
ATHLETIC DIRECTORS and PRINCIPALS MEETING MINUTES, THURSDAY, AUGUST 24, 2017

ATTENDANCE

Jerry Bonfigli (AD)	Cardinal Newman	Amie Carter (P)	Rancho Cotate
Dave Geoffiron (AD)	Cardinal Newman	Scott McKeon (AD)	Rancho Cotate
Graham Rutherford (P)	Cardinal Newman	Kenny Knowlton (AD)	Santa Rosa
Rick O'Brien (AD)	Casa Grande	Bryan Price (AD)	Santa Rosa
Stephan Owens (AP)	Casa Grande	Brad Coscarelli (P)	Santa Rosa
Jerry Deakins (AD)	Maria Carrillo	Ty Yanez (AD)	Ukiah
Vickie Zands (P)	Maria Carrillo	Gordon Oslund (P)	Ukiah
Dean Haskins (AD)	Montgomery	Jeff Hardie (AD)	Windsor
Randy Burbank (P)	Montgomery		
Aaron Harkey (AP)	Montgomery	Jan Smith Billing	Commissioner

I. APPROVAL OF AGENDA

Motion to approve the agenda as presented.

Motion: Dave Geoffiron, Cardinal Newman

Second: Randy Burbank, Montgomery

Motion approved unanimously

II. APPROVAL OF THE NBL CONSENT AGENDA

Motion to approve the NBL consent agenda, as listed below.

Motion: Graham Rutherford, Cardinal Newman

Second: Gordon Oslund, Ukiah

Motion approved unanimously

1. Approval of minutes from the previous meeting. (Item III)
2. Approval of SAC Consent Agenda
3. VI.E. Amendment of badminton bylaw 1.801
4. VI.H. Amendment of cross country bylaw 4.306
5. VI.J. Amendment of cross country bylaw 4.303
6. VI.K. Amendment of water polo bylaws 14.401, 14.803, 14.805, 14.806, 14.807
7. Motion to adjourn the meeting

III. APPROVAL OF MINUTES FOR THE PREVIOUS MEETING

Motion approved by consent.

IV. PUBLIC COMMENT

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

V. NCS SAC AGENDA ITEMS

I. Consent Agenda

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

II. Minutes of the previous SAC meeting

Proposal to recommend approval of the minutes of the February 27, 2017 meeting as printed was approved by consent.

IV. CIF Items

A. CIF Championship Football Tiebreaker—Removal from CIF Constitution

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

The commissioners' committee is proposing deleting from the CIF Constitution and Bylaws the mandate of the 10-yard tie breaker in Regional and State Football Bowl Games. Tie Breaker language is more appropriately placed in the blue pages.

V. NCS Items

A. Proposal to change the dates for lacrosse, boys' volleyball and spring soccer to Tuesday, Thursday, Tuesday, Thursday format.

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

Every year we run up against scheduling issues with schools in the spring, changing dates for the Spring sports of lacrosse, boys' volleyball, and girls' soccer would alleviate conflicts for schools on the two weekends in May for those sports. The individual sports on those weekends cannot change due to the amount of time those events take so we cannot change track, badminton or tennis due to time constraints.

B. Designated dates for baseball due to pitch count restrictions

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

Due to the additional pitch count restrictions adopted 2016-17, NCS staff would like to proposal designated dates of competition during the NCS Baseball Championships, modeled after the basketball format. Divisions 1, 3, 5 would play on Tuesday, Friday, Tuesday, with the championship game on either Friday or Saturday (depending on field availability). Divisions 2, 4, 6 would play on Wednesday, Saturday, Wednesday, with the championship game on either Friday or Saturday (depending on field availability). This schedule would allow all schools to have the same amount of rest for pitchers; in addition, we would have even distribution of games for the limited number of officials.

C. NCS will no longer needs to pre-sell football tickets due to online ticketing. As a result, this would eliminate the need for bylaws 904H, 905H

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

~~4H Pre-Sale Tickets (Football only)~~

~~Each NCS member school (participating and non-participating) may order pre-sale tickets by notifying the NCS Office no later than the Wednesday prior to the orientation meeting of the respective NCS/Les Schwab Tires Championship Series Event. These schools will receive their tickets at the orientation meeting, unless other arrangements are made with the NCS Office. PENALTY FOR VIOLATION: See penalty for violation in Bylaw 800H.~~

~~(NCS Board of Managers 10/21/05)~~

~~905H Notification of Sales~~

~~Schools selling pre-sale tickets will be responsible for notifying the NCS Office of the number of tickets sold for each game. Notification must be made NO LATER than 2:00~~

D. Motion to change the girls' singles/doubles tennis tournament to a Monday – Tuesday format, effective 2018 – 2019.

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

GIRLS' TENNIS	2018-2019	2019-2020
Deadline for leagues to determine qualifiers in team tennis	Nov. 3 (team tennis only)	Nov. 9 (team tennis only)
Final date for team competition other than NCS Championships	Nov. 3 (team tennis only)	Nov., 9 (team tennis only)

Deadline for leagues to determine qualifiers for singles/doubles	Nov. 7	Nov. 13
Final date for singles/doubles competition other than NCS Championships	Nov. 7	Nov. 13
Singles At-large meeting	Nov. 8	Nov. 14
Singles/Doubles Championships	Nov. 13,14 12,13	Nov. 19,20 18,19
At-large & seeding for team tennis	Nov. 4	Nov. 10
Team Tennis Championship, D1 and D2	Nov., 6,8,10	Nov. 12, 14, 16
CIF Nor-Cal Team Tennis Championships	Nov. 13, 16, 17	Nov. 19, 22,23

Rationale: With inclement weather in the fall, girls who are also participating in the Nor-Cal tournament are potentially missing four straight days of class. This could help alleviate that burden.

E. Motion to increase team tennis entry fees to \$150 to cover the costs of a USTA official for semifinals and finals, as well as an additional NCS rep. (for championships where more than one site is needed), effective immediately (CONSENT via Tennis Management Committee),

Unanimous support by NBL athletic directors

Unanimous support by NBL Board of Managers

Current Entry Fees/Team Tennis: \$100

- Proposal to have a certified USTA official at each site for NCS semifinals and final:
\$200/day/official/site = \$400 x 2 divisions = \$800 x 2 seasons = \$1600
- Proposal to have an NCS site rep at each site for NCS semifinals and final (additional):
\$100/day/site rep/site = \$100 x 2 divisions = \$200 x 2 seasons = \$400
- Additional \$2000 in expenses/32 teams = \$62.50, rounded up: \$165, rounded down: \$150

Rationale: There has been an increase in poor sportsmanship from the student-athletes and coaches at our tennis championships the past few years. It is necessary at this point to hire USTA officials to cover the semis and finals to enforce USTA rules and tennis code. In addition, it is necessary to hire an NCS rep where more than one championship site is used to enforce sportsmanship expectations of our schools. Without the ability to charge spectators, we have to rely on our participants to cover the costs of these additional costs.

F. Motion to add tennis to NCS 604H Administrator-in-Charge, effective immediately (CONSENT via Tennis Management Committee).

Unanimous support by NBL athletic directors

Unanimous support by NBL Board of Managers

Each school, with the exception below, which is participating in the NCS/Les Schwab Tires team championship series, (football, volleyball, water polo, basketball, soccer, baseball, softball, **tennis**) must have an administrative level representative or designee, in addition to the team coach, in attendance before, during, and after the event each time that the school competes. The school's principal must indicate in writing the name of the person (certificated faculty member or certified coach under Title V for public schools, contracted faculty/approved coaching staff members for private schools) provided the person is not coaching (neither the head coach or an assistant coach) who is the Administrator-in-Charge (responsible for crowd control, student behavior, and injury care) whenever that school's team is participating in the respective NCS event. This letter shall be presented to the Site Director when the person reports to the Site Director as instructed at the orientation meeting.

Note: The Administrator-in-Charge Registration form may be signed by any school administrator (principal, vice principal and assistant principal) and/or the school athletic director.

Exception: Any school traveling more than 150 miles, one way, is not required to send an administrator in charge in the sports of volleyball, baseball, softball or tennis. Under this exception the coach of the traveling school is responsible for crowd control, student behavior and injury care.

Rationale: There has been an increase in poor sportsmanship from the spectators at our tennis championships the past few years. With coaches trying to manage their student-athletes on courts than can be spread out, they need support in overseeing crowd control and behavior.

G. Motion to add language to NCS 28.501H (CONSENT via Wrestling Management Committee).

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

"Schools may not change representatives once their league qualifying tournament begins. The beginning of the tournament is defined as the first match. NOTE: Representatives do not necessarily have to compete at the league qualifying tournament."

Rationale: Establishes a consistent practice for all leagues that follows the CIF guidelines of one entry, per weight class, per school and prevents a school from inserting a new representative after the tournament begins.

H. Additional language to Bylaw 307.D. PENALTIES (Player/Coach)

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

New 1(f)

A player or coach, who is ejected from the final contest of the season, must sit out the next contest in the next season of sport in which the player or coach participates.

Example: A player is ejected from the last basketball contest of the season, that player must sit out the next contest in the Spring season (softball, baseball, etc.) provided he/she participates in a spring sport.

NOTE: If the player/coach does not participate in the following season, then they must sit out the next contest the following year in the same sport.

I. Additional language to Bylaw 307.D. PENALTIES (School)

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

New 1(g)

A school that accumulates five (5) or more player/coach ejections during a single season of sport will be penalized in the following manner:

Each level of sport that has five (5) or more ejections will lose 5 days of practice the following year.

Example: Five varsity boys' soccer player ejections are accumulated during the 2017 season of sport. The next year, 2018, this program will have five (5) less days of practice. The school will report to the league office the days (Monday-Friday) that they will not practice. The punishment can be five (5) consecutive days at the beginning of the season or one day per week for five (5) consecutive weeks at the beginning of the season.

J. Proposal for Division 1 Badminton Scoring

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

Team placement points are 10-7-4-2 for final placing in the consolation and championship brackets. Each match won towards the championship bracket scores two (2) points and each match won in the consolation bracket scores one (1) point. In a bye situation if an individual/team wins in the next match, they will receive advancement points for the bye. In a forfeited match, advancement points will be awarded automatically.

K. Unified Track & Field and Paralympic Swimming

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

Starting with the 2018 track & field and swimming seasons the NCS Championships will include as scoring events Unified track & field 100-meter dash and long jump, and Paralympic

swimming 50 and 100-meter freestyle. These new events will be scoring events, no different than the current track & field and swimming events included in past championships. The respective management committees will determine the heat assignments and may combine male and female competitors in the same race, but score the genders as separate races for purposes of scoring. Medals will be awarded no differently than other event.

Swimming

Girls' 2017 Times

Order/Events	Automatic*	Consideration*
#1 Diving	355	255
#3 200 Medley Relay	1:51.09	2:03.59
#5 200 Free	1:52.75	2:01.49
#7 200 IM	2:08.94	2:18.69
#9 50 Free	24.37	25.69
#11 100 Fly	58.23	55.99
#13 100 Free	5:10.05	5:31.99
#15 500 Free	1:40.30	1:50.99
#17 200 Free Relay	58.03	1:03.49
#19 100 Back	1:06.09	1:10.89
#21 100 Breast	3:38.87	4:09.99
#23 400 Free Relay		
#25 Paralympic 50 Free	No standard – all comers event	
#27 Paralympic 100	Free No standard – all comers event	

Boys' 2017 Times

#2 Diving	300	240
#4 200 Medley Relay	1:39.31	1:51.99
#6 200 Free	1:44.57	1:50.89
#8 200 I.M.	1:57.59	2:05.99
#10 50 Free	21.86	22.69
#12 100 Fly	52.46	55.99
#14 100 Free	47.81	49.99
#16 500 Free	4:45.46	5:05.99
#18 200 Free Relay	1:29.57	1:38.99
#20 100 Back	53.69	58.49
#22 100 Breast	59.57	1:02.39
#24 400 Free Relay	3:13.55	3:43.79
#26 Paralympic 50 Free	No standard – all comers event	
#28 Paralympic 100	Free No standard – all comers event	

*Automatic and Consideration times and scores not set for the 2018 Swimming Championships.

Track & Field

Order/Events
32 Boys Discus
27 Boys High Jump
24 Girls Triple Jump
25 Girls Shot Put
22 Girls Pole Vault
30 Boys Triple Jump
26 Girls Discus
21 Girls High Jump
29 Boys Long Jump
37 Boys United Long Jump
31 Boys Shot Put
28 Boys Pole Vault

23 Girls Long Jump	
38 Girls United Long Jump	
1 Girls 4x100m Relay	3 Heats of 8 5 Min per 15 Min total
2 Boys 4x100m Relay	3 Heats of 8 5 Min per 15 Min total
3 Girls 1600m Run	2 Heats of 12 8 Min per 16 Min total
4 Boys 1600m Run	2 Heats of 12 8 Min per 16 Min total
5 Girls 100m Low Hurdles	3 Heats of 8 4 Min per 12 Min total
6 Boys 110m High Hurdles	3 Heats of 8 4 Min per 12 Min total
7 Girls 400m Dash	3 Heats of 8 4 Min per 12 Min total
8 Boys 400m Dash	3 Heats of 8 4 Min per 12 Min total
35 Girls United 100m Dash	6 Heats of 4 5 Min per 30 Min total <i>(using backstretch simultaneous with homestretch)</i>
36 Boys United 100m Dash	6 Heats of 4 5 Min per 30 Min total <i>(using backstretch simultaneous with homestretch)</i>
9 Girls 100m Dash	3 Heats of 8 5 Min per 15 Min total <i>(using backstretch simultaneous with homestretch)</i>
10 Boys 100m Dash	3 Heats of 8 5 Min per 15 Min total <i>(using backstretch simultaneous with homestretch)</i>
11 Girls 800m Run	3 Heats of 8 5 Min per 15 Min total
12 Boys 800m Run	3 Heats of 8 5 Min per 15 Min total
13 Girls 300m Low Hurdles	4 Heats of 8 4 Min per 12 Min total
14 Boys 300m Int. Hurdles	4 Heats of 8 4 Min per 12 Min total
15 Girls 200m Dash	4 Heats of 8 4 Min per 12 Min total
16 Boys 200m Dash	4 Heats of 8 4 Min per 12 Min total
33 Girls 4X800 Relay	1 Heat of 24 16 Min per 16 Min total <i>(exhibition final)</i>
34 Boys 4x800 Relay	1 Heat of 24 14 Min per 14 Min total <i>(exhibition final)</i>
19 Girls 4x400m Relay	3 Heats of 8 Min per 24 Min total
20 Boys 4x400m Relay	3 Heats of 8 Min per 24 Min total

Immediate Implementation

VI. NCS NEW BUSINESS

A. Proposal from BAC to mandate Officials Association to complete and pass NFHS Officiating Course

Unanimous non-support by NBL athletic directors
Unanimous non-support by NBL Board of Managers

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

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

This is an online course easy to access.

NFHS Learning Center: Interscholastic Officiating Course \$20

B. Proposal to amend current bylaw rule 24.208H: Coaching in Tennis

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

Proposal to amend Rule 24.208H to read as follows: A coach may coach a player any time during the match so long as the coach does not interfere with play. The purpose of coaching is to offer advice to the player. Coaches shall not in any way distract or annoy the opposing player.

RATIONAL: The current rule only allows coaching during the 90 second change over that occurs after every two games. In college, the coach can coach any time during a match so long as the coach does not interfere with play. High school players need much more coaching than the accomplished players in college tennis.

IMPLICATIONS ON THE MATCHES: There is no implication financially nor is there any additional time required for the matches.

RELEVANT FACTS: Under current rules a coach can only coach during 90 second changeovers which happens every two games. High school tennis follows the United States Tennis Association pace of play. Players can only warm up for 5 minutes. Once play begins the serving player has to serve within 20 seconds after the last point is over. When the players change sides after the first game of the first set they can not take a break and no coaching is allowed. The players then change sides every two games and can take 90 seconds when this changeover occurs. During these 90 seconds the coach can coach his player. After the first set there is a 2 minute break when coaching is allowed. After the first game of the second set play is continuous and again no coaching is allowed. Again the players change sides every two games and a 90 second break is allowed and coaching is allowed. In college the coach can coach during the 20 seconds before a player serves. In high school tennis you can't tell your player to "serve his backhand", "keep your feet moving", "be more patient", "hit more lobs", at any point in the match other than the 90 second changeover and in the 2 minutes between sets. You can't say anything to your player between points that could be considered coaching, only words of encouragement. Unlike most other team sports tennis can be played on 9 courts which can require lots of walking to be able to see the different matches. Then, if you want to say anything, you have to wait for the players to change over. Can a football coach imagine not being able to say anything to his players on the field except during timeouts and at the end of quarters and at halftime? Same with a basketball coach. Imagine not being able to talk to your point guard while the opposing team is shooting a free throw.

PROS; The players would get additional coaching which will make the players match tough. There will be no argument that something a coach said to a player is "coaching" instead of "encouragement".

CONS: Could lead to claims that the player is taking too long between points in violation of 20 second rule

VII. OLD BUSINESS

A. Proposal to adopt the Sports Calendar for the 2018 – 2019 school year (ATTACHMENTS)

Unanimous support by NBL athletic directors
Unanimous support by NBL Board of Managers

VII ROUND TABLE DISCUSSION

Possible sport offerings for Unified/Paralympics

IX. STAFF REPORTS

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

VI. NBL NEW BUSINESS

A. Julian Jenkins, Director of Regional Recruiting for NCSA (Next College Student Athlete).

Mr. Jenkins spoke to athletic directors to introduce NCSA tools and update NCAA education so that they could take the next steps necessary to provide resources to coaches and sports programs. More information available at <http://www.csadaonline.education/nca.html> or 650-380-8607

B. Motion to modify tennis bylaws. IMMEDIATE IMPLEMENTATION

Motion to approve the modification of the tennis bylaws, effective immediately.

Motion: Gordon Oslund, Ukiah

Second: Aaron Harkey, Montgomery

Motion approved unanimously

Tennis rule 11.301

The United States Tennis Association (USTA) Rule Book is the governing authority for girls' and boys' tennis. Note: USTA rules apply for late arrivals (although consideration will be made for unforeseeable circumstances). **If an open court is available in either singles or doubles and the player(s) is/are not present, refer to the USTA penalty for being late.**

Tennis rule 11.801 NCS Qualifying Tournaments

Singles

a. There shall be a singles tournament every year

b. The tournament shall be a 16-team single elimination tournament with a consolation round.

c. Each school is allowed to send two entries.

~~d. If a school does not have entry, there will be a bye in the tournament bracket.~~ **That spot will be filled by 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.**

e. The winner of the tournament shall be the automatic entry into the NCS Championships.

f. The tournament must be played to third place.

g. Seeding will be done by the coaches on the first day before the first match.

Tennis rule 11.311

The coaches will determine as to whether or not a judge is needed.

Line judges: Each team will provide a line judge (**a neutral party if possible**) who will call lines for the opposing team. They will stand at the net and call lines ONLY if asked to do so by the players. **Line judges will call only their half of both sides of the court closest to them.**

C. Proposal to Modify General Bylaw 5, championship events in order to add sports that currently have a playoff event. IMMEDIATE IMPLEMENTATION

Motion to approve the modification of General Bylaw 5, effective immediately.

Motion: Gordon Oslund, Ukiah

Second: Vickie Zands, Maria Carrillo

1. Championship events

a. If a school is participating in an NBL playoff event where admission is charged, (~~volleyball~~, basketball, baseball, **softball, lacrosse, water polo**, and track), an administrator-in-charge must be present at least fifteen minutes in advance of the contest start time.

i) The administrator-in-charge must be designated by the principal and may not be the team coach or other person who performs duties to assist the team during the contest.

D. Proposal to modify General Bylaw 7(g)(iii) IMMEDIATE IMPLEMENTATION

Motion to modify General Bylaw 7g(iii), effective implementation.

Motion: Gordon Oslund, Ukiah

Second: Graham Rutherford, Cardinal Newman

Students may wear face paint in their school colors. ~~Body paint is NOT permitted.~~ **Spectator attire, including shirtless with messages painted on their bare skin, should be closely monitored.**

Rationale: The new sentence mirrors the NCS Sportsmanship policies.

E. Proposal to modify Badminton Bylaw 1.801. IMMEDIATE IMPLEMENTATION

Motion approved by consent.

There will be an NBL qualifying tournament for qualification to the NCS Championships.

- a. The singles tournament will take place on a ~~Friday following the league round robin~~. **On the first Tuesday following the league round robin; the doubles tournament will be held on the Wednesday following the singles tournament and the Mixed Doubles will be held on the Friday following the doubles tournament.**

Warm-ups will begin at 3:30 PM and match play will begin at 4:00 PM.

- ~~b. The doubles and mixed doubles tournament will take place on the Saturday after the singles tournament. Warm-ups will begin at 8:00 AM and match play will begin at 8:30.~~
- c. All players must play in the NBL tournament to qualify for the NCS Championships.

F. CIF 504.M Sunday Exception Waiver for Windsor High School Traditional Cheer team to participate in the NCA Championships in Dallas on Jan 28.

Motion to support Ukiah's request.

Motion: Gordon Oslund, Ukiah

Second: Aaron Harkey, Montgomery

Motion approved

G. Request by Sonoma Academy to leave the NBL in the sport of boys' lacrosse, beginning with the 2017 – 2018 school year.

Motion to release Sonoma Academy from the North Bay League in the sport of boys' lacrosse.

Motion: Gordon Oslund, Ukiah

Second: Amie Carter, Rancho Cotate

Motion approved unanimously

H. Motion to amend Cross Country Rule 4.306 IMMEDIATE IMPLEMENTATION

~~The home school must provide league tri- or dual meet results to the other coaches of the member schools and to the news media.~~ The home school must provide meet results to Jim Crowhurst at RedwoodEmpireRunning.com.

Rationale: MaxPreps is not set up for cross country dual or tri-meets. Meet reports have been submitted to RedwoodEmpireRunning.com for many years. This source is considered by all coaches to be the best and most accurate source of results.

I. Motion to amend Cross Country Rule 4.101: IMMEDIATE IMPLEMENTATION

Motion to amend cross country rule 4.101 as written below.

Motion: Gordon Oslund, Ukiah

Second: Amie Carter, Rancho Cotate

Motion approved: 7-1 (Maria Carrillo)

Motion supported by coaches 6 – 2 (Maria Carrillo and Casa)

~~The NBL Cross Country schedule shall be developed using a three meet model. The three meet model will consist of two center meets and then a culminating championship meet. In order to determine a league champion, each center meet is worth 25% and the NBL Championship meet is worth 50%. The first center meet will take place four (4) weeks prior to the NBL Cross Country Championships and the second center meet will take place two (2) weeks before the NBL Cross Country Championships.~~

- ~~a. The first center meet will be held at Spring Lake and the second center meet will rotate between being held at Spring Lake and at Ukiah High School. Ukiah will have the option of not hosting, if they so choose, in any given year. The NBL Championship will be held at Spring Lake.~~
- ~~b. Coaches will be allowed to run unlimited varsity in center meets, without pre-designation. In other words, the first seven are the first seven.~~

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

Rational for eliminating center meets and going back to weekly dual or tri-meets:

- Center meets create a huge work load on the hosting school host; in essence, it is like hosting three league championships, therefore very difficult.
- The hosting coach is unable to actually coach his/her own runners—all of the coach's time is spent on running the meet.
- Runners benefit from running on a variety of courses, not just Spring Lake.
- Runners do not like the center meets—it is just the same meet with the same runners throughout league.
- If there is a dominant team in the league, there is virtually no chance for any other school to win a league meet.
- Young runners need to practice racing in order to learn and grow.
- Constantly losing can be demoralizing for runners.
- Switching up courses helps with mental aspect of running.
- More kids have an opportunity to win in a tri-meet than in a center meet. A school's top runner may never win a race during league. For example, a kid coming in sixth would have won a dual meet if the first five runners ahead of him/her are from the same team.
- Center meets take the luster out of the league meet.
- Dual and tri-meets allow for historic rivalries.
- Center meets held at Spring Lake eliminate all home course advantage EXCEPT for those schools that call Spring Lake their home course.
- Invitationals cost money for entry fees and transportation.

Rational for keeping center meets:

- Nice to have two, rather than four meets.
- Creates an equitable racing environment.
- Precedent for center meets is huge—it is widely used in the East Bay areas of the NCS.
- Perhaps mitigate some angst by designating varsity runners, as opposed to having unlimited numbers of kids run.
- Delegate helpers from coaching ranks to help with center meets so load does not fall on just one coach.
- Hire a timer for each center meet to kept track of race results.
- Two center meets as opposed to four weekly dual or tri-meets allows more time to train.
- Those who do not like the lack of variety could go to more invitationals.
- Sonoma County Regional Parks department favored the three meet format rather than weekly events.

J. Motion to amend Cross Country Rule 4.303 IMMEDIATE IMPLEMENTATION

Motion approved by consent.

There shall be four divisions: varsity girls and varsity boys **and junior varsity girls and boys. Only those points earned in varsity races will count towards the league championship.**

K. Motion to amend the following water polo rules. IMMEDIATE IMPLEMENTATION

Motion approved by consent.

Bylaw 14.303

Cancelled or suspended matches must be made up by the next available date. ~~It is not necessary to make up non-varsity matches after the season has officially ended unless they have a bearing on the league championship.~~

Bylaw 14.401

The North Bay League will use officials from ~~the Northern California Referees Association.~~ MAC POLO. Additionally, because travel distances are quite large for water polo, coaches will referee the games themselves if referees from MAC POLO are not available.

Bylaw 14.803

All NBL matches must be held in deep water pools, **if available.**

Bylaw 14.804

The league champion shall be the team with the most league ~~points wins.~~ **Points shall be awarded as follows: one point per win in the round robin and one point for each win in the playoffs.** In the event of a tie in varsity competition, the league championship will remain a tie and each school will

receive a pennant.

Bylaw 14.806(B)

Semi-final start times: ~~2 vs. 3~~ 1 vs. 4 girls at 4:00; ~~2 vs. 3~~ 1 vs. 4 boys at 5:15; 1 vs. 4 ~~2 vs. 3~~ girls at 6:30; ~~1 vs. 4~~ 2 vs. 3 boys at 7: 45. Final times will be 5:30 for girls' semi-final winners and 6:45 for boys' semi-final winners. Highest seeded teams will be considered home teams and must supply match personnel. **It is understood that flexibility is necessary with regard to start times, depending on the pool used for the championships and the availability of lights.**

Bylaw 14.807

- ~~• The NBL requires a coach or representative from each school attend the post season meeting. All voting is done by secret ballot.~~
- Player of the Year—each coach can nominate a player for this honor and that coach may vote for his/her own player. If there are four or more nominations, then coaches will vote by ranking the players nominated. The player with the high number of points will be named the Player of the Year and receive a certificate.
- There will be a first and second all-league team. All-league teams will consist of six all-league members and one goalie.
- The first place team may name 5 players; second place team 4 players; third place team 3 players; and the fourth place team 2 players. These players will be designated as either first or second team.
- ~~• Goalie of the Year—each coach can nominate a player for this honor and that coach may vote for his/her own player. If there are four or more nominations, then coaches will vote by ranking the players nominated. The goalie with the high number of points will be named the Goalie of the Year and receive a certificate.~~
- ~~• First team. The players that were nominated for MVP that did not receive the award are automatically moved to the nominations for the first team. Take added nominations from each coach and then the coaches will vote 6, 5, 4, 3, 2, and 1 for the players they think should be on the first team. Coaches may not vote for their own players for this team or for second team. First team players receive a certificate.~~
- ~~• Second team. The players who were nominated for first team but not selected are moved to the nominations for second team. Take added nominations from each coach and then coaches vote for they players they feel should be on the second team. Coaches may not vote for their own players for this team.~~

L. Discussion of whether we should continue playoff events in team sports.

- SRJC is very expensive to rent and spectatorship has diminished.
- Facilities are hard to find for baseball and softball. Again, the JC is very expensive.
- It is difficult to charge admission during the semi-finals in baseball and softball. In fact, two schools have just not done it during the past two years.
- It is difficult to find people willing to work at these contests, even though workers are paid a stipend by the league.
- The playoffs do not affect the NBL Championships; the winner is determined by results during the round-robin.
- The playoffs DO determine the automatic NCS representative ONLY in case of a first place tie after the round-robin.
- Not having playoffs would allow for one more week of non-league competition, so that some schools would not be playing the same school three times during league.
- Because seasons are overlapping, the additional week of non-league competition might allow for more time for multi-sport athletes to practice before league begins.
- Some spectators are very irate at having to pay an admission fee for events that they normally attend at no cost.
- Playoffs allow for a “hot” team to upset a champion and perhaps get a higher seed at NCS.
- Basketball playoffs have been a source of revenue for the NBL, which has allows dues to be kept reasonable low.

M. Gil Lemmon, NCS Commissioner will discuss eligibility and new NCS Rules

N. Awarding of Spring Season Sportsmanship pennant (At the conclusion of the principals' meeting

O. Battle of the Fans—are we in for another year?

P. Discussion from the floor

VIII INFORMATION ITEMS

A. Dates of determination are due to Jan ASAP.

Remember, according to our general bylaws:

The date of determination used to determine academic eligibility for fall sports will be last weekday prior to the beginning of the new school year. (9/6/12)

B. As per discussion from last year, all schools agreed to provide a picture of their current school booster cards and their current ASB or ID cards to Jan. These cards must have a current date on them. A copy of these cards will then be placed on a piece of paper and emailed to all athletic directors for distribution to their ticket sellers.

ADJOURNMENT

Motion to adjourn the meeting. **The next meeting date has been changed to Wednesday, September 28 at Santa Rosa High School. Start time 3 PM.**