committee would meet Friday morning and seed the tournament that would be played the following Monday & Tuesday. * For 2024-2025 dates would be:   + Final date of competition, Wednesday November 6, 2024.   + Applications due, Wednesday November 6, 2024, at 10:00pm   + At-Large and Seeding Meeting, Friday November 8, 2024.   + 1st & 2nd round games, Monday November 11, 2024   + Semifinals and Championship game, Tuesday November 12, 2024. |
|  |  |  | Motion to support Heather Campbell SVHS, 2nd Larry Arterberry EAHS 11-0 |
|  | **VI.** | **NEW BUSINESS** | |
|  |  | **A.** | **NCS BYLAW 106.D.** (R/D/A) NBL |
|  |  |  | Proposal to amend NCS Bylaw 106.D Process for a Conference to Align Football Only During the Scheduled Alignment Cycle. |
|  |  |  | League Submitting Proposal: North Bay League  Vote from the League Regarding Proposal: 11 - 0  Date of Requested Implementation: 24-25 School Year  Description of Proposal: (include bylaw revision, if appropriate)  NCS Bylaw 106 D.  A conference may elect, by a majority of schools, to align the sport of football during the scheduled alignment cycle according to the established alignment calendar.   1. The way this bylaw reads, a football only league can only be re-organized at the conclusion of an alignment cycle. 2. The NCS Redwood Conference has voted to enact football only leagues beginning in the 24-25 school year. 3. Per NCS bylaws, leagues divided into competitive divisions are obligated to re-evaluate and re- organize competitive divisions in each sport every two years and submit to the NCS Realignment Committee for final approval. 4. Rancho Cotate High School is proposing that football only leagues follow the established guidelines already followed in NCS leagues (i.e. EBAL, NBL & TCAL) and be re-evaluated and re- organized (as necessary) every two years by the commissioners of the leagues in the affected conference.   Rationale in Support of Proposal:  Creates a uniform policy for the establishment of leagues aligned through the competitive equity process.  Possible Objections to Proposal:  Schools currently in non-league contracts might be placed in the same league after 2 years and have to find new non-league opponents.  Income/Expenses Related to Implementation: N/A  Attachments: N/A |
|  |  |  | Motion to support Kenny Knowlton SRHS, 2nd Aaron O’Brien UHS 11-0 |
|  |  | **B.** | **NCS BYLAW 504.H.** (R/D/A) WACC |
|  |  |  | Proposal to amend NCS Bylaw 504H Minimum Standards/Procedures for Qualifying League Representatives to Section Championship Series in Team Sports. |
|  |  |  | League submitting the proposal: WACC Athletic Directors  Vote from league submitting the proposal: 11-0  Date of requested implementation: 2024-2025 school year  Description of proposal: Allow certain schools that have not met minimum qualifying standards to apply for NCS playoffs in the team sports of baseball, football, lacrosse, soccer, softball, stunt, team tennis, volleyball and water polo.  Specifics:  Add 504H.g.: 504 H.f. shall be waived in the following circumstances:   1. Where a league of ten or more schools had divided up into two or more “divisions”, and those divisions have been based on competitive equity, and those divisions have been approved by the NCS Alignment Committee, and the league commissioner has verified to the NCS Commissioner that one of those divisions is the strongest, then teams from that strongest division do not need to meet 504 H.f. 2. Where two or more leagues have combined at least ten of their schools into two or more “divisions”, and t hose divisions have been based on competitive equity, and those divisions have been approved by the NCS Alignment Committee, and the league commissioners have verified to the NCS Commissioner that one of those divisions is the strongest: teams from that strongest division do not need to meet 504 H.f. 3. Where an NCS “conference” composed of at least two “leagues” composed of at least ten schools have combined their schools into two or more “divisions”, and those divisions have been based on competitive equity, and those divisions have been approved by the NCS Alignment Committee, and the league commissioners have verified to the NCS Commissioner that one of those divisions is the strongest: teams from that strongest division do not need to meet 504 H.f. 4. Teams applying under these special circumstances shall note on their NCS entry form and justify these special circumstances to the NCS Seeding Committee.   Rationale in Support of Proposal:  Twelve years ago, the 30+ schools in the NCS Bayshore Conference reduced the number of NCS leagues in their conference from four to three, allowing two of those leagues to divide up into small units based on competitive equity; one unit clearly stronger than the other. Participating in that challenging league has, on occasion, caused a strong team to be ineligible for NCS playoffs.  Eight years ago, the 30+ schools in the NCS Valley Conference reduced the number of NCS leagues in their conference from four to three, allowing two of those leagues to divide up into smaller units based on competitive equity; one unit clearly stronger than the other. Participating in that challenging league has, on occasion, caused a strong team to be ineligible for NCS playoffs.  Six years ago, the 25+ schools in the NCS Redwood Empire Conference reduced the number of NCS leagues in their conference from three to two, allowing one of those leagues to divide up into smaller units based on competitive equity; one unit clearly stronger than the other. Participating in that challenging league has, on occasion, caused a strong team to be ineligible for NCS playoffs. Next year, the 30+ teams in the Redwood Empire Conference have divided up into four football “leagues” based on competitive equity. The strongest league will be challenging.  In all of the above cases, there’s the possibility that a school has a very strong program in a particular sport but finds itself in a very strong league where they are unable to meet minimum qualifying standards. If that school also schedules challenging opponents for non-league play, the possibility of not meeting minimum qualifying standards continues to exist. NCS policy should encourage schools to schedule competitively appropriate opponents, rather than opponents who enable them to meet NCS minimum qualifying standards.  The NCS is no longer composed of seven or eight team leagues on which the present “minimum qualifying standards” are based.  There is not such thing as a “good loss”. Schools in the above cases, applying for spots in the NCS playoffs, will need to have beaten challenging opponents in non-league play to be considered by NCS seeding committees.  Possible Objections to the Proposal:  There might be a perception that the NCS has weakened its “minimum qualifying standards”.  For every school placed in the playoffs without meeting the NCS MQS, there is a possibility that another school will be left out of the playoffs.  Income and Expenses Related to Implementation:  There might be a slight possibility of increased gate receipts to the NCS with stronger teams in the playoffs. |
|  |  |  | Motion to support Aaron O’Brien UHS, 2nd Jamie Williams WHS 10-0 (Josh C had to leave) |
|  |  | **C.** | **BASKETBALL (BOYS’ & GIRLS) AND VOLLEYBALL (GIRLS’)** (R/D/A) WACC |
|  |  |  | Proposal to slightly restructure the basketball and girls’ volleyball NCS Championships, while keeping the same number of teams in the playoffs. |
|  |  |  | League submitting the proposal: WACC Athletic Directors  Vote from league submitting the proposal: 11-0  Date of requested implementation: 2024-2025 school year  Description of proposal: Slightly restructure the basketball and girls’ volleyball NCS championships while keeping the same number of teams in the playoffs.  Structure the playoffs as follows:  88 teams plus the NCS-mandated small school division – same as now  Open Division   * 8 teams, 3 full rounds, all 8 move on to NORCALS * All teams play three games to all eight places   Division 1   * 16 teams, 4 rounds, four move on to NORCALS * Standard first round with 16 teams * 8 first round winners play * 4 second-round winners play to third place; all 4 move on to NORCALS   Division 2   * 16 teams, 4 rounds, three move on to NORCALS * 8 first round winners play to a second-round game * 4 second round winners play to a third-round game * Third round winners play for a NCS championship and both move on to NORCALS * Third round losers play for third place and a NORCAL spot   Division 3   * 16 teams, 4 rounds, three move on to NORCALS * 8 first round winners play to a second-round game * 4 second round winners play to a third-round game * Third round winners play for a NCS championship and both move on to NORCALS * Third round losers play for third place and a NORCAL spot   Division 4   * 16 teams, 4 rounds, two move on to NORCALS * 8 first round winners play to a second-round game * 4 second round winners play to a third-round game * Third round winners play for a NCS championship and both move on to NORCALS   Division 5   * 16 teams, 4 rounds, one moves on to NORCALS * Standard first round with 16 teams * 8 first round winners play to a second-round game * 4 second-round winners play a third-round game * Third-round winners play for NCS championship and the one NORCAL berth   Division 6   * CIF Mandated small school bracket * 4 teams move on to NORCALS   Rational in Support of Proposal  Now that the NCS has moved from school-size based divisions to competitive equity-based divisions, it’s time to look at how we are treating our most developed programs. This proposal allows 12 of the “best” teams to move on to the NORCALS.  Possible Objections to the Proposal  The “best” eight programs are selected by the seeding committee and they move on to the NORCALS whether they win a game or not.  Income and Expenses Related to Implementation:  There will be more competitive games in each division; that competitive equity caused by the new NCS playoff structure. This proposal adds approximately 6 Open Division games and some 3rd place games; all of which will be between schools at the same competitive equity level. It is our belief that income to the NCS will be greater, possibly substantially greater. |
|  |  |  | Motion to support Monica Mertle CNHS 2nd Jamie Williams WHS 10-0 |
|  |  | **D.** | **WRESTLING (BOYS’ AND GIRLS’)** (R/D/A) WACC |
|  |  |  | Proposal to eliminate the NCS Dual Team Wrestling Championships and replace it with four divisional (sub-sectional) qualifying tournaments one week before the NCS Championships. (\*THIS ITEM NEEDS 2/3 AFFIRMATIVE VOTE IN ORDER TO RECONSIDER DURING THE SAME ACADEMIC YEAR—NCS 110.g.1.D). |
|  |  |  |  |
|  |  |  | League submitting the proposal: WACC Athletic Directors  Vote from league submitting the proposal: 9 – 0 - 2  Date of requested implementation: 2024-2025 school year  Description of proposal: This proposal is to: eliminate the NCS dual team wrestling championship event, scheduled two weeks before the NCS Wrestling Championships and replace it with four divisional (sub sectional) qualifying tournaments one week before the NCS championships and an empty space two weeks before the NCS championships to allow each NCS member to continue their traditional league championship tournament.  The NCS wrestling playoff calendar next year would look like this:  February 8 – a Saturday (or earlier in the week) available for league championship tournaments February 8 - final date for competition …  February 8 - deadline for subdivision entries  February 15 - NCS qualifying subdivision tournaments February 21-22 - NCS championships  Rationale in Support of Proposal:  On January 26, 2024, the NCS Board failed, (close vote), to add four divisional (sub-sectional) qualifying tournaments to take place one week before the NCS Championships. Two issues were discussed by some who opposed the proposal:   1. This week has traditionally been used by leagues for their own league tournament, which has traditionally been one week after the NCS Team Tournament and one week before the NCS Championships. If the NCS keeps the team tournament, this would force leagues to schedule their own championships three weeks before the NCS Masters Championships; three weeks before the NCS championships. Without any change, next year would look like this:   January 6, 2025 - most schools return from winter break  January 20-24 - last week available for league matches, just two weeks after schools return from winter break  January 27-February 1 - the week available for league championships February 8 - NCS dual team championships  February 15 - NCS qualifying subdivision tournaments February 21-22 - NCS championships   1. The present language in the 2024-2027 NCS Championship Schedule, approved by the NCS BOM on January 26, 2024, contains the language “February 5 - Final date for competition other than league individual qualifying tournament or NCS or CIF championships.” Since any league tournament would no longer be a “qualifying tournament,” league that try to squeeze in a league tournament would have to factor in potential violation the maximum # of matches for all wrestlers. This would negatively affect how individual schools choose to participate in traditional tournaments throughout the entire season.   This calendar scrunches up weekday league matches and traditional Saturday tournaments hosted by many NCS schools into three weeks after the winter break - too compact.  Girls' wrestling is growing rapidly and the present NCS wrestling championship structure is sexist. We can call "Dual Team Competition" a "student competition" but it isn't. It's just for the boys' wrestling program. If we choose to keep this event, we need to have a "dual team competition" for both sexes.  Leaving "dual team championships" in the NCS playoff calendar would mean three weeks of NCS championships and one more week of state championships. Most NCS sports use only two weeks for championship events.  Possible Objections to the Proposal:  There may be some schools/leagues that prefer a dual team NCS competition rather than hosting their own league tournament.  Income and Expenses Related to Implementation: Unknown |
|  |  | Motion to OPPOSE Jamie Williams WHS, 2nd Larry Arterberry EAHS 10-0 | |
|  | **VII.** | **OLD BUSINESS** | |
|  |  | *There is no old business.* | |
|  |  |  | |
|  | **IX.** | **STAFF REPORTS** | |
|  |  | A. | Commissioner |
|  |  | B. | Associate Commissioner |
|  |  |  |  |
|  | **X.** | **ADJOURNMENT** | |