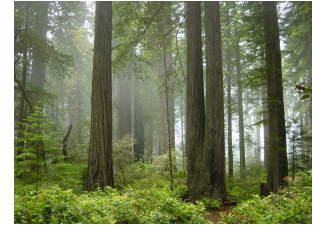




NORTH BAY LEAGUE

Jan Smith Billing, Commissioner
 Jcool@aol.com
 (707) 975-1301



ATHLETIC DIRECTORS and PRINCIPALS MEETING MINUTES, THURSDAY, AUGUST 23, 2018

ATTENDANCE

Joe Ellwood (AD)	Analy	Ernesto Aubin (AD)	Piner
Raul Guerrero (P)	Analy	Marc Anderson (AD)	Piner
Jerry Bonfigli (AD)	Cardinal Newman	John McGurke (AP)	Piner
Jeff Nielsen (AD)	Cardinal Newman	Scott McKeon (AD)	Rancho Cotate
Graham Rutherford	Cardinal Newman	Henri Sarlatte (AP)	Rancho Cotate
Mike Roan (AD)	El Molino	Dr. Louis Ganzler (P)	Rancho Cotate
William Garza (AD)	Elsie Allen	Kenny Knowlton (AD)	Santa Rosa
Nathan Good (AD)	Elsie Allen	Bryan Price (AD)	Santa Rosa
Casey Thornhill (AP)	Elsie Allen	Dr. Kimberly Clissold (P)	Santa Rosa
Gabe Albavera (P)	Elsie Allen	Ty Yanez (AD)	Ukiah
Dave Stine (AD)	Healdsburg	Gordon Oslund (P)	Ukiah
Bill Halliday (P)	Healdsburg	Stacy Desideri (P)	Windsor
Jerry Deakins (AD)	Maria Carrillo	Pete Sullivan (AP)	Windsor
Katie Barr (P)	Maria Carrillo	Jamie Williams (AD)	Windsor
Dean Haskins (AD)	Montgomery		
Randy Burbank (P)	Montgomery	Jan Smith Billing	Commissioner

I. APPROVAL OF AGENDA

Motion to support approval of the agenda, moving item IV.C. to the first item to be discussed.

Motion: Ukiah

Second: Piner

Motion approved unanimously

II. APPROVAL OF THE NBL CONSENT AGENDA

There is no consent agenda for this meeting

III. APPROVAL OF MINUTES FOR THE PREVIOUS MEETING

Previously emailed and available online at www.northbayleague.org

Motion to approve the minutes for the previous meeting.

Motion: Montgomery

Second: Windsor

Motion approved unanimously.

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 support the approval of the SAC Consent Agenda

Motion: El Molino

Second: Ukiah
Motion approved unanimously

II. Minutes of the previous SAC meeting

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

IV. CIF Items

A. Requirement of CIF sections to include all section champions when advancing entries to CIF Regional and State Championships

Unanimous
vote of
support by
NBL ADs

Motion to delay discussion of this item until it has been reviewed and discussed at the NCS SAC Meeting on August 27.

Motion: Ukiah
Second: Rancho Cotate
Motion approved unanimously.

B. Automatic qualifiers for CIF Nor-Cal volleyball and basketball

Unanimous
vote of
support by
NBL ADs

Motion to support this item at the upcoming NCS SAC Meeting
Motion: Elsie Allen
Second: Montgomery
Motion approved unanimously

Automatic Qualifiers for CIF Nor-Cal in Volleyball and Basketball North Coast Section will now be allowed a 21st entry to the CIF Nor-Cal Volleyball and Basketball Championships. In past years the entries were divided evenly from Divisions 1 through 5 (Division 6 is not impacted in this proposal and all previous entries (4) from D6 will remain the same). With an additional entry NCS needs to decide how to assign the last automatic entry.

Recommended Proposal: In the NCS Championship sports of girls' volleyball and boys' and girls' basketball. The fifth entry will be assigned to the highest seeded quarterfinal losing team starting with D1. If the highest seeded quarterfinal losing team in D1 declines the entry NCS staff will offer the entry to the highest seeded quarterfinal losing team in D2. If the highest seeded quarterfinal losing team in D2 declines, the entry will be offered to the highest seeded quarterfinal losing team in D3, and the process will continue until all divisions (1-5) are offered the entry. Once the process is complete and no team has accepted the entry, NCS staff will continue the process with the second highest seeded quarterfinal losing team in D1 and continue the process until a school accepts the entry.

C. Recommendation to the CIF to eliminate Bylaw 600 for winter soccer

Unanimous
vote of
non
support by
NBL ADs

Motion to NOT support the elimination of Bylaw 600 for winter soccer.
Motion: Santa Rosa
Second: Elsie Allen
Motion supported unanimously

Proposal: eliminate NCS bylaw 600 [competition on an outside team] for winter soccer. A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. Bylaw 600 notes that fall and spring soccer need not amend to this rule. I would like to propose this soccer exemption cover all seasons of soccer until the day comes where soccer is only played in one common season.

Current bylaw 600. COMPETITION ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport (See Bylaw 511) The following exceptions apply:

C. SOCCER In the sport of soccer, Bylaw 600 shall be in effect only during the winter high school soccer season. High school soccer programs that compete during the fall or spring

season are not subject to Bylaw 600. NOTE: For purposes of this section, indoor soccer and futsal are not considered the same sport. E. Bylaw 600 shall not be in effect for those sports conducted outside the State-adopted season of sport.

Pro's and Con's

<ul style="list-style-type: none"> • Students get to play the entire season • More competitive games prior to Surf Cup • We will not have to 'cram' in games during the season to ensure that we get to play non-league games • It will be easier to schedule games prior to the league season because we know we will have enough players • True NCS seed when you have all your athletes available for all games. 	<ul style="list-style-type: none"> • Potential to eliminate 600 completely for all sports • Students may be less committed to high school soccer • Balancing the health of the athlete as they juggle games for both teams • Setting expectations for playing time with club players in their high school games as we manage the volume of work • Exceeding the number of practice hours between club and high school?
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Rationale: For winter soccer teams the club players are not available to play high school contests until after Thanksgiving weekend. For some teams this means being without a true roster for 6-8 games. When scheduling non-league opponents for the purposes of NCS rankings and/or qualifying criteria this may eliminate ideal and available weeks prior to the start of the regular season. Scheduling non-league opponents during the regular season becomes more challenging as we then add more games in one week's time than the norm.

Current number of schools by gender competing in soccer by season

FALL		WINTER		SPRING	
Boys	Girls	Boys	Girls	Boys	Girls
65	30	98	101	0	20
Total = 95		Total = 199		Total = 20	

314 total teams

- 63.3% of teams play in the winter (199 teams play in the winter)
- 36.6% of teams play in fall or spring (115 teams play in either fall or spring)

<p>Girls' team break down (151 total girls' teams)</p> <ul style="list-style-type: none"> • 67% of girls' teams play in winter • 13% of girls' teams play in spring • 20% of girls' teams play in fall 	<p>Boys' teams break down (163 total boys' teams)</p> <ul style="list-style-type: none"> • 60% of boys' teams play in winter • 40% of boys' teams play in fall
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V. NCS Items

Unanimous vote of support by NBL ADs

A. Swimming and Diving

IMMEDIATE IMPLEMENTATION, 2018 - 2019

APPROVED BY MANAGEMENT COMMITTEE, 9 - 0

Motion to support the implementation of item 23.608H.

Motion: Montgomery

Second: Analy

Motion approved unanimously

Proposal to add the following to 23.600H CHAMPIONSHIP SERIES EVENT:

23.608H CIF Swimming and Diving Advancers: Coaches and student-athletes must positively affirm their intent to swim/dive at the state meet, as outlined by the procedures established by the NCS swimming and diving management committee.

Unanimous
vote of
support by
NBL ADs

B. Girls' Wrestling Dates

IMMEDIATE IMPLEMENTATION, 2018 - 2019

Motion to adjust the three-year calendar as shown below for girls' wrestling.

Motion: Maria Carrillo

Second: Healdsburg

Motion approved unanimously

GIRLS' WRESTLING	2018-2019	2019-2020	2020-2021
Final date for competition other than league individual qualifying tournament or NCS & CIF Championships	Jan. 30	Feb. 5	Feb. 3
Deadline for leagues to determine individual qualifiers	Feb. 29	Feb. 8 15	Feb. 6 13
Seeding Meeting	Feb. 3 10	Feb. 9 16	Feb. 7 14
NCS Championships	Feb. 8,9 15,16	Feb. 14-15 21-22	Feb. 12,13 19-20
State CIF Championships	Feb. 22-23	Feb. 28-29	Feb. 26-27

Unanimous
vote of
support by
NBL ADs

C. Boys' Volleyball and Boys & Girls' Winter Soccer

Motion to include Boys' Volleyball and Winter Soccer in the competitive divisions model beginning with the 2019 – 2020 school year.

Motion: Ukiah

Second: Maria Carrillo

Motion approved unanimously.

Boys' Volleyball and Winter Soccer Competitive Divisions Starting with the 2019-2020 school year NCS will include the sports of boys' volleyball and winter soccer in the competitive divisions model, requiring teams who have earned eight or more points averaged over a three-year period to move to a higher division. Boys' Volleyball and Winter soccer would mirror the sports of football, girls' volleyball, basketball, lacrosse, softball and baseball.

Unanimous
vote of
support by
NBL ADs

D. Boys' Wrestling

IMMEDIATE IMPLEMENTATION, 2018 – 2019

APPROVED BY MANAGEMENT COMMITTEE, 10 - 0

Motion to increase the boys' wrestling bracket to a 42-man bracket, with the league changes shown below.

Motion: Analy

Second: Montgomery

Motion approved unanimously.

BVAL (6)	3
CMC (11)	3
DAL (13)	5
EBAL (10)	5
HDNL (8)	3
MCAL (8)	3
MVAL (9)	3
NBL (12)	5
TCAL (8)	2
VVAL (7)	3
WACC (8)	3
Total Entries	38
At-large Entries	4
Total Entries	42

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

Rationale: Due to the changes in league configuration and the addition of six new schools to NCS, the group agreed that an increased bracket was necessary, which would address both the realignment and school additions, while maintaining existing numbers for the remainder of the leagues. The at-large entry process, which benefits all leagues, was especially important to keep in order ensuring an additional route for deserving wrestlers who did not get in as a league automatic.

Unanimous
vote of
support by
NBL ADs

E. Competitive Sport Cheer

IMMEDIATE IMPLEMENTATION, 2018 - 2019

Motion to support the adjustments of the maximum number of contests from 20 – 24 in competitive sport cheer and to adjust the 2018 – 2019 calendar as shown below.

Motion: El Molino

Second: Santa Rosa

Motion approved unanimously.

The following adjustments to the conduct of Competitive Sport Cheer are recommended by NCS staff.

a. Increase the maximum number of contests from 20 to 24, more consistent with other sports.

b. Adjust the 2018-2019 calendar as follows:

Final Date of Competition: April 23, 2019

At-large & Seeding Mtg.: April 24, 2019

Championship date: April 27, 2019 (one-day competition, all rounds)

CIF Invitational Championship: May 3, 2019

Unanimous
vote of
support by
NBL ADs

F. Football

IMPLEMENTATION 2020-2021

SUPPORTED BY MANAGEMENT COMMITTEE, 9 - 2

Motion to adjust the football season, beginning in 2020 – 2021 to allow ten weeks to play ten games.

Motion: Windsor

Second: Montgomery

Motion approved unanimously

Proposal to adjust the football season, allowing ten weeks to play ten games, eliminating the bye week and allowing the season to be pushed back one week.

Unanimous
vote of
support by
NBL ADs

G. Calendar

IMPLEMENTATION 2019-2020

Motion to adjust the 3-year calendar formula as shown below.

Motion: Maria Carrillo

Second: Analy

Motion approved unanimously

FALL SPORTS

The earliest day practice may begin, the Monday following the Thursday ~~fifteen~~ **16** weeks prior to Thanksgiving. (Board of Managers 4/28/08)

The new 2019 – 2020 starting date for the fall season of sport would be August 11. (Football would have to remain at August 5 until the 2020 – 2021 school year.

Length of seasons (in days) are as follows:

- Soccer – 83
- Girls Golf – 72
- Water Polo – 83
- Cross Country – 97
- Girls' Volleyball – 83
- Girls' Tennis – 90
- Football - 97

The average length of season is 86.4 days. (During the 2020 – 2021 school year the fall season would average 85.4 days if football is only allowed 10 weeks to play ten games.

Starting in the 2020-2021 fall season, football teams would have ten weeks to play ten games. This would set the following dates for football:

- First day for contact, non-mandatory—July 27
- Starting date for mandatory practice—August 10
- First allowed scrimmage—August 21 – 22
- First game—August 26 – 29
- Last game—weekend of October 30 - 31

WINTER SPORTS

Earliest day practice may begin, the Monday following the Saturday ~~21~~ **19** weeks prior to the Saturday of the State CIF Basketball Championships.
(Board of Managers 10/30/98)

New 2019 - 2020 starting date for winter sports would be November 11, 2019

The length of the seasons would be:

- Basketball – 90
- Soccer – 90
- Wrestling – 80

Average length of seasons: 86.7 days

SPRING SPORTS

Earliest day practice may begin, the Monday following the Saturday ~~17~~ **16** weeks prior to the Saturday of the State Track & Field Championships.
(Board of Managers 10/30/98)

New 2019 - 2020 starting date for spring sports would be February 17, 2020

The length of the seasons would be:

- Badminton – 83 •
- Baseball – 89 •
- Competitive Sport Cheer – 68*
- Boys' Golf – 79
- Lacrosse - 83
- Girls' Soccer - 83
- Softball - 89
- Swimming - 76
- Boys' Tennis - 80
- Track & Field - 83
- Boys' Volleyball – 76

Average length of seasons: 82.1 days

***Competitive Sport Cheer dates are being reviewed as the sport develops, and therefore not included in the average season length.**

Unanimous
vote of
support by
NBL ADs

**H. Proposed amendment of Tennis coaching rule 25.208H
Proposed by the Tennis Management Committee (unanimous vote)
IMMEDIATE IMPLEMENTATION, 2018-2019**

Motion to support the amendment of tennis coaching rule 25.208H.

Motion: Ukiah

Second: Montgomery

Motion approved unanimously.

Coaching: A coach may coach a player any time during a match so long as the coach does not interfere with play. Coaches shall not in any way distract, annoy, or talk to the opposing player.

Violation of these provisions results in the player on the court where violation occurred being assessed a point penalty. (Penalties for coaching are not treated as part of the Point Penalty System, and they do not accumulate). USTA allows a maximum of 20 seconds between points and 90 seconds on changeovers.

- a. Coaches Location: Coaches may not sit or stand anywhere that interferes with or obstructs play. The coach's movement shall be limited so as to not distract the players. A coach may change courts when the movement will not interrupt play. Coaches may coach within the lines of the court only during a changeover, set break or when changing courts. Only two coaches may coach at the same court at the same time.
- b. Maximum number of coaches: The maximum number of designated coaches per match is 2; may re-designate at any time.

Unanimous
vote of
support by
NBL ADs

**I. Proposed amendment to 29.000H Water Polo Nor Cal Championship
Motion to establish a procedure for selection of Nor-Cal water polo entries
IMMEDIATE IMPLEMENTATION, 2018 - 2019**

Format is an eight-team single-elimination tournament in each of three (3) divisions.

Boys' and girls' regional water polo championships will be held following the completion of the section playoffs. **NCS will allocate its (6) six entries as follows: four semifinalists from the Open division, one Division 1 champion, and one Division 2 champion.** The regional seeding committee will determine the divisional placement of the section entries for the Regional Water Polo Championships.

VI. NCS NEW BUSINESS

AD vote to
support
failed 1-11.
CNHS was
in favor of
the open
division
concept.

**A. Boys' and Girls' Basketball
Proposed by MVAL**

IMMEDIATE IMPLEMENTATION, 2018 - 2019

Motion to not support the development of an Open Division in Boys' and Girls' Basketball, beginning in the 2018 – 2019 school year.

Motion: Elsie Allen

Second: Ukiah

Motion supported unanimously

**DEVELOPMENT OF AN OPEN DIVISION IN THE SPORT OF HIGH SCHOOL BASKETBALL IN THE
NORTH COAST SECTION**

Proposal

Starting with the 2018-2019 school year CIF-North Coast Section will implement the Open Division competition in the sport of Girls and Boys Basketball. The following are the procedures for selection, bracketing, competition dates etc.:

1. Open Division competition will be implemented starting with the 2018-2019 school year.
2. In the sport of Basketball, in addition to the approved 5 Divisions of competition, an eight-team Open Division bracket will be developed. The bracket will be developed as follows:
 - a. The Open Division will be limited to eight teams;
 - b. The appointed NCS At-Large and Seeding Committee, prior to the development of any of the other division brackets, selects subjectively the top eight strongest teams within the CIF-North Coast Section based on the currently established at-large and seeding criteria with the following condition: All teams selected for the Open Division will earn automatic berths in the Northern California Regional Tournament (NorCals).
 - c. The Open Division bracket will be a pure seed #1 vs. #8, #2 vs. #7, #3 vs. #6, and #4 vs. #5.
 - d. Assignment of games will be according to the same established policy used in the other 5 Division brackets and approved by the NCS Board of Managers.
 - e. Competition will be conducted as follows (Dates of play may be at a later date if the proposal is approved):
 - i. Starting on the quarter-finals date(s) of Division 1 thru Division 5 and playing the finals on the same date(s) of Division 1 thru Division 5.
3. This proposal will maintain the 16 team playoff brackets per Division 1 thru Division 5 based

on the current enrollment standings with the inclusion of the recently added competitive division criteria.

- a. Division 1 thru 5. 16 teams based on meeting the current qualifications. The appointed NCS At-Large and Seeding Committee will seed the qualified teams based on the currently established at-large and seeding criteria. First round will consist of #1 vs. #16, #2 vs. #15, #3 vs. #14, #4 vs. #13, #5 vs. #12, #6 vs. #11, #7 vs. #10, and #8 vs. #9. If there are not enough qualified teams, then the top seed(s) will receive a first round-by.

Purpose:

To create more competitive games in NCS for all levels of teams that qualify for NCS in basketball. Taking the top 8 teams in NCS will allow the strongest teams in NCS to battle it out for the Open Division Championship and automatic berth into the NorCal Open Division.

In the Division 1 thru Division 5 brackets this proposal will not only increase the number of competitive first round games, but will make for a more competitive bracket throughout including the finals. Also, this proposal will allow those teams that do qualify for NCS but do not receive an at-large bid to have a greater chance of being selected.

In order for any competitive equity model to work, there must be competitive equity for all tiers of eligible playoff teams - across all divisions. With the current competition model being used, all the traditional strong teams will continue to migrate up through divisions and eventually converge into one division, with the same strong teams taking over the top seeds in each division they pass through for NCS (which comes along with a home first round game), leaving the rest of the teams to battle for the lowest seeds.

Lastly, with this proposal it will prevent a situation where a school has a good 2 or 3 year run with the current group of seniors (usually at a public school). After the seniors graduate, the program returns with an inexperienced or less skilled team the following season(s) but they are bumped into Division 1 based on their past success (accumulation of playoff points). Therefore, due to this outgoing senior class success, this struggling team would then have to compete with the top teams in Division 1 if they make the NCS playoffs.

Facts and observations about the NCS playoffs in both Girls' and Boys' basketball.

Girls

Since 2009 (the last 10 years), seven schools have won 35 of the 50 Division section championships: Carondelet (7), Bishop O'Dowd (6), Salesian (5), St. Mary's (5), Miramonte (4), St. Joseph Notre Dame (4), Berkeley (4). Carondelet (D1), Bishop O'Dowd (D2), Salesian (D3), and St. Joseph (D4) were all Division section winners this year and Miramonte was D2 runner-up.

The 3 largest Division 1 leagues in NCS currently:

Since 2003, the EBAL, outside of Carondelet, has only won 3 section championships: San Ramon Valley (2006), Monte Vista (2009 and 2013). Deer Valley is the only DVAL team to win a section championship (2005 and 2013) outside of Carondelet who was a part of the DVAL before moving to the EBAL. The MVAL has not participated in a section playoff this century.

In this year's Girls' **first** round of the NCS playoffs, the point differential of all Divisions' #1 and #2 seeds wins was a combined average of 35.3 points.

Division 1: #1 Carondelet (+43) and #2 Heritage (+37)

Division 2: #1 Miramonte (+62) and #2 Bishop O'Dowd (+47)

Division 3: #1 Salesian (1st round bye, 2nd round (+33)) and #2 Cardinal Newman (+45)

Division 4: #1 St. Joseph Notre Dame (+35) and #2 St. Patrick-St. Vincent (+7) Division 5: #1 Urban (+7) and #2 St. Bernard (+35)

The Central Coast Section (CCS) has been using the Open Division in their section playoffs for

awhile and these are the results of the Open Division teams after receiving automatic berth in NorCals and the State Championship games this past season (2018).

CCS Open Division

- #1 seed---Arch Bishop Mitty (NorCal Open #1 seed, lost in finals)
- #2 seed---Pinewood (Norcal Open #2 seed, lost in State Open Championship) #3 seed---Presentation (Norcal D1 #1 seed, lost in semi-finals)
- #4 seed---Eastside Prep (Norcal D1 #2 seed, lost in 2nd round)
- #5 seed---Sacred Heart Cathedral (NorCal D1 #10 seed, lost in State D1 Championship)
- #6 seed---Menlo (NorCal D2 #13 seed, lost in first round)
- #7 seed---St. Ignatius (NorCal D1 #12 seed, lost in first round)
- #8 seed---St. Francis (NorCal D1 #11th seed, lost in semi-finals)

What this year's NCS Open Division might have looked like (no particular order) based on this new proposal.

1. Carondelet (withdrew from NorCals after winning NCS D1)
2. Heritage (#7 seed in NorCals D1—lost in the first round)
3. Bishop O'Dowd (#8 seed in NorCals Open Division—lost in 1st round)
4. Miramonte (#4 seed in NorCals D1—lost in finals)
5. Salesian (#5 seed in Norcals Open Division—lost in semi-finals)
6. St. Joseph Notre Dame (#3 seed in NorCals D1—lost in 2nd round)
7. Cardinal Newman (#7 seed in NorCals Open Division—lost in first round)
8. Castro Valley (#8 seed in NorCals D1—lost in the first round)/San Ramon Valley (#4 seed in NorCals D2—lost in semi-finals/Eureka (#2 seed in NorCals D2—lost in the semi-finals)

Boys

Since 2009 (the last 10 years), four schools have won 23 of the 50 Division section championships. St. Joseph Notre Dame (7), Bishop O'Dowd (6), Salesian (6), De La Salle (4). Bishop O'Dowd (D2) and Salesian (D3) were Division section winner this year and St. Joseph Notre Dame (D4) was a runner-up.

Trending over the past 5 years: 19 of the 25 NCS Division sections winners were private schools.

In this year's Boys' first round of the NCS playoffs, the point differential of all Divisions' #1 and #2 seeds wins was a combined average of 38.6 points.

Division 1: #1 Clayton Valley Charter (1st round bye, 2nd round (+9)) and #2 Dublin (+35)

Division 2: #1 Bishop O'Dowd (+56) and #2 Las Lomas (+18)

Division 3: #1 Salesian (+41) and #2 Campolindo (+44)

Division 4: #1 St. Joseph Notre Dame (+35) and #2 St. Patrick-St. Vincent (+43) Division 5: #1 University (+31) and #2 Branson (+31)

Unanimous
vote of
support by
NBL ADs

B. Boys' Lacrosse

Proposed by MCAL

IMMEDIATE IMPLEMENTATION, 2018 - 2019

Motion to require a physician, ambulance, EMT, Paramedic or Certified Athletic Trainer at all NCS boys' lacrosse playoff games.

Motion: Montgomery

Second: Healdsburg

Motion approved unanimously

Proposal:

The following bylaw be required for all NCS Boys' Lacrosse Playoff games.

18.608H Physician/Ambulance/EMT, Paramedic or certified athletic trainer.

A physician, ambulance, EMT, paramedic or certified athletic trainer shall be in attendance at all NCS playoff games. When possible, an ambulance will be present or on standby assignment. The expense required for medical personnel and ambulance is part of the game expense. (Board of Managers, 1/19/2007)

Rationale: Boys Lacrosse is a contact sport. It's important to have a trained individual on the sidelines that can make decisions in an athletic setting. With the attention that has been drawn to football we believe Boys Lacrosse is at par with requiring a trained individual to provide the stand of care that is deemed at this level. Having an athletic trainer at NCS Playoff games will provide an atmosphere that is supportive for the student-athletes, coaches, and families. We do not want to discount the training of EMT/Paramedics as they are capable but we would like the first option of medical care be provided by a trained individual like an Athletic Trainer.

Financial Cost for the NCS office:
 2018 NCS Boys Lacrosse Championship
 Division 1, 15 games x \$80 = \$1,200
 Division 2, 15 games x \$80 = \$1,200
 Total = \$2,400

Cons: Priority of Boys Lacrosse over other NCS playoff events that overlap on the same day might not have coverage.

Unanimous
 vote of
 non
 support by
 NBL ADs

**C. Football
 Proposed by HDNL
 IMPLEMENTATION 2019 - 2020**

Motion to eliminate "allowed contact non-mandatory period."

Motion: Santa Rosa

Second: Ukiah

Motion failed unanimously.

In 2014 the CA state Legislature and Governor approved AB 2127 Interscholastic Sports: Full Contact Football Practice and CA Ed Code 35179.5. This action restricted high school football to two (2) contact practices per week, each practice not to exceed 90 minute on a single day.

As part of implementing these new practice guidelines, the NCS Board of Managers at its April 2015 meeting approved an official starting date for an allowed contact, non-mandatory practice period. This date would be two (2) weeks prior to the traditional starting date. In 2018, the starting date for the non-mandatory practice period is July 16 and the traditional starting date is July 30.

In response to high school coaching embracing and adjusting to the 90 minute full contact periods, the CIF recently approved the reduction of this practice period to 45 minutes. This change was made with near unanimous support at every level.

NCS BOM	38 – 4
CIF FB Advisory Committee	10 – 0
CIF Commissioners Committee	10 – 0
CIF Sports Medicine Advisory Committee	19 – 0
CIF Athletic Admins. Advisory Committee	15 – 1
CIF Executive Committee	8 – 0
CIF Federated Council	144 - 0

This action, done with overwhelming support, clearly demonstrates the two week "allowed contact non-mandatory practice period" is no longer needed. This two week period only serves to potentially extend an already lengthy football season.

The HDNL requests "allowed contact non-mandatory practice period" be eliminated from the NCS 3-year championship calendar.

VII. OLD BUSINESS

- A.** There is no old business at this time.

VII ROUND TABLE DISCUSSION (Proposed by WACC)

“Outside the season of sport”

There is at present a total ban on any contact between coach and high school athlete “outside the season of sport”. This puts some sports at an advantage (Fall sports where a coach can work with kids in the summer immediately before the season of sport) over other sports. It gives non-school programs an advantage over school programs.

Is there any interest in allowing some very limited contact outside the “season of sport”? Some ideas...

- 8 hours per week maximum
- 14 day break from the end of the season (last day of final contact)
- 3-4 player maximum in work outs
- Minimum 2 days off during each week
- Live periods 10/1-11/1; 12/1-2/1; 3/1-6/11

IX. STAFF REPORTS

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

VI. NBL NEW BUSINESS

A. The NBL is responsible for hosting the NCS D1 Girls' Team Tennis tournament this fall.

Dustin St. John will be the site director.

The NCS D1 Girls' Tennis Tournament will be held at Santa Rosa High School.

B. Donation check of \$600 from Bay Valley Athletic League

Motion to donate the \$600 to Piner High School.

Motion: Rancho Cotate

Second: Windsor

Motion approved unanimously.

Jan will deposit the \$600 check in the NBL account and then write a check to Piner High School Athletics.

C. Redwood High School JV softball would like to join the NBL because the MCAL does not have a JV softball league.

Motion to add Redwood High School JV softball to the NBL agenda with the stipulation that they play all of their games away. Placement in the schedule would not take place until it is determined which team will not have a JV program.

Motion: Analy

Second: El Molino

Motion approved unanimously.

D. Gil Lemmon, NCS Commissioner discussed eligibility and new NCS Rules during the athletic director meeting.

E. Representatives to the Sports Advisory Committee

Dave Stine, Healdsburg AD will be present at the August 27 SAC meeting.

Jeff Nielson, Cardinal Newman AD will be present at the December 3 SAC meeting.

Jerry Bonfigli, Cardinal Newman AD will be present at the February 25 SAC meeting.

F. Discussion of CIF Rule 201, attached to the meeting agenda

Jan reviewed this rule with both athletic directors and principals

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

VIII INFORMATION ITEMS

A. Dates of determination are due to Jan ASAP.

B. Administrative Workshops

This year, the NBL has 6 new principals or assistant principals in charge of athletics—Mr. Gabe Albavera at Elsie Allen, Ms. Katie Barr at Maria Carrillo, Mr. John McGurke at Piner (John is an assistant principal who is new to the NBL), Dr. Luis Ganzler at Rancho Cotate, Dr. Kimberly Clissold at Santa Rosa and Mr. Pete Sullivan, assistant principal at Windsor. Additionally, there are six new athletic directors—Mr. Jeff Nielson at Cardinal Newman, Mr. Nathan Good at Elsie Allen, Mr. Marc Anderson at Piner, and Mr. William Garza at Elsie Allen and Mrs. Jamie Williams at Windsor. All new athletic directors are required to attend an NCS Administrative Workshop.

NCS Administrative Workshops are open to any NCS school personnel who wish to attend and learn more about CIF and NCS rules, regulations and policies. Examples are athletic directors, clerical personnel to a school employee responsible for athletic matters, and school administrators interested in learning more about CIF and NCS Rules.

Dates of workshops:

Thursday, September 13, 2018, NCS Office, Paul Gaddini Conference Center

Tuesday, October 2, 2018, Santa Rosa City Schools, 211 Ridgway Dr. , Santa Rosa

Thursday, October 10, 2019, Alameda County of Education

Other workshops are available by arrangement.

Time:

All workshops start at 8:30 AM and end at approximately 2:30 PM. Coffee and pastries are provided in the morning and lunch is provided to all attendees.

There is no cost for this workshop.

If you wish to attend the October 2 meeting, which will be held at the Santa Rosa City Schools complex, you MUST email NCS administrative assistant Suzette Livingston at slivingston@cifnco.org as soon as possible to secure your spot in this workshop.

C. NCSADA Workshop

The North Coast Section Athletic Director Association meeting will be held on Monday, September 17 at Redwood High School. This is an excellent half-day workshop and it is highly recommended that all NBL athletic directors attend.

Register for the workshop using this link: [NCSADA Workshop Registration](#)

Go to www.cifnco.org to access the NCS website. Click on COACHES/ADMIN on the top menu, and then scroll down to NCS ATHLETIC DIRECTOR'S ASSOCIATION. You will access the link to the workshop registration (same as the one I listed above) and also a flyer for the workshop.

D. Basketball Scheduling Reminders from Bri Niemi, NCS Associate Commissioner

Over the past couple of days, there have been some questions re: Foundation Games and scheduling of basketball scrimmages/games. Please share this information with your coaches and double check their schedules. The NCS Board has given NO recourse for going over the maximum # of contests. Any school that violates the max allowable (26) will not be allowed to participate in the section championships. Please be extremely careful with your schedules.

Foundation Games: For the purposes of this conversation, Foundation Games are not considered scrimmages or contests and may be played on Tuesday, Nov. 20, regardless of what games or scrimmages have taken place prior to this date.

Alumni Games: [NCS 101H, Note 4](#). "Varsity teams in non-contact sports may participate in one game or scrimmage with its own alumni or faculty without the game or scrimmage counting against the maximum # of contests allowed. (This alumni or faculty "game" does not count as a scrimmage or a contest.)" Alumni games may take place during the season of sport, regardless of what games or scrimmages have taken place prior to the scheduled alumni/faculty game.

Maximum # of Contests/Scrimmages: [CIF Bylaw 1206C](#). The CIF rule now states that a maximum of two scrimmages are allowed prior to your first contest. If you decide not to use one/or either of these, you may schedule a scrimmage after your first game, **BUT** you have to reduce your game count. For example: School A schedules one scrimmage on Nov. 10, followed by its first game on Nov. 15 and another scrimmage on Nov. 17. This is permissible, however the total allowable games for the season is now 25. This same principle applies to all sports, although the max allowables differ.

- E.** An air quality index of less than 151 must be registered for all high school outdoor athletic events hosted by NCS member schools during preseason, league and section championship events. NCS member schools may not host outdoor contests when the AQI is equal to or greater than 151. NOTE: Host school determines AQI using an app or website information. (NCS Board of Managers 4/3/18)
- F.** Items from the floor
- President Oslund urged all athletic directors to attend the Redwood Empire Conference Meeting on September 26 at Elsie Allen High School, 4 PM, to discuss possible realignment proposals. If your school would like to submit a proposal for discussion, please refer to the letter from Gil Lemmon that was mailed to all principals on August 16. This is also available at the NCS Website. Go to www.cifncs.org, click on Governance, then scroll down to Alignment and Classification.
 - There will be a second meeting on October 17, also at Elsie Allen, but beginning at 2 PM, if necessary to discuss alignment.
 - President Oslund also urged all schools to consider scheduling non-league contests with members of the opposite division, i.e., Oak schools look to schedule with Redwood school and vice versa.
 - President Oslund urged all administrators to attend the NBL principals meetings. The next meetings are scheduled for September 27 at Ukiah High School, January 23 at Analy High School and March 28 at Cardinal Newman. All meetings begin at 3 PM.
- G.** The Redwood Division Cross Country Championships will be hosted by Analy High School at Spring Lake.
The Oak Division Cross Country Championships will be hosted by Ukiah High School at Ukiah's home course.

NEXT MEETING

Athletic directors: Monday, September 24 at SRCS Board Room, 9 AM

Principals: Thursday, September 27 at 3 PM

**CIF RULE 201
STANDARDS OF ELIGIBILITY**

(4) Enrollment standards for purposes of Bylaw 510 (pre-enrollment contact)

- a. General information about athletic programs, physicals, summer activity, camps, etc. may be distributed to middle school students only by a CIF member school administrator or athletic director.

Question: What may representatives of a senior high school do as far as contact with junior high/middle school students is concerned?

Answer: Because a graduate of a junior high/middle school may enter any high school in California and may be residentially eligible in accordance with all CIF rules, contact by senior high school representatives is regulated. Individual coaches cannot visit or initiate contact with junior high/middle school students, but it would be permissible for the school administrator or athletic director (not the coach) of a senior high school to visit the junior high/middle school campus for the purpose of informing students of the total athletic program at the senior high school. However, it is legal for a high school coach to be part of a total open house and/or school orientation (academics, activities, but not athletics by itself) where a student is part of a general gathering of students on the high school campus and such activity has the approval of the high school and junior high/middle or elementary school principal.

- b. 8th graders who have not graduated from the 8th grade may not participate in any athletic communication(s) conducted by any high school coach that is not part of a school-wide high school presentation until May 1 and only if the student has registered for classes at the CIF member school and, in the case of a private school, also paid a non-refundable registration fee.

Question: What means of communication may coaches use after May 1?

Answer: Coaches may communicate with 8th grade families via phone, email or letters but must do so in accordance with school/ school district/governing board policy.

- c. The student may not practice or compete in any contest at any high school, even if they have registered for classes and/or paid a non-refundable registration fee, until they have graduated from the 8th grade.
- d. Contact between coaches (and others associated with the athletic program) and students or their parents during summer activity conducted by a CIF member school, shall not be considered pre-enrollment contact requiring disclosure, if the student has, previous to that summer, registered for classes at the CIF member school and, in the case of a private school, also paid a non-refundable registration fee and has officially withdrawn from the previous school as long as the contact does not occur prior to the conclusion of the student's former school's year end. Such contact is not required to be disclosed. All other contact not covered in this circumstance between coaches (and others associated with the athletic program) and students or their parents must be disclosed as required in Bylaws 206, 207 and 510. (Revised April 2018 Federated Council)