

NBL Soccer Coach Meeting Minutes  
Wednesday, August 6, 2014, 5:30 PM  
Montgomery High School, Viking Room

- I. Directory information for 2014 – 2015 will be sent to all coaches
- II. League schedule
  - a. First day of practice: **Monday, August 18, 2014**
  - b. All summer activities must end on **Sunday, August 17, 2014**
  - c. **Revisions of the schedule may ONLY be made with the approval of the athletic directors and/or principals of the involved schools**
- III. Discussion of the following handouts
  - a. Sexual Harassment and Hazing, sportsmanship, steroids
  - b. NFHS Information and application for membership
  - c. Strategies for Socializing
  - d. Sportsmanship ballot
  - e. Pursuing Victory With Honor, CIF Expectations for Coaches
  - f. Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level
  - g. Dangers of Caffeine Powder (*Press Democrat* article)
  - h. Sports Drinks vs. Energy Drinks
  - i. Guide to Heat Acclimatization and Heat Illness Prevention
  - j. Beat the Heat and Hydration Tips
- IV. Discussion of the new CIF/NCS/NBL Practice Guidelines (handout)
  - a. This rule has been discussed throughout the CIF for several years and was passed in May, 2014
  - b. The rule was reviewed very carefully, questions from coaches were answered. Additional questions/clarifications should be emailed to Marie or Jan.
  - c. Pregame activities (warm up, meeting with coaches, etc.) counts as part of the 3-hour time allotted to contests.
  - d. This rule applies to ALL in-season activities
  - e. Penalties for Violation of CIF 506—Practice Guidelines

**First Infraction by a team**

1. Team will forfeit twice the number of hours or days in which the team is in violation of the rule, with a minimum two hour penalty
2. School administration and/or athletic director must meet with the involved coach to review CIF Bylaw 506
3. School must report the infraction according to NCS Bylaw 1103

**Second infraction by a team within a two-year period**

1. Team will forfeit twice the number of hours or days in which the team is in violation of the rule, with a minimum two hour penalty.
2. Head coach is not eligible to coach in the post-season for the first two contests the school participates.
3. School must report the infraction according to NCS Bylaw 1103.

**Third infraction by a team within a two-year period**

1. Team will forfeit twice the number of hours of days in which the team is in violation of the rule, with a minimum two hour penalty.
2. Head coach is not eligible for post-season competition.
3. School must report the infraction according to NCS Bylaw 1103.
4. The school is placed on probation for a period of two years. The parameters of probation

are as follows:

Any additional team/school violation will subject the school to the following penalties:

- a. The school will not be allowed to host NCS Championship contests in any sport for a period of one year from the date of the third violation.
- b. School coaches will not be allowed to coach in the first two contests of any NCS Championship contest or post-season contest in which the school is involved.
- c. The school will be fined \$500 and the funds will be placed in the NCS Foundation Game Scholarship Fund.

- V. Discussion of CA Bill AB 2127 (handout)
  - a. This law goes into effect on January 1, 2015
  - b. Student-athletes who are diagnosed with a concussion may not practice or participate until the 8<sup>th</sup> day after diagnosis.
- VI. CIF and NCS rules (NCS 100, 200, 300) Special emphasis on:
  - a. NCS Season of Sport, total number of games and scrimmages
  - b. Definition of scrimmage (be sure to designate each scrimmage on your schedule)
  - c. Practice and who can participate
  - d. Only three organizational meetings per year outside the season of sport
  - e. Summertime activities, open gyms and open fields
  - f. Process for appeals
- VII. General rules and undue influence interpretations (NCS 500 series handout) Special emphasis on:
  - a. NO scrimmage, practice or competition against non-CIF schools, i.e., clubs and colleges
  - b. No coaches allowed on field, paid or volunteer, who are not certified by the district
  - c. Undue influence rule reviewed in detail
- VIII. Undue Influence Rule Interpretations (grid handout)
  - a. Review of the situations, discussion of various scenarios
- IX. Appendix A, NCS Practice and Conditioning Rules Interpretations (handout)
  - a. Excellent resource for determining what is legal and not illegal with regard to practice and conditioning outside the season of sport
- X. NBL Constitution (full constitution available online at [www.northbayleague.org](http://www.northbayleague.org))
  - a. General Rules and Soccer rules (handouts)
  - b. NCS Soccer bylaws, section 21
  - c. NCS Ejection policy: if a player is ejected, be sure to contact the official to determine why the student was ejected
- XI. NCS Championships: Championship bulletin available at [www.cifncs.org](http://www.cifncs.org)
  - a. NCS Official Ball: Molten
- XII. CIF Sports Medicine Resources: [www.cifstate.org](http://www.cifstate.org)
- XIII. North Bay League web site: [www.northbayleague.org](http://www.northbayleague.org)
  - a. The website contains the entire constitution, sports schedules, and lists of all-league teams
- XIV. New Business
  - a. Discussion of moving the boys' season of sport to the winter and leaving the girls' soccer season of sport in the fall

<b>Why should the NBL girls' soccer teams participate in soccer in the fall season of sport?</b>	<b>Why should the NBL boys' soccer teams participate in soccer in the winter season of sport?</b>
1. The girls' teams have always participated in soccer in the fall season of sport. Because the MCAL girls' have traditionally played soccer in the spring, the move of both of their programs to competition in the winter would not affect NBL preseason contests. In other words, the girls have never played against the MCAL girls' soccer teams.	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

2. Precedence for playing in different seasons has already been established in sports such as tennis, golf, and volleyball, where the girls' teams participate in the fall and the boys' teams participate in the spring.
3. At least one school in the NBL has an EIR that limits the number of times the lights may be used on the athletic field during night-time athletic events. The junior varsity players will have to play during the day and with less daylight during the winter, they would have to miss more classroom time.
4. Grass fields will deteriorate as the season of sport progresses. If both teams play in the winter, and there is more inclement weather, the play of both teams might damage the fields.
5. Competition with Friday night basketball games may create a decrease in the number of fans that attend a winter soccer game on a Friday night, which could affect revenue.
6. Poor field conditions and cold, wet weather in a typical winter subject athletes to the possibility of more injuries. In addition, currently there is just one school in the league that has athletic trainers to address athletic injuries.
7. Scheduling non-league contests may be more expensive, as there would be no local teams that play in the winter. Currently, girls' teams typically schedule Sonoma County schools for nonleague games. The closest winter season team would be in Marin County.
8. National rankings for girls are very important. Some NBL girls' teams have been nationally ranked and have put those schools "on the map". This helps the student-athletes get more looks, which can result in more scholarships. Currently, 25 states play in the fall, 17 in the spring, and eight teams play in the winter.
9. NCAA plays in the fall season of sports. High school students will have the opportunity to observe college games during their season of sport.
10. With the boys playing in the winter and the girls playing in the fall, there will be more field space available for practices and games.
11. As the select club teams play in the winter, players may opt to play on the club rather than the high school team as it is felt that select club team tournaments showcase the players for scholarships. In the winter, players cannot play on the high school team and an outside team.
12. Some players may have to choose between playing both basketball and soccer in some

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 6 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).

schools.