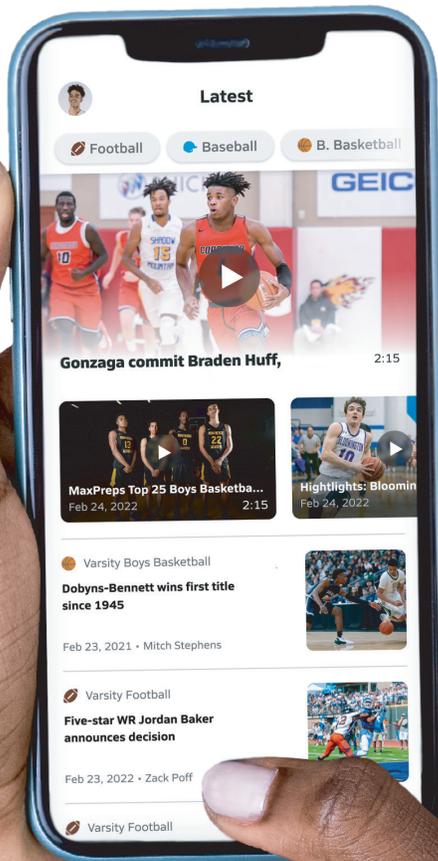




**2022-23 NCS
SPORTS & GENERAL
RULINGS HANDBOOK**



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ARTICLE/BYLAW CHANGES FOR 2022-2023

The following Articles and Bylaws were either adopted or revised in 2021-22 by the NCS Board of Managers or CIF Federated Council.

NCS Sports & General Rulings Handbook Changes

NCS 3097H	Ejection Policy	Page 18
NCS 1003H	Air Quality Index	Page 38
NCS 905H	Pre-Sale Sales Commissions (Football Only)	Page 38
NCS 21.601H	Golf Dress for Players and Coaches	Page 73
NCS 23.305H.2.b	Winter Soccer Championship Series	Page 81
NCS 31.401H	Girls' Wrestling League/Conference Entries	Page 126

100H Amendment of Bylaws

A. These following bylaws may be amended at any regular meeting of the NCS Board of Managers by a majority vote of those present.

1. The succeeding July 1st has been established as the implementation date for all modifications of these bylaws unless a specific implementation date is stated in the action.

SEASON OF SPORT

The NCS Sports & General Rulings Bylaws in the 100H, 200H and 300H Series apply to all levels of competition – Sub-Varsity (Frosh, Frosh-Soph, Junior Varsity) and Varsity.

101H Chart of NCS Official Season of Sport

	<u>Maximum number of contests</u>	<u>Maximum number of scrimmages</u>	<u>Clarification or Exception</u>
<u>FALL SPORTS</u>			
The earliest day practice may begin, the Monday following the Thursday 16 weeks prior to Thanksgiving. (Board of Managers 9/28/18)			
Cross Country (Boys and Girls)	14	2	See Note 4, 6, 7
Field Hockey	24	2	See Note 4, 7
Football	10	1	See Note 7, 8
Golf (Girls)	22	0	See Note 6
Soccer (Boys and Girls)	24	2	See Note 4, 7
Tennis (Girls)	24	2	See Note 4, 6, 7
Volleyball (Girls)	24	2	See Note 2, 4, 7
Water Polo (Boys and Girls)	24	2	See Note 4, 7

WINTER SPORTS

Earliest day practice may begin, the Monday following the Saturday 19 weeks prior to the Saturday of the State CIF Basketball Championships. (Board of Managers 9/28/18)

Wrestling (Boys and Girls)	40	2	See Note 4, 7
Soccer (Boys and Girls)	24	2	See Note 4, 7
Basketball (Boys and Girls)	26	2	See Note 4, 5, 7

SPRING SPORTS

Earliest day practice may begin, the Monday following the Saturday 16 weeks prior to the Saturday of the State CIF Track & Field Championships. (Board of Managers 9/28/18)

Badminton (Girls and Coed)	24	2	See Note 3, 4, 7
Baseball (Boys)	24	2	See Note 4, 7
Competitive Sport Cheer (Girls)	24	2	See Note 6, 7
Golf (Boys)	22	0	See Note 6
Gymnastics (Boys and Girls)	15	2	See Note 4, 6, 7
Lacrosse (Boys and Girls)	20	2	See Note 4, 7
Soccer (Girls)	24	2	See Note 4, 7
Softball (Girls)	24	2	See Note 4, 7
Swimming (Boys and Girls)	14	2	See Note 4, 6, 7
Tennis (Boys)	24	2	See Note 4, 6, 7
Track (Boys and Girls)	14	2	See Note 1, 4, 6, 7
Volleyball (Boys)	24	2	See Note 2, 4, 7

- NOTE 1 Schools participating in selected track meets which have established qualifying standards where only a limited number of skilled athletes from a given school may compete shall not be charged with participating in a meet for the purpose of determining the maximum number of meets allowable in a season. A Committee of track coaches shall identify and forward a list of selected track meets in which a school may participate and not be charged. This list is to be presented to SAC at its December meeting. The following meets are currently exempted: Fresno Relays, Arcadia Meet, Mt. Sac. Relays, Stanford Invitational and Bella Vista/Sacramento Meet of Champions. (*Board of Managers 4/25/08*)
- NOTE 2 1-Day Tournament counts as two (2) contacts, 2-Day Tournament counts as three (3) contacts and 3-Day Tournament counts as four (4) contacts in determining the maximum number of volleyball contests allowed per school. The tournament must be held on consecutive days. Also see 108H. (*CIF Federated Council 4/17*)
- NOTE 3 Participation in a badminton tournament counts as two contests for each day of competition when determining the maximum number of contests allowed. Also see 108H. (*Board of Managers 1/18/02*)
- NOTE 4 Varsity teams in non-contact sports (which excludes Football, Wrestling, and Lacrosse) may participate in one game or scrimmage with its own alumni or faculty without the game or scrimmage counting against the maximum number of contests allowed. (This alumni or faculty "game" does not count as a scrimmage or a contest.)
- NOTE 5 Varsity teams in the sport of basketball may participate in one Foundation game with another high school team without the game counting against the maximum number of contests allowed. (NOTE: All levels of competition are permitted).
- NOTE 6 The number of contests charged to a team or individual will be determined by the actual amount of competitions for each participant (team) (e.g., player plays 9 to 18 holes, or each member of team plays 9 to 18 holes. This activity, regardless of the number of other teams competing, would count as one contest). (i.e., A track one-day tri-meet would count as one meet)
Definition of Results: The number of results will be determined by the number of competitions that are scored. The number of results may differ from the number of contests charged to each individual and/or team, when event scoring allows each school to compete once and then match its scores against other teams which have competed at the same time and location (e.g., golf, cross country, swimming, gymnastics and track and field).
Example: Five golf teams could play the same nine or eighteen holes and then match scores to determine a number of dual match scores. Team A vs. B, C, D and E. Team B vs. A, C, D and E. Team C vs. A, B, D and E. Team D vs. A, B, C and E. Team E vs. A, B, C and D. The result would be one contest charged to each individual school (each team player played either 9 or 18 holes and the teams were composed of the regular number of competitors (e.g., 6) while each school would have 4 results (each of which could be a win, loss or tie). (*Board of Managers 1/27/95*)
- NOTE 7 A maximum of two scrimmages per sport are permissible prior to the first interscholastic contest (league or non-league) of the season, except in football and golf. Scrimmages shall not count in the team or individual maximum number of contacts, unless it [the scrimmage or scrimmages] is [are] held after the team's first interscholastic contest. (*CIF Bylaw 1206.C./Federated Council 4/17*). Teams may add additional scrimmages beyond the maximum after their first interscholastic contest by reducing their maximum number of games by a corresponding number (e.g., 24 water polo games and 2 scrimmages are the maximum numbers. A school could have 2 scrimmages prior to the first interscholastic contest, followed by any arrangement of 22 water polo games and 2 scrimmages). (*Board of Managers 1/23/98*)
- NOTE 8 See Appendix B for a summary of allowable football activities.

The final date for competition, other than NCS and CIF approved post-season tournaments, is determined by the NCS Board of Managers. Dates may be changed by board action. These dates are listed in the NCS Championship Calendar, a three-year calendar. Copies are sent to each member school through the distribution of the Board of Managers minutes in January or May of each year. The NCS Championship Calendar is also available on the NCS website. For sports without an NCS or CIF Championship, the NCS Board of Managers determines the final date of competition. Currently, gymnastics does not have an NCS or CIF Championship. The final date of competition is the first Saturday in November.

102H Penalty for Violation of Sports and General Rulings Bylaw 101H

Any team that has exceeded the maximum number of contests allowed under NCS Bylaw 101H shall be prohibited from

further competition from the point of the violation, including the league championship tournament as well as participation in the NCS Championship Series of the respective sport.

(Board of Managers 10/30/98)

103H Penalty for Violation of Sports and General Rulings Bylaws 101H (starting dates) and 202H

A team which violates NCS Bylaws 101H (starting dates) and 202H (related to earliest day practice may begin) shall:

- A. Forfeit three days of practice for every day it gained by exceeding the earliest starting date. Violations which are self-reported per NCS 1103.B are subject to the above penalty, a minimum penalty. Leagues are not allowed to reduce the penalty. Violations that are not self-reported are subject to NCS 1103.C.
- B. If a school participates in scrimmages or games outside the approved season of sport the school shall:
- C. Forfeit an equal number of scrimmages/games as gained by violation of the earliest starting date per 101H. Leagues are not allowed to reduce the penalty. Violations that are not self-reported are subject to NCS 1103.C

The burden of proof shall fall upon the school to establish why its violation should not be punished by forfeiture of games won, prohibition of participation in the NCS Championship Series of the respective sport, and the forfeiture of multiple times the number of practice sessions which it gained by beginning its practice sessions prior to the earliest starting date practice may begin. *(Board of Managers 4/4/17)*

104H Date of First Interscholastic Contest

It is recommended that each league/conference set its own date, within the approved season of sport, for the first date of competition.

105H Maximum Number of Contests for an Individual

The maximum number of contests for each individual student during each NCS sport season shall be limited to participation in not more than the maximum number of contests allowed for a team in that sport. When an athlete becomes a team member after one or more interscholastic contests have been played, the student may participate in not more than the maximum number of regular season contests remaining on the sport's schedule at any level for which the athlete would be eligible.

PENALTY FOR VIOLATION: Any individual who exceeds the maximum number of contests allowed under NCS Bylaw 100H shall be declared ineligible and prohibited from further competition from the point of the violation, including the league championship tournament as well as participation in the NCS Championship Series of the respective sport.

106H Maximum Number of Contests Per Day (CIF 1202A)

All interscholastic athletic contests (dual-triangular) in CIF approved sports are to be arranged in such a way that no student shall take part in more than two athletic contests in any one day.

NOTE: The two-contest maximum rule does not apply to tournaments.

PENALTY FOR VIOLATION: Any school that allows a student to participate in more than two contests in one day, with the exception of a tournament, will have their respective sport's maximum number of contests reduced two contests for every infraction of this rule in the following school year. *(Board of Managers 10/21/05)*

107H Tournaments (CIF 1202B)

All interscholastic athletic tournaments (defined as four or more schools) in CIF approved sports are to be arranged in such a way that no student shall take part in more than one tournament in the same sport in any one day.

PENALTY FOR VIOLATION: Any school that allows a student to participate in more than one tournament in one day will have their respective sport's maximum number of contests reduced two contests for every infraction of this rule in the following school year. *(Board of Managers 10/21/05)*

108H Tournament Games in Team Sports

In the following team sports – badminton, baseball, basketball, lacrosse, soccer, softball, team tennis, volleyball, water polo, - each game shall count in determining the maximum number of games, (e.g., a team that participates in a tournament that requires four games will be charged with four games, or as many as it plays with the following exceptions). Exceptions:

Volleyball: One-day tournament counts as two (2) contacts. Two-day tournaments count as three (3) contacts. Three-day tournament counts as four (4) contacts. The tournament must be held on consecutive days.

Badminton: Participation in a badminton tournament counts as two contests for each day of competition when determining the maximum number of contests allowed.

NOTE: At no time would a school be charged more than the actual number of contests played in a single day.

109H Season of Sport Limitations

NCS member schools may only conduct interscholastic games and practices during the season of sport limits as determined by the NCS Board of Managers and as further restricted by each school's league/conference.

- a) The season of sport for a school is that period of time that elapses between the first interschool contest and the final contest for the particular sport. (CIF 504) *NOTE: NCS Board of Managers defines the season of sport, for purposes of CIF Bylaw 504, as the period of time that elapses between the first date practice may begin through the final contest for each particular sport.*
- b) The season of a sport for any individual student is that period of time which elapses between a student's first participation in an interschool contest and the student's final contest for that particular sport. (CIF 504)
- c) A student shall not participate in more than four seasons of sanctioned CIF competition in any given sport in a four-year high school or three seasons of sanctioned CIF competition in any given sport in a three-year high school. Activities in the summer are exempt. (CIF 504(K))
- d) Each student shall be limited to one season of a particular sport for each school year. (CIF 504 (L))

NOTE: Also see 113H.

110H Definition of a Scrimmage/Jamboree

When two or more teams from different schools participate in a joint activity related to a given sport, this activity shall constitute either a game or a scrimmage/Jamboree and shall count against the maximum number of games or scrimmages allowed. *NOTE: A maximum of two (2) scrimmages per sport (aside from football (1) and golf (0)) are permissible prior to the first interscholastic contest (league or non-league) of the season. NCS schools may add additional scrimmages by reducing their number of contests. See NCS 101H, Note 7.*

An activity may only be defined as a scrimmage/Jamboree when items a) through g) are followed.

- a) Each scrimmage/Jamboree must be controlled by the participating school's coaching staff. Examples include unlimited time periods, free substitution, coach may stop play and make individual instruction to players. Time periods, as specified by the appropriate rulebook, shall not be used.
- b) No regulation score will be kept.
- c) A scrimmage/Jamboree must be listed on both (all, if more than two schools are participating) schools' season schedule and identified, in writing, as a scrimmage.
- d) Both coaches must concur in writing, that the activity is a scrimmage/Jamboree (identifying the activity as a scrimmage/Jamboree on the school's schedules shall satisfy this requirement). Under no circumstances will an activity that is conducted as a game be defined as a scrimmage/Jamboree.
- e) If the scrimmage is played against a team that does not belong to the North Coast Section, the opposing school's coach must be informed of the NCS definition of a scrimmage/Jamboree.
- f) Game officials are optional.
- g) Uniforms are optional.
- h) Tennis scrimmage/Jamboree. Definition of a scrimmage for tennis: (1) no official score; (2) play does not have to be continuous; (3) coaches may be on court; (4) no publication or reporting of results; and (5) no prescribed number of sets.
(See 100H, Note 7 and Note 2)
- h) Schools are allowed to conduct multiple school scrimmages in one time period and count the scrimmage as one scrimmage. (Ex. Four schools scrimmage in basketball. The four schools scrimmage each other following the definition of a scrimmage above. Each school benefits by scrimmaging three different opponents but counts the activity as one scrimmage.)
- i) No score/results are released to the media.

PENALTY FOR VIOLATION: Activities between two schools, declared a scrimmage/Jamboree by one or both schools, but does not follow the definition of a scrimmage/Jamboree, will be declared a contest. Any school in violation of the maximum number of contests rule, Bylaw 101H, will be subject to penalties listed under Bylaw 102H.

(Board of Managers 10/21/05)

111H Final Date for Competition

The final date for competition other than NCS or CIF approved post-season tournaments, is determined by the Board of Managers annually and stated in the NCS Championship Schedule.

112H Final Date of Season of Sport

- a) The final date of competition for each sport is posted in the Three (3) Year Championship Schedule, which denotes the end of the season of the respective sports.
- b) Those schools that qualify for or are selected to participate in NCS or CIF Championships may practice and scrimmage (basketball, baseball, softball, soccer, volleyball and water polo – See 113H) beyond the final date of the season of sport.

- c) Those schools that qualify for or are selected to participate in NCS or CIF Championships shall end their season upon elimination from the NCS or CIF Championships.
- d) The NCS Commissioner or his/her designee shall have the authority to approve or deny post-season competition for schools that participate in sports that do not have an NCS or CIF Championships.
- e) Sports that do not culminate in an NCS or CIF Championships and have received permission from the NCS Commissioner or his/her designee to conduct a post-season tournament shall end with the final date of the NCS Championship dates of the respective season (fall, winter, and spring). (*Board of Managers 1/24/20*)

113H Post Season Competition Restrictions

The listed maximum number of games does not include post-season competition conducted by leagues/conferences, NCS Championship Series, or post-season tournaments or competitions sanctioned by the CIF process (State or NCS). Schools, who are selected to the NCS Championships, may participate in a maximum of two (2) scrimmages between the NCS At-Large and Seeding meeting and the first scheduled contest of the respective NCS Championship Series in the sports of basketball, baseball, softball, soccer, volleyball and water polo, providing the following provisions are met:

- a) The team did not participate in a league playoff, and
- b) Both principals approve.

NOTE: Schools also need to have room within their schedules, not having reached their maximum number of contests. **PENALTY FOR VIOLATION:** Disqualification from the respective NCS Championship Series Event and referral to the respective league, or NCS Eligibility Committee (non-league affiliate schools), according to NCS Sports & General Rulings Handbook Bylaw 103H, where further penalties may be assigned. (*Board of Managers 10/21/05*)

114H Sports Out of Season

The process for requesting permission to conduct sports out of the NCS approved season of sport is:

- a) The league/conference must send a letter, including rationale, to the NCS Board of Managers, through the NCS Commissioner, asking for permission to conduct a sport out of the NCS approved season.
- b) The letter must be presented to the NCS Commissioner no later than the Board of Managers meeting prior to the requested season or the official season of sport, whichever occurs first.
- c) The NCS recognizes the importance of maintaining the integrity of the season of sport; however, there may be a major problem that exists within a league/conference. To help meet this circumstance the following criteria have been established for granting exemptions of the season of sport calendar to leagues/conferences: weather, finances, facility usage, available competition and effect on the total league/conference program.
- d) If a league/conference receives permission to play a sport outside of the NCS approved season of sport, the member schools of that league may NOT participate in the NCS Championships.

115H Protest Procedures

Schools and leagues may not establish protest procedures unless either the approved playing rules or adopted and/or modified rules by the California Interscholastic Federation and/or North Coast Section, allow for protests to be filed.

Approved playing rules bodies are as follows:

National Federation of High Schools – Baseball, Basketball, Competitive Sport Cheer (Stunt), Cross Country, Football, Boys Lacrosse, Soccer, Softball, Swimming, Track & Field, Volleyball, Water Polo and Wrestling.

United States Golf Association – Golf

USA Badminton – Badminton

USA Lacrosse – Girls Lacrosse

United States Tennis Association/Intercollegiate Tennis Association – Tennis

(*Board of Managers 1/19/07*)

PRACTICE REGULATIONS

200H Definition of Practice

Practice is the association of a coach or coaches with a potential team member or members for the purpose of teaching the mental or physical skills of a CIF approved sport.

- a) The NCS Commissioner has the power of interpretation of the definition of practice. Any specific exceptions to the definition should be referred to the NCS Sports Advisory Committee.

(See further information under Appendix A – Practice and Conditioning Guidelines and additional information for football in Appendix B)

201H Practice is Allowable

- a) Practice by a school team will only be allowed during the official season of sport.

- b) Only ninth grade through twelfth grade students may practice with or compete on a high school team. Ninth grade students of a junior high school that is located on the same campus and is under the supervision of the same principal as the senior high school may practice with and compete on the high school team.

Ninth Grade Students

Ninth grade students from an elementary or junior high school **may not** take part in the spring football practice at the high school. A high school coach **may not** conduct a football practice session at a separate junior high school. Ninth grade students at a junior high school that has a multi-campus agreement with the high school may take part in the respective high school's spring football practice.

(See further information under Appendix A – Practice and Conditioning Guidelines)

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 201H are found in Bylaw 103H. *(Board of Managers 10/21/05)*

202H Earliest Date of Practice

The earliest day that practice may begin in the NCS is:

Fall Sports: the Monday following the Thursday 16 weeks prior to Thanksgiving. *(Board of Managers 9/28/18)*

Winter Sports: the Monday following the Saturday 19 weeks prior to the Saturday of the State CIF Basketball Championships. *(Board of Managers 9/28/18)*

Spring Sports: the Monday following the Saturday 16 weeks prior to the Saturday of the State CIF Track & Field Championships. *(Board of Managers 9/28/18)*

(See further information under Appendix A – Practice and Conditioning Guidelines and Appendix B-Football).

203H Limitation on Practice

NCS member schools may only conduct interscholastic games and practices during the season of sport limits as determined by the NCS Board of Managers, and as further restricted by each school's league.

(See further information under Appendix A – Practice and Conditioning Guidelines)

PRACTICE ALLOWANCE: Please see NCS Constitution and General Bylaws. Bylaw 506.

(Approved May 2014 CIF Federated Council) (Football see Appendix B)

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 203H are found in Bylaw 103H. *(Board of Managers 10/21/05)*

204H Sunday Restrictions (CIF 504 (M))

- A. In order to provide at least one day of respite from involvement in interscholastic athletics each week, no interscholastic games or practices of any kind are to be held on Sunday.
Exception: Those schools founded upon religious tenets that observe the Sabbath from Friday sundown until Saturday sundown may practice or play on Sundays. Said schools must register each year by August 1 for the following year with their Section office and indicate either Friday or Saturday as their alternate day of respite.
NOTE: Declaration of Alternate Day of Respite form is available through your local CIF Section Office.
- B. Violation of Bylaw 504(M) will result in the following sanctions:
1. Practice: for every practice conducted on a declared day of respite the violating school will be prohibited from conducting twice as many regularly scheduled practices (2 for 1);
 2. Game: a game played on a declared day of respite will result in forfeiture of the game.
- C. In addition to the above sanctions, the section depending on the violation may impose the following additional sanctions:
1. The final season record will be reduced by at least one win at the conclusion of the season;
 2. The school will be placed on probation;
 3. The team/individual will be ineligible to advance to or in section, regional or state championships;
 4. Reduction of maximum number of contests allowed for the following year in that sport;
 5. Repeated violation may result in suspension of membership in the CIF.

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 204H are found in Bylaw 103H. *(Board of Managers 10/21/05)*

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 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.

PENALTY FOR VIOLATION: Disqualification from the respective NCS Championship Series Event and referral to the respective league, or NCS Eligibility Committee (non-league affiliate schools), according to NCS Sports & General Rulings Handbook Bylaw 103H, where additional penalties may be assigned. *(Board of Managers 10/21/05)*

206H Exceptions to the Limitation on Practice

- a) Spring football practice shall not start earlier than the Monday four weeks prior to Memorial Day and must be completed before spring final examinations start.
 - 1) Spring practice shall not exceed ten (10) practice sessions, **none** of which may be held on Saturday or Sunday.
 - 2) The only allowable football equipment for spring football shall be football shoes, footballs, helmets and blocking bags. *(Board of Managers 1/23/98)*
- b) A coach may not require a prospective team member to attend off-season practice at any time during the school year or summertime.
- c) Coaches of interscholastic teams may teach their sport during the school year in a regularly scheduled physical education class, if the class is not limited to students who plan to participate in that sport, and the class is not a requirement for participation (including try-outs) in that sport.
- d) Schools may not sponsor nor provide resources (facilities, equipment, etc.) for practice by a school team or team members outside the official season of the sport except as provided by 209H.
- e) During the periods of time not defined as the football season of sport or as a league approved football conditioning program, or as spring football practice, schools may not hold or sponsor conditioning or practice for members of the school football team during the school year other than as defined by 209H.
- f) Participation in any sport outside of the defined NCS season of sport must be governed by the nationally recognized authority for that sport if such authority exists.

(See further information under Appendix A – Practice and Conditioning Guidelines)

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 205H are found in Bylaw 102H. *(Board of Managers 10/21/05)*

207H School Team/Individual Sponsorship

- a) During the school year, a member school may NOT:
 - 1) Sponsor a team outside of the NCS defined season of that sport or sponsor an individual or group for competition outside of the official season of that sport except as provided by 210H.
 - 2) Pay entry fees for a team or for individuals in any competition conducted outside of the official season of sport for the respective sport except as provided by 210H.
 - 3) Contract with or encourage a coach to supervise a team outside the official season of sport for the respective sport except as provided by 209H.

(See further information under Appendix A – Practice and Conditioning Guidelines)

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 207H are found in Bylaw 103H.

208H Coaching

- a) A person employed as a coach by a NCS member high school may coach a team outside the official season for that sport provided all of the following conditions are met:
 - 1) The coach coaches as a private citizen,
 - 2) The coach does not receive compensation for coaching team from the school, school district, or other school related organization (e.g., P.T.A., boosters club, etc.),
 - 3) The coach is not assigned to coach by the school or school district,

- 4) The coach does not use any school-owned equipment (i.e., uniforms, balls, bats, etc.), or facilities (e.g., gymnasium, rooms, fields, etc. under conditions more favorable than those available to the general public,
- 5) The coach does not represent the team as a school team, or as a requirement to play for the school team, and
- 6) The coach does not use the school's name as the team's name.

The intent of the above regulations is to ensure that NCS schools only conduct and support practice and competition for their teams in CIF approved sports during the respective sport's season of sport as defined by the NCS Bylaws. In addition, the NCS will make no effort to curtail the activities of its students or of its coaches other than during the official season of sport, except to ensure that competition or practice in a sport program outside of the sport's season of sport is not represented as a school sponsored activity and is not, in any way, to be approved or supported by a NCS member school except as provided by 209H.

(See further information under Appendix A – Practice and Conditioning Guidelines)

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 208H are found in Bylaw 103H. *(Board of Managers 10/21/05)*

209H Organizational Meetings

Schools may conduct three organizational meetings, per sport, during the school year outside of the season of sport.

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 209H are found in Bylaw 103H. *(Board of Managers 10/21/05)*

210H Summertime School Athletic Activities

During the period of time from **June 1** until the first NCS authorized conditioning or practice date of the next school year, NCS shall have no authority over NCS member school athletic activities concerning:

1. Use of facilities
2. Equipment
3. Assignment of a coach by the school or school district to coach
4. Practices
5. Non-NCS/CIF contests

Authority to manage these items shall rest with the individual school district or private school board. All NCS Eligibility Bylaws related to pre-enrollment contact and undue influence still apply.

(See further information under Appendix A – Practice and Conditioning Guidelines and Appendix B)

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 210H are found in Bylaw 103H. *(Board of Managers 10/21/05)*

211H Open Gyms and Open Fields

Open gyms and open fields may be sponsored by NCS member schools during the period of the first NCS authorized conditioning or practice date of the fall season until after June 1 under the following conditions:

1. The open gym or open field is open to all community members regardless of age or gender.
2. The school must, at the very least, advertise in its daily bulletin, an invitation for participation of all community members.
3. During the open gym or open field there cannot be any coaching or practice as defined by NCS Sports & General Rulings Bylaw 200H, 201H a), 202H, 203H, 205H and 206H. School personnel, including paid and volunteer coaches, may supervise a facility and may participate in activities (ex. pick-up games) as long as they do not instruct students in the skills and/or strategies of the sport.

(See further information under Appendix A – Practice and Conditioning Guidelines)

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 211H are found in Bylaw 103H. *(Board of Managers 10/21/05)*

SPORTSMANSHIP

"It is the mission of the North Coast Section to provide wholesome, educational athletic activities that foster the ideals of sportsmanship, ethical conduct and fair play. All competition and practices shall be conducted in a safe manner that assures dignity, respect and courtesy for players, coaches, officials and spectators."

(Board of Managers 4/26/96)

300H Sportsmanship

Sportsmanship Preamble

The member schools of the North Coast Section, CIF are committed to providing a sportsmanlike environment for

students, coaches, and spectators. To that end, the NCS Board of Managers has adopted sportsmanship and crowd control recommendations. Each member school is encouraged to implement these recommendations and commit to the enforcement of proper spectator behavior at all contests conducted at their home location and while visiting other contest locations.

Repeated violations of sportsmanship standards may result in loss of hosting NCS and CIF Championship events. All concerns regarding violations of sportsmanship standards should be reported to the NCS Office.

Definition of Sportsmanship

A person who can take a loss or defeat without complaint, or victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.

- a) The following are expected to be role models demonstrating sportsmanship at all times:
 - 1) Principal/administrative staff
 - 2) Athletic directors
 - 3) Coaches, players and cheerleaders
 - 4) Faculty members
 - 5) Booster club members
 - 6) Band director
- b) Coaches, players, cheerleaders, parents and spectators will respect the integrity and judgment of sports officials.
- c) The conduct of coaches, players and cheerleaders generally sets the tone of NCS/CIF contests. They will be expected to maintain the highest level of decorum at all NCS/CIF contests.
- d) The following behavior is unacceptable at **all** NCS/CIF high school contests:
 - 1) Berating your opponent's school or mascot
 - 2) Berating, yelling, booing or chanting at opposing players or coaches before, during and after the game. Personal attacks will not be tolerated.
 - 3) Obscene cheers or gestures
 - 4) Negative signs. All signs must show only positive support. Those which direct negative comments towards opponents or are unsportsmanlike or vulgar are not permitted.
 - 5) Noisemakers (Artificial noisemakers shall not be used at any event. Artificial noisemakers are items such as, but not limited to, megaphones, air horns, bells, whistles, clickers, thunder sticks, explosive devices, tape/CD players, jars with pennies, drums, large water bottles, conch shells, plastic horns and radios).
 - 6) Laser pointers
 - 7) Complaining about officials' calls (verbal or gestures)
 - 8) Throwing objects onto the playing area before, during, or after a contest.
 - 9) Entering the playing area before and during a contest, including the awards ceremony, if applicable.
- e) The following behavior is questionable behavior which schools may want to discourage and must be closely monitored by site administration.
 - 1) Demeaning acts such as actions, or gestures (ex: turning backward during introductions, holding up newspapers)
 - 2) Doing crowd-initiated yells instead of following the lead of cheerleaders
 - 3) Yells such as "Air Ball" or "You, You, You".
 - 4) Spectator's attire, including shirtless with messages painted on their bare skin, should be closely monitored.
 - 5) Bringing objects, such as brooms, newspapers, etc., used to demean your opponent.
 - 6) Entering the playing area after a contest prior to team handshakes or the opponents' safe return to their team area.
- f) Student attendance is not a right, but a privilege. Site management/supervision has the right to remove any individual for not adhering to NCS and school rules/policies. (Penal Code 626.7)
- g) The following action plans are recommended:
 - 1) Meet with student leaders prior to games where student attendance is expected to exceed regular attendance to review proper behavior at all games
 - 2) A script should be provided to the announcer including:
 - * Welcome
 - * Sportsmanlike expectations

- * Acknowledgment and introduction of the game officials

NOTE: There should be a short statement endorsing the officials as neutral persons who have been accredited by the CIF.

- 3) Include the CIF Code of Ethics in the game programs.
- 4) Each participating school's administration is expected to emphasize sportsmanlike behavior at all CIF contests.
 - * This shall be directed to coaches, players, cheerleaders and spectators in the day(s) prior to the contest.
 - * Rallies, team meetings, faculty meetings, spirit club meetings, school bulletins and P.A. announcements are all appropriate venues.
 - * Contact the principal or administrator-in-charge of the opponent's school at least one day prior to basketball and football games and other contests as appropriate to promote practical applications of the sportsmanship and to ensure the proper environment for the contest.
- 5) It is the responsibility of the administration of each participating school to designate an administrative representative who will:
 - * Check in with the site manager 30 minutes prior to the game time and establish where he/she will be throughout the contest, and
 - * Enforce the highest standards of sportsmanship with his/her own student body, and
 - * Contact the administrative representative of the opponent's school to report any violations of sportsmanship by either school's supporters.

Code of Ethics

It is the duty of all concerned with high school athletics:

- 1) To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- 2) To eliminate all possibilities which tend to destroy the best values of the game.
- 3) To stress the values derived from playing the game fairly.
- 4) To show cordial courtesy to visiting teams and officials
- 5) To establish a happy relationship between visitors and hosts
- 6) To respect the integrity and judgment of sports officials.
- 7) To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- 8) To encourage leadership, use of initiative, and good judgment by the players on a team.
- 9) To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- 10) To remember that an athletic contest is only a game--not a matter of life and death for player, coach, school, officials, fan, community, state or nation.

Board of Managers - Policy Statement

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

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

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

- a) Players are expected to conduct themselves in a manner that shall bring credit to themselves, their schools, communities, coaches and families. They shall refrain from all conduct that tends to degrade, bait, intimidate, or otherwise discredit their opponent, officials, or interscholastic athletics.
- b) Coaches are expected to maintain decorum consistent with the educational values of interscholastic athletics. By personal example, coaches are expected to demonstrate their awareness of these values by showing restraint and composure in the emotional climate of an athletic contest and to insist that players in their charge conduct themselves in a sportsmanlike manner.
- c) Responsible member school personnel are expected to instruct and supervise the conduct of student spirit leaders, rooting sections, bands, other student groups and coaching personnel in order to achieve an atmosphere

consistent with good sportsmanship. School administrators are expected to control or cause to be controlled spectators in such a manner that all athletic contests are conducted in an atmosphere that is consistent with the educational value of interscholastic athletics. (*Board of Managers 5/1/00*)

- d) NCS leagues and schools should take necessary actions to ensure that conduct, which is not in conformance with the above policy, is reviewed by schools and leagues and appropriate actions taken to ensure that the ideals of good sportsmanship are fostered by NCS schools and leagues.
- e) In the case of NCS Championship competitions, flagrant instances of unsportsmanlike behavior on the part of players, coaches, and/or fans should be reported by the school principal (s) to the Board of Managers through the Associate Commissioner, together with a description of action taken by member schools. The Associate Commissioner will contact offending schools regarding the school's deportment at NCS events.
- f) The Sportsmanship Committee is the standing committee responsible for reviewing sportsmanship violations at championship events.
- g) Authority of the Commissioner of Athletics Concerning Sportsmanship Issues
The Commissioner, or his/her designee, shall, at his/her discretion, determine whether information about alleged violations of the NCS Board of Managers Policy Statement concerning Sportsmanship is sufficiently reliable to justify further investigation, and if a violation is determined to be present shall render remedies and penalties which in the judgement of the Commissioner, or his/her designee, address any unsportsmanlike activity, remedies and penalties that may apply to either student-athletes, coaches and/or member schools. The Commissioner shall rely on procedures outlined in 1103.C to implement the review, investigation, possible penalties and outlined appeal process.

Factors to be considered by the Commissioner, or his/her designee, in making these determinations may include, but are not limited to:

- a. The seriousness of the alleged violation;
- b. Review of statements, video and interviews deemed relevant in making any decision.

Potential remedies/penalties are:

- a. Forfeiture by one school or double forfeit of the contest in question.
- b. Ejection of student-athletes and coaches who are not identified by officials for disqualification.
- c. Placement of the program on probation.
- d. Loss of privilege to host in the NCS Championships.
- e. Termination of the current season from the point of the infraction.
- f. Elimination from the NCS Championships for the season of the infraction.
- g. Disqualification of student-athletes and coaches for additional contests based on the severity of the infractions.

301H Code of Ethics for Athletes

- a) Athletes are expected to show the highest standards of sportsmanship during competition.
- b) Athletes are to share in the responsibility for the conduct of their teammates and supporters of their team by controlling their behavior.
- c) An athlete must accept the decision of an official. Any questions regarding a call or calls are to be directed to the official by the coach or team captain.
- d) An athlete must maintain his/her academic performance, so that he/she may continue to participate on a team.
- e) Any complaints that the athletes have should go to the coach, athletic director and then to the principal.
- f) An athlete shall be responsible for all equipment issued to him/her and will replace or pay for it if any of it is not returned.

302H Code of Ethics for Spectators

- a) Spectators are required to maintain a high degree of sportsmanship during athletic contests.
- b) Spectators must, at all times, remain in the designated seating areas while a contest is in progress.
- c) No spectator is allowed to confront an official, coach, or player before, during or after an athletic contest.
- d) The actions of a spectator, detrimental to the playing of the game, may cause forfeiture of that contest.

303H Code of Ethics for Cheering Sections

- a) All yells must emanate from the cheerleaders. (Cheerleaders should discourage impromptu yells, cheers, and comments from individuals or minor groups).

- b) Cheerleaders should especially discourage unsportsmanlike yells.
- c) Pompon debris must be kept off the gymnasium floor it is a hazard to the player.
 - 1) The pompon girls are responsible for removing the debris from the floor.
- d) There shall be no antagonistic or deprecating yells directed at the opposing school.

304H Code of Ethics for Coaches

- a) A coach will be expected to maintain high levels of sportsmanship, thus serving as an example to be emulated by players and spectators.
- b) A coach may be held responsible for the behavior of his/her personnel. Repeated misbehavior by team personnel may be considered a reflection of the coach's inability to control them.
- c) Coaches shall acknowledge officials' primary responsibility for conduct of contests, authority to make final decisions regarding rule interpretations during a contest, and authority to discontinue a contest and award a default for harassment or other unprofessional conduct by a coach.
- d) Questions and complaints regarding the conditions and procedures of a contest shall be directed to the hosting coach prior to the contest. Questions and complaints regarding conditions or procedures that arise or change during the course of a contest shall be directed to the officials.
- e) Proper behavior for a coach would preclude:
 - 1) Disrespectfully addressing an official,
 - 2) Disrespectfully addressing or baiting an opponent,
 - 3) Indicating his/her objection to an official's decision using gestures, or charging onto the playing field/court,
 - 4) Doing anything that might incite undesirable crowd reactions,
 - 5) Violating rules (particularly with regard to coaching decorum) listed in the official rule book of the sport in which he/she coaches.

305H Code of Ethics for Bands and Other Support Groups

- a) A faculty member should supervise each performing group at every contest.
- b) Bands should play only before a game, during the time-outs, at half-time and after the game. The instruments should be used as musical instruments, not noisemakers.
- c) The band of one school should not play while the band of the other school is playing or performing.
- d) Bands should take turns performing their numbers. The host band director should contact the visiting director before the game to determine the playing order.
- e) Bands must terminate a number when a team breaks the huddle, or the official indicates that play is to be resumed. This is extremely important.
- f) Bands, song girls, entertainment, etc., should never interfere with the officials, the practicing teams, or the playing of the game.

306H Recommended School Responsibilities Relating to Game Officials

It is recommended that:

- a) The host school have available someone who will handle the needs of the officials assigned to the contest. This should include, but not be limited to, facility orientation, dressing facility assignment, and parking.
- b) The officials dressing facilities be open at halftime and immediately after the contest.
- c) At the completion of the contest, the officials' dressing facilities remain secured for at least 30 minutes in football and 20 minutes in all other sports. Coaches and other school personnel should not enter an officials' dressing area for the purpose of complaints.
- d) Coaches publicly display respect and sportsmanship before, during, and after a contest.
- e) Coaches and school personnel not make public statements to the news media criticizing officials.
- f) School personnel be alert to potential problem situations and, when necessary, provide security for officials to and from their dressing facilities and to the parking area after the contest.
- g) Athletic administrators convey to their coaching staff that if there is a problem regarding the officiating, it should be referred first to the principal or designee who will be responsible for filing the proper forms according to section guidelines.
- h) School staff will assure that officials are able to proceed to dressing facilities after the contest without confrontation.

307H Ejection Policy

A. Notice

Every player must read and sign a copy of the NCS Ejection Policy Athlete Notification Form. Each team coach, assistant

coach and/or coaching representative must read and sign a copy of the NCS Ejection Policy Coach Notification Form. The copies will be maintained by each school's administration. Each school's principal or Head of School must send a copy of the NCS Ejection Policy School Notification Form to their League Commissioner prior to the first contest of the season verifying that all players and coaches for the respective season (fall, winter, and spring) have read and signed the NCS Ejection Policy forms. Additionally, each school's principal or Head of School must verify to the League Commissioner that any future additions to the roster of either players or coaches will also read and sign the NCS Ejection Policy form prior to participating in an interscholastic contest. The Principal or Head of School for Non-League Affiliate Members must send the required School Notification Form to the NCS Officials' Liaison.

B. Procedures

Each league and Non-Affiliate Member shall establish a procedure for the reporting of player, coach or fan ejections with the official's association providing officials for home contests.

- a. The coach of the team shall notify (orally or in writing) specified school personnel whenever a player, coach or fan is ejected.
- b. The officials' association shall submit a written report to specified school personnel, the league commissioner and the NCS Officials' Liaison within 24 hours of the ejection. The report should include the reason for the ejection(s) and identify the person(s) ejected.
- c. The lack of receipt of the ejection report from the officials' association does NOT invalidate any ejection.
- d. The NCS Officials' Liaison will forward a copy of any ejection reports received from other CIF Sections or out of state officials' associations to the involved school and League Commissioner.

C. Coaches' Responsibility

The Head Coach is responsible for determining the cause of ejection for any of their players or coaching staff members and is responsible for enforcement of the NCS Ejection Policy. Confusion over the cause of a player or coaching staff member's ejection shall not be the basis for allowing a player or coaching staff member to avoid the sanctions required by the NCS Ejection Policy.

D. Penalties

These rules and minimum penalties are applicable to players and coaches during the time that contest officials have jurisdiction for the contest in accordance with the National Federation of State High School Associations (NFHS) or sport governing body rules for the respective sport and the CIF Sportsmanship and Ejection Policy set forth in Section 503.M of the NCS Constitution and General Bylaws. Leagues or schools may determine that a greater penalty than what is herein contained may be appropriate and they retain the right to be more restrictive in applying penalties than this policy outlines. Contests that players and/or coaches must sit out shall count as contests played, even if the contests are forfeited because there are not enough players for the school to field a team.

1. Player

A player who is ejected from a scrimmage, jamboree, alumni game or Foundation game must complete the NFHS Sportsmanship course prior to a scheduled contest. If more than one player from a team is ejected or participates in a fight, then the team and coaches shall complete the NFHS online sportsmanship course prior to the next contest, the team shall lose one (1) practice the following week and will be put on probation for the remainder of the school year.

A player ejected from a contest (an athletic competition involving two or more teams that is not a scrimmage, jamboree, alumni game or Foundation game) for violation of a NFHS or sports governing body rule (other than assaultive behavior/fighting or leaving the bench area during a fight) shall be ineligible to participate in the remainder of the contest and the school's next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff). If the ejection is for unsportsmanlike conduct, the player must also complete the NFHS online Sportsmanship course.

A player ejected a second time from a contest for violation of a NFHS or sports governing body rule (other than assaultive behavior/fighting or leaving the bench area during a fight) shall be ineligible to participate in the remainder of the contest and the school's next three contests (non-league, league, invitational tournament, post-season {league, section or state} playoff). There is also a mandatory three contest sit out associated with a second

ejection. If the team participates in less than three contests during the remainder of the season, the player must sit out the remaining number of contests the next year, or if a senior, in the next season of sport. If the ejection is for unsportsmanlike conduct, the player must also complete the NFHS online Sportsmanship course.

A player ejected a third time from a contest for violation of a NFHS or sports governing body rule shall be ineligible to participate in the remainder of the contest and for the remainder of the season (includes post-season play). There is also a mandatory six contest sit out associated with a third ejection. If the team participates in less than six contests during the remainder of the season, the player must sit out the remaining number of contests the next year, or if a senior, in the next season of sport. If the ejection is for unsportsmanlike conduct, the player must also complete the NFHS online Sportsmanship course.

A player ejected for gross unsportsmanlike conduct, assaultive behavior/fighting (throwing a punch; striking an opponent with fist, locked hands, forearm or elbow; kicking or kneeling; biting or similar behavior) or leaving the bench area to begin or participate in an altercation shall be ineligible to participate in the remainder of the contest and the school's next three contests (non-league, league, invitational tournament, post-season {league, section or state} playoff). In unusual circumstances, the NCS Commissioner may increase the suspension up to six games. The player must also complete the NFHS online Sportsmanship course.

A player ejected a second time for gross unsportsmanlike conduct, assaultive behavior/fighting (throwing a punch; striking an opponent with fist, locked hands, forearm or elbow; kicking or kneeling; biting or similar behavior) or leaving the bench area to begin or participate in an altercation shall be ineligible to participate in the remainder of the season (includes post-season play). There is also a mandatory six contest sit out associated with a second ejection. If the team participates in less than six contests during the remainder of the season, the player must sit out the remaining number of contests the next year, or if a senior, in the next season of sport. The player must also complete the NFHS online Sportsmanship course.

Players required to complete the NFHS Sportsmanship course may not participate until the course has been completed and the certificate of completion has been forwarded to the league commissioner, or NCS Officials' Liaison for Non-League Affiliate Members. A player on a team competing in an out-of-Section tournament, may delay completion of the required NFHS Sportsmanship course. The player may continue to participate in the tournament after the appropriate contest suspension but must complete the NFHS Sportsmanship course prior to the next non-tournament contest.

During the contest(s) for which the player is ineligible, the player may be on the bench in street clothes for the duration of the suspension.

A player ejected from a sub-varsity level contest must sit out the required number of contests at that level. Additionally, if the player is moved up to the next level to participate, prior to serving the penalty, the player must sit-out the required number of contests at the next level. The player will still need to sit-out at the sub-varsity level if/when that player is moved back down. A player may not be moved to a lower level of competition until the sit out requirement has been completed at the level the ejected player was competing.

NOTE: This also applies to the completion of suspended contests.

A player ejected in the last contest of the season for an offense that requires the completion of the NFHS Sportsmanship course, must complete the course within ten (10) school days. If the ejected player was competing at the sub-varsity level, the player may not be moved to the varsity level for post-season competition.

Before a player may return to participate in a contest following a multiple contest suspension, the school Principal/Head of School or his/her designee must inform the League Commissioner that they have met with the student-athlete, his or her parent/guardian/caregiver and coach to discuss future behavioral expectations. The NCS Return to Competition Form must be returned to the League Commissioner before the player is eligible to participate in the team's next contest. Non-League Affiliates must return the form to the NCS Officials' Liaison.

2. Coach

A coach who is ejected from a scrimmage, jamboree, alumni game or Foundation game shall complete the NFHS sportsmanship course prior to a scheduled contest. If more than one player or one coach from a team is ejected or participates in a fight, then the team and coaches shall complete the NFHS online sportsmanship course prior to a scheduled contest, the team shall lose one (1) practice the following week and will be put on probation for the remainder of the school year.

A coach, assistant coach and/or coaching representative who is ejected from a contest for violation of a NFHS or sports governing body rule (other than assaultive behavior/fighting) shall be disqualified from any coaching activities for the remainder of the day and the school's next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff).

A coach, assistant coach and/or coaching representative ejected a second time from a contest during one season for violation of a NFHS or sports governing body rule (other than assaultive behavior/fighting) shall be prohibited from coaching or attending the next three contests for that team. In unusual circumstances the NCS Commissioner may increase the suspension up to six games.

A coach, assistant coach and/or coaching representative ejected a third time from a contest during one season for violation of a NFHS or sports governing body rule (other than fighting) shall be prohibited from coaching or attending the remaining contests of the season (including all league, NCS or CIF post-season play). If there six or fewer contests remaining in the season, the coach would be disqualified from participating for up to six contests the following season.

A coach, assistant coach and/or coaching representative who is ejected from a contest for Gross Unsportsmanlike Conduct, Fighting or Assaultive Behavior shall be prohibited from coaching or attending the remaining contests of the season (including post-season play). If there six or fewer contests remaining in the season, the coach would be disqualified from participating for up to six contests the following season.

In the event of an ejection, the coach, assistant coach and/or coaching representative will immediately remove themselves from their coaching responsibilities in accordance with National Federation or sport governing rules for the respective sport. The coach, assistant coach and/or coaching representative must leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team players and other team personnel during the remainder of the contest. If there is no other coaching representative who is certified by the school in accordance with CIF Bylaw 503, the contest shall be terminated and declared a forfeit. The offending coach's school will be credited with a loss and the opposing school shall be credited with a win.

The ejected coach, assistant coach and/or coaching representative will be prohibited from attending the next contest for that team or any other team in the same sport prior to serving the penalty. Coaches also must meet with their respective Athletic Director and/or School Administrator and complete the online NFHS Sportsmanship course.

The coach may not attend any contests until the course has been completed and the certificate of completion has been forwarded to the league commissioner, or NCS Officials' Liaison for Non-League Affiliate Members. A coach on a team competing in an out-of-Section tournament, may delay completion of the required NFHS Sportsmanship course. The coach may continue to participate in the tournament after the appropriate contest suspension but must complete the NFHS Sportsmanship course prior to the next non-tournament contest.

A coach, assistant coach and/or coaching representative ejected in the last contest of the season must complete the NFHS Sportsmanship course within ten (10) school days.

Before a coach, assistant coach and/or coaching representative may return to participate in a contest following a multiple contest suspension, the school Principal/Head of School or his/her designee must inform the League Commissioner that they have met with the individual and athletic director to discuss future behavioral expectations.

The NCS Return to Competition Form must be returned to the League Commissioner before the individual is eligible to participate in the team's next contest. Non-League Affiliates must return the form to the NCS Officials' Liaison.

3. Spectator

If a spectator is ejected from a contest, it is the responsibility of the school to ensure that person does not attend that team's next contest. If the same spectator is ejected a second time, it is the responsibility of the school to ensure that person does not attend any of the remaining contests for that season.

4. Illegal Participation in the Next Contest

Illegal participation in the next contest after a player, coach, assistant coach and/or coaching representative has been ejected shall result in the contest being forfeited and the ineligible player, coach, assistant coach and/or coaching representative shall be ineligible for the next contest.

5. Multiple Ejections

When a school incurs three or more ejections (not including fan ejections) in the same sport and level of competition during the season the following is required:

- a. The Head Coach must meet with the Athletic Director and/or School Administrator to review the Sportsmanship guidelines in the NCS Sports & General Rulings Handbook.
- b. The Head Coach must complete the NFHS Sportsmanship course and forward the certificate of completion to the League Commissioner. Non-League Affiliate Members must send the certificate to the NCS Officials' Liaison.
- c. The school must develop an action plan for the team regarding sportsmanship and forward the plan to the League Commissioner. Non-League Affiliate Members must send the action plan to the NCS Officials' Liaison. The plan must be submitted within five business days after notification of this requirement is sent to the school.

If a varsity level team has any further ejections after the school has been notified of the requirement to complete an action plan, the team will not be allowed to host during the NCS Championships for that sport. The NCS Commissioner has the authority pursuant to the NCS Sports & General Rulings Handbook (300H), Board of Managers Policy Statement to impose additional sanctions on the school regarding sportsmanship issues.

6. Players Leaving Bench Area

The school, league or NCS may use videotape or any other electronic video to identify players who have left the bench area to begin or participate in an altercation. This identification may be made after the jurisdiction of the contest officials has ended. Players so identified are subject to the penalties outlined in D.1. Videotape or other electronic video may also be used to identify players who were erroneously identified as having left the bench area.

7. Physical Assault of an Official

A physical assault is the intentional infliction of or an attempt to inflict a harmful or offensive touching or contact upon the person of an official. The rule is violated even if no contact is made with the person of an official. Such conduct shall include verbal threats and/or intimidation either before, during or after the contest. The NCS Commissioner of Athletics will notify the member school of an alleged assault by a player, coach or spectator. The competing schools and officials will be required to file written reports within ten (10) days of the incident. After reviewing the material, the principal or Head of School involved will be required to respond to the NCS Office concerning his/her investigation of the incident. The responding school must also indicate action to be taken by the school concerning the alleged incident. The person alleged to have physically assaulted an official shall be ineligible to participate in or attend any contests until the investigation has been completed and the NCS Commissioner of Athletics has accepted the results and recommendation of the school's investigation.

E. Appeal Process for Multi-Game Ejections

The school Principal/Head of School or his/her designee may submit an appeal to the League Commissioner and the NCS Officials' Liaison within 48 hours of the date of the ejection related to the incorrect identification of an ejected player(s) or coach(es) or a misapplication of the rule. Videotape or other electronic video may be used to assist in the correct

identification of the player(s) or coach(es) who should have been ejected. If a school alleges there was an incorrect player(s) or coach(es) ejected, the school must identify the correct player(s) or coach(es) as part of the evidence provided. Appeals shall be heard by the ejected player's or coach's League President/League Commissioner for a regular season contest not including the final contest prior to Section playoffs. Non-League Affiliate Members must submit their appeal to the NCS Officials' Liaison. Appeals for misidentification or misapplication of the rule in the final contest of the season and all Section or CIF playoff contests shall be made to the NCS Commissioner. The player(s) or coach(es) must sit-out all contests until the appeal is decided.

There will be no appeal regarding the judgment of an official or for single game ejections.

Q1: If an official disqualifies an athlete as prescribed by the NFHS rules for that sport, will a suspension be required?

A: If, in the review of the report filed by the official, it is determined by the Section Commissioner, or his/her designated representative, that the actions of the player do not involve unsportsmanlike conduct*, a suspension may be waived.

**NOTE: If a player is disqualified for a flagrant type foul (flagrant foul, flagrant misconduct, serious foul play, malicious conduct, violent conduct etc.), the suspension may not be waived.*

Q2: If it is determined by documented and/or video evidence that a player is disqualified from a contest erroneously, will a suspension be required for that player?

A: If, in the review of the report filed by the official, it is determined from the use of documentation and/or video evidence by the Section Commissioner or his/her designated representative, that the player has been misidentified or disqualified erroneously, a suspension may be waived.

NOTE: If a player was misidentified, the school must provide the name of the correct player who should have been disqualified and that player is subject to the appropriate disqualification penalties.

Q3: Sometimes an official will reverse their initial call at the conclusion of the contest. Can the official reverse his/her original call?

A: If, in the review of the report filed by the official, it is determined that he/she made an incorrect ruling, the official may rescind the initial report.

NOTE: If an official misapplied a NFHS or sports governing body rule which resulted in the disqualification of a player or coach, the official may rescind the initial report. The officials' association that assigned the official to the contest should concur with the rescinding of the report. An official/official's association may not rescind the disqualification of a player(s) or coach(es) for assaultive behavior, or the disqualification of a player(s) for leaving the bench area. (The school may appeal these disqualifications pursuant to Section E.)

F. Awards Ceremony

Any player, coach, assistant coach and/or coaching representative who has been ejected from an NCS or CIF Regional/State championship contest for unsportsmanlike conduct, fighting or leaving the bench area to begin or participate in an altercation will be prohibited from participating in the awards ceremony.

G. Process to Change the Ejection Policy

League commissioners shall annually review the content of the Ejection Policy with representatives of its member schools and make recommendations for change. The league commissioner will direct such recommendations to the NCS Sportsmanship Committee ("SC"). Non-League Affiliate Members may forward proposed Ejection Policy changes to the SC. The SC will determine whether to forward recommendations to the Sports Advisory Committee for consideration.

H. Process to Amend Sport Specific Rules Summary

The NCS Commissioner or designee shall annually review the Sports Specific Rules Summary and make changes as necessary to correspond with changes made in the NFHS or sports governing body rules dealing with sportsmanship issues.

HONOR COACH AWARDS

400H Honor Coach

The Honor Coach program is designed to recognize those coaches who meet the criteria as outlined below in all sports that culminate in NCS Championship Series Events.

- a) Honor Coach Nomination
 - 1) Nominations for honor coach shall be made to the selection committee by any league/conference and management committee in the NCS. Each nomination must be approved by the nominee's respective league.
 - 2) The NCS staff is empowered to nominate honor coaches to the selection committee when nominations have not been submitted by leagues/conferences within the respective deadlines.
 - 3) If there are no qualified nominations in a given year, the Honor Coach Award will not be presented for that year.
 - 4) Honor Coaches may be named only in all sports that culminate in NCS Championship Series events.
- b) Honor Coach Process
 - 1) Nominations accompanied with Nomination Form and signed by the respective league commissioner are presented to the Honor Coach Committee Chairperson by any league/conference or management committee or by the NCS staff.
 - 2) Selected Candidates will complete the Personal History Form.
 - 3) All completed forms with the appropriate signatures are presented to the Honor Coach Committee Chairperson.
 - 4) Honor Coach Committee considers all nominations for the next year at their spring meeting.
 - 5) All nominations are kept on file and considered each year until the candidate is selected.
- c) Eligibility for Consideration
 - 1) The nominee must have coached the respective sport at the interscholastic level for a minimum of five years.
 - 2) The nominee may have coached at the varsity or non-varsity interscholastic level.
 - 3) The nominee may be a non-credentialed coach if the nominee meets the first two criteria.
 - 4) The nominee need not be currently coaching a sport.
- d) Criteria for Selection
 - 1) Maintenance of professional standards of conduct
 - 2) General service to respective sport (i.e., multi-school event director, committee participation, etc.)
 - 3) Outstanding coaching accomplishments
 - 4) Additional contributions to school and community
- e) Nominations are accepted throughout the school year. The Honor Coach Committee will meet after the Spring Sports Advisory Committee meeting and select the Honor Coach recipients for the following year. Honor Coach nominations shall be submitted to the Sports Advisory Committee Chairperson. The committee will follow-up on the Personal History Form of selected coaches.

Fall Sports

Cross-Country
Football
Girls' Golf
Girls' Tennis
Girls' Volleyball
*Boys' Soccer
*Girls' Soccer
Boys' Water Polo
Girls' Water Polo

Winter Sports

Girls' Basketball
Boys' Basketball
*Girls' Soccer
*Boys' Soccer
Boys' Wrestling
Girls' Wrestling

Spring Sports

Co-ed Badminton
Swimming
Baseball
Boys' Lacrosse
Girls' Lacrosse
Track & Field
Boys' Tennis
Boys' Volleyball
Softball
Boys' Golf
*Girls Soccer
Competitive Sport Cheer (Stunt)
Unified Sports

*One boys' and one girls' honor coach to be selected yearly.

- f) The selected honor coaches shall receive the following recognition:
 - 1) A framed certificate.
 - 2) The presentation of the Certificate at a major North Coast Section Event of the respective sport or at a school or league activity at the discretion of the recipient.
 - 3) A picture and recognition in the respective issue of the NCS PREP.
 - 4) A two-year North Coast Section Pass.
 - 5) Letters to superintendent, principal and athletic director for personnel file with copy for honoree.
- g) The selection committee shall be composed of the following:
 - 1) A California Coaches Association member.
 - 2) North Coast Section staff member.
 - 3) Two members selected from the Sports Advisory Committee.

CHAMPIONSHIP SERIES POLICIES AND BYLAWS

500H Philosophy

The purpose of NCS Championship competition is to provide an opportunity for outstanding individuals and teams to test themselves against other outstanding qualifiers in their respective sports. While teams and competitors strive for league or conference honors and qualification for NCS Championship Series competition, it is paramount that all persons involved in high school athletics remember and reinforce that the striving, not the game result, is the appropriate measure of competitive success. Finally, the success of the interscholastic athletic program is ultimately evaluated by its contribution to the school's total educational process.

501H The Third Season

The competitive experience for the students of NCS member schools is divided into three seasons: the pre-league season, the league season and the post-season. Virtually, all teams and individuals participate in the pre-league and league seasons. The highest achievers qualify for the third season -- NCS Championship Series competition. Participants in this third season are outstanding by definition. League champions and the most talented of the non-league champions participate in the various NCS Championship Series.

The honors, awards, victories and achievements, which were earned during the first two seasons, are not in jeopardy during post-season championship competition. The previous accomplishments represent achieved goals. All persons involved in the management, conduct and reporting of the NCS Championship Series, plus coaches, athletes and game officials must be ever vigilant not to say or do anything that might reflect negatively on the accomplishments of a participating individual or team. Comparisons of relative strengths of leagues or teams are inconsistent with the realities of the qualifying process and the NCS philosophy.

Participants and spectators should immerse themselves in the enthusiasm and excitement of the various NCS Championship Series events but remember the philosophy upon which they are based.

502H Championship Series Policy Statements

- a) Basic leagues of 10 schools shall get two automatic "league champion" berths to the NCS Championships under all of the following conditions:
 - 1. There must be 10 schools competing in the sport;
 - 2. The league schedule must reflect at least two scheduling divisions, i.e., all schools in the league are not playing the same schedule;
 - 3. The two entries shall be the champions of each league grouping;
 - 4. The two basic leagues/groupings must be aligned by the basic alignment criteria, competitive equity and geographical proximity;
 - 5. The two basic leagues/groupings must be reviewed and approved by the Alignment & Division Committee; and
 - 6. The two basic leagues/groupings must remain as a league/group for the given sport for a two-year period.

(Board of Managers 10/24/12)

- b) NCS Championship (Minimum Participation)
North Coast Section championship competition may be conducted in any approved sport provided at least four NCS leagues conduct varsity competition in the sport during the NCS season of sport and the championship is approved by the NCS Board of Managers.
NOTE: The North Coast Section Board of Managers has granted a waiver of this policy for the NCS Spring Girls' Soccer Championships.
- c) Educational Opportunity
North Coast Section Championship competition offers an educational opportunity.
- d) NCS Championships (Varsity Only)
Only varsity competition shall be conducted at the NCS Championship Series level.
- e) Member and/or supplemental section schools may compete in Section Championships provided they meet the respective qualifying standards under 504H.
- f) Championship Teams Right to Compete
Every league championship team has a right to compete in NCS Championship Series competition provided they meet the respective qualifying standards under 504H.
- g) League Champion Right to Compete
Every league champion in individual sports, except swimming/diving, has a right to compete in NCS Championship Series competition provided they meet the respective qualifying standards under 505H.

503H Ties

If, at the deadline for determining a league/conference representative for an NCS Championship Series event, any league/conference that is unable to determine its representative due to a tie, the NCS Commissioner, or his/her designee, will break the tie(s) by a coin flip. Each league is required to have a written tiebreaker procedure for every sport.

504H Minimum Standards/Procedures for Qualifying League Representatives to Section Championship Series in Team Sports

Baseball, Basketball, Football, Golf, Lacrosse, Soccer, Softball, Team Tennis, Volleyball and Water Polo

- a) The Varsity level team is the only team that is potentially eligible to qualify to the NCS Championship events.
(Board of Managers 10/17/08)
- b) To qualify for an automatic berth in any NCS Championship Series team sport, a league must have at least four schools participating in that sport at the varsity level.
- c) A league that, due to extenuating circumstances (geography, late withdrawal by a school or schools), has only three participating schools in a team sport, may petition for an automatic berth.
NOTE: If a basic league/conference has only one girls' golf team, it will automatically qualify to the NCS Girls Golf Championships. Each basic league must have a qualifying tournament to determine their basic league's team and individual automatic qualifiers. Any school who is a member of this basic league and wishes to qualify golfers to the NCS Golf Championships must participate in the basic league's qualifying tournament. Supplemental schools may not qualify through their supplemental league.
- d) When there are less than four schools participating in a team sport in a league, its representative to the NCS Series must qualify through its conference.
NOTE: If a basic league/conference has only one girls' golf team, it will automatically qualify to the NCS Girls' Golf Championships. Each basic league must have a qualifying tournament to determine their basic league's team and individual automatic qualifiers. Any school who is a member of this basic league and wishes to qualify golfers to the NCS Golf Championships must participate in the basic league's qualifying tournament. Supplemental schools may not qualify through their supplemental league.
- e) The team designated as the league winner receives the automatic berth in the section championships. The league determines prior to the season, in writing, how the league winner is determined. If a league has more than one winner, i.e., round-robin winner and playoff winner, the league will determine which winner gets the automatic berth. For North Coast Section purposes that designee is the designated league champion.
- f) In the sports of baseball, basketball, football, lacrosse, soccer, softball, stunt, team tennis, volleyball and water polo, a team shall have compiled either an overall record of at least an equal number of wins and losses, or an overall record of at least an equal number of wins and losses against teams in its own division, or an equal number of wins and losses against teams in league competition in order to participate in the NCS Championships. *NOTE: League record does not include the league playoffs. (Board of Managers, 1/18/08)*

1) “.500 record” is defined as a team having an equal number of wins and losses. *NOTE: A 0-0 record is not considered an even record for purposes of qualifying to the NCS Championships.*

2) “Teams in its own division” is defined as any team whose grades 9-12 enrollment fall within the school’s NCS Divisions (enrollment-based divisions). (See NCS Division ranges). *NOTE: For NCS divisions that are determined by competitive equity, NCS staff will honor the most recently used enrollment breaks (prior to competitive equity) to determine where a non-NCS school would be placed, enrollment-wise (using previous year’s Total Enrollment info). (Board of Managers 1/24/20)*

3) Games against teams outside the United States will not be counted in determining the “.500 record within a division.”

4) When a team’s petition is approved to play in a division of greater enrollment, that division for which the team is approved, shall be its division for the respective year.

NOTE: Schools that petition up in competitive equity divisions will remain at that division during the current year and future years. Schools that petition up in enrollment-based divisions may move back to their actual division (based on enrollment breaks) in accordance with the time schedule set by the NCS Board of Managers.

505H Minimum Standards for Qualifying Entries to Section NCS Championship Series in Individual Sports

Badminton, Cross Country, Golf, Swimming, Tennis, Track and Field, and Wrestling

a) A league must have at least four participating schools in the respective sports of golf, wrestling, track & field, tennis and badminton to receive automatic entries.

Note: Girls’ golf is an exception. See Bylaw 504H b) and c).

b) When there are less than four schools participating in a golf, wrestling, track & field, tennis or badminton league, that league’s representative to the respective NCS Championship Series must qualify through its conference or the most geographically approximate conference that offers the sport. Note: Girls’ golf is an exception. See Bylaw 504H b) and c).

c) The NCS Commissioner or his/her designee will be responsible for the placement of teams/individuals into qualifying leagues/conferences when a league school does not have four participating schools in the sports of badminton, golf, tennis, track & field and wrestling or an NCS member unaffiliated school requests placement into a qualifying league/conference. The criteria for placement will be geographical location in the sports of badminton, golf, tennis and wrestling. In track & field the criteria will be geographical location and size of school. Note: Girls’ golf is an exception. See Bylaw 504H b) and c). *(Board of Managers 1/18/08)*

506H School Event Conflicts vs. NCS Championship Series Event Calendar

The following policy outlines how conflicts between school events and NCS Championship Series Events will be managed.

1. In team sports, NCS staff will attempt to avoid official school conflicts, if and when possible, as long as the school conflict is reported to NCS in the following manner. For first round games, all conflicts must be submitted to the NCS by 8:00 a.m. on the day of that sport’s seeding meeting. For all other rounds, all conflicts must be submitted by 12 noon one day prior to each subsequent round. Any school conflict reported after championship assignments have been posted will not be considered. In individual sports, NCS Staff will not alter published championship event dates or times due to conflicts with participating schools’ schedules.
2. The NCS Championship event dates may be altered due to inclement weather, loss of facilities and circumstances beyond the control of NCS. Should the event be postponed due to circumstances beyond the control of the NCS, as hitherto mentioned, and a participating school(s) has properly notified the NCS staff of official school conflicts before the applicable round (see #1), NCS staff shall have the authority, if possible, to reschedule the game to a day and time that is convenient for both schools to participate and compete.
3. Each participating school’s regular varsity athletic team is expected to participate in all games scheduled during the first and last published championship date for the respective championship.
4. When the NCS Championships extend beyond the last date published on the NCS Championship schedule, NCS staff, in conjunction with each participating school’s administration, will cooperate to identify acceptable dates and times for the participating schools and will attempt to conclude the NCS Championships at the earliest possible date or weekend avoiding conflicts with previously scheduled school activities *(Board of Managers 3/29/19)*

PENALTY FOR VIOLATION: Any school whose team qualifies as an automatic entry or is selected as an at-large entry and their school's regular varsity athletic team does not participate in the first through the last published championship date for the respective championship will be subject to one or more of the following penalties as determined by NCS staff:

- a. Disqualification from the respective sport championship series.
- b. Loss of privilege to host NCS Championship Series Events in the respective sport for two years.
- c. Reduction of maximum number of games the following school year in the respective sport according to the following scale:
 - i. Failure of the regular varsity team to participate in the championship contest – two contests reduction.
 - ii. Failure of the regular varsity team to participate in the semifinal and championship contests – four contests reduction.
 - iii. Failure of the regular varsity team to participate in the quarterfinal, semifinal and championship contests – six contests reduction. (*Board of Managers 4/27/07*)

507H Divisions

- a) NCS Championship Series Events shall be divided into enrollment-based divisions or competitive divisions as determined by the NCS Board of Managers and/or the State CIF Federated Council.
- b) Schools will be allowed to change to a higher division, in the sports of baseball, basketball, football, volleyball, golf, lacrosse, soccer, softball, team tennis and water polo for the purpose of post-season competition consistent with the applicable criteria.

Schools may petition in accordance with the time schedule set by the NCS Board of Managers outlined in c) 8 below. The deadline for petitions would be consistent with other sports of the same season. Schools that petition up in division will remain at that division during the current year and future years. Schools that petition up in enrollment-based divisions may move back to their actual division (based on enrollment breaks) in accordance with the time schedule set by the NCS Board of Managers. Schools that petition up in competitive equity divisions will remain at that division during the current year and future years.

NOTE: Some additional criteria for changing division may be included under the specific sports in this handbook.

- c) Competitive divisions are based on competitive equity in the sports of volleyball, football, water polo, basketball, winter soccer, baseball, softball and lacrosse. The following are the parameters to be used in development of divisions based on competitive equity:
 1. Competitive equity adjustments will be based on the most recent three-year period of competition in the NCS Championships. Competitive equity adjustments for the 2022-2023 school year will include the 2018-2019, 2019-20 and 2021-22 school years. *NOTE: Spring sports use 2017-18, 2018-19 and 2021-22.*
 - a. In subsequent years, a new year is added, and the oldest year of competitive data is removed.
 2. Any team averaging 8.0 or higher during the three-year period of competition in the NCS Championships using the following scale would be required to move to the next higher division.
 - a. 15 points for winning a section championship
 - b. 10 points for playing in the section championship contest
 - c. 6 points for playing in a semifinal game
 - d. 3 points for playing in a quarterfinal game
 - e. 1 point for entering the section championships as a champion or at-large team
 3. All teams promoted based on number two will be locked into the higher division.
 4. No team will move more than one division from the previous year's divisional assignment to the current year's divisional assignment.
 5. Once promoted, points from a lower division will not be considered in a subsequent promotion.
 6. Once promoted, teams will leave the promoted division if they average less than 8 points in all divisions in the last three years.
 7. When a team is required to move to a higher division another team in the higher division is moved down to the next lower division. The criteria to determine which team(s) to move down to the next lower division will be as follows:
 - a. The school in the higher division with the lowest point total under number two above will be moved one division lower.

- b. If teams are tied with the lowest point total, the tie will be broken by the most consecutive years of having 0 competitive equity points. The school with the most consecutive years would be moved to the next lower division.
- c. If the teams are tied with the most consecutive years of having 0 competitive equity points, the tie will be broken by the enrollment number of the school.
- 8. Petitioning will be allowed to a higher division. The petitioning process will be conducted according to the dates established by the Board of Managers. Petitioning process for the 2022-2023 school year would be as follows:
 - a. Fall Petitions are due to the NCS Office no later than April 29, 2022
 - b. Winter Petitions are due to the NCS Office no later than October 28, 2022
 - c. Spring Petitions due to the NCS Office no later than January 27, 2023
- 9. When a team petitions to a higher division another team in the higher division is moved down to the next lower division to maintain balance within the division. The criteria to determine which team(s) to move will be as follows:
 - a. The school in the higher division with the lowest point total under number seven above will be moved one division lower.
 - b. If teams are tied with the lowest point total, the tie will be broken by the most consecutive years of having 0 competitive equity points. The school with the most consecutive years would be moved to the next lower division.
 - c. If the teams are tied with the most consecutive years of having 0 competitive equity points, the tie will be broken by the enrollment number of the school.
- d) In the sports of badminton, cross country, golf, soccer, team tennis and wrestling, where divisions are determined by enrollment in the previous year's grades 9-12 TOTAL data, and any other "division" sports that are subsequently added, NCS staff shall automatically adjust TOTAL enrollment break points to ensure that schools from different divisions have approximately the same chance of participating in the NCS playoffs based on established bracket sizes. NCS staff shall take historical "petitioning up" in division into consideration when determining break points. Any enrollment breaks listed under specific sports are subject to change based on the above potential adjustments. Current year's enrollment breaks for each sport are listed on the sports home page on the NCS website. Also see Note in 504H. f.2. (*Board of Managers 1/21/05*)
- e) If a school of larger division participates in a league with schools of a smaller division that school must compete in its actual division during post-season competition in team sports.

SINGLE DIVISIONS

- Boys' & Girls' Swimming
- Boys' & Girls' Wrestling (Winter)
- Girls' Soccer (Spring)
- Boys' & Girls' Meet of Champions Track & Field Championships
- Girls' Competitive Sport Cheer (Stunt) (Spring) (*Board of Managers 1/22/16*)

508H Management

Management Committees shall manage NCS Championship Series in cross country, badminton, golf, swimming, wrestling and the Track & Field Meet of Champions. The respective management committees shall be composed of interested involved persons who are performing needed management committee tasks. Leagues will not be required to provide representatives unless there is a shortage of interested involved committee members. Each league is limited to one vote on each event management committee to which it has appointed a representative(s). The NCS Commissioner of Athletics shall have the authority to appoint additional members to the management committees. These appointed members shall be granted voting rights.

a) These committees shall:

- | | |
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| 1) Hold management committee meetings; | 5) Recommend format changes; |
| 2) Recommend and assist in securing sites; | 6) Recommend committee personnel; |
| 3) Assist in assigning personnel for the event; | 7) Conduct the event; |
| 4) Make recommendations through the NCS liaison to the Sports Advisory Committee pertinent to the management of the Championship Series; | 8) Assign officials according to NCS formula; |

b) The NCS Commissioner or his/her representative shall be the final authority on all matters involving the various NCS Championship Series between meetings of the Board of Managers. It is the direction of the section that the top priority, other than the safety of our students, is to complete the Section Championships. As such, the following shall be the sequence of alternatives used to determine how the Championships proceed:

1. Change game time
2. Change game day
3. Secure alternative location in the geographic region of the higher seed
4. Change to home site of lower seed
5. Secure alternative neutral site location within the NCS, forcing both teams to travel
6. Secure alternative neutral site location outside the NCS, forcing both teams to travel
7. Compete on Sunday, pending CIF approval
8. Determine which teams/competitors advance using higher seed, thus potentially reducing participating teams.
9. NCS Final Championship games will be settled on the field of play.

c) Championships that are not completed will be considered vacated, and any vacated championship will not include awards.

d) Any school that chooses not to abide by 1-9 will forfeit their participation in the NCS championships.

1. Any team that forfeits their spot in the NCS Championships under this bylaw will not be subjected to penalties under 506H.

c) Representatives from the NCS Office shall be responsible for the overall operation of all championship series.

d) The following sports shall be operated on a league rotation basis with an NCS representative overseeing the operation of the NCS Championship Series: Boys & Girls Tennis, Boys & Girls Golf

509H Chart of Rotation

ROTATION FOR NORTH COAST SECTION CHAMPIONSHIPS THAT ARE HOSTED BY MEMBER LEAGUES

SINGLES/DOUBLES - DIVISION I (Boys and Girls)	SINGLES/DOUBLES - DIVISION II (Boys and Girls)	TEAM -DIVISION I (Boys and Girls)
2022-23 MVAL	2022-23 HDNL	2022-23 EBAL
2023-24 NBL	2023-24 BAC	2023-24 TCAL
2024-25 WACC	2024-25 VVAL	2024-25 BVAL
2025-26 EBAL	2025-26 MCAL	2025-26 DAL
2026-27 DAL	2026-27 NBL	2026-27 HDNL
2027-28 VVAL	2027-28 TCAL	2027-28 MCAL

510H At-Large Selection

In the NCS Championship Series Events for football, volleyball, water polo, basketball, golf, lacrosse, softball, soccer, team tennis and baseball at-large teams shall be selected from the participating league, conference, and/or approved divisions by an At-Large Selection Committee. The number of at-large teams selected for the NCS Championship Series are listed by each sport.

511H At-Large Team Selection Committee

a) The system of at-large team selection and seeding incorporates the following concepts:

- 1) One committee in each of the following sports: football, volleyball, water polo, basketball, golf, lacrosse, softball, soccer, team tennis and baseball will be selected to select at-large teams and develop brackets.
- 2) Committee members will sit on committees making selections of teams for which they had no direct or indirect ties.
- 3) Coaches shall submit an application with complete information by the established sport deadline to be considered for entrance and/or seeding to the NCS Championships.
- 4) The same procedure of assigning panel representatives and conducting meetings is to be used in all divisions.

b) Conduct of an NCS At-Large Team Selection or Seeding Committee Meeting.

The format of the meeting shall be:

- 1) Welcome - (announced starting time of meeting)
- 2) Roll Call
- 3) Review criteria - (refer to 513H).
- 4) Committee will review applications and identify league champions/automatic qualifiers. (Refer to 504H)
- 5) Committee will determine number of at-large teams to be selected. Review any pre-determined criteria. (See specific sport information in this handbook.)

- 6) Committee will select at-large teams and seed and bracket the teams for competition purposes.
- 7) NCS Selection Committee may increase the team sports brackets, when there are qualified teams applying for NCS Championships. Any increase in the brackets size will not cause the NCS Championship in each respective sport to exceed the posted championship date.

512H Deadline for Automatic and At-Large Entries/Applications

Automatic qualifiers, teams and individuals applying for automatic and at-large berths are due by the established deadline in each sports championship guide.

PENALTY FOR VIOLATION: Any automatic qualifying team/individual, or team/individual applying for an at-large berth, that arrives beyond the established deadline, will not be allowed to participate in the respective NCS Championship Series Event. *(Board of Managers 10/21/05)*

513H Criteria for At-Large Selection

- A. The criteria for selection of at-large teams for NCS Championship Series in all appropriate sports shall be a balance between:
 - 1) Record overall
 - a. League/Place co-champion
 - b. League Playoff
 - c. Non-league (pre-season/tournament/other)
 - 2) Strength of Schedule
 - a. Record against teams in the same division
 - b. Record against teams in a higher division
 - c. Head-to-head against teams which have qualified or are being considered
 - d. Record against common opponents
 - e. Coaches Ranking
- B. Additional definition and criteria for Volleyball at-large selection.
 - 1) Record - Tournament play - a minimum of 2 games won is required to record a match as a win. Two games lost counts as a match lost and two games won counts as a win. Splits (one game won, and one game lost) does not count as a contest won or lost. A one game win or loss is not counted in the criteria for seeding or at-large. All games counted must be played to 25 points with the exception of the fifth game of a five-game match and the winning team must have won two of three or three of five games.

514H Seeding

The respective At-large & Seeding Committee shall be responsible for the pairing and seeding of the baseball, basketball, football, soccer, golf, lacrosse, softball, stunt, team tennis, team wrestling, volleyball and water polo NCS Championship Series Events per the format adopted by the Board of Managers.

The following procedures will be used to seed and place teams in each tournament bracket. The At-Large and Seeding Committee will place the selected teams in the tournament bracket applying the following criteria. Each bracket will be pure seeded. Seeds may not be changed.

1. In a four-team bracket the following procedures will be followed:
Seeds one and four will be placed in the upper bracket.
Seeds two and three will be placed in the lower bracket.
2. In an eight-team bracket the following procedures will be followed:
Seeds one, four, five and eight will be placed in the upper bracket.
Seeds two, three, six and seven will be placed in the lower bracket.
3. In a 10-team bracket the following procedures will be followed:
Seeds one, four, five, eight and nine will be placed in the upper bracket.
Seeds two, three, six, seven and ten will be placed in the lower bracket.
4. In a 12-team bracket the following procedures will be followed:
Seeds one, four, five, eight, nine and twelve will be placed in the upper bracket.
Seeds two, three, six, seven, ten and eleven will be placed in the lower bracket.
Seeds one, two, three and four will receive first round byes.
5. In a 16-team bracket the following procedures will be followed:
Seeds one, four, five, eight, nine, twelve, thirteen and sixteen will be placed in the upper bracket.
Seeds two, three, six, seven, ten, eleven, fourteen and fifteen will be placed in the lower bracket.
6. In a 20-team bracket the following procedures will be followed:
Seeds one, four, five, eight, nine, twelve, thirteen, sixteen, seventeen and twenty will be placed in the upper bracket.

Seeds two, three, six, seven, ten, eleven, fourteen and fifteen, eighteen and nineteen will be placed in the lower bracket.

In the sports of swimming and track & field, each management committee shall be responsible for the seeding of events. *(Board of Managers 5/1/06)*

515H Review of Seeding

The Commissioner or his representative will review the Seeding Committee's assignment of teams to NCS Championship Series sites, with the authority to refer the assignments back to the respective seeding committee for adjustment to comply with NCS guidelines and/or prudent practices.

516H North Coast Section Participation in State CIF Events

In the event the recommended amount of insurance is not in effect for State Championship events, NCS schools shall not participate.

517H Championship Series Sites (first, second and semifinal rounds)

- a) In the sports of baseball (D 1-5), basketball (D Open, 1-5), football (D 1-7) and softball (Divisions 1-5), NCS member schools host home contests during first, quarterfinal and semifinal rounds provided their facility meets the minimum site criteria.
- b) In the sport of Division 1 team tennis, NCS member schools host home contests during first and quarterfinal round contests, provided their facility meets the minimum site criteria.
- c) In the sports of volleyball, lacrosse, soccer *(Board of Managers 4/16/21)*, Division 2 team tennis *(Board of Managers 10/14)*, football (8-person) and Division 6 (basketball, baseball and softball), NCS member schools will host contests through the championship round. The higher seeded team will host provided their school facility complies with established minimum facility requirements.

Championship Series Sites (first, quarterfinal and semifinal rounds)

Selection of sites for first, quarterfinal and semifinal round (a quarterfinal round contest only occurs in a tournament that has four rounds) contests shall be determined according to the following priorities and criteria. (First priority): Conduct the contest at the home site or in the geographical area of the league champion provided the league champion can provide a site that meets the criteria for the respective championship series event. If the league champion is unable to provide a site that meets the criteria, the contest may be hosted by or in the geographical area of the competing school provided its site meets the criteria. If neither school can provide a site that meets the criteria, the NCS staff will arrange for the contest to be conducted at a designated site. The area of the league champion will be given preference if a site that meets the criteria is available. If there is not any available site that meets the criteria, NCS staff will select a site balancing all applicable factors. *This priority will only exist during the first round of competition. (Board of Managers 1/27/12)*

(Second priority): If a league champion is not involved in the contest, the contest will be conducted at the site or in the geographical area of the highest-seeded team provided the highest-seeded team is able to provide a site that meets the criteria for the respective championship series event. If the highest-seeded team is unable to provide a site that meets the criteria, the contest will be conducted at the site or in the geographical area of the other competing school provided its site meets the criteria. If neither school can provide a site that meets the criteria, the NCS staff will arrange for the contest to be conducted at a designated site. The area of the highest-seeded team will be given preference if a site that meets the criteria is available. If there is not any available site that meets the criteria, the NCS staff will select a site balancing all applicable factors. *(Board of Managers 10/30/98)*

518H Criteria for Selection of Sites for the NCS Championships Series (First and Quarterfinal Round Games)

Criteria for selection of sites for NCS Championship Series first and quarterfinal round contests (quarterfinal rounds only take place in a four-round tournament) hosted by competing schools.

1. The playing field (court) must meet all minimum standards as described in the National Federation rulebook for the respective sport. In 8-person football, at least one goal post is required for all rounds. In team tennis hosting schools are required to provide four (4) courts, which meet USTA standards, and tennis balls for the match.
2. Minimum seating capacity of
Football: Division I/Open – 2,500, Division II & III – 1,250, Division IV- 750, Division V, VI & VII- 500, 8-person – 100
Baseball: Division V & VI-50; Division IV & III-125; Division II & I-125
Softball: Division V & VI -50; Division IV & III -125; Division II & I -125
Basketball: Open (boys) – 1000; Div. I & II boys-500; III & IV boys-500; Div. V & VI boys-300;
Open (girls) – 500; Div. I & II girls 250; III & IV girls 250; Division V & VI girls-150

Water Polo: 50 for first round games and 75 for 2nd round games

Lacrosse: First round-75 Quarterfinal-125

Soccer: Division III & IV – 175, Division I & II – 250, Spring Girls - 150

Boys Volleyball: Division I, II, III & IV - 200

Girls Volleyball: Div. I - VI - 250

If seating is not provided on both sides of the field or court the seating on one side of the field or court must be divided in half for home and visitor spectators.)

3. Adequate, safe and lighted parking for spectators within a reasonable distance of the facility
4. Adequate rest room facilities for spectators
5. Public address system
6. Easily assessable telephone in case of emergency
7. Capable of securing the facility for the purpose of collecting admission
8. Football facilities for all divisions may play afternoon contests on Saturday.
9. Provide rest room and dressing facilities for the home and visiting teams use before, at halftime and after the game in the sports of football, basketball and volleyball.
10. Provide the required site personnel in the hosting sport and in the sports of football and boys' lacrosse, hosting schools must make arrangements to provide appropriate medical personnel for the game.
11. Pay the site personnel in accordance with the NCS procedures.
12. Display NCS sponsorship banners unless the school has an exclusive agreement with a competing sponsor.
13. Make the required NCS public address announcements
14. Site costs must be within the costs allowed by NCS for the respective activity.
15. Sites must conform to the American Disabilities Act.
16. Staff will be allowed to adjust "sites" and site criteria for the maximum benefit of the respective tournament and/or due to lack of appropriate facilities in the areas of the competing schools.

(Board of Managers 3/29/19)

Criteria for Selection of Sites for the NCS Championships Series (Semifinal and Final Championship Games)

- a. Higher seeded teams will have the first option to host semifinal round games provided the higher seeded team's facility meets the minimum NCS host site criteria.
 1. The playing field (court) must meet all minimum standards as described in the National Federation rulebook for the respective sport. In 8-person football, at least one goal post is required for all rounds.
 2. Minimum seating capacity of
 - Football: Division I/Open – 2,700, Division II & III – 1,500, Division IV – 1,000, Division V, VI & VII-600, 8-person – 100
 - Baseball: Division V & VI-250; Division III & IV-300; Division I & II-300
 - Softball: Division V & VI -250; Division III & IV -250; Division I & II -250
 - Basketball: Open (boys) – 1000; Div. I & II boys-750; III & IV boys-700; Div. V & VI boys-500; Open (girls) – 500; Div. I & II girls 400; III & IV girls 400; Division V & VI girls-250
 - Lacrosse: 125
 - Soccer: 400, Spring Girls' – 225
 - Water Polo: 75
 - Boys Volleyball: Division I, II, III & IV – 250
 - Girls Volleyball: Div. I – VI, 250
 - (If seating is not provided on both sides of the field or court the seating on one side of the field or court must be divided in half for home and visitor spectators.)
 3. Adequate, safe and lighted parking for spectators within a reasonable distance of the facility
 4. Adequate rest room facilities for spectators
 5. Public address system
 6. Easily assessable telephone in case of emergency
 7. Capable of securing the facility for the purpose of collecting admission
 8. Football facilities for all divisions may play afternoon contests on Saturday.
 9. Provide rest room and dressing facilities for the home and visiting teams use before, at halftime and

- after the game in the sports of football, basketball and volleyball.
10. Provide the required site personnel in the hosting sport and in the sports of football and boys' lacrosse, hosting schools must make arrangements to provide appropriate medical personnel for the game.
 11. Pay the site personnel in accordance with the NCS fee schedule
 12. Display NCS sponsorship banners unless the school has an exclusive agreement with a competing sponsor.
 13. Make the required NCS public address announcements
 14. Site costs must be within the costs allowed by NCS for the respective activity.
Note: Additional costs shall be the responsibility of the host school.
Sites must conform to the American Disabilities Act.
 15. Staff will be allowed to adjust "sites" and site criteria for the maximum benefit of the respective tournament and/or due to lack of appropriate facilities in the areas of the competing schools.
(Board of Managers 10/24/12)

519H Process for Resolving Disputes Regarding Facility Standards for Playoff Contests

Each league shall establish a group of persons who will conduct a survey of all sites in the respective league to identify and verify which sites meet the standards for hosting NCS Championship Series Events. Following this survey, the following shall occur:

A matrix, listing all approved sites for the respective championship series event, will be published, and forwarded to all NCS member schools.

The principal of any NCS member school may appeal the omission of his/her school's facilities from the list.

The NCS staff and/or the principal of any NCS member school may appeal the inclusion of the facilities of any school or site when he/she has evidence that the facilities do not meet the NCS criteria.

The principal of each school that has an approved site will certify the school's willingness to host NCS Championship Series Contests in the respective sport (either prior to each season or in September or October of each school year).

520H Criteria for Determining Which Geographical Area Games are Assigned

The following guidelines will be used to determine the geographical area that a contest will be conducted in the sports of: Volleyball, Football, Lacrosse, Soccer, Team Tennis, Basketball, Softball and Baseball. Definition of geographical area: Any field/facility in the school's designated league. (Board of Managers 4/4/17)

Designation of the geographical area that the contest will be conducted will be as follows:

- 1st, Quarterfinal and Semifinal Rounds (Team tennis does not host semifinal round games.)
 - a. League champion (1st round only- Board of Managers 1/27/12)
 - b. Higher seed
 - c. If neither team is a league champion and both are unseeded then the team which defeated the higher seeded team shall be the home team.
 - d. Staff will be allowed to adjust "sites" and site criteria for the maximum benefit of the respective tournament and/or due to lack of appropriate facilities in the areas of the competing schools.

Championship Round Games

- a. Higher seed
- b. If neither team is seeded, then the team which defeated the higher seeded team shall be the home team. (Board of Managers 10/30/98)
- c. Staff will be allowed to adjust "sites" and site criteria for the maximum benefit of the respective tournament and/or due to lack of appropriate facilities in the areas of the competing schools. Criteria to be considered are as follows: Size of expected crowd, keeping schools' boys' and girls' teams together, gender equity, balance of divisions/divisions and facility site management. *NOTE:*
 1. If no facility is available in the geographical area of the higher seeded team the contest will be placed in the geographical area of the lower seeded team.
 2. All championship games in the sport of baseball (division 6 only), lacrosse, softball (division 6 only), soccer, and volleyball will be played at home sites if the higher seed has submitted the NCS Application to Host Form and meets the site criteria.
 3. Division 6 basketball championship games will be played at home sites if the higher seed has submitted the NCS Application to Host Form and meets the site criteria.

NOTE: In baseball and softball the above criteria will be used for placement of the game in the geographical location of one of the participating schools. During all rounds, the home team is decided by the above

criteria. When the lower seeded team has an NCS-qualified playing site and the higher seeded team must play at the lower seeded team's site, the higher seeded team will be designated as the home team.

Water Polo

The following guidelines will be used to determine the geographical area that a contest will be conducted in the sport of water polo for all rounds of competition. Staff will be allowed to assign sites for the maximum benefit of the respective tournament. Criteria to be considered are as follows: League champion (1st round only), higher seed, size of expected crowd, keeping schools' boys' and girls' teams together and gender equity.

(Board of Managers 1/18/08)

521H Designated Site Adjustment

When schools provide a site for NCS Championships in the sports of football, basketball, softball and baseball, which meet the criteria for site selection and agree to host playoff games regardless of whether or not their team(s) will be involved, the site will be treated as a designated site. Thus, the host school, provided it proceeds through the elimination process and is the highest seeded team in the respective contest, could play a championship contest at its own facility. Any school which indicates a willingness to be a "Designated Site", then withdraws after its team has been eliminated in the first, quarterfinal or semifinal round of the playoffs shall lose the right to host any NCS Championship Event for a two-year period beginning with the last day of the respective NCS Championship Tournament.

(Board of Managers 5/1/00)

522H Double Headers on School Nights

North Coast Section will, whenever possible, avoid double headers on school nights in NCS Championship Series Games (basketball, baseball, soccer, softball and volleyball games). *(Board of Managers 10/21/94)*

523H Correction of Procedural Errors During NCS At-large & Seeding Meetings

In the event a procedural error is made during the conduct of the administration of NCS At-large & Seeding meetings the error must be discovered and reported by 3:00 p.m. in order for the error to be corrected. In the event that the error is not discovered or reported by this deadline, the error will not be changed, and the original decision will stand.

(Board of Managers 5/1/03)

PARTICIPATING SCHOOLS' RESPONSIBILITIES

600H Program Information

Information will be published in the online program for football, water polo, basketball, baseball, softball, volleyball, soccer, lacrosse and water polo championship series events. Each school that may qualify, either as an at-large team or as a league/conference champion for these championship series must submit the information as requested.

601H Media Publicity Information

Completion of the "online Information," when required, is the responsibility of each school that may qualify either as an at-large team, or as a league/conference champion for the Championship Series.

602H Officials

In general, the following procedures for assigning officials to NCS Championship series events apply in all sports except wrestling:

- a) Each officials' association shall send an alphabetical list of the officials which it is nominating; to each school's coach, the league commissioner(s), and the North Coast Section Coordinator of Officials.
- b) Coaches may indicate unsuitable officials from the list. If any officials are indicated as unsuitable, the coach must complete an evaluation form indicating why the official is unsuitable.
- c) Coaches will send their list of unsuitable officials, along with evaluations and media and roster information to the North Coast Section office.
- d) The management committee representatives or the Coordinator of Officials, with the approval of an NCS representative, will designate officials for all contests in the respective NCS Championships. No changes or substitution in the assignments may be made without the prior approval of the management committee assigner or the Coordinator of Officials. Officials who relinquish or accept an assignment that has not been made by his/her assigning secretary or the NCS Coordinator of Officials shall not be assigned to officiate an NCS playoff game for a period of one year.

NOTE: The previous practice of assigning officials from neutral officials' associations to early round games conducted at home sites has been rescinded.

The NCS staff will have final approval of all officials.

603H Application to Host

- a) Schools may host NCS Championship Series events provided they are able to comply with the facility, personnel and sponsorship criteria defined by the NCS Board of Managers. Schools desiring to host contests must complete the yearly "Application to Host" form provided by the NCS.
 - 1) The "Application to Host" form will allow participating schools to designate their willingness to host and arrange for a facility, either their own or another, at no cost to NCS, that complies with facility, personnel and sponsorship criteria defined by the NCS Board of Managers.
 - 2) In the event that a participating school's own facility does not meet the criteria, the school must notify NCS of the facility they have arranged to use in the next round of competition no later than the conclusion of the previous round. If a school fails to notify NCS staff of the arranged facilities by this deadline, NCS staff will offer the opportunity to host to the scheduled opponent in the next round.
- b) In the event that a school verifies site criteria information on an "Application to Host" form for an NCS Championship Event and the information is later determined to be inaccurate the school shall lose the right to host an NCS Championship Event for a period of two years. The two-year penalty shall start on the Sunday following the falsification.
- c) Any school which indicates a willingness to be a "Designated Site", then withdraws after its team has been eliminated in the first, quarterfinal or semifinal round of the playoffs shall lose the right to host any NCS Championship Event for a two-year period beginning with the last day of the respective NCS Championship Tournament. See NCS Sports & General Rulings Handbook Bylaw 521H.

PENALTY FOR VIOLATION: In the event that a school verifies site criteria information on an "Application to Host" form for an NCS Championship Event and this information is later determined to be inaccurate, the school shall lose the right to host an NCS Championship Event in the respective sport for a period of two years.

Any school which indicates a willingness to be a "Designated Site", then withdraws after its team has been eliminated in the first, quarterfinal or semifinal round of the playoffs shall lose the right to host any NCS Championship Event for a two-year period beginning with the last day of the respective NCS Championship Tournament. See NCS Sports & General Rulings Handbook Bylaw 521H. (*Board of Managers 4/27/07*)

604H Administrator-in-Charge

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

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

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

PENALTY FOR VIOLATION: NCS staff will determine the penalty prior to the playing of the contest. A school that does not provide the required Administrator-in-Charge may forfeit. (*Board of Managers 10/21/05*)

605H Additional Supervision Requests – (Only in Football & Basketball)

If, in the opinion of the school's principal, an expected ratio higher than one supervisor per 35 tickets sold is required, a request explaining the need for additional supervisory tickets must be sent to the NCS Office. Reimbursement for said tickets must be requested within 30 days after the Championship Series is concluded.

606H Coaches Certification (CIF 503(E & F))

WHO MAY COACH

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. (Revised February 2009 Federated Council)

PENALTY FOR IMPROPER COACHING COMPENSATION

Any team, coached by any person receiving any part of the salary for coaching from other than school funds without the approval of the school's governing board, **is ineligible**. (Revised February 2009 Federated Council)

FINANCES

700H Reimbursement Policy

Schools that do not submit written requests for reimbursement of allowable expense incurred for NCS Championship Series competition participation **WITHIN 30 DAYS OF THE CONCLUSION OF THE EVENT** will not receive 100% of the approved reimbursement. Reimbursement will be based on the following scale:

1 – 30 days - 100% of the approved request

31 – 45 days - 75% of the approved request

46 – 60 days - 50% of the approved request

Past 60 days - 0% of the approved request (Board of Managers 4/26/96)

NOTE: Schools are not reimbursed for cheering section or band transportation expenses.

701H Distribution of Profits

The net profit or loss from each championship series will be divided according to the current NCS budget formula as passed by the Board of Managers.

702H Charging Entry Fees

Entry fees will be charged for all individuals and teams that are entered (via entry cards, lists, etc.) whether or not they participate in the championship series competition.

703H Establishing Entry Fees

The NCS Board of Managers establishes entry fees for individuals and teams that enter NCS/CIF Championship Series Events.

704H Establishing Admission Fees

The NCS Board of Managers establishes admission fees and policies for all North Coast Section Championship Series Events.

705H Share the Financial Responsibility

Every school in the Section shall share the financial responsibility for approved expenses incurred in NCS Championship Series Competition in team sports.

ADMISSION POLICIES

800H Admission

All spectators at any NCS Championship Series Event, where admission is charged, must have a valid North Coast Section or CIF Federated Council pass, ticket or be properly listed on the designated gate list.

PENALTY FOR VIOLATION: Any school that hosts an NCS Championship Series Event is required to follow the NCS Admission Policy. Failure to follow this policy will result in the following penalties:

- a. Loss of the privilege to host NCS Championship Series Events for a period of two years, and;
- b. Reimbursement to NCS for each improperly listed individual on the designated gate list.

801H Passes

The NCS Athletic Pass, NCS Media Pass, NCS Medical Provider Pass, NCS and CIF Lifetime Pass (Metal), and CIF Courtesy Card, will be honored at all NCS Championship Series events except those events conducted at the Oakland/Alameda Coliseum Arena or Stadium. Holders of the above passes must contact the NCS Office to obtain tickets to events conducted at the Oakland/Alameda Coliseum Arena or Stadium. Requests for passes WILL NOT be honored at the gate at any NCS Championship Series Event. LEAGUE, CONFERENCE, or SCHOOL passes WILL NOT be honored at any NCS Championship Series Event.

PENALTY FOR VIOLATION: Any school that hosts an NCS Championship Series Event is required to follow the NCS Admission Policy. Failure to follow this policy will result in the following penalty:

- a. Loss of the privilege to host NCS Championship Series Events for a period of two years.

(Board of Managers 10/21/05)

TICKETS

900H Participant Admission

Participating schools in the sports of football and basketball will be allotted complimentary participant admission as per the formula on the respective championship guide. These admissions are to be used only by players, student managers, student statisticians and the cheerleading squads. NOTE: Adults WILL NOT be admitted with Participant tickets. Those teams eliminated in area championships will not be entitled to participant admissions for games scheduled during the following weeks.

PENALTY FOR VIOLATION: See penalty for violation in Bylaw 800H. *(Board of Managers 10/21/05)*

901H Complimentary Tickets for Participating Schools

Participating schools in team sports where admission is charged (football, volleyball, water polo, basketball, soccer, softball and baseball) will be allotted complimentary admission as per the formula on the respective championship guide. These complimentary admissions are only to be issued to coaches, managers, statisticians, administrative personnel, team physicians, trainers, and drivers. Possession of complimentary tickets does not guarantee entry into the NCS contests.

PENALTY FOR VIOLATION: See penalty for violation in Bylaw 800H. *(Board of Managers 10/21/05)*

902H Complimentary Tickets for Non-Participating Schools

North Coast Section does not issue complimentary tickets to non-participating schools in the sports of football, volleyball, water polo, basketball, baseball, softball, and soccer. Incentive tickets (2 per school) will be provided to those schools that comply with the deadlines (as described in sport championship guides) for returning roster, media information, schedule with wins and losses and officials' information.

PENALTY FOR VIOLATION: See penalty for violation in Bylaw 800H. *(Board of Managers 10/21/05)*

903H Senior Citizen and Child Ticket

A "special" ticket good for Senior Citizen and Child (ages 4 – 12) admissions shall be sold at the gate for all NCS Series Events. The ticket shall sell at the same price as a student ticket. A Senior Citizen is any person at **LEAST 60 YEARS OF AGE** with an identification card from the Department of Motor Vehicles, or a drivers' license, or a gold card.

PENALTY FOR VIOLATION: See penalty for violation in Bylaw 800H. *(Board of Managers 10/21/05)*

904H Returning Unsold Tickets

Each school **MUST RETURN ALL UNSOLD TICKETS** to the NCS Office as per the instructions received with the tickets. A check for the amount of tickets sold and a tally sheet with the initial ticket number and final ticket number sold, shall be due as per the direction of the NCS office. Schools will be charged for every ticket that is not returned to the NCS office.

905H Pre-Sale Sales Commissions (Football Only)

Each school will receive a sales commission of \$1.00 for each adult ticket and 50 cents for each student, child or senior citizen ticket which it pre-sells (pre-sale ends at 12 Noon on Wednesday of each game week). Schools will be reimbursed by the NCS office for pre-sale tickets sold, per GoFan figures. *(Board of Managers 10/1/21)*

GAME ADMINISTRATION

1000H Rules

All championship events will be conducted under the current respective National Federation Rules unless superseded by the NCS or CIF.

1001H Insurance Coverage in Playoff Contests

NCS Championship Series playoffs will not be conducted when general liability insurance coverage is not available to cover host sites and NCS personnel.

1002H Inclement Weather

The respective NCS management personnel are solely responsible for determining whether or not a game will be started. After starting the event, if officials or meet management determine that unsafe conditions exist, the event shall be stopped.

1003H Air Quality Index

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 info. The NCS Executive Committee recommends the use of the website <https://fire.airnow.gov/>.
(Board of Managers 4/3/18)

1004H Equal Facilities

Although it is necessary that one team is designated as the home team, it must be kept in mind that each event belongs equally to the competing schools.

1005H Team Benches

During all NCS Championship Series Events, only authorized personnel consisting of coaches, players, substitutes, student manager(s), trainer(s), team physician(s), school administrators, bat person and statistician(s), may be on the team benches or sidelines. These persons shall be required to observe all rules stated in the respective rulebook. Parents, members of support clubs and other non-team party personnel MAY NOT SIT on the team bench or be on the field, floor, sidelines, mats, team benches or locker rooms and are required to sit in the stands or bleachers.

PENALTY FOR VIOLATION: The team bench is the responsibility of the head coach. If non-team party personnel are present on the bench and cause a disruption, the officials supervising the game will be responsible for issuing any penalties. If the head coach is disqualified and the disqualification is for unsportsmanlike behavior, the coach is subject to the NCS Ejection Policy, Bylaw 307H. If a hosting school does not maintain proper control in the bench area, sidelines, locker rooms, etc., the school will forfeit the right to host for a period of two years from the date of the infraction, in the respective sport. (Board of Managers 5/1/06)

1006H Locker Rooms

Only players, coaches, student manager(s), statistician(s), trainer(s), and team physician(s) will be allowed in the locker room. Coaches and players may only grant media interviews outside the locker rooms. Coaches are responsible for notifying players if members of the media desire an interview. At sites where no locker rooms are available, teams must arrive in uniform. In the sports of football, basketball and volleyball, locker room facilities are required at all contests.

PENALTY FOR VIOLATION: Any school who allows non-team party personnel to enter the locker room will be subject to one or more of the following penalties as determined by NCS staff:

First violation:

NCS staff will report the violation to the principal of the school and ask the school principal to report back to NCS regarding steps taken to assure NCS that this violation will not occur again.

Second violation: Penalties are determined by NCS staff.

- a. Head Coach may be disqualified from the next NCS Championship Series Event.
- b. The school may lose the privilege to host NCS Championship Series Events in the respective sport for one year. (Board of Managers 10/21/05)

1007H Game Ball

The game ball shall be designated by the NCS Commissioner. NCS official game balls shall be provided for all NCS championships, except golf, lacrosse and first and quarterfinal rounds in team tennis. Hosting schools in team tennis must provide the "Official Ball".

PENALTY FOR VIOLATION: Any school that provides a game ball other than the NCS Official Ball (brand/sport rule book specifications) for the respective sport will be subject to one or more of the following penalties as determined by NCS staff:

- a. The school shall be fined \$150.00 for each infraction.
- b. The head coach, athletic director and principal will be required to write a letter of apology to the NCS Executive Committee for their use of an unofficial game ball in the respective NCS Championship Series Event.
- c. Head coach will be disqualified from the next NCS Championship Series Event.
- d. Head coach will be disqualified from all further NCS Championship Series Events for one calendar year.
- e. Loss of privilege for the school to host NCS Championship Series Events in the respective sport for two years.

(Board of Managers 10/21/05)

1008H Equipment

Participating schools are responsible for providing their own practice equipment, towels, first aid supplies, locks and bags for valuables. The North Coast Section does not accept responsibility for lost or stolen items at any Championship Series Event.

1009H Announcer

The announcer shall be a responsible person who can set the tone of the event by calling spectators attention to the following points of reference:

- a) This is an NCS Championship Series event and is being conducted under the strictest code of good sportsmanship.
- b) The officials are NEUTRAL PERSONS who have been selected, because during the regular season they have demonstrated their ability to properly officiate important high school events.
- c) Rooters are encouraged to actively support their own teams and are to refrain from booing their opponents or officials' decisions.

Each announcer will be required to follow the "Public Address Announcers' Guidelines" prepared by the NCS Office. **PENALTY FOR VIOLATION:** Any school whose announcer does not follow the "Public Address Announcers' Guidelines/Script will be subject to one or more of the following penalties as determined by NCS staff:

First violation:

NCS staff will report the violation to the principal of the school and ask the school principal to report back to NCS regarding steps taken to assure NCS that this violation will not occur again.

Second violation: Penalties are determined by NCS staff.

Loss of privilege for the school to host NCS Championship Series Events in the respective sport for two years.

(Board of Managers 10/21/05)

1010H Filming

Schools participating in NCS Championship Series Events may film their game or other NCS Championship games in their respective division. Filming by a school is a "teaching tool" for the school and cannot be lent out to anyone including the media without first securing the permission of the North Coast Section Commissioner. Playback(s) of the film is not permissible during the game or at halftime. *NOTE: Refer to each sport NFHS rule book for further clarification on use of video/electronic equipment. Some sports rules may allow evaluation during the game.*

MEDIA

1100H Passes

Representatives of the print and electronic media must contact the NCS Office for passes to NCS Championship Series Events.

1101H Radio and Television Broadcasts

Stations desiring to broadcast NCS Championship Series games will be required to receive authorization from the NCS Commissioner or his/her designee. Stations that wish to apply for broadcast rights must submit a letter of application to the NCS Commissioner or his/her designee. A broadcast fee per game will be charged.

The letter will include:

- 1) The amount of the broadcast fee
- 2) The geographical area which will receive the broadcast
- 3) The announcer (s) names
- 4) The press box space needed for the broadcast
- 5) Other pertinent information

The broadcast fee does not include any production costs, supplies, lines, etc. Each station will be expected to make its own arrangements for lines, etc., and to coordinate it through the respective site manager.

1102H Establish Broadcast Fees

The NCS Board of Managers shall annually approve broadcast fees for NCS Championships Series. Broadcast fees can be found online at www.cifncs.org/media.

APPEALS PROCEDURE

1200H NCS Championship Series Appeals Procedure

The North Coast Section Commissioner of Athletics or his/her designee is empowered to review and act upon any written letter of appeal(s) filed by a member school or league relative to the North Coast Section Championship series during the championship series of the respective sport. The championship series shall be defined as commencing at midnight on the

final date for league competition of the respective sport and shall conclude at the beginning of the first contest of the respective sport's State CIF Championship Series (regional events in sports where applicable) or at the completion of the North Coast Section Championship Series in sports where there is no State CIF sponsored post season competition. Only questions of significant procedural errors or decisions made on data that was significantly incorrect may be appealed. Under no circumstances may a judgment decision by a game or contest official, committee member(s) or site or management person be appealed. When a jury of appeals, protest committee or head official (e.g., basketball) is present at the event, no appeal based upon improper application of game (event) rules will be considered by the NCS Commissioner.

Procedures for filing a written letter of appeal with supporting documentation.

- (1) The written letter of appeal with supporting documentation must be approved by the school's principal or his/her designee.
- (2) The written letter of appeal with supporting documentation must be delivered to the NCS office or to the location determined by the NCS Commissioner or his/her designee and copies of it must be delivered to all other affected parties (e.g., other participating teams, involved committee members, involved management personnel, site personnel, etc.).
- (3) Notice that an appeal will be filed must be given at the time of the action that is appealed.
- (4) The written letter of appeal with supporting documentation must be provided to involved parties within six hours unless this deadline is extended by the NCS Commissioner or his/her designee.

Appeals of decisions relative to the North Coast Section Championship Series shall be considered in accordance with the following:

- (1) Was the disputed action lawful? Does it violate Title V, the Education Code, etc.?
- (2) Was the decision or action fraudulent?
- (3) Is the decision or action consistent with existing NCS rules, regulations or policies?
- (4) In the absence of written rules, regulations or policies is the decision or action consistent with past practices of NCS in similar situations?
- (5) Does the decision have a basis in reason, or in other words a reasonable basis? The test to be employed in the application of this criteria is whether responsible people acting in a thoughtful efficient manner, could reasonably have reached the same decision and not whether others might personally agree with the decision.
- (6) When applicable, consideration shall be given to limited time constraints, the effect on other participating students and teams, and the reasonableness of implementing the requested action.

AWARDS

1300H Certificates

Participants in badminton, baseball, basketball, cross country, football, golf, lacrosse, soccer, softball, swimming, tennis, area track & field, volleyball, water polo and wrestling NCS Championship Series competition shall receive a participation certificate. They will be available for download by athletic directors on CIFHome.

1301H Plaques

A plaque will be presented to winning teams in badminton, baseball, basketball, competitive sport cheer (stunt), cross country, football, golf, lacrosse, soccer, softball, swimming, tennis, team tennis, track & field, volleyball, water polo and wrestling. The plaques will become the property of the winning school and the winning school shall retain possession of the plaque.

(Board of Managers 4/28/01)

1302H Pennants

A first and second place pennant will be awarded in badminton, baseball, basketball, competitive sport cheer (stunt), cross country, football, golf, lacrosse, soccer, softball, swimming, tennis, team tennis, track & field, volleyball, water polo and wrestling. In the sports of golf, badminton, swimming and wrestling a third-place pennant will be awarded.

1303H Medals

Medals will be awarded to individuals in all sports in which NCS Championships are conducted. See the respective sport to determine the number of medals awarded.

BADMINTON

14.000H GENERAL RULES

The USA Badminton is the governing authority in Badminton as modified by the NCS Board of Managers and/or CIF Federated Council.

14.100H STATE MODIFICATIONS

14.101H Regional Championships

Regional badminton events for boys, girls and coed will be conducted in the Spring.

NOTE: For related policies please consult the badminton section in the Blue Pages. (Approved May 2014 Federated Council)

14.200H NORTH COAST SECTION MODIFICATIONS

14.201H Badminton Lines

One-inch (25.4 mm) lines are permitted.

14.300H DIVISIONS

The North Coast Section Championships in badminton will be conducted in two divisions.

14.400H QUALIFICATIONS

14.401H Events

There will be five (5) events at the NCS Badminton Championships. A player may be entered in one event only.

The five (5) events are as follows:

- a) Girls' singles
- b) Boys' singles
- c) Girls' doubles
- d) Boys' doubles
- e) Mixed doubles

14.402H Entry Allotments Per Division

Entries to the NCS Badminton Championship must be received by the Entry Coordinator, from the league commissioners or their designated representatives, no later than the posted deadline in the Championship Guide.

The following formula should be used to determine entries into the NCS Badminton Championships.

- a) If a league fields 2 – 3 badminton teams, it will receive 3 entries.
- b) If a league fields 4 – 5 badminton teams, it will receive 4 entries.
- c) If a league fields 6 – 7 badminton teams, it will receive 5 entries.
- d) If a league fields 8 or more badminton teams, it will receive 6 entries.
- e) If a league fields 1 badminton team, it will receive one at-large entry per event. By entering a Division 1 league tournament, It will also have the opportunity to qualify one additional entry per event, if that entry finishes: a) top-3 in a league of 2-3 Division 1 teams, b) top-4 in a league of 4-5 Division 1 teams, c) top-5 in a league of 6-7 Division 1 teams, or d) top-6 in a league of 8 or more Division 1 teams.

For purposes of determining the number of teams within a league, a team is defined as having nine individuals/doubles (i.e. – four boys singles, four girls' singles, two boys' doubles, two girls doubles and 2 mixed doubles would count as 14 individuals/doubles, qualifying for a team. Single gender schools must have five individuals/doubles to qualify as a team.

PENALTY FOR VIOLATION: Failure of a league to submit entries by the stated deadline above will disqualify entries from the offending league. *(Board of Managers 5/22/20)*

14.403H Alternates

A player or players may be entered in one event only. Alternates will not be allowed to play unless they are listed

on the entry form submitted by the league. A player may not be listed as an alternate if he/she is listed as an entrant in another event. Alternates will not be allowed to participate unless included by the league representative prior to the end of the coaches meeting.

14.404H Default

A player or team shall not enter the NCS Badminton Championships and then withdraw. (Only exceptions allowed without penalty are documented injury, documented illness or documented personal emergency).

Penalty for withdraw after brackets are posted.

PENALTY FOR VIOLATION: Any school whose team/individual qualifies to the NCS Badminton Championships and does not compete in all eligible rounds for the respective championship will be subject to one or more of the following penalties as determined by NCS Badminton Management Committee panel:

- a. Disqualification from the respective sport championship series in the following year from date of infraction.
- b. Loss of privilege to participate in the NCS Championship Series Events in badminton for two years.
- c. Reduction of maximum number of games the following school year in the badminton according to the following scale:
 - i. Failure of the regular varsity team/individual to participate in the championship contest – two contests reduction.
 - ii. Failure of the regular varsity team/individual to participate in the semifinal and championship contests – four contests reduction.
 - iii. Failure of the regular varsity team to participate in the quarterfinal, semifinal and championship contests – six contests reduction. (*Board of Managers 4/27/12*)

14.500H DEVELOPMENT OF BRACKETS

- A. Development of brackets will follow the following order:
 1. Boys' singles
 2. Girls' singles
 3. Boys' doubles
 4. Girls' doubles
 5. Mixed doubles
- B. Brackets will be developed according to the following procedures in sequential order:
 1. There will be no seeding.
 2. Champions will be separated in the first round.
 3. First and second place qualifiers from the same league will be placed in opposite halves by draw.
 4. Quarter brackets will separate the top four qualifiers from each league.
- C. Any out-brackets for a fifth qualifier, supplemental placement, or new league, to the formula will be decided by out-bracketing the first #4 seed that will not upset or create an imbalance in the draw.
- D. Formulas developed by the Badminton Management Committee will be used to develop the brackets based on letter B above. (*Board of Managers 10/17/08*)

14.600H FORMAT

14.601H Championship Brackets

The championship bracket will be a single elimination tournament.

14.602H Consolation Brackets

Players who have lost to a semifinalist will enter the consolation bracket. Championship semifinal losers will be cross-bracketed into the consolation bracket.

14.700H EVENT ADMINISTRATION

14.701H Tournament Management

The NCS Badminton Tournament Committee has the authority to conduct the championships and shall rule on all issues not covered by the rules.

14.702H Coaches Certification & Coaches' Meeting (CIF 503(E & F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. (*CIF Federated Council 2/09*)

Coaches must attend the coaches' meeting and arrive within 15 minutes of scheduled start of meeting, as posted in the championship guide. Failure of a coach to be present at this meeting will result in the school's students not being allowed to participate. Coaches must have their "Certification of Authorized Personnel" form at this meeting. Failure of a coach to present this form by the start of competition, as stated in the championship guide, will result in the school's students not being allowed to participate. (*Board of Managers 5/22/20*)

14.703H Scorers

Each school which wins a match will be responsible for providing scorers for the following match on that court unless an umpire is assigned.

14.704H Lines persons and Umpires

Lines persons and umpires will be provided in the semifinals and finals for both the consolation and championship brackets.

14.705H Game Equipment

The official shuttlecocks will be provided by NCS and must be used in the NCS Badminton Championships. The current NCS Official Shuttlecock is the Yonex Mavis 350 – yellow.

14.706 Match Number

Each match will be numbered. Players must know their match number and be ready to take the court when scheduled. Order of matches may be altered by the Tournament Committee.

14.707H Defaults

Players failing to report for their match after five minutes will default. Defaulted player(s) will be disqualified from the tournament.

14.708H Scoring

(Board of Managers 1/24/17)

Division 2

The points accruing to each team at the NCS Badminton Championships shall only be awarded for a singles player or doubles team placement as follows:

First Place: 10 points

Second Place: 7 points

Third Place: 4 points

Fourth Place: 2 points

Fifth/Sixth Place: 1 point

Division 1

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

14.709H Code of Conduct on Court Rules for Coaches, Players and Spectators

Unsportsmanlike conduct on the part of a player will result in: 1. A warning 2. Removal by tournament director (ex. Fighting, throwing rackets, profane or abusive language, excessive hitting of rackets on floor or walls.)

- a) Spectators, friends, and coaches are welcome to watch and enjoy matches. Their role, however, is clearly restricted to that of passive observer with no involvement of any kind during the match except as the USA Badminton rules allow.
- b) It is the player's responsibility to observe and report to his/her opponent all infractions of the rules, including service infractions. A player shall not enlist the aid of his/her coach or the opponent's coach to complain about violations of the rules of badminton. Each player is responsible for the conduct of the match. If, however, players have a question regarding the rules of badminton during play, he/she may temporarily suspend the match and contact the tournament table through the scorekeeper.
- c) Play must be continuous from the beginning of the match. Players having problems should notify the

scorekeeper and the scorekeeper should notify the tournament table. Players **must not** leave the court except as the USA Badminton rules allow. Attempts to stall for the purpose of recovering from a loss of physical condition are clearly illegal. If, the tournament table or referee decides that a player or players are stalling, the loss of a point or serve may be awarded.

- 1) Play cannot be suspended until the opponent has finished his/her serve.
- d) Intentional distractions that interfere with the player's opponent's concentration or effort to play the shuttlecock are against the rules.
- e) To avoid controversy over the score, the server should announce the game score prior to serving each point.
- f) If a player has any doubt as to whether a birdie is out or good, he/she must give his/her opponent the benefit of the doubt and play the birdie as good. A player should not play a let.
- g) It is a player's obligation to call all birdies on his/her side, to help his/her opponent make calls when the opponent requests it, and to call against himself/herself any birdie that he/she clearly sees out on his/her opponent's side of the net.
- h) Any "out" call must be made instantaneously.
- i) Players are not to enlist the aid of spectators in making line calls. If a player feels that his/her opponent is not making proper line calls, he/she may request that the tournament table place line judges for the match.
- j) If a player calls a birdie out and then realizes it was good, he/she should correct his/her call.
- k) Players shall wait until the players on another court have completed a point before retrieving or returning a birdie.
- l) Players are expected to put forth a full and honest effort regardless of the score or expected outcome.
- m) Players are expected to maintain full control over their emotions and the resulting behavior throughout the match.
- n) Players should not stall, sulk, complain, or practice gamesmanship.

14.710H Participants Uniforms

Participating team members at the NCS Badminton Championships must comply with the following team uniform requirements.

- 1) All players on a team must wear shirts of the same color and the same trim pattern, but not necessarily

the same material. A single partial/whole manufacturer's logo/trademark (no more than 2 1/4 square inches with no dimension more than 2 1/4 inches) and/or one American flag (no more than 2 inches x 3 inches in size) are permitted on the shirt. The shirts do not have to be manufactured by the same company. No other article of clothing shall cover or replace the team shirt once a match has started.

- 2) All players on a team shall wear shorts/skorts of the same color and the same trim pattern but not necessarily the same material. A single partial/whole manufacturer's logo/trademark (no more than 2 1/4 square inches with no dimension more than 2 1/4 inches) and/or one American flag (no more than 2 inches x 3 inches in size) are permitted on the shorts. The shorts/skorts do not have to be manufactured by the same company.

- 3) Players may wear leggings, tights and sweatpants during competition provided they match the color of the team's shorts/skorts. All of the sweatpants worn in competition must have the same trim pattern. All leggings and tights worn in competition must have the same trim pattern. All sweatpants worn in competition must have the same trim pattern. The legging, tights and sweatpants material does not necessarily have to be the same material. A single partial/whole manufacturer's logo/trademark (no more than 2 1/4 square inches with no dimension more than 2 1/4 inches) and/or one American flag (no more than 2 inches x 3 inches in size) are permitted on the legging, tights and sweatpants that are worn in competition. The legging, tights and sweatpants do not have to be manufactured by the same company.

- 4) Players may not alter the general shape of their uniforms by rolling/folding their sleeves or shorts, nor tying their shirts to expose additional skin.

PENALTY FOR VIOLATION: Participating teams and/or players who wear illegal uniforms will be subject to disqualification once a match has started.

(Board of Managers 5/22/20)

14.711H Admission

Admission to the NCS Badminton Championships will be \$12.00 for adults and \$5.00 for students with student body cards, senior citizens and children 12 and under.

14.800H AWARDS

Participants shall receive a participation certificate. A plaque will be awarded to the winning team. Pennants will be awarded to the first, second and third placed teams. Medals will be awarded to the first four place finishers in each event.

14.900H ENTRY FEES

The NCS Office will bill each league/conference commissioner for the total entry fees for each entrant to the NCS Championships at the rate of \$20.00 for singles and \$40.00 per doubles team. (*Board of Managers 5/1/06*)

14.1000H QUALIFYING FOR CIF NORTHERN CALIFORNIA BADMINTON CHAMPIONSHIPS

The CIF Northern California Badminton Championship entries will only be selected from the NCS Division 1 Badminton Championship. Division 2 will not advance any entries to the CIF Northern California Badminton Championship.

BASEBALL

15.000H GENERAL RULES

The National Federation Baseball Rule Book is the governing authority in baseball, with the addition of the listed State CIF/NCS modifications and/or adoptions.

15.100H STATE MODIFICATIONS

15.101H Pitching Limitation Rule – 30 Outs

Sections shall adopt the following baseball pitching limitation rule: 30 outs and/or three appearances in a calendar week through the season.

- A. The calendar week begins on Monday.
- B. Innings pitched in a no game (i.e., rainout, power failure, etc.) shall count toward the total.
- C. If the 30th out involves a double or triple play, the team will not be penalized.
- D. An appearance is defined as a pitcher pitching at least one pitch. If a pitcher is removed from the mound to another position or to the dugout and later returns to pitch in the same game, the pitcher will be charged with a second appearance.
- E. Any violation constitutes a forfeit of the contest.

15.102H Pitching Limitation Rule – Pitch Count

In addition to the Bylaw above, Sections shall adopt the following baseball pitching limitation rule with respect to pitch count and required days of rest: *(Board of Managers 1/24/17)*

Pitch count limits and required rest:

Level	Daily Pitch Limit	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest
Varsity	110 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches
Frosh, F/S, JV	90 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches

- A. A pitcher may finish the current batter if the Maximum Contest Pitch Limit is reached during that at-bat.
- B. Pitches thrown, and appearances made in a no game (i.e., rainout, power failure, etc.) shall count toward the totals.
- C. At the end of each half inning, the head coaches will confirm, and both team books will record the pitch count for all pitchers who threw a pitch in that half inning. In the case of a discrepancy, the home book is considered the official book.
- D. Each school must keep a record of all pitches thrown by each of their players in each game and make this available to their respective Section Office upon request.
- E. Any violation constitutes a forfeit of the contest.

15.103H Official National Federation Authentication Mark

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball, and water polo. *(Revised to include lacrosse November 2000 Federated Council)*

15.104H Protective Equipment

It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards. *Note: NFHS rules govern use of protective equipment by a player/student.*

15.105H Regional Championships

A Regional Championship will be held following the completion of CIF Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective regional tournament. *(Approved January 2020 Federated Council).*

15.200H STATE/SECTION ADOPTIONS

15.201H Game Ending Procedures

Each league is authorized to adopt game ending procedures *(Board of Managers 10/25/11)*. Game ending procedures for NCS Championships can be found in the current year Championship Guide.

15.202H Baseball 10-run Rule

Each league is authorized, by State Association Adoption, to utilize the National Federation rule stating that the game shall end when the visiting team is behind 10 or more runs after 4½ innings, or after the fifth inning, if either team is 10 runs behind and both teams have had an equal number of times at bat. If the above adoption is not authorized by the league, schools must follow the guidelines of the National Federation Baseball Rules Book. *(Board of Managers 4/26/02)*

During the NCS Championships the game shall end when the visiting team is behind 10 or more runs after 4 ½ innings, or after the fifth inning, if either team is 10 runs behind and both teams have had an equal number of times at bat. *(Board of Managers 10/25/11)*

15.203H 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 15.104H, 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.

15.300H OFFICIALS

See Section 602H. Additional information concerning the selection of officials is contained in the Championship Guide.

15.400H WEAR A HELMET IN THE COMPETITION AREA

The NFHS Baseball Rules govern use of protective equipment by a player/student.

15.500H CHAMPIONSHIP SERIES INFORMATION

15.501H Divisions and Format

Championships shall be conducted in six divisions see Bylaw 507H. (See website for current division breaks) If a team of larger division participates in a league with schools of a smaller division, that school must compete in its actual division during post-season competition in team sports. NCS Division 1 – 5 brackets will be conducted as a 16-team single elimination championship. NCS Division 6 will be conducted as an 8-team single elimination championship. Each championship will be conducted over a two-week period. *(NCS Board of Managers 10/20/06)*

15.502H Minimum Qualifying Record

To be accepted as a participant in the NCS Baseball Championships, a team shall have compiled at least a .500 overall record, or at least a .500 record against teams in its own division or a at least a .500 record in its own league.

- a. A .500 record is defined as a team having an equal number of wins and losses.
- b. "Teams in its own division" is defined as **any team** whose grades 9-12 enrollment fall within the school's NCS Baseball Division (See NCS Division ranges above).
- c. Games against teams outside of the United States will not be counted in determining the ".500 record within a division".
- d. When a team's petition is approved to play in a division of greater enrollment, that division for which the team is approved, shall be its division for the respective year.

NOTE: Schools that petition up in division according to the time schedule set forth by the Board of Managers will remain at that division during the current year and future years.

(Board of Managers 5/1/06)

15.503H Automatic Qualification of League Champion

Each league's championship school shall automatically qualify for its (school's) respective NCS Baseball playoff division provided the league champion follows the application process as stated in the championship guide.

15.504H At-large Teams (See also Bylaws 510H through 516H of this Handbook)

After each league championship school has been placed in its respective division's bracket, any remaining berths

in the divisions' bracket shall be filled with at-large teams selected from schools that are classified in the respective division provided the school follows the application process as stated in the championship guide.

15.505H Seeding for Divisions 1 – 6

Refer to Bylaws 515H and 516H of this Handbook.

15.506H Site Selection

Criteria for Determining Sites for Division 1 – 6 Baseball Schedule

Schools will host contests at home site through the semifinals provided their school's facility meets the site criteria. Contests will be assigned as follows:

- a. League Champion (First round only)
- b. Higher Seed
- c. If neither team is a league champion and both are unseeded, then the team that defeated the higher seeded team shall host the game.
- d. Staff will be allowed to adjust "sites" and site criteria for the maximum benefit of the respective tournament and/or due to lack of appropriate facilities in the areas of the competing schools.

Championship Rounds

Championship contests will be placed in the geographical area of the league champion or higher seed according to the priority order listed below.

- a. Higher Seed
- b. If neither team is seeded then the team that defeated the higher seeded team.
- c. Staff will be allowed to adjust "sites" and site criteria for the maximum benefit of the respective tournament and/or due to lack of appropriate facilities in the areas of the competing schools.

(Board of Managers 1/23/04)

15.600H GAME ADMINISTRATION

15.601H The following rules are applicable to all North Coast Section baseball playoff games:

- a) Teams are expected to arrive in uniform. Locker rooms will not be available.
- b) The home team (who bats first and last) during all rounds will be determined by the Seeding Committee using the applicable criteria established by the NCS Board of Managers. The following guidelines will be used to determine the home team. The Higher seed will be designated the home team, regardless of what geographical area the contest is played. *(Board of Managers 4/26/13)*
- c) The home team shall occupy the third base dugout, or as assigned by the site director.
- d) There will be a **MINIMUM OF A 30-MINUTE BREAK BETWEEN GAMES** to allow for infield practice and field preparation.
- e) Each team will be allowed a maximum of ten minutes for infield practice (this will be strictly enforced). The visiting teams will take the infield first.
- f) Participating teams will not be allowed to take batting practice, use pitching machines or batting cages at the game site within two hours of the scheduled game time. The use of regulation, whiffle, or other low flight balls may be used for hitting warm-up drills (provided it is allowed by the host facility), with the following exception: regulation balls may not be used for front toss. Only whiffle or other low flight balls may be used for front toss. **PENALTY FOR VIOLATION:** The game shall be forfeited by the offending team. *(Board of Managers 4/3/18)*
- g) Site Directors shall provide each participating team and both umpires with a written copy of the ground rules.
- h) Umpires will be instructed to strictly enforce the limits of three defensive time outs per seven inning game and one offensive time out per inning and to limit pitchers to one minute or five pitches whichever comes first, between innings.
- i) All games will be terminated in accordance with the National Federation Rule Book, except as superseded by the NCS Bylaws.
- j) No new innings will start after two and one-half hours have elapsed from the beginning of the first game of a doubleheader unless the score is tied at the completion of the inning.
- k) Teams involved in tied games, which are called due to the time limit, will continue the game on the next day prior to any scheduled playoff game. If the next day is Sunday, the game will be continued on Monday after school hours.
- l) When a game is tied at the completion of seven or more innings and two and one-half hours have elapsed since the beginning of the game, and another game is scheduled for the field, and no other field is available, the tied

game will be interrupted, and the regularly scheduled game will be allowed to begin. If the tied game is interrupted, it will be continued:

- 1) When a field becomes available within the limits set in items j through n.
 - 2) At an alternate field on the next morning, or on Monday, if the game was a Saturday game.
- m) No new game will start after 10:00 p.m.
- n) No new inning will start after twelve midnight.
- o) Each team will:
- 1) Provide at least one ball shagger for each game in which the team participates.
 - 2) Provide their own bat boys/girls.
- p) The game management is solely responsible for determining whether a game will be started. After it is underway the decision as to whether it should be suspended rests solely with the game umpires.
- q) Umpires will be assigned by the NCS designated official's assigner.

NOTE: The requirement of assigning officials from neutral officials' associations to NCS Championship Series games has been eliminated. (Board of Managers 10/21/94)

15.602H Coaches Certification (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. *(CIF Federated Council 2/09)*

15.603H Game Ball

The game ball shall be designated by the NCS Commissioner. The NCS Official Ball for baseball is any Rawlings, Inc. ball that meets NFHS Baseball Rule Book specifications. Only a Rawlings baseball may be used in the NCS Baseball Championship Series. The Rawlings contract will expire at the end of the 2021-22 school year. *(Board of Managers 4/27/07)*

PENALTY FOR VIOLATION: Any school that provides a game ball other than the NCS Official Ball for the respective sport will be subject to one or more of the following penalties as determined by NCS staff:

- i. The school shall be fined \$150.00 for each infraction.
- ii. The head coach, athletic director and principal will be required to write a letter of apology to the NCS Executive Committee for their use of an unofficial game ball in the respective NCS Championship Series Event.
- iii. Head coach will be disqualified from the next NCS Championship Series Event.
- iv. Head coach will be disqualified from all further NCS Championship Series Events for one calendar year.
- v. Loss of privilege for the school to host NCS Championship Series Events in the respective sport for two years.

15.604H Starting Times *(Board of Managers 1/27/12)*

- a) Single games will be played at 7:00 p.m., if lights and 5:00 pm if there are no lights during the weekdays. Saturday games may be scheduled at 1:00 p.m. or 7:00 p.m. depending upon the availability of lighted fields for the host school. If the single game is played at a lighted field on Saturday, the starting time shall be 7:00 p.m.
- b) Baseball double-headers will commence at 12:00 p.m. and 2:00 p.m. if lighted fields are not available to the host school. If lighted fields are utilized, double-headers will commence at 5:00 p.m. and 7:00 p.m. (or as close to the scheduled starting time as possible if there is a doubleheader and the first game extends beyond the time necessary to provide sufficient warm-up time for the second game participants).
- c) NCS staff may adjust starting times for the good of the tournament.

15.605H Playing days *(Board of Managers 10/3/17)*

Divisions 1, 3, 5 play on Tuesday, Friday, Tuesday, with the championship game on either Friday or Saturday (depending on field availability). Divisions 2, 4, 6 would play on Wednesday, Saturday, Wednesday, with the championship game on either Friday or Saturday (depending on field availability). Refer to the 3-year championship calendar posted on the NCS website, for current dates.

15.700H ADMISSION POLICY

15.701H Participating teams

Players, and coaches, will be admitted as per the gate list. League passes will not be honored at the game.

15.702H Gate Admission

Admission to the NCS Baseball Championships will be \$12.00 for adults and \$5.00 for students with student body cards, senior citizens and children 12 and under. The Championship games placed at premium venues may have increased ticket prices. *(Board of Managers 5/22/20)*

15.800H REIMBURSEMENT POLICY

15.801H Division 1 – 6

Schools will receive travel expenses in excess of the first 100 miles round trip per game. The rate will be .625 cents per mile (or current federal mileage rate) for maximum of four (4) cars or \$2.50 per mile for buses. (STANDBY TIME IS NOT REIMBURSED.) (*NCS Board of Managers 10/24/03*)

15.802H Deadline for Reimbursement

Schools that do not submit written requests for reimbursement of allowable expense incurred for NCS Championship Series competition participation WITHIN 30 DAYS OF THE CONCLUSION OF THE EVENT will not receive 100% of the approved reimbursement. Reimbursement will be based on the following scale:

1 – 30 days – 100% of the approved request

31 – 45 days – 75% of the approved request

46 – 60 days – 50% of the approved request

past 60 days – 0% of the approved request (*Board of Managers 4/26/96*)

NOTE: Schools are not reimbursed for cheering section or band transportation expenses.

15.900H ADMINISTRATOR-IN-CHARGE

An Administrator-in-Charge is not required in baseball for schools traveling 150 miles or more, one way. Under this exception the coach of the traveling school is responsible for crowd control, student behavior and injury care. Schools traveling less than 150 miles, one way, are required to have an administrator-in-charge. (*Board of Managers 4/29/05*)

15.1000H AWARDS

Participants shall receive a participation certificate. A plaque will be awarded to the first-place team. Pennants will be awarded to the first and second place teams. Medals (20) per team will be awarded to the individual players on the first and second place teams in each division.

15.1100H ENTRY FEES

The NCS Office will bill each league/conference Commissioner \$150.00 entry fee for each team that participates in NCS Championships.

15.1200H FILMING

See Bylaw 1010H in this Handbook.

15.1300H REGIONAL CHAMPIONSHIPS

A Regional Championship will be held following the completion of CIF Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective regional tournament. The nine (9) entries that will represent the NCS in the CIF Nor-Cal Regional Championships are as follows: the NCS champion in Divisions 1-6 (6), and the three (3) highest remaining championship runner-ups in Divisions 1-6. In the event of a tie between the highest-seeded championship runner-ups (across all divisions), NCS staff will use the established at-large and seeding criteria to select the final entry or entries. (*Board of Managers 1/29/21*)

BASKETBALL

16.000H GENERAL RULES

The National Federation Basketball Rules Book as modified by the State CIF Federated Council is the governing authority for girls' and boys' basketball conducted by CIF member schools.

16.100H STATE MODIFICATIONS AND ADOPTIONS

The National Federation Basketball Rule Book is and shall be the official rulebook for boys and girls play with the exception of the following three rule modifications adopted by the CIF Federated Council.

16.101H GIRLS MODIFICATION (CIF 1600)

The National Federation Basketball Rules shall be modified for girls' basketball as follows:

- A. Utilization of 30-second shot clock.
- B. No 10-second rule in backcourt.
- C. Utilization of five (5)-second count for holding the ball only.

16.102H BOYS MODIFICATION (CIF 1601)

The National Federation Basketball Rules shall be modified for boys' basketball as follows:

- A. Utilization of a 35-second shot clock.

16.103H UNIFORMS (CIF 1602)

The National Federation boys' and girls' uniform rules shall be waived to allow for the wearing of a shirt with diagonal or tailed lettering at the non-varsity level.

16.104H THREE (3)-PERSON OFFICIATING (CIF 1603)

Three (3)-person officiating teams may be used at all games in every round of the State Basketball Tournament.

(Approved October 2000 Federated Council)

16.105H OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK (CIF 1604)

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball and water polo.

(Revised to include lacrosse November 2000 Federated Council)

16.106H STATE CHAMPIONSHIP DIVISION PLACEMENT OF SCHOOLS (CIF 1605)

Boys and Girls Regional and State Championships will be held following the completion of section playoffs. The CIF seeding committee will determine the divisional placement of the section entries for their respective regional tournament. *NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.*

(Approved May 2001 Federated Council/Revised 2002 Executive Committee/Revised February 2005 Federated Council/

Revised May 2008 Federated Council/Revised May 2012 Federated Council/Revised May 2014 Federated Council/Revised October 2015 Federated Council/Revised April 2017 Federated Council)

16.107H MERCY RULE (CIF 1606)

At the conclusion of the third quarter or any point thereafter, if there is a point differential of 40 or more points, a running clock shall be instituted for the remainder of the game regardless of the score. This Bylaw applies to all levels of play. *(CIF Federated Council 5/04)*

ALL OTHER FEDERATION RULES APPLY TO BOTH BOYS AND GIRLS

16.200H CHAMPIONSHIP SERIES OFFICIALS' INFORMATION

16.201H Officials

See Section 602H. Additional information concerning the selection of officials is contained in the Championship Guide.

16.300H NCS CHAMPIONSHIP FORMAT

16.301H Division Information

The North Coast Section Basketball Championships are conducted in seven (7) divisions, including an Open

Division and Divisions 1-6. (Board of Managers 9/27/19)

16.302H Divisions

Each NCS member school shall be classified for post-season basketball by competitive equity. See Bylaw 507H

- a) The divisions can be found on the NCS website.
- b) NCS Championships shall be conducted in seven (7) divisions, including an Open Division and Divisions 1-6. Current divisions can be found on the NCS website.
- c) Starting with the 2019-20 school year, NCS implemented the Open Division competition in the sport of girls' and boys' basketball.
- d) In addition to the six existing Divisions of competition, a six-team Open Division bracket will be developed. The NCS At-Large and Seeding Committee, prior to the development of any of the other division brackets, will subjectively select the six strongest teams within the CIF-North Coast Section, based on the currently established at-large and seeding criteria. All teams selected for the Open Division will earn automatic berths in the Northern California Regional Tournament (NorCals).
- e) Only teams from Division I through 3 are eligible for the Open Division. Teams from lower divisions that wish to be considered for the Open must choose to move up to at least Division 3 prior to the start of the season (in accordance with the petitioning schedule).
- f) The Open Division bracket will be a pure seed with the top two seeds receiving first-round byes.
- g) Assignment of games will be according to the same established policy used in the other six Division brackets and approved by the NCS Board of Managers.

NOTE: Schools that petition up in division will remain at that division during the current year and future years.

NOTE: If a team of larger division participates in a league with schools of a smaller division, that team must compete in its actual division during post-season competition in team sports. (Board of Managers 9/27/19)

16.303H Tournament Bracketing

NCS Selection Committees may increase the team sports brackets, when there are qualified teams applying for NCS Championships. Any increase in the brackets size will not cause the NCS Championship in each respective sport to exceed the posted championship date. (Board of Managers 10/23/09)

NOTE: The current year's tournament bracket sizes are posted on the NCS Website, www.cifnccs.org. Go to the Basketball Home Page and click on the link, "2021-22 Basketball Divisions".

16.304H Minimum Qualifying Record

To be accepted as a participant in the NCS Boys and Girls Basketball 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. Exception: league champions gain automatic entry, provided the team submits and application by the deadline.

- a. A .500 record is defined as a team having at least an equal number of wins and losses.
- b. "Teams in its own division" is defined as **any** NCS team whose grades 9-12 enrollment fall within the school's NCS/CIF Basketball Division. NCS/CIF Basketball Divisions are listed on the NCS website. *NOTE: Also see 504H.*
- c. Games against teams outside of the United States will not be counted in determining the "winning record within a division".
- d. League record is defined as only league games played during the league season excluding league playoffs. (Board of Managers 5/1/06)

16.305H Single Elimination Tournament

NCS Boys and Girls Basketball Championship Series competition shall be on a single elimination basis. NOTE: Per Board action [10/2/20], the Open Division basketball participants receive a two-game guarantee.

16.306H Automatic Qualification of League Champion

Each league's championship school shall automatically qualify for its (school's) respective NCS basketball playoff division provided the league champion follows the application process as stated in the championship guide.

16.307H At-Large Teams (See Bylaws 510H through 516H of this Handbook)

After each league championship school has been placed in its respective division's bracket, any remaining berths in the divisions' bracket shall be filled with at-large teams selected from schools that are classified in the respective division who have a minimum qualifying record provided the school follows the application process as stated in the championship guide.

16.308H Seeding

(Refer to Bylaws 515H and 516H of this Handbook)

16.309H Playing Dates

First round games will be played on the Tuesday (Divisions 1-3-5), Wednesday (Division 2-4-6) or Thursday (Open) following the NCS basketball seeding meeting, quarterfinal round games on Friday (Divisions 1-3-5) and Saturday (Divisions 2-4-6), semifinals Tuesday (Open, Divisions 1-3-5) or Wednesday (Open, Divisions 2-4-6) and finals Friday or Saturday. (*Board of Managers 10/2/20*)

16.310H Assigning Team to Sites

1. First round contests will be conducted at the home site or in the geographical area of the league champion (*first round only*), provided the league champion can provide a site that meets the criteria for the respective championship series event. If the league champion is unable to provide a site that meets the criteria, the contest may be hosted by and conducted at the site or in the geographical area of the other competing school provided its site meets the criteria. If neither school can provide a site that meets the criteria, the NCS staff will arrange for the contest to be conducted at a designated site. The area of the league champion will be given preference if a site that meets the criteria is available. If there is not any available site that meets the criteria, NCS staff will select a site balancing all applicable factors.
2. If a league champion is not involved in the first contest, the contest will be conducted at the site or in the geographical area of the highest-seeded team provided the highest-seeded team is able to provide a site that meets the criteria for the respective championship series event. If the highest-seeded team is unable to provide a site that meets the criteria, the contest will be conducted at the site or in the geographical area of the other competing school provided its site meets the criteria. If neither school can provide a site that meets the criteria, the NCS staff will arrange for the contest to be conducted at a designated site. The area of the highest-seeded team will be given preference if a site that meets the criteria is available. If there is not any available site that meets the criteria, the NCS staff will select a site balancing all applicable factors.
3. Quarterfinal rounds and semifinal rounds will be conducted at the home site or in the geographical area of the higher seeded team provided the site meets the hosting criteria listed on the application to host form. If the higher seeded team is unable to provide a site that meets the criteria, the contest may be hosted by and conducted at the site or in the geographical area of the other competing school provided its site meets the criteria. If neither school can provide a site that meets the criteria, the NCS staff will arrange for the contest to be conducted at a designated site. The area of the league champion will be given preference if a site that meets the criteria is available. If there is not any available site that meets the criteria, NCS staff will select a site balancing all applicable factors.

16.311H Criteria for Determining Host Sites

Criteria for selection of sites for NCS Championship Series first, quarterfinal and semifinal round contests hosted by competing schools is listed under Bylaws 518H and 519H.

16.400H GAME ADMINISTRATION

16.401H Time Interval Between Games

Teams will be guaranteed 15 minutes between games for pre-game warm-ups.

16.402H Warm-up Time During Half-Time

Each team is guaranteed the opportunity for three (3) minutes of unobstructed warm-up time during half-time if their team is on the floor with three minutes left on the clock. Spirit routines will be limited to a maximum of three minutes for each competing school. Visitors shall perform first.

16.403H Site Director

The site director, who is responsible for game administration, shall be responsible for determining when the playing floor is sufficiently clear to begin the fifteen (15) minute warm-up period.

16.404H Home team jersey colors, uniform-specifics

The team listed in the upper bracket will be designated the home team. Although it is necessary that one team is designated as the home team, it must be kept in mind that each game belongs equally to both competing schools. The home team shall wear white jerseys. The visiting team shall wear colored jerseys. Schools are requested to bring a set of white and dark jerseys to each game. Teams by mutual consent may switch uniform colors. Please contact the Site Director, at the orientation meeting, if you desire to make a change.

16.405H Team bench

Only coaches, team players, and members of the official team party are allowed on the team bench.

16.406H Coaching Box

A 14-foot coaching box shall be outlined outside the side of the court on which the scorers' and timers' table and team benches are located. The area shall be bounded by a line 28' from the end line, the sideline, a line 22' from the end line, and the team bench. These lines shall be located off the court, be two inches wide, and of a color contrasting with the boundary lines.

16.407H Game Ball

The game ball shall be designated by the NCS Commissioner. The NCS Official Ball for basketball is any Spalding, Inc. ball that meets NFHS Basketball Rule Book specifications.

PENALTY FOR VIOLATION: Any school that provides a game ball other than the NCS Official Ball for the respective sport will be subject to one or more of the following penalties as determined by NCS staff:

- i. The school shall be fined \$150.00 for each infraction.
- ii. The head coach, athletic director and principal will be required to write a letter of apology to the NCS Executive Committee for their use of an unofficial game ball in the respective NCS Championship Series Event.
- iii. Head coach will be disqualified from the next NCS Championship Series Event.
- iv. Head coach will be disqualified from all further NCS Championship Series Events for one calendar year.
- v. Loss of privilege for the school to host NCS Championship Series Events in the respective sport for two years.

An official game ball for boys and girls must be used for the entire game. Through the 2022-2023 school year the provided complimentary ball will be as follows:

Boys Basketball – Spalding Top-Flite 1000 Classic Wide Channel (Composition Ball)

Girls Basketball – Spalding Top-Flite 1000 Classic 28.5 Wide Channel (Composition Ball)

(Board of Managers 4/27/07)

16.408H Special Tournament Restrictions

No mechanical noisemakers (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band) will be permitted inside the gymnasium. Radios or tape decks, other than those used in half-time routines, and laser pointers will not be permitted in the gymnasium.

PENALTY FOR VIOLATION: Each Administrator-in-Charge or supervising coach is responsible for their school's crowd control. Failure to follow the above rule will result in the following penalties:

- A. A fine of \$150;
- B. Upon review of the circumstances by NCS staff the offending school(s) may forfeit their right to host in the NCS Championships in the respective sport for the remainder of the tournament and one additional year. *(Board of Managers 5/1/06)*

16.409H Locker Rooms

Locker room assignments shall be made prior to game time. Towels will not be provided. Each participating school is responsible for securing the valuables of its team party and shall incur its own liability for any losses.

16.410H Rally Bands

In all divisions, schools intending to bring rally bands must notify the respective Site Director prior to the playoffs.

In Division 5, rally bands shall not exceed 12 members and shall be admitted free on any night its team is participating, providing the band members are accompanied by their Band Director.

16.411H Administrator-in-Charge

Each school, which is participating in an NCS Team Championship Series must have an administrative level representative or designee, in addition to the team coach, in attendance before, during, and after the event each time that the school competes. The school's principal must indicate in writing the name of the person (certificated faculty member or certified coach under Title V for public schools, contracted faculty/approved coaching staff members for private schools) provided the person is not coaching (neither the head coach or an assistant coach) who is the Administrator-in-Charge (responsible for crowd control, student behavior, and injury care) whenever that school's team is participating in the respective NCS event. The administrator-in-charge form shall be presented to the Site Director when the person reports to the Site Director prior to the start of the contest.

NOTE: The Administrator-in-Charge Registration form may be signed by any school administrator (vice principal and assistant principal) and the school athletic director. (Board of Managers 1/23/98)

16.412H Coaches Certification (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032,

35179.1, Bylaw 22.B.(9) and CIF/NCS Bylaw 503.F (CIF Federated Council 2/09)

16.413H Warm-up

Teams will be guaranteed 15 minutes between games for pre-game warm-ups when more than one game is conducted at the same site. Teams will not be allowed on the floor more than 90 minutes prior to a single game or the first game of a double header or multiple games. (Board of Managers 5/1/00)

16.500H TICKETS

16.501H Complimentary Tickets

Two bonus complimentary tickets will be provided to those coaches that comply with the deadlines for returning souvenir program information, media information sheets and ranked list of officials to the North Coast Section.

16.502H Passes

Only the North Coast Section Lifetime, Board of Managers, Superintendent, Honor Coach, Management Committee, Media, Officials (one sport only), CIF-issued and CIF Lifetime passes will be honored. NO league passes will be recognized.

16.503H Team Limit

In all divisions, teams will be limited to fifteen (15) members plus one manager. The Associate Commissioner's written approval will be required for those teams whose regular season roster exceeded the 15-player limit. This approval shall be requested prior to the At-large and seeding meeting.

16.504H Participating Team Admission

The following information is pertinent to all games. Participating schools will receive a gate list for the following individuals: players, coaches, trainer scorekeeper, bus driver and team attendants (limited to 20 individuals). The administrative gate list shall include only the following people: administrators who will perform supervisory duties, i.e., crowd control, supervise cheerleaders, band (limit is up to 15).

A student or participant's ticket may NOT be used for adult admission. Adult or complimentary tickets may be used for child, student or adult admissions.

Faculty supervision tickets may be purchased by the school. North Coast Section will reimburse a school for one faculty supervision pass per thirty-five (35) pre-sale student tickets sold. Participating schools may purchase adult tickets for additional supervisory personnel.

16.505H Gate Admission

Admission to the NCS Basketball Championships will be as follows:

	Adults	Students w/cards	Children/Seniors
1 st , 2 nd and Semifinal Rounds			
Gate Admission	\$12.00	\$5.00	\$5.00
Championship Round			
Gate Admission	\$13.00	\$6.00	\$6.00

NOTE: Admission prices to games played at professional, college or city owned venues may be adjusted by NCS staff. (Board of Managers 1/17/03)

16.600H REIMBURSEMENT POLICY

16.601 Transportation Allowance

Participating schools in all divisions will receive a travel allowance of \$2.50 per mile round trip plus a maximum of \$12.00 per hour stand-by-time FOR ONE BUS. If a participating school travels by car it is entitled to .625 cents per mile for a maximum of four cars.

The following policy for payment of stand-by time for bus drivers:

Stand-by time is the time a bus is parked at the site of the NCS athletic contest in which the bus occupants are participating. Stand-by time will only be paid for a person who is currently licensed by the State of California as a Class 2 Bus Driver. Stand-by time will be paid for no more than one hour prior to the scheduled starting time of the team's contest and shall terminate no later than one hour after the conclusion of that team's contest. The rate of reimbursement shall be the actual rate charged by the district or private charter service not to exceed the maximum approved by the NCS Board of Managers. The current maximum rate is \$12.00 per hour. Stand-by time will only be reimbursed in the sports of football and basketball.

The team transportation Reimbursement Voucher is included in each school's tournament packet. It must be completed and RETURNED WITHIN 30 DAYS FOR 100% OF THE APPROVED AMOUNT.

16.602H Division (Open, 1, 2, 3, 4, 5 and 6) Lodging and Per Diem Allowance

Lodging and per diem – when the direct distance from a competing school to the site of the NCS Basketball Championship Series event is more than 150 miles one way, the school may be reimbursed for a currently eligible team party.

The following people will be eligible for lodging and per diem.

A maximum of 15 players who are currently eligible and have been listed on the varsity roster for the entire league season, are eligible for the lodging and per diem reimbursement. In cases where students are added to the varsity roster during the course of the league season, it shall be the responsibility of the requesting coach to submit to the Associate Commissioner or the Assistant Commissioner a written explanation submitted prior to the Orientation Meeting demonstrating the contributions the player has made to the varsity team which justifies his/her claim for lodging and/or per diem reimbursement. Reimbursement for lodging and per diem will be made only after all other tournament expenses including travel mileage has been paid. All receipts for lodging and per diem must accompany the bill when presented to the North Coast Section office. **ALL REQUESTS FOR FULL REIMBURSEMENT MUST BE RECEIVED WITHIN 30 DAYS OF THE CHAMPIONSHIPS.**

Coach – A coach must meet the requirements of the California Education Code and the California Administrative Code Title 5 and have been under contract to that school to coach the varsity basketball team during the current season in order to be eligible for lodging and per diem reimbursement.

In the case of a non-public school the team coach who has been under contract to coach that school's varsity basketball for the current season and engaged by that school on a yearly contract basis as a regular member of the school teaching staff and certified by the administration of that school as competent for the position of varsity basketball coach, shall be eligible for lodging and per diem reimbursement.

Administrator-in-Charge – The school administrator performing supervisory responsibilities may be eligible for lodging and per diem reimbursement, however, no additional travel allowance will be paid.

Under no circumstances will the NCS reimburse for more than the qualified number of persons in a basketball team's traveling party. Under no circumstances will a school's traveling party be reimbursed for more than 17 persons (15 persons, 1 coach and 1 administrator).

Limitations

- a) Lodging: members of the traveling party shall be assigned rooms. Students in the traveling party shall be assigned three persons per room, one person per bed.
- b) Per Diem; the school may be reimbursed for each eligible member of the traveling party at a maximum rate of \$15.00 per diem. A maximum of one day of per diem and lodging expenses will be reimbursed for eligible members of the schools' traveling party for each NCS Championship basketball series game that qualifies in accordance with the above mileage provisions. A team must advance to the next round of competition in order to be reimbursed for overnight lodging and per diem for the next night. Schools winning in the championship round are not entitled to an additional night lodging and per diem.

16.603H Reimbursement Deadlines

Schools will only be reimbursed after actual copies of lodging receipts and verification of per diem are received by the NCS Office.

Schools that do not submit written requests for reimbursement of allowable expense incurred for NCS Championship Series competition participation **WITHIN 30 DAYS OF THE CONCLUSION OF THE EVENT** will not receive 100% of the approved reimbursement. Reimbursement will be based on the following scale:

1 – 30 days – 100% of the approved request

31 – 45 days – 75% of the approved request

46 – 60 days – 50% of the approved request

past 60 days – 0% of the approved request (Board of Managers 4/26/96)

NOTE: Schools are not reimbursed for cheering section or band transportation expenses.

16.700H AWARDS

16.701H Team and Individual Awards

Participants shall receive a participation certificate. A plaque will be presented to the first-place boys' and girls' teams. Pennants will be awarded to the first and second place boys' and girls' teams. Medals will be awarded to the 15 individual players on the first and second place teams. Additional medals may be purchased.

16.800H ENTRY FEES

The NCS Office will bill the respective league/conference commissioner a \$150.00 entry fee for each team from the commissioner's league/conference that participates in NCS Basketball Championships.

16.900H FILMING (See Bylaw 1010H in this Handbook)**16.1000H QUALIFYING FOR NOR-CAL AND CIF CHAMPIONSHIPS**

NCS championship division teams will be the NCS representatives to the Northern California, CIF Championships. All six (6) teams competing in the NCS Open Division, the final two (2) teams competing in NCS Divisions 1-3, and the final four (4) teams competing in NCS Divisions 4-6 will receive automatic berths in the appropriate division, if such a berth is allowed. The NCS is currently allotted 25 entries, including any teams selected to the Open Division and Division 6. The 25th entry will be assigned to the highest seeded semifinal losing team in Divisions 1-3 only. In the event of a tie between highest seeded semifinal losing teams, NCS staff will use the established at-large & seeding criteria to select the final entry or entries.

STATE CHAMPIONSHIP DIVISION PLACEMENT OF SCHOOLS

Teams must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships. Boys and Girls Regional and State Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective Regional Tournament. *NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.*

BEACH VOLLEYBALL

17.000H SEASON OF SPORT

Girls' beach volleyball will be conducted in the Spring.

17.100H OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball and water polo.

COMPETITIVE SPORT CHEER (STUNT)

18.000H GENERAL RULES

The National Federation Spirt Rule Book, American Association of Cheer Coaches and Administrator safety guidelines and USA Cheer are the governing authority in competitive sport cheer competition, with the addition of the listed State CIF/NCS modifications and/or adoptions.

18.100H STATE MODIFICATIONS

18.101H Competitive Sport Cheer (CSC)

For all CIF Bylaws, Competitive Sport Cheer (CSC) will be defined as any cheer competition that consist of four quarters of play with a halftime in between the second and third quarters. CSC coaches must meet education and safety requirements of Article 22.B.(9) and Bylaw 1802. (Ca. Education Code 35179-35179.7, 49032 and 45125.01-45125.1).

18.102H Safety Certification of Coaches

Schools must ensure that all CSC coaches, paid and unpaid, will have completed a safety education program that emphasizes the following components:

- A. A philosophy of safety awareness,
- B. Understanding and assessing legal liability in cheerleading.
- C. Knowledge of cheerleading safety equipment, including apparel and training aids such as spotting belts and mats.
- D. Spotting techniques for tumbling and partner stunts.
- E. Skill progressions for tumbling, partner stunts, and pyramids.
- F. Physical and psychological performer readiness.
- G. Medical responsibilities, including injury prevention, the development of an emergency plan, and the assessment, treatment, and rehabilitation of injuries. (See also Article 22.B.(9))

(Approved April 2017 Federated Council)

18.200H STATE/SECTION ADOPTIONS

18.300H CHAMPIONSHIP SERIES INFORMATION

18.301H Divisions and Format

Championships shall be conducted in one division.

18.302H Minimum Qualifying Record

To be accepted as a participant in the NCS Competitive Sport Cheer Championships, a team shall have compiled at least a .500 overall record, or at least a .500 record in their league, if the league conducted league competition for four or more teams.

18.303H Bracket Size

The NCS Competitive Sport Championship bracket will consist of eight (8) teams.

18.304H Automatic Qualification of League Champion and Runner-up

Each league's championship school, and the league runner-up, shall automatically qualify for its (school's) respective NCS Competitive Sport Cheer Championship provided the league champion follows the application process as stated in the championship guide.

18.305H At-large Teams (See also Bylaws 510H through 516H of this Handbook)

After each league championship school and runner-up has been selected, any remaining berths in the bracket shall be filled with at-large teams selected from schools that follow the application process as stated in the championship guide.

18.306H Seeding

Refer to Bylaws 514H and 515H of this Handbook.

18.307H Site Selection

All competition sites will be selected by the NCS administrator staff member responsible for competitive sport cheer.

18.400H GAME ADMINISTRATION

18.401H The following rules are applicable to all North Coast Section Competitive Sport Cheer Championships.

- a) Teams are expected to arrive in uniform. Locker rooms will not be available.
- b) Any competition times will be assigned by NCS staff.
- c) There will be a **MINIMUM OF A 30-MINUTE BREAK BETWEEN GAMES** to allow for warm-ups.
- d) Site management is solely responsible for determining whether competition will be started. After it is underway the decision as to whether it should be suspended rests solely with the officials.
- e) Officials will be assigned by the NCS designated official's assigner.

18.402H Coaches Certification (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. (Revised February 2009 Federated Council)

18.403H Starting Times

- a) All competitions will be conducted at one site, selected by NCS staff.
- b) NCS staff may adjust sites and starting times for the good of the tournament.

18.500H ADMISSION POLICY

18.501H Participating teams

Players, and coaches, will be admitted as per the gate list. League passes will not be honored at the game.

18.502H Gate Admission

Admission to the NCS Competitive Sport Cheer Championships will be \$12.00 for adults and \$5.00 for students with student body cards, senior citizens and children 12 and under. The Championship games placed at premium venues may have increased ticket prices. *(Board of Managers 10/3/17)*

18.600H REIMBURSEMENT POLICY

Schools are not reimbursed for costs of transportation expenses.

18.700H AWARDS

Participants shall receive a participation certificate. A plaque will be awarded to the first-place team. Pennants will be awarded to the first, second and third place teams. Medals (20) per team will be awarded to the individual players on the first, second and third place teams.

18.800H ENTRY FEES

The NCS Office will bill each league/conference Commissioner \$150.00 entry fee for each team that participates in NCS Competitive Sport Cheer Championships.

18.900H FILMING

See Bylaw 1010H in this Handbook.

CROSS COUNTRY

19.000H GENERAL RULES

The National Federation Track & Field and Cross Country Rule Book is the governing authority in cross country.

19.100H STATE MODIFICATIONS

None

19.200H CHAMPIONSHIP SERIES INFORMATION

19.201H Host

The NCS Cross Country Championships shall be conducted by a management committee.

19.202H Format

The NCS Cross Country Championships shall be conducted in a one-week format provided a location is available that has a course which is sufficiently wide to allow at least 25 teams to compete, per race.

(Board of Managers 1/19/96)

19.203H Qualification

All schools may enter the NCS Cross Country Championships. There are no qualifying standards.

19.204H Divisions

The NCS Cross Country Championships will be conducted in five (5) divisions. Schools will compete in the division determined by the 2021 TOTAL enrollment for grades 9-12; unless a school incurs a gain/loss of enrollment of a minimum of fifteen (15) percent in the current year (2022-2023), then the October 2022 TOTAL enrollment figures shall be used in place of the 2021 TOTAL enrollment figures to determine the school's division for 2022. Current NCS Cross Country Championship Divisions can be found on the NCS website.

19.205H Format – Five Divisions

Varsity cross country teams from all NCS member schools will have the opportunity to run in the post-league state qualifying meet(s). There will be qualifying meets in all divisions. Placement within a division shall be based upon the TOTAL enrollment figures from the prior year (If a school incurs a gain/loss of enrollment of minimum of fifteen percent in the current year, the current year TOTAL enrollment figures shall be used in place of the prior year). *NOTE: Schools must compete at their school's 9-12 enrollment. Schools may not petition up to a higher division. (CIF Federated Council 5/9/03)*

19.206H Entry Procedures

Each school shall be responsible for the entry of their individuals and teams according to the instructions printed in the NCS Cross Country Championship Guide.

PENALTY FOR VIOLATION: Failure of a school to submit entries by the stated deadline, as outlined above, will disqualify entries from the offending school. *(Board of Managers 5/1/06)*

19.207H Billing of Entry Fees

The NCS will bill each league/conference Commissioner for the total entry fees for each entrant to the division meets at the rate of \$150.00 per each team of five or more competitors (maximum of seven) and \$25.00 per individual competitor. *(Board of Managers 10/25/96)*

19.208H Coaching Certification (CIF 503.E. & F)

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. *(CIF Federated Council 2/09)*

19.209H Distance

Competition shall not exceed 3.1miles/5 km for boys' or girls' varsity races.

19.210H Gate Admission

Admission to the NCS Cross Country Championships will be as follows:

Gate Admission \$7.00 (Adults)/\$5.00 (Students/w/cards and Children/Seniors)

19.300H CIF STATE CROSS COUNTRY CHAMPIONSHIPS

19.301H State Championship Divisional Placement of Schools

Each Section will determine the divisional placement for its schools who qualify for the State Cross Country Championships. CIF member schools will be required to participate in the division that has been established

by their respective Section. Sections may use their own established criteria to determine placement of teams in the five (5) divisions based on the following guidelines:

- Division I As determined by Section
- Division II As determined by Section
- Division III As determined by Section
- Division IV As determined by Section
- Division V As determined by Section, but enrollment may not exceed 600

(Approved May 2000 Federated Council/Revised May 2001 Federated Council/Revised June 2002 Executive Committee/Revised May 2005 Executive Committee/Revised May 2008 Federated Council/Revised May 2014 Federated Council)

19.302H Automatic Team Entries

Team entries into the CIF State Championship Meet would be based on a formula that includes the following factors:

- A. An established baseline providing a minimum number of entries for each Section;
- B. Additional entries based upon the most recent four (4)-year history of the Section team performance in each divisional race;
- C. No Section shall have more than seven (7) team entries in any divisional race.

(Approved May 2000 Federated Council/Revised May 2002 Federated Council)

19.303H Individual Entries to the CIF State Championship Meet

A maximum of five (5) individuals (not on an automatic team entry), per the criteria in each division, will qualify from the CIF Section to the CIF State Championship Meet finals as follows:

# of Section Teams that Automatically Qualify	Sections' Five Individual Qualifiers to the State Meet Must Finish in the Top
1	8
2	12
3	14
4	16
5	18
6	20

(Approved May 2001 Federated Council/Revised February 2005 Federated Council)

19.400H AWARDS

19.401H Division Championships

The following awards will be presented at the completion of the respective meets:

- a) Plaques to each girls' and boys' championship team.
- b) Pennants to the first and second placed boys' and girls' teams in Divisions 1, 2, 3, 4 and 5.
- c) All participants will receive certificates.
- d) NCS will provide medals to the top three teams in each division. The top seven individuals not on a qualifying team will receive medals. *(Board of Managers 5/1/03)*

FOOTBALL

20.000H GENERAL RULES

The National Federation Football Rule Book is the governing authority in Football, except those CIF/NCS modifications and/or adoptions.

See Appendix B for a summary of allowable football activities for the entire year.

20.100H STATE/SECTION MODIFICATIONS AND ADOPTIONS

20.101H 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 overtime procedures adopted by the CIF for Regional and State football championship bowl games.
- b) In the NCS Championships, the overtime procedures adopted by the CIF for Regional and State football championship bowl games will be used. (*Board of Managers 1/25/19*)

20.102H Age Requirement (CIF 2100)

A student under 15 years of age may not participate in an interscholastic contest or scrimmage against the varsity team of another school. This Bylaw may be waived by Section action provided the Section adopts criteria for such a waiver which shall include, but not be limited to, the following (*North Coast Section member schools have chosen to adopt the criteria to waive the 15-year-old requirement to play varsity football*):

- A. Participant must be at least 14 years of age;
- B. A signed consent statement from the parent(s)/guardian(s)/caregiver, allowing participation at the varsity level;
- C. A statement from the head coach that the student-athlete has the physical and mental maturity to compete at the varsity level;
- D. A statement of compliance must be forwarded by the principal to the respective Section Office verifying that all required documentation has been completed and is on file in the appropriate school office.

(*Revised May 2000 Federated Council/Revised March 2004 Executive Committee/Revised April 2019 Federated Council*)

A student shall not be allowed to participate in an interscholastic varsity football contest or scrimmage until the student has reached his/her fifteenth birthday. The varsity football team of a three or four-year high school is the unlimited team, commonly called the first team. A student under 15 years of age may participate in an interscholastic non-varsity football contest or scrimmage, but the student may not participate in an interscholastic contest or scrimmage against the varsity team of another school. If a school has only one football team, it could be designated as the junior varsity, provided it does not compete against other varsity teams and provided it has received league and CIF section approval as a junior varsity team.

PENALTY FOR VIOLATION: The penalty for use of an ineligible participant is found in the NCS Student Eligibility Bylaw 219. (*Board of Managers 5/1/06*)

20.103H Number of Practice Days: No Sunday Practice; Team Camps/Other Off-Season Activities (CIF 2101)

- A. There shall be no football games until the team has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game. (The opening date of football practice may be determined by each Section.) No Sunday practice is permitted (See Bylaw 504.M. for exception).
- B. Football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of Live Action as defined by USA Football. (*Revised April 2018 Federated Council*)
- C. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes. (*Approved April 2015 Federated Council*)

NOTE: For policies related to definition of full-contact and allowable in-season, off-season and team camp activities please consult the football section in the blue pages and local Section Bylaws.

20.104H Scrimmage Limitations (CIF 2102)

A. No individual student shall participate in an interscholastic scrimmage before his/her 10th day of practice for that particular school. *NOTE: Definition of a day of practice is 12:00 a.m. to 11:59 p.m.*

NOTE: Scrimmage is defined as practice where the teams alternate in carrying the ball, downs are not counted, no score is kept, and the coaches are on the field directing play.

a) The NCS permits a freshman or freshman/sophomore football team (the lowest level football team in the respective school) to conduct nine (9) scrimmages, one after each contest, each not to exceed a maximum of fifteen minutes of running time. No player will play more than four quarters at the same position. This does not limit the school's opportunities to conduct the one or two scrimmages provided for under rule 101H.

PENALTY FOR VIOLATION: The penalty for use of an ineligible participant is found in the NCS Constitution and General Bylaws 1103. (*Board of Managers 5/1/06*)

20.105H Spring Football Practice

Spring practices shall not start earlier than the Monday **four** weeks prior to Memorial Day and must be completed before spring final examinations start. (*Board of Managers 4/25/08*)

a) Spring practice shall not exceed ten (10) practice sessions, none of which may be held on Saturday or Sunday.

b) The only allowable football equipment for spring football shall be football shoes, footballs, blocking sleds and blocking bags.

c) Eighth and 9th grade students from an elementary, middle or junior high school **may not** take part in the spring football practice at the high school. (See Bylaw 18.106H for multi-school exception). (CIF 2004)

d) A high school coach may not conduct a football practice session at a separate junior high school. (CIF 2004)

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 18.105H are found in Bylaw 102H. (*Board of Managers 5/1/06*)

20.106H Pre-High School Ninth Grade Student Participation

Ninth grade students at a junior high school that has a multi-campus agreement with the high school may take part in the respective high school spring football practice. (*Board of Managers 1/21/00*)

20.107H Maximum Number of Games per Eight Days

A high school football team of whatsoever classification or name shall not play more than two (2) games in any eight (8) day period. A continued game under National Federation football rules shall not be considered in this limitation. A student shall not be in uniform and/or participate for more than one school football team of whatsoever level each week. A week is defined as Monday through Saturday.

PENALTY FOR VIOLATION: The penalty for use of an ineligible participant is found in the NCS Student Eligibility Bylaw 219. (*Board of Managers 5/1/06*)

20.108H Adjustment of the National Federation Football Timing Rule 3-4-3

Leagues are authorized to adopt the NFHS Timing Rule as an adjustment to the current timing rules for all non-varsity football games. The adjustment must be the adoption of the 1995 National Federation Football Rules Book Rule 3-4-3. Rule 3-4-3-b is modified for non-Varsity games to allow the Referee to start the Game Clock on all changes of possession when the ball is ruled dead in bounds (whether or not in player possession).

The following will be used to determine the use of NFHS 3-4-3 Timing Rule:

a. In non-varsity games between schools from the same league, the league determines the use of the timing rule.

b. In non-varsity games between schools not from the same league, the coaches will, by mutual agreement, decide which timing rule will be used.

c. If two schools cannot decide which timing rule will be used, then the home school's league rule will be used.

20.109H Football 6, 8, and 9-player football field dimensions

For leagues that opt to play six, eight, or nine player football on the 11-player field, the 11-player field may be designated as official, and the dimensions of the field may be altered. (*Board of Managers 1/23/09*)

20.110H Official National Federation Authentication Mark

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball and water polo.

(Revised to include lacrosse November 2000 Federated Council)

20.111H Mercy Rule

At the conclusion of the third quarter or any point thereafter, if there is a point differential of 35 or more points, a running clock shall be instituted for the remainder of the game regardless of the score. The game clock shall stop only for a score, a free kick following a fair catch or awarded fair catch, a charged team timeout, a coach-referee conference or an officials' timeout. This bylaw applies to all levels of play. (*CIF Federated Council 5/11*)

20.200H CHAMPIONSHIP OFFICIALS INFORMATION

See Section 602H. Additional information concerning the selection of officials is contained in the Championship Guide.

20.300H DIVISION INFORMATION

20.301H School Divisions

The North Coast Section Football Championships will be conducted in eight (8) divisions, including divisions 1-7 and 8-person (Division 1 will allow for two teams to emerge as champions, Open & Division 1). Each NCS member school shall be classified for postseason competition by competitive equity. See Bylaw 507H.

- i. The divisions can be found on the NCS website.
- ii. Schools must compete at their designated division, with the exception of schools that petition to a higher division.

20.400H NCS CHAMPIONSHIP FORMAT

20.401H Minimum Qualifying Record

To be accepted as a participant in the NCS Football Championships, a team shall have compiled an overall record of at least an equal number of wins and losses, or an overall record of at least an equal number of wins and losses against teams in its own division, or a winning record in its own league. Exception: league champions shall gain automatic entry. (*Board of Managers 5/1/06*)

- a. "Teams in its own division" is defined as **any** team whose grades 9-12 enrollment fall within the school's NCS Football Division (See NCS Division ranges listed on the NCS website).
- b. Games against teams outside of the United States will not be counted in determining the "winning record within a division".
- c. When a team's petition is approved to play in a division of greater enrollment, that division for which the team is approved shall be its division for the respective year.

20.402H Automatic Qualification of League Champion

Each league's championship school shall automatically qualify for its (school's) respective NCS Football playoff division provided the league champion follows the application process as stated in the championship guide.

20.403H At-Large Teams (See Bylaws 510H through 517H of this Handbook)

After each league championship school has been placed in its respective division's bracket, any remaining berths in the divisions' bracket shall be filled with at-large teams selected from schools that are classified in the respective division provided the school follows the application process as stated in the championship guide.

20.404H Seeding

(Refer to Bylaws 514H and 515H of this Handbook)

20.405H Site Selection

The following priorities will be followed for the seeding of teams and selection of sites.

- a) League champions may host 1st round games provided their football facility meets the minimum NCS host site criteria.
- b) When two league champions meet in the 1st round or semifinal rounds, the higher seeded team will have the opportunity to host, providing its site meets the established criteria.
- c) When two non-league champions meet in the 1st round or semifinal rounds the higher seed will have the opportunity to host, providing its site meets the established criteria.
- d) In quarterfinal and semifinal rounds, the higher seed team will host provided their facility meets the hosting criteria listed on the application to host form.
- e) Final sites
 - 1) The NCS staff will determine final sites (including alternate sites if appropriate)

20.406H Criteria for Determining Host Sites

(See NCS Sports & General Rulings Handbook Bylaw 519H)

20.500H TICKETS

Quarterfinal and Semifinal Rounds

Admission Fees:

General:	\$12.00
Student (Pre-sale only):	\$5.00
Child/Senior Citizens:	\$5.00

Championship Round

Admission Fees:

General:	\$13.00
Student (Pre-sale only):	\$6.00
Child/Senior Citizens:	\$6.00

NOTE: Admission prices to games played at professional, college or city owned venues may be adjusted by NCS staff.

20.501H Pre-Sale Student Tickets

Each school may sell pre-sale tickets to its community using GoFan. Each participating school will be responsible for notifying the site director of the number of tickets sold for each game, no later than two o'clock on the day of the game. Also see Bylaw 905H.

20.502H Participating Schools Free Admissions

Participating schools will be allowed to place the following individuals on the gate:

Division 5, 6, 7 and 8-person Schools

- 6 Complimentary tickets for administrators and school personnel for spectator supervision
- 15 Team party includes coaches, team doctor, managers and statisticians (maximum of 15)
- ** School spirit group (cheerleaders, song persons, letter persons, etc.) must be in uniform to gain entry.

Division 1, 2, 3 and 4 Schools

- 10 Complimentary tickets for administrators and school personnel for spectator supervision
- 15 Team party includes coaches, team doctor, managers and statisticians (maximum of 15)
- ** School spirit group (cheerleaders, song persons, letter persons, etc.) must be in uniform to gain entry.

The North Coast Section has eliminated the automatic issuance of complimentary tickets to non-participating schools in the sport of football. Two bonus complimentary tickets will be provided to those coaches that comply with the deadline of returning the following according to the instructions printed in the NCS Championship Guide:

1. Football Program Roster Information
2. Football Media Information
3. Ranked list of officials. This form and instructions for completing it will be distributed by your athletic director.

20.600H CHAMPIONSHIP SERIES INFORMATION

20.601H Field Passes

The game management will issue field passes to persons authorized to be on the field; all others will be required to stay in the stands and spectator areas. The press box team spotter passes will be given to each team provided there is sufficient space. A maximum of 15 field passes (for coaches, doctors, managers, statisticians, principal, etc.) per team will be allowed for all games.

20.602H Team Party

In all divisions team party includes coaches, team doctor, managers and statisticians (maximum of fifteen).

(Board of Managers 10/30/98)

Support Group - includes administrative and school personnel (for spectator supervision only), cheerleaders in uniform, song leaders in uniform, pep bands, half-time entertainment performers, etc. Faculty supervision tickets may be purchased by the school. North Coast Section will reimburse a school for one faculty supervision pass per thirty-five (35) pre-sale student tickets sold. The administrator or his/her designee will identify and admit support personnel on the gate list. The coach must be present to identify and admit players and managers.

20.603H Game Jerseys

The home team shall wear dark colored jerseys. The visiting team shall wear white jerseys. If a school does not have appropriate jerseys, an alternative color may be worn only with the approval of both school's principals/principal's designee during home games and only by the site director during games managed by NCS appointed staff.

20.604H Game Ball

The game ball shall be designated by the NCS Commissioner. The NCS Official Ball for football is any Wilson, Inc. ball that meets NFHS Football Rule Book specifications.

PENALTY FOR VIOLATION: Any school that provides a game ball other than the NCS Official Ball for the respective sport will be subject to one or more of the following penalties as determined by NCS staff:

- a. The school shall be fined \$150.00 for each infraction.
- b. The head coach, athletic director and principal will be required to write a letter of apology to the NCS Executive Committee for their use of an unofficial game ball in the respective NCS Championship Series Event.
- c. Head coach will be disqualified from the next NCS Championship Series Event.
- d. Head coach will be disqualified from all further NCS Championship Series Events for one calendar year.
- e. Loss of privilege for the school to host NCS Championship Series Events in the respective sport for two years.

A complimentary ball will be provided by the NCS Office and may be used in the NCS Football Championship contests. Through the 2022 season, the official game ball will be the Wilson GST.

(Board of Managers 4/27/07)

20.605H Halftime

The half-time period shall be divided equally so that each school will have an opportunity to present its band, drill team, etc. If one school does not wish to provide half-time entertainment, it may relinquish its time. If mutually agreeable to both schools, the half-time period may be extended from 15 to 20 minutes. In games played at the Oakland Coliseum, the NCS Staff will determine the allotment of time by competing schools during half-time.

20.606H Introduction of Players

Up to fifteen players from each team will be introduced over the public address system. Each coach will send the list of players including first and last name, number, position and grade, to be introduced to the public address announcer at least 40 minutes prior to kickoff time. The players to be introduced will gather behind their respective end zones. Upon introduction, each player will run under the goal posts, down the center of the field to midfield and then to his team's bench.

20.607H Inclement Weather

The game management is solely responsible for determining whether a game will be started. After it is underway, the decision as to whether it should be suspended rests solely with the game officials.

Rain: A game can be played even though it rains prior to, or during a contest. Some of the factors that must be considered as far as postponing a game because of rain are as follows:

- 1) Has the rain made the field unplayable?
- 2) If a game is being played in a junior college or community owned stadium, will the stadium manager permit the game to be played in the event of rain?
- 3) Do weather conditions and the forecast for the following day justify postponing the contest to the next afternoon or night?

Fog: When fog has been present during the week or is predicted for the weekend, the game management will check out the stadium the night before the scheduled game and keep in close check with weather forecasters. If conditions warrant, a decision to postpone the game should be made before the gates are opened. If a game is scheduled for Friday night, a postponement to Saturday afternoon or evening would be in order.

If fog conditions are uncertain, and it is the best judgment of management to attempt to play the game, the following precautions must be taken:

- 1) Rain checks must be prepared and given to each person as he or she enters the stadium.
- 2) Prior arrangements should be confirmed as to the time, date and location of the game in the event it is to be postponed.
- 3) The public address announcer should keep the spectators constantly informed as follows:
 - a. If one half of the game is completed and then subsequently called because of unplayable conditions, it will be an official contest and the score will stand.
 - b. If the game is called before one half has been played, it will not be an official game. The contest will then be replayed in its entirety on the date and at the time and place previously agreed upon prior to the game.

20.608H 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 1/19/07)*

20.609H Filming

(See Bylaw 1010H in this Handbook)

20.610H Broadcast Permission and Fees

(See Bylaw 1101H and 1102H in this Handbook)

20.611H Press Box Accommodations

Press box seats are reserved - as available - for the public address announcer, the scoreboard operator, the announcer's spotters, the official statisticians, the site director, three spotters from each school, and working members of the media.

20.612H Administrator-in-Charge (See Bylaw 604H and 605H in this Handbook)

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

Note: The Administrator-in-Charge Registration form may be signed by any school administrator (vice principal and assistant principal) and/or the school athletic director. *(Board of Managers 1/23/98)*

The administrator-in-charge of a participating school must attend the orientation meeting to provide input and discuss appropriate crowd control procedures or meet with appropriate NCS staff members, as necessary, to review the necessary guidelines.

20.613H Coaches Certification - (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1, CIF 503.F and Bylaw 22.B.9. *(CIF Federated Council 2/09)*

20.700H REIMBURSEMENT POLICY

20.701H Travel Allowances

The maximum reimbursement for transportation in football will be limited to \$2000.00 for trips over 150 miles one-way, 950 for trips between 80 and 149 miles one way and \$700 for all other trips. **An invoice must be included with this request.**

(Board of Managers 10/24/11)

20.702H Lodging and Per Diem

Teams traveling in excess of 300 miles round trip may be reimbursed for a team party of up to 35 people.

Schools which travel to the Humboldt-Del Norte League, and the Humboldt-Del Norte schools which travel to Marin or Sonoma County, may be reimbursed for a team party up to 45 people which shall include players, coaches, managers, physicians and statisticians for one night's accommodations.

The following people will be eligible for lodging and per diem.

Players - Only players, who are currently eligible and have been listed on the varsity roster for the entire league season, are eligible for the lodging and per diem reimbursement. In cases where students are added to the varsity roster during the course of the league season, it shall be the responsibility of the requesting coach to submit to the NCS Assoc. Commissioner or Asst. Commissioner a written explanation at the at-large and seeding meeting demonstrating the contributions the player has made to the varsity team which justifies his/her claim for lodging and/or per diem reimbursement. Reimbursement will be made only after other tournament expenses including travel mileage have been paid. All receipts for lodging and per diem must accompany the bill when presented to the North Coast Section Office. All requests for reimbursement must be received within 30 days of the Championships.

Coaches - Only coaches who meet the requirements of the California Education Code and the California Administrative Code Title 5 and who have been under contract by that school to coach the varsity football team during the entire current season shall be eligible for lodging and per diem reimbursement.

In the case of a non-public school only coaches who have been under contract to coach that school's varsity football team for the entire current season and engaged by that school on a yearly contract basis or a regular

member of the school's teaching staff and certified by the administration of that school as competent for the position of varsity football coach, shall be eligible for lodging and per diem reimbursement.

Team Support Personnel - Physicians, trainers, managers, and statisticians who have served the team for the entire current varsity football season may be eligible for lodging and per diem.

School Administrative Staff - School administrative staff performing supervisory responsibilities may be eligible for lodging and per diem reimbursement.

Under no circumstances will the NCS reimburse for more than the stated people in the football traveling party.

Limitations

- a) Lodging: members of the traveling party shall be assigned rooms on a minimum ratio of 3 persons per room. Students in the traveling party shall be assigned three persons per room (one person per bed).
- b) Per diem: the school may be reimbursed for each eligible member of the traveling party at a maximum rate of \$15.00 per diem. A maximum of one day of per diem and lodging expenses will be reimbursed for eligible members of the schools traveling party for each NCS Championship football series event game that qualifies in accordance with the above mileage provisions.

20.703H Reimbursement Deadlines

Schools will only be reimbursed after actual copies of lodging receipts and verification of per diem are received by the NCS Office. Schools that do not submit written requests for reimbursement of allowable expense incurred for NCS Series competition participation **WITHIN 30 DAYS OF THE CONCLUSION OF THE EVENT** will not receive 100% of the approved reimbursement. Reimbursement will be based on the following scale:

1 - 30 days - 100% of the approved request

31 - 45 days - 75% of the approved request

46 - 60 days - 50% of the approved request

past 60 days - 0% of the approved request (Board of Managers 4/26/96)

NOTE: Schools are not reimbursed for cheering section or band transportation expenses.

20.800H BILLING OF ENTRY FEES

The NCS office will bill the respective league/conference commissioner a \$150.00 entry fee for each team from the commissioner's league or conference that participates in NCS Football Championships.

20.900H AWARDS

20.901H Division 5, 6, 7 and 8-person

Participants shall receive a participation certificate (via CIFHome). Individual medals will be presented to the 35 members of the first and second place teams. A plaque will be presented to the first-place teams in each division. Pennants will be presented to the first and second place teams in each division.

20.902H Division Open/1, 2, 3 and 4

Participants shall receive a participation certificate (via CIFHome). Individual medals will be awarded to the 45 members of the first and second place teams in the division championship contest. A plaque will be presented to the first-place teams in each division. Pennants will be presented to the first and second place teams in each division. *NOTE: Open runner-ups will receive awards in the D1 title game only.*

GOLF

21.000H GENERAL RULES

The USGA Rule Book is the governing authority in golf.

21.100H STATE MODIFICATIONS

Leagues may decide to allow "Advice in Team Competition". In matches that are played outside of league, the two coaches of that match may decide if "Advice in Team Competition" will be allowed. The note in rule 8 must be followed.

Rule 8 Note: The Committee (League) may, in the conditions of a team competition (Rule 33-1), permit each team to appoint one person who may give advice to members of that team. The Committee (League) may establish conditions relating to the appointment and permitted conduct of that person, who must be identified to the Committee (League) before giving advice.

21.101H Season of Sport

Girls Golf will be conducted in the Fall. Boys Golf will be conducted in the Spring.

21.200H DIVISIONS

21.201H Two Divisions

All schools will be in two divisions for the NCS Golf Championships.

21.202H Boys' & Girls' Competition

The NCS Golf Championships shall be divided into boys and girls.

21.300H DIVISION 1 and DIVISION 2/INDIVIDUAL QUALIFIER CHAMPIONSHIPS

21.301H GOLF Tournament Format

Two Divisions: See NCS website for current division breaks.

Nor Cal qualifiers will come from the Division I Tournament of Champions

One coach per school entered will receive lunch during each tournament.

Division 2 Championship/Individual Qualifier

Tournament Field=up to 144 total golfers

Scoring: Play 5 golfers, top 4 will score. (Division 2 Tournament will use the double par plus 2)

D2 League Champions automatically qualify plus 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.

Division 1 Tournament of Champions

Tournament Field: up to 144 total golfers

Scoring: Play 6 golfers top 5 will score.

Date: One week prior to the Nor Cal Golf Tournament.

D1 League Champions automatically qualify plus 18 individuals not on qualifying teams from the Division 2 Championship/Individual Qualifier.

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

Teams will be allowed to petition in accordance with appropriate bylaws. *(Board of Managers 1/25/19)*

21.302H Entry Fees

The NCS Office will bill the respective league/conference commissioners a fee of \$14.00 per individual (teams and individual) plus green fees (not to exceed \$60/player). *(Board of Managers 1/24/20)*

21.303H Rotation by League

Each NCS league will have the responsibility to host the NCS Division 1 Qualifying Tournament or the Division 2 Tournaments.

21.400H SITES (Division I Championship site rotation)

- a) Rotating NCS Division I Tournament of Champions Golf Sites - The three geographical areas in rotation for the NCS Championship Tournament are:
- 2021-2022 Contra Costa
 - 2022-2023 Sonoma-Marín
 - 2023-2024 Alameda
 - 2024-2025 Contra Costa
 - 2025-2026 Sonoma-Marín
 - 2026-27 Alameda

(Depending on the availability of a course) *(Board of Managers 10/25/96)*

21.401H SITES (Division II TOC site rotation)

DIVISION II TOURNAMENT

2021-22	VVAL
2022-23	CMC
2023-24	BAC
2024-25	MCAL
2025-26	HDNL
2026-27	TCAL

21.500H ENTRIES

21.501H Deadline

League entries must be received by the tournament director from the leagues meet director no later than the Tuesday prior to the championships.

21.502H Teams

Boys' Team – A Division I qualified team may play a maximum of six players, with the lowest five scoring. A Division II qualified team may play a maximum of five players, with the lowest four scoring.

Girls' Team - A Division I qualified team may play a maximum of six players, with the lowest five scoring. A Division II qualified team may play a maximum of five players, with the lowest four scoring.

21.503H Entries

The total number of participants, individuals, automatic qualifying teams and at-large entry teams shall not exceed 144 golfers in Division I & Division II Championships.

21.504H At-Large Teams for Qualifying Tournaments

Any remaining berths will be filled by at-large selections. The coach or authorized representative of each team applying for an at-large berth must submit the golf application and roster by the deadline posted in the Championship Guide.

PENALTY FOR VIOLATION: Any team that does not submit the application and roster by the posted deadline will not be allowed to participate, disqualifying their team from further competition. *(Board of Managers 5/1/06)*

21.505H Defaulting

An individual qualifier or team shall not enter the NCS Golf Championships and then withdraw. (Only exceptions allowed without penalty are documented injury, documented illness or documented personal emergency) Penalty for withdrawal after entries are posted.

PENALTY FOR VIOLATION: Any school whose individual/ team qualifies to the NCS Golf Championships and does not compete will be subject to the following penalty as determined by NCS Golf Management Committee panel:

Loss of privilege to participate in the NCS Golf Championship for one year.

NOTE: If a school's individual entry violates this bylaw, then the school will not be allowed to send an individual the following year to the NCS Golf Championships.

If a school team violates this bylaw, then the following year the school team will not be allowed to participate in the NCS Golf Championships. *(Board of Managers 4/3/18)*

21.600H FORMAT

- a) There shall be eighteen (18) holes of golf. Order of play schedules will be given out at the site.

- b) Starting time (shotgun) will be announced.
- c) Division II NCS Golf Championship tournament will include a double par plus two scoring system for each of the 18 holes played. Once a player reaches double par plus two and has not holed out, the player shall pick-up and score a double par+2 on the hole. (i.e., On a par 4 hole the player would write on his/her scorecard a 10 with a circle around the 10 to indicate he or she had to pick up on the hole.) If a player holed out with a score of double par+2, that player would not have to circle the score indicating that player holed out for the score. *(Board of Managers 10/19/07)*

21.601H Dress for Players and Coaches (No Exceptions)

Men: Collared golf shirts are required. Slacks and hemmed shorts may be worn and must be no shorter than mid-thigh. Blue jeans (including any color designer jeans), t-shirts and tank tops are NOT permitted.

Women: Golf shirts are required. Slacks, hemmed shorts and skirts no shorter than mid-thigh are permitted. Blue jeans (including any color designer jeans), t-shirts, tank tops and yoga pants are NOT permitted.

NOTE: The dress code of a respective Golf Course used by NCS may have rules which are more stringent regarding dress. In these situations, all participants and coaches must conform to the established rules of the course. If the dress rules of the respective Golf Course are more lenient, then the NCS dress for players and coaches will be in effect. (Board of Managers 4/01/22)

21.602H Team Tiebreaker

The following is the tiebreaker procedures for golf.

Team Score Tiebreaker: To determine champions and/or Nor-Cal qualifier(s) - to be determined before individual ties are broken.

In the event of a tie for 1st, 2nd, and 3rd, the tie will be decided by adding the sixth player's score (or fifth player's score in D2) to the team total. If the teams are still tied the tie will be broken by using the USGA recommended tie breaking procedure which totals the scores of all six players on each student team for holes 10-18. If still tied holes 13-18, if still tied holes 16-18 and if still tied hole 18. In the event that this tie breaking procedure is required, the back 9 shall be deemed to be holes 10-18 on the score card. If the teams are still tied, the tie will be broken by using the #1 handicap hole and continue this process until the tie is broken.

(Board of Managers 10/25/10)

21.603H Individual Tiebreaker Procedure

In the event of a tie between two or more individuals the following criteria will be used in order to break the tie, if there is no time remaining for a playoff:

- 1) The last nine holes will be compared;
- 2) If a tie still exists, the last six holes are compared;
- 3) If a tie still exists, the last three holes are compared;
- 4) If a tie still exists, the last hole or 18th hole will determine the winner.
- 5) In the case that a tie still exists a playoff will begin on the 18th hole and continue until a winner is decided.

21.604H Official Ball

The official golf ball for the North Coast Section will be announced. When an official ball is named each participant in the NCS Golf Championship Tournament will be provided a sleeve of golf balls. However, participants may use any golf ball that meets the United States Golf Association standards in the NCS Golf Championship Tournament.

21.605H Electric Golf Cars and Caddies

Players must carry their own clubs or transport them on a pull cart (caddies and golf cars are not permitted).

21.606H Gallery

A gallery is permitted; however, all gallery must remain at a distance of 30 yards from players at all times and are not to walk on the fairways. Participants are reminded of Rule 8 (Advice and Assistance) of "The Rules of Golf" which specifically prohibits players from receiving any counsel or suggestion from anyone (including their coach, other players, gallery, etc.) that could influence them in determining their play, the choice of a club, or the method of making a stroke.

NOTE: Information on the Rules of golf and Local Rules for this tournament are not considered to be advice. As a guest of private or municipal golf courses a gallery will only be permitted if the hosting golf course allows the gallery.

21.607H Assistance During Play

It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. Assistance includes:

- a) Advice regarding improvement of play
- b) Use of electronic equipment or any other aid on the course
- c) Use of a distance measuring device is allowed provided it measures distance only.
 - a. The features that would render the use of the device contrary to the rule include but are not limited to:
 - i. The gauging or measuring of slope
 - ii. The gauging or measuring of other conditions that might affect play or climate-based information such as temperature, humidity, etc.
 - iii. Calculating the effective distance between two points based on slope or other conditions affecting shot distance.
 - iv. Such non-conforming features render use of the device contrary to the Rules, irrespective of whether or not; the features can be switched of or disengaged; and the features are switched of or disengaged.
 - v. Players may not use any cell phone application as the use of a cell phone is prohibited.
 - b. In each grouping (2-4 players), if any player uses a distance measuring device, then all players will have access to the distance information.
 - c. Any player using a device who does not share the distance information with other players in his grouping, when asked, will be subject to disqualification for a serious breach of etiquette.").

21.700H COACHES CERTIFICATION (CIF 503 (E&F))

All coaches must check in at the registration desk and present the "Certification of Authorized Personnel form" All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1, CIF 503.F and Bylaw 22.B.9. (*CIF Federated Council 2/09*)

21.800H AWARDS

Participants shall receive a participation certificate. In the boys' and girls' NCS Golf Championships pennants to the first, second and third place teams. Medals to the first, second and third place teams and first, second, third and fourth place individuals. (*Board of Managers 1/23/04*)

21.900H NOR-CAL GOLF

Girls' Golf - Fall

The top three (3) teams plus four (4) individuals from the NCS TOC will qualify for the Nor-Cal Golf Tournament.

Boys' Golf - Spring

The top three boys (3) teams plus four (4) individuals NCS TOC will qualify for the Nor-Cal Golf Tournament.

21.1000H CIF STATE GOLF

Girls' Golf - Fall

The top three (3) teams plus four (9) individuals from the Nor-Cal Golf Tournament will qualify for the CIF STATE Golf Tournament.

Boys' Golf - Spring

The top three boys (3) teams plus four (9) individuals Nor-Cal Golf Tournament will qualify for the CIF STATE Golf Tournament.

LACROSSE

22.000H GENERAL RULES

The National Federation Lacrosse Rule Book, for boys, and the US Lacrosse Rule Book, for girls, will be the governing authority in lacrosse, except for CIF/NCS modifications or adoptions.

22.100H STATE MODIFICATIONS

Each league is allowed to adopt a modification to the Girls' Lacrosse Rules that would allow for a suspended game to continue from the point of interruption. *(Board of Managers 10/19/07)*

22.101H Official National Federation Authentication Mark

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball, and water polo.

(Revised to include lacrosse November 2000 Federated Council)

22.200H STATE/SECTION ADOPTIONS

None

22.300H CHAMPIONSHIP OFFICIALS INFORMATION

See Section 602H. Additional information concerning the selection of officials will be contained in the Championship Guide.

22.400H CHAMPIONSHIP SERIES INFORMATION

22.401H Divisions (refer to Bylaw 507H)

The NCS Lacrosse Championships will be conducted in two divisions. (Please refer to the NCS website for a list of current divisions). The NCS will conduct lacrosse championships for boys and girls in the spring season. Each boys and girls' bracket will go up to sixteen (16) teams. Dates of competition are listed in the championship guide, on the 3-year Championship calendar and posted on the website.

22.402H Automatic Qualification of League Champion

Each league's championship school shall automatically qualify for the NCS lacrosse playoffs, provided the league champion follows the application process as stated in the championship guide.

22.403H At-large Teams (See Bylaws 511H through 517H of this Handbook)

After each league championship school has been placed in the playoff bracket, any remaining berths shall be filled with at-large team selections provided the school follows the application process as stated in the championship guide.

22.404H Seeding

(Refer to Bylaws 514H and 515H of this Handbook.)

22.405H Site Selection

Selection of sites for first and semifinal contests in the sport of lacrosse shall be determined according to the following priorities and criteria.

- a. Conduct the contest at the home site or in the geographical area of the league champion, provided the league champion can provide a site that meets the criteria for the respective championship series event. If the league champion is unable to provide a site that meets the criteria, the contest may be hosted by and conducted at the site or in the geographical area of the other competing school provided its site meets the criteria. If neither school can provide a site that meets the criteria, the NCS staff will arrange for the contest to be conducted at a neutral site. The area of the league champion will be given preference if a site that meets the criteria is available. If there is not any available site that meets the criteria, NCS staff will select a site balancing all applicable factors.
- b. If a league champion is not involved in the contest, the contest will be conducted at the site or in the geographical area of the highest-seeded team provided the highest-seeded team is able to provide a site that meets the criteria for the respective championship series event. If the highest-seeded team is unable to provide a site that meets the criteria, the contest will be conducted at the site or in the geographical

area of the other competing school provided its site meets the criteria. If neither school can provide a site that meets the criteria, the NCS staff will arrange for the contest to be conducted at a neutral site. The area of the highest-seeded team will be given preference if a site that meets the criteria is available. If there is not any available site that meets the criteria, the NCS staff will select a site balancing all applicable factors.

- c. League champions may host first round games provided their lacrosse facility meets the minimum NCS host site criteria.
- d. When two league champions meet in the first round the higher seeded team will have the opportunity to host, providing its site meets the established criteria.
- e. When two non-league champions meet in the first, second or semifinal round, the higher seed will have the opportunity to host, providing its site meets the established criteria.
- f. Final sites – See Bylaw 519H

22.406H Criteria for Hosting Contests

(See NCS Sports & General Rulings Handbook Bylaw 518H and 519H)

22.407H Minimum Qualifying Record

To be accepted as a participant in the NCS Boys and Girls Lacrosse 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. Exception: league champions gain automatic entry, provided the team submits an application by the deadline.

- a. A .500 is defined as a team having won and lost an equal number of games.
- b. "Teams in its own division" is defined as **any** team whose grades 9-12 enrollment falls within the school's NCS Lacrosse Division.
- c. Games against teams outside of the United States will not be counted in determining the ".500 record within a division". (*Board of Managers 1/24/11*)

22.500H GAME ADMINISTRATION

22.501H Home Team

Home Team - NCS staff and/or designee will determine which team is the home team. Although it is necessary that one team be designated as the home team, it must be kept in mind that each game belongs equally to both competing schools.

22.502H Warm-Up

Teams shall be granted a minimum of 30 minutes for warm-up on the field prior to an NCS Lacrosse Championship game.

22.503H Roster

In NCS Lacrosse Championship series competition, each coach shall turn in a complete roster with name and jersey numbers to the game's bench official 20 minutes before the scheduled game time.

22.504H Starting Times

- a) Single games will be played at 7:00 p.m. if lights are available. Afternoon games during the week will be played at 5:30 p.m. Saturday games may be scheduled at 2:00 p.m. or 7:00 p.m. depending upon the availability of lighted fields for the host school. If the single game is played at a lighted field on Saturday, the starting time shall be 7:00 p.m.
- b) Lacrosse double-headers will commence at 3:30 p.m. and 5:30 p.m. during the week and 12:00 p.m. and 2:00 p.m. on Saturday's if lighted fields are not available to the host school. If lighted fields are utilized, double-headers will commence at 5:00 p.m. and 7:00 p.m. or as close to the scheduled starting time as possible if there is a doubleheader and the first game extends beyond the time necessary to provide sufficient warm-up time for the second game participants).

22.505H Playing Dates

NCS Championship dates, for lacrosse, is Tuesday, Thursday, Tuesday, Thursday format. Please refer to the 3-year championship calendar posted on the NCS website for current dates.

22.506H Lacrosse Official Timer/Bench Official

There shall be a four-person officiating team. The official timer/bench official at the scorer's table will keep the official time.

22.507H Tied Games

Tie Games - Refer to the current NFHS or US Lacrosse rulebook for sudden-victory/overtime rules and

procedures.

22.508H Suspended Games

In the event a game must be suspended because of conditions, which make it impossible or dangerous to continue play, NCS staff will reschedule the game from the point of interruption. (*Board of Managers 10/19/07*)

22.509H Game Ball

The NCS Official Ball for the sport of lacrosse must have the NFHS authentication mark and be white for boys' lacrosse and yellow for girls' lacrosse. The official NCS lacrosse ball is the only lacrosse ball that may be used in the NCS Championships.

22.510H Physician/Ambulance/EMT, Paramedic or Certified Athletic Trainer (Boys Games Only)

A physician, ambulance, EMT, Paramedic or Certified Athletic Trainer shall be in attendance at all NCS boys' lacrosse 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 9/28/18*).

22.600H TICKETS

22.601H Admission

- a) Participating schools will indicate their team party on a gate list.
- b) Team Party includes coaches, administrators, faculty supervisors, athletic trainers, team doctor, managers, statisticians, and team drivers.
- c) Players listed on the gate list will be admitted as a group without tickets. The coach must be present at the gate to identify the party.

22.602H Gate Admission

Admission to the NCS lacrosse championships will be \$12.00 for adults and \$5.00 for students with student body cards, senior citizens, and children 12 years and under.

22.603H Complimentary Tickets

North Coast Section does not issue complimentary tickets to non-participating schools in the sports of football, volleyball, basketball, baseball, softball, soccer, and lacrosse. Two bonus complimentary tickets will be provided to those coaches, who comply with the deadlines for returning program information, media information sheets and officials nominations forms to the NCS Office by the published deadline.

22.604H Administrator-in-Charge (See Bylaw 604H in this Handbook)

Each school, which is participating in an NCS Lacrosse Championship Series game must have an administrative level representative or designee, in addition to the team coach, in attendance before, during, and after the event each time that the school competes. The school's principal must indicate in writing the name of the person (certificated for public schools, contracted faculty members for private schools) who is the Administrator-in-Charge (responsible for crowd control, student behavior, and injury care) whenever that school's team is participating in the respective NCS event. This letter shall be presented to the Site Director when the person reports to the Site Director as instructed at the orientation meeting.

22.605H Coaches Certification (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1, CIF 503.F and Bylaw 22.B.9. (*CIF Federated Council 2/09*)

22.606H Introduction of Players

All players from each team will be introduced over the public address system. Each coach will send a list of players, including first and last name, number, position, and grade, to be introduced to the P.A. Announcer at least 40 minutes prior to face-off time. The players to be introduced will gather in the player area of the bench area of their respective benches. Upon introduction each player will run to the near side hash mark on the midfield and wait until all players have been introduced. Coaches will be introduced last.

22.700H TEAM TRANSPORTATION

There is no travel allowance for lacrosse teams.

22.800H ENTRY FEES

The NCS Office will bill each respective league/conference commissioner a \$150.00 entry fee for each team from the commissioners' league/conference that participates in NCS Lacrosse Championships.

22.900H FILMING

(See Bylaw 1010H in the Handbook)

22.1000H AWARDS**22.1001H Team and Individual Awards**

Participants shall receive a participation certificate. A plaque will be awarded to first place teams. Pennants will be awarded to the first and second place teams. Medals (32 per team) will be awarded to the individual players on first and second place teams.

SOCCER

23.000H GENERAL RULES

The National Federation Soccer Rule Book is the governing authority in soccer, except for CIF/NCS modifications or adoptions.

23.100H STATE/NCS MODIFICATIONS

23.101H Suspended Games

Each league is authorized, by State Association Adoption, to define how suspended games will be continued according to the options which the National Federation Soccer Rules Book allows. *(Board of Managers 4/27/01)*

23.102H Official National Federation Authentication Mark

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball, and water polo.

(Revised to include lacrosse November 2000 Federated Council)

23.200H CHAMPIONSHIP OFFICIALS INFORMATION

See Section 602H. Additional information concerning the selection of officials is contained in the Championship Guide.

23.300H NCS CHAMPIONSHIP FORMAT

23.301H Qualifications to NCS Championships

- a) The NCS will conduct soccer championships for boys and girls in both the fall and winter seasons, and for girls in the spring.
- b) All schools that desire to participate in either the boys or the girls NCS Soccer Championships must conduct their boys' and girls' soccer competition in the fall or winter.

Note: The NCS Board of Managers has waived this requirement for the BAC leagues that may conduct girls' soccer in the spring.

23.302H Participating Leagues by Season

Fall Soccer Leagues

Boys' Soccer

Humboldt-Del Norte League (Little 4)
Humboldt-Del Norte League (Big 5)
North Central League I
North Central League II
North Central League III
Bay Counties League
Bay Counties League Central
Bay Counties League East

Winter Soccer Leagues

Boys' Soccer

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Bay Counties League West
Bay Valley Athletic League
Diablo Athletic League (Foothill)
Diablo Athletic League (Valley)
East Bay Athletic League
Marin County Athletic League
Mission Valley Athletic League
North Bay League
Vine Valley Athletic League
Tri Counties Athletic League (Rock)

Girls' Soccer

Humboldt-Del Norte League (Little 4)
Humboldt-Del Norte League (Big 5)
North Central League I
North Central League II
North Central League III

Girls' Soccer

Bay Counties League East
Bay Counties League West
Bay Valley Athletic League
Diablo Athletic League (Foothill)
Diablo Athletic League (Valley)
East Bay Athletic League
Marin County Athletic League
Mission Valley Athletic League
North Bay League
Vine Valley Athletic League
Tri Counties Athletic League (Rock)

Tri Counties Athletic League (Stone)
West Alameda County Conference (Foothill)
West Alameda County Conference (Shoreline)

Tri Counties Athletic League (Stone)
West Alameda County Conference (Foothill)
West Alameda County Conference (Shoreline)

Spring Soccer Leagues

Girls' Soccer

Bay Counties League
Bay Counties League Central

23.303H Minimum Qualifying Record

To be accepted as a participant in the NCS Soccer Championships, a team shall have compiled an overall record of at least an equal number of wins and losses or an overall record of at least an equal number of wins and losses against teams in its own division, or at least an equal number of wins and losses in its own league. Exception: league champions gain automatic entry. *(Board of Managers 5/1/06)*

- a. "Teams in its own division" is defined as **any team** whose grades 9-12 enrollment falls within the school's NCS Soccer Division (See NCS website for current divisions www.cifnccs.org).
- b. Games against teams outside of the United States will not be counted in determining the "record within a division".
- c. When a team's petition is approved to play in a division of greater enrollment, that division for which the team is approved shall be its division for the respective year.

Note: Schools who petition up in division will remain at that division during the current year and future years. Schools who petition up in division may move back to their actual division in accordance with the time schedule set by the NCS Board of Managers. (Board of Managers 5/1/03)

23.304H Automatic Qualification of League Champion

Each league's championship school shall automatically qualify for its (school's) respective NCS Soccer playoff division provided the league champion follows the application process as stated in the championship guide.

23.305H Championship Format

1. Fall Championship Series

- a) Division 1, 2 and 3 Boys Soccer *(divisions posted on the NCS website)*.

The Division 1, 2 and 3 Boys NCS Fall Soccer Championship bracket will go up to 16 teams in a single elimination format.

- 1) Each league's championship school shall automatically qualify for its (school's) respective NCS Soccer playoff division. Schools in the Bay Counties (BCL, Central and East), North Central League I, North Central League II, North Central League III, Humboldt-Del Norte (Little 4) and Humboldt-Del Norte (Big 5) shall be eligible to qualify.

- b) Division 1 and 3 Girls Soccer *(divisions posted on the NCS website)*.

The Division 1 and 3 Girls NCS Fall Soccer Championship bracket will go up to 16 teams in a single-elimination format.

- 1) Each league's championship school shall automatically qualify for its (school's) respective NCS Soccer playoff division. Schools in the North Central League I, North Central League II, North Central League III, Humboldt-Del Norte (Little 4) and Humboldt-Del Norte (Big 5) shall be eligible to qualify.

- c) Fall NCS Soccer Championship brackets will be conducted over a two-week period - Wednesday, Saturday, Wednesday, Saturday.

2. Winter Championship Series

- a) The NCS Boys' & Girls' Winter Soccer Championships will be conducted in four divisions: Divisions 1, 2, 3 and 4. All Winter Soccer Championship brackets will be up to 16 teams in a single elimination format *(divisions posted on the NCS website)*.

- 1) Boys: Each league's championship school shall automatically qualify for its (school's) respective NCS Soccer playoff division. Schools in the Bay Counties League West, Bay Valley Athletic League, Diablo Athletic League (Foothill), Diablo Athletic League (Valley), East Bay Athletic League, Marin County Athletic League, Mission Valley Athletic League, North Bay Athletic League, Vine Valley Athletic League, Tri-Counties Athletic League (Rock), Tri-Counties Athletic League (Stone), West Alameda County Conference (Foothill) and West Alameda County Conference (Shoreline) shall be eligible to qualify.

- 2) Girls: Each league's championship school shall automatically qualify for its (school's) respective NCS Soccer playoff division. Schools in the Bay Counties League East, Bay Counties League West, Bay Valley Athletic League, Diablo Athletic League (Foothill), Diablo Athletic League (Valley), East Bay Athletic League, Marin County Athletic League, Mission Valley Athletic League, North Bay League, Vine Valley Athletic League, Tri-Counties Athletic League (Rock), Tri-Counties Athletic League (Stone), West Alameda County Conference (Foothill) and West Alameda County Conference (Shoreline) shall be eligible to qualify.
- b) Winter NCS Soccer Championship brackets will be conducted over a two-week period – Tuesday/Wednesday, Friday/Saturday, Tuesday/Wednesday, Friday/Saturday. *(Board of Managers 10/1/21)*
3. Spring Championship Series
 - a) The girls NCS Spring Soccer Championship Series will be conducted in one division with up to 16 teams in a single elimination format *(divisions posted on the NCS website)*.
 - 1) Each league's championship school shall automatically qualify for its (school's) respective NCS Soccer playoff division. Schools in the Bay Counties (BCL and Central) shall be eligible to qualify.
 - b) Spring NCS Soccer Championship Series Games will be conducted over a two-week period – Tuesday, Thursday, Tuesday, Thursday. *(Board of Managers 5/1/03)*

23.306H At-Large (See Bylaws 510H through 513H of this Handbook)

After each league championship school has been placed in its respective division bracket, any remaining berths in the division bracket shall be filled with at-large teams selected from schools that are classified in the respective division provided the school follows the application process as stated in the championship guide.

(Board of Managers 5/1/00)

23.307H Seeding

(Refer to Bylaws 514H and 515H of this Handbook)

23.308H Site Selection

Selection of sites for first, second round (a second-round contest is the second contest of a tournament that has four rounds) and semifinal contests in the sport of soccer shall be determined according to the following priorities and criteria.

Conduct the contest at the home site or in the geographical area of the league champion *(first round only)*, provided the league champion can provide a site that meets the criteria for the respective championship series event. If the league champion is unable to provide a site that meets the criteria, the contest may be hosted by and conducted at the site or in the geographical area of the other competing school provided its site meets the criteria. If neither school can provide a site that meets the criteria, NCS staff will arrange for the contest to be conducted at a neutral site. The area of the league champion will be given preference if a site that meets the criteria is available. If there is not any available site that meets the criteria, NCS staff will select a site balancing all applicable factors.

If a league champion is not involved in the contest, the contest will be conducted at the site or in the geographical area of the highest-seeded team provided the highest-seeded team is able to provide a site that meets the criteria for the respective championship series event. If the highest-seeded team is unable to provide a site that meets the criteria, the contest will be conducted at the site or in the geographical area of the other competing school provided its site meets the criteria. If neither school can provide a site that meets the criteria, NCS staff will arrange for the contest to be conducted at a neutral site. The area of the highest-seeded team will be given preference if a site that meets the criteria is available. If there is not any available site that meets the criteria, NCS staff will select a site balancing all applicable factors.

- a. League champions may host first round games provided their soccer facility meets the minimum NCS host site criteria.
- b. When two league champions meet in the first, second or semifinal round the higher seeded team will have the opportunity to host, providing its site meets the established criteria.
- c. When two non-league champions meet in the first, second and semifinal round the higher seeded team will have the opportunity to host, providing its site meets the established criteria.
- d. During the quarterfinal and semifinal rounds, the higher seeded team will host provided the facility meets the listed criteria on the application to host form.
- e. Final sites
The higher seeded team will host provided the facility meets the listed criteria on the application to host form.

23.309H Criteria for Hosting Contests

(See NCS Sports & General Rulings Handbook Bylaw 518H - 519H)

23.310H Hosting Contests throughout NCS Fall, Winter and Spring Soccer Championships

Designated sites in the soccer finals were removed by the Board of Managers (1/29/21). Refer to Site Selection.

23.400H TICKETS

23.401H Admission

- a) Participating schools will indicate their team party on a gate list.
- b) Team party includes coaches, administrators, faculty supervisors, athletic trainers, team doctor, managers, statisticians, and team drivers.
- c) Players listed on the gate list will be admitted as a group without tickets. The coach must be present at the gate to identify the players.

23.402H Gate Admission

Admission to the NCS Soccer Championships will be \$12.00 for adults and \$5.00 for students with student body cards, senior citizens and children 12 years and under.

23.403H Complimentary Tickets

NCS does not issue complimentary tickets to non-participating schools in the sports of football, volleyball, basketball, baseball, softball and soccer. Two bonus complimentary tickets will be provided to those coaches that comply with the deadlines for returning program information and officials' nominations forms according to the directions and published deadlines in the playoff guide.

23.500H GAME ADMINISTRATION

23.501H Home Team

Home Team - NCS staff and/or designee will determine which team is the home team. Although it is necessary that one team is designated as the home team, it must be kept in mind that each game belongs equally to both competing schools.

23.502H Warm-Up

Teams shall be granted a minimum of 20 minutes warm-up on the field prior to an NCS Soccer Championship game. (*Board of Managers 1/19/96*)

23.503H Roster

In NCS Soccer Championship Series competition, each coach shall turn in a complete roster with name and jersey numbers to the game's center official 15 minutes before the scheduled game time.

23.504H Starting Times

- a) Single games will be played at 7:00 p.m. if lights. If no lights, then game is scheduled for 3:30 p.m. Saturday games may be scheduled at 2:00 p.m. or 7:00 p.m. depending upon the availability of lighted fields for the host school. If the single game is played at a lighted field on Saturday, the starting time shall be 7:00 p.m.
- b) Soccer double-headers will commence at 12:00 p.m. and 2:00 p.m. if lighted fields are not available to the host school. If lighted fields are utilized, double-headers will commence at 5:00 p.m. and 7:00 p.m. (or as close to the scheduled starting time as possible if there is a doubleheader and the first game extends beyond the time necessary to provide sufficient warm-up time for the second game participants).
- c) NCS staff may adjust starting times for the good of the tournament. (*Board of Managers 10/20/06*)

23.505H Playing Dates

Please refer to the 3-year championship calendar posted on the NCS website for current dates.

23.506H Soccer Official Timer

There shall be a three-person officiating team. The center official will keep the official time.

23.507H Tied Games

When the score is tied at the end of regulation time, the referee will instruct both teams to return to their respective team areas. There will be five minutes during which both teams may confer with their coaches, and the head referee will instruct both teams as the proper procedure.

1. There shall be two, if necessary, 10-minute "sudden win" overtime periods. The first team to score during either 10-minute "sudden win" overtime period will be declared the winner.
2. If the score still remains tied, all coaches, officials and team captains shall assemble at the halfway line to review the procedure as outlined for penalty kicks as outlined in the NFHS Soccer Rulebook until a winner is declared.

23.508H Suspended Games

In the event a game must be suspended because of conditions which make it impossible to continue play and less than one complete half has been played, the game will be rescheduled by NCS staff, and the game will be started from the point of suspension of play. (*Board of Managers 4/27/01*)

23.509H Game Ball

The game ball shall be designated by the NCS Commissioner. The NCS Official Ball for soccer is any Molten, Inc. ball that meets NFHS Soccer Rule Book specifications. NCS official game balls shall be provided for all NCS Championships.

PENALTY FOR VIOLATION: Any school that provides a game ball other than the NCS Official Ball for the respective sport will be subject to one or more of the following penalties as determined by NCS staff:

- a. The school shall be fined \$150.00 for each infraction.
- b. The head coach, athletic director and principal will be required to write a letter of apology to the NCS Executive Committee for their use of an unofficial game ball in the respective NCS Championship Series Event.
- c. Head coach will be disqualified from the next NCS Championship Series Event.
- d. Head coach will be disqualified from all further NCS Championship Series Events for one calendar year.
- e. Loss of privilege for the school to host NCS Championship Series Events in the respective sport for two years.

23.510H Administrator-in-Charge (See Bylaw 604H in this Handbook)

Each school, which is participating in an NCS Soccer Championship Series match must have an administrative level representative or designee, in addition to the team coach, in attendance before, during, and after the event each time that the school competes. The school's principal must indicate in writing the name of the person (certificated for public schools, contracted faculty members for private schools) who is the Administrator-in-Charge (responsible for crowd control, student behavior, and injury care) whenever that school's team is participating in the respective NCS event. This letter shall be presented to the Site Director when the person reports to the orientation meeting.

23.511H Coaches Certification (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. (*CIF Federated Council 2/09*)

23.512H Introduction of Players

All players from each team will be introduced over the public address system. Each coach will send a list of players, including first and last name, number, position and grade, to be introduced to the P.A. Announcer at least 40 minutes prior to kickoff time. The players to be introduced will gather behind their respective benches. Upon introduction each player will run to the center of the field at midfield and wait until all players have been introduced. Coaches will be introduced last.

23.600H TEAM TRANSPORTATION AND TRAVEL ALLOWANCES

23.601H Team Transportation Reimbursement (FALL ONLY)

Schools will receive travel expenses in excess of the first 100 miles round trip per game. The rate will be .625 cents per mile (or current federal mileage rate) for maximum of four (4) cars or \$2.50 per mile for buses. (STANDBY TIME IS NOT REIMBURSED.) (*Board of Managers 4/30/04*)

23.602H Per Diem (FALL ONLY)

Schools may be reimbursed for each eligible member of the traveling party at a maximum rate of \$15.00, per diem. A maximum of one day of per diem expenses will be reimbursed for eligible members of the schools traveling party for each NCS Championship soccer series event game if travel is 150 miles or more one way. (*Board of Managers 4/30/04*)

23.603H Reimbursement Deadlines (FALL ONLY)

Schools will only be reimbursed after actual copies of transportation receipts are received by the NCS Office. Schools which do not submit written requests for reimbursement of allowable expense incurred for NCS Championship Series competition participation **WITHIN 30 DAYS OF THE CONCLUSION OF THE EVENT** will not receive 100% of the approved reimbursement. Reimbursement will be based on the following scale:

1 - 30 days - 100% of the approved request

31 - 45 days - 75% of the approved request

46 - 60 days - 50% of the approved request

past 60 days - 0% of the approved request

(*Board of Managers 4/26/96*)

23.700H ENTRY FEES

The NCS Office will bill each league/conference commissioner a \$150.00 entry fee for each team from the commissioners' league/conference that participates in NCS Soccer Championships.

23.800H FILMING

(See Bylaw 1010H in this Handbook)

23.900H AWARDS

Team and Individual Awards

Participants shall receive a participation certificate. A plaque will be awarded to first place teams. Pennants will be awarded to the first and second place teams. Medals (25 per team) will be awarded to the individual players on first and second place teams.

23.1000H NOR-CAL CHAMPIONSHIP

CIF REGIONAL SOCCER REGULATIONS

The format is an eight (8)-team single-elimination tournament in each of five (5) divisions (DI-DV for both boys and girls in the South and an eight (8)-team single-elimination tournament in each of four (4) divisions (DI-DIV) for both boys and girls in the North.

Boys and girls Regional Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for respective regional tournament.

NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.

SECTION REGIONAL ENTRIES

ENTRIES BY SECTION

South: CS – 6; LACS – 6; SDS – 8; SS – 20

North: CCS – 6; **NCS – 10**; NS – 6; OS – 1; SJS – 8; SFS – 1

*Two (2) additional at-large entries

SECTION LIMITATIONS

Sections with less than eight (8) schools in a division shall be limited to one (1) entry in that division. This applies to both team and individual sports.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

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

All Division Champions (4)

All Division Runner-ups (4)

The (2) remaining spots are allocated to the highest-seeded semifinal losing teams. In the event of a tie between the highest-seeded semifinal losing teams, NCS staff will select the two teams based on the Section's seeding criteria.

SOFTBALL

24.000H GENERAL RULES

The National Federation Softball Rule Book is the governing authority in softball, with the exception of CIF/NCS modifications and/or adoptions.

24.100H STATE/SECTION RULE ADOPTION

- a. Each league is authorized, by State Association Adoption, to limit junior varsity softball games to seven innings or a maximum of two hours, whichever comes first. No new inning shall begin after two hours have expired from the start of the game. *(Board of Managers 10/24/03)*
- b. Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball, and water polo.
(Revised to include lacrosse November 2000 Federated Council)
- c. Each league is authorized, by State Association Adoption, to use the optic orange or optic yellow softball for all softball contests. *(Board of Managers 5/1/00)*
- d. Each league is authorized, by State Association Adoption, to use the tie-breaker procedures outlined in the current year's National Federation Softball Rules Book.

Tie-breaker procedure

The tie-breaker will start in the 10th inning of play. Starting with the 10th inning each half-inning begins by placing a runner on second base. That runner is the player in the batting order who precedes the lead-off batter in that inning. Then the game proceeds a full inning or until a winner is determined in that inning.

- e. Each league is authorized, by State Association Adoption, to adopt a 10-run rule. Using the 10-run rule a team is declared the winner when one team has a lead of ten runs or more, after 4 ½ innings, if the visiting team is behind 10 or more runs, or after the fifth inning, if either team is 10 runs behind. *(Board of Managers 10/19/07)*
- f. Each league is authorized to adopt game ending procedures *(Board of Managers 10/25/11)*. Game ending procedures for NCS Championships can be found in the current year Championship Guide.
- g. During the NCS Championships the game shall end when the visiting team is behind 10 or more runs after 4 ½ innings, or after the fifth inning, if either team is 10 runs behind and both teams have had an equal number of times at bat. *(Board of Managers 10/25/11)*
- h. Protective Equipment (CIF) - It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards. NFHS rules govern use of protective equipment by a player/student.
- i. 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.
- j. Double first base – by NFHS 1-2-1, a double first base is permitted by Section adoption. The base shall be a one- or two-piece unit, 15 inches by 30 inches and manufactured to be of equal height. The base in foul territory shall be a color other than white (8-10). *(Board of Managers 10/2/20)*

24.200H DIVISION INFORMATION

24.201H Qualifications for NCS Championships

The league representative team from each league that conducts fast pitch softball during the approved NCS season of sport, shall qualify for the softball championships. Member leagues of the NCS will compete in the current divisions listed on the NCS website.

24.300H CHAMPIONSHIP FORMAT

24.301H Fast Pitch

Divisions I-6 NCS Softball Championships will consist of only teams that have played FAST PITCH rules in their

league softball season.

24.302H Divisions and Formats

Championships shall be conducted in six divisions. (Refer to Bylaw 507H)

24.303H Minimum Qualifying Record

To be accepted as a participant in the NCS Softball Championships, a team shall have compiled at least a .500 overall record, or at least a .500 record against teams in its own division or a at least a .500 record in its own league.

(Board of Managers 5/1/06)

Exception: league champions gain automatic entry.

- a. A .500 record is defined as a team having an equal number of wins and losses.
- b. "Teams in its own Division" is defined as **any team** whose grades 9-12 enrollment fall within the school's NCS Softball Division (See NCS division ranges above).
- c. Games against teams outside of the United States will not be counted in determining the ".500 record within a division".
- d. When a team's petition is approved to play in a division of greater enrollment, that division for which the team is approved, shall be its division for the respective year.

24.304H Automatic Qualification of League Champion

Each league's championship school shall automatically qualify for its (school's) respective NCS softball playoff division provided the league champion follows the application process as stated in the championship guide.

24.305H At-large Teams (See Bylaws 510H through 513H of this Handbook)

After each league championship school has been placed in its respective division bracket, any remaining berths in the divisions' bracket shall be filled with at-large teams selected from schools that are classified in the respective division provided the school follows the application process as stated in the championship guide.

24.306H Seeding

(Refer to Bylaws 514H and 515H of this Handbook)

24.307H Site Selection

Criteria for Determining Sites for Divisions I - VI Softball Schedule

Schools will host contests at home sites provided their school's facility meets the site criteria. Contests will be assigned as follows:

- a. League Champion *(First round only)*
- b. Higher Seed
- c. If neither team is a league champion and both are unseeded then the team that defeated the higher seeded team shall host the game.
- d. Staff will be allowed to adjust "sites" and site criteria for the maximum benefit of the respective tournament and/or due to lack of appropriate facilities in the areas of the competing schools.

Championship Rounds

Championship contests will be placed in the geographical area of the league champion or higher seed according to the priority order listed below.

- a. Higher Seed
- b. If neither team is seeded then the team that defeated the higher seeded team.
- c. Staff will be allowed to adjust "sites" and site criteria for the maximum benefit of the respective tournament and/or due to lack of appropriate facilities in the areas of the competing schools.

(Board of Managers 1/23/04)

24.400H TICKETS

24.401H Participating School Admission Policy

Players, coaches and the administrator-in-charge shall be admitted as listed on the gate list.

24.402H Gate Admission

Admission to the NCS Softball Championships will be \$12.00 for adults and \$5.00 for students with student body cards, senior citizens and children 12 and under. *(Board of Managers 5/22/20)*

24.403H Non-participating School Admission Policy

NCS does not issue complimentary tickets to non-participating schools in the sports of football, basketball, baseball, softball and soccer. Two bonus complimentary tickets will be provided to those coaches that comply

with the deadlines for returning program information, media information sheets, copy of their school's schedule with record and scores and officials' nomination forms.

24.500H GAME ADMINISTRATION

24.501H Game Management

- a) Teams are expected to arrive in uniform. Locker rooms will not be available.
- b) The home team (who bats last) during all rounds will be determined by the Seeding Committee using the applicable criteria established by the NCS Board of Managers. The following guidelines will be used to determine the home team.
The Higher seed will be designated the home team, regardless of what geographical area the contest is played. (*Board of Managers 4/26/13*)
- c) The home team shall occupy the third base dugout or as assigned by the site director. (*Board of Managers 10/30/98*)
- d) There will be a minimum of a 30-minute break between games to allow for infield practice and field preparation.
- e) Each team will be allowed a maximum of ten minutes for infield practice (this will be strictly enforced). The visiting teams will take the infield first.
- f) Participating teams will not be allowed to take batting practice, use pitching machines or batting cages at the game site within two hours of the scheduled game time. The use of regulation, whiffle, or other low flight balls may be used for hitting warm-up drills (provided it is allowed by the host facility), with the following exception: regulation balls may not be used for front toss. Only whiffle or other low flight balls may be used for front toss. PENALTY FOR VIOLATION: The game shall be forfeited by the offending team. (*Board of Managers 4/3/18*)
- g) Site Directors shall provide each participating team and both umpires with a written copy of the ground rules.
- h) Umpires will be instructed to strictly enforce the limits of three defensive time outs per seven inning game and one offensive time out per inning and to limit pitchers to one minute or five pitches whichever comes first, between innings.
- i) All games will be terminated in accordance with the National Federation Softball Rule Book with the exception of letters j-p below.
- j) A game will end when after five innings of a seven-inning game, when a team is behind by ten runs and has completed its turn at bat.
- k) The National Federation tiebreaker will be used in (seven inning) games tied after nine innings. The National Federation tiebreaker will commence in the 10th inning. Game ending procedures adopted by the NCS Board of Managers, l through p below, will also be in effect.
- l) No new innings will start after two and one-half hours have elapsed from the beginning of the first game of a doubleheader.
- m) Teams involved in tied games, which are called due to the time limit, will continue the game on the next day prior to any scheduled playoff game. If the next day is Sunday, the game will be continued on Monday after school hours.
- n) When a game is tied at the completion of seven or more innings and two and one-half hours have elapsed since the beginning of the game, and another game is scheduled for the field, and no other field is available, the tied game will be interrupted, and the regularly scheduled game allowed to begin. If the tied game is interrupted, it will be continued:
 - 1) When a field becomes available within the limits set in item k.
 - 2) At an alternate field on the next morning or on Monday, if the game was a Saturday game.
- o) No new game will start after 10:00 p.m.
- p) No new inning will start after twelve midnight.
- q) Each team will:
 - 1) Provide at least one person to shag balls for each game in which the team participates.
 - 2) Provide their own bat boys/girls.
- r) The game management is solely responsible for determining whether a game will be started. After it is underway the decision as to whether it should be suspended rests solely with the game umpires.
- s) Umpires will be assigned by the NCS Softball Assigner. (*Board of Managers 10/25/02*)

24.502H Game Ball

The game ball shall be designated by the NCS Commissioner. NCS official game balls shall be provided for all NCS Championships. The NCS Official Ball for Softball is any Dudley, Inc. ball that meets NFHS Softball Rule Book specifications.

PENALTY FOR VIOLATION: Any school that provides a game ball other than the NCS Official Ball for the respective sport will be subject to one or more of the following penalties as determined by NCS staff:

- a. The school shall be fined \$150.00 for each infraction.
- b. The head coach, athletic director and principal will be required to write a letter of apology to the NCS Executive Committee for their use of an unofficial game ball in the respective NCS Championship Series Event.
- c. Head coach will be disqualified from the next NCS Championship Series Event.
- d. Head coach will be disqualified from all further NCS Championship Series Events for one calendar year.
- e. Loss of privilege for the school to host NCS Championship Series Events in the respective sport for two years.
(Board of Managers 4/27/07)

24.503H Starting Times *(Board of Managers 1/27/12)*

- a) Single games will be played at 7:00 p.m., if lights and 5:00 pm if there are no lights during the weekdays. Saturday games may be scheduled at 1:00 p.m. or 7:00 p.m. depending upon the availability of lighted fields for the host school. If the single game is played at a lighted field on Saturday, the starting time shall be 7:00 p.m.
- b) Softball double-headers will commence at 12:00 p.m. and 2:00 p.m. if lighted fields are not available to the host school. If lighted fields are utilized, double-headers will commence at 5:00 p.m. and 7:00 p.m. (or as close to the scheduled starting time as possible if there is a doubleheader and the first game extends beyond the time necessary to provide sufficient warm-up time for the second game participants).
- c) NCS staff may adjust starting times for the good of the tournament.

24.504H Administrator-in-Charge (See Bylaw 604H in this Handbook)

An Administrator-in-Charge is not required in softball for schools traveling 150 miles or more, one way. Under this exception the coach of the traveling school is responsible for crowd control, student behavior and injury care.
(Board of Managers 4/29/05)

24.505H Coaches Certification (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. *(CIF Federated Council 2/09)*

24.600H REIMBURSEMENT TRANSPORTATION POLICY

24.601H Divisions 1-6

Schools will receive travel expenses in excess of the first 100 miles round trip per game. The rate will be .625 cents per mile (or current federal mileage rate) for maximum of four (4) cars or \$2.50 per mile for buses. (STANDBY TIME IS NOT REIMBURSED.) *(Board of Managers 10/24/03)*

24.602H Reimbursement Deadlines

Schools will only be reimbursed after actual copies of transportation receipts are received by the NCS Office. Schools which do not submit written requests for reimbursement of allowable expense incurred for NCS Championship Series competition participation **WITHIN 30 DAYS OF THE CONCLUSION OF THE EVENT** will not receive 100% of the approved reimbursement. Reimbursement will be based on the following scale:

- 1 - 30 days - 100% of the approved request
- 31 - 45 days - 75% of the approved request
- 46 - 60 days - 50% of the approved request
- past 60 days - 0% of the approved request**

(Board of Managers 4/26/96)

24.700H AWARDS

Participants shall receive a participation certificate. A plaque will be awarded to the first-place team. Pennants will be awarded to the first and second place teams. Medals (20 per team) will be awarded to the individual players on the first and second place teams.

24.800H ENTRY FEES

The NCS Office will bill the respective league/conference Commissioner a \$150.00 entry fee for each team from his/her

league/conference that participates in NCS Softball Championships.

24.900H FILMING

(See Bylaw 1010H in this Handbook)

24.1000H REGIONAL CHAMPIONSHIPS

A Regional Championship will be held following the completion of CIF Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective regional tournament. The nine (9) entries that will represent the NCS in the CIF Nor-Cal Regional Championships are as follows: the NCS champion in Divisions 1-6 (6), and the three (3) highest remaining championship runner-ups in Divisions 1-6. In the event of a tie between the highest-seeded championship runner-ups (across all divisions), NCS staff will use the established at-large and seeding criteria to select the final entry or entries. (*Board of Managers 1/29/21*)

SWIMMING AND DIVING

25.000H GENERAL RULES

The National Federation Swimming and Diving Rule Book is the governing authority in swimming and diving, except for CIF/NCS modifications and/or adoptions.

25.100H STATE CIF RULE ADOPTION

25.101H Section Adoptions

- a) A school may "sweep" a non-relay event.
- b) Schools may enter three relays in relay events but may only "sweep" first and second place in dual meet competition.
- c) Scoring
By CIF Section adoption, scoring for non-relay events in dual meets may be changed to 7-4-3-2-1.
- d) Added Events
CIF Sections are authorized to add 50-yard events, 100-yard individual medley events for other than varsity events. The specific 50-yard events are to be determined by the CIF Section.

25.102H Non-School Competition

- a) Unattached competition is permissible for a student in other than school contests during the season of swimming.
- b) During the high school season of sport, a high school student who has been selected or qualified for participation on the United States team that will engage in Pan-American or Olympic competition, may participate on that team.
- c) Swimmers may compete for an amateur team during the season of sport in the United States Swimming Sectional, Senior National Championship Meet and the YMCA National Meet.
- d) The North Coast Section has delegated authority to its leagues/conferences to grant approval, upon individual petition, for a gifted swimmer to travel to a foreign country to participate in international competition sanctioned by the amateur governing body for swimming in the United States.
- e) Members of school teams may practice during the season with teams other than their school team provided such practice does not conflict with the practice of the school team and provided it is not in violation of the league rules.

25.200H DIVISION INFORMATION

The NCS Swimming and Diving Championships are to be conducted in one division. All leagues/conferences will be in one (1) division.

25.201H Determination of Student Competition

Leagues/conferences will determine if competition(s) for league/conference competition is based on separate boys' and girls' competition, or student teams.

25.300H NCS CHAMPIONSHIP EVENTS

NCS Swimming and Diving Championship competition will be limited to boys' and girls' varsity competition.

25.400H QUALIFYING SWIMMERS FOR NCS CHAMPIONSHIPS

25.401H League Champions

Each event at the NCS Swimming Championships will consist of 40 competitors, the league/conference champion in each event will not automatically qualify for the NCS Championships.

25.402H Fewer Than 40 Qualifiers in Swimming Events

If there are fewer than 40 swimmers per event that qualify by achieving the "automatic" time, those that achieve the "consideration" time will be awarded entries until the 40 qualifiers-by-time field is filled. Automatic and consideration times are based on the previous year's NCS Swimming Championships meet. To calculate the automatic time, the time or close to it of the 16th finisher is selected, unless the person was disqualified, then the next time is selected. The times used are those achieved during the trials in the previous years' NCS Swimming Championships. The Consideration time is calculated on the time achieved by the 55th entry or close to it.

25.403H Achieving Qualifying Times in Swimming Events

Qualifying for the NCS Swimming Championships may be achieved in the following ways:

- a) Dual high school meets,
- b) Tri high school meets,
- c) CIF school hosted invitational,
- d) League/conference meets,
- e) League/conference qualifying meets (Time trials may only be scheduled as part of the league/conference qualifying meets. Times must be made during the current high school season of sport.)
- f) Each league/conference must establish a procedure for verifying "automatic" and "consideration" times.
- g) All times must be made in interscholastic competition.

Qualifying times not established in one of the above ways will not be accepted by the NCS Swimming Management Committee for entry to the NCS Swimming Championships.

(Board of Managers 5/1/06)

25.404H Official Entry Process

All entries must be submitted according to the entry process developed by the NCS Swimming & Diving Management Committee.

PENALTY FOR VIOLATION: Failure of a school to submit entries by the stated deadline above will disqualify entries from the offending league. *(Board of Managers 5/1/06)*

25.500H QUALIFYING DIVERS TO THE NCS DIVING CHAMPIONSHIPS

25.501H League Champions

The NCS Diving Championships will consist of 32 competitors, the league/conference champion will not automatically qualify for the NCS Championships.

25.502H Fewer Than 32 Qualifiers in Diving Events

If there are fewer than 32 divers that qualify by achieving the "automatic" score, those that achieve the "consideration" score will be awarded entries until the 32 qualifiers-by-score is filled. Automatic and consideration scores are based on the previous year's NCS Diving Championship meet. To calculate the automatic score, the score or close to it of the 16th entry score is selected, unless the person was disqualified, then the next score is selected. The scores used are those submitted during the entry process of the previous years' NCS Diving Championship. The Consideration score is calculated on the score achieved by the 55th submitted entrant or close to it.

25.503H Achieving Qualifying Scores

Qualifying for the NCS Diving Championships may be achieved in the following ways:

- a) Dual high school meets,
- b) Tri high school meets,
- c) CIF school hosted invitational,
- d) League/conference meets,
- e) League/conference qualifying meets (Competition may only be scheduled as part of the league/conference qualifying meets. Scores must be made during the current high school season of sport.)
- f) Each league/conference must establish a procedure for verifying "automatic" and "consideration" scores.
- g) All scores must be made in interscholastic competition.

Qualifying scores not established in one of the above ways will not be accepted by the NCS Swimming Management Committee for entry to the NCS Swimming Championships. *(Board of Managers 5/1/06)*

25.600H CHAMPIONSHIP SERIES EVENT

25.601H Selection Sites for the NCS Swimming/Diving Championships

The selection of an appropriate facility for the NCS Swimming & Diving Championships will be the sole responsibility of the Swimming & Diving Management Committee. When selecting a facility, criteria such as parking, space for all athletes, coaches and school tents and awnings, space for spectators, restrooms, access gates, scoring room, hospitality, etc. will be considered. *(Board of Managers 10/22/04)*

25.602H Swimming Event Format

In swimming, the first event will be a girls' race, then a boys' race, and will alternate in this manner throughout the entire meet, as shown below in the Order of Events:

- | | | | |
|-----------|-----------------------|-----------|-----------------------|
| 1. Boys | Diving | 13. Girls | 100 yard Freestyle |
| 2. Girls | Diving | 14. Boys | 100 yard Freestyle |
| 3. Girls | 200 yard Medley Relay | 15. Girls | 500 yard Freestyle |
| 4. Boys | 200 yard Medley Relay | 16. Boys | 500 yard Freestyle |
| 5. Girls | 200 yard Freestyle | 17. Girls | 200 yard Free Relay |
| 6. Boys | 200 yard Freestyle | 18. Boys | 200 yard Free Relay |
| 7. Girls | 200 yard Ind. Medley | 19. Girls | 100 yard Backstroke |
| 8. Boys | 200 yard Ind. Medley | 20. Boys | 100 yard Backstroke |
| 9. Girls | 50 yard Freestyle | 21. Girls | 100 yard Breaststroke |
| 10. Boys | 50 yard Freestyle | 22. Boys | 100 yard Breaststroke |
| 11. Girls | 100 yard Butterfly | 23. Girls | 400 yard Free Relay |
| 12. Boys | 100 yard Butterfly | 24. Boys | 400 yard Free Relay |

NOTE: The NCS Diving Championship will take place on the Thursday before the NCS Swimming Championships unless the diving and swimming competition are held at the same venue, then the NCS Diving Championships will be conducted on the Friday of the NCS Swimming Championships.

25.603H Metric Conversions

In schools having only meter pools for dual meets, the following conversion formula is to be used: To convert meter time to yard time in a short course meter pool, divide 1.1 into the meter time.

EXAMPLE: meter time ' 1.08, change to seconds ' 68, then divide by 1.1 ' 62.1 yard time or 1:02.10

25.604H Diving

The order of divers will be established after the seeding meeting. All dives must be accomplished on the one-meter board. The National Federation Swimming and Diving Rules Diving Table will be used for all dives.

25.605H Records

All results will be checked immediately following the meet by the Meet Director.

25.606H Team Scoring

Relays: 40, 34, 32, 28, 26, 24, 23, 18, 14, 12, 10, 8, 6 and 4. Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2 and 1. A consolation finalist will not place higher than the highest contested place in the finals regardless of time. When completely automatic judging and timing equipment is operative for a race, its computation is official.

25.607H Timers/Place/Diving Judges

Each league/conference is responsible for bringing three timers with watches, one qualified place judge and one diving judge to the NCS Championships.

25.608H 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. (*Board of Managers 9/28/18*)

25.700H ENTRY FEES

Each league through its league commissioner will be billed by the North Coast Section (\$15.00 per each individual place qualified and \$24.00 per relay team entered) for entries from the respective league. (*Board of Managers 10/4/16*)

25.800H GATE ADMISSION

25.801H Spectators

Admission to the NCS Swimming Championships will be \$12.00 for adults and \$5.00 for students with student body cards, senior citizens and children 12 and under.

25.802H Coaches

Certified coaches only will be admitted to the NCS Swimming & Diving Championships according to the following policy:

- 1 athlete – 1 certified coach
- 2-6 athletes – up to 2 certified coaches

- c. 7-12 athletes – up to 3 certified coaches
- d. 13-18 athletes – up to 4 certified coaches
- e. 19 or more athletes – up to 5 certified coaches

25.803H Coaches Certification (CIF 503 (E&F))

Coaches must hand carry to the NCS Swimming & Diving Championships their Certification of Authorized Personnel Form signed by the school principal. Coaches must be certified according to the following CIF standards: All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. (*CIF Federated Council 2/09*)

25.804H Athletes

Only competing athletes will be admitted without charge.

25.900H AWARDS

Participants shall receive a participation certificate. A plaque will be awarded to the winning boys' and girls' teams. Certificates will be awarded to all participants. Medals will be awarded to the first through eighth place finishers in each event. Pennants will be awarded to the first, second and third place teams.

TENNIS

26.000H GENERAL RULES

The United States Tennis Association (USTA) Rule Book is the governing authority in tennis, with the exception of the Point Penalty System, in which the warning shall be reinstated (First Offense: Warning, Second Offense: Point, Third Offense: Game: Fourth Offense: Default).

Uniforms may not be the same color as the official ball used for NCS tournaments.

26.100H STATE CIF MODIFICATIONS

None

26.200H SINGLES/DOUBLES CHAMPIONSHIP SERIES INFORMATION

26.201H Tennis Seasons

- a) The NCS Girls Tennis Championships will be conducted at the end of the fall season.
- b) The NCS Boys Tennis Championships will be conducted at the end of the spring season.

26.202H Host Leagues

The NCS Boys' and Girls' Tennis Championships shall be conducted by member leagues/conferences on a rotation basis. See Bylaw 509H.

26.203H Divisions

All leagues/conferences for NCS boys' or girls' tennis competition shall be conducted in the two divisions. All NCS member league or supplemental leagues are eligible to participate. (See Bylaw 507H)

Divisions are as follows:

- a) Division I (Large School) (see website for current divisions)
- b) Division II (Small School) (see website for current divisions)

26.204H At-large Selection (Singles Only)

Coaches, or their representatives, whose singles player are applying for an at-large berth must turn in their application form as described in the championship guide.

26.205H Entries 16-Entry Format

- a) AUTOMATIC ENTRIES: Each league/conference is allowed one automatic singles player and one automatic doubles team in the NCS Tennis Championships. The criteria for selection of the individual players and doubles teams shall be decided upon by the individual league/conference.
- b) AT-LARGE ENTRIES: At-large singles entries shall be determined by an at-large selection committee. Only those individuals who participated in league championship tournaments (when such are conducted) shall be eligible for consideration for NCS at-large berths in the singles competition. The at-large selection committee shall consider the following criteria for selection of at-large candidates:

Criteria for At-large Singles

Overall Record

- a. League Record/League Place
- b. Non-League
- c. Tournament

Strength of Schedule

- a. Record against top six opponents
- b. Head-to-head against players who have qualified or are being considered
- c. Record against common opponents

USTA/UTR Ranking (age and rank)

ITF ranking (international players)

Coaches' Ranking

- c) The doubles teams' bracket shall be filled to 16 places (Division I) and 16 places (Division II) using the second-place doubles team and an alternate doubles team from leagues according to a league rotation*(*The rotation of second place and alternate doubles teams from leagues rotates from year to year. The current order is listed in the current NCS Tennis championships guide).

NOTE: It is permissible for two doubles teams from the same school to represent a league (one as the automatic entry and the other as the extra entry determined by rotation) in the NCS Boys' or Girls' Tennis Championships.

(Board of Managers 1/19/96)

NOTE: If a league does not use its turn in the rotation, the league will be placed at the end of the rotation for the next year in order to maintain the order of rotation. (Board of Managers 1/24/97)

- d) A player may not compete in both singles and doubles.
- e) League/conference entry forms must be received by the NCS office as described and prior to the deadline established in the NCS Tennis Championship Guide. No late entries will be accepted.
- f) Seeding information on singles and doubles teams must be brought to the seeding meeting held prior to the start of the tournament.
- g) Schools may substitute one player of their doubles' entry. If both players need to be replaced, the 2nd, 3rd, or 4th place team from the league tournament shall represent the league. *(Board of Managers 10/24/11)*

26.206H Entry Forms

The NCS entry forms for tennis shall include qualifiers and alternates for each league. Alternates may replace qualifiers of the league/conference if the qualifier is not participating, and the alternate is listed as the alternate on the entry form.

26.207H Coaches Certification (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. *(CIF Federated Council 2/09)*

26.208H Coaching

A coach may coach a player any time during the match so long as the coach does not interfere with play. Coaches shall not in any way distract or annoy or talk to the opposing player. Violation of these provisions shall result in the player on the court where the 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 has a maximum of 20 seconds between points, and 90 seconds on changeovers.

a) Coaches Location: Coaches may not sit or stand anywhere that interferes / obstructs with 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. *(Board of Managers 1/24/20)*

26.209H Postponement

In both boys' and girls' singles/doubles tennis tournaments, if there is a rain out on the first day, the tournament will be postponed to the first available day provided that the day does not conflict with any other NCS or CIF Tennis Championships. *(Board of Managers 1/21/00)*

26.210H Official Ball

The Official Tennis Ball for the North Coast Section must be used in all tournament matches. For the 2022-23 school year the NCS Official Tennis Ball is the Penn ATP World Tour XD. Game balls will be provided by the North Coast Section for the Singles/Doubles Championship Tournament and for the semifinal and championship round contests in the NCS Team Tennis Championships. During the 1st and quarterfinal round contests of the NCS Team Tennis Championships the hosting schools must provide the official ball (Penn, Inc. ball that meets USTA Rule Book specifications). Players are responsible for providing their own practice balls.

PENALTY FOR VIOLATION: A fine of \$150 will be charged to the offending school. If the school is hosting the contest then the offending school, in addition to the fine, will not be allowed to host in the specific sport for the remainder of the tournament and one additional year. *(Board of Managers 5/1/06)*

26.211H Seeding

The tournament brackets for singles and doubles will be developed by the coaches and the tournament site director at the seeding meeting on the morning of the Championships at the site of the championships.

26.212H Tournament Guidelines

- a) Tennis - two-day championships series for both boys and girls.
 - 1) Friday and Saturday with 10:30 a.m. starting time both days. *(Times may be adjusted by NCS staff)*
 - 2) First day - two rounds (singles and doubles); second day - semi-finals and finals (singles and doubles).
- b) USTA rules will be in effect during the tournament.
- c) Two out of three sets, with no ad scoring (12-point tie-breaker system) will be in effect throughout the entire tournament.
- d) Players are responsible for returning the tennis balls and reporting match results to the Tournament Director immediately after their matches.
- e) At NCS Championship events the rest period in a three-set tennis match shall be a maximum of 10 minutes.

26.213H Seeding Criteria

The criteria for seeding shall be:

1. High school season's win-loss record
 - a. Include a match-by-match score including the ladder position played, name of the opponent and opposing school
 - b. High school tournaments played this season (list names and schools of opponents and the results)
2. USTA/UTR Rankings, include age group and ranking position
3. USTA Tournaments and places
 - a. Include the name, age, and ranking of each opponent and the result of each match.
4. Head-to-Head
5. Common Opponents
(Board of Managers 10/19/01)

26.214H Tennis Dress Code

Players must wear appropriate tennis attire. Appropriate is defined as matching i.e., shorts (no cutoffs) and tennis shirts (no tank tops for boys). The shirt must be worn at all times. The individual match is declared "forfeit" for non-compliance. Warm-up suits are acceptable. *(Board of Managers 1/24/04)*
Uniforms may not be the same color as the official ball used for the NCS championships.
(Board of Managers 1/29/10)

26.215H Default Rule

(Please see Tennis Ejection Policy) A player shall not enter a tournament in CIF competition and then withdraw other than due to injury, illness or personal emergency.

26.300H AWARDS

Participants shall receive a participation certificate. Medals will be awarded to the first, second, third and fourth place singles players and to the first, second, third and fourth place doubles teams. Pennants shall be awarded to the first and second place schools in singles and doubles. *(Board of Managers 4/26/96)*

26.400H ENTRY FEES

The NCS office will bill each league/conference commissioner for the total entry fees (\$15.00 for singles and \$30.00 per doubles team) incurred by students or teams from the respective league.

26.500H TEAM TENNIS CHAMPIONSHIP SERIES INFORMATION

26.501H Divisions and Bracketing

The NCS Team Tennis Championships will be conducted in two divisions (Nor-Cal representatives will be selected from the large school division [champion and runner-up will advance to the Nor-Cal tournament]). *(Board of Managers 4/25/08)* All NCS member league or supplemental leagues are eligible to participate. (See Bylaw 507H)
Divisions are as follows:

- a) Division I (see website for current divisions)
- b) Division II (see website for current divisions)

26.502H Entries

Each League/conference is allowed one automatic team entry in the NCS Team Tennis Championships. Entries by league are as follows:

Girls Team Tennis League Automatic Entries

Bay County West	1
Bay County East	1
Bay Valley	1
Coastal Mountain Conference	1
Diablo Athletic (Foothill)	1
Diablo Athletic (Valley)	1
East Bay	1
Humboldt-Del Norte ("Big 5")	1
Marin County	1
Mission Valley	1
North Bay	1

Vine Valley	1
TCAL	1
WACC (Foothill)	1
WACC (Shoreline)	1

Boys Team Tennis League Automatic Entries

Bay County West	1
Bay County East	1
Bay Valley	1
Coastal Mountain Conference	1
Diablo Athletic (Foothill)	1
Diablo Athletic (Valley)	1

East Bay	1	Vine Valley	1
Humboldt-Del Norte ("Big 5")	1	TCAL	1
Marin County	1	WACC (Foothill)	1
Mission Valley	1	WACC (Shoreline)	1
North Bay	1		

NOTE: Leagues must have four or more competing varsity teams to receive an automatic entry to the NCS Tennis Championships.

26.503H Criteria for At-Large Selection

The criteria for selection of at-large teams for NCS Championship Series in team tennis shall be a balance between:

Record overall

- a. League/Place co-champion
- b. League Playoff
- c. Non-league (preseason/tournament/other)

Strength of Schedule

- a. Record against teams in same division
- b. Record against teams in a higher division
- b. Head-to-head against teams which have qualified or are being considered
- c. Record against common opponents.

Number of ranked USTA/UTR players on a team

Coaches Ranking

26.504H Minimum Qualifying Record

To be accepted as a participant in the NCS 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.

Exception: league champions gain automatic entry.

- a. A .500 record is defined as a team having at least an equal number of wins and losses.
- b. "Teams in its own division" is defined as any team whose grades 9-12 enrollment falls within the school's NCS Team Tennis Division.
- c. Games against teams outside of the United States will not be counted in determining the ".500 record within a division". (*Board of Managers 1/27/12*)

26.505H At-large Selection

(Refer to Bylaws 510H-513H of this Handbook.)

26.506H Seeding

(Refer to Bylaws 514H and 515H of this Handbook)

26.507H Review of Seeding

The Commissioner or his representative will review the Seeding Committee's assignment of teams to NCS Championship Series sites, with the authority to refer the assignments back to the respective seeding committee for adjustment to comply with NCS guidelines and/or prudent practices.

26.508H Hosting 1st and Quarterfinal Round Matches

- a. League champions may host 1st round games provided their facility meets the minimum NCS host site criteria. In the Quarterfinal round matches the higher seeded team will host provided the facility meets the criteria on the application to host form.
- b. When two league champions meet in the 1st round or quarterfinal, the higher seeded team will have the opportunity to host, providing its site meets the established criteria.
- c. When two non-league champions meet in the 1st or quarterfinal round the higher seed will have the opportunity to host, providing its site meets the established criteria.
- d. In the quarterfinal round if neither team is seeded then the team that defeated the higher seed will host.

26.509H Semifinal and Final Matches

Semifinal and final round site will be selected based on the Sports & General Rulings Handbook. The NCS Boys' and Girls' Team Tennis Championships shall be conducted by member leagues/conferences on a rotation basis.

26.510H General Rules

The United States Tennis Association (USTA) Rule Book is the governing authority in tennis, with the exception of the Point Penalty System, in which the warning shall be reinstated (First Offense: Warning, Second Offense: Point, Third Offense: Game: Fourth Offense: Default).

26.511H Team Transportation

Teams are NOT reimbursed for travel costs in tennis.

26.512H Team Administration

Home Team - The team listed first in each match will be designated as the home team. Although it is necessary that one team is designated as the home team, it must be kept in mind that each game belongs equally to both competing schools.

26.513H Team Composition

Each team will consist of four (4) singles players and three (3) doubles teams. Players may only play one event (singles or doubles). Each school shall decide which event a player will enter. The number one singles player must be ranked higher on the team individual player strength ladder (ladder) than the number two player. The number two singles player must be ranked higher than the number three player. The number three singles players must be ranked higher than the number four singles players.

In doubles play, if the sum of any of the ladder positions for two or three of the teams is equal, then the highest ranked individual player shall play on the higher ranked doubles team.

Lineups may change from one match to the next. If a player in the lineup is unable to play, a substitution is allowed, providing the ladder rules stated above are met. No player can appear in the lineup unless he is listed on the ladder. Moving players with the intent of gaining an advantage is not permitted and shall subject the team to default by the tournament directors. **A player may only move up or down one position on the ladder by challenge. A player who has established a record at a team position in six team matches and whose results show that they are clearly stronger than the player below them may not be moved down. The line-up must stay in order of ability.**

The player strength ladder submitted for the NCS Team Tennis Championships shall be the same player strength ladder submitted for the CIF Nor-Cal Regional Championship. *(Board of Managers 4/24/11)*

26.514H Scoring

Two out of three sets, with no ad scoring (12-point tie-breaker system) will be in effect throughout the tournament. Players are responsible for returning the tennis balls and reporting match results to the Host School Coach/Tournament Director immediately after their matches.

At NCS Championship events the rest period in a three-set tennis match shall be a maximum of 10 minutes. *(Board of Managers 10/19/07)*

26.515H Defaults

In the event a team is short a player, they will have to default an individual match, leaving vacant the last position in either singles or doubles. If during semifinal team play, after the overall match score has been decided, a player is "defaulted" by his/her coach, for any reason, he/she will not be allowed to play in the next round of play. As a result of the default match, one point will be awarded to the opposing team. In the next round, a coach may substitute a new player, but MUST maintain the integrity of the team ladder. *(Board of Managers 10/6/15)*

26.516H Official Game Ball

The Official Tennis Ball for the North Coast Section must be used in all tournament matches. For the 2021-22 school year the NCS Official Tennis Ball is the Penn ATP World Tour XD. Game balls will be provided by the North Coast Section for the Singles/Doubles Championship Tournament and for the semifinal and championship round contests in the NCS Team Tennis Championships. During the 1st and quarterfinal round contests of the NCS Team Tennis Championships the hosting schools must provide the official ball. Players are responsible for providing their own practice balls.

PENALTY FOR VIOLATION: A fine of \$150 will be charged to the offending school. If the school is hosting the contest, then the offending school, in addition to the fine, will not be allowed to host in the specific sport for the remainder of the tournament and one additional year. *(Board of Managers 5/1/06)*

26.517H Coaches (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. *(CIF Federated Council 2/09)*

26.518H Coaching

A coach may coach a player any time during the match so long as the coach does not interfere with play. Coaches

shall not in any way distract or annoy or talk to the opposing player. Violation of these provisions shall result in the player on the court where the 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 has a maximum of 20 seconds between points, and 90 seconds on changeovers.

a) Coaches Location: Coaches may not sit or stand anywhere that interferes / obstructs with 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. (*Board of Managers 1/24/20*)

26.519H Tennis Dress Code

Players must wear appropriate tennis attire. Appropriate is defined as matching i.e., shorts (no cutoffs) and shirts (no tank tops). The shirt must be worn at all times. Uniforms may not be the same color as the official tennis ball. The individual match is declared "forfeit" for non-compliance. Warm-up suits are acceptable.

26.520H Report to NCS Office

The hosting school tennis coach must report the match score immediately following the match to the NCS office. Official match scores with individual scores must be faxed the next day to the NCS office.

26.521H Awards

Medals will be awarded to the first, second place teams. Pennants shall be awarded to the first and second place schools and a plaque will be awarded to the first-place team.

26.522H Entry Fees

The NCS office will bill each league/conference commissioner a \$150.00 entry fee for each team from his/her league/conference which participates in the NCS Girls' and Boys' Team Tennis Championships.

26.523H Lines People

If either player in a match requests help with calling lines, coaches may agree to provide two (2) lines people at the net posts in Boys' and Girls' NCS Team Tennis Championships who cover the half-width of the court closest to each. The lines people would include one member from each team and all of the following would be adhered to:

- The lines people do not offer calls on their own; they only respond when requested by a player.
- The lines people do not keep score or call anything other than lines.
- If a player is not in agreement with his/her opponent, that player can appeal to the lines person on the half-width of the court nearest to the call in question.
- Once that lines person makes a ruling, his/her call stands.
- If the lines person who is being appealed to did not see the ball clearly, he/she can shield his/her eyes and defer to the other lines person who then can make the call only if he/she saw it clearly. If neither lines person can make a call, then the original call stands.

TRACK AND FIELD

27.000H GENERAL RULES

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.

27.100H STATE CIF RULE ADOPTION

27.101H Javelin Throw

The javelin event **is not** to be conducted in CIF track and field competition. However, CIF track and field athletes may enter javelin competitions in non-CIF meets as unattached athletes during the high school season of sport.

27.102H Participant Entered in the Maximum Number of Events in the Trials

A participant who has entered in the maximum number of events in the trials of any meet, but who fails to qualify in one or more of these events, is not eligible to be substituted as a member of a qualifying relay team in the finals of the meet.

27.103H Hurdle Heights

- a) Boys High Hurdles - 39", Boys Intermediate Hurdles - 36", Girls High Hurdles - 33" Girls Low Hurdles - 33".
- b) Unless the girls' 100m high hurdle event is conducted with the 33" hurdles, the event will not be conducted, and all points will be forfeited to the visiting team.

27.104H Discus Cage

Unless the discus event is conducted with a discus cage that meets National Federation Track & Field Rules Book specifications, the event will not be conducted, and all points will be forfeited to the visiting team.

27.105H Indoor Meets

NCS athletes will only be permitted to represent their schools in indoor meets held during the season-of-sport.

27.106H Shot Put and Discus Sectors

Shot Put and Discus sectors are to be 34.92 degrees in width with a "clear" area of 20 degrees on each side of the landing area. This "clear" area will provide a margin of safety.

27.200H DUAL MEET MANAGEMENT

27.201H Order of Running Events for Dual Meets

The order of running events for all NCS dual meets, unless changed by mutual agreement, shall be as follows:

- | | |
|------------------------------|--------------------------------------|
| 1. F/S 3200M | 7. Varsity 3200m |
| 2. 110m high hurdles (boys) | 8. 400m |
| 3. 100m high hurdles (girls) | 9. 200m |
| 4. 400m relay | 10. 300m intermediate hurdles (boys) |
| 5. 800m | 11. 300m low hurdles (girls) |
| 6. 100m | 12. 1600m Relay |

27.202H Levels of Competition

- a) Boys' varsity, girls' varsity and freshman-sophomore.
- b) All freshmen and sophomores qualify for the freshman-sophomore.
- c) Competition in the freshman-sophomore level terminates after the league/conference meet.

27.300H CHAMPIONSHIP SERIES

27.301H Divisions

- a) Leagues will be classified for competition in the following classes for NCS Class A and Area Championships*: *(Board of Managers 10/21/94) *Also see 25.404H.*

NCS Class A and Area Meets			
Class A	Redwood Empire	Bay Shore	Tri-Valley
Bay Counties	Humboldt-Del Norte (Big 5)	Mission Valley	Bay Valley
Coastal Mountain	Marin County	Tri Counties Athletic	Diablo Athletic
Humboldt-Del Norte (Little 5)	North Bay	West Alameda County	East Bay
	Sonoma County		

27.302H Host League for NCS Bay Shore and Tri-Valley Area Championships

In the event that a management committee for each NCS Area Championship **cannot** be secured the following

league rotation will be implemented:

<u>Year</u>	<u>Bay Shore</u>	<u>Tri-Valley</u>
2022-23	WACC	EBAL
2023-24	TCAL	BVAL
2024-25	MVAL	DAL

(Board of Managers 10/25/96)

27.303H Host League for NCS Redwood Empire Area Championships

The NCS Redwood Empire Area Track & field Championships shall be hosted by participating leagues according to the following rotation:

<u>Year</u>	<u>Redwood Empire</u>
2022-23	MCAL
2023-24	NBL
2024-25	HDNL (Big 5)

(Board of Managers 10/20/00)

27.304H Site Selection for the NCS Class A Track & Field Championships

The NCS Class A Track & Field Championship site shall be selected by NCS staff using the following criteria:

- a. The facility must have the necessary equipment to meet NFHS Track & Field Rules.
- b. The facility will rotate every two years from north to south.
 1. Staff may alter the rotation due to lack of a facility and lack of meet management staff.
- c. Automatic timing must be available in the geographical area selected.

(Board of Managers 1/18/08)

27.400H QUALIFICATIONS TO THE NCS CLASS A AND AREA CHAMPIONSHIPS

27.401H Class A Championships

The Class A meet will be held on one day at a single site and will conduct all running events as timed finals. All Class A schools (which enter competitors) must provide personnel for officiating the meet and assist the Class A Track Committee/Meet Director with the conduct of the meet.

27.402H Class A Entries

Entries Class A Championships

- a) Timed final to be held up through the 400-meter race. Entries to the finals are as follows:

Bay Counties League	8
Coastal Mountain Conference	8
Humboldt-Del Norte League (Little 5)	4
Other Class A schools in non-Class A conferences	*See 25.405H
- b) Timed finals will be held for the 300m intermediate hurdles, 800m run and the 1600m relay. The eight fastest qualifying times will run in heat 2 of each event.
- c) Entries to the relay races (400 meter relay and 1600 meter relay) are as follows: (No trials)

Bay Counties League	4
Coastal Mountain Conference	4
Humboldt-Del Norte League (Little 5)	2
Other Class A schools in non-Class A conferences	*See 25.404H

(Board of Managers 1/21/00)

27.403H Class A At-Large Entries

At-large qualifying marks for CLASS A track meet. Each year based on the average 8th place finisher's mark over previous three years. The mark must be established *during the finals* at their respective league championship meets. If an athlete finishes as an automatic qualifier based on finish order, then the qualifying mark standard would not apply. The Class A At-Large qualifying mark achieved and the respective league meet may only qualify the individual to the Class A meet. *EXCEPTION: Class A schools that participate in large school leagues will be allowed to use the at-large qualifying times to qualify for the next level during the trials or finals at their respective league meet.*

27.404H Area Championships

The Area Championships will be a one-day format held on Saturday.

27.405H Area Entries

| [Any competitor or relay team that is disqualified](#) from an event during [the league qualifying meet may not move on](#)

to the next level of competition in that event. [A league may only submit qualified entries](#) to advance to the next level of competition regardless even if they do not fill their allotted number of entries. [Rule 4 Sec. 5 Art.1 NFHS Track and Field Rule Book 2011](#) (Board of Managers 4/18/11)

Entries to the NCS Class A/Area meet will be as follows:

(Board of Managers 1/24/17)

NCS Class A and 2A/3A Area Meets			
Class A ⁵	Redwood Empire ⁵	Bay Shore ⁵	Tri-Valley ⁵
Bay Counties 8 (4 Relays) Coastal Mountain 8 (4 Relays) Humboldt-Del Norte (Little 5) 4 (2 Relays) ⁴ Branson, Berean Christian	Humboldt-Del Norte (Big 5) 3 Marin County 3 ¹ North Bay 5 Vine Valley 3 ² Lower Lake [*] Next 6-10 best marks from all leagues. Plus any at-large marks. Only performances from league championship finals may be used to determine advancers.	Mission Valley 4 TCAL-6 WACC-6 [*] Next 8 best marks from all 3 leagues. Plus any at-large marks. Only performances from league championship finals may be used to determine advancers.	Bay Valley 4 Diablo Athletic 6 East Bay 6 [*] Next 8 best marks from all 3 leagues. Plus any at-large marks. Only performances from league championship finals may be used to determine advancers.

²Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place in the top four (4) of the CMC meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Redwood Empire Track & Field Championships.

NOTE: This action may require an additional heat at the NCS Redwood Empire Track & Field Championships in all races that are run in lanes.

⁴Branson School shall compete in the Marin County Athletic League's league qualifying track and field meet. When Branson School athlete(s) place in the top four (4) of the MCAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Class A Track & Field Championships. Berean Christian shall compete in the Diablo Valley Athletic League's league qualifying track and field meet. When either Berean Christian athlete(s) place in the top four (4) of the DVAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Class A Track & Field Championships.

⁵Any league that fails to forward any entries in an individual event will increase the entries to other participating leagues. (Board of Managers 10/17/08)

27.406H Alternates

If an alternate replaces an entered qualifier, it will be the sole responsibility of the Meet Director to decide if the heat, race or flight should be re-seeded.

27.407H At-Large Entries

Athletes may automatically qualify to the NCS Class A/Area Championships based on times or distances achieved *in the finals* of their league's qualifying meet. Athletes shall automatically qualify to the NCS Meet of Champions based on times or distances achieved in their area qualifying meet finals only. At-large standards will be determined based on the average of the last qualifying spot to the NCS Meet of Champions Finals in each event over the last three years. These standards will be available on the NCS website and listed in the respective track & field guide.

27.408H Forwarding of Entries from Leagues

Entries to the NCS Class A and Area Championship meet will be forwarded to the NCS Class A and Area Championship meet director by the league/meet director immediately following the league meet. The entries must be submitted by the process outlined by North Coast Section. It will be the responsibility of the league/conference meet director to record the required results (name {first and last}, grade, place and mark (according to the National Federation rules) of each qualifier. Name of relay members must be included as part of the official entries. Scratches must be submitted no later than midnight the Sunday following the league meet. After this deadline no more entries will be accepted.

PENALTY FOR VIOLATION: Failure of a league to submit entries in the correct format and by the stated deadline in the NCS Class A/Area Track & Field Championship Guide will disqualify entries from the offending league.

(Board of Managers 5/1/06)

27.409H Entry Fees

Total entry fees to the NCS Class A and Area Championship meet for each league at the rate of \$15.00 per each place qualified and \$24.00 per relay team shall be paid by the league commissioner to the NCS Office upon billing. (Board of Managers 10/4/16)

27.410H Division Meet Scoring

Scoring in the NCS Class A and Area Championship meets will be 10-8-6-4-2-1.

Starting with the 2018 track & field and swimming seasons the NCS Championships will include as scoring events Unified track & field 100-meter dash and long jump, and Paralympic swimming 50 and 100-yard freestyle. These events will be scoring events, no different than the current track & field and swimming events included in past championships. The respective management committees will determine the heat assignments and may combine male and female competitors in the same race but score the genders as separate races for purposes of scoring. Medals will be awarded no differently than other events.

27.411H Withdrawal of Athletes

The coach of any qualifying athlete, who for any reason is to be withdrawn from any future event or events must notify the meet director of the next weeks meet at the earliest possible date. In addition, the coach has a professional responsibility to notify, at the same time, the coach of any and all alternates involved in the aforementioned withdrawals so as to give the alternates maximum time to prepare for further competition.

27.412H Marks for All Competitors

NCS Class A and Area Championship meet directors must be certain that all entries in each race are individually timed and the marks made in the field events are submitted to the NCS Meet of Champions meet director.

27.500H NCS CLASS A AND AREA CHAMPIONSHIP EVENT MECHANICS

27.501H 200 Meters Dash

The 200m dash will be run around a full turn.

27.502H 400 Meters Dash

The 400m dash will be run in staggered lanes and around two turns.

27.503H 800 Meters Run

The 800m run will be run in lanes for the first turn. Runners may break for the pole as they enter the straight-away.

27.504H Heat Assignments

In the Class A championships trials will be held in the 100m, 200m and 100m/1120m hurdle races. In the Area Championships all races up to the 1600 meters and all relays will be assigned to heats according to the National Federation Track and Field Rules Book. There will be no finals in races run in heats. Advancement to the Meet of Champions from the Class A and Area Meet Championships will be based on time.

27.505H Lane Assignments

In all races except the 1600 and 3200 meter runs, the Games Committee will assign the fastest qualified runners or qualifiers in each round of competition to the middle lanes, or the preferred lanes as determined by the Games committee, and the next fastest qualifiers to the adjacent lanes, and so on (4,5,3,6,2,7,1,8).

(Board of Managers 1/27/12)

27.506H 1600 Meters and 3200 Meters Runs

In the Area meets boys and girls 1600m run, there will be two heats consisting of 16 runners each. The 1600 meter and 3200 meter runs will use an ally start in lanes 1-4 and 5-8. Runners will be seeded from the middle out in each ally according to qualifying times. Runner 1, 4, 5, 8, 9, 12, 13 and 16 will be in lanes 1-4 and runners 2, 3, 6, 7, 10, 11, 14 and 15 will be in lanes 5-8.

27.507H 1600 Meters Relay Trials

- a) There will be trials for the 1600 meters relay in the Area championship meets.
- b) There will not be trials in the 1600 meters relay in Class A.

27.508H Conduct of Field Events

The conduct of the field events in the NCS Class A and Area Championship meets will be the responsibility of the respective Class A and Area Games Committees.

High Jump and Pole Vault

Competition in the high jump and pole vault will be conducted in rotating flights. Competition will start at the listed heights in the NCS Championship Bulletin and competition will continue until final places are determined.

Long Jump, Triple Jump, Shot Put and Discus

Each of the contestants in the long jump, triple jump, shot put and discus will be allowed three (3) qualifying trials. The top nine (9) competitors will receive three (3) additional trials to determine the top finishers.

27.509H Advancement to the Meet of Champions

See 27.601H Entries.

27.510H Ties in Qualifiers for Meet of Champions

Only six (6) qualifiers will advance to the Meet of Champions. In case of a tie(s) for first place in a heat(s) all runners involved in the first-place tie will automatically qualify for the Meet of Champions and the number of non-first place advancers will be reduced. Ties must be broken using the National Federation Track & Field Rules Book tiebreaker procedures. If run-offs are necessary, the Bay Shore and Tri-Valley shall have a run-off the following Tuesday at a neutral site selected by the meet Management. In the Redwood Empire any run-offs will be conducted at the conclusion of the Area Championship.

27.600H NCS MEET OF CHAMPIONS

27.601H Entries

NCS Class A and Area meets will have the following number of entries into the NCS Meet of Champions.

- (a) Class A, 3 entries
- (b) Redwood Empire, 6 entries
- (c) Bay Shore, 6 entries
- (d) Tri-Valley, 6 entries

The remainder of available qualifying spots will be determined by next best marks from all 4 of the qualifying meets (Class A, Redwood Empire, Bay Shore, Tri-Valley). The total number of qualifying spots will be determined by the number of lanes on the track in the MOC Venue (8 lane track = 24 qualifiers; 9 lane track = 27 qualifiers). (*Board of Managers 5/22/20*)

27.602H Forwarding Entries to NCS Meet of Champions

The NCS Class A and Area meet director will be responsible for forwarding the entries electronically of all qualifiers to the NCS Meet of Champions meet director.

27.603H Entry Fees

Total entry fees to the NCS Meet of Champions for each league at the rate of \$15.00 per each place qualified and \$24.00 per relay team shall be paid by the league commissioner to the NCS Office upon billing.

(*Board of Managers 10/4/16*)

27.604H Heat Assignments for the NCS Meet of Champions

Assignments to heats in the preliminaries of the NCS Meet of Champions will be made by the meet director and Games Committee. Any entry submitted without a qualifying time will, by necessity, be seeded last.

(*Board of Managers 10/25/03*)

27.605H Qualifiers to the NCS Meet of Champions Finals

Eight (8) Lane Track

The first-place finisher (including first place ties) in each trial heat will qualify for the finals. The five non-winning contestants who achieve the fastest times in the trial heats will also qualify for the finals. In case of a tie(s) for first place in a heat(s), all runners involved in the first-place tie will qualify for the finals and the number of non-first place advancers will be reduced.

Nine (9) Lane Track

The first-place finisher (including first place ties) in each trial heat will qualify for the finals. The six non-winning contestants who achieve the fastest times in the trial heats will also qualify for the finals. In case of a tie(s) for first place in a heat(s), all runners involved in the first-place tie will qualify for the finals and the number of non-first place advancers will be reduced.

(*Board of Managers 10/30/98*)

27.606H NCS Meet of Champions 1600 Meters Relay Trials

There will be three trial heats for the boys and girls 1600m relay in the NCS Meet of Champions.

27.607H NCS Meet of Champions Scoring

The NCS Meet of Champions will be a scored meet. Scoring for the NCS Meet of Champions meet will be 10-8-6-4-2-1. Starting with the 2018 track & field and swimming seasons the NCS Championships will include as scoring events Unified track & field 100-meter dash and long jump, and Paralympic swimming 50 and 100-yard freestyle. These new events will be scoring events, no different than the current track & field and swimming events included in past championships. The respective management committees will determine the heat assignments and may combine male and female competitors in the same race but score the genders as separate races for purposes of scoring. Medals will be awarded no differently than other events.

27.700H MEET ADMINISTRATION FOR THE NCS MEET OF CHAMPIONS, CLASS A AND AREA CHAMPIONSHIPS

27.701H Order of Events

- a) NCS Meet of Champions will be conducted on a two-day basis.

NOTE: The numbers listed are only to illustrate the order of events and are not necessarily the actual event numbers that will be used in the respective meets.

<u>Field Event Trials</u>	<u>Running Event Trials</u>	<u>Running Event Trials</u>
1. Boys Discus	12. Girls Triple Jump	23. Girls 800m Run
2. Boys Triple Jump	13. Girls 400m Relay	24. Boys 800m Run
3. Girls High Jump	14. Boys 400m Relay	25. Girls 300m I.H.
4. Girls Long Jump	15. Girls 1600m Run	26. Boys 300m I.H.
5. Girls Discus	16. Boys 1600m Run	27. Girls 200m Dash
6. Boys Shot Put	17. Girls 100m L.H.	28. Boys 200m Dash
7. Boys High Jump	18. Boys 110m H.H.	29. Girls 1600m Relay
8. Boys Long Jump	19. Girls 400m Dash	30. Boys 1600m Relay
9. Boys Pole Vault	20. Boys 400m Dash	31. Unified Long Jump (Girls)
10. Girls Pole Vault	21. Girls 100m Dash	32. Unified Long Jump (Boys)
11. Girls Shot Put	22. Boys 100m Dash	33. Unified 100m (Girls)
		34. Unified 100m (Boys)

NOTE: The 3200m run is a final race. No trial heats will be run.

- b) NCS Meet of Champions and NCS Class A and 2A/3A Area Championship meet finals.

NOTE: The numbers listed are only to illustrate the order of events and are not necessarily the actual event numbers that will be used in the respective meets.

<u>Field Event Finals</u>	<u>Running Event Finals</u>	<u>Running Event Finals</u>
1. Boys Discus	12. Girls Triple Jump	23. Girls 800m Run
2. Boys Triple Jump	13. Girls 400m Relay	24. Boys 800m Run
3. Girls High Jump	14. Boys 400m Relay	25. Girls 300m I.H.
4. Girls Long Jump	15. Girls 1600m Run	26. Boys 300m I.H.
5. Girls Discus	16. Boys 1600m Run	27. Girls 200m Dash
6. Boys Shot Put	17. Girls 100m L.H.	28. Boys 200m Dash
7. Boys High Jump	18. Boys 110m H.H.	29. Girls 3200m Run
8. Boys Long Jump	19. Girls 400m Dash	30. Boys 3200m Run
9. Boys Pole Vault	20. Boys 400m Dash	31. Girls 1600m Relay
10. Girls Pole Vault	21. Girls 100m Dash	32. Boys 1600m Relay
11. Girls Shot Put	22. Boys 100m Dash	33. Unified Long Jump (Girls)
		34. Unified Long Jump (Boys)
		35. Unified 100m (Girls)
		36. Unified 100m (Boys)

27.702H Timing Runners

If an automatic timing system is not available handheld timers will be used. At an eight lane track the first two finishers from each heat plus the two top times from the third-place finishers will qualify for the finals. At a nine-lane track the first three finishers from each heat will qualify.

- a) One more than the number of qualifying places will be timed in league, NCS A and Area Championships and NCS Meet of Champions, with at least three (3) watches on first place and two (2) each on the remainder.

27.703H Motion Pictures

Color Video-tape, Accutrac, Finish Lynx or motion pictures will be taken of all finishes in the NCS Class A and Area Championship meets and the NCS Meet of Champions.

27.704H Coaches Seating

Coaches may be on the field or track only in case of an injury to an athlete or with official permission from the referee or meet director. This rule is to be enforced at the NCS Class A and Area Championship meets and at the NCS Meet of Champions.

27.705H Update Records

The meet director will review the performance of the specific meet for which each one is responsible and will update and certify new records to the NCS Section Commissioner, immediately following the completion of the meet.

27.706H Lane Assignment

In all races except the 3,200 meters run, the Games Committee will assign the two top seeded runners or qualifiers in each round of competition to the middle lanes, or the preferred lanes as determined by the Games Committee, and the next two best qualifiers to the adjacent lanes, and so on. In the 3,200 meters run, the fastest half of the qualifiers will be in the front row seeded from the middle rows out and the slowest half of the qualifiers will be in the second

row seeded from the middle rows out.

27.707H Lane Assignments

In races of less than 200 meters, participants will be assigned to lanes on the basis of times recorded in the most recent qualifying race. In the flat races on an eight lane track the fastest qualifier will be placed in lane No. 4, next fastest No. 5, and the next in No. 3, then in No. 6, etc. Times recorded in straight-away 200m dashes, one-turn 400-meter dashes or three turns 800-meter runs will be weighted for seeding purposes.

27.708H Conduct of Field Events

One-Day Meet

In one day meets (NCS Class A and Area Meets), where field events are conducted with trials and finals on the same day each of the contestants in the long jump, triple jump, shot put and discus will be allowed three (3) qualifying trials. The top eight (8) {eight lane track} or nine (9) {nine lane track} will receive three (3) additional trials to determine the top six (6) medal winners. Competition in the high jump and pole vault will be conducted in rotating flights. Competition will start at the listed heights in the NCS Class A/Area Track & Field Championship Guide and competition will continue until final places are determined.

27.709H Hardship Rule (DELETED) (Board of Managers 10/17/08)

27.710H Honest Effort Policy

Competitors who have qualified for and been entered into more than one event must honestly participate with maximum effort in each event for which the athlete is declared or the athlete will be barred from further competition in the meet.

NOTE: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort. (Board of Managers (10/6/15)

27.800H GATE ADMISSION

Admission to the NCS Track and Field Championships will be as follows:

	Adults	Students/w/cards	Children/Seniors
Class A & Area Meets	\$12.00	\$5.00	\$5.00
Meet of Champions	\$14.00	\$6.00	\$6.00

27.801H Admission Policy

Each participating school's head coach will be admitted to the NCS Class A and Area Championship and the NCS MOC Championships provided they submit the Certification of Authorized Personnel form signed by their school's principal.

27.802H Assistant Coaches

Schools having two or more track & field athletes participating in the NCS Class A and Area Championships and the NCS MOC Championships will be allowed to have an assistant coach admitted. Follow the same procedure as mentioned in 27.801H to gain entrance to the championship event.

27.900H COACHES CERTIFICATION (CIF 503 (E&F))

Coaches must check in and submit Coaches registration at the registration booth. All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1, CIF 503.F and Bylaw 22.B.9. (CIF Federated Council 2/09)

27.1000H AWARDS

27.1001H Plaques

A plaque will be awarded to the first-place boys' and girls' team at the Class A Championships, at each of the Area Championships and the Meet of Champions.

27.1002H Pennants

Pennants will be awarded to the first and second place boys' and girls' teams at the Class A Championships, at each of the Area Championships and the Meet of Champions.

27.1003H Medals

Medals will be awarded to the first through sixth place finishers in each event at the Meet of Champions.

27.1004H Ribbons

Ribbons will be awarded to the first six finishers in each event at the Class A and each area championship meet.

27.1005H Certificates

Certificates will be awarded to all participants in the Class A and area championships.

27.1100H NATIONAL HIGH SCHOOL HONOR ROLL PERFORMANCES

Each year the National Federation publishes a National High School Honor Roll for Track and Field, listing the best performances made by high school boys and best performances made by high school girls under standard conditions. In order to be considered for listing on the National Honor Roll, performances must:

- (a) Be approved by, and submitted through, the state high school association executive officer via the North Coast Section Office;
- (b) Be made by eligible high school athletes whose schools are members of their state high school athletic (activities) associations.
- (c) Be made in interscholastic meets involving five or more schools and sanctioned by the state high school association;
- (d) Be winning efforts in running events, unless fully automatic timing is used or non-winning time is verified by three watches; 2nd or 3rd place acceptable in field events;
- (e) Not be wind-aided (exceeding 4.473 mph) for the sprints, hurdles, long or triple jump.

NOTE: Performances made in running events will be recognized only in the metric distances. Do not use the conversion tables to submit performances made in races at English measurement distances.

The NCS Class A and Area Track & Field Championship Guide will include the qualifying marks for each event.

TRADITIONAL COMPETITIVE CHEER

28.000H DEFINITION & GENERAL RULES

For all CIF Bylaws, Traditional Competitive Cheer (TCC) will be defined as any competition using or following the traditional competitive format. TCC coaches must meet education requirements and safety of Article 22.B.(9) and Bylaw 1802. (Ca. Education Code 35179-35179.7, 49032 and 45125.01-45125.1)

28.100H OFFICIAL RULES BOOKS

As per Bylaw 1201 A., the National Federation of High Schools (NFHS) Spirit Rules Book shall be the official rule book.

28.200H SAFETY CERTIFICATION OF COACHES

Schools must ensure that all TCC and CSC coaches, paid and unpaid, will have completed a safety education program that emphasizes the following components:

- A. A philosophy of safety awareness,
- B. Understanding and assessing legal liability in cheerleading.
- C. Knowledge of cheerleading safety equipment, including apparel and training aids such as spotting belts and mats.
- D. Spotting techniques for tumbling and partner stunts.
- E. Skill progressions for tumbling, partner stunts, and pyramids.
- F. Physical and psychological performer readiness.
- G. Medical responsibilities, including injury prevention, the development of an emergency plan, and the assessment, treatment, and rehabilitation of injuries. (See also Article 22.B.(9)) (*CIF Federated Council 4/17*)

28.300H REGIONAL INVITATIONAL CHAMPIONSHIPS

A Regional Invitational Championship will be held in January. Regional Invitational Championship entries will be placed into the appropriate regions. (*CIF Federated Council 1/20*)

VOLLEYBALL

29.000H GENERAL RULES

The National Federation Volleyball Rule Book is the governing authority in Volleyball except for CIF/NCS modifications and/or adoptions.

29.100H STATE MODIFICATIONS/ADOPTIONS

29.101H Definition of a Match

A match is defined as when a team has won 2 games out of 3. The third game shall not be played unless it is necessary to determine the winner of the match. Rally scoring as defined in the NFHS rules must be used.

NOTE: Leagues may authorize a 5-game match in which a team is considered the winner of the match when it wins 3 games. The fourth and/or fifth game shall not be played unless it is necessary to determine the winner of the match. If a fifth game is necessary, a coin toss shall be conducted prior to that game. In invitational tournaments, the length and number of games per match may be modified by the host school as long as rally scoring is used. In non-league contests including sub-varsity play, the length and number of games per match may be modified by mutual agreement of the participating schools using a rally scoring format.

29.102H Official National Federation Authentication Mark

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball, and water polo.

(Revised to include lacrosse November 2000 Federated Council)

29.200H OFFICIALS

See Section 602H. Additional information concerning the selection of officials is contained in the Championship Guide.

29.300H MINIMUM QUALIFYING RECORD

To be accepted as a participant in the NCS Boys and Girls Volleyball 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. Exception: league champions gain automatic entry, provided the team submits and application by the deadline.

(Board of Managers 5/1/06)

- a. A .500 record is defined as a team having an equal number of wins and losses.
- b. "Teams in its own division" is defined as **any** team whose grades 9-12 enrollment falls within the school's NCS Volleyball Division.
- c. Games against teams outside of the United States will not be counted in determining the ".500 record within a division".

29.400H GIRLS CHAMPIONSHIP SERIES INFORMATION

29.401H Season of Sport

The NCS Girls Volleyball Championship Series will be conducted at the end of the fall season.

29.402H Divisions

The NCS Girls' Volleyball Championships shall be conducted using the six-division format - refer to the website for current divisions. (Bylaw 507H)

29.403H Bracketing

The number of teams in the NCS Girls' Volleyball Championships shall be as follows:

- a) Volleyball brackets in Divisions 1-6 shall be conducted up to 16-team single elimination championship.
- b) A single elimination tournament will be conducted for each division.

29.404H At-Large Selection (See Bylaws 510H-513H of this Handbook)

- a) Any unfilled berths will be awarded based on established NCS at-large selection procedures provided the school follows the application process as stated in the championship guide.

29.405H Seeding

(Refer to Bylaws 514H-515H of this Handbook)

29.406H Review of Seeding

The Commissioner or his representative will review the Seeding Committee's assignment of teams to NCS Championship Series sites, with the authority to refer the assignments back to the respective seeding committee

for adjustment to comply with NCS guidelines and/or prudent practices.

29.407H Site Selection

(See Bylaw 518H in this handbook.)

29.408H Site Selection Criteria

(See Bylaw 518H in this handbook.)

29.409H NCS Volleyball Championship Series Schedule

Contests for Divisions I-VI will be conducted on Tuesday/Wednesday, Saturday, Wednesday, Saturday.

29.410H Team Transportation

There is no travel allowance for volleyball teams.

29.411H Qualifying for Nor-Cal and CIF Championships

The NCS Championship division teams will be the NCS representatives to the respective Northern California, CIF Championship divisions. The second-place team in the NCS Volleyball Championships will receive the automatic second place berth in appropriate divisions if an automatic berth is available. In divisions that the NCS receives four entries the runner-up in each semifinal division game will receive automatic bids. If the NCS is granted a fifth entry (25th in total), it will be assigned to the highest seeded quarterfinal losing team. In the event of a tie between highest seeded quarterfinal losing teams (across divisions), NCS staff will use the established at-large and seeding criteria to select the final entry or entries.

29.500H BOYS CHAMPIONSHIP SERIES INFORMATION

29.501H Season of Sport

The NCS Boys Volleyball Championship Series will be conducted at the end of the spring season.

29.502H Divisions (Bylaw 507H)

The NCS Boys Volleyball Championships will be conducted in three divisions based on competitive equity. All NCS member league or supplemental leagues are eligible to participate regardless of their division. Divisions are posted on the NCS website.

29.503H Format

The number of teams in the NCS Boys' Volleyball Championships shall be as follows: *(Board of Managers 10/24/11)*

- a) The boys' Division 1 volleyball bracket shall be conducted up to a 12-team single elimination championship.
- b) The boys' Division 2 volleyball bracket shall be conducted up to a 12-team single elimination championship.
- c) The boys' Division 3 volleyball bracket shall be conducted up to a 12-team single elimination championship.
- d) A single elimination tournament will be conducted for each division.

*NOTE: Staff may increase the size of the bracket, **up to 16-teams**, provided there are qualified teams who have applied for participation in the NCS Championships, and the championship dates are not altered.*

29.504H At-Large Selection (See Bylaws 510H-513H of this Handbook)

- a) Any unfilled berths will be awarded based on established NCS at-large selection procedures.
- b) One game won or lost will not be counted in the criteria for at-large and seeding. All games counted must be rally scoring, 25-point games and the winning team must have won two of three or three of five games. The fifth game of a three-out-or-five match must be played to 15. *(Board of Managers 5/2/03)*

29.505H Seeding

(Refer to Bylaws 514H and 515H of this Handbook)

29.506H Review of Seeding

The Commissioner or his representative will review the Seeding Committee's assignment of teams to NCS Championship Series sites, with the authority to refer the assignments back to the respective seeding committee for adjustment to comply with NCS guidelines and/or prudent practices.

29.507H Site Selection

(See Bylaw 517H of this handbook.)

29.508H Site Selection Criteria

(See Bylaw 518H of this handbook.)

29.509H NCS Volleyball Championship Series Schedule

Girls: Contests for all divisions will be conducted on Tuesday/Wednesday, Saturday, Wednesday, Saturday. Please

refer to the 3-year championship calendar posted on the NCS website for current dates.

Boys: NCS Championship dates, are Tuesday, Thursday, Tuesday, Thursday format. Please refer to the 3-year championship calendar posted on the NCS website for current dates.

29.510H Team Transportation

There is no travel allowance for the sport of volleyball.

29.600H GAME ADMINISTRATION

29.601H Warm-up Period

- a) Each gymnasium will be open to the participants and spectators one hour before the first match begins. The court surface will be open for warm-ups one hour prior to the match. Players may be on the playing surface to stretch, run or pass during this time. Use of the net will begin during the official 20-minute pre-match warm-up time. A warm-up period of twenty (20) minutes will be guaranteed between all matches.
- b) The warm-up period shall be divided as follows:
 - (1) First 10 minutes: the serving team shall have the entire court
 - (2) Second 10 minutes: the team receiving shall have the entire court (*Board of Managers 4/26/96*)

29.602H Game Ball

The game ball shall be designated by the NCS Commissioner. The NCS Official Ball for Volleyball is any Spalding, Inc. ball that meets NFHS Volleyball Rule Book specifications. The contract for the Spalding TF VB5 will be in effect until the end of the 2026-2027 school year.

PENALTY FOR VIOLATION: Any school that provides a game ball other than the NCS Official Ball for the respective sport will be subject to one or more of the following penalties as determined by NCS staff:

- a. The school shall be fined \$150.00 for each infraction.
- b. The head coach, athletic director and principal will be required to write a letter of apology to the NCS Executive Committee for their use of an unofficial game ball in the respective NCS Championship Series Event.
- c. Head coach will be disqualified from the next NCS Championship Series Event.
- d. Head coach will be disqualified from all further NCS Championship Series Events for one calendar year.
- e. Loss of privilege for the school to host NCS Championship Series Events in the respective sport for two years.

(Board of Managers 4/27/07)

29.603H Score Keepers and Lines Persons

- a) A competing team may designate a scorer to sit with the official scorer.
- b) Paid lines persons shall be assigned by the NCS Volleyball Officials Assigner.

29.604H Administrator-in-Charge (See Bylaw 604H in this Handbook)

An Administrator-in-Charge is not required in volleyball for schools traveling 150 miles or more, one way. Under this exception the coach of the traveling school is responsible for crowd control, student behavior and injury care.

(Board of Managers 4/29/05)

29.605H Coaches Certification (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. (*CIF Federated Council 2/09*)

29.606H Gate Admission

Admission to the NCS Volleyball Championships will be \$12.00 for adults and \$5.00 for students with student body cards, senior citizens and children 12 and under.)

29.700H ENTRY FEES

The NCS Office will bill each league/conference Commissioner (\$150.00 entry fee for each team which participates) for the teams from the respective league/conference).

29.800H AWARDS

- a) First and Second Place Teams
 - 1) Participants shall receive a participation certificate.
 - 2) Up to 15 members of the first and second place teams in each division will receive individual medals.

- 3) A plaque will be presented to the first-place team in each division.
- 4) Pennants will be presented to the first and second place teams.

29.900H FILMING

(See Bylaw 1010H in this Handbook)

WATER POLO

30.000H GENERAL RULES

The National Federation Water Polo Rules Book is the governing authority in Water Polo except for NCS modifications and/or adoptions.

30.100H STATE MODIFICATIONS/ADOPTIONS

30.101H Clocks

It is recommended, but not required, that clocks used in conducting water polo contests be visible to the participants.

30.102H Official National Federation Authentication Mark

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball, and water polo.

(Revised to include lacrosse November 2000 Federated Council)

30.200H OFFICIALS

See Section 602H. Additional information concerning the selection of officials is contained in the Championship Guide.

30.300H NCS CHAMPIONSHIP FORMAT

30.301H Minimum Qualifying Record

To be accepted as a participant in the NCS Water Polo Championships, a team shall have compiled at least a .500 overall record, or at least a .500 record against teams in its own division or at least a .500 record in its own league.

Exception: league champions gain automatic entry.

- a. A .500 record is defined as a team having at least an equal number of wins and losses.
- b. "Teams in its own division" is defined as any team whose grades 9-12 enrollment falls within the school's NCS Water Polo Division.
- c. Games against teams outside of the United States will not be counted in determining the ".500 record within a division". *(Board of Managers 1/27/12)*

30.302H Divisions/Leagues Participating

The NCS Water Polo Championships shall be conducted in three divisions (Open, 1 and 2). The competing leagues are:

<u>Boys' Water Polo</u>	<u>Girls' Water Polo</u>
BVAL	BVAL
DAL	DAL
EBAL	EBAL
MCAL	MCAL
MVAL	MVAL
NBL	NBL
TCAL	TCAL
VVAL	VVAL
WACC	WACC

Open Division/Divisions 1 and 2

CIF-North Coast Section has implemented an Open Division in the sport of Water Polo. The following are the procedures for selection, bracketing, competition dates etc.:

1. Open Division competition was implemented with the 2018-2019 school year.
2. In the sport of Water Polo, in addition to the approved divisions of competition, a six-team open division bracket will be developed. The bracket will be developed as follows:
 - a. The Open Division will be limited to six teams;
 - b. The appointed NCS At-Large and Seeding Committee, prior to development of any of the other division brackets, selects the top six most competitive teams within the CIF-North

Coast Section based on the currently established at-large and seeding criteria.

c. The open bracket will be a pure seed #1 (Bye), #2 (Bye), #3 v. #6, #4 v. #5.

d. Assignment of games will be according to the same established policy used in other brackets and approved by the NCS Board of Managers.

3. Division 1 and 2 will be 12-team brackets.

30.303H DIVISIONS/Format (Bylaw 507H)

NCS Selection Committee may increase the team sports brackets, when there are qualified teams applying for NCS Championships. Any increase in the brackets size will not cause the NCS Championship in each respective sport to exceed the posted championship date. *(Board of Managers 10/23/09)*

NOTE: The current year's tournament bracket sizes are posted on the NCS Website.

Each league will have one (1) automatic entry. *(Board of Managers 1/20/06)*

30.304H At-Large Selection

a) At-large teams necessary to complete a 16-team bracket will be selected.

(Board of Managers 1/20/06)

b) The criteria for selection of at-large teams for NCS Water Polo Championship Series shall be a balance between:

1) Record overall

a. League/Place co-champion

b. League Playoff

c. Non-league (pre-season/tournament/other)

2) Strength of Schedule

c) Head-to-head against teams which have qualified or are being considered.

a. Record against common opponents

NOTE: Only games played under National Federation Water Polo rules may be included in the record. Scrimmages are not games, no score may be kept, and as such will not be considered.

d) Coaches Ranking

30.305H Seeding

The respective Seeding Committee shall be responsible for the pairing and seeding of the water polo NCS Championship Series Events per the format adopted by the Board of Managers.

In the boys' and girls' water polo tournaments the Seeding Committee will pure seed the bracket.

a. Seeding will be as follows:

1. Place the number one, four, five, eight, nine, twelve, thirteen, sixteen seeded teams in the top bracket.

2. Place the number two, three, six, seven, ten, eleven, fourteen, fifteen, seeded teams in the bottom bracket. *(Board of Managers 1/17/03)*

30.306H Review of Seeding

The Commissioner or his representative will review the Seeding Committee's assignment of teams to NCS Championship Series sites, with the authority to refer the assignments back to the respective seeding committee for adjustment to comply with NCS guidelines and/or prudent practices.

30.307H Site Determination

The following guidelines will be used to determine the geographical area that a contest will be conducted in the sport of water polo for all rounds of competition. Staff will be allowed to assign sites for the maximum benefit of the respective tournament. Criteria to be considered are as follows: League champion (1st round only), higher seed, size of expected crowd, keeping schools' boys' and girls' teams together and gender equity.

(Board of Managers 1/18/08)

30.400H GAME ADMINISTRATION

30.401H Warm-up Period

Each pool will be open to the participants and spectators one hour before the first game begins. The pool will be open for warm-ups 20 minutes prior to the game time. A warm-up period of twenty (20) minutes will be guaranteed between all games.

30.402H Home Team

Home Team - The team listed first in each game will be designated as the home team. Although it is necessary that one team is designated as the home team, it must be kept in mind that each game belongs equally to both competing schools.

30.403H Tied Games

Tie Games - Refer to the current rulebook for tournament progression.

30.404H Game Ball

The game ball shall be designated by the NCS Commissioner. The official ball will be provided by the NCS. For the 2022 NCS Water Polo Championship Series the official ball will be the KAP 7 Hydrogrip Series for boys and the KAP 7 Hydrogrip Series for girls. The official ball is the only ball that may be used in NCS Championship Series games.

PENALTY FOR VIOLATION: Any school that provides a game ball other than the NCS Official Ball for the respective sport will be subject to one or more of the following penalties as determined by NCS staff:

- e. The school shall be fined \$150.00 for each infraction.
- f. The head coach, athletic director and principal will be required to write a letter of apology to the NCS Executive Committee for their use of an unofficial game ball in the respective NCS Championship Series Event.
- g. Head coach will be disqualified from the next NCS Championship Series Event.
- h. Head coach will be disqualified from all further NCS Championship Series Events for one calendar year.
- i. Loss of privilege for the school to host NCS Championship Series Events in the respective sport for two years. (*Board of Managers 4/27/07*)

30.405H Game Management

Game management will be the responsibility of the site director. The site director will manage the event according to NCS event management guidelines, provide site personnel, assure the usage of the official ball, assure that all National Federation Water Polo rules are followed and report any ejections to the NCS Office following all games. Other duties will be listed in the site director's packet provided by NCS staff.

30.406H Introduction of Players

All players from each team will be introduced over the public address system. Each coach will send the list of players to be introduced to the P.A. announcer at least 30 minutes prior to the starting time (including first and last names {phonetic spelling where appropriate}, number, position and grade).

30.407H Administrator-in-Charge

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

NOTE: The Administrator-in-Charge Registration form may be signed by any school administrator (vice principal and assistant principal) and the school athletic director. (Board of Managers 1/23/98)

30.408H Coaches Certification (CIF 503 (E&F))

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1, CIF 503.F and Bylaw 22.B.9. (*CIF Federated Council 2/09*)

30.409H Gate Admission

Admission to the NCS Water Polo Championships will be \$12.00 for adults and \$5.00 for students with student body cards, senior citizens and children 12 and under.

30.410H Team Party

- a) Participating schools will list team party members on a gate list.
- b) Team Party - includes coaches, administrators, faculty supervisors, team doctor, certified athletic trainer, managers, statisticians, and team drivers. Players listed on the gate list will be admitted as a group without a ticket. The coach must be present at the gate to identify the players.

30.411H Complimentary Tickets

Bonus complimentary tickets (2) will be provided to those coaches that comply with the deadlines for returning the Official's Nomination Form, Souvenir Program and Media Information and a copy of their schedule with wins and losses.

30.412H Passes

Only the NCS Board of Managers, Management Committee, Superintendent, Honor Coach, NCS Media and Photo passes; NCS and CIF Lifetime Pass (metal) and CIF Courtesy Card will be honored at the gate. No league or school passes will be recognized for admission.

30.500H ENTRY FEES

The NCS Office will bill each league/conference Commissioner (\$150.00 entry fee for each team that participates) for the teams from the respective league/conference.

30.600H AWARDS

a) First and Second Place Teams

- 1) Up to 17 members of the first and second place teams in each division will receive individual medals.
- 2) A plaque will be presented to the first-place team in each division.
- 3) Pennants will be presented to the first and second place teams.
- 4) 25 certificates for each participating team will be provided.

30.700H TEAM TRANSPORTATION

Teams are NOT reimbursed for travel costs in water polo.

30.800H VIDEOTAPING

(See Bylaw 1010H in this Handbook)

30.900H NOR-CAL CHAMPIONSHIP

FORMAT-The format is an eight (8)-team single-elimination tournament in each of three (3) divisions.

AUTOMATIC ENTRIES-SEEDING PROCEDURES

Boys and girls regional water polo championships will be held following the completion of the section playoffs. NCS will allocate its (6) entries as follows: (4) semifinalists from the Open division, (1) division 1 champion and (1) division 2 champion. The regional seeding committee will determine the divisional placement of the section entries for the Regional Water Polo Championships. (*Board of Managers 9/28/18*)

SECTION LIMITATIONS

Sections with less than eight (8) schools in a division shall be limited to one (1) entry in that division. This applies to both team and individual sports.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.

WRESTLING

31.000H GENERAL RULES

The National Federation Wrestling Rule Book is the governing authority in wrestling, with the exception of CIF modifications and/or adoptions.

31.100H STATE MODIFICATIONS/ADOPTIONS

31.101H State Modifications

- A. Each individual student not a member and participant of a fall sports team shall have no less than ten (10) days of practice before the student may compete in a meet or tournament.

NOTE: No more than one practice can take place in a given day. Practice includes actual active participation in a practice, not passive observation.

- B. Each individual who completes the regular season in a fall sport shall have no less than five (5) days of practice before the student may compete in a meet or tournament.

NOTE: No more than one practice can take place in a given day. Practice includes actual active participation in a practice, not passive observation.

- C. A wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the CIF State Wrestling Championships (in most situations this would be the league wrestling tournament). Forfeits do not count towards the 40-match maximum. Matches wrestled in any tournaments or competitions held prior to the first qualifying tournament will count towards the 40-match maximum.

EXCEPTION: Any matches wrestled in a Section team dual championship tournament will not count as part of the 40-match maximum.

(CIF Federated Council 10/01)

PENALTY: Violation of Article 3301 will result in the following sanctions:

If an athlete goes over the prescribed 40 match limit, the athlete shall be ineligible for any further competition for the season. In addition, the Section may impose the following additional sanctions:

- (1) The final season record will be reduced by at least one win at the conclusion of the season;
- (2) The school will be placed on probation;
- (3) The team/individual will be ineligible to advance to or in Section, Regional or State Championships;
- (4) Reduction of maximum number of matches allowed for the following year in that sport.
- (5) Repeated violation may result in suspension of membership in the CIF.

(CIF Federated Council 11/09)

31.102H Section Modifications

- A. By state association adoption, leagues are allowed to use an Assistant Referee in wrestling matches.
- B. Each league must have at least two (2) certified and designated scales for weigh-ins at the league tournament.
- C. All NCS Wrestling Championships, individual and team, must have wrestling official(s) present to weigh-in participants. *(Board of Managers 10/19/07)*

31.103H Weigh-Ins

- A. All CIF-member schools must follow all National Federation rules and procedures concerning weigh-ins.
- (1) Violation of NFHS rule 4-5-5 will result in the following sanction: the host school will not be allowed to host any tournament for the following year and cannot financially benefit from any other tournament for that year. In addition, the Section may impose the following additional sanctions:

- a. The hosting school is placed on probation.
- b. Reduction of maximum number of matches.

(CIF Federated Council 5/10; see NFHS Wrestling Rules Book 4-5-5)

- B. California provides 14 weight classes per NFHS rules and the two-pound growth allowance to each weight class on January 1.

(Approved February 1997 Federated Council; also see NFHS Wrestling Rules Book 4-4-4)

- C. Each coach is required to bring his/her team's Pre-Match Weigh-In Form to all competitions including the CIF State Wrestling Championships.

PENALTY: Failure to comply will result in the entire team being ineligible to compete and charged with forfeiture.

- D. Each wrestler is required to weigh in with his/her Pre-Match Weigh-In Form at all competitions up to and including the competition that begins the CIF State Championship qualifying series.

PENALTY: Failure to comply will result in the wrestler being ineligible for that competition.
(CIF Federated Council 5/06)

- E. The use of laxatives, emetics, excessive food and liquid restriction, self-induced vomiting, hot rooms, hot boxes, saunas, and steam rooms is prohibited for any purpose. The use of diuretics at any time is prohibited. Regardless of the purpose, the use of vapor-impermeable suits (e.g., rubber or rubberized nylon) or any similar devices used solely for dehydration is prohibited. Artificial means of rehydration (i.e., intravenous hydration) are also prohibited. Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation would result in suspension for the remainder of the season.

31.104H CIF Weight Management Program

The establishment of a certified minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high schools. Participation in the CIF Wrestling Weight Management Program will be mandatory and binding for all CIF interscholastic wrestlers. No wrestler may compete until he/she has completed the required body composition assessment. The CIF will utilize the Optimal Performance Calculator as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling.

A. Establishing Certified Minimum Weights

- (1) For all initial assessments, the Ultrasound Wand will be the only methods utilized to determine each wrestler's body fat percentage. The BodyMetrix Ultrasound system does not require hydration testing. Only measurements taken by persons who have successfully completed the CIF Assessor Certification Workshop will be valid. Schools will receive a list of CIF Certified Assessors. It is the responsibility of the school to contact an assessor from this list and arrange a time to have its wrestling squad assessed or attend a Section sponsored regional testing clinic. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the Optimal Performance Calculator and it appears on the school's Pre-Match Weigh-In Form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.
- (2) 1% Variance: The formula incorporated by the optimal performance calculator for assessment data for CIF wrestlers will automatically include a 1% variance of the wrestler's body weight at the certified minimum weight. (Example: If a male wrestler's minimum body weight at 7% is 150, the program will indicate that 148.5 lbs. is the certified minimum for that wrestler).
- (3) The lowest weight class at which a wrestler may compete will be determined as follows:
 - a. If the certified minimum weight, at 7% or 12% body fat, is exactly that of one (1) of the adopted weight classes, that weight shall be the wrestler's minimum weight class;
 - b. If the certified minimum weight, at 7% or 12% body fat, is greater than one (1) of the adopted weight classes but lower than the next higher weight class, the next higher weight class shall be the wrestler's minimum weight class.

PENALTY: Failure to adhere to these Bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament, then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual. (Revised May 2013 Federated Council)

B. Time Period for Assessments

- (1) No wrestler may compete until he/she has participated in an initial assessment and his/her name and data are included on the school Pre-Match Weigh-In Form

and Alpha Master Report.

- (2) If using the Bioelectrical Impedance method, the specific gravity of the urine, as determined by a refractometer analysis, will determine whether a candidate may participate in an assessment on any date. A specific gravity result of less than or equal to 1.025 is required in order to participate in the body assessment. Any wrestler not passing the urine specific gravity test must wait a minimum of 24 hours in order to be retested.
- (3) Assessments may begin on October 15 of each school year. Wrestlers may be measured any time on or following this date and no later than January 15 to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.
 - a. **Hardship Exceptions**

Appeals may be submitted to the Section office for the following two (2) exceptions only:

 - (i) Assessment Exception One (1): A student under doctor's care may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student's release from the doctor.
 - (ii) Assessment Exception Two (2): A student who becomes eligible after January 15 may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student becoming scholastically and/or residentially eligible.
- (4) A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all other appeal options allowed within this policy.

C. **School Responsibilities for the Measurement Process**

- (1) It is the school's responsibility to contact and contract with a CIF Certified Assessor from list provided by the CIF or attend a Section sponsored regional testing clinic.
- (2) Schools choosing to contract with a CIF Certified Assessor will be required to have available at the time of assessment:
 - a. Assessment Data Forms.
 - b. Two (2) adults (teacher, AD, parent(s)/guardian(s)/caregiver, etc.) who will:
 - (i) Assist with measuring height (in feet and inches);
 - (ii) Assist with the recording of data;
- (3) Ultrasound assessments shall not be conducted by any active wrestling coach at any level.

D. **Wrestlers Below 7% or 12% Body Fat**

Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below 7% may request a waiver in order to establish a certifiable wrestling weight class if a physician attests that the athlete is naturally at his sub-7% body fat level. In the case of a female wrestler, a waiver may be requested if the athlete is naturally at her sub-12% body fat. A waiver form must be signed by a physician, a parent(s)/guardian(s)/caregiver, the principal and the head wrestling coach. The completed waiver form must be mailed or faxed to the appropriate Section office. Wrestlers may not compete at their waiver weight class until the completed waiver form, with all four (4) required signatures, has been received by the appropriate Section office. The waiver weight class is valid for one (1) season only and expires March 15 of each year. The sub-7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight class at the time of initial assessment.

PENALTY: Failure to adhere to these Bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this

occurred during a tournament, then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual. *(Revised May 2013 Federated Council)*

E. **Growth Allowance**

- (1) The NFHS Wrestling Rules provide a two (2) pound growth allowance on January 1 of each wrestling season.

F. **Weight Loss Per Week**

- (1) An average weight loss limit per week of 1.5% of body weight at the time of initial assessment has been established. A season-long weight loss plan will guide each wrestler's weight loss during the season.
- (2) The weight loss plan shall determine in which weight class(es) a wrestler may compete each week.
- (3) A wrestler is ineligible to compete in a weight class below the lowest eligible weight class defined by the weight loss plan before the proper amount of time has passed to achieve the weight class.

- NOTE:**
- a. A wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor (NFHS Rule 4-4-2);
 - b. If a wrestler weighs in one (1) weight class below his/her lowest allowable weight class per his/her Pre-Match Weigh-in Form, he/she is eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two (2) weight classes listed for that day on his/her Pre-Match Weigh-In Form.
 - c. If a wrestler weighs in two (2) or more weight classes below his/her lowest allowable weight class per his/her Pre-Match Weigh-In Form, he/she is ineligible to wrestle in any weight class at that competition.
 - d. If a wrestler weighs in at a weight class higher than his/her allowable weight classes per his/her Pre-Match Weigh-In Form, he/she may wrestle in compliance with NFHS Rule 4-4-2; a wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor.

PENALTY: Failure to adhere to these Bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament, then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual. *(Revised May 2013 Federated Council)*

G. **Appeal of Assessment Results**

- (1) Any athlete may appeal his/her initial assessment results one (1) time by reassessment. In order to utilize the results of an appeal, the school must receive notification from the Section Office prior to allowing the challenging athlete to compete.
- (2) The steps of the appeal process are as follows (Step 1 may be bypassed and only Step 2 utilized):
STEP 1: The athlete shall repeat the assessment as described in the regulation.
 - a. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of the initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.
 - b. Data shall be recorded on the Assessment Data Form.

c. Reassessment may be done by Ultrasound assessment.

PENALTY: A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

STEP 2: If dissatisfaction with the results remains, the wrestler may choose Bod Pod assessment to determine body fat percentage. Results obtained at this step are final: the athlete, family, school or coach may not appeal further.

a. The Bod Pod assessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8–14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.

b. Bod Pod facilities must be approved by the CIF State Office; the proper form shall be filed with the Section Office.

c. Bod Pod assessment must be conducted before the wrestler participates in interscholastic competition.

PENALTY: A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

H. **Costs**

- (1) All costs incurred for initial assessment, appeal process, nutrition education program, and Optimal Performance Calculator are the responsibility of the school or parent(s)/guardian(s)/caregiver.
- (2) Charges for ultrasound assessment conducted by a CIF Certified Assessor may not exceed \$10 per wrestler.
- (3) CIF Certified Assessors are permitted to charge mileage at the CIF-adopted rate or a minimum service fee of \$50 whenever travel is required to a location at which fewer than six (6) subjects are to be assessed on any given date.

I. **Training the Assessor**

- (1) Persons eligible to be trained as CIF Certified Assessors shall be medical practitioners (e.g., physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physicians assistants, nutritionists, health educators, exercise physiologists) or other persons approved by the CIF. Under no circumstances may an active wrestling coach be a certified assessor.
- (2) Training and certification of CIF Certified Assessors will be conducted by CIF Master Assessors under the direction of the State CIF.
- (3) The assessor will attend a training session and annual update certification.
- (4) The assessor will participate in a random sample test to substantiate the quality and accuracy of his/her measurements.
- (5) The assessor certification training will consist of a minimum of two (2) hours of training (classroom and practical training).
- (6) A certification training fee will be charged to each assessor candidate attending the training program.
- (7) Recertification
 - a. The CIF State Office will conduct annual recertification clinics for a minimum of one (1) CIF Head Master Assessor from each Section. Recertified Head Master Assessors will then conduct recertification clinics for CIF Master Assessors within each local Section.

- b. CIF Master Assessors will conduct all recertification training programs for CIF Certified Assessors.
 - c. Recertification of CIF Certified Assessors will require a minimum of one (1) hour training.
- (8) Data Collection
- a. The CIF will provide the reporting forms.
 - b. The assessor will conduct Ultrasound measurements.
 - c. The assessor will be responsible for posting all wrestler data to the TRACKWRESTLING website within 72 hours after the initial assessment is made.

(Revised May 2006 Federated Council/Revised May 2007 Federated Council)

IV. Procedures for skin checks and weigh ins.

A. Skin Checks

1. Prior to weigh ins all wrestlers will be examined for possible contagious skin conditions.
2. Situation #1 All boys dual meet or tournament, skin checks can be conducted by a male official, medical personnel or administrator, with the athletes in appropriate undergarments.
3. Situation #2 All girls dual meet or tournament, skin checks can be conducted by a female official, medical personnel or administrator with the athletes in appropriate undergarments.
4. Situation #3 Boys and Girls mixed dual meet or tournament, skin checks can be conducted by a female or male official, medical personnel or administrator with the athletes in their school issued competition uniform fully in place.

B. Weigh Ins

1. Prior to any competition all wrestlers will weigh in, in accordance with NFHS rules with the following exceptions:
2. All boys and girls will have the opportunity to weigh in shoulder to shoulder within the same timeframe for a dual meet or tournament.
3. All boys and girls must weigh in, with their school issued competition uniform fully in place.
4. The weigh ins can be conducted by either a male or female administrator/coach/official.
5. At no time during either one of the weigh in procedures will the student athletes be allowed to remove any part of their competition uniform.

31.200H DUAL TEAM CHAMPIONSHIP SERIES INFORMATION

31.201H Divisions

Division Championships shall be conducted in four (4) divisions.

Member schools of the NCS will compete in the current divisions posted on the NCS website.

¹Enrollment based on the prior year's 9-12 grade TOTAL enrollment data.

²Division 3 schools in the CMC, DAL-V, HDNL, MCAL, NBL, VVAL and TCAL whose enrollment is 700 or fewer.

³Redwood Empire schools in the CMC, HDNL, MCAL, NBL and VVAL whose enrollment is 701 or greater students.

⁴East Bay schools include all schools in the BVAL, DAL-V, DAL-F, EBAL, MVAL, TCAL and WACC.

31.202H Format

The NCS Division I East Bay, Division II Redwood Empire, Division II East Bay and Division III Wrestling Team Dual Championships will be a one-day no-elimination, up to 10-team tournament. Each league's team championship school shall automatically qualify for its (school's) respective NCS Wrestling Dual Team Championship. The remaining berths will be awarded according to rotation of the 2nd, 3rd, 4th or 5th place teams. The rotation for the 2021-22 can be found in the 2022 Dual Team Wrestling championship guide.

Berths nine and ten will be selected through an At-large Application process for Division I East Bay and Division II Redwood Empire. Berths seven, eight, nine and ten will be selected through an At-large Application process for

Division II East Bay and Division III. NCS staff will select no more than two teams for DI EB and DII RE and no more than four teams for DII EB and DIII based on At-large Applications submitted to the NCS Office no later than the date and time posted in the championship guide. *(Board of Managers 10/4/16)*

31.203H Automatic Qualification of League Champion

Each league's championship school shall automatically qualify for its (school's) respective division.

31.204H Seeding

A seeding meeting will be conducted by the host league at 9:00 a.m. Seeding will be conducted by the coaches of the participating teams. Each participating school shall have one vote and only one coach will be allowed to speak regarding their school's team. Four teams will be seeded, one through four. A minimum of four teams and a maximum of six teams shall be seeded in each bracket. Coaches shall vote prior to the start of the meeting if four, five or six teams shall be seeded. Seeded teams will not be adjusted in anyway once seeding is completed. The remaining teams will be drawn by lot. Schools from the same league will not wrestle each other in the first round, where possible. The first team drawn will be placed against the number one seed unless they are from the same league. If they are from the same league, they will be placed against the number two seed and the next team drawn will be placed against the number one seeded team. This process will continue until all teams are placed. *(Board of Managers 10/25/10)*

31.205H Site Selection

Sites will be determined by a rotation schedule. The following is the rotation for the next five years.

	D3/D2 RE	D1 EB/D2 EB
<u>Year</u>	<u>League</u>	<u>League</u>
2023	VVAL	MVAL
2024	HDNL	EBAL
2025	NBL	BVAL
2026	CMC	WACC

31.206H Tournament Administration

Weigh-ins

Groom checks will commence at 7:30 a.m. and weigh-ins will commence at 8:00 a.m. for all weight classes. Schools should arrive no later than 7:00 a.m. for groom checks and weigh-ins. All wrestlers are to report to the Weigh-in room at their respective site no later than 8:00 a.m. Once the room is open for weigh-ins no other athletes will be allowed to enter the room. No dehydration techniques will be allowed in the weigh-in room. Permission to leave the room may only be granted by weigh-in officials. Weigh-ins for this tournament must be recorded on the athlete's season record of weigh-ins.

Weight Classes for Competition

WEIGHT CLASSES FOR 2023 NCS DUAL TEAM WRESTLING CHAMPIONSHIPS

106	132	160	220
113	138	170	285
120	145	182	
126	152	195	

Order of Matches

The order of the weight classes will be determined at the October management committee meeting and will remain the same throughout the tournament. The first weight class drawn will be the first match. The order will be from lower to higher weights. When the 285 lb. class is finished the order will continue with the 106 lb. class. NFHS Rule 1-1-2 shall be followed: Competition in dual meets shall be conducted by random draw of weight classes. In multi-dual events, the sequence determined by the draw will be followed for that day's subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round. Note: Wins and losses will become part of the overall record of the athlete, however, matches wrestled in the NCS Dual Team Championship do not count towards the CIF 40 match limitation rule.

Overtime Ties

The winner of an overtime match that ends in a tie shall be determined according to the criteria listed in the National Federation Rule Book.

Protest Committee

There will be no protests during the NCS Dual Team Championships. The official of the match will have final authority on wrestling rules of the NFHS rulebook.

Team Bench

Only team personnel will be permitted in the restricted mat area. Two coaches per mat only. Coaches are to remain in the chairs unless approaching the table. The coach may move toward the mat only during a charged TIME-OUT or at the end of the match. (National Federation Rule 7, Section 5, Article 1,2,3,4,5 and 6, Pages 27 and 28.)

Sportsmanship Meeting Prior to the Start of each Contest

Prior to the start of each NCS Dual Team Wrestling Championship contest, a meeting will be held with the coaches, captains of each team, officials, cheerleader advisors, cheerleader captains and site director to discuss briefly what is good sportsmanship and what is appropriate behavior. A script will be provided in the Site Director. The conduct of this meeting is the responsibility of the Site Director.

Special Tournament Restrictions

No mechanical noisemakers (horns, bells, victory bells, sirens, chimes, power bats, musical instruments other than those in the band) will be permitted inside the gymnasium. Radios or tape decks, other than those used in half-time routines, will not be permitted in the gymnasium.

Locker Rooms

A locker room will be available to participating schools. The site director shall have the authority to announce the times that the room will be open for use by athletes and coaches. Towels will not be provided. Each participating school is responsible for securing the valuables of its team party and shall incur its own liability for any losses.

Coaches Certification

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. (Revised February 2009 Federated Council)

TICKETS

Passes

Only the North Coast Section Lifetime, Board of Managers, Superintendent, Honor Coach, Management Committee, Media, CIF-issued and C.I.F. Lifetime passes will be honored. NO league passes will be recognized.

Team Limit

In all divisions, teams may bring up to twenty-eight (28) members plus one manager and one trainer. Each school will be allowed two coaches. The team party will be admitted to the venue using the Gate List on page 8. All other individuals must pay to be admitted to the venue.

Gate Admission

Admission prices for the NCS Dual Team Wrestling Championships will be as follows:
All Rounds Adults: \$12.00 Students w/ cards & Children/Seniors: \$5.00

31.207H Reimbursement Policy

There is no team travel or per diem allowed in wrestling.

31.208H Awards

Team and Individual Awards

A plaque will be presented to the first-place teams. Pennants will be awarded to the first through third place teams. Medals will be awarded to the 20 individuals on the first through fourth place teams. Additional medals may be purchased by calling the NCS Office. (*Board of Managers 4/27/07*)

31.209H Entry Fees

The NCS Office will bill the respective league/conference commissioner a \$150.00 entry fee for each team from the commissioner's league/conference that participates in NCS Dual Team Championships.

31.210H Filming (See Bylaw 1010H)

31.300H INDIVIDUAL CHAMPIONSHIP SERIES INFORMATION

31.301H Weight Classes

Competition shall be divided into 14 weight classes as follows:

Boys:	106 pounds	152 pounds	Girls:	101 pounds	137 pounds
	113 pounds	160 pounds		106 pounds	143 pounds
	120 pounds	170 pounds		111 pounds	150 pounds
	126 pounds	182 pounds		116 pounds	160 pounds
	132 pounds	195 pounds		121 pounds	170 pounds
	138 pounds	220 pounds		126 pounds	189 pounds
	145 pounds	285 pounds		131 pounds	235 pounds

31.302H Wrestling Sites

The Management Committee will consider moving NCS Wrestling Championships to alternate sites (north and south) when acceptable sites and management committees can be found.

31.303H Division

All leagues will be in one division in the NCS Wrestling Championships.

31.304H Tournament Bracket

The NCS Championships shall be a two-day double elimination, 40-person bracket, per weight class, tournament.

31.305H Officials

The following procedure will be used to develop a list of approved officials for the NCS Championships

1. NCS will obtain officials' rankings from all participating Officials' Associations prior to the NCS Wrestling Championships.
2. Wrestling Officials' Associations will mail or deliver alphabetized qualified officials list of officials to their respective schools prior to the league seeding meeting.
3. NCS will obtain officials rankings from all NCS schools participating in wrestling. These rankings will be forwarded to the NCS Office following a league meeting where each coach will rank officials using the NCS approved form.
4. Rankings to be processed as follows:
 - a. Officials Associations rankings to be 50% of the process in the selection of officials.
 - b. Participating wrestling schools to be 50% of the process in the selection of officials.
5. The appropriate number of officials will be selected after the results of the rankings of the Officials' Associations and the rankings of the participating wrestling schools' results have been compiled and computed by an NCS Representative.
6. The results to be presented to the League and Officials representatives following the seeding meeting for the NCS Wrestling Championships.

The NCS Management Committee with representatives from the NCS Wrestling Officials' Coordinating Committee will be responsible for the final selection of the officials. *(Board of Managers 10/24/03)*

31.400H QUALIFICATION

31.401H League/Conference Entries

BOYS

a) Leagues will qualify the following number of wrestlers:

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	2
Total Entries	40

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

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.

The at-large applicants must have made weight and participated in their league qualifying tournament. If a wrestler has not made weight and participated in their league tournament, he must have a doctor's note dated before the league tournament. There may be other instances where a wrestler may miss their league qualifier for instance a death in the family.

Leagues with existing hardship waiver:

- If wrestler has a legitimate reason for not participating in league tournament, the league rep may petition the NCS seeding committee for the wrestler to be added to the at-large pool. Majority vote from the seeding committee will allow wrestler into the at-large pool.
- Leagues with a hardship match: if a wrestler who qualifies to NCS out of their league tournament is challenged to a hardship match and loses, he is still eligible for at large consideration.

After leagues receive their automatic entries, the remaining entries will be selected from the at-large applicants entered by each league. The same criteria used to seed the tournament will be used to select the remaining entry or entries. On the day of the tournament, if a bracket is not complete, and there are no alternates present who weighed in the spots, will be completed by assigning to leagues based on the number of medal winners from a given league over the previous four years. The league that has the second highest number of medal winners over a four-year period will be given the next entry. This procedure will continue until all 40 entries to the NCS Wrestling Championships have been filled. (*Board of Managers 10/19/01*)

- a) Data on Number of Medals Won by a League in Wrestling
Data used to compute the number of medals won by a league over a four-year period will be based on the current year league alignment. (*Board of Managers 1/22/99*)
- b) If a tie exists in the number of medal winners over a 4-year period, the following criteria will be used, in order, until the tie is broken:
 - ii. Number of qualifiers to the State CIF Wrestling Championships
 - iii. Number of State CIF Wrestling Championship medal winners
 - iv. Number of 4th, 5th and 6th place medal winners in the NCS Wrestling Championships
- c) The entry list for each competing league/conference is to be forwarded to the section tournament director by the league/conference secretary or by the league/conference tournament director, if so delegated, immediately following the league/conference competition. League/conference tournament directors must fill out registration cards on their qualifiers as well as seeding sheets and send them, with their official entry list with the designated management committee member, to the seeding meeting. Head coaches must include a list of coaches (including assistant) with the school, home, address, and telephone numbers along with the wrestlers' entry cards.
- d) Entries to the first qualifying tournament to the CIF State Wrestling Championships, when submitted to the tournament director, must have a record of all weigh-ins, with scratch weights, meet, tournament, date of official weigh-in, in order to be accepted as an entry. Entries without this information will be declared ineligible for competition. Each league shall establish a deadline date and time for eligible entries and must certify that all entries comply with National Federation, CIF and NCS rules.
- e) Schools may not change representatives once their league qualifying tournament begins. The beginning of the tournament is defined as the first match. *NOTE: Representatives do not necessarily have to compete at the league qualifying tournament.*

GIRLS

Each school's wrestling coach must submit to the NCS Office their school's tournament entries using the NCS approved entry form. Each school entry must include a record of the wrestler's qualifying weigh-ins (scratch weights must be recorded at **all** weigh-ins.) Each weigh-in at a two-day tournament must be recorded. Entries may not be accepted without this information and all National Federation Wrestling Rules, CIF and NCS rules must be followed unless noted otherwise.

Individuals with the lowest percentage overall record (versus other girls wrestlers), according to information submitted via TrackWrestling to the NCS Office, will be entered into a random draw when there are more than 40 entries in any given weight class. Names will be drawn to select the last remaining entry(ies). Once 40 entries have been selected, the remaining names will be drawn to create the order of alternates. Alternates may show up the morning of the tournament and replace any individuals (in order of the random draw) who scratch. *(Board of Managers 1/28/22)*

31.402H Alternates

- a) Those wrestlers who qualify from the league/conference tournaments, but fail to appear for the NCS Wrestling Championships, may be replaced by the league/conference's alternate. Two alternates will be allowed, per weight class from each league/conference. The alternate's name must be submitted for each weight class with the entry list from each league/conference. Only the highest placing non-qualifier from each league/conference tournament in the respective weight class qualifies as an alternate. Alternates must show up at the registration table, the day of the championships, to check in and complete the registration requirements.
- b) Each wrestler must wrestle in the bracket position he/she is qualified for from the league/conference tournament. No change of bracket will be allowed when wrestlers from the same league fail to make weight or if an alternate replaces a league/conference qualifier for any other reason. *NOTE: Brackets will NOT be re-seeded due to the addition of alternates unless the alternate is replacing a seeded wrestler. Alternates replacing unseeded wrestlers will wrestle in the position of the wrestler who is being replaced.*

31.403H Substitutions

No substitution is allowed for an injured wrestler.

31.404H Entry Fees

The NCS Office will bill each league/conference commissioner for the total entry fees for each place qualified from league/conference to the NCS Wrestling Championships at the rate of \$25.00 entry/per class. *(Board of Managers 10/24/03)*

31.405H Seeding

BOYS

Any wrestler considered for a seed or at-large berth, must have his entire body of work entered in the NCS website for review and consideration. Any wrestler not having this information will not be considered for a seed. *(Board of Managers 10/2/20)*

Guidelines, in no particular order, for all seeded wrestlers

1. Head-to-head wins (during current season)
2. Returning CIF State medalist (place and weight class)
3. Returning CIF State qualifier
4. Returning NCS medalist (place and weight class)
5. Overall record (all wins and losses)
 - a. Tournaments (include size [64/32/24/16/dual] and place/finish)
 - b. Section losses
6. Common Opponents
7. League-rep voting

(Board of Managers 9/27/19)

GIRLS

Guidelines, in no particular order, for all seeded wrestlers

1. Head-to-head wins (during current season)
2. Returning CIF State medalist (place and weight class – only for tiebreaker)
3. Returning CIF State qualifier
4. Returning NCS medalist (place and weight class – only for tiebreaker)
5. Overall record (all wins and losses)
 - a. Tournaments (include size [64/32/24/16/dual] and place/finish)
 - b. Section losses
6. Common Opponents
7. League-rep voting

NOTE: A maximum of eight (8) wrestlers will be seeded. (Board of Managers 9/27/19)

31.406H Procedures for Seeding

BOYS

A committee of **two** representatives from each league will meet with the tournament director, matchmaker, and Section Commissioner's representative to seed the top wrestlers. The representatives shall be designated to the NCS prior to the seeding meeting. Coaches will not be allowed to attend. A maximum of eight (8) seeded wrestlers, along with a provisional 9th will be selected at the NCS Wrestling Seeding meeting. (NCS Board of Managers.

*NOTE: NCS will pay meeting reimbursement for only **one** representative.*

GIRLS

The seeding committee will be comprised of coaches from throughout the Section who are authorized coaches at their respective schools. To be in the meeting or speak, those coaches must bring with them their completed Certification of Authorized Personnel, completed and signed by the school's principal.

(Board of Managers 9/27/19)

31.500H ADMISSION POLICY

31.501H Head and Assistant Coaches Admission

Head and Assistant Coach's floor passes (wristbands) will be distributed with the Registration packets and will be used for admittance on both days of the tournament. 1-2 wrestlers = 2 coaches passes; 3-9 wrestlers = 4 coaches passes; 10+ wrestlers = 5 coaches passes. The fourth and fifth wristbands must be paid for. All coaches must be listed as certified on the Certification of Authorized Personnel Form. *(Board of Managers 10 /24/11)*

31.502H Participants Admission

Participants will have their hand stamped for Friday during the morning weigh-in period. Participants for Saturday and wrestlers eliminated from competition on Friday must report to the Coach/Participant gate for a second hand stamp. *(Board of Managers 10/25/02)*

31.503H Coaches Certification

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. *(CIF Federated Council 2/09)*

31.504H Gate Admission

Admission to the NCS Wrestling Championships will be as follows:

	Adults	Students/w/cards	Children/Seniors
1st Session	\$12.00	\$5.00	\$5.00
2nd Session	\$12.00	\$5.00	\$5.00
3rd Session	\$12.00	\$5.00	\$5.00

31.600H TOURNAMENT ADMINISTRATION

31.601H Mat Size

The size of the mats used in the Section Tournament shall be at least 28' by 28' whenever possible.

31.602H Reschedule Matches

In cases where a school has more wrestlers scheduled to wrestle at the same time, than the school has coaches in attendance, the coach may request that one of the matches be rescheduled. Requests should be made to the announcer.

31.603H Registration

Coaches check in to receive tournament brackets and other information at the registration desk. There will be a coaches' meeting on the first day of the tournament.

31.604H Dressing Quarters

Dressing quarters may be provided. If dressing quarters are available, no towels or lockers will be available.

31.605H Weigh-ins

The weigh-ins will be conducted by the referees and held in the locker room in accordance with a time schedule. Contestants must weigh-in for both days of the tournament.

31.606H Appearance

The meet referees will conduct the weigh-ins and check for conformance to appearance as required by the National Federation Rule Book. Each wrestler must be accompanied by his/her coach.

31.607H Mat Chairs

Only team personnel will be permitted in the restricted mat area. A chair will be provided, and the coach is to remain in the chair unless he is approaching the bench. The coach may move toward the mat only during a charged TIME-OUT or the end of the match. See National Federation Rule Book.

31.608H Consolation Matches

All consolation matches (this includes the match for third place) will be according to the criteria listed in the National Federation Rule Book.

31.609H Meet Rules Committee

A three-man Meet Rules Committee will be the final authority on matters of a technical nature. On matters of judgment, the referee shall have full control of the meet and his/her decision shall be final. Judgment decisions by the referee shall not be questioned. If a coach does question such decisions, he/she will be penalized for unsportsmanlike conduct in accordance with National Federation rules.

31.610H Mat Judges

Mat judges are only authorized for the finals of the championship round matches. Coaches will not be used as mat judges.

31.611H Scoring

BOYS

- a) In tournaments, individual placement points shall be awarded as soon as earned. Placement points already earned will be deducted in case of forfeit (other than injury or disqualification). Points for team scoring will be awarded as follows.
 - 1) 2-team advancement points shall be scored for each match won in the championship bracket except for the final first place match. If a wrestler receives a bye in the first round, he/she will be awarded 2 advancement points for that round if he/she wins his/her next match. No points are awarded for the bye if the wrestler loses his/her next match.
 - 2) 1-team advancement point will be scored for each match won in the consolation elimination except or the final third place matches. A wrestler who has a bye in the consolation round will receive one advancement point provided he/she wins his/her next round match.
 - 3) 2 additional points will be scored for each match won by default, disqualification, fall or forfeit throughout the tournament.
 - 4) 1 additional point will be scored for each match won by a superior decision and one-half additional point scored for each match won by a major decision.
 - 5) In a tournament scoring 6 places, winners of each championship quarter-final shall be awarded 3 place points, the winner of each championship semi-final shall be awarded 9 additional place points and the winner of each final shall be awarded 4 additional points. The winner of each of the quarter-final consolation match shall receive 2 additional points.

- b) Team Scoring

Scoring in each weight class will be:

1st Place - 16 points	5th Place - 5 points
2nd Place - 12 points	6th Place - 3 points
3rd Place - 9 points	7th Place - 2 points
4th Place - 7 points	8th Place - 1 point

(Board of Managers 10/22/04)

GIRLS

Individual placement points shall be awarded as soon as earned. If a school has more than one entry only the highest finisher shall earn points. Placement points already earned will be deducted in case of forfeit (other than injury or disqualification). Points for team scoring will be awarded as follows.

- 1) 2-team advancement points shall be scored for each match won in the championship bracket except for the final first place match. If a wrestler receives a bye in the first round, he/she will be awarded 2 advancement points for that round if he/she wins his/her next match. No points are awarded for the bye if the wrestler loses his/her next match.
- 2) 1-team advancement point will be scored for each match won in the consolation elimination except or the final third place matches. A wrestler who has a bye in the consolation round will receive one advancement point provided he/she wins his/her next round match.

- 3) 2 additional points will be scored for each match won by default, disqualification, fall or forfeit throughout the tournament.
- 4) 1 additional point will be scored for each match won by a superior decision and one-half additional point scored for each match won by a major decision.
- 5) In a tournament scoring 8 places, winners of each championship quarter-final shall be awarded 3 place points, the winner of each championship semi-final shall be awarded 9 additional place points and the winner of each final shall be awarded 4 additional points. The winner of each of the quarter-final consolation match shall receive 2 additional points.
(Board of Managers 10/22/04)

31.700H AWARDS

31.701H Plaque

A plaque will be awarded to the first-place team.

31.702H Pennant

Pennants will be awarded to the first, second and third place teams.

31.703H Medals

Medals will be awarded to the first, second, third, fourth, fifth, sixth, seventh and eighth places in each of the weight classes.

31.704H Certificates

Certificates will be awarded to all participants.

Appendix A

PRACTICE AND CONDITIONING RULES INTERPRETATIONS

Additional interpretations are noted by this ("←") symbol.

The outline below is meant to give schools a guide to determining what is, and is not, a violation of the NCS bylaws and policies concerning practice during the season of sport, outside the season of sport, and during the defined summer months. The NCS Commissioner of Athletics has the power of interpretation of the definition of practice. Questions regarding practice, sport specific conditioning activities, general conditioning activities, weight training, etc. should be directed to the NCS Office in writing.

General Rules:

Definition of Season of Sport

Season of sport is defined as the time period between the first day of practice and the final date of competition, according to the dates set by the Board of Managers on a yearly basis. An individual student's season of sport is defined as the time period, between their first participation in an inter-school competition and their final date of competition for the school team, up to and including the North Coast Section and/or CIF championships.

The first day of practice and the final date of competition can be found in the NCS Championship Schedule, a three-year calendar of dates updated each year by NCS staff and approved by the Sports Advisory Committee and Board of Managers. Be aware that the Board of Managers, at any of their three meetings each year, may change these dates. The NCS Championship Schedule may be viewed and printed from the NCS web site, www.cifncs.org. In the left-hand column click on Calendars, then click on NCS Championship Schedule – 3-Year, then click on the current year's or following year's calendar.

During the season of sport, NCS member schools are allowed to practice, scrimmage and compete against other high school teams according to NFHS, CIF, NCS, league and school guidelines. NCS practice and season of sport guidelines can be found in the NCS Sports & General Rulings Handbook in the 100H and 200H series of bylaws. All interpretations in this document are based on the NCS Sports & General Rulings Handbook 100H and 200H series of bylaws.

Sport Specific Conditioning

If a school sport conducts specific sport conditioning as a team or individuals prior to the start of the season, that school is in violation of NCS bylaws. Sport specific conditioning sessions by a school are prohibited outside the season of sport during the school year.

Weight Training and Other Allowable General Conditioning Activities

Weight training is not a CIF sport. Potential team members may weight train anytime during the course of the year with school approval. However, when weight training is moved from the weight room to the outside and drills involve the use of specific sport equipment, then the school is in violation of season of sport rules. Allowable general conditioning activities include plyometrics, stretching exercises, running or other aerobic exercises, non-sport specific agility activities and rope climbing. General conditioning activities do not include activities that use equipment specific to the sport (ex. - balls, blocking dummies, re-bouncers, etc.), running plays, discussing strategies, working on individual or team defense or offense and viewing sport specific videotape ← or *leadership training with potential team members*.

Association with a School Coach

NCS rules were never written to limit the association of a student-athlete with a certified school coach. Outside the season of sport rules were written to limit the liability of the schools. Therefore, it is not illegal for a high school coach

to work with an individual student-athlete or with two or more student-athletes during the summertime, or in their capacity as a club coach during the school year and outside the high school season of sport. During the school year and outside the high school season of sport the coach must follow the guidelines for coaching an outside team as it pertains to the use of school facilities or school equipment. Violations of the outside the season of sport rules may involve the use of school facilities, school equipment, etc. and favoritism of the high school towards the coach in providing access to facilities or equipment.

During the School Year and Outside the Season of Sport

Practice and Conditioning Guidelines:

Definition

During the school year and outside the season of sport is defined as the time from the first fall practice date until the NCS published first day of practice for the specific sport and from the NCS published final date of competition for the specific sport till the last CIF competition of the school year (JUNE 1 each year).

Examples of prohibited activities during the school year and outside the season of sport

During the school year and outside the season of sport, as defined above, school **may not** conduct practice or sport specific conditioning. The only exception to the prohibition on sport specific conditioning is the approved Spring football. Examples of prohibited activities during the school year and outside the season of sport are:

1. Coaches, either assigned by the school or individuals acting as volunteers, **may not** work with a potential team member one on one using school facilities and equipment, *other than non-sport specific conditioning*.
2. Coaches, either assigned by the school or individuals acting as volunteers, **may not** work with potential team members using school facilities and equipment, *other than non-sport specific conditioning*.
3. Coaches **may not** have sport specific conditioning prior to the start of the season.
4. Coaches **may not** mandate that potential team members attend open gym and open field.
5. Coaches **may not** conduct drills or any kind, *other than non-sport specific conditioning*.
6. Coaches **may not** review video or film of the sport with potential team members.
7. Coaches **may not** conduct leadership training with potential team members.
8. Coaches **may not** meet with potential team members beyond the three organizational meetings allowed in NCS Bylaw 208H. *Organizational meetings are meetings used to discuss when the official season of sport will start, give out school permission forms, school physical forms, etc. Organizational meetings **are not** meetings to discuss activities that the school is not allowed to conduct.*
9. Coaches **may not** use school facilities or equipment other than as allowed by school or district policy for outside use. *Schools and school districts may not give a discounted rate to coaches for the use of school or school district facilities if the use of the facilities involve potential team players and the use is for sport specific conditioning. Coaches may not be treated any differently than any private citizen using school or school district facilities when reserving school or school district facilities. This includes, but is not limited to, insurance requirements, completion of facility use forms, payment for custodial costs, facility rental costs, cost of utilities, etc., when the use is related to sport specific conditioning.*
10. Coaches **may not** organize a school team meeting to discuss activities **not** sponsored by the school.
11. Coaches **may not** encourage potential high school team members to participate in practices, scrimmages or contests with a club team or program to which the students do not already belong.
12. Coaches **may not**, even as a private citizen, conduct a club program that has preparation for the high school season, as its sole purpose. A legitimate club program must have its own opportunities for competition, and actively engage in competition with other club teams. Otherwise, the activity would be considered a high school practice outside the high school season of sport.
13. Coaches **may not**, even as a private citizen, use potential team members to demonstrate skills and/or strategies of the sport at clinics or camps.
14. Coaches **may not** instruct a potential member, or potential team captain, with the workout for the day and then have the potential team member or potential team captain bark orders, blow a whistle, and give instructions, etc. as if they were conducting practice.

15. Coaches **may not** use school equipment or facilities for camps or clinics that involve potential team members.
16. Coaches **may not** conduct tryouts for the next season's team.

Examples of things that a coach **may** do:

1. Coaches **may** supervise open gym and open field.
2. Coaches **may**, one time outside the season of sport, post workouts for potential high school team members to follow on their own.
3. Coaches **may**, as a private citizen, coach a club team.
4. Coaches **may** participate in activities (ex. pick-up games) as long as they do not instruct students in the skills and/or strategies of the sport.
5. Coaches **may** conduct clinics/camps, for pre-high school age students **ONLY**, as a fundraiser. Advertising for the clinic must be open to any interested party of the targeted age group. Care must be taken **NOT** to discuss or encourage enrollment in the school where the coach is employed.

Open Gyms and Open Fields

Open gyms and open fields may be sponsored by NCS member schools during the period of the first NCS authorized conditioning or practice date of the fall season through the last June 1 under the following conditions:

1. The open gym or open field is open to all community members regardless of age or gender.
2. The school must, at the very least, advertise an invitation for participation of all community members in its daily bulletin.
3. During open gym or open field, attendees may work on individual skills.
4. During the open gym or open field there cannot be any coaching or practice as defined by NCS Sports & General Rulings Bylaw 200H, 201H.a, 202H, 203H, 205H and 206H. School personnel, including paid and volunteer coaches, may supervise a facility and may participate in activities (ex. pick-up games) as long as they do not instruct students in the skills and/or strategies of the sport. (*Board of Managers 1/17/03*)
5. Open gym/open field **may not** be conducted on a Sunday or day of respite, during the school year.

Examples of what coaches **may** do at open gym or open field:

1. Coaches **may** sit in the stands or bleachers and supervise the community members who attend the open gym or open field.
2. Coaches **may** unlock gates or doors to allow community members access to the field or gym.
3. Coaches **may** participate in pick-up games or practice their own skills if they choose (ex. field baseballs, shoot baskets, high jump, etc.).
4. Coaches **may** make fixed or immovable school equipment necessary for the activity available for use by any community members who attend (ex. - volleyball nets and standards, high jump pits, etc.). This does not include school bats, balls, protective equipment or other items designed for individual use.

Examples of what coaches **may not** do at open gym and open field:

1. Open gym/open field **may not** be conducted on a Sunday or day of respite, during the school year.
2. Coaches **may not** conduct open field or open gym as a practice.
3. Coaches **may not** conduct *sport specific* drills of any kind.
4. Coaches **may not** bark orders, blow a whistle, and give *sport specific* instructions, etc. as if they were conducting practice.
5. Coaches **may not** separate the community members who have attended the open gym or open field from potential team members for any activities during open gym and open field.
6. Coaches **may not** correct players when they make mistakes in shooting, pitching, fielding, etc.
7. Coaches **may not** throw passes, set for spikes, hit infield ground ball or outfield fly balls, or otherwise assist students in skill development.
8. Coaches **may not** reserve space or courts for the use of potential high school team members.

Tryouts

Since high school practices cannot begin until the Board of Managers designated starting date, it would be a violation of NCS practice rules to conduct tryouts for the high school team in the summer preceding the school year or during the school year but outside the season of sport. The NCS Commissioner of Athletics has consistently interpreted the rules such that tryouts for the high school team are considered part of practice during the season of sport. Conducting tryouts outside the season of sport would therefore be a violation of the NCS practice rules. Selecting the team months prior to the start of the season and at a time of the year when people are often away on vacation, or unaware of the tryout because it is out of season, would deny equal opportunity.

During the Summertime

Definition

Summertime is defined as the period of time between June 1 until the NCS published first official day of practice in the fall. During the summertime NCS/CIF bylaws concerning use of facilities, equipment, assignment of a coach by the school or school district, practices and non-NCS/CIF contests do not apply. **However, all NCS and CIF Eligibility Bylaws related to pre-enrollment contact and undue influence apply both during the school year and in the summer. Summer is not open season to recruit students to attend or transfer to a certain school.**

During the Summertime

If, during the time period defined above as summertime, the school or district administration approves the use of its facilities and equipment, a coach **may** work with one or more potential team members. **If the school administration approves**, examples are:

1. Coaches may have a regular practice every day of the week, including Sunday.
2. Coaches may schedule two practices a day.
3. Coaches may work with an individual student on the track, in the pool, on the field, or in the gym.
4. School A may invite School B to play a game.
5. Football coaches may check out equipment for potential football players to go to camp.
6. Football coaches may take potential football players to camp.
7. Coaches may sponsor clinics at their school.
8. Coaches may invite more than one school to participate in multiple games or scrimmages.
9. Schools may practice together.
10. Schools may use school uniforms, balls, protective gear, protective equipment, facilities, etc.

Additional questions that have been received by the NCS office

Spring Football

Spring football may be conducted according to the following guidelines:

Spring practices shall not start earlier than the Monday four weeks prior to Memorial Day and must be completed before spring final examinations start.

1. Spring practice shall not exceed ten (10) practice sessions, none of which may be held on Saturday or Sunday.
2. The only allowable football equipment for spring football shall be football shoes, footballs, blocking sleds and blocking bags.

Interpretations regarding spring football practice:

1. Spring football practice does not have to be conducted on consecutive days; however, spring football practice must conform to the time period outlined above.
2. Schools are allowed 10 practice sessions. Sessions may be broken down to a single level (JV and varsity). However, only 10 days are allowed. Schools may not have 10 days with one level and 10 days with a second level. Schools may have five days with a single level and five days with a second level.

Club Sports

Interpretation regarding Club Sports and Sunday practices during the high school season of sport:

1. High School coaches may coach their club team on Sundays, however, none of their current high school players may be involved in that practice. This would be seen as a violation of CIF bylaw 504.M.

APPENDIX B

SUMMARY OF ALLOWED FOOTBALL ACTIVITIES OVER AN ENTIRE YEAR

Number	Date or Definition of Date	Description of Allowed Activity	Authority Reference
1	From the playing of the last contest of the previous year until Spring Ball.	Considered the off-season. NCS member schools may not conduct any sport-specific activity in any sport. Weight training, not a CIF approved sport, is considered conditioning, and can be conducted. The NCS Practice and Conditioning guidelines outline what is allowed during the off-season. The Practice and Conditioning guidelines are interpretations adopted by NCS member schools based on NCS Sports & General Rulings Bylaws in the 100H and 200H bylaws. Conditioning activities may not be required and/or be mandatory. For the sport of football state law also does not allow activities such as live action and/or THUD drills. All activities are limited to grades 9-12 students at your school. Incoming 9 th graders must be enrolled and have completed and graduated from the 8 th grade.	State law (AB 2127), Education Code 35179.5 and NCS Sports & General Rulings Handbook Bylaws 100H, 200H and Appendix A, Practice and Conditioning Guidelines
2	Spring football practice shall not start earlier than the Monday four weeks prior to Memorial Day and must be completed before spring final examinations start. Spring practice shall not exceed ten (10) practice sessions, none of which may be held on Saturday or Sunday.	The only allowable football equipment for spring football shall be football shoes, footballs, blocking sleds and blocking bags. During spring football CIF practice limitations are in place. During spring football state law does not allow live action or THUD contact. Only control activities are allowed and only if the equipment that players are allowed to wear makes control activities safe. As always, any high school allowed practice may only include students enrolled and attending your school, limited to grades 9-12.	NCS Sports & General Rulings Handbook Bylaw 206H, CIF 506, state law (AB 2127) and Education Code 35179.5.
3	June 1 every year until the NCS earliest practice date, considered the Summer Period.	The first day of summer activities. Each school is allowed to conduct sport specific activities and use school facilities if the principal and/or school district approve but may not make such activities mandatory. During the summer period there is greater flexibility concerning other CIF and NCS rules regarding contests, number of contests, practice with other schools, etc. However, these are school activities, and each school and district are advised to set parameters for conduct of these	NCS Sports & General Rulings Handbook Bylaw, state law (AB 2127), Education Code 35179.5 and CIF 2101.

		activities. Language under CIF 2001 "other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes." There can be no live action or THUD drills. Control drills are allowed.	
4	June 1 every year until the NCS earliest practice date, considered the Summer Period.	Team Camps – CIF bylaws limit team camps as follows: "Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes." Helmets and shoulder pads may not be used.	CIF 2101
5	Removed at the September 28, 2018, Board of Managers meeting.	In the sport of football, live action and THUD drills are allowed. (Official Starting Practice/Non-Mandatory Period date.)	NCS Three-Year Calendar, state law (AB 2127) and Education Code 35179.5.
6	End of Summer Period Date, listed on the NCS Three-Year Calendar as the earliest date practice may be mandatory. For the 2022-23 school year the date is August 8, 2022.	Most commonly referred to as the "Official Start of Practice." From this date, fall sports may make practice mandatory for students. Winter and spring sports may not conduct sport specific activities until their sport's official starting date. For the sport of football this date is when the school can start counting practices required for scrimmages and contests. This is the first date that helmets and shoulder pads may be used in practice.	NCS Three-Year Calendar, CIF 506 and NCS Sports & General Rulings Handbook Bylaws under 200H series.
7	August 19 or 20, 2022	First allowed scrimmages in football, provided individuals have had at least 10 days of practice.	CIF 2101
8	August 24, 2022	First date schools can play a game, provided the team has had at least 14 days of practice and individuals have had at least 10 days of practice.	CIF 2101
9	August 24-27, 2022	Zero week	NCS Three-Year Calendar
10	Nov. 5, 2022	Final date of competition for football other than teams that qualify to participate in the NCS Football Championships. Any team eliminated during competition has ended their season.	NCS Three-Year Calendar
11	Dec. 9-10, 2022	Final date of competition for football teams that advance to the State CIF Championship game.	NCS Three-Year Calendar
12	From Nov. 5, 2022 or final NCS or CIF Championship football game until the time frame of Box 1.	Once the football season is completed schools may not conduct sport specific activities until the start of Spring Ball – See #1.	State law (AB 2127), Education Code 35179.5 and NCS Sports & General Rulings Handbook Bylaws 100H, 200H and Appendix A, Practice and Conditioning Guidelines

Definition of terms:

Live Action – defined by USA Football and adopted by the CIF as a drill run in game like conditions and is the only time that players are taken to the ground.

THUD – defined as a drill run at an assigned speed through the moment of contact with no pre-determined winner. Contact remains above the waist and players stay on their feet.

Control – defined as a drill run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet.

Video reviewing Live Action, THUD and Control [http://cifstate.org/sports/football/rules/Practice Like Pros](http://cifstate.org/sports/football/rules/Practice_Like_Professionals)

Week – A week is considered Monday through Sunday. During the majority of the calendar year one day a week is the day or respite for a school and on that day, there can be no practice as defined by NCS Sports & General Rulings Handbook Bylaw 201H. During the Summer Period CIF Bylaws are dark and CIF Bylaw 504.M is not in effect.

INDIVIDUAL PARTICIPATION

The state law concerning full contact practice does not address the participation of individuals. Student athletes attending individual camps are not under the jurisdiction of the law. However, schools/districts must recognize that any arrangements made by a school, transportation by coaches, etc. may place the school in a position of being in violation of the rule and may subject the school to legal liability. Use of equipment is a school/district decision, but the use of any equipment may subject the school to legal liability and each school/district must carefully consider how they monitor the use of school/district owned equipment.

CIF 506

PRACTICE ALLOWANCE/GUIDELINES

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

- A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.
 - (1) **Multiple Practice Sessions:**
 - a. Double day practices shall not be held on consecutive days.
 - b. Must include a minimum of three (3) hours rest between practices.
 - (2) **Golf Only**
 - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]
- B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
- C. **Definition of Practice**
 - (1) Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
 - (2) Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
 - (3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR
 - (4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
 - (5) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C. (1)-(5) above.
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
- F. **Penalties**

Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

NOTE: For purposes of this Bylaw, the season of sport begins with each CIF Section's first allowable date of practice.

Frequently Asked Questions - (FAQ's will continue to be revised as needed and appropriate to assist schools in understanding the implementation of the Bylaw. Schools seeking additional clarification should contact their local CIF Section office.)

Q: *Our football coach conducts a one-hour (1) before school weightlifting activity in the weight room for football players. Does this count in the three-hours per school day practice limitation?*

A: Before school activities that are NOT part of the curricular day are subject to the practice limitations. If the activity is organized and/or directed and/or supervised by any of the football coaching staff and only open to football players, then YES, it is considered to be practice and counted in the daily limit.

Q: *Our football coach conducts a one-hour (1) before school Zero Period weightlifting activity in the weight room for football players. Does this count in the daily practice limitation?*

A: If Zero Period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: *We have a one-hour (1) before school; (2) Zero Period; general weightlifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?*

A: (1) Before school is not part of the curricular day so activities during this time are subject to practice duration limitations. However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a non-football hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e., access only through the boy's locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation. (2) If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: *A (1) Volleyball or Football; (2) Cross Country; Coach tells their team members "just go for an hour run" as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?*

A: Yes. This activity done as a team or as an individual and has been implicitly/explicitly required by the coach; directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.

Q: *A Basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?*

A: Yes, this would be considered an activity under C. (2) and (4) above because it was required and or implied by the coach for his/her basketball team members to participate. If it were not implicitly or explicitly required by the coach it would not count towards practice duration limitations.

Q: *The Water Polo Coach establishes a swimming conditioning session (1) before practice each day (2) in the morning before school; (3) during Zero Period; Does this count towards the practice duration limitations for that day?*

A: (1) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations. (2) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation. (3) If Zero Period is considered part of the curricular day it does not count against the practice duration limitations.

Q: *A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two seasons is a student allowed to practice for four hours per day for volleyball and then another four (4)*

hours per day for basketball, for a total of eight (8) hours of practice on any given day?

A: No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation [four (4) hours max per day and only 18 hours per week].

(Approved May 2014 Federated Council)

CIF 2101 – NUMBER OF FOOTBALL PRACTICE DAYS; NO SUNDAY PRACTICE; TEAM CAMPS/OTHER OFF-SEASON ACTIVITIES

- A. There shall be no football games until the team has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game. (The opening date of football practice may be determined by each Section.) No Sunday practice is permitted (See Bylaw 504.M. for exception).
- B. Football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of Live Action as defined by USA Football.
(Revised April 2018 Federated Council)
- C. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes.

CIF STATE BYLAW 2101.B. & C. Policy

State statute mandates that football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this CIF Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps.

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

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

Allowable Activities During the Season of Sport:

- A team is allowed two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days. This includes live action and thud.
- A team may participate in air, bags/blocking sleds and control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:
 - **Air-** Players run unopposed without bags or any opposition.
 - **Bags/Blocking Sleds-** Activity is executed against a bag/blocking sleds, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
 - **Control:** Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.
- For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as allowed by the Section, until the final contest for that team.

Allowable Activities During the Off-Season:

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

Allowable Activities for Team Camps:

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

Questions and Answers for Bylaw 2101.**Q: What is the implementation date for the new Bylaw 2101?**

A: This bylaw will be implemented immediately.

Q: May teams continue to use Thud as a training drill?

A: Yes. However, the time spent in Thud drills is considered full-contact and would count against the team's allotment in both for both days and minutes.

Q: Does unused time carry over to the 2nd day of allowable full-contact?

A: No. Teams are allowed 2 days per week of full-contact with no more than 45 minutes on each of those days. If a team does not use the entire 45 minutes of full-contact on one day, it may not carry over those unused minutes to the next day.

Q: Is a team allowed any type of contact outside of the two days per week with no more than 45 minutes on each of those days?

A: Yes. A team may still engage in Control drills. See the Policy Page for Bylaw 2101 for the definition of Control.

Q: Is full-contact or control allowed at team camps?

A: No. According to AB 2127, team camps are considered practice so full-contact would be prohibited. In addition, Bylaw 2101.C. does not allow any equipment at team camps other than footballs, bags, blocking sleds and football shoes so control drills would not be allowable.

Q: May teams attend a full-contact team camp outside of California?

A: No. AB 2127 and CIF Bylaw 2101 apply no matter where the team camp is conducted.

Q: Given the addition of Bylaw 2001.C. may teams attend a team camp that only utilizes activities that are appropriate when no protective equipment is used?

A: Yes. Teams may attend a team camp and participate in drills such as Air, Bags/Blocking Sleds.

Q: May student-athletes wear traditional protective football equipment at team camps and other off-season activities?

A: No. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes.

Q: If allowable by the school, school district and local CIF Section, may student-athletes elect to wear soft padded head and shoulder protection?

A: Yes. Soft padded head and shoulder protection is allowable if permitted by the school, school district and local CIF Section.

Q: Are players allowed to attend individual camps and participate in full-contact drills?

A: Yes. However, schools should consult their Section and School District (or school) policies regarding the use of school equipment by individuals. Also, schools may not use individual camps to circumvent AB 2127 and Bylaw 2101 regarding team camps.

Q: Does a scrimmage count against the full-contact limitation of two days per week/no more than 45 minutes on each of those two days?

A: No. For purposes of this bylaw only, a scrimmage between two or more schools is considered a contest and would not be counted as one of the two allowable full-contact days. However, an intra-squad scrimmage (i.e., scrimmage involving one school no matter how many levels of classification), would count against the weekly full-contact allowance.

Education Code 35179.5

35179.5. (a) (1) If a school district, charter school, or private school elects to offer an athletic program, it shall comply with all of the following:

(A) A high school or middle school football team shall not conduct more than two full-contact practices per week during the preseason and regular season.

(B) The full-contact portion of a practice shall not exceed 45 minutes in any single day.

(C) A high school or middle school football team shall not hold a full-contact practice during the off-season.

(2) For purposes of this section, a team camp session shall be deemed to be a practice.

(b) The California Interscholastic Federation is urged to develop and adopt rules to implement this section.

(c) As used in this section:

(1) "Full-contact practice" means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game.

(2) "Off-season" means a period extending from the end of the regular season until 30 days before the commencement of the next regular season.

(3) "Preseason" means a period of 30 days before the commencement of the regular season.

(4) "Regular season" means the period from the first interscholastic football game or scrimmage until the completion of the final interscholastic football game of that season.

(d) This section shall not prohibit the California Interscholastic Federation, an interscholastic athletic league, a school, a school district, or any other appropriate entity from adopting and enforcing rules intended to provide a higher standard of safety for athletes than the standard established under this section.

Education Code concerning cleaning of football equipment (provided as information)

17578. The governing board of each district maintaining a high school shall provide for the annual cleaning, sterilizing, and necessary repair of football equipment of their respective schools pursuant to Sections 17579 and 17580.

17579. All football equipment actually worn by pupils shall be cleaned and sterilized at least once a year. Football equipment used in spring training shall be cleaned and sterilized before it is used in the succeeding fall term.

17580. Any contract with a dealer or craftsman for the repair of football equipment belonging to the district or the state college shall specifically state or describe the materials to be used by the dealer or craftsman in repairing such equipment.

17581. (a) The Legislature finds and declares that the quality of protective equipment worn by participants in high school interscholastic football is a significant factor in the occurrence of injuries to such participants and that it is therefore necessary to ensure minimum standards of quality for the equipment in order to prevent unnecessary injuries to such participants.

(b) No football helmets shall be worn by participants in high school interscholastic football unless the equipment has been certified for use by the National Operating Committee on Standards for Athletic Equipment or any other recognized certifying agency in the field. This section shall not be construed as relieving school districts from the duty of maintaining football protective equipment in a safe and serviceable condition.



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