

ATHLETIC DIRECTORS MEETING MINUTES, DECEMBER 3, 2014

ATTENDANCE

Jerry Bonfigli	Cardinal Newman	Kris Bertsch	Santa Rosa
Rick O'Brien	Casa Grande	Kathy Hower	Santa Rosa
Mike Mastin	Maria Carrillo	Ty Yanez	Ukiah
Chris Giovannini	Montgomery	Jeff Harding	Windsor
Dean Haskins	Montgomery	Marie Sugiyama	Commissioner
Henri Sarlatte	Rancho Cotate	Jan Smith Billing	Assistant Commissioner

I. APPROVAL OF NBL ATHLETIC DIRECTORS AGENDA

Motion to approve the agenda as presented.

Motion: Chris Giovannini, Montgomery

Second: Henri Sarlatte, Rancho Cotate

Motion supported unanimously.

II. APPROVAL OF THE NBL ATHLETIC DIRECTORS CONSENT AGENDA

1. Minutes of the previous meeting.
2. Adjournment

Motion to approve the NBL AD meeting consent agenda.

Motion: Chris Giovannini, Montgomery

Second: Ty Yanez, Ukiah

Motion supported unanimously.

III. APPROVAL OF MINUTES FOR THE PREVIOUS MEETING

Minutes of the October 7, 2014 NBL AD meeting (previously emailed and posted at www.northbayleague.org)

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 three (3) 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 elected to speak at this time.

V. NCS SPORTS ADVISORY COMMITTEE AGENDA

IV. CIF ITEMS

A. Bylaw 503H. Concussion Protocols as per Ed. Code 49475(a)(1)

Proposal Summary: With the passage of AB 2127, the CIF must revise the "Return to Play", if a licensed health care provider determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return-to-play protocol of no less than 7 days in duration under the supervision of a licensed health care provider.

Fiscal Impact: None

Background: In 2010 the CIF passed Bylaw 503 (formerly Bylaw 313) that required physicians signed "Return to Play" for any student suspected of having a concussion. This change would further provide that, if a licensed health care provider determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return-to-play protocol of no less than 7 days in duration under the supervision of a licensed health care provider as required by AB 2127 that will be added to the Education Code on January 1, 2015.

Concussion Protocol

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. **If a licensed health care provider, trained in education and management of concussion, determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return-to-play protocol of no less than 7 days, from the time of the diagnosis, in duration under the supervision of a licensed health care provider.** On a year basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition. (Approved May, 2010 Federated Council; Revised May, 2012 Federated Council).

Motion to direct the NBL representatives to the NCS SAC vote to support the amendments to CIF Bylaw 503H.

Motion: Chris Giovannini, Montgomery

Second: Kris Bertsch, Santa Rosa

Motion supported unanimously.

B. Bylaw 1901 A & B, as per Ed Code 35179.5 (A) and 35179.5(B) and 3579.5(C) and 35179(C)(2)

Proposal Summary: With the passage of AB 2127, California Education Code will be revised on January 1, 2015 to state that, **"If a school district, charter school, or private school elects to offer an athletic program, it shall comply with all of**

the following: (A) A high school or middle school football team shall not conduct more than two full-contact practice per week during the preseason and regular season. (B) The full-contact portion of a practice shall not exceed 90 minutes in any single day. Further, the additions to the Education Code also stated that, **"A high school or middle school football team shall not hold a full-contact practice during the off season. For purposes of this section, a team camp session shall be deemed to be a practice."** These proposed additions to Bylaw 1901 will bring our CIF Bylaws into compliance with State Education Code. These additions are proposed as immediate implementation.

Background: Bylaw 1901 is a longstanding sport specific rule regarding the required number of days of practice and a prohibition on Sunday practices. These additions would add a further clarification to the amount of permissible "full contact" practice.

1901

NUMBER OF FOOTBALL PRACTICE DAYS; NO SUNDAY PRACTICE

- A.** There shall be no football games until the squad has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game. (The opening date of football practice may be determined by each section.) No Sunday practice is permitted. (See Bylaw 504.M for exception).
- B.** **Football teams are limited to two days per week of full contact practice, with no more than 90 minutes of full contact on each of those days during the season of sport. For purposes of this Bylaw, each team's season of sport is defined as the first day of practice, allowed by the section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps.**

Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. For the purposes of this bylaw, refer to the definition of "Live Action" as defined by USA Football.

CIF State Bylaw 1901.B. – Policy Page

State statute mandates that football teams are limited to two days per week of full contact practice, with no more than 90 minutes of full contact on each of those days during the season of sport. For purposes of this CIF Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps.

Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. Live action is defined by USA Football as a drill run in game-like conditions and is the only time that players are taken to the ground. Thud is a drill run at an assigned speed through the moment of contact with no pre-determined winner. Contact remains above the waist and players stay on their feet. Thud is considered full-contact by the National Federation of State High School Associations (NFHS).

The CIF has developed the following regarding full contact football practices:

Allowable Activities During the Season of Sport:

- A team is allowed two days per week of full contact practice, with no more than 90 minutes of full contact on each of those days. This includes live action and Thud.
- A team may participate in air, bags/blocking sleds and control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:
 - ★ **Air**-Players run unopposed without bags or any opposition.
 - ★ **Bags/Blocking Sleds**-Activity is executed against a bag/blocking sleds, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coaching standing behind the bag.
 - ★ **Control**-Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet.
- For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as allowed by the Section, until the final contest for that team.

Allowable Activities During the Off-Season:

- No full contact practice is allowed during the off-season. Please consult Section Bylaws for allowable off-season activities.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

Allowable Activities for Team Camps:

- No full contact practice is allowed during the off-season.
- Team camps are considered practice.
- If allowed by the Section, a team may participate in air, bags/blocking sleds-and control drills (see above for definitions of these activities) while attending a team camp. A team may continue to dress in full pads for practice when conducting any of these drills at a team camp. Please consult Section and School District rules regarding the use of school equipment in the off-season.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

Motion to direct the NBL representatives to the NCS SAC vote to support the amendments to CIF Bylaw 1901 A

Motion: Chris Giovannini, Montgomery

Second: Kathy Hower, Santa Rosa

Motion supported unanimously.

C. Expansion of State Football Bowl Championships

Proposal Summary: The Commissioners Committee is making a recommendation for revisions and to modify the CIF State Football Regional and State Championship Bowl Formats.

Fiscal Impact: It is anticipated that this event would increase the section revenue profit sharing based upon the past two years' experience.

Background: Currently only eighteen (18) of the fifty-one (51) section champions are selected to participate in the CIF Football Bowl Championships. For the past several years the Football Advisory Committee and the Commissioners Committee have been discussing formats that would allow all Section Champions, who choose to participate, the opportunity to play in a Regional Football Bowl Championship.

DRAFT

Proposed Football Regional and State Bowl Game Format Revision

1. This proposal will advance all Section champions, if they choose to participate, to a CIF Regional Championship Bowl Game. If a team from a Section does not wish to participate in the CIF Football Championship Bowl Games, they must notify their Section commissioner by the start of the second week of their Section playoffs.
2. CIF Sections with an "Open Division" will be allowed to replace one or more of their Section champions from another division with a team that participated in that Section's Open Division. That Section Open Division team may only replace a Section Champion from the division in which they would have been slotted if they had not been selected for the Section's Open Division.
 - a. Sections with an Open Division choosing to utilize this provision must have a policy in place (adhering to the above language) which outlines the process the Section will use to replace champions from their Section divisions with non-champions from their Open Division.
3. All teams in the CIF Regional Football Championship Bowl Games will be slotted based on "competitive equity." See the sample mock selection below using the 2013 Section Champions.
 - a. Due to the number of Section divisions, there will be one play-in game in the north. The two teams will be selected from those Section division champions that complete play prior to week #14.
4. There will be two (2) Open Divisions.
 - a. The first will be open to all teams regardless of enrollment that have qualified through their respective section playoffs. The best team for the north and the best team from the south will be selected to participate and will receive byes directly to the CIF State Football Championships Bowl Open Division game.
 - b. The second will be open to all teams with an enrollment of 1,250 students or less that who have qualified through their respective section playoffs. These teams will participate in the CIF Regional Football Bowl Games with the winner advancing to the CIF State Football Championship Bowl Game (1,250 or less).
5. In order to balance the number of teams from the north and the south, Central Section Divisions I, III and V have been slotted in the north and Central Section Divisions II, IV and VI have been slotted in the south. The Central Section teams will be slotted in their respective regions in a manner to ensure that two teams from that Section would not play each other in a CIF State Football Championship Bowl Game.

SAMPLE

COMPETITIVE EQUITY BASED "MOCK SELECTION" (USING TEAMS FROM 2013)

	NORTH		SOUTH	
Division	Team #1	Team #2	Team #1	Team #2
Open	De La Salle, NCS		St. John Bosco, SS	
1AA	Folsom, SJ	Bakersfield, CS	Centennial, SS	Mission Hills, SD
1A	Del Oro, SJ	Serra, CC	Chaminade, SS	Cathedral Catholic, SD
2AA	Enterprise, NS	Milpitas, CC	Corona del Mar, SS	Hart, SS
2A	Dinuba, CS	Los Gatos, CC	Huntington Beach, SS	St. Augustine, SD
3AA	Manteca, SJ	Aptos, CC	La Serna, SS	El Diamante, CS
3A	Miramonte, NCS	West Valley, NS	Heritage, SS	Nordhoff, SS
4AA	McClymonds, Oak	El Cerrito, NCS	Citrus Hill, SS	San Dimas, SS
4A	St. Mary's, NCS	Galileo, SF	Sweetwater, SD	Jurupa Hills, SS
5AA	Salesian, NCS	LeGrande, SJ	Salesian, SS	San Fernando, LA
5A	Liberty	Bradshaw Christian, SJ	Bakersfield Christian, CS	View Park, LA
6AA	Winters, NS	Maxwell, NS/SJ D VII	Farmersville, CS	Holtville, SD
Open, 1250	Sacred Heart Prep, CC	Central Catholic, SJS	Crenshaw, LA	Christian, SD

Motion to send the NBL representatives to the NCS Sports Advisory Committee uninstructed with regard to the expansion of the state football championships.

Motion: Chris Giovannini, Montgomery

Second: Henri Sarlatte, Rancho Cotate

Motion supported unanimously.

Discussion points:

- Concern about concussions and injuries, but adding more games.
- More revenue, more kids participation
- Central Coast Section is playing a consolation game
- More regional games
- More time away from winter sports teams for those athletes who play in winter
- Interference with final exam schedules
- Mixed messages regarding injuries
- Start football earlier, i.e. the same time as soccer
- Section champions want to play another game
- Let us play another game, don't let the powers that be choose?

D. Bylaws 1502 (Baseball) and 2502 (Softball) Batting Helmet

Proposal Summary: This proposal would require that all individuals must wear a protective helmet while coaching the bases. It would be implemented immediately.

Fiscal Impact: In most cases less than \$100 per sport.

Background: Professional and NCAA baseball require the use of a protective helmet for all individuals coaching the bases. Each year high school baseball and softball coaches are struck in the head by batted balls that may result in catastrophic injuries. While the NFHS Rule Books are permissive in the use of protective helmets by adult base coaches, it is not a mandate. It is not currently a requirement that NCAA softball coaches wear a protective helmet while coaching the bases.

New Baseball Bylaw 1502: It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards.

New Softball Bylaw 2502: It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards.

Note (for both sports): NFHS rules govern use of protective equipment by a player/student.

Motion to direct the NBL representatives to the NCS SAC vote to support the amendments to CIF Bylaw 1502 and 2502

Motion: Dean Haskins, Montgomery

Second: Henri Sarlatte, Rancho Cotate

Motion supported unanimously.

E. Expansion of Girls' Volleyball Brackets

Proposal Summary: Expand existing girls' volleyball championships from 8 team to 16 team brackets in Divisions I – V, beginning in the fall of 2016.

Fiscal Impact: First and second round games in girls' regional volleyball have historically shown a profit. It is expected the addition of eight more teams and one more round of games in Divisions I-V will also be profitable.

Background: Girls' volleyball in California is highly competitive and should allow more teams the opportunity to participate. Basketball currently has 16-team brackets. Participation in girls' volleyball has shown steady increases over the past 5+ years.

Rationale: California volleyball is highly competitive and should include more quality teams and more teams should have the opportunity to participate. The precedent of 16-team brackets has been set with basketball. In addition, participation numbers in girls' volleyball have shown a steady increase.

Calendar: In order to expand to a 16-team bracket, the state and section playoff calendar would need to be adjusted. This proposal would require each section move their championship one week earlier (was done with football in 2011).

The state volleyball playoff dates would be as follows:

2016 State Playoffs

State Playoff Seeding Meeting	Sunday	November 12
First round	Wednesday	November 16
Second round	Saturday	November 19
Third round	Tuesday	November 22
<i>Thanksgiving, Thursday, November 24</i>		
Nor Cal/So Cal finals	Saturday	November 26
State Finals	Saturday	December 3

Entries, Seeding Procedures: The volleyball handbook could be amended with the following changes: The CIF State Volleyball Championships will be conducted using ~~eight team~~ **sixteen-team** brackets in both the north and south in each of the six divisions **Division I-V**. Out-brackets will be used if necessary.

Northern California Regional

The Central Coast Section (CCS), North Coast Section (NCS), Northern Section (NS), Oakland Section (OS), Sac-Joaquin Section (SJS), and San Francisco Section (SFS) will participate in the CIF Northern California Regional Tournament. The number of eligible team entries is listed below:

<u>Section</u>	<u>Division I</u>	<u>Division II</u>	<u>Division III</u>	<u>Division IV</u>	<u>Division V</u>
CCS	4	4	4	4	4
NCS	4	4	4	4	4
SJS	4	4	4	4	4
NS	0	0	0	0	0

OAK	2	2	2	2	2
SFS	TBD*	TBD*	TBD*	TBD*	TBD*

****SF and Oakland will have two automatic berths in the tournament. Entries will be placed into their respective enrollment division as determined by the section. Division V enrollment not to exceed 600.***

Sections must have more than 8 teams in a division to receive more than one entry in that division.

Northern California Regional

The San Diego Section (SDS), Los Angeles Section (LAS), Southern Section (SS) and the Central Section (CS) will participate in the CIF Southern California Regional. The number of eligible team entries is listed below:

Section	Division I	Division II	Division III	Division IV	Division V
CS	2	2	2	2	2
LAS	2	2	2	2	2
SDS	4	4	4	4	4
SS	8	8	8	8	8

Motion to direct the NBL representatives to the NCS SAC meeting vote to support the expansion of the CIF Volleyball Championships

Motion: Henri Sarlatte, Rancho Cotate

Second: Dean Haskins, Montgomery

Motion supported unanimously.

F. Sudden Cardiac Arrest Proposal

Proposal Summary: Training and education for coaches, parents and students for the awareness, recognition, and management of sudden cardiac arrest in student athletes.

Fiscal Impact: Minimal. All materials are available for free including the on-line education and training class through the Eric Paredes Save A Life Foundation and Simon's Fund.

Background: Sudden Cardiac Arrest (SCA) is the number two cause of death in young people participating in education based athletics. While very rare, about 100 such deaths are reported each year in the United States in young athletes according to the American Heart Association. Tragically, California students have been on that list, including one this past July. This bylaw will alert coaches and parents to this condition and ensure that they are aware of and know how best to react to the condition's warning signs. This spring, state legislatures in Delaware and Connecticut have implemented similar training requirements in their states.

22.B.(9) Ensure that all coaches, paid and unpaid, will have completed a coaching education program that emphasizes the following components:

- a. Development of coaching philosophies consistent with school, school district and school board goals;
- b. Sport psychology: emphasizing communication; reinforcement of young people's efforts; effective delivery of coaching regarding technique and motivation of the student-athlete;
- c. Sport pedagogy: how young athletes learn and how to teach sport skills;
- d. Sport physiology: principals of training; fitness for sport; development of a training program; nutrition for athletes' and the harmful effects associated with the use of steroids and performance-enhancing dietary supplements by adolescents;
- e. Sport management: team management; risk management; and working within the context of an entire school program;
- f. Training: certification in CPR **and** first aid that includes training in signs and symptoms of concussions **and sudden cardiac arrest.**
- g. Knowledge of, and adherence to, statewide rules and regulations; as well as school regulations including, but not necessarily limited to, eligibility, gender equity and discrimination;
- h. Sound planning and goal setting; AND
- i. A school/district may use a coach that does not meet these standards for one sports season in an emergency. The coach must still hold a CPR and first Aid, **Concussion and Sudden Cardiac Arrest** certification as required under Title V. However, that person may not coach another season of sport without fulfilling this coaching education requirement. Any currently employed coach who has completed and passed a prior version of a coaching education program that meets the above listed criteria, as determined by the local administration, is exempt from this provision. The above certification is transferable between/among CIF member schools. Coaches may need to complete additional local school or school district requirements. **NOTE:** Definition of a coach, paid or unpaid: Any individual that the school/district is required to approve under Title V, California Code of Regulations, Section 5593 and 5594 and/or under California Education Code 35179-35179.7, 49032 and 4125.01-45125.1.

503. ADMINISTRATIVE OVERSIGHT

The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members under CIF, Section, and league rules.

F. Coaching

Principals are responsible to insure that all coaches of the CIF member school for all individual or team(s) meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.(9) (Revised February 2009 Federated Council)

H. Concussion Protocol

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be

removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition.

(Approved May 2010 Federated Council/Revised May 2012 Federated Council)

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).

I. Steroid Prohibition

As a condition of membership, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

J. Sudden Cardiac Arrest Protocol

A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted 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 sudden cardiac arrest 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 Sudden Cardiac Arrest information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition.

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).

Motion to direct the NBL representatives to the NCS SAC meeting vote to support the Sudden Cardiac Arrest Proposal. It is recommended that this item be included in the current coach education link.

Motion: Chris Giovannini, Montgomery

Second: Henri Sarlatte, Rancho Cotate

Motion supported unanimously.

V. NCS ITEMS

A. Additional language to Sports and General Rulings 300H Series

The Board of Managers recognizes that individual school administrators retain primary responsibility for the conduct of all interscholastic athletic activities in which NCS member schools participate. Such responsibility includes all interscholastic athletic activities in which NCS member schools participate. Such responsibility includes the behavior of all participants: players, coaches, representative student groups, and spectators.

The Board of Managers recognizes that each league within the Section, through the several league Boards of Managers, should provide leadership in the matter of upgrading the atmosphere in which all interscholastic athletic contests are conducted. The Board of Managers is appreciative and supportive of such leadership and the programs initiated at the league level.

As the coordinating body for all interscholastic athletic activity conducted within the Section, the Board of Managers establishes the following policy concerning sportsmanship at all athletic events among member schools.

- a. Players are expected to conduct themselves in a manner that shall bring credit to themselves, their schools, communities, coaches and families. They shall refrain from all conduct that tends to degrade, bait, intimidate, or otherwise discredit their opponent, officials, or interscholastic athletics.
- b. Coaches are expected to maintain decorum consistent with the educational values of interscholastic athletics. By personal example, coaches are expected to demonstrate their awareness of these values by showing restraint and composure in the emotional climate of an athletic contest and to insist that players in their charge conduct themselves in a sportsmanlike manner.
- c. Responsible member school personnel are expected to instruct and supervise the conduct of student spirit leaders, rooting sections, bands, other student groups and coaching personnel in order to achieve an atmosphere consistent with good sportsmanship. School administrators are expected to control or cause to be controlled spectators in such a manner that all athletic contests are conducted in an atmosphere that is consistent with the educational value of interscholastic athletics. (*Board of Managers 5/1/00*)
- d. NCS leagues and schools should take necessary actions to insure that conduct, which is not in conformance with the above policy, is reviewed by schools and leagues and appropriate actions taken to insure that the ideals of good sportsmanship are fostered by NCS schools and leagues.
- e. In the case of NCS/Les Schwab Tires Championship competitions, flagrant instances of unsportsmanlike behavior on the part of players, coaches, and/or fans should be reported by the school principal (s) to the Board of Managers through the **Associate Commissioner** Section Commissioner, together with a description of action taken by member schools. The **Associate Commissioner** Section Commissioner will contact offending schools regarding the school's deportment at NCS events.
- f. The Commissioner will establish a standing committee to review sportsmanship violations at championship events.

The Sportsmanship Committee is the standing committee responsible the review sportsmanship violations at championships events.

Motion to direct the NBL representatives to the NCS SAC meeting vote to support the additional language to Sports and General Rulings 300H Series

Motion: Chris Giovannini, Montgomery

Second: Kathy Hower, Santa Rosa

Motion supported unanimously.

B. Proposal to include scrimmages in the ejection policy when accredited officials are used and eject a player or coach:

The ejection policy penalties should apply to a scrimmage when accredited officials are used and the officials eject a player/coach.

307H Ejection Policy

a. Coaches Review Content

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

b. School Administration and Coaches' Responsibility

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

c. Notice

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

d. Penalties

1. These rules and minimum penalties are applicable to players and coaches during the time that contest/**scrimmage** officials have jurisdiction for the contest/**scrimmage** in accordance with National Federation or sport governing body rules for the respective sport.
 - a. Players. Ejection of player from a contest/**scrimmage** for unsportsmanlike or dangerous conduct as defined in sport specific NCS Ejection Policy rules summaries. Penalty: The player shall be ineligible for the next contest the school actually participates (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.). A student who was ejected from his/her team's previous contest/**scrimmage** for dangerous or unsportsmanlike actions, shall not be allowed to dress in his /her teams uniform, but will remain the responsibility of school personnel. Interpretation: The student will be held out of the school's next contest of the respective sport from which he/she was ejected even if it is the first contest of the next season.
 - b. Coaches. Ejection of coaches, assistant coaches and/or coaching representatives for unsportsmanlike conduct as defined in sport specific NCS Ejection Policy rules summaries. Penalty: The coach, assistant coach and/or coaching representative will immediately remove themselves from their coaching responsibilities in accordance with National Federation or sport governing rules for the respective sport. The coach, assistant coach and/or coaching representative must leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team players and other team personnel during the remainder of the game. If there is no other coaching representative who is certified by the school in accordance to CIF bylaw 506, the game shall be terminated and declared a forfeit. The offending coach's school will be credited with a loss and the opposing school shall be credited with a win. The ejected coach, assistant coach and/or coaching representative will be prohibited from coaching or attending the next interscholastic contest for that team or any other team in the same sport prior to serving the penalty.
 - c. Illegal participation in the next contest (the next contest the school actually participates) by a player or coach, assistant coach and/or coaching representative ejected for unsportsmanlike or dangerous conduct, as defined in sport specific NCS Ejection Policy rules summaries, in a previous contest. Penalty: The contest shall be forfeited and the ineligible player, coach, assistant coach and/or coaching representative shall be ineligible for the next contest. During the contest for which the player is ineligible, the player shall not be allowed to dress in his /her team's uniform, but will remain the responsibility of school personnel. Ejected coaches, assistant coaches and/or coaching representatives are not allowed to attend the school's next contest. If, in the next contest, there is no other coaching representative who is certified by the school in accordance to CIF bylaw 506, the game shall be declared a forfeit. The offending school will be credited with a loss and the opposing school shall be credited with a win.
 - d. Second ejection of a player or coach for unsportsmanlike or dangerous conduct or of a coach for unsportsmanlike conduct as defined in sport specific NCS Ejection Policy rules summaries from a contest during one season. Penalty: The player shall be ineligible for the remainder of the season (includes pre-season, league season and post-season play). The coach, assistant coach and/or coaching representative are employees of the school. The NCS does not have the authority to terminate employment of school employees, which would be the effect of a balance of the season suspension. Therefore, the penalty for a second ejection for a coach, assistant coach and/or coaching representative shall be that the coach, assistant coach and/or coaching representative shall be prohibited from coaching or attending the next two interscholastic contests for that

team and shall also be prohibited from coaching or attending any NCS/CIF post-season contests for which the team qualifies.

- e. When one or more players leave the bench to begin or participate in an altercation. Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest the school actually participates (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.). A student who was ejected from his/her team's previous contest for dangerous or unsportsmanlike actions, shall not be allowed to dress in his/her team's uniform, but will remain the responsibility of school personnel. NOTE: When a student and/or team must forfeit a contest due to violation of the Ejection Policy (NCS 2481A1b), the student and/or team shall be charged with participation in the contest for purposes of the respective sport's maximum number of contests rule.

e. Procedures

1. Each league shall establish a procedure for reporting ejections. Examples would include:
 - a. The officials shall report (orally or in writing) to specified school personnel and/or league commissioner.
 - b. The coach of the ejected player's team shall notify (orally or in writing) the principal of the ejected player's team and/or the league commissioner, or
 - c. The coaches of both teams involved shall notify (orally or in writing) the principal of the ejected player's team and/or league commissioner.

f. Appeals

1. Only appeals related to the factual situation of the player's or coach's ejection will be heard. Such appeals will only be made to penalties related to subsequent penalties after the ejection, they will not have jurisdiction to change the status of the player's or coach's ejection from the game in question. No appeal will be heard related to the official's judgment (other than an incorrect identification). When additional forfeitures are applied because a coach, student athlete, school, etc. do not apply the rule and an ineligible student or coach, assistant coach and/or coaching representative participates.
2. Appeals shall be heard initially through the ejected student's or coach's league, subsequent appeals may be made through the applicable North Coast Section, CIF and State CIF appeals procedure. Note: The Ejection is applied by sport from year to year. Under this policy, a student or coach, assistant coach and/or coaching representative who is ejected for unsportsmanlike or dangerous conduct, as defined in sport specific NCS Ejection Policy rules summaries, from the school's last contest of the year will be held out of the school's next contest of the respective (same) sport from which he/she was ejected even if it is the first contest of the next season. Schools and/or leagues may have policies that are more restrictive.

g. Awards Ceremony

Any student or coach, assistant coach and/or coaching representative that have been ejected for unsportsmanlike or dangerous conduct from a championship contest will be prohibited from participating in the awards ceremony.

h. Definition of Participation Under the Ejection Policy's Penalty

A student who was ejected from his/her team/s previous contest for dangerous or unsportsmanlike actions, as defined in sport specific NCS Ejection Policy rules summaries, shall not be allowed to dress in his/her team's uniform, but will remain the responsibility of school personnel.

Note: The Ejection is applied by sport from year to year. Under this policy, a student who is ejected from the school's last contest of the year will be held out of the school's next contest of the respective (same) sport from which he/she was ejected even if it is the first contest (a scrimmage is not a contest) of the next season. Schools and/or leagues may have policies that are more restrictive.

Motion to direct the NBL representatives to the NCS SAC vote to support the inclusion of "scrimmage" in the ejection policy.

Motion: Dean Haskins, Montgomery

Second: Ty Yanez, Ukiah

Motion supported unanimously.

VI. SAC NEW BUSINESS

- A. To change the procedure used when a school fails to submit an application for post-season participation, or fails to correctly submit an accurate application, by the deadline listed in the championship bulletin for that sport.

The following procedure may be used when a school fails to submit an application for post-season participation, or fails to correctly submit an accurate application, by the deadline listed in the championship bulletin for that sport:

1. If the failure is discovered prior to the conclusion of the sport's at-large and seeding meeting, the following may occur:
 - a. The team will be allowed to apply for a berth in the championship event, but only if there is an open position in the bracket; i. e. the late-applying school shall not be allowed to replace a school that applied on time.
 - b. The late application must come from the principal/headmaster of the applying school.
 - c. The school will forfeit its opportunity to host contests in that tournament
2. If the failure is discovered after the conclusion of the sport's at-large and seeding meeting, the team will not be allowed to apply for a berth in the championship bracket.

RATIONALE:

1. The present deadline is hard and fast and allows for no exceptions. It is usually the evening before the at-large and seeding meeting and usually on the last day a school may play a contest.
2. There are frequently league championship events held on the day of a deadline. An "accurate" application requires that a coach list the results of that championship event; the application therefore can't be completed ahead of time. There are many post-game responsibilities for a coach.
3. Earthquakes, car accidents, team player medical emergencies and many other "excuses" are pretty good reasons why a school might not be able to meet the NCS-imposed deadline. There are also some not "pretty good reasons."

4. The increasing number of off-campus coaches makes it more difficult for AD's and principals to monitor those coaches to ensure they meet NCS deadlines.
5. This is an adult error that punishes student-athletes.
6. No one is "harmed" by this proposed change. No one is denied the opportunity to participate in the NCS championships.

Possible Objections to the Proposal:

1. It's a change; change can be threatening.
2. It provides an "exception to the rule."

Income and Expenses Related to Implementation:

There would be an increase in income to the NCS as there would be another entrant paying an entry fee and another game generating income for the NCS. The amount of the increase would vary by sport and by team.

Motion to direct the NBL representatives to the NCS SAC vote AGAINST this proposal.

Motion: Ty Yanez, Ukiah

Second: Chris Giovannini, Montgomery

Motion supported unanimously.

The athletic directors did **NOT** want to make the rule more lenient.

B. Change the penalty for a school which exceeds the maximum number of games

This proposal is to: change the penalty for a school which exceeds the maximum number of games as defined by the Board of Managers. It is also a proposal to change NCS 105 H to accommodate any player who, because his/her team violated 101 H, is in violation of 105 H.

Description of the Proposal:

At the present time, a school which exceeds the maximum number of contests in a certain sport as set out in NCS 101 H is ineligible to apply for a berth in the NCS playoffs in that sport. (There are other repercussions also.) This proposal allows a school to apply for a berth in certain circumstances, even if they have exceeded the maximum number of **games**.

1. If the total number of games + scrimmages exceeds the total number of allowable games + scrimmages, the school shall **not** be allowed to apply for an NCS playoff berth. Example: 26 games and two scrimmages are allowed in basketball - a school plays 27 games and two scrimmages; they would **not** be allowed to apply.
2. If the total number of games and scrimmages does not exceed the total number of allowable games and scrimmages, the school **shall** be allowed to apply for an NCS playoff berth. Example: 26 games and two scrimmages are allowed in basketball – a school plays 27 games and one scrimmage; they would be allowed to apply for an NCS playoff berth under the following conditions:
 - a. The offending school must report the infraction according to the guidelines set out in NCS 1103. It must be accompanied by a plan of action from the principal to ensure that this occurrence will not happen again.
 - b. The school is placed on probation in that sport for three years. If the maximum number of contests or the maximum number of games is exceeded in any of the following three years, that school will not be allowed to apply for a playoff berth in that sport in the year that the rule is violated.
 - c. The school will forfeit its opportunity to host contests in that tournament for the present year **and** the following year.
 - d. The head coach will not be allowed to coach, nor be in the gym area, in any NCS tournament game in that sport for the present year.
 - e. For every game played over the maximum number allowed, the maximum number of games allowed in that sport for the following year will be reduced game for game. Example: a basketball team plays 27 games in year one (27 games and one scrimmage); they would be allowed only 25 games in year two (25 games and three scrimmages.)
 - f. If, based on success in the NCS tournament, a team moves on to CIF regional or state championships, that school **would** be allowed to host those CIF contests and the head coach **would** be allowed coach in those games.
3. 105 H shall be changed to accommodate a student-athlete who simply played in the school's scheduled games and scrimmages.

Date of Requested Implementation: July 1, 2015.

Rationale in Support of Proposal:

1. The NCS must have a common policy (as should the CIF) that treats student-athletes at all schools in a fair manner. This is an adult error that punishes student-athletes. No student-athlete keeps track of the number of scheduled games and scrimmages. This is an adult responsibility; the effects are felt by student-athletes.
2. While there should be no confusion in counting the total number of games and scrimmages on a team's schedule, there is occasionally some confusion about whether a contest is a game or a scrimmage. NCS 110 H lists nine very specific conditions that must be present for a contest to be treated as a scrimmage. Other sections have other rules and are unconcerned with NCS rules. There can be some areas of confusion between two schools. For example: one school might forget to list the contest as a "scrimmage" on its schedule, unbeknownst to the opposing school, a violation of NCS policy; or a score is "reported" in the local media when no score was officially kept at the event.
3. The purpose of the rule is to provide an even playing field for all NCS schools at the NCS playoff level, to keep some schools from gaining an advantage over other schools. It is truly unfortunate that the CIF does not have a common "maximum number of games" policy for regional and CIF events/a common enforcement of that policy/a common penalty for violating that policy. The fact that all other CIF sections allow more games and scrimmages than does the NCS is irrelevant. The fact that all other CIF sections have less severe penalties for violating their version of 101 H is also irrelevant. The fact that the nine other sections have **discussed** the above and come up with less severe penalties might indicate that the NCS should at least **review** its penalties. This is really a CIF problem.
4. This is **not** a proposal to change the total number of allowable games + scrimmages. This total number in all NCS sports is more than adequate for the purpose of educational athletics.

5. The increasing number of off-campus coaches, less understanding of an NCS school's educational mission, makes it more difficult for AD's and principals to monitor those coaches to ensure they meet NCS "maximum number of contest" and "definition of scrimmage" guidelines. This is not to excuse principals and their athletic staffs; only to help understand why violations might occasionally happen.

Possible Objections to the Proposal:

1. It's a change; change can be threatening; it provides an "exception to the rule."
2. It does not deal with the present CIF regional and state inequity.
3. It does not deal with the very few coaches who now schedule more than the maximum number of allowable games, then selectively cancel some non-league contests as the season progresses.

Income and Expenses Related to Implementation:

There would be an increase in income to the NCS only if this proposal succeeded in adding another team (\$85) and another contest (varying gate income) in a bracket that would not have been otherwise filled. The amount of the increase would vary by sport and by team.

Attachments: None

Motion to direct the NBL representatives to the NCS SAC vote AGAINST this proposal.

Motion: Henri Sarlatte, Rancho Cotate

Second: Dean Haskins, Montgomery

Motion supported unanimously.

The rule has been in effect for years. "If you can't count to 26, you shouldn't be coaching!"

VI. NBL NEW BUSINESS

A. Rancho Cotate JV Boys' Soccer Team Forfeit (Henri Sarlatte)

Rancho Cotate JV Boys' soccer team used an academically ineligible player in the Ukiah vs. Rancho JV soccer match on 10/29/14. Rancho Cotate will forfeit the match to Ukiah.

The Rancho Cotate athletic director is working with the coach to insure this breakdown in communication does not happen again. This was a first year coach who did not speak directly with Henri when he sent out eligibility reports. Henri also takes part of responsibility as he assumed the coach read the e-mail as I had spoken with the varsity coach. The coach, assistant coach and AD will have weekly meetings next season to insure better communication.

B. Credo High School chooses to withdraw from membership in the North Coast Section and California Interscholastic Federation. (Jan Smith Billing)

On October 30, 2014, Credo High School elected to withdraw from the NCS/CIF. Therefore, Credo is now officially listed as a non-CIF/NCS member school. As a non-CIF/NCS school, all athletic teams at Credo High School may not scrimmage or compete against other CIF member schools unless Credo takes steps to once again become a member of the CIF.

C. Amendment to NBL Bylaw 5.801 (Henri Sarlatte)

To determine the winner of the league, two points shall be awarded for a win and one point for a tie. The team with the highest point total at the end of the league schedule shall be declared the winner of the league. A forfeited game shall count as a win.

In case of a tie at the end of the league season, the following criteria will be used, one at a time, and in the order listed:

1. **Head-to-head in league contests versus the teams involved.**
2. **Numbers drawn by the respective member school principals at the first meeting of the year.**

Motion to support this proposal.

Motion: Henri Sarlatte, Rancho Cotate

Second: Chris Giovannini, Montgomery

Motion supported unanimously.

D. NBL Bylaw 8.802 (Jan Smith Billing)

- a. All-league selection format for boys' soccer
 - i) The all-league meeting will be held on the Monday following the conclusion of the NBL schedule, at a site determined by the coach of the NBL Championship School.
 - ii) Each team will be awarded first and second all-league selections based on their team's finish in the league championship. First place (4), second place (3), third place (3), fourth place (2), fifth place (2), sixth place (2), seventh place (1), and eighth place (1). There is no honorable mention.
 - iii) Coach of the Year: Nominations will be taken from the floor. Each coach will vote for one coach. The vote shall be conducted using a secret ballot.
 - iv) MVP—open nominations, followed by a vote. Cannot vote for a player on your own team. Coaches vote for two to narrow the field, if necessary. If a second vote is necessary, the field will be narrowed and each coach will vote for one student-athlete. The vote will be conducted using a secret ballot.

Motion to support this proposal.

Motion: Henri Sarlatte, Rancho Cotate

Second: Mike Mastin, Maria Carrillo

Motion supported unanimously.

E. Casa Grande Girls' Basketball (Rick O'Brien)

Casa Grande will field varsity, JV and frosh/soph girls' basketball teams this season. Maria Carrillo and Ukiah will NOT field freshman girls' basketball teams this year.

Windsor has only five girls on their freshman team, but will field a team as long as possible.
Note: add to next meeting agenda a NBL bylaw modification about seniors playing on non-varsity

F. Update on Ukiah Football (Ty Yanez)

Jeff Burrell wants to test waters of moving from NBL to SCL in football only

Conversation:

- Switch Analy and Ukiah
- Too difficult to schedule
- Can't happen for 2015 season

VII. NBL OLD BUSINESS

A. Update on lacrosse officials (Marie Sugiyama)

Have a contract from boys' officials, but not one from girls' officials yet.

The officials want league teams to play on Wednesdays and Fridays, but the league teams want to play Tuesdays and Friday to avoid field conflicts with track and field.

B. Windsor request to play varsity girls' lacrosse, but to play at the JV level in boys' lacrosse (Jeff Harding)

NBL General Rule 8

8. Intention not to field a team

- a. Any school not intending to field a varsity team in a league sport must declare that by the start of the previous season. In team sports, the school must field a varsity team first. If a school needs to drop a varsity team and have only a junior varsity team and they have missed the deadline for notification, that school may petition the league to have a JV team instead of a varsity team.

Windsor withdrew their request.

C. Motion to move the boys' soccer to the winter season of sport (Mike Mastin)

8.102 ~~Playing dates during years ending in an even number:~~

~~Boys' soccer matches shall be scheduled on Tuesdays and Thursdays and girls' soccer matches shall be scheduled for Wednesdays and Fridays during the first round of the league season. During the second round of the season, boys' soccer matches shall be scheduled on Wednesdays and Fridays and varsity girls' soccer matches shall be scheduled for Tuesdays and Thursdays.~~

Playing dates during years ending in an odd number:

~~Girls' soccer matches shall be scheduled on Tuesdays and Thursdays and boys' soccer matches shall be scheduled for Wednesdays and Fridays during the first round of the league season. During the second half of the season, girls' soccer matches shall be scheduled on Wednesdays and Fridays and boys' soccer matches shall be scheduled for Tuesdays and Thursdays.~~

~~North Bay League Board of Managers, January 21, 2014~~

Boys' soccer will be played on Wednesday and Friday during the winter season of sport.

8.103 ~~Boys' and girls' soccer shall be played in the Fall season of sport.~~

Boys' soccer will be played in the winter season of sport and girls' soccer will be played in the fall season of sport.

Why should the NBL boys' soccer teams participate in soccer in the winter season of sport?

1. The only local teams available for non-league competition for the boys will be those in the Sonoma County League. It is not financially feasible for the boys' teams to travel to the HDNL to participate in non-league competition. If the boys' teams play in the winter season of sport, they would be able to schedule preseason contests with the MCAL schools as well as 30 other D1 schools and 31 D2 schools, most of which are located in the East Bay area.
2. The boys' program would be harmed by having to play in the fall because the level of competition would diminish with the elimination of the MCAL. (The level of competition in the remaining leagues is not as high). As evidence, since 1996, an NBL school has won the NCS fall championship 10 times and an MCAL team has won the championship 7 times. No SCL or HDNL team has ever won a fall boys' soccer championship.
3. If the boys' soccer team participates in the winter season of sport and the girls' soccer teams remain in the fall as they desire, there would be more officials available to officiate the contests as there would be fewer games per week.
4. The boys' teams would not have to share the practice facilities with the football teams and the girls' soccer teams. This would actually free up more space for all teams.
5. Although there is currently no CIF State Championship, the official CIF season of sport is in the winter.
6. A waiver to conduct an NCS championship in boys' soccer in the fall would have to be secured from the NCS Commissioner. There is no written guarantee of a waiver at this time.
7. Although some boys might have to choose between three teams during the winter (soccer, basketball or wrestling), they currently have to choose between three now in the fall (soccer, football or cross country).

Motion to move the boys' soccer season of sport to the winter season.

Motion: Mike Mastin, Maria Carrillo

Second: Henri Sarlatte, Rancho Cotate

Motion supported unanimously.

ADJOURNMENT