



# NORTH BAY LEAGUE

Jan Smith Billing, Commissioner  
Jcoo1@aol.com  
(707) 975-1301



## NORTH BAY LEAGUE BOARD OF MANAGERS MEETING MINUTES WEDNESDAY, JANUARY 23, 2019

### ATTENDANCE

Analy	No representative	Rancho Cotate	Dr. Louis Ganzler, Principal
Cardinal Newman	Graham Rutherford, Principal	Rancho Cotate	Henri Sarlatte, Assistant Principal
Cardinal Newman	Jeff Nielson, Athletic Director	Santa Rosa	Norma Vasquez, Assistant Principal
El Molino	Dani Barese, Assistant Principal	Santa Rosa	Bryan Price, Athletic Director
Elsie Allen	Gabe Albavera, Principal	Ukiah	Gordon Oslund, Principal
Elsie Allen	Gary Packard, Athletic Director	Ukiah	Ty Yanez, Athletic Director
Healdsburg	Bill Halliday, Principal	Windsor	Stacy Desideri, Principal
Maria Carrillo	Albert Ettudgui, Assist. Principal	Windsor	Pete Sullivan, Assistant Principal
Montgomery	Randy Burbank, Principal	Windsor	Jamie Williams, Athletic Director
Piner	No representative		Jan Smith Billing, NBL Commissioner

### I. APPROVAL OF AGENDA

#### **Motion to approve the agenda as presented.**

*Motion: Graham Rutherford, Cardinal Newman*

*Second; Randy Burbank, Montgomery*

*Motion approved unanimously*

### II. APPROVAL OF THE NBL CONSENT AGENDA

1. Approval of the minutes for the previous meeting.
2. Adoption of the NCS Board of Managers Agenda
3. Adoption of the NCS Board of Managers Consent Agenda

#### **Motion to approve the NBL Consent Agenda, as presented above**

*Motion; Randy Burbank, Montgomery*

*Second: Stacy Desideri, Windsor*

*Motion approved unanimously*

### III. APPROVAL OF MINUTES FOR THE PREVIOUS MEETING

Previously emailed and available online at [www.northbayleague.org](http://www.northbayleague.org)

The minutes of the previous meeting were approved by consent.

### IV. PUBLIC COMMENT

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

### V. NCS BOARD OF MANAGERS AGENDA

#### I. Adoption of Agenda

Motion to support the adoption of the NCS BOM agenda approved via the NBL Consent Agenda

#### II. Consent Agenda

Motion to support the approval of the BOM Consent Agenda via the NBL Consent Agenda.

- III. Minutes of the September 28, 2018 Board of Managers Meeting
  - IX.A NCS Qualifiers to CIF Nor-Cal Soccer
  - IX.B. NCS 3-year calendar
  - IX.C. Adjustment of qualifiers and scoring for girls' golf, Division 2 Championships
  - IX.F. Amend 19.101H
  - IX.G. Amend Ejection Policy for water polo

- IX.H. Amend 29.501H—bracket size in boys' individual wrestling championships
- IX.I. Eliminate scores on automatic/.at-large applications
- X.B. Placement of Quarry Lane School in the BAC pending approval of league placement
- X.C. Request by Woodcreek HS (SJS) in lacrosse
- XIII.D. Revision of Bylaw 22.B.9 (f & i)
- XIII.F. Revision of CIF Bylaw 22.B.9 (j & k)

**III. Approval of the Minutes**

Minutes of the September 28, 2018 Board of Managers Meeting (Previously posted on the NCS website) supported by NCS Consent

**V. FINANCE ITEMS**

**A. December balance Statement** (Attachments A and B)

**B. Report on Fall Championship Income/Expense** (Attachment C will be added in January prior to the Board of Mangers Meeting). Currently \$125,000 deficit

**VI. EXECUTIVE COMMITTEE**

**A. Update on progress of the 2018-2019 targets**

	Goal	Steps to Accomplish	Responsible Entity	Status
1.	Promote sportsmanship at contests hosted by member schools, including all stake holders (school administration, coaches, student-athletes, spectators and community members)	Continue to promote a league sportsmanship program	Associate and Assistant Commissioners	In progress
2.	Continue to support inclusive sports offerings	Continue the track and field Unified teams competition and Paralympic swimming	Associate and Assistant Commissioners	In progress. Working on Facebook sportsmanship messages and additional handout for school prior to championships. Updated championship handbooks with cleaner information/bylaws
3.	Continue to support the professional growth opportunities for athletic directors and athletic administrators	Encourage attendance to the NCSADA Workshop in September, Section Sponsored Workshops and other online tools	Section Staff	Three workshops have been conducted in SR, Hayward and the NCS Office. Over 40 athletic administrators have attended.

**B. Executive Committee Representatives starting with the 2019-2020 school year**

Several representatives to the Executive Committee will finish their first term on the committee at the conclusion of the 2018-2019 school year. The EC is recommending that each candidate continue service with a second term. Region and at-large representatives are appointed by the President and approved by the Board of Managers. The Board of Managers will vote on representation of the Under-represented populations representative in March. Nominations for the Under-representative populations representative may be made at this meeting or forwarded to the Section Office, c/o Gil Lemmon.

- a. Region I Representative—Julie Parks
- b. Region II Representative—Louie Rocha
- c. Region III Representative—Casey Thornhill
- d. At-large Representative—Rachel Kahoalii
- e. Under-represented populations representative—Jerome Wiggins

**C. President-Elect Nominations—nominations from the floor**

The Board of Managers will accept nominations from the floor for President-Elect (2019-2021). The Clerks of Elections are nominating Louie Rocha, Principal of Antioch High School.

**D. Commissioner of Athletics Position**

The following process was adopted by the Board of Managers 9/28/2018

- a. Announcement of retirement to Board of Managers September 28, 2018
- b. Suggested Process of selection of the next commissioner
  1. Review and update the Commissioner's job description
  2. Review and update compensation
  3. Determine distribution channels for the job announcement
    1. Send to the National Federation, State CIF, Section offices, all NCS league commissioners, all principals of NCS member schools, all Athletic Director at NCS member schools, all district superintendents of NCS member schools, all county offices of education, all NCS media outlets and post on the NCS website
  4. Establish non - exclusionary qualifications for applicants
    1. Survey of principals, athletic directors and superintendents
    2. Experience in the administration of high school athletics
    3. Experience at high school sites
    4. Experience in the administration of an organization
    5. Identify paper screening and interviewing responsibilities
      1. Paper screening shall be conducted by an ad - hoc group consisting of one school board member, one district superintendent, two principals, one athletic director, two league commissioners, and NCS Administrative Assistant Suzette Livingston. The Executive Committee will select the members of the Ad - Hoc group outlined above.
      2. First interview shall be conducted by the Ad - Hoc group which conducts the paper screening plus the NCS President Eric Volta and CIF Executive Director Roger Blake.\*
      3. Second interview be conducted by the members of the 2018 - 2019 Executive Committee.\* \*Should a member(s) of the Executive Committee apply for the position of Commissioner, the NCS President shall make a temporary appointment of a person from the constituency represented by the applicant to the Executive Committee for the purpose of interviewing candidates and hiring the Commissioner. Rationale: This proposal calls for the ad - hoc group to conduct the paper screening and the first interview. The Executive Committee members, who will be serving during the new Commissioners first year, will conduct the second interview and make the offer of employment and hire the new commissioner. The development of the interview process, interview questions and interview schedule shall be the responsibility of the NCS Officers, President Volta, President - elect Pfaltzgraff, and Past - President Christensen.
- c. Schedule for selection of a new commissioner
  - i. December 10, 2018 – Complete review and update of job description
  - ii. December 12, 2018 – Distribute job announcement
  - iii. Monday, March 4, 2019 – Deadline for returning applications
  - iv. March 11-13, 2019 – Paper screening
  - v. March 18-22, 2019 – Interviews
  - vi. March 29, 2019 – Vote by Board of Managers to select the successful applicant
  - vii. April 1-4, 2019 – Offer the position to the successful applicant
  - viii. April 5, 2019 - Announcement of the new commissioner
  - ix. July, 2019 – Transition between former and new commissioner

- E.** Update on Executive Committee Ad-Hoc Committee Concerning the NCS Championships/Calendar (Attachment D)  
Commissioner Lemmon will update the Board of Managers concerning the Executive Committee Ad-Hoc Championship Events/Calendar Committee established at the March 6, 2018 meeting.

NCS Ad Hoc Committee Meeting Proposal

Core Values:

1. Safety for athletes through competitive equity opportunities
2. Balanced and fair access for all divisions and schools, regardless of enrollment
3. Fiscal responsibility for NCS Championship series

Proposal:

1. Eliminate Open Division (Starting in the 2019 football season, the runner up in the Open Division will not be allowed to replace the Division Champion from the division of origin.)
2. Create 7 divisions (State CIF confirmed NCS can officially send 7 division champions to the

Nor-Cal Championships)

3. Reduce division NCS Championship brackets to 8 teams. (Reduces time of play by 1 week)

Pros:

1. Allows all teams who qualify for NCS Championships an opportunity for extended playoff participation. (Keeping the current Open Division structure would eliminate 2 of the top four teams in the section after just one game)
2. Increasing to 7 Divisions would maximize the opportunities for NCS schools to participate in NorCals and would meet the State requirement that all Section Champions qualify for NorCals.
3. 8 team Championship brackets would create better competitive matchups in the first round of play and could potentially minimize lopsided scores and competitive mismatches of roster size and depth.
4. Doesn't hurt small schools. Current Division make-up would change slightly, but smaller schools in lower divisions would still have adequate opportunity to make the playoff series.
5. 1 week less of play. Season could start a week later for all teams (2019 starting date of Aug 12 rather than Aug 5) or build in a bye week during Thanksgiving for teams moving forward in the NCS Championships.

Cons:

1. Fewer teams participating in NCS Championships. Proposed 7 divisions of 8 team brackets (56 teams) vs. current divisions of Open and 1-5 (potentially 64 - 84 teams) - In 2018 69 schools participated in the NCS Football Championships
2. NCS has had a dominating program, De La Salle HS, which may impact the highest division.

## VII. CLOSED SESSION

### A. Anticipated Litigation—California Government Code section 54956.9 (b)

There is no anticipated litigation at this time.

## VIII REPORT OF ACTION TAKEN IN CLOSED SESSION

### A. Report of action taken during closed session

## IX. SPORTS ADVISORY COMMITTEE

### A. WINTER SOCCER

**Proposal to determine automatic qualifiers for CIF Nor-Cal Championships 22.2901H Nor Cal Championship**

**Qualifying to CIF State/regional championships IMMEDIATE IMPLEMENTATION**

**Motion approved by consent.**

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships. The NCS will determine it's 10 Qualifiers to the CIF Regional Soccer Championships in the following manner:

All Division Champions (4)

All Division runners-up (4)

The (2) remaining spots would be allocated to the highest seeded semifinal losing teams. In the event of a tie between highest seeded semifinal losing teams, NCS Staff would select the two teams based on the section's seeding criteria.

### B. 3-YEAR CALENDAR

**Proposal to adopt remaining two years of 3-year calendar (2019-20 & 2020-21) approved by consent.**

Attachment E is available on-line at [www.cifnsc.org](http://www.cifnsc.org), governance, Sports Advisory Committee. A copy will also be provided at the meeting.

### C. GOLF

**Proposal to adjust qualifiers and scoring for girls' golf, D 2 Championships approved by consent.**

## Division 2 Championship/Individual Qualifier

Tournament Field=up to 144 total golfers (BOM 1/27/12)

Scoring: Play ~~6~~ **5** golfers top 4 will score. (Division 2 Tournament will use the double par plus 2) D2 League Champions automatically qualify plus ~~4~~ **5** individuals not on qualifying teams from **all** leagues.

The remainder of the field will be selected from the At-large selection committee.

The top eighteen (18) scoring individuals will advance to play in the Division I Championship.

*Discussion/Rationale: To improve the quality of the competition by eliminating the #6 golfer on the team side and adding the 5th place golfer from each league. This would also improve the pace of play.*

## D. BASEBALL/SOFTBALL

**Proposal to adjust 15.204H and 23.100H to include media pass holders, camera crew personnel and photographers IMMEDIATE IMPLEMENTATION**

**Motion to support the proposal.**

*Motion: Graham Rutherford, Cardinal Newman*

*Second: Albert Ettudgui, Maria Carrillo*

**15.204H Helmet Requirements (NCS)** – “In addition to NFHS Baseball rule requirements for the use of protective equipment by a player/student, and the State Adoption set forth in 15.203, the NCS requires adult coaches, adult team supervisors and adult bat/ball shaggers to wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards.” **It is also mandatory that Media Pass Holders, camera crew personnel and photographers wear a protective helmet if they are in the field of play. Individuals who do not have a protective helmet will be required to watch or film the game from a location that is not within the field of play.**

**23.100H Helmet Requirements (NCS)** – “In addition to NFHS Softball rule requirements for the use of protective equipment by a player/student, and the State Adoption set forth in 22.100H g, the NCS requires adult coaches, adult team supervisors and adult bat/ball shaggers to wear a protective helmet. It is recommended that the helmet meet NOCSAE standards. Play will not continue until compliance with this rule is met.” **It is also mandatory that Media Pass Holders, camera crew personnel and photographers wear a protective helmet if they are in the field of play. Individuals who do not have a protective helmet will be required to watch or film the game from a location that is not within the field of play.**

## E. TENNIS

**Proposal to amend 25.501H to establish competitive-equity based brackets**

**Motion to send the delegates to the NCS Board of Managers uninstructed.**

*Motion: Graham Rutherford, Cardinal Newman*

*Second: Stacy Desideri, Windsor*

*Motion supported unanimously*

To amend 25.500H TEAM TENNIS CHAMPIONSHIP SERIES INFORMATION

24.501H Divisions and Bracketing

The NCS/Les Schwab Tires Team Tennis Championships will be conducted in two divisions. All NCS member leagues or supplemental leagues are eligible to participate. (see Bylaw 507H)

Divisions are as follows:

- a. ~~Division I (see website for current divisions)~~ \*Open Division (Teams 1-16 based on competitive equity)
- b. ~~Division II (see website for current divisions)~~ Division 1 (Teams 17-32 based on competitive equity)

\*Nor-Cal eligible bracket

24.504H Minimum Qualifying Record

To be accepted as a participant in the NCS/Les Schwab Tires Team Tennis Championships, a team shall have compiled a .500 overall record, ~~or a .500 record against teams in its own~~

division or a .500 record in its own league.

Discussion/Rationale: To create a true competitive equity model that balances both brackets, similar to the CIF model (in certain sports). The existing enrollment breaks would remain the same for the purposes of qualifying to the singles and doubles tournaments.

**F. FOOTBALL**

**Proposal to amend 19.101H NCS Tie Breaker System to mirror overtime procedures adopted for CIF state and regional games. Proposal supported by consent.**

**19.100H STATE/SECTION MODIFICATIONS AND ADOPTIONS**

**19.101H Tie Breaker System**

- a. By State Association adoption, if, at the end of the fourth period, the teams have identical scores, the tie may be resolved, if authorized by its league, using the National Federation 10-yard line overtime procedures overtime procedures adopted by the CIF for Regional and State football championship bowl games. The National Federation 10- yard line overtime procedures are the only NCS approved overtime procedures.
- b. In the NCS/Les Schwab Tires Championships, the National Federation 10-yard line overtime procedures adopted by the CIF for Regional and State football championship bowl games will be used. In the CIF Regional and State Football Championship Bowl Games, the National Federation 25-yard line overtime procedures will be used.

**G. WATER POLO/SPORTSMANSHIP**

**Proposal to amend ejection policy for water polo supported by consent.**

To add the following language from the NFHS Water Polo Rule book to the NCS Ejection Policy for Water Polo. Any player found to be committing these acts would be ejected from the contest and the following contest.

ADD:

7 - 12 - 1 A player committing an act of misconduct engages in behavior such as:

- a. The use of profanity, obscene, abusive, threatening language or gestures
- e. Refusal to follow directive or show disrespect toward a referee or an official.

Does this rule apply to the NCS Ejection Policy? YES

**H. WRESTLING**

**Proposal to amend 29.501H—Boys bracket size supported by consent**

**IMMEDIATE IMPLEMENTATION**

Motion to reduce the boys' wrestling bracket to a 40-man bracket, with the following at-large changes:

**ENTRIES**

- 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 2**

**Total Entries ~~42~~ 40**

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: When the wrestling management committee voted on this item in March, they did*

not have enough information regarding how complicated and problematic adding two qualifiers would be. Reducing the at-larges from 4 to 2, which reduces the total bracket from 42 to 40, allows existing league entries to remain the same, allows leagues to continue to be separated in the bracket, keeps the tournament staff in place, allows the existing brackets program to continue to be used and reduces tournament staff time in trying to fill brackets prior to the event.

#### **I. NCS TEAM PLAYOFF APPLICATIONS**

**Proposal to eliminate final scores from NCS automatic/at-large playoff applications; proposal supported by consent.**

**Motion to propose that the NCS modify the application for automatic and at-large placement in NCS Championship Events to eliminate the final score of contests. Implementation date 2019 - 2020**

*Rationale: Win/loss is very important for both qualifying for NCS Championship events and for purposes of seeding. The final score is not to be considered and therefore is not necessary for inclusion on the application form. It only serves as an unintended distraction. For example if Team A defeats Team B 50 – 3 and Team C defeats Team B 6 – 3, it is human nature to then assume that team A must be much stronger than Team C because it defeated Team C by a higher score.*

#### **X. ALIGNMENT COMMITTEE**

##### **A. Alignment of a single sport during the regular alignment process (Attachment F)**

**Motion to support the exploration of this concept and to suggest that the NCS form an AD HOC Committee to further refine and develop this proposal.**

*Motion: Ty Yanez, Ukiah*

*Second: Henri Sarlatte, Rancho Cotate*

##### **PROCESS FOR A CONFERENCE TO ALIGN FOOTBALL ONLY A SINGLE SPORT DURING THE SCHEDULED ALIGNMENT CYCLE**

1. A conference may elect by, a majority of schools, to align a single sport **the sport of football** during the scheduled alignment cycle according to the established alignment calendar.
2. When conducting such process, no conference member school may be excluded. All conference schools are guaranteed placement in a league arrangement.
3. Any single sport league **The football** alignment must meet the following criteria:
  - a. A minimum of six schools in each established league.
  - b. Maintain current alignment criteria of competitive equity and geographical proximity.
  - c. Factors not to be considered by conferences, Alignment Committee or the Board of Managers in aligning schools would include, but not be limited to:
    - i. Aligning schools within the same district or diocese in the same league,
    - ii. Maintaining traditional rivalries, and
    - iii. Composing leagues exclusively of public or private schools.
    - iv. Using enrollment data as a measure of competitive equity.

##### **F. PROCESS FOR NON-LEAGUE AFFILIATE MEMBERS TO JOIN BASIC LEAGUES**

1. Non- league affiliate schools inform the NCS office of their intention
2. The Commissioner will recommend placement of the school in the most approximate Class A or geographical conference. The Alignment Committee will review and forward a final recommendation to the Board of Managers.
3. Non-league affiliate schools petition to the basic league of their choice.
4. The respective basic league will give consideration of the criteria listed above in Bylaw 106.E and make a recommendation to the Alignment Committee to approve or deny the request.
5. The Alignment Committee will render a decision on league placement, the non-league affiliate school or the league may appeal per the Appeal Procedures under Alignment Handbook Bylaw 106.H.

##### **G. SCHEDULE FOR 2024-2028 QUADRENNIAL ALIGNMENT CYCLE**

February 2022

The Alignment Committee will begin discussion at its regularly scheduled spring meeting regarding the process for the 2024-2028 Quadrennial Cycle and alignment of member schools into basic leagues.

February 2022

The Alignment Committee will consider requests from schools or conferences to change conference membership, **and conduct a voting process for any conference that wishes to align the sport of football in additional to alignment of other conference member schools a single sport.** The Alignment Committee shall place schools into conferences **and announce any conference vote to align the sport of football a single sport.**

March 2022

The Board of Managers will approve the composition of the initial conferences.

May 2022

The NCS Commissioner will forward league alignment proposals to NCS league member schools and league commissioners. **For conferences who have elected by a majority vote to align the sport of football a single sport the NCS Commissioner will forward single sport football league alignment proposals at the same time as the league alignment proposals.** Leagues discuss **all** alignment **proposals.** A letter announcing the alignment function and requesting completion of the "School Result Form" will be sent from the NCS Commissioner to member schools. Principals will return the completed form to the NCS office by May 16, 2022. The NCS Office will compile survey data.

September 2022

Each conference will hold a Conference League Alignment Workshop to discuss league alignment, **and if necessary, football single sport alignment,** consider all proposals and develop recommendations for **basic, or football single sport,** league alignment. Schools may submit alignment proposals directly to the NCS office. The NCS Office will request Total enrollment report data from all member schools.

October 2022

Each conference will conduct a Conference League Alignment Meeting where principals and/or acting principals will vote on league alignment proposals, **and football single sport league alignment,** and forward to the Alignment Committee following all NCS alignment guidelines.

October-November 2022

Conference recommendations may be appealed to the Alignment Committee by any conference member school or the NCS Commissioner of Athletics. Alignment Committee will meet at its regular winter meeting to review conference recommendation, appeals and conduct the business of alignment of the section.

January 2023

Alignment Committee will review with the NCS Board of Managers the tentative alignment of NCS member schools into basic leagues for the 2024- 2028 Quadrennial Alignment Cycle.

January-February 2023

The Alignment Committee will conduct any Appeal Hearings.

February 2023

The Alignment Committee will vote to approve the final league alignment by conference, forwarding all committee recommendations to the Board of Managers for final approval in April-May.

March-April 2023

The Board of Managers will vote on the final placement of NCS member schools for the 2024-2028 Quadrennial Alignment Cycle.

August 2023 – June 2024

Leagues for the 2024-2028 Quadrennial Alignment Cycle will begin to meet in preparation for the start of the new cycle in the fall of 2024.

August 2024

The 2024-2028 Quadrennial Cycle commences.

You can make a league now, but in the next year, things could change in a year or two.

Safety with top teams pounding each other each week

Would Redwood Empire Conference be able to come up with 6 teams?

Independent "showcase league"

Who is paying for this?

Opt-out clause

**B. Placement of Quarry Lane School in the Bay Area Conference - Tentative**

*Motion supported by consent.*

**C. Request by Woodcreek HS (SJS) to participate in the girls and boys NCS Lacrosse Championships**

*Motion supported by consent*

**D. 2020-2024 Alignment Report**

a. Humboldt-Del Norte Conference

b. Bay Area Conference

c. Coastal Mountain Conference

d. Bay Shore Conference

e. Redwood Empire Conference

f. Valley Conference

**XI. ELIGIBILITY COMMITTEE**

**A. NCS & CIF Eligibility Data, 2018-2019** (Attachment G—three pages)

**B. Report on the activities of the Eligibility Committee**

a. New SOP dates (Attachment H)

**XII. SPORTSMANSHIP COMMITTEE**

**A. Report/Information**

**XIII CIF ITEMS**

**A. Proposed Revisions of Bylaws 211 and 303—Continuation School** (Attachment I)

*The NBL Board of Managers is opposed to this proposal*

**Proposal Originated:**

CIF Commissioners Committee recommendations to the Federated Council Roundtable Discussion in January 2017 and April 2018

**Type:**

Bylaw Revision

**Proposal Summary:**

The Commissioners Committee is proposing revisions in Bylaws 211 and 303 that would change the opportunity of athletic eligibility of students attending a Continuation high school. This proposed change would grant the ability of a continuation student to gain athletic eligibility through a Multi-School agreement as long as the student's attendance at the Continuation school is NOT the result of discipline.

**Background:**

On January 27-29, 2017, members of the Federated Council were asked to discuss issues and concerns during roundtable discussion focusing on the future of Education Based Athletics and challenges that the CIF may face. The process concluded with the council prioritizing these future challenges and to offer strategies that might be implemented to address these issues. One of the top priority eligibility concerns were "Home School, Foreign and International Students and Alternative School Students." This proposal is a result of the direction from the Federated Council to seek alternative paths for eligibility for students who attend a continuation school that is not as a result of discipline.

**303.F Continuation Schools**

~~Continuation schools may not apply for multi-school team status as provided for under this provision. For continuation school eligibility, refer to Bylaw 211.~~

**CIF Member schools may apply for a change in membership status under the provision of this bylaw. Any CIF member school that wishes to allow participation on its team(s) by all the students who are currently enrolled in any non-CIF member continuation schools which do not offer any interscholastic athletic programs, may request approval to do so under the following**

**conditions:**

1. Any such application submitted by a CIF member school must be with a non-CIF member continuation school that has a current California County-District-School Code (CDS Code) as prerequisite to applying for multi-school status.
2. The administrative responsibility for all students involved in athletic shall rest with the principal of the CIF member school for which the student(s) is/are competing. Such responsibility shall include:
  - a. Verification that the student(s) have completed, according to local school district policy, at least one semester in good standing at the continuation school; AND
  - b. Students attending a continuation school due to disciplinary that is in place or pending are not eligible to participate under this provision; AND
  - c. Verification that residential eligibility of the student(s) is/are limited to the public school in whose attendance area his/her parent(s)/guardian(s)/caregiver reside; or where the student most recently established his/her residential eligibility or a private school; AND
  - d. Verification that students participating in the athletic program meet all scholastic eligibility requirements of the local school district; AND
  - e. The regular grading period of the CIF member school shall used to determine the scholastic eligibility of all students; AND
  - f. Determination that students participating in the athletic program meet all other eligibility requirements of the CIF, its Section, its league, and the CIF member school; AND
  - g. Determination that schools entering a multi-school agreement with a continuation school meet additional requirements set forth in Bylaw 303.A and 303.B. (3)(4)(5)(6)(7).

**B. 2019-2020 CIF Budget** (Attachment J)—Will be presented at the BOM meeting

**C. 200.b—Football Age Requirement—Proposal to delete** (Attachment K)

*NBL Board of Managers supports this proposal*

**Proposal Originated:** CIF Sports Medicine Advisory Committee

**Proposal Summary:**

The CIF Sports Medicine Advisory Committee is recommending that Bylaw 2000.B—Varsity Football Age Requirement Medical Clearance be eliminated as there is no medical science or data that supports this additional medical requirement. The committee also states that there are no established medical criteria for a medical practioner to follow or rely upon.

**Background:** In 1959, the CIF Constitution and Bylaws began publishing “Sport Specific Rulings.” That is the first appearance of an “age” requirement for participation in varsity football in the Constitution and Bylaws. The minutes of the Federated Council from 1950 – 1960 show no action by the Council on this matter.

In 1996, the Federated Council granted the Southern Section a three-year trial allowing a 14-year old to participate at the varsity level. According to the minutes of the Federated Council, 97% of principals stated they felt there were no additional injuries for 14-year old participants. In 2000, the Federated Council approved the bylaw revision that included an age criteria and an additional medical clearance for participation at the varsity level at age 14.

Given the fact that the CIF SMAC states there is no medical or scientific research to support the additional medical release and that 49 of 51 state associations have no age requirement for varsity football, the CIF SMAC is proposing elimination of Bylaw 2000.B.

**D. Revision of Bylaw 22.b.9 (f & i)** (Attachment L)

**Proposal Summary:** With the passage of A.B. 2800 (Chu) the CIF must revise Bylaw 22.B.9. (f & i) to include a heat illness training and education standards similar to that in the areas of concussions and sudden cardiac arrest.

**Background:** When state statutes are added and/or amended, the CIF has developed corresponding Bylaws to ensure that its member schools are aware of the legislation and comply with its requirements.

**E. CIF Nominating Committee** (Attachment M)

As per the CIF Constitution and Bylaw 70.E (1) the following Federated Council Members were appointed to the CIF Nominating Committee to review and nominate candidates to serve for a one-year term on the CIF Executive Committee for the 2019-2020 school year.

Monica Colunga, President-Elect, Southern Section

Natalie Ayres, Central Coast Section

Steve Boyle, San Diego Section

Neil La Sala, Los Angeles Section

Cris Oseguera, Northern Section

Sara Wettland, Sac-Joaquin Section

*Ex-Officio Members:*

Jim Perry, President, Allied

Executive Director Roger Blake

**F. Revision of CIF Bylaw 22.b.9 (j & k)**

*The NBL Board of Managers is supportive of this proposal*

**Emergency Action Plan & Automated External Defibrillators as per new Ed Code Section 35179.4 and 35179.6**

**Bylaw 503L Emergency Action Plan and Automated External Defibrillators Protocol as per new Ed. Code Section 35179.4 and 35179.6**

**Proposal Summary:** With the passage of A.B. 2009 (Maienschein) the CIF must revise Bylaw 22.B.9 to include Emergency Action Plans and A.E.D.s as part of a Condition of Membership and Education and Training.

**Background:** When state statutes are added and/or amended, the CIF has developed corresponding Bylaws to ensure that its member schools are aware of the legislation and comply with its requirements.

**Conditions of Membership 22.b(9)**

**A school shall ensure that there is a written emergency action plan in place that describes the location and procedures to be followed in the event of Sudden Cardiac Arrest and other medical emergencies related to the athletic program's activities or events.**

**The school shall have at least one automated external defibrillator (AED) for the purpose of rendering emergency care or treatment. The school shall ensure that the AED or AEDs are available to athletic trainers and coaches and authorized person at these activities or events.**

**503 Administrative Oversight**

**L. Emergency Action Plans and AED Protocol**

- 1. A school shall ensure that there is a written emergency action plan in place that describes the location and procedures to be followed in the event of Sudden Cardiac Arrest and other medical emergencies related to the athletic program's activities or events.**
- 2. The school shall have at least one automated external defibrillator (AED) for the purpose of rendering emergency care or treatment. The school shall ensure that the AED or AEDs are available to athletic trainers and coaches and authorized person at these activities or events.**

**G. Update on electronic sports or eLeagues**

*The NBL Board of Managers supports the concept of an eLeague to engage a segment of student populations that might otherwise go unserved in terms of extra-curricular events, but does not feel that this is something that the CIF should pursue as a sport.*

"eLeague" is simply the short name for electronic sports. Just like football players play football together, eLeague players play computer games against each other. But it doesn't just take place inside living rooms between friends and family. eLeague is played "remotely" between teams (team members are together in 1 location, playing against an opponent remotely on a screen), or in tournament formats taking place all over the world in big arenas with large

crowds.

At an eLeague competition, gamers will battle against each other on a particular game, with fans watching on screens. eLeagues have become extremely popular over the past few years and many companies all over the world are realizing there is a lot of money that they can make from them. You only have to look at how many thousands of people go to the arenas to watch eLeague competition to see that they are as important to many people as any other sports match.

eLeague provides high schools the opportunity to increase school engagement and participation with segments of the student body that may not be interested in "traditional" sports offerings or activities. As numerous studies have validated, the benefits of student engagement on a campus and the school community have shown significant benefit to enhance student learning and achievement.

The Connecticut Interscholastic Athletic Association became one of the first State High School Associations to begin offering eLeague competitions between their member schools. Eight High School Associations have announced that they will offer eLeague starting in the 2018 – 2019 school year, with as many as 10 – 15 more looking to start in the Spring of 2019. The CIF has received numerous inquiries regarding eLeague.

What does the future look like?

The biggest eLeague event in 2015 was the League of Legends World Championships final which attracted more than 35 million viewers, exceeding the Super Bowl.

There is no doubt that eLeague is on the rise. "Traditional" sports clubs, like NBA and NFL teams are starting to buy eLeague teams to represent them in competitions. At the collegiate level NCAA and NAIA schools have begun to offer scholarships for their eLeague teams.

At the high school level, many companies are offering incentives to State Associations to begin sponsoring competitions endorsed and/or sponsored by the State Associations. It is estimated that over 500,000 high school students in California will participate in some level of on-line eLeague within the next five years.

- H. Article 7—Proposed revision of Bylaw 70.D—Term of Office (attachment P is available on line.**  
*The NBL Board of Managers is supportive of this restructuring of term limits for the CIF Executive Committee*

**Proposal:** Revise the Terms and rotations for members of the Executive Committee while continuing to maintain "Term Limits" on the committee.

During the 2015-2016 and 2016-2017 school years, the Federated Council had several roundtable discussions addressing "Future and Emerging Issues" for the CIF. The Council identified eighteen (18) areas of concern and four (4) items were prioritized for action by the CIF staff. While there were no direct identified concerns regarding the Executive Committee, one of the identified priorities was Education and Training of Superintendents and Principals and their involvement with CIF.

We must consider that the executive Committee terms and understanding of their role and responsibilities may be a deterrent to individuals willing to serve in leadership roles. Add to the equation the increased expectations and demands placed on school and district administrators in our rapidly changing educational and legislative environment, we must discuss how we can ensure strong and vibrant Executive Committee leadership into the future.

Terms of Office (current)

1. The President-Elect will serve two (2) years before assuming the presidency. The President-Elect shall assume the office of President immediately following service in the

- office of President-Elect. (Revised May 2002 Federated Council)
2. The President shall serve a two (2)-year term.
  3. The Past-President shall serve a two (2)-year term immediately following service as President.
  4. Other committee members including the at-large representative shall be chosen annually to serve one (1)-year terms. An Executive Committee member may serve for three (3) consecutive terms of one (1) year.
  5. If there is a break of one (1) year in the service of an Executive Committee member as a member of the committee, that member may be eligible for nomination, election and service for three (3) additional terms of office as an Executive Committee member but no one shall be eligible to serve more than a total of seven (7) years on the committee.

**Terms of Office (Proposed)**

1. The President-Elect will serve two (2) years before assuming the presidency. The President-Elect shall assume the office of President immediately following service in the office of President-Elect. (Revised May 2002 Federated Council)
2. The President shall serve a two (2)-year term.
3. The Past-President shall serve a two (2)-year term immediately following service as President.
4. ~~Other committee members including the at-large representative shall be chosen annually to serve one (1)-year terms. An Executive Committee member may serve for three (3) consecutive terms of one (1) year.~~ **shall be chosen annually to serve a two (2) year term. An executive Committee member may serve for two (2) consecutive terms of two (2) years each.**
5. If there is a break of one (1) year in the service of an Executive Committee member as a member of the committee, that member may be eligible for nomination, election and service **one (1) additional term of office as an Executive Committee member** ~~for three (3) additional terms of office as an Executive Committee member~~ but no one shall be eligible to serve more than a total of ~~seven (7)~~ **six (6)** years on the committee.
6. One (1) at-large representative from the Federated Council who shall be selected in an effort to reflect bother gender and ethnic representation on the Federated Council **shall be appointed for a two (2) year term.**

Montgomery/Healdsburg--ayes

**I. Bylaw 503.5--Coaching**

**Review of the proposed revision of CIF 503.F—Coaching**

Coaching

Principals are responsible to ensure 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)

1. Coaching Compensation  
A coach shall not be reimbursed for coaching services from any source other than the school funds without the approval of the school's governing board, not be able to subject to any bonus arrangement dependent upon the success of the school's team.
2. Penalty for Improper Coaching Compensation  
Any team, coached by any person receiving any ~~part of the salary~~ **reimbursement** for coaching **services** from other than school funds without the approval of the school's governing board, ~~is ineligible~~ **may be sanctioned in accordance with Bylaw 22.C.**

BACKGROUND

Current CIF Bylaws require that all payments for coaching services must be approved by the local governing body. Questions have arisen over the past several years of individuals who coach on a school campus also deriving income from "teaching" and coaching" students from their respective schools outside the season of sport.

**A. No new business is scheduled**

**XV. OLD BUSINESS**

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

**XVI NCS AND CIF DISTINGUISHED SERVICE AWARD**

**A. NCS Distinguished Service Award**

a. Presentation to Mitch Stephens, Media, NCS Distinguished Service Award

**B. CIF Distinguished Service Award**

a. Presentation to Bill Stirnus, retired educator, former Montgomery High School Principal

**XVII STAFF REPORTS**

**A.** Commissioner

**B.** Associate Commissioner

**C.** Assistant Commissioner

**VI. NBL NEW BUSINESS**

**A.** Proposal to award a pennant to the winner of NCS qualifying tournaments.

Proposal: A pennant will be awarded to the winner of qualifying tournaments in boys' and girls' wrestling; boys' and girls' swim & dive; and boys' and girls' track & field. **FOR IMMEDIATE IMPLEMENTATION**

**Proposal to support the awarding of a pennant to the winner of NCS qualifying tournaments.**

*Motion: Henri Sarlatte, Rancho Cotate*

*Second: Albert Ettudgui, Maria Carrillo*

*Motion supported unanimously*

*Rationale: There are a number of pretty severe growing pains involved with merging the SCL and NBL. One of those involves giving up individual end of season qualifying tournaments to determine representatives to the NCS Championships. Because the NBL is given "x" number of qualifying entries, it is necessary to have just one qualifying event to determine the top NBL qualifiers to move on. As a result, coaches in wrestling, swim & dive and track & field have voted to determine the NBL champion on the basis of the league dual or tri-meets and not use points scored in the qualifying meet to determine an NBL divisional champion. Other leagues of the same size as the NBL have used this format with great success AND award a tournament pennant. Cost is minimal and is expected to be just \$540.*

**B.** Modification of NBL Swim Bylaw 10.306. **FOR IMMEDIATE IMPLEMENTATION**

Points toward the league championships **in each division** shall be as follows:

1. One point for each dual meet win and one-half point for each tie.

~~2. In the league championship meet, the winning team will be awarded three points, the second place team two points, and the third place team one point.~~

~~3. The combination of dual meet points awarded in the regular season and the points awarded in the league championship meet shall determine the winning school.~~

*Rationale: Allows for one North Bay League swim event to qualify our best swimmers to the NCS swim championships.*

**Motion to support the modification.**

*Motion: Graham Rutherford, Cardinal Newman*

*Second: Gary Packard, Elsie Allen*

*Motion approved unanimously*

**C.** NBL Qualifying wrestling tournament—amendment to NBL Rule 15.801. **FOR IMMEDIATE IMPLEMENTATION**

**Motion to support the modification.**

*Motion: Graham Rutherford, Cardinal Newman*

*Second: Gary Packard, Elsie Allen*

*Motion approved unanimously*

At the conclusion of the regular dual meet season, the North Bay League shall have a league tournament to qualify ~~male~~ wrestlers to the NCS Boys' Wrestling Championships. ~~The tournament will be a two-day tournament, taking place on a Friday and Saturday.~~ **Matches for male wrestlers will take place on Friday, with any necessary extra matches taking place on Saturday.** Female wrestlers currently can enter the NCS Girls' Wrestling Championships on an application basis which qualifies them for the CIF Girls' State Meet. Wrestlers must enter the championship series designated for their particular gender. **Matches for girls will take place on Saturday, following the boys' competition. On both Friday and Saturday, weigh-ins will take place beginning at 9 AM and matches will begin at 11 AM.**

*Rationale: Given that the NBL now has a larger number of entries, the boys' tournament might take more than one day, as wrestlers are limited to five matches per day. As a result, some matches may need to take place on Saturday. And, but using the two-day format, the girls' tournament on Saturday will be the main focus of the day.*

**D. Amendment to NBL Rule 15.807—NBL Wrestling Championship. FOR IMMEDIATE IMPLEMENTATION**  
**Motion to support the modification.**

*Motion: Graham Rutherford, Cardinal Newman*

*Second: Gary Packard, Elsie Allen*

*Motion approved unanimously*

~~The NBL wrestling championship shall be awarded to the team earning the most points in the league season. Points shall be awarded as follows:~~

~~1. One point for each dual meet win.~~

~~2. Three points for the first place team in the league tournament; two points for the second place team in the league tournament; one point for the third place team in the league tournament.~~

~~The league champion will be the team with the most number of points.~~

The NBL wrestling championship shall be awarded to the team earning the most points in the league season. There will be one point awarded to the winner of each league dual meet.

*Rationale: This is a necessary proposal due to the new format for the qualifying wrestling tournament.*

**E. Proposal to amend the track bylaws as shown in Appendix A, beginning on page 18 of this agenda. FOR IMMEDIATE IMPLEMENTATION.**

*Rationale: This is essentially just "clean-up" to reflect the current protocol for track events.*

**Motion to support the modification.**

*Motion: Randy Burbank, Montgomery*

*Second: Gary Packard, Elsie Allen*

*Motion approved unanimously*

**F. Proposal to move Santa Rosa to the Redwood Division in tennis and to adopt the new tennis schedules. (Appendix B, page 21) FOR IMMEDIATE IMPLEMENTATION.**

*Rationale: Jan did not know that neither Elsie Allen nor Piner would be fielding a boys' tennis team this year. Santa Rosa (coach Dustin St. John and AD Bryan Price) were in favor and felt that Redwood would be a better fit for Santa Rosa. It was not appropriate for the Oak Division to have six schools and the Redwood Division to have four. This move allows for five schools in each division. New schedules were developed to reflect the change and may be found in Appendix B at the end of this agenda.*

**Motion to support the modification.**

*Motion: Albert Ettudgui, Maria Carrillo*

*Second: Bill Halliday, Healdsburg*

*Motion approved unanimously*

**G. Player eligibility violation and proposed remedy. (Santa Rosa High School)**

*This issue and the remedy was presented, discussed and supported by the NBL Board of Managers*

- H. The NCS Fall Entry Fees assessments were distributed to schools at the AD meeting. Remember to make checks payable to the North Bay League.
- I. The fall semester final grades are the grades that Jan will use for the Elmer Brown Sportsmanship Awards points tally for the winter season of sport. Therefore, please get her your unweighted team GPA for: varsity boys' basketball, varsity girls' basketball, varsity boys' soccer, varsity girls' soccer, varsity boys' wrestling and varsity girls' wrestling. In order to qualify for the academic portion of this award, you must have the following minimal number of varsity participants to submit an average GPA:

<b>WINTER</b>
Basketball (5)
Soccer (11)
Boys' wrestling (6)
Girls' wrestling (3)

- J. Girls' wrestling concerns from Coreena Christensen, Ukiah girls' wrestling coach. An email Jan received on Friday morning is copied below. I have not developed a schedule, pending our discussion. It was recommended that the coaches interact with each other and plan accordingly. The NBL schedule permits schools to reschedule a match to a different day to accommodate unique situations.  
Good morning,

Our dual against Maria Carrillo last night didn't go as smoothly as I would have liked.

I have 36 girls on my roster and Thomas Fragoza has more than 40 boys on his. We are no longer able to run a dual meet together in an efficient manner, due to our team sizes. Not to mention last night was my teams senior night. Had Coach Fragoza and I tried to combine weigh-ins, the girls dual, J.V boys dual, varsity boys dual and our senior night all in the small gym there's a good chance it would have been done around midnight.

With all due respect to everyone involved, we must move forward with girls wrestling. Coaches need to understand that the girls teams will be wrestling in separate gyms and eventually on separate dates.

I welcome your feedback regarding this matter.

Thank you,  
Coreena Christensen

- K. Basketball tournament locations. It is difficult to secure a championship site when Jan cannot determine who is winning. Remember that schools agreed to play the championship games at the largest available gym of the opposite division. Jan will also need site directors at these locations.
- L. Gil attended the track coach meeting on Monday to discuss Unified Track and Field. He discussed and presented the Unified Track and Field coaches. Please discuss this wonderful program with your coaches. I have also attached a copy of the guide for your review.
- M. Information regarding sharing of pools during swim practice (from Bri Niemi).  
Yes, this is allowed, per 205H, as long as the **principals agree** (see exception 2 below):

205H Multi School Practice

Multi school practices for members of individual sport teams are allowed (i.e. badminton, cross country, swimming, diving, tennis, golf, track, and wrestling) only between the conclusion of the league/conference season and the section/state competition in that sport, for those athletes who have qualified for NCS/Les Schwab Tires or State CIF post season competition.

Exception:

**If both principals approve**, two schools may conduct multi-school practices for members of

individual sport teams prior to the conclusion of the league/conference season for one or more of the following reasons:

1. Safety concerns due to lack of equipment (ex. lack of pole vault equipment)
  2. **Lack of facilities such as a swimming pool or diving board**
  3. Gender equity - lack of competition for a single gender where the sport is of a contact nature. (i.e. wrestling)
  4. Coaches hired to coach individual sports at multiple schools/districts.
- N.** The swim schedule was developed by Kara Meyer and Dean Haskins. **Jan would like to pay them a stipend for their work.**  
Stipend of \$150  
*Motion to support: Randy Burbank, Montgomery*  
*Second: Henri Sarlatte, Rancho Cotate*  
*Motion approved unanimously*
- O.** Jan would like to have a petty cash account to use to pay for stamps, paper, toner, etc. I am thinking of \$100. The athletic directors approved this at their January 14 meeting.  
*Motion to provide Jan with a petty cash fund of \$100: Albert Ettudgui, Maria Carrillo*  
*Second: Henri Sarlatte, Rancho Cotate*
- P.** Sports directors' and Officers' Program for Not-for-Profit Entities: Information provided to all schools. This item will be discussed at the next meeting.
- Q.** 1. The NCS sent all league commissioners and member school athletic directors an informational letter regarding petition for Spring Championship Sports. The letter contained the necessary petitioning forms for schools wishing to petition to a greater division of enrollment or return to a division of your school's actual enrollment (golf, tennis and badminton only). The deadline is January 31.  
2. If your school wishes to join a supplemental league (i.e. water polo or lacrosse), the deadline for placement request is January 31. Letters with all forms were sent out on December 14.

#### **UPCOMING MEETINGS**

- February 19—AD meeting at SRCS, 9 AM
- March 13—AD Meeting at SRCS, 9 AM
- Wednesday, March 27—Principals' Meeting at Analy High School, 3 PM
- Friday, March 29—NCS Board of Managers Meeting at Acalanes Unified High School District Adult School

## APPENDIX A

### TRACK AND FIELD 12.000

#### Schedules 12.100

- 12.101 Track shall be a spring sport in the NBL. There shall be four classifications: Varsity Boys', Varsity Girls', JV boys' and JV girls.
- 12.102 The schedule shall be four weeks in length and track meets will be held on Wednesday afternoons. Each week two of the meets will be three-way meets and the other would be a dual meet. NBL point system would be the same. A winner of a tri-meet will earn two points; the second place team will earn one point. A dual meet winner will earn one point.
- 12.103 The North Bay League meet shall be held one week before the North Coast Section Redwood Empire Classification Meet.
- 12.104 The league championship will be determined by the points earned during the league tri/dual meet season. ~~added to the points for the league meet.~~

#### Practice 12.201

- 5.201 All CIF and NCS practice rules MUST be followed.
- 5.202 The first day of practice shall be determined by the current NCS Calendar.
- 5.203 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.
- Double day practices shall not be held on consecutive days and must include a minimum of three (3) hours rest between practices.
  - No practice may be held following the conclusion of a contest.
  - Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.

#### Meet Administration 12.300

- 12.301 The National Federation Track and Field Rule Book is the governing authority in track and field, with the exception of CIF/NCS modifications and/or adoptions.
- 12.302 Start time for league meets will be 3:45 PM. Meets need to start on time so that they finish at a reasonable hour. Time schedule is approximate, but events will not start before the stated time unless agreed upon.
- 12.303 ~~In a hand held time event tri meet, home schools get two lanes and the visiting teams get three lanes each. In the second heat, the fastest runner from the home team will be timed with two watches and compete for a position in the top four.~~  
In races contested in lanes in tri meets the two-visiting school shall be entitled to 3 lanes and the host school 2 lanes. In dual meets lanes will be assigned evenly as determined by the starter. The first heat shall be the fast heat. All times from all heats will be used to determine final placement.
- 12.304 Individual event scoring for ~~dual~~ tri meets is 5 points for first place, 3 points for second place, **2 points for third place and 1 point for fourth place.** ~~and 1 point (third place).~~ In a relay in a dual meet, the winning team will be awarded 5 points for first place. Individual event scoring for tri-meets is 5 points for first place, three points for second place, and two points for third place. Scoring for a relay in a tri-meet will be five points for first place and three points for second place.
- 12.304 Pole vault athletes start warming up ASAP. It will be an open pit. When a vaulter's opening height has been reached, that vaulter will be given two additional run-throughs.
- 12.305 Heights for the 100/110 High Hurdles will be 33" for girls; 36" for JV boys and 39" for varsity boys. In the

300 Intermediate Hurdles, the height for girls will be 30" and the height for boys will be 36".

12.306 ~~The fastest heat is the first heat! In lane events in which hand held time is used, there should be three watches on first and second place finishers in the second heat.~~

12.307 Lane assignments will alternate each race.

12.308 Athletes are allowed to leave the event in order to compete in another event at the discretion of the official. Athletes must be given a reasonable recovery, at the discretion of the official, after the conclusion of the other event. Officials need to make every attempt to inform the athletes if there is an unforeseen delay in starting other events and/or if the bar is to be raised.

12.309 Long jump start at 3:45 PM. No run-throughs after the 4 x 100 starts. The long jump will end at the conclusion of the 800 m. Triple jumpers sign in before the end of the 800 m.

12.310 Field events will have three attempts during tri-meets and four attempts during dual meets.

12.311 In order to rest sprinters competing in the 4x400, there will be a 20-minute wait after the last 200 meter race if the 3200 meter is or is not run.

12.312 Starting height for high jump: 3'6" for JV girls; 4'0" for varsity girls; 4'6" for JV boys; and 5'0" for varsity boys.

12.313 Starting height for pole vault: 6'0" for JV girls; 7'0" for varsity girls; 7'6" for JV boys; and 9'0" for varsity boys.

12.314 All field event participants must sign-in before the event begins.

12.315 Field implements should have weight indication and no alteration.

12.316 Order of events for track events:

Event	Running Order
4 x 100	JV girls; JV boys; V girls' V boys
1600 m	JV girls; JV boys; V girls' V boys
100/110 HH (39" VB; 36" JVB; 33"G)	<del>Girls; JV boys;</del> varsity boys, JV boys, JV girls, V girls
400 m	JV girls; JV boys; V girls' V boys
100 m	JV girls; JV boys; V girls' V boys
800 m	JV girls; JV boys; V girls' V boys
300 IAAH (30" G; 36" B)	JV girls, V girls, JV boys, V boys
200 m	JV girls; JV boys; V girls' V boys
3200 m	Girls; boys
4 x 400	JV girls; JV boys; V girls' V boys

Order of events for field events:

Time	Event	Order	
3:45	Shot put	Varsity girls; JV girls; varsity boys; JV boys	4= dual; 3=tri meet
3:45	Discus	Varsity boys; JV boys; varsity girls' JV girls	4= dual; 3=tri meet
3:45	High Jump	<del>Varsity boys; JV boys;</del> JV girls; varsity girls JV boys; Varsity boys; JV girls' varsity girls	5'; 4'6"; 3'6"; 4' 4'6"; 5'; 3'6"; 4'
3:45	Pole Vault	JV girls; varsity girls; JV boys; varsity boys	6'; 7'; 7'6"; 9'
3:45	Long Jump	4 = dual 3 = tri meet	Open pit
End of 800 m	Triple Jump	4 = dual 3 = tri meet	Open pit

**Officials**

**12.400**

12.401 ~~The track coaches shall have no part in the officiating of the meet.~~

- 12.402 ~~In each league track meet, the home school must provide seven adult officials, three for field events and four at the finish line.~~
- 12.403 Adults should measure and read the tape at all field events.
- 12.404 Rules (National Federation Rules and NBL Bylaws) should be attached to clipboards to help the officials.
- 12.405 ~~In each league track meet, the home school must provide seven adult officials, three for field events and four at the finish line.~~

### League & Tournament

**12.800**

- 12.801 There will be one league meet that will include both Oak and Redwood Divisions.
- a. Varsity **and JV** trials will be held ~~on first Thursday~~ following the league schedule. ~~There will be performance standards for all JV participants.~~
  - b. Varsity **and JV** finals will be held ~~on the Saturday~~ following the trials.
  - c. **JV pole vault will be held as a final on the trials day.**
- 12.802 All team scores shall count in scoring track and field events for the North Bay League Meet. Points shall be awarded as indicated in the NFHS Track and Field Rule Book.
- 12.803 The NBL Championship Meet host will assign the meet referee, whose job duties are spelled out in the NFHS Track and Field Rule Book.
- 12.804 An officials and coaches meeting shall precede the league and qualifying meet at which time the referee shall discuss rules, events, and other matters pertaining to the handling of the meet.
- 12.805 Member schools shall assign three adults to officiate at the NBL track meet. Names of these adults shall be sent to the meet director. Officials and coaches shall be given rules from the rule book that they can keep on their event clipboard.
- 12.806 For the NBL Championships, if necessary to have a Jury of Appeals, this will be composed of three coaches NOT affected by the decision.
- 12.807 All entries for the NBL Championship Meet must be entered ~~on EZ Meets~~ no later than midnight on the Sunday prior to the trials.
- 12.808 The director of the league meet shall send to the director of the NCS Redwood Empire Track Meet a complete list of winners with times and distances. A copy of the results should be sent to the league commissioner.
- 12.809 In order to compete in the Redwood Empire Meet, a varsity athlete must earn his/her place. If an athlete at the NBL Championship meet fails to make a qualifying mark in a field event, he/she can go on to the NCS Redwood Empire Meet IF the athlete is approved by the majority of coaches at a vote taken at the scratch meeting. This would ONLY occur in the event that there are not enough athletes who have met a qualifying mark.
- 12.810 Medals shall be awarded for the first four places in boys' and girls' varsity individual competition.
- 12.811 All-league distinction:
- The first and second place finishers in boys' and girls' varsity competition at the NBL Championship meet will receive recognition as NBL First Team all-League.
  - The third and fourth place finishers in boys' and girls' varsity competition at the NBL Championship will receive recognition as NBL Second Team all-league.
  - The fifth and sixth place finishers in boys' and girls' varsity competition at the NBL Championship meet will be honored as members of the NBL Honorable Mention Team.



## NORTH BAY LEAGUE OAK DIVISION

### Boys' Tennis Schedule, 2018 – 2019

(Year 1 of a two-year rotation; **REVISED JANUARY 20, 2019**)

First day of practice: Monday, January 28

Number of contests: 24 matches

A maximum of two (2) scrimmages are permissible prior to the first interscholastic contest (league or non-league) of the season.

Each match counts as one contest in tournaments

Match time: 3:30 PM

#### **TUESDAY, FEBRUARY 26 (3:00 PM)**

Analy at El Molino  
Cardinal Newman at Healdsburg  
Maria Carrillo at Rancho Cotate  
Montgomery at Santa Rosa  
Windsor at Ukiah

#### **THURSDAY, FEBRUARY 28 (3:00 PM)**

El Molino at Cardinal Newman  
Healdsburg at Maria Carrillo  
Rancho Cotate at Montgomery  
Santa Rosa at Windsor  
Ukiah at Analy

#### **TUESDAY, MARCH 5 (3:00 PM)**

Analy at Healdsburg  
Cardinal Newman at Rancho Cotate  
Maria Carrillo at Santa Rosa  
Montgomery at Ukiah  
Windsor at El Molino

#### **THURSDAY, MARCH 7 (3:00 PM)**

Rancho Cotate bye  
Ukiah at El Molino  
Piner at Healdsburg

#### **TUESDAY, MARCH 12 (3:30 PM)**

Ukiah bye  
El Molino at Piner  
Healdsburg at Rancho Cotate

#### **THURSDAY, MARCH 14 (3:30 PM)**

Ukiah at Rancho Cotate  
Piner bye  
El Molino at Healdsburg

#### **TUESDAY, MARCH 26 (3:30 PM)**

Healdsburg bye  
Rancho Cotate at El Molino  
Ukiah at Piner

#### **THURSDAY, MARCH 28 (3:30 PM)**

Rancho Cotate at Piner  
Healdsburg at Ukiah  
El Molino bye

#### **TUESDAY, APRIL 2 (3:30 PM)**

Rancho Cotate bye  
El Molino at Ukiah  
Healdsburg at Piner

#### **THURSDAY, APRIL 4 (3:30 PM)**

Ukiah bye  
Piner at El Molino  
Rancho Cotate at Healdsburg

#### **TUESDAY, APRIL 9 (3:30 PM)**

Rancho Cotate at Ukiah  
Piner bye  
Healdsburg at El Molino

#### **THURSDAY, APRIL 11 (3:30 PM)**

Healdsburg bye  
El Molino at Rancho Cotate  
Piner at Ukiah

#### **TUESDAY, APRIL 16 (3:30 PM)**

Piner at Rancho Cotate  
Ukiah at Healdsburg  
El Molino bye

Singles Tournament: Thursday, April 18 and Saturday, April 20. Blaine Wong will host at M Park in RP

Note: Cardinal Newman is not allowed to play on Good Friday, April 19

Doubles Tournament: Friday, April 26 and Saturday, April 27. Blaine Wong will host at M Park in RP

#### NCS/Les Schwab Tires Championships

Deadline for leagues to determine qualifiers: May 1

Final date for Division I – VI competition other than NCS/Les Schwab Tires Championships: May 1

Singles At-large Meeting: May 2

Singles/Doubles Championships: May 3, 4

At-large Seeding for Team Tennis: May 5

Team Tennis Championships, Division I & II: May 7, 9, 11  
CIF Nor-Cal Team Tennis Championships: May 17, 18

**NORTH BAY LEAGUE REDWOOD DIVISION**  
**Boys' Tennis Schedule, 2018 – 2019**  
(Year 1 of a two year rotation; **REVISED JANUARY 20, 2019**)



First day of practice: Monday, January 28  
Number of contests: 24 matches  
A maximum of two (2) scrimmages are permissible prior to the first interscholastic contest (league or non-league) of the season.  
Each match counts as one contest in tournaments  
Match time: 3:00 PM UNTIL DST, THEN 3:30 PM

**TUESDAY, FEBRUARY 26 (3 PM)**

Analy at El Molino  
Cardinal Newman at Healdsburg  
Maria Carrillo at Rancho Cotate  
Montgomery at Santa Rosa  
Windsor at Ukiah

**THURSDAY, FEBRUARY 28 (3 PM)**

El Molino at Cardinal Newman  
Healdsburg at Maria Carrillo  
Rancho Cotate at Montgomery  
Santa Rosa at Windsor  
Ukiah at Analy

**TUESDAY, MARCH 5 (3 PM)**

Analy at Healdsburg  
Cardinal Newman at Rancho Cotate  
Maria Carrillo at Santa Rosa  
Montgomery at Ukiah  
Windsor at El Molino

**THURSDAY, MARCH 7 (3 PM)**

Rancho Cotate bye  
Ukiah at El Molino  
Piner at Healdsburg

**TUESDAY, MARCH 12 (3:30 PM)**

Ukiah bye  
El Molino at Piner  
Healdsburg at Rancho Cotate

**THURSDAY, MARCH 14 (3:30 PM)**

Ukiah at Rancho Cotate  
Piner bye  
El Molino at Healdsburg  
Singles Tournament: Friday, April 19 and Saturday, April 20. Blaine Wong will host at M Park in RP  
Doubles Tournament: Friday, April 26 and Saturday, April 27. Blaine Wong will host at M Park in RP

NCS/Les Schwab Tires Championships

Deadline for leagues to determine qualifiers: May 1  
Final date for Division I – VI competition other than NCS/Les Schwab Tires Championships: May 1  
Singles At-large Meeting: May 2  
Singles/Doubles Championships: May 3, 4  
At-large Seeding for Team Tennis: May 5  
Team Tennis Championships, Division I & II: May 7, 9, 11

**TUESDAY, MARCH 26 (3:30 PM)**

Healdsburg bye  
Rancho Cotate at El Molino  
Ukiah at Piner

**THURSDAY, MARCH 28 (3:30 PM)**

Rancho Cotate at Piner  
Healdsburg at Ukiah  
El Molino bye

**TUESDAY, APRIL 2 (3:30 PM)**

Rancho Cotate bye  
El Molino at Ukiah  
Healdsburg at Piner

**THURSDAY, APRIL 4 (3:30 PM)**

Ukiah bye  
Piner at El Molino  
Rancho Cotate at Healdsburg

**TUESDAY, APRIL 9 (3:30 PM)**

Rancho Cotate at Ukiah  
Piner bye  
Healdsburg at El Molino

**THURSDAY, APRIL 11 (3:30 PM)**

Healdsburg bye  
El Molino at Rancho Cotate  
Piner at Ukiah

**TUESDAY, APRIL 16 (3:30 PM)**

Piner at Rancho Cotate  
Ukiah at Healdsburg  
El Molino bye

