

NORTH BAY LEAGUE CONSTITUTION

2018 - 2019

**NORTH BAY LEAGUE
NORTH COAST SECTION, C.I.F.**

CONSTITUTION

ARTICLE I

Name

This league shall be known as the North Bay League (NBL) of the North Coast Section of the California Interscholastic Federation.

ARTICLE II

Purpose

It shall be the purpose of the NBL to promote, coordinate and regulate the student interscholastic athletic activities of its member schools. Interscholastic athletics are an important part of the educational program of high school students. Athletics are an addition to the classroom instructional program and should not interfere with classroom activities except when deemed necessary and approved by the principal or his/her designee. Interscholastic athletics should foster appropriate conduct, ethics, and sportsmanship for participants and spectators. Interscholastic athletics should also engender respect for local, state and national rules and policies under which the school program operates.

The following Code of Ethics shall govern the actions of all who are concerned with high school athletics:

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 show cordial courtesy to visiting teams and officials.
4. To stress the values derived from playing the game fairly.
5. To establish a cordial 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 standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the 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 the player, coach, school, officials, fan, community, state or nation.

ARTICLE III

Affiliations

The North Bay League is governed by the constitution, bylaws and other rules of the North Coast Section (NCS) and the California Interscholastic Federation (CIF). Any NCS or CIF rulings that govern all leagues automatically become part of this constitution. No rules or regulations in this constitution or bylaws shall be in conflict with NCS or CIF rules and regulations.

ARTICLE IV
Membership

Membership of the North Bay League is determined by the NCS, CIF and Redwood Conference policies. Each member school is required to pay annual dues to defray costs incurred by the league. These dues will be determined annually by the NBL Board of Managers and must be paid in September of each year. Special assessments may be made when deemed necessary by the Board of Managers. At the commissioner's discretion and by action of the Board of Managers, any dues not paid by the following January meeting of the Board of Managers may cause the delinquent school's teams to be ineligible for further competition until such time as the dues are paid. Any contests scheduled within the delinquent period shall be forfeited to the scheduled opponent.

The North Bay League is composed of the following schools: Analy, Cardinal Newman, El Molino, Elsie Allen, Healdsburg, Maria Carrillo, Montgomery, Piner, Rancho Cotate, Santa Rosa, Ukiah, and Windsor.

Every school shall play every other school in the league to which it is assigned. Schools may select to play at the frosh or frosh/soph levels as well as junior varsity and varsity except in freshman football.

ARTICLE V
Officers

- A. The officers of the NBL shall be as follows:
 - 1. President: two-year term
 - 2. President-elect: two-year term
 - 3. Past-president: two-year term
- B. The officers shall be rotated alphabetically by school and approved at the spring Board of Manager's meeting.
- C. The term of office shall be for two years from July 1 to June 30 of the second year.
- D. At the completion of the president-elect's two-year term, he/she shall progress to the office of president and, at the completion of his/her two-year term as president; he/she shall progress to the office of past-president for a two-year term.
- E. Should the office of president be vacated prior to the expiration of the respective two-year term of office, the president-elect shall progress to the office of president. He/she shall complete the balance of the vacated term and his/her full two-year term. If the office of president-elect is vacated prior to the expiration of the two-year term of office, the president shall appoint an interim president-elect until the next Board of Managers' meeting. At that time, the Board of Managers shall elect a president-elect who shall complete any remaining portion of the vacated term and his/her full two-year term as per the normal progression. Should the office of past-president be vacated, it shall remain vacant until filled by the next regular progression of the president.
- F. The President shall perform the duties customary to the office. He/she shall serve as one of the two voting members at the North Coast Section Board of Managers' meetings.
- G. The President-elect shall assume the duties of the president in the absence of the president and shall serve as one of the two voting members at the North Coast Section Board of Managers' meetings.
- H. The NBL shall employ a commissioner and an assistant commissioner to administer the work of the league according to the job descriptions established by the NBL Board of Managers.

ARTICLE VI

Meetings

- A. Roberts' Rules of Order shall govern at all meetings of the North Bay League in so far as they are not in conflict with the Constitution and Bylaws of the League.
- B. Every Board of Managers and Athletic Directors meeting is subject to the notice and hearing requirements of the Ralph M. Brown Act. A guide to the conduct of these meetings, written by the CIF general counsel, can be found on the State CIF website (www.cifsgtate.org).
- C. NBL meeting agendas will be posted for public inspection at the NBL school site where the meeting will be held and on the NBL website for at least 72 hours prior to the meeting.
- D. A minimum of four regular meetings of the North Bay League Board of Mangers shall be held each year. The regular meetings shall be held on a day set by the NBL president. The luncheon meeting with the athletic directors will be paid for by the league.
- E. Special meetings of the league may be called at any time by the Commissioner at the request of the President, or a majority of member schools.
- F. Notice of all special meetings of the League shall be sent out by the Commissioner of the League no less than four (4) days prior to the date of the meeting.
- G. A quorum shall consist of a majority of the voting representatives to the NBL Board of Managers.

ARTICLE VII

Amendments

- A. This Constitution may be amended by a majority vote of the members present at any meeting of the Board of Managers, provided the amendment was proposed at a previous meeting.
- B. Amendments to the Bylaws may be made by a majority vote of the members present without a first reading.

ARTICLE VIII

Communications

- A. All agendas and minutes of NBL Board of Mangers' meetings shall be distributed to member principals and athletic directors and posted on the NBL website. They shall be posted in a public place at each member schools site.
- B. All members of the NBL Board of Managers are responsible for communicating proposed actions with appropriate constituencies, i.e., coaches, parents/guardians, student-athletes) for input prior to actions of the Board of Managers.

ARTICLE IX

Fiscal Responsibility

- A. A Finance Committee composed of the president; president-elect and the NBL commissioner shall oversee the budget. Recommendations for the budget for the following year shall be made at the Spring Board of Manager's meeting.
- B. The commissioner shall be responsible for managing the league finances. The commissioner will submit a financial report at each meeting of the Board of Managers.
- C. NBL books shall be reviewed annually by the Finance Committee.

ARTICLE X

Non-profit Status

Sec. 1 This organization is organized exclusively for charitable and educational purposes within the meaning of Section 501(c) (3) of the Internal Revenue Code.

"Notwithstanding any other provision of these articles, the organization shall not carry on any other activities not permitted to be carried on (a) by an organization exempt from federal income tax under Section 501(c)(3) of the Internal Revenue Code of 1986 (or the corresponding provision of any future United States Internal Revenue law) or (b) by an organization's contributions to which are deductible under Section 170(c)(2) of the Internal Revenue Code of 1986 (or corresponding provision of any future United States Internal Revenue law)."

"Upon the dissolution of this organization, assets shall be distributed for one or more exempt purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code (or corresponding section of any future tax code), or shall be distributed to the federal government, or to a state or local government, for a public purpose. Any such assets not so disposed of shall be disposed by the Court of Common Pleas of the county in which the principal office of the organization is then located, exclusively for such purposes or to such organization or organizations, as said court shall determine, which are organized and operated exclusively for such purposes."

ARTICLE XI

Parliamentary Authority

The parliamentary authority for all NBL business meetings shall be Robert's Rules of Order.



GENERAL BY-LAWS OF THE NORTH BAY LEAGUE

ARTICLE I Governance

- A. The North Bay League shall be self-governing in all respects not in conflict with the NCS Constitution and General Bylaws and the CIF Constitution and Bylaws. The governance of the NBL shall be vested in a Board of Managers consisting of principals and athletic directors of member schools.
1. The composition of the NBL governing body shall be one representative from each member school, who shall be selected by the respective school's governing board. Each local school Board of Education or private school governing board will ratify to the NCS office by the date established by the CIF each year, the appointment of individual and alternates by name or title who will be school representatives to the athletic leagues for the upcoming year. In the absence of appropriate filing, all voting privileges for the affected school(s) shall be suspended.
 2. Each member school shall have one vote
- B. The Board of Managers shall have the following powers and duties.
1. To make and amend rules and bylaws for the governance of the NBL.
 2. To fix and enforce penalties for any violation of the Constitution, Bylaws or other rules of the NBL.
 3. To levy dues for membership in the NBL.
 4. To investigate the eligibility of any and all athletes who are protested at any time.
 5. To have complete control of the finances of the NBL except as elsewhere provided in this Constitution.
 6. To employ a commissioner and an assistant commissioner and to determine the yearly salary of such employees.
- C. One reading will be required before the Constitution may be amended by a two-thirds vote of those present at the meeting following the first reading. The succeeding July 1 has been established as the implementation date for all bylaws unless a specific implementation date is stated in the action.
- D. It is the responsibility of each member of the Board of Managers to communicate league issues to various constituencies including superintendents/counterparts, booster groups, parents/guardians, athletes, or others interested in interscholastic athletics.
- E. Regular meetings shall be scheduled throughout the school year. The meeting schedule will be published in May of the preceding year. The NBL President shall have the power to call special meetings at his/her discretion or upon request from two member schools, and to cancel meetings.
- F. A quorum to conduct business shall be a majority of member schools. Business may be conducted by a majority vote of members present as long as a quorum has been achieved.

ARTICLE II Dues

A proposed budget and financial statement shall be presented to the League by the commissioner at the spring meeting of each school year. At this time the league schools shall be assessed an amount the league members deem necessary to operate the league.

ARTICLE IV
Commissioner of Athletics

The NBL commissioner is directly responsible to the NBL Board of Managers, serves as chief executive of the Board of Managers, and supervises all NBL operations in accordance with NBL, NCS and CIF policies and procedures. It is the commissioner's duty and responsibility to guide, lead and direct the operations of the NBL.

Job Description

1. Shall uphold the Constitution and Bylaws of the NBL, NCS, and CIF.
2. Shall establish and maintain non-profit status for the North Bay League.
3. Shall be responsible for assuring that the NBL is in compliance with the Brown Act.
4. Shall act as the treasurer of the NBL.
 - a. The commissioner shall keep the league funds in a bank. The commissioner shall draw checks on these funds to pay bills necessary for the operation of the NBL.
 - b. The commissioner shall file tax reports to the State Franchise Tax Board and IRS.
 - c. The commissioner shall present a financial report to the Board of Managers at the end of each season of sport.
5. Shall submit a proposed budget to the Board of Managers at the spring meeting of the year and alert the Board if there will be a need to increase dues for the following year. A final budget will be distributed at the first Board of Managers meeting each school year.
6. Shall receive and audit reports of league fees and bill the member schools for their fees.
7. Shall serve as a consultant at league meetings to answer questions brought to him/her by a member school.
8. Shall interpret the rules, philosophy, procedures, and sport guidelines governing the NBL.
 - a. The commissioner shall receive all protests from the Board of Managers and handle protests in accordance with provisions delineated in NBL Constitution and Bylaws.
 - b. The commissioner shall have the authority to assess penalties and resolve problems applicable to schools and individuals judged in violations of NBL rules.
 - c. In the event of an unresolved dispute or appeal, shall request a committee of three (3) neutral principals and/or athletic directors by appointed by the league president. Shall conduct preliminary investigation(s) of any protests or formal complaints.
9. Shall maintain a uniform set of records identified, established and approved by the NBL Board of Managers to be used by the league. All records of the league shall be kept in the commissioner's office.
10. Shall prepare, in consultation with the NBL president and assistant commissioner, an agenda for all league Board of Managers meetings.
11. Shall schedule, and in conjunction with the assistant commissioner, develop the agenda and facilitate the official meetings of the NBL athletic directors.
12. Shall, in conjunction with the assistant commissioner, schedule, set agendas, and supervise all pre- and post-season coaches meetings.
13. Shall act as the secretary of the NBL. The commissioner shall be responsible for the recording and distribution of all minutes of official NBL meetings, including posting this information on the NBL website. The commissioner shall send agenda and meeting minutes to principals, athletic directors, and any other district administrators responsible for athletics.
14. Shall compile and distribute the North Bay League Directory annually.
15. Shall be responsible for updating and distributing the NBL constitution yearly.
16. Shall oversee the Elmer Brown Sportsmanship Program and distribute the sportsmanship pennants at the end of each season.
17. Shall order and distribute rule and case books.
18. Shall, using the established guidelines develop and distribute schedules for all league sports at least one-half year in advance.
19. Shall be responsible for obtaining the Dates of Determination from all member schools.
20. Shall assist the NBL Board of Managers in selection of league representatives for NCS sports management committees.

21. Shall ensure compliance with all NCS and CIF rules, regulations and policies concerning gender equity.
22. Shall design, print, and distribute NBL passes.
23. Shall secure pennants and distribute them to the winning schools.
24. Shall coordinate, compile, and publicize all-league selections. Shall order and distribute certificates for first team All-League members in all NBL sports.
25. Shall order and distribute medals for awards in badminton, girls' and boys' cross country, girls' and boys' tennis, girls' and boys' golf, girls' and boys' swimming, girls' and boys' track, and girls' and boys' wrestling.
26. Shall carry all correspondence necessary to conduct the affairs of the league and keep members schools informed of all things pertinent to their participation in the North Bay League, North Coast Section and California Interscholastic Federation.
27. Shall serve as a liaison for the league affairs with press and between all principals, athletic directors, and coaches of the league.
28. Shall maintain NBL historical records.
29. Shall attend all NCS Sports Advisory Committee and Board of Managers meetings and the NCS Commissioners' Workshop.
30. Shall, in conjunction with the assistant commissioner, organize, implement and oversee the operation of all NBL tournaments and playoff events. Prepares and presents tournament and playoff reports for the Board of Managers including revenues, expenses, and evaluation of success and problems.
31. Shall distribute NBL, NCS and CIF information to all NBL member schools.
32. Shall perform other duties as assigned which may include, but not be limited to, answering phone calls and emails, copying, faxing, maintaining office supplies and equipment, etc.
33. Shall see support from legal counsel (NCS, CIF) where appropriate concerning NBL issues.
34. The commissioner shall receive a yearly salary to be determined by the Board of Managers.
35. Shall be evaluated annually by the NBL president, president-elect, and past-president no later than June 15, based on the job description.

ARTICLE V

Assistant Commissioner of Athletics

The NBL assistant commissioner is directly responsible to the NBL commissioner. It is the assistant commissioner's duty and responsibility to assist the commission in guiding, leading, and directing the operations of the NBL.

Job Description

1. In the absence of the commissioner, the assistant commissioner shall serve in his/her stead.
2. Shall uphold the constitution and bylaws of the NBL, NCS, and CIF and assist the commissioner in his/her duties.
3. Shall serve as a consultant at league meetings to answer questions brought to him/her by a member school.
4. Shall serve as a liaison for league affairs to the principals, athletic directors and coaches of the league, as well as the media.
5. Shall assist the commissioner in the development and distribution of an agenda for all league meetings.
6. Shall organize a committee and act as the chief negotiator for the NBL with officials' organizations under contract to the NBL.
7. Shall attend all NCS Sports Advisory Committee and Board of Managers meetings and the NCS Commissioners' Workshop.
8. Shall schedule, set agendas, and supervise pre- and post-season coaches meetings and meetings between coaches and officials, as directed by the commissioner.
9. Shall, using established guidelines develop and distribute schedules as directed by the commissioner.

10. Shall organize, implement and oversee the operation of NBL tournaments and playoff events, as directed by the commissioner. Prepares and presents tournament and playoff reports for the Board of Managers including revenues, expenses, and evaluation of success and problems for those events.
11. Shall perform other duties as assigned which may include, but not be limited to, answering phone calls and emails, copying, faxing, etc.
12. Shall assist in developing and maintaining the NBL website.
13. Shall assist the commissioner in dealing with the correspondence necessary to conduct the affairs of the league and keep members schools informed of all things pertinent to their participation in the North Bay League, North Coast Section and California Interscholastic Federation.
14. Shall be evaluated annually by the NBL president and commissioner no later than June 15, based on the job description.
15. Shall assume other duties as assigned by the NBL commissioner.
16. The assistant commissioner shall receive a yearly salary to be determined by the Board of Managers.

ARTICLE VI

Athletic Director Committee

A. Purpose

1. To allow the Board of Managers to devote more time for policy determination and evaluation
2. To ensure that recommendations to the Board of Managers have been considered by a committee composed of individuals who are responsible for administering a comprehensive athletic program
3. To provide an input source for coaches.

B. Composition

1. Each member school will send its athletic director(s).

C. Jurisdiction

1. The Athletic Director Committee serves as an advisory body to the NBL Board of Managers on items involving the conduct of boys and girls sports' competition and NCS Championship competition.
2. Decisions are subject to vote by the NBL Board of Managers.

D. Meetings

1. The Athletic Director Committee will meet four to eight times per year prior to each of the regularly scheduled NCS Board of Managers meetings.

E. Operational Procedure

1. Athletic Directors from NBL member shall forward business items to the NBL Commissioner or Assistant Commissioner prior to the prescribed deadline. The commissioner or assistant commissioner will then compile the items into an agenda and forward the agenda to each athletic director and principal. The agenda will also include items from any upcoming NCS Sports Advisory or Board of Mangers Meeting.

F. Meeting Procedures

1. All agenda items must have written rationale before being placed on the agenda and identified by the athletic director, site administrator, or NBL staff member that submitted the item.
2. Agenda items shall be worded in the form of a motion. Any item considered by the Athletic Director Committee cannot be placed on a future Athletic Director Committee agenda for the balance of the school year without a two-thirds affirmative vote of the Athletic Director Committee representatives present.

ARTICLE VII
Sportsmanship

NCS Values and Ethics Mission Statement

"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."

1. School administrators have primary responsibility for the conduct of all interscholastic athletic activities including behavior of all participants: players, coaches, representative student groups and spectators.
2. Administrators are responsible for reporting to opposing school any unsportsmanlike behavior on the part of coaches, players or spectators. Visiting and hosting administrators should identify themselves to each other and the officials at the beginning of each contest to facilitate such reporting.
3. Any complaints about the conduct of players, coaches, cheering section or spectators should be brought to the attention of school administrators. Host and visiting administrators will investigate the situation. Official complaints to NBL must be made in writing on a signed NBL complaint form. The Commissioner will maintain a record of such complaints. Any complaints not resolved by host and visiting administrators to the satisfaction of the commissioner and/or president or an established pattern of complaints against a particular school may be brought to the Board of Managers for resolution.
4. Coaches are responsible for appropriate disciplinary action against a player who exhibits unsportsmanlike conduct.
5. An official may award a technical foul to a team for unsportsmanlike conduct on the part of a coach, player, spectator or cheering section. Administrators may remove a spectator for inappropriate behavior. Repeated unsportsmanlike conduct, particularly on the part of the cheering section or individual spectators, may cause forfeiture of the contest.
6. Athletes:
 - Are expected to show the highest standards of sportsmanship during competition. Examples of inappropriate behavior by athletes include:
 - disrespectfully addressing an official
 - disrespectfully addressing an opponent
 - indicating objection to an official's decision by words, gestures or physical behavior
 - doing anything that might incite undesirable spectator reactions
 - Share in the responsibility for the conduct of their teammates and supports of their team
7. Coaches:
 - Are expected to maintain decorum consistent with the educational values of interscholastic athletics. By personal example, coaches are expected to demonstrate awareness of these values by showing restraint and composure in the emotional climate of an athletic contest. Examples of inappropriate behavior by coaches include:
 - disrespectfully addressing an official
 - disrespectfully addressing an opponent
 - indicating objection to an official's decision by words, gestures or physical behavior
 - doing anything that might incite undesirable spectator reactions
 - deliberately violating or allowing players to violate rules (listed in the official rule book for that sport)
 - Should insist their players conduct themselves appropriately.
 - Are responsible for the appropriate conduct of their personnel including assistant and volunteer coaches.
 - Are expected to contact the hosting coach prior to any contest if there are questions or complaints regarding conditions and/or procedures of a contest. Questions regarding

conditions and/or procedures that arise or change during the course of a contest shall be directed to the officials.

8. Spectators:

- Are required to maintain a high degree of sportsmanship before, during and after athletic contests.
- Must remain in designated seating areas while a contest is in progress.
- Must abide by NBL rules or any rules in effect by the host school.
- Must refrain from confronting an official, coach or player before, during or after an athletic contest.

9. Cheering Sections:

- Should focus on team support and rooter spirit
- Must refrain from unsportsmanlike yells such as:
 - deprecating yells directed toward the opposing school
 - deprecating yells directed toward a player on the opposing team
 - deprecating yells directed toward the official(s)
 - profanity
- Should never interfere with officials, team warm up or playing of the game.
- Should follow the leadership of cheerleaders for organized cheers. Cheerleaders are not present simply to perform.

10. Bands:

- May play at home football games during the league season before a game, during time-out, at half-time and after the game. At playoffs, bands should take turns performing in an order determined by the band directors before the game.
- May use instruments only as musical instruments, not as noisemakers.
- Must terminate a number when a team breaks a huddle or the official indicates play is to be resumed.
- Should never interfere with officials, team warm up or playing of the game.

PURSUING VICTORY WITH HONOR: the operating beliefs and principles of the CIF

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership—including coaches, athletics administrators, program directors and game officials—to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive roll models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrated and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to students-athletes and their parents.

8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social emotional, physical and ethical well-being of student-athletes is always placed above desire and pressures to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and official's, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of : 1) The character building aspects of sports, including technique and methods of teaching and reinforcing the core values comprising sportsmanship and good character; 2) The physical capabilities and limitations of the age group coaches as well as first aid; 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches through words and example must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

ARTICLE VIII

Eligibility

All athletic eligibility is determined by eligibility rules established by the North Coast Section and the California Interscholastic Federation.

ARTICLE IX

Non-discrimination

The North Bay League admits students of any race, religion, sex, color, national origin, ethnic origin or sexual orientation to all the rights, privileges, programs, and activities generally accorded or made available to the students of member schools. It does not discriminate on the basis of race, religion, sex, color, national origin, ethnic origin or sexual orientation in administration of its athletic policies, student eligibility determinations, or any other programs. The NBL is committed to equal opportunities for boys and girls.

ARTICLE X

Protests

- A. NCS Bylaw 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. The following table specifies protest rules for each NBL sport.

Badminton	Protests are not addressed by the USA Badminton Rules.
Baseball	Rule 4-5 (page 34) When allowed, protests are permitted regarding rules one through nine only. When protests are submitted to leagues which do allow the filing, such protest shall be submitted using a prescribed procedure (10-2-3i).
Basketball	Rule 5-4-2. The NFHS Basketball Rules Committee does recognize protests.
Football	Rule 1-1-11. Protests of NFHS rules are not recognized.
Lacrosse (Boys')	Protests are not addressed by the NFHS Rules.
Lacrosse (Girls')	Protests are not addressed by the US Lacrosse Rules.
Soccer	Rule 5-2. Protests of NFHS rules are not recognized.
Softball	Rule 4-4. When allowed, protests are permitted regarding rules one through nine only. When protests are submitted to leagues which do allow the filing, such protest shall be submitted using a prescribed procedure (10-2-3i).
Track and Field	Rule 3-5 of the NFHS Rules set forth the duties of the Jury of Appeals and the situations that are eligible to protest/appeal.
Volleyball	Protests are not addressed by the NFHS Rules.
Water Polo	Rule 7-10, Articles 1-5 of the NFHS Rules describe the protest procedure for misapplication of the rules.
Wrestling	Protests are not addressed by the NFHS Rules.

- B. The principal of the protesting school must contact the principal of the school concerned. A letter of protest must be written explaining the circumstances of the protest to the principal of the opposing school with a copy to the Commissioner of the League.
- C. All protests must be made within twenty-four (24) hours after the contest has been played, except in cases regarding eligibility of players.
- D. Protests on ground conditions must be made before the contest begins.
- E. Protests made on matters involving the judgment of an official will not be accepted under any circumstances.
- F. Protests regarding players should first be made to the principal of the school concerned, who shall make a written report to the protesting school. Should this report not be accepted, the president and/or commissioner of the league shall appoint a Protest Committee of three neutral league members whose decision shall be final.
- G. In the question of the eligibility of a player not covered by Section E (1), the commissioner shall inform the school concerned within one week after the question arises and no action shall be taken until the school has had an opportunity to make an investigation of the case. If the above procedure is not followed by the school making the protest, the individual incident shall be considered closed.
- H. All questions regarding regularly scheduled games or contests during unforeseen events, such as epidemics or other disasters, shall be handled by a committee appointed by the president and/or commissioner.

- I. The school losing the protest shall pay the reasonable cost of the protest. An itemized bill must be presented.
- J. The Protest Committee shall be appointed by the president/commissioner and shall consist of three neutral league members.
- K. A copy of the decision of the Protest Committee shall be sent to the Commissioner of the league for his/her file.

ARTICLE XII

Forfeiture of Contests

- A. All reasonable efforts shall be made by schools and administrators to prevent situations from reaching the state where a school finds it necessary to cancel a contest with another member school. In all but the most unusual cases, disagreements shall be settled by the principals of the two schools. In cases where agreements cannot be reached, a special Arbitration Committee shall be named to adjudicate disputes between schools. The following provisions relate to the committee.
 1. It shall be composed of three members appointed by the president or commissioner.
 2. The committee shall judge and make final disposition of the case. A copy of the decision shall be sent to the commissioner.

ARTICLE XIII

Awards and Pennants

A pennant will be awarded to the championship team in all varsity sports in each division. If two or more teams tie for the championship, they shall be designated co-champions and each team shall be awarded a pennant.

ARTICLE XIV

Recruiting

The North Bay League is committed to uphold all CIF and NCS policies regarding recruitment and undue influence.

Education:

- Recruitment education shall be part of site orientations held by administrators or athletic directors for coaches.
- The NBL Commissioner will include information on recruitment during the pre-season meetings of coaches for all sports.
- The League will prepare an informational handout regarding recruitment to be distributed to coaches, booster clubs and parents at each member school.

Reporting:

- Persons reporting violations should notify the principal of the school involved as well as submit the information in writing to the NBL on a signed complaint form.
- Violation reports should be documented as fully as possible with names, dates, and the circumstances involved.
- It is the responsibility of site administration to thoroughly investigate the alleged violation and respond to the complaint form in writing to the NBL Commissioner. The NBL Commissioner shall maintain a record of the complaint, response and adjudication.
- The athletic directors shall make a recommendation to the Board of Managers as to disposition of the incident.

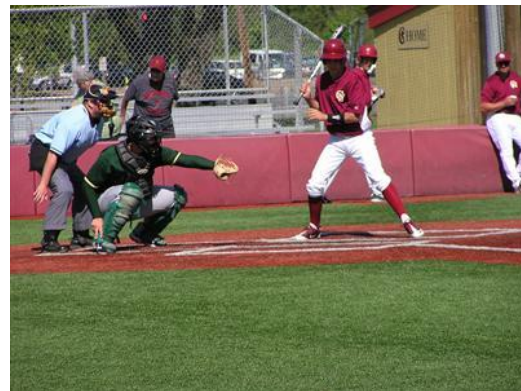
Supervision:

- It is the responsibility of member schools to self-report violations discovered among their own teams.

Enforcement:

- Site administrators and athletic directors have ultimate responsibility for recruiting violations.

- Sites can implement sanctions of their coaches or teams directly including investigations, letters of reprimand, and suspension from a game or termination.
- The head coach of each sport is responsible for every level of the program and all assistant coaches, volunteers or parents within the program.
- Each incident will be considered on its own merit and in context of previous recruiting violations by the school.
- NBL sanctions cannot be against personnel, but only against the school or program.
- Possible consequences, to be determined by the Board of Managers after reviewing documentation of the reported incident, might include, but are not limited to:
 1. Letter of reprimand from NBL to the member school and program involved AND
 - Any player(s) proven to have been recruited will be ineligible according to NCS eligibility rules AND
 - Any games in which the recruited player(s) competed will be forfeited.
 2. Probation for the whole program in that sport (i.e. boys basketball at all levels) for one calendar year from the date of adjudication of the recruitment violation. Probation may include, but is not limited to, the following:
 - Forfeit of one or more preseason games.
 - No home contests. If the contests had been originally scheduled at home, that school will bear the costs of officials and supervision at the hosting school.
 - Ineligibility for post-season play.
 - Other consequences appropriate for the particular situation.
 3. Probation for the entire school program according to the NBL Probation Policy.
 4. Petition to the NCS/CIF for removal of the member school from eligibility for NCS/CIF competition.



Avoid Recruiting!

NO! Do not:

- Contact or talk to any student or parent of a student who is not enrolled at your school. Refer any questions about admission to counseling or administration.
- Speak about your program to any community youth group that might include players not already enrolled at your school.
- Offer any scholarships, reduction or waivers of fees for athletic purposes.
- Write letters encouraging potential players to enroll at your school to play in your program.
- Encourage any player to transfer schools to play your sport.
- Give potential players anything of any value.
- Give potential players free admission to an athletic event at your school.
- Encourage or tolerate parents, assistant coaches, volunteers or others contact potential players or make offers on behalf of your team or your school.
- Allow community youth programs to use school facilities with any arrangements that would not be offered to any other non-profit youth group.
- Allow any students to practice with your team who has not cleared through the Athletic Department.
- Promise a student more playing time or any other incentive for transferring to your school.
- Conduct any other activity that could be construed as recruiting.

YES! You are encouraged to:

- Place posters or flyers around the school announcing team meetings, tryout times and games.
- Use the school bulletin or parent newsletter for announcements of team meetings, tryouts or games.
- Invite players to spread the word about your team to their friends at your school.
- Publicize games to encourage fan attendance.
- Report results of contests to local newspapers.
- Nominate your players for school or local "player of the week" designation.
- Inform booster clubs and team parents about recruiting rules.
- Participate in rally skits or lunch time activities to promote your sport.
- Refer interested parents and potential players with enrollment questions to counseling or administration.
- Be very careful of conflicts of interest, use of facilities or school property if you coach for a community youth program or off-season league.
- Report violations to the athletic director or principal with specifics of the situation (name of player, nature of contact, contacted by whom, when).
- When in doubt, ask your athletic director or athletic administrator before proceeding or giving advice.



GENERAL RULES

The North Bay League will be governed by the California Interscholastic Federation, the North Coast Section, and the North Bay League Constitution and By-Laws; the North Coast Section Student Eligibility By-Laws; North Coast Section Sports and General Rulings Manual; and the North Bay League Sports and General Rulings Handbook.

1. Adding a sport or level of sport
 - a. Any proposal for establishment of a new sport or level of team must be submitted to and approved by the NBL Board of Managers prior to the establishment of that new sport or team level.
2. Admission
 - a. There shall be a uniform maximum charge for all NBL contests. School may choose NOT to charge admission fees for any contest.
 - i) All home sites will provide complimentary admission to their own students who hold a valid ASB card.

Admission Fees: Regular Season (1/14/13)

	General	Senior citizens, visiting school boosters card holders	Students with ASB and children between 6 & 12	Children 5 and under
Baseball	\$5.00	\$3.00	\$3.00	Free
Basketball	\$8.00	\$5.00	\$3.00	Free
Football	\$8.00	\$5.00	\$3.00	Free
Frosh Football	\$5.00	\$3.00	\$3.00	Free
Lacrosse	\$5.00	\$3.00	\$3.00	Free
Soccer	\$5.00	\$3.00	\$3.00	Free
Softball	\$5.00	\$3.00	\$3.00	Free
Swim & Dive	\$5.00	\$3.00	\$3.00	Free
Track	\$5.00	\$3.00	\$3.00	Free
Water Polo	\$5.00	\$3.00	\$3.00	Free
Wrestling	\$5.00	\$3.00	\$3.00	Free
Volleyball	\$7.00	\$3.00	\$3.00	Free

Admission Fees: NBL Championships **held at school sites.** (1/14/13)

No league or school passes will be accepted for admission at any NBL Tournament contest.

	General	Students with ID cards but no ASB card and senior citizens	Students with ASB and children between 6 & 12	Children 5 and under
Baseball	\$8.00	\$5.00	\$3.00	Free
Basketball	\$8.00	\$5.00	\$3.00	Free
Swim & Dive	\$8.00	\$5.00	\$3.00	Free
Track	\$8.00	\$5.00	\$3.00	Free
Water Polo	\$8.00	\$3.00	\$3.00	Free
Wrestling	\$8.00	\$5.00	\$3.00	Free
Volleyball	\$8.00	\$5.00	\$3.00	Free

- b. Band members will be admitted to football contests only at no cost if accompanied by their director/coach. Spirit team members will be admitted free if in uniform and accompanied by their director/coach.
- c. NBL passes shall be honored for admission at any NBL contests, **EXCEPT** for post-season playoffs.
- d. Only current year NCS or CIF passes will be honored for admission at the NBL post-season championship events.
- e. Life passes issued by the home school, league passes, NCS passes, or CIF passes shall be honored by NBL member schools.
- f. Visitors from any NBL member school who have and hold a student body card shall be admitted at the same rate that is charged to the home school student without a student body card. This

does NOT apply to junior college or college student body cards; these students must pay general admission prices.

- g. Gatekeepers may refuse free admission to students who are competing unless they are accompanied by their coach, administrator, or other certificated employee representing their school.
3. All-league team selection
 - a. The coaches of each sport shall select all-league teams at the post-season meeting. The method for selection of all-league teams is defined in the Rules of Sport.
 - b. Students in any sport are not to be penalized or omitted from consideration on an all-league team because the coach is not present at the meeting.
 - c. Certificates will be awarded to most valuable, first-team and second-team all-league members.
 4. Attendance at NBL meetings
 - a. Every varsity coach or their designee is required to attend a preseason meeting and a post-season/all-league meeting. Failure to attend a meeting will result in a \$100 fine that will be levied against the school. Principals and athletic directors will be notified if any of their varsity coaches do not attend a required meeting. In the sports of football, soccer, volleyball, basketball, wrestling, baseball and softball, the coaches are also required to attend a meeting with their respective officials' association. Ukiah coaches who coach a sport that does not use the local officials' association are excused from attending an officials' meeting that is not hosted by the officials' associations that serve Ukiah home games, unless the officials' associations in Ukiah do not offer such meetings.
 5. Championship events
 - a. If a member school is participating in a basketball, baseball or softball North Bay League post-season tournament, an administrator-in-charge must be present at least fifteen minutes in advance of the contest start time.
 - i) The administrator-in-charge must be designated by the principal and may not be the team coach or other person who performs duties to assist the team during the contest.
 6. Eligibility
 - a. All member schools of the North Bay League shall follow the Constitution and By-laws of the California Interscholastic Federation, North Coast Section, and North Bay League.
 - b. A student-athlete must be in school on the day of a contest in order to be eligible to compete in that contest. Exceptions may be made if an athlete is specifically excused by the principal or his/her administrative designee IN ADVANCE, with a written communication from the parent/guardian. This written communication is to be kept in the files of the principal and/or his/her designee.
 - c. Sophomores will be allowed to play on a freshman basketball team as long as there have been no freshman athletes cut from the team and they are not replacing an eligible freshman player.
 - d. A student-athlete may not play in a varsity contest and a non-varsity contest or two non-varsity contests, i.e., a freshman and a junior varsity contest, on the same day in the same sport.
 7. Game administration
 - a. National Federation Rules shall be used for all sports unless otherwise designated by the North Coast Section.
 - b. A school board-approved representative must accompany all school teams and individual competitors in a school-sponsored contest.
 - c. An administrator from each school, with the assistance of the coaches, shall assume full responsibility to help maintain good behavior among the players and spectators.
 - d. When a team refuses to play a game that is scheduled, it shall become ineligible for the league championship and none of its games shall be counted in the NBL standings. Individual team sports members may participate in the tournament, but their team points will not be used.

- e. Each member school has the obligation to field the most representative varsity team and to fill the junior varsity team with the remaining players.
 - f. Supervision
 - i) A home team administrator or his/her designee is required to be in attendance at all league varsity football, soccer, and basketball contests. The athletic director can be designated as an administrator in charge.
 - ii) The coach shall assume full responsibility to help maintain good behavior among the spectators. NCS rule: A coach will be expected to maintain high levels of sportsmanship, thus serving as an example to be emulated by players and spectators.
 - iii) The home school shall provide adequate supervision to ensure the safety of student-athletes, officials and spectators.
 - iv) It is recommended that school administrators communicate with one another prior to contests to determine if an administrator or his/her designee should be present at an away contest.
 - g. Student behavior
 - i) Visiting students shall not sit in the bleachers of the home school section and vice-versa. Non-participating students shall stay off all playing areas before, during, and at half-time of all contests.
 - ii) Artificial noisemakers shall not be used at any event, **indoor or outdoor**. Artificial noisemakers are items such as, but not limited to, megaphones, air horns, bells, whistles, clickers, thunder sticks, explosive devices, tape/CD players, and jars with pennies, drums, large water bottles, conch shells, plastic horns and radios.
 - iii) Spectator attire, including shirtless with messages painted on bare skin, should be closely monitored.
8. Intention not to field a team
- a. Any school not intending to field a varsity team in a league sport must declare that by the start of the previous season. In team sports, the school must field a varsity team first. If a school needs to drop a varsity team and have only a junior varsity team and they have missed the deadline for notification, that school may petition the league to have a JV team instead of a varsity team.
 - b. If a school is unable to field a varsity team, the scheduled league contests that are not played as a result of that school's inability to field a varsity will be counted as no-contests (neither a win nor a loss). *NBL Board of Managers, 4/22/14*
9. Media and MaxPreps
- a. It is the responsibility of the home team in all sports (win or lose) to report the contest results to the media via email **AND TO POST THE RESULTS ON MAXPREPS**. Cross Country and Track & Field coaches are required to report their must provide meet results to Jim Crowhurst at: RedwoodEmpireRunning.com.
10. Officials
- a. The NBL commissioner or assistant commissioner is responsible for contracting with the various officials' organizations. Only those officials from contracted officials' associations may be used.
11. Practice
- a. All NBL schools must adhere to the CIF and North Coast Section Sports and General Rulings By-laws regarding length of practice and start date for practice.
 - b. Starting dates for all sports will be determined by the NCS Official Season of Sport Calendar (Section 104H of the NCS Sports and General Rulings Handbook).
 - c. No interscholastic games or practices of any kind are to be held on Sunday.
12. Schedules
- a. The maximum number of contests and scrimmages is determined by the North Coast Section. Please refer to the NCS Constitution and Bylaws for this information.

- b. Schedules, including contest dates and starting times, shall be developed based on the by-laws approved for each sport.
- c. Any change in the date and/or time of a league contest must be mutually agreed upon by the principals (or their designees) and athletic directors of the schools involved. Contests that have been cancelled due to inclement weather shall be rescheduled for the earliest possible playing date.
 - i) The first available date is the next available day when both teams are without a previously scheduled contest. If there are numerous contests to be made-up, they should be made up in the order in which they were cancelled or postponed.
- d. The NBL will follow an alphabetical rotation in hosting league tournaments, with the exception of basketball, baseball, and softball.
- e. There shall be no games or contests played for the benefit of a non-school organization.

13. Season of sport

- a. The season of sport is determined by the NCS. Please refer to the NCS Championship schedule for starting and ending times for each sport.

14. Sportsmanship

- a. Each NBL member school team should follow the sportsmanship guidelines recommended in "Pursuing Victory with Honor."
- b. The NBL Sportsmanship Statement should be read before each league contest. Note: see appendix.
- c. Elmer Brown Sportsmanship Program (Revised May 1, 2019). Championships will be awarded in the Oak Division and in the Redwood Division. There will be one award per season—boys' and girls' sports will be combined to determine one winner per division per season.
 - In athletic competition, schools will earn points based on finish in league. If it is a six-team league, the winner earns six points, second place = 5 points, etc.
 - Scholastically, schools will earn points based on the best average GPA per varsity team, using the same point scale as indicated in the above criteria. The NBL will use the same criteria as used for the NCS Scholastic Awards program, so no additional work by the ADs is required
 - Sportsmanship criteria
 1. Each school that has no ejections for all sports is awarded 6 points
 2. Each school that has 1 ejection for all sports is awarded 4 points
 3. Each school that has 2-3 ejections for all sports is awarded 2 points
 4. Each school that has 4-5 ejections for all sports is penalized -2 points
 5. Each school that has 6 ejections for all sports is penalized -4 points
 6. Each school that has 7+ ejections for all sports is penalized -6 points
 - Teams must have the minimum number of participants, listed below, to qualify for the opportunity to earn an Elmer Brown Spirit of Sport Pennant. Number in parenthesis next to the sport indicates the minimum number of students required to constitute a team.

FALL	WINTER	SPRING
Cross Country (5)	Basketball (5)	Badminton (10)
Girls' Golf (5)	Boys' soccer (11)	Baseball (9)
Football (11)	Girls' soccer (11)	Boys' Golf (5)
Girls' Tennis (10)	Boys' wrestling (6)	Lacrosse (10)
Volleyball (6)	Girls' wrestling (3)	Softball (9)
Water polo (7)		Swim/Dive (9)
		Track (14)

- One pennant will be awarded to the winning school in each division at the end of each sport season.

15. Spring break
 - a. The official NBL spring break is the week in which the majority of schools are on break.
16. Starting times
 - a. Refer to Section 15 rules of sport for playing days and starting times for each NBL sponsored sport.
17. Supplemental league members
 - a. Supplemental league members shall be assessed a fee of \$300-per sport.
18. Ties
 - a. The method of breaking ties varies from sport to sport. Refer to the Rules of Sports for the specific tie-breaker protocol for each sport.
19. Timers & scorekeepers
 - a. Timers and scorekeepers for varsity football and basketball games must be qualified adults.

SPORTS BYLAWS

CODIFICATION DIRECTORY OF NORTH BAY LEAGUE BY-LAWS

MAIN HEADINGS

- 1.000 Badminton
- 2.000 Baseball
- 3.000 Basketball
- 4.000 Cross Country
- 5.000 Football
- 6.000 Golf
- 7.000 Lacrosse
- 8.000 Soccer
- 9.000 Softball
- 10.000 Swimming and Diving
- 11.000 Tennis
- 12.000 Track
- 13.000 Volleyball
- 14.000 Water polo
- 15.000 Wrestling
- 16.000 Days and starting times for contests
- 17.000 Coaches Code of Ethics and Sportsmanship Statement for Contests
- 18.000 Film and video-taping policy

SUBHEADINGS

- .100 Schedules
- .110 Admissions
- .200 Practice
- .300 Contest Administration
- .400 Officials
- .500 Equipment
- .600 Eligibility and non-varsity level teams
- .700 Weigh-ins and non-game activities
- .800 League and Tournament Administration
- .900 General

Combine the main topics with the sub-classification to find a specific rule.
Example: Volleyball officials would be 12.400

BE SURE TO REFER TO THE GENERAL RULES FOR REGULATIONS THAT AFFECT ALL SPORTS.



BADMINTON 1.000

Schedules 1.100

- 1.101 The schedule shall be established using a scheduling matrix and the numbers that are drawn for spring sports by the NBL principals. This schedule will be a triple round robin, in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is located at the end of these bylaws.
- 1.102 League badminton matches will be played on Tuesdays and Thursdays at 4:00 PM, with the exception of Windsor and Healdsburg matches, which will begin at 4:30 PM.

Practice 1.200

- 1.201 The first date of practice shall be determined by the NCS Calendar for that year.
- 1.202 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.
- a. Double day practices shall not be held on consecutive days and must include a minimum of three (3) hours rest between practices.
 - b. No practice may be held following the conclusion of a contest.
 - c. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.

Game Administration 1.300

- 1.301 The USA Badminton Rule Book is the governing authority in badminton, as modified by the NCS Board of Managers and/or the CIF Federated Council. NCS Modifications: One-inch (25.4 mm) lines are permitted.
- 1.302 Coaches must exchange line-ups at the beginning of the match. The home coach should welcome the visitors, introduce the coaches and establish the ground rules.
- 1.303 Coaches will determine when matches will be played will be played according to which players are playing singles, doubles, or mixed doubles.
- 1.304 The schools of the NBL shall have a first, second, third, and fourth singles players in girls' and boys' singles; a first and second doubles team in boys' and girls' doubles; and a first, second and third mixed doubles teams.
- (a) The top three ranked players do not have to play singles, but those who are playing singles and doubles must play in ranked order. (2/2/2011)
- 1.305 Players may play in two categories.
- 1.306 Match rules
- (a) When matches are put on the courts, have both players come to the desk to get their score sheets and the shuttle. They should introduce themselves.
 - (b) Players should be reminded that play is continuous and that no coaching is allowed except at the following breaks:
Between the first and second game—2 minutes—players may NOT leave the court.
Between the second and third game if split games—2 minutes—players may leave the court.
 - (c) Water is allowed on the courts in a container that is not open. Abuse of water breaks is considered unsportsmanlike and may result in a warning. Continued abuse may result in an ejection.
 - (d) When players go to the courts, they should try not to disturb the courts in play. Players

should move quickly to their court when the bird is not in play on the courts they are passing.

- (e) If there are questions regarding the rules, etc., players can indicate this to the coaches by sending a player to the table.
- 1.307 Rally scoring will be used.
- 1.308 Junior varsity co-ed format shall be three boys' singles, three girls' singles, one girls' doubles, one boys' doubles, and one mixed doubles. The top two singles do not have to play singles, but those who are playing singles and doubles must play in ranked order.
- 1.309 A player may move from varsity to junior varsity and vice-versa at any time during the season. However, a player may not participate as a varsity player and a JV player in the same day/match.
- 1.310 If a position is to be forfeited, the forfeit must be placed at the bottom of the ranked players; i.e., fourth place singles, second place doubles or third place mixed doubles. JV third place singles.
- 1.311 Players are required to wear their badminton school uniforms in all NBL and NCS matches. NCS uniform rules will be used.

Equipment 1.400

- 1.401 The NBL will use the Yonex—Mavix 350 (yellow) medium speed shuttle.

League and Tournament 1.800

- 1.801 The NBL Oak and Redwood champions will be the team with the most wins in divisional play. If two or more teams tie for the championship, those teams will be declared co-champions and will each receive a pennant.
- 1.802 There will be a two qualifying tournaments for qualification to the NCS Championships. One will be conducted for schools that are placed by the NCS in Division I in badminton and one for schools who are placed in Division II in badminton. Warm-ups will begin at 3:30 PM and match play will begin at 4:00 PM.
 - a. The singles tournament will take place on the first Tuesday following the league round-robin.
 - b. The doubles tournament will be held on the Wednesday immediately following the singles tournament and the mixed doubles tournament will be held on the Friday following the doubles tournament.
 - c. All players must play in the NBL tournament to qualify for the NCS Championships.
 - d. Participants in the tournament must have played in at least one-half of the NBL matches at the varsity or junior varsity level.
 - e. All schools participating in the NBL tournament must provide volunteer workers to assist the site directors.
 - f. Each school should also bring birdies.
- 1.803 All-league selection criteria
Coaches will meet on the Monday following the League Tournament to select an all-league team. This meeting will take place at a site determined by the championship school in each division. The all-league team will consist of four boys' singles players; four girls' singles players; two boys' doubles teams and two girls' singles teams; and three mixed doubles teams.
MVP selection criteria
The MVP should be the best player in the league; a team MVP may not necessarily be the NBL MVP.

BASEBALL 2.000

Schedules 2.100

- 2.101 The schedule shall be a triple round robin and shall be established using a scheduling matrix and the numbers that are drawn for spring sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is located at the end of these bylaws.
- 2.102 Games will be played on Wednesdays and Fridays and shall be limited to seven innings except for ties which must be played off.
- 2.103 When a game is cancelled due to inclement weather, the game must be rescheduled as soon as possible. If more than one game is cancelled, they must be made up in the same order as they were postponed.

Practice 2.201

- 2.201 The first date of practice shall be determined by the NCS Calendar for that year.
- 2.202 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.
- a. Double day practices shall not be held on consecutive days and must include a minimum of three (3) hours rest between practices.
 - b. No practice may be held following the conclusion of a contest.
 - c. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.

Game Administration 2.300

- 2.301 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.
- 2.302 League baseball games shall begin at 4:00 PM.
- 2.303 Teams will not be allowed to take batting practice or use pitching machines or batting 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.

Officials 2.400

- 2.401 The North Bay League will use the officials from the Northern Coast Officials Association and the Redwood Empire Officials Association.
- 2.402 There will be two officials assigned for all varsity games. In junior varsity or freshman games, it is the decision of the individual school as to the number of officials used.
- 2.403 In the event of inclement weather, the officials' pay will be determined by the officials' association contract.

League & Tournament 2.800

- 2.801 The winner of the league round-robin in each division (Oak and Redwood) shall be declared as the NBL baseball champion for that division and each division champion will represent the NBL in the North Coast Section Baseball Championship. If two or more teams tie for first place,

they shall be declared co-champions and each shall receive a pennant. In order to determine the NBL representative to the North Coast Section Championships, the following process shall apply.

1. If there is a two-way tie for first place at the conclusion of the NBL Round Robin, the teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
 - a. If one of the two tied teams wins the NBL postseason tournament, then this team shall be named the NBL automatic entry to the NCS Championships.
 - b. If neither of the two tied teams wins the NBL postseason tournament, the team that advanced to the finals in the tournament shall be named the automatic entry to the NCS Championships.
 - c. If both of the tied teams are eliminated in the semi-finals, then the team with the lowest number in the spring draw shall be named the automatic entry to the NCS Championships.
 2. If there is a three-way tie for first place at the conclusion of the NBL Round Robin, the three teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
 - a. If one of the three tied teams wins the NBL postseason tournament, then that team shall be named the automatic entry to the NCS Championships.
 - b. If none of the three teams that tied for first place wins the postseason tournament, then the team that advanced to the finals shall be named the automatic entry to the NCS Championships.
 3. If there is a four-way tie for first place at the conclusion of the NBL Round Robin, the team that wins the NBL postseason tournament shall be named the automatic entry to the NCS Championships.
 4. The tournament will be held during the week following the last NBL contest. The days may vary because of field availability. The higher seed will be the home team throughout the tournament. All tournament games will begin at 4:00 PM.

<u>Day 1</u>	<u>Day 2</u>
1 vs. 4—site of higher seed	Winners—Neutral field, if available
2 vs. 3—site of higher seed	
 5. All participating teams must have an administrator or his/her designee present at each game before the game will begin. The designee may not be someone who is involved as a team coach, manager, scorekeeper, statistician, etc.
 6. Each participating school must provide six balls per game.
- 2.802 An all-league team shall be selected on the Monday following the completion of the league round robin. First team shall consist of three outfielders, three infielders, one first baseman, one catcher, one utility player, three starting pitchers, two relief pitchers, one player of the year and one pitcher of the year. A second team is also allowed, as are honorable mention players. Coaches may vote for their own player in voting for player of the year and pitcher of the year, but may not vote for their own player for the other teams. A coach of the year will also be selected.

BASKETBALL 3.000

Schedules 3.100

- 3.101 Contests for boys' and girls' games shall be scheduled as follows: girls' first half Tuesday/Thursday; Boys' first half Wednesday/Friday and rotated the second half. The first half and second half games will be rotated the next year between the girls' and boys' games. The freshman game will begin at 4:30 PM, the junior varsity game at 6 PM (with a guarantee of 15 minutes between the freshman and JV game) and the varsity game at 7:30 PM, with a guarantee of 15 minutes between the JV game and varsity game.
- 3.102 The schedule shall be established using a scheduling matrix and the numbers that are drawn for winter sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is located at the end of these bylaws.

Practice 3.201

- 3.201 The first date of practice shall be determined by the NCS Calendar for that year.
- 3.202 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.
- a. Double day practices shall not be held on consecutive days and must include a minimum of three (3) hours rest between practices.
 - b. No practice may be held following the conclusion of a contest.
 - c. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.

Game Administration 3.300

- 3.301 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 C.I.F. member schools.

Officials 3.400

- 3.401 The home school must provide a qualified adult timer, 30/35 second timer and scorekeeper for all varsity league games.
- 3.402 The NBL shall use officials from the Golden Gate Officials Association. (April, 2014) Ukiah will use officials from the NCOA.

Equipment 3.500

- 3.501 It is recommended that the game ball for both the boys' and girls' contests shall be the ball used for the NCS Championships.

League & Tournament 3.800

- 3.801 Sophomores will be allowed to play on a freshman basketball team as long as there have been no freshman athletes cut from the team and they are not replacing an eligible freshman player.
- 3.802 The league champion in each division (Oak and Redwood) shall be the team with the most league wins, not including the post-season league tournament. In the event of a tie in varsity competition, the league championship will remain a tie and each school will receive a pennant.
- 3.803 The league champion in shall earn an automatic entry into the NCS Championships.

1. If there is a two-way tie for first place at the conclusion of the NBL Round Robin, the teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
 - a. If one of the two tied teams wins the NBL postseason tournament, then this team shall be named as the NBL automatic entry to the NCS Championships.
 - b. If neither of the two tied teams wins the NBL postseason tournament, the team that advanced to the finals in the tournament shall be named the automatic entry to the NCS Championships.
 - c. If both of the tied teams are eliminated in the semi-finals, then the team with the lowest number in the winter draw shall be named the automatic entry to the NCS Championships.
2. If there is a three-way tie for first place at the conclusion of the NBL Round Robin, the three teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
 - a. If one of the three tied teams wins the NBL postseason tournament, then that team shall be named the automatic entry to the NCS Championships.
 - b. If none of the three teams that tied for first place wins the postseason tournament, then the team that advanced to the finals shall be named the automatic entry to the NCS Championships.
3. If there is a four-way tie for first place at the conclusion of the NBL Round Robin, the team that wins the NBL postseason tournament shall be named the automatic entry to the NCS Championships. NBL Board of Managers, 4/22/2014

3.804 The basketball championship games shall be played at the largest site available from the opposite subgroup. For example, Elsie Allen could be the host for the Oak tournament and Windsor could be host for the Redwood tournament. When the new Rancho Cotate gymnasium is finished, it is recommended that the basketball championships be held at that site as it will be the largest high school gymnasium in the league.

3.805 NBL Tournament Seeding

A. Seeding for First Round Games

The first-place team plays the fourth-place team at the site of the first place team and the second-place team plays the third-place team at the site of the second place team.

B. Two Teams Tied for First Place

1. If one team has defeated the other team twice in round-robin play, that team shall be designated the first-place team and the other team shall be the second-place team (for NBL tournament purposes).
2. If the two teams split in the round-robin, the team with the greater number of wins against the third seed shall be seeded number one. *NBL Board of Managers, 4/22/14.*
3. If the tie still exists, the team with the greater number of wins against the fourth seed shall be seeded number one. *NBL Board of Managers, 4/22/14.*
4. If the tie still exists, the positions will be determined by the numbers drawn by the principals at the beginning of the school year.

C. Three Teams Tied for First Place

1. The team with the greatest number of wins within the tie shall be designated the number one seed and the team with the next greatest number of wins shall be designated as the number two seed. The remaining team will be designated as the number three seed.
2. If a three-way tie still exists, then the positions will be determined by the numbers drawn by the principals at the beginning of the school year for the winter season, with the team with the lowest number getting the @1 seed and the team with the second lowest number getting the #2 seed. The remaining team shall be seeded

#3. NBL Board of Managers, 4/22/14.

D. Four Teams Tie for First Place

1. The team with the greatest number of wins within the tie shall be designated as the #1 seed. The team with the second greatest number of wins within the tie will be designated as the #2 seed. The team with the third greatest number of wins within the tie shall be designated #3 seed. The team with the least number of wins within the tie shall be designated the #4 seed. *NBL Board of Managers, 4/22/14.*
 2. If a four-way tie still exists, the team with the lowest number in the winter draw shall be the #1 seed, the team with the next lowest number shall be the #2 seed, the team with the third lowest number shall be the #3 seed and the team with the highest number shall be the #4 seed. *NBL Board of Managers, 4/22/14.*
 3. If a three-way tie still exists, the procedure in Item C noted above shall be used.
 4. If a two-way tie should exist, the procedure in Item B above shall be used.
- E. If more than four teams tie for first-place, the above procedure shall be used.
- F. There are other ties in the seeding for the NBL tournament; the criteria above shall be used.

Specific NBL Basketball Tournament Information is contained in the appendix.

3.805 Boy's all-league selection format

Teams and honors

- MVP or Co-MVP
- Defensive Player of the Year
- First team
- Second Team
- Honorable Mention

Selection Process

- MVP—each coach can nominate a player for this honor and that coach may vote for his own player. If there are three nominations, then coaches vote 3, 2, and 1. This player receives a certificate.
- First team. The players that were nominated for MVP that did not receive the award are automatically moved to the nominations for the first team. Take added nominations from each coach and then coach's vote 5, 4,3,2,1 for the players they think should be on the first team. Coaches may not vote for their own players for this team or for second team. These players receive a certificate.
- Second team. The players who were nominated for first team but not selected are moved to the nominations for second team. Take added nominations from each coach and then coaches vote for they players they feel should be on the second team. Coaches may not vote for their own players for this team.
- Honorable mention. Take the players that did not make the second team and place them on honorable mention. The same process is used that was used for the first and second team. Sometimes the coaches want to place added players on this list.
- Defensive Player of the Year. Same process as the MVP award.
- All voting is done by secret ballot.

3.806 Girls' all-league selection format

Selection Process

- MVP—candidates are nominated by coaches. A blind vote is taken using a point scale determined by the number of nominees. A coach may vote for his/her own players.
- First team. Nominees are listed by the coaches. A blind vote of coaches is then held, using a five-point scale. Coaches may not vote for their own players.
- Second team. The players who were nominated for first team but not selected are moved to the nominations for second team. Take added nominations from each coach and then coaches vote for they players they feel should be on the second team. There

will be a blind vote using a five-point scale. Coaches may not vote for their own players for this team.

- If there is a tie or a close vote, coaches may add players to the teams.
- Honorable mention. Those who received a vote on either team shall be named to the honorable mention team.

CROSS COUNTRY 4.000

Schedules 4.100

4.101 The schedule shall be four weeks in length. Each week two of the meets will be three-way/tri-meets and the other will be a dual meet.

Practice 4.200

4.201 The first date of practice shall be determined by the NCS Calendar for that year.

4.202 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.

- a. Double day practices shall not be held on consecutive days and must include a minimum of three (3) hours rest between practices.
- b. No practice may be held following the conclusion of a contest.
- c. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.

Game Administration 4.300

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

4.302 The point system for dual and tri-meets is as follows: the winner of a tri-meet will earn two points and the second place team will earn one point. The dual meet winner will earn one point.

Points for the league championship meet are as follows:

- 6 pts for the winning team; 5 pts for the second place team; 4 pts for the third place team; 3 pts for the fourth place team; 2 pts for fifth place; and 1 point for sixth place.

The team with the most points earned during league competition in each division will be the league champion for that division.

4.303 There shall be four divisions: varsity girls and varsity boys and junior varsity girls and boys. Only those points earned in varsity races will count towards the league championship.

4.304 The distance for all divisions shall be three miles (within a range of +/- 0.2 miles).

4.305 Seven members shall constitute a team in a league tri-or dual-meet, but only the five (5) top finishers shall count in the league score. However, the sixth and seventh runners may be used to increase an opponent's score.

4.306 The home school must provide meet results to the Press Democrat and to Jim Crowhurst at: **RedwoodEmpireRunning.com.**

4.307 Start time for all league contests shall be 3:45 PM.

League & Tournament 4.800

4.801 There shall be two league championship meets—one for Oak Division and one for Redwood Division. These championship meets will be hosted by schools within alphabetical order.

4.802 Seven medals per team will be awarded to the first three (3) teams in the varsity girls' and varsity boys' divisions. In addition, the first three finishers in the varsity girls' division and the varsity boys' division will receive medals.

FOOTBALL 5.000

Schedules 5.100

- 5.101 Varsity games shall be scheduled for Friday or Saturday. Evening junior varsity contests shall begin at 5 PM. There shall be a minimum of one-half hour between the JV and varsity games and the varsity games shall not start before 7:30 PM. Afternoon JV contests shall begin at 10:30 AM. There shall be a minimum of ½ hour between the JV and varsity game and the varsity game shall not start before 1 PM.

Evening frosh football games shall start at 6 PM. Day games shall start at 4 PM during daylight savings time and 3:30 at the end of daylight savings time. Freshman games played at MCAL sites are generally played on Saturday mornings.

The schedule shall be rotated every two years and reversed yearly.

- 5.102 The schedule shall be established using a scheduling matrix and the numbers that are drawn for fall sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the scheduling matrix (below).

1. **Number of League Home Games:** It has been established that each team in the NBL will have either 3 or 2 home games alternately on an annual basis. Teams that have three home games in one year will have two home games in the next year.
2. **Biannual Match-Up Order Draw:** The order in which each team plays its league opponents will be redrawn on EVEN years (every 2 years). As a result, each team will play its league opponents in the same order for 2 consecutive seasons only. For each match-up, the HOME team during the EVEN year will then be the VISITING team during the following ODD year.
 - a. The first season of a newly drawn league schedule match-up will always be during an EVEN year.
 - b. The second (final) season of a league schedule match-up order will always be during an ODD year.
3. **Home / Visitor Alternation:** Football is unique among high school sports in that each league opponent is played only ONCE during a season. Because of this fact, the matter of "which team is the HOST" takes on a greater significance than in other sports where each league opponent is played twice. For each new season, whether the order of match-ups is redrawn or not, the most important factor for determining which team will be the Home team in a given match-up is to reference the schedule from the previous season. In doing so, the following will be achieved:
 - a. Consistent alternation of HOME/AWAY within a match-up on an annual basis. HOME/AWAY balance between league members will be immediately maintained, without requiring a cycle of 4 or more years.
 - b. No league member will gain an advantage, either real or perceived by hosting any one league opponent in consecutive years.

Practice 5.200

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

- c. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.

5.204 CIF Rule 2001:

- 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.
- 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)

Game Administration 5.300

- 5.301 The National Federation Football Rule Book is the governing authority in football, except those CIF/NCS modifications and/or adoptions.
- 5.302 The home school will be responsible for a three-person chain and box crew for all football games. Adults must be used for varsity games.

Officials 5.400

- 5.401 There shall be five officials for single varsity games and doubleheaders. Three officials may be used for a single non-varsity game.
- 5.402 The North Bay League will use officials from the North Bay Officials Association and the Redwood Empire Officials Association.
- 5.403 Timers in football for league games shall be qualified adults who have demonstrated previous competency. It is recommended that visiting teams furnish a qualified timer to assist the official timer.
- 5.404 **It is mandatory for the home team to provide a doctor, paramedic, certified athletic trainer, or EMT (21 years of age or older) who shall be present on the field for all football games from the beginning to the end of the game. No game may start without the presence of one of these medical personnel.**

Equipment 5.500

- 5.501 A National Federation approved football shall be used.

League & Tournament 5.800

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

In case of a tie at the end of the league season, the following criteria will be used, one at a

time and in the order listed to determine which team will receive the NBL automatic entry to the North Coast Section Championships:

1. Head-to-head in league contests versus the teams involved in the tie.
2. Numbers drawn by the respective member school principals at the first meeting of the school year. (Approved January 20, 2015)

5.802 The winner of each league division shall receive an automatic entry to the NCS Championships.

5.803 All ties will be played off, using the regulations outlined in the NFHS rulebook.

5.804 All-league selection

1. Players are nominated for first team or second team by their own coaches.
2. There shall be no more than 40 members on the first team and 40 members on the second team. Special awards will be nominated and voted upon first. These shall include offensive player of the year, defensive player of the year, specialist of the year, defensive back of the year, lineman of the year. On offense, it is suggested that there be one quarterback, two running backs, four wide receivers, one tight end, and eight linemen. On defense it is suggested that there be five defensive backs, 6 defensive linemen, two inside backers and three outside backers. There shall also be a coach of the year. (Approved August 25, 2016)



GOLF 6.000

Schedules 6.100

- 6.101 Girls' golf:
- a. The schedule shall be established using a scheduling matrix and the numbers that are drawn for winter sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is located at the end of these bylaws.
 - b. Each round will consist of nine holes.
 - c. Starting time for first round matches shall be 3:30 PM and starting time for second-round matches shall be 3:00 PM.

Boys' golf:

The schedule shall consist of 18-hole mini-tournaments. There will be one tournament in the Oak Division and one tournament in the Redwood Division per week. Each NBL school will host one event. The day of each tournament will vary each week (based on course availability) so that students do not miss the same class every week. Once daylight savings time begins, start time will be 2 PM, depending on course availability. (May 2, 2018).

- 6.102 As golf must be played on private courses, it may be necessary for the home team to set a different date from what is listed on the league schedule. Dates of the scheduled contests may be changed only by mutual agreement of all principals involved.
- 6.103 If a match is postponed due to inclement weather, it is to be made up at the earliest date possible.

Practice 6.201

- 6.201 The first date of practice shall be determined by the NCS Calendar.
- 6.202 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.
- a. Double day practices shall not be held on consecutive days and must include a minimum of three (3) hours rest between practices.
 - b. No practice may be held following the conclusion of a contest.
 - c. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.
 - d. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. (Each round counts as four hours).
- 6.203 No practice shall be allowed before the match except for putting and use of the driving range. No one may hit onto a green on the course before a scheduled match.

Game Administration 6.300

- 6.301 The U.S. Golf Association Rule Book is the governing authority in golf. Each coach shall bring a USGA rule book to all matches to settle any controversy. If the two coaches cannot agree, the decision of the home coach shall be final.
- 6.302 USGA rules shall prevail with the exception of local course rules and winter rules. Winter rules (improving your lie six inches anywhere on the course, except in a hazard), shall prevail with regard to movement of the ball.
- 6.303 Line-ups in the order of ability shall be exchanged before the match begins.

6.304 The team will consist of six players. The top five scores will be used to determine the match winner. All team matches will be medal (stroke) play.

During the girls' league season the double par rule will be used in scoring. Once a player reaches double par plus two and has not holed out, that player shall pick-up her ball and enter a score of a double par +1 on the hole. (I.e. on a par 4 hole the player would write on her scorecard a 10 to indicate she had to pick up on the hole.) If a player holed out with a score of double par +1, that player would not have to circle the score indicating that player holed out for the score.

During the boys' league season, by coach's agreement on the day of the NBL golf match, players will be notified as to which, if any of them, will be playing the quad bogey rule. The words QUAD RULE will be written on the scorecard of each eligible player. The players so notified MUST stop playing, pick up their golf ball and proceed to the next tee when their score on any hole reaches quadruple bogey (7 on a par three, 8 on a par four, and 9 on a par five). Failure to stop play when quad bogey is reached results in disqualification from the next NBL golf match. These players are not eligible for any NBL individual golf awards during the season.

6.305 Dress for boys' and girls' golf will be the dress required for NCS play.

Boys:	Collared golf shirts are required. Shorts may be worn and must be no more than 3" above the knee. No blue jeans (including any color designer jeans), t-shirts or tank tops.
Girls:	Golf shirts and slacks, skirts, or shorts may be worn. Shorts may be no more than 3" above the knee. No blue jeans (including any color designer jeans), t-shirts or tank tops.

The dress code of a respective golf course used by the North Bay League 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 than the NBL, the NBL dress for players and coaches will be in effect.

6.306 Coaching in Golf. (NBL Board of Managers, May 2, 2018)

Coach may provide instruction, encouragement and information to his/her golfers without interfering with play or the conduct of the event is allowed under the following regulations:

1. Between the play of holes, a coach is allowed to communicate advice to his/her players. Between the play of holes is defined as that period when an entire group has completed play of a hole and ends when the individual player hits his or her tee shot on the next hole.
2. The communication of advice may not impede the pace of play.
3. Coaches are NOT allowed to communicate any advice (verbal or non-verbal) during the play of the hole. A violation of this would result in the player being penalized under Rule 8 of USGA Rules of Golf.
4. Coaches who are in violation of this policy may be subject to one or more of the following consequences from a member/ members of the tournament committee: a) limited coaching time; or b) Removal from the golf course (coach may remain in the clubhouse/practice area)
5. Only the golf coach may communicate advice to his/her players. The golf coach is defined as the person who signs in the team at the event and is listed on file at his/her respective school as the golf coach.

As a reminder, players are still prohibited from communicating advice, as defined by Rule 8, to other players at any time during their round. Any player who gives or asks for advice will be penalized according to Rule 8 of the USGA Rules of Golf.

- 6.307 Use of a distance measuring device is allowed provided it measures distance only.
- a. The features that would render the use of the distance 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 off or disengaged and the features are switched off or disengaged.
 - v. Players may not use any cell phone application as the use of any 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/her grouping, when asked, will be subject to disqualification for a serious breach of etiquette.

6.308 Players are not allowed to carry an extra ball in their pocket during the round being played. Players must inform their fellow competitors when they are hitting a provisional ball and get the ball from their bag. Exception: A player may carry an extra ball on the tee box in order to speed ball.

Penalty: Warning on the first violation and a two-stroke penalty on the second violation.

6.309 Players are NOT to remain at the last green. Players are to assemble at the designated areas (the practice putting green). Players who have finished their round are not to talk to players who have not finished their round.

6.310 As described in the USGA rule book section on golf etiquette, violations of etiquette, such as throwing of a club or course destruction, will result in penalties for unsportsmanlike conduct. These penalties shall include, but are not limited to:

1. Warning—discussion at the beginning of each match will be considered the warning
2. Two-stroke penalty for the next incident
3. Forfeit of match on any incident after the two-stroke penalty

League & Tournament 6.800

6.801 In the interest of safety, liability, and fairness, no spectators are allowed to be on the course of play. Coaches and courses may designate safe areas for galleries (for post-season honors or post-season play).

6.802 The championship team of the NBL may compete in the NCS Championships. The three highest individuals from the league may also compete. The individuals are determined by a league tournament at the end of the season. The tournament will be played on a neutral course whenever possible and will be hosted by schools on a rotating alphabetical basis. If the league tournament cannot be played, the individuals will be determined by their league average and the number of league matches won.

6.803 The golf championship shall be determined by a point system. One point is awarded for each dual match win. The team with the most points shall be the league champion.

6.804 Team Score Tiebreaker

In the event of a tie in a dual meet or in the league tournament, the following tie breaker system will be used to determine who will represent the NBL in the NCS Championships.

Compare the scores of the sixth player from each team involved in the tie. The team of the player that has the lower score will win the tie. If one team has a sixth player who finished all of the required holes and achieved a valid score and the other team(s) involved in the tie either does not have a six player or its sixth player fails to complete all of the required holes or fails to achieve a valid score, the team with the six player who finished all of the required holes and achieved a valid score shall win the tie. If still tied, compare the scores of the fifth player, following the preceding procedures with the fourth player, third player, etc., until the tie is broken.

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.

Individual Score Tiebreaker for 18 holes

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 tie 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 eighteenth 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 determined.

6.805 In boys' golf:

- The order of hosting for the "mini-tournaments" shall be determined at the preseason coach meeting.
- League matches scheduled prior to the start of daylight savings time shall begin at 1:00 pm. League matches scheduled during daylight savings time shall begin at 2:00 p.m.
- Stroke play will be used during the NBL season. The lowest five scores will count as the team score.
- Points for each tournament shall be earned as follows: 7 points for the winning team; 5 points for the second place team; 4 points for the third place team; 3 points for the fourth place team; 2 point for the fifth place team and 1 point for the sixth place team.
- The team with the most points in the league mini-tournament rounds AND the NBL post-season tournament will be declared the NBL Champions and will receive the automatic berth to the North Coast Section Tournament.
- In case of a tie, all tied teams will be considered NBL co-champions and each shall receive a pennant. The team with the lowest spring season number (drawn by NBL principals) will be the automatic NBL qualifier to the NCS Championships.

6.806 The top three individuals in the league tournament shall receive medals. A player must play in a minimum of 50% of the league matches in order to receive NBL honors or participate in the NBL Championships. A player who does not qualify may petition to the NBL Executive Committee for exception, based on documented evidence of a condition beyond the control of the student-athlete.

SOCCER 8.000

Schedules 8.100

- 8.101 The schedule shall be established using a scheduling matrix and the numbers that are drawn for fall sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is included at the end of these bylaws.
- a. Numbers will be drawn by an administrator from each school in the fall.
 - b. These numbers are then used to fill slots in the scheduling matrix.
 - c. Girls' teams will play on Tuesday and Thursday for one half of the season, while the boys' teams play on Wednesday and Friday. Halfway through the season, the days will reverse so that girls' teams play on Wednesday and Friday and boys' teams play on Tuesday and Thursday.
- 8.102 Boys' and girls' soccer will be played in the winter season of sport. (September 29, 2016)

Practice 8.201

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

Game Administration 8.300

- 8.301 The National Federation Soccer Rule Book is the governing authority in soccer, except for CIF/NCS modifications or adoptions.
- 8.302 JV games are scheduled for 4 PM. Varsity games are scheduled to begin at 6:00 PM.
- 8.303 The junior varsity will play two thirty-five minute halves. A junior varsity game may be shortened due to darkness.
- 8.304 If the contest ends in a tie in regulation time, it shall remain a tie.

Equipment 8.500

- 8.501 An NBL, NCS and National Federation approved soccer ball shall be used.
- 8.502 All soccer fields shall have the required dimensions as described in the National Federation Rule Book.

League & Tournament 8.800

- 8.801 In boys' and girls' soccer: The team with the highest total contest points in each division will be the winner. If two or more teams have the highest total, then there will be co-champions. Points are determined as follows: Win: 3 points; tie: 1 point; loss: 0 points.
- 8.802 The winner of each division will receive an automatic entry to the NCS Championships.

- 8.803 Tie-breaker system for NBL automatic entry into NCS Championships, boys' and girls' soccer.
- a. Award three points for a win and one point for a tie.
 - b. If a tie in continues to exist, then the team with the best record in head to head competition will be awarded the automatic entry.
 - c. If the head to head record is equal, then goals for and against in head to head competition will be used.
 - d. If a, b, and c are applied and the tie still exists, the team whose school has the lowest number in the fall draw by the administrators will be awarded the automatic entry.
- 8.804 All-league selection format for soccer
1. The all-league meeting will be held on the Monday following the conclusion of the NBL schedule, at a site determined by the coach of the NBL Championship School.
 2. Each team will be awarded first and second all-league selections based on their team's finish in the league standings, as follows: First place (4), second place (3), third place (2), fourth place (2), fifth place (1), and sixth place (1). There is no honorable mention in boys' soccer, but there is honorable mention in girls' soccer. In girls' soccer, each school is allowed two honorable mention nominations.
 3. In boys' soccer only, there shall be a Coach of the Year: Nominations will be taken from the floor. Each coach will vote for one coach. The vote shall be conducted using a secret ballot.
 4. Boys' soccer: MVP—open nominations, followed by a vote. Coaches may vote for player on their own team. If necessary, coaches may vote for two players to narrow the field. If a second vote is necessary, the field will be narrowed and each coach will vote for one student-athlete. The vote will be conducted using a secret ballot.
 5. Girls' soccer: There shall be an offensive MVP and a defensive MVP. There shall be open nominations, followed by a vote. Coaches may vote for player on their own team.



SOFTBALL 9.000

Schedules 9.100

- 9.101 The schedule shall be established using a scheduling matrix and the numbers that are drawn for spring sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is included at the end of these bylaws.
- 9.102 Games that have been rained-out shall be played at the earliest possible date after the rain-out. Rainouts shall be played if the championship of the league is involved.
- 9.103 Softball games shall be played on Tuesdays and Thursdays.

Practice 9.201

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

Game Administration 9.300

- 9.301 National Federation Softball Rule Book is the governing authority in softball, with the exception of CIF/NCS modifications and/or adoptions. (See NCS Sports and General Rulings Handbook, Section 22.100H).
- 9.302 All NBL softball games (both JV and Varsity) must use a double first base bag. (Approved August 25, 2016)
- 9.303 Start time for all league games shall be 4:00 PM.
- 9.304 The NBL will use the tie-breaker procedures outlined in the current year's National Federation Softball Rules Book.
- 9.305 The NBL will use the 10-run rule, as authorized by State Association Adoption. 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 ten or more runs, or after the fifth inning, if either team is 10 runs behind.
- 9.306 Teams will not be allowed to take batting practice or use pitching machines or batting 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.

Officials 9.400

9.401 The Northern Coast Officials Association and the Redwood Empire Officials Association shall provide officials for the contests.

Equipment 9.500

9.501 The home team shall provide two new leather balls for each contest. The yellow optic ball shall be used. The ball shall be an NBL, NCS and National Federation-approved ball and shall be the same ball used in the NCS Championships.

League & Tournament 9.800

9.801 The league champion in each division (Oak and Redwood) shall be team with the most league wins within that division (Oak and Redwood) and will represent the North Bay League in the NCS Championships.

9.802 If two or more teams tie for first place at the end of the round robin, those teams shall be declared co-champions and each shall receive a pennant. In order to determine the NBL representative to the North Coast Section Championships, the following process shall apply.

1. If there is a two-way tie for first place at the conclusion of the NBL Round Robin, the teams shall be declared NBL co-champions and the automatic entry to the NCS championships shall be determined
 - a. If one of the two tied teams wins the NBL postseason tournament, then this team shall be named the NBL automatic representative to the NCS Championships.
 - b. If neither of the two tied teams wins the NBL post season tournament, then the team that advanced to the finals in the tournament shall be named the automatic entry to the NCS Championships.
 - c. If both of the tied teams are eliminated in the semi-finals, then the following criteria will be used:
 - i. Head-to-head competition between/among the tied teams.
 - ii. If the tie(s) still exist, the next determination will be runs allowed between the teams that are tied.
 - iii. If a tie still exists after steps i. and ii., the automatic qualifier will be determined by the string draw of the principals that is conducted at the beginning of the school year.
2. If there is a three-way tie for first place at the conclusion of the NBL Round Robin, the three teams shall be declared NBL co-champions and the automatic entry to the NCS Championships shall be determined as follows:
 - a. If one or more of the three tied teams wins the NBL postseason tournament, then that team shall be named the automatic entry to the NCS Championships.
 - b. If none of the three teams that tied for first place wins the postseason tournament, then the team that advanced to the finals shall be named the automatic entry to the NCS Championships.
3. If there is a four-way tie for first place at the conclusion of the NBL Round Robin, all four teams will be named NBL co-champions and the team that wins the NBL postseason tournament shall be named the automatic entry to the NCS Championships.

9.804 The NBL Tournament will be played on Tuesday and Thursday during the week after the conclusion of the NBL round-robin schedule. All games will begin at 4:00 PM.

1. On Tuesday, 1 vs. 4 at the home site of the higher seed and 2 vs. 3 at the home site of the higher seed.
2. The winners of the Tuesday games will play Thursday at a neutral site, if possible.

Ties in the seeding for the tournament will be resolved by:

1. Head-to-head competition between/among the tied teams.
2. If the tie(s) still exist, the next determination for seeding will be runs allowed between the teams that are tied.

3. If a tie still exists after steps 1 and 2, the seeding will be determined by the spring draw of the principals that is conducted at the beginning of the school year.
- 9.805 All participating teams must have an administrator or his/her designee present at each game before the game will begin. The designee may not be someone who is involved as a team coach, manager, scorekeeper, statistician, etc.
 - 9.805 For the championship game, the highest seeded team shall be designated the home team and will use the third base dugout.
 - 9.805 Each participating team must provide six balls per game.

SWIMMING & DIVING 10.000

Schedules 10.100

10.101 The schedule shall be developed each year in the fall after consideration of pool availability.

Practice 10.200

10.201 All CIF and NCS practice rules MUST be followed.

10.202 The first day of practice shall be determined by the current NCS Calendar.

10.203 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.

j. Double day practices shall not be held on consecutive days and must include a minimum of three (3) hours rest between practices.

k. No practice may be held following the conclusion of a contest.

l. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.

Game Administration 10.300

10.301 The National Federation Swimming and Diving Rule Book is the governing authority in swimming and diving, except for CIF/NCS modifications and/or adoptions.

10.302 Start times will be determined by the individual member schools, after consideration of pool availability.

10.303 The league meet will be varsity girls and varsity boys. Senior boys and girls are allowed to participate on the junior varsity team. (1/17/2010)

10.304 Schools may fill their varsity team based on level of experience, not based on the numbers in the varsity program. (1/17/2010)

Scoring for dual, double dual or triple dual meets:

a. Maximum of three entries per team.

Relays: 6-3-1-0 Individual: 4-3-1-0

b. Maximum of two entries per team

Relays: 8-4-2-0 Individual: 6-4-3-2-1-0

c. Maximum of four entries per team.

Relays: 10-5-3-0 Individual: 8-6-5-4-3-2-1-0

d. Only two relays may score for each team in each relay event.

e. Double-dual/triple-dual: Scoring will follow entries per team as listed under dual meets.

10.305 Diving is one of the events in the swimming and diving rules.

Penalty:

1. When diving equipment is such that the event cannot be conducted, the host team is disqualified from that event and points shall be awarded to the visiting team according to the number of divers (maximum 3).

2. When diving is not conducted because of inadequate water depth and (a) written notice is given to an opponent at least two weeks prior to the first home meet, no points are awarded. (b) If there is NO written notice, the visiting teams shall be awarded points as in the National Federation Rule Book.

3. Section 3: Diving contestants (NF rule book)

Article 1: The number of team entries in diving shall be the same as in all swimming events in the meet.

Article 2: The diving event shall count as an individual event for the competitor.

4. Section 4: Choice of dives (dual meets)(NF rule book)
 - Article 6: In all other meets, the competition shall consist of one voluntary dive (dd = 1.8), which shall come first; five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive.
 - Article 8: No diver shall repeat a dive in a single meet. All dives of the same number, whether tuck, pike, straight or free position are considered the same dive.
5. Section 5: Form of the dives (NF rule book)
 - Article 2: This whole section should be read by the coaches and scores of the competition.

Diving table

- Group 1 Forward group
- Group 2 Backward group
- Group 3 Inward group
- Group 4 Reverse group
- Group 5 Twist group

In dual meets, at least four groups must be used.

In dual meets where there is diving, the competitors must have six dives listed and they must perform six dives to score points (NF rule book)

There can be no agreement between or among coaches on the rules that govern competition between schools in the NBL. We must follow the rules set by the National Federation, NCS and NBL.

- 10.306 Points toward the league championships shall be as follows:
1. One point for each dual meet win and one-half point for each tie.
 2. In the league championship meet, the winning team will be awarded three points, the second place team two points, and the third place team one point.
 3. The combination of dual meet points awarded in the regular season and the points awarded in the league championship meet shall determine the winning school.

Officials 10.400

- 10.401 No league meet may begin with fewer than three non-student (over 18) officials available for a dual league meet. No league coach may serve in any capacity which affects the outcome of the meet.
- 10.402 The starter and/or referee should be an adult who has proven to be competent for the job by earlier experience.

Equipment 10.500

- 10.501 The home team must furnish lap counters for those races requiring them.
- 10.502 The visiting team must furnish one competent diving official for all dual meets.

League & Tournament 10.800

- 10.801 All entries to the league meet must be made at least one week before the league meet. Coaches shall meet to determine the league entries on Monday preceding the league meet.
- 10.802 Swimmers must establish a valid time during a league meet in order to participate in the league meet.
- 10.803 The NBL Championship meet director shall be rotated between league schools.

- 10.804 The NBL Championship Meet organizer and up to six officials will be paid for their work at the NBL Championships. The amount for the meet organizer shall be \$150 and the payment for the other officials is a matter to be determined by the host school, in conjunction with the league commissioner or assistant commissioner.
- 10.805 Pennants will be given to the winning varsity boys' team and the winning varsity girls' team.
1. Medals shall be awarded for the first four (4) places in each of the two divisions in the league meet.
 2. The winner of each event at the NBL tournament shall be designated as first team all league. The second place finisher at each event shall be designated as second place all-league.
- 10.806 Qualifying to the North Coach Section shall be based on the following. Note: This order of events will be used in both dual and league meets (unless changed by the National Federation).
1. Girls' 200 yard medley relay
 2. Boys' 200 yard medley relay
 3. Girls' 200 yard freestyle
 4. Boys' 200 yard freestyle
 5. Girls' 200 yard individual medley (JV – 100)
 6. Boys' 200 yard individual medley (JV – 100)
 7. Girls' 50 yard freestyle
 8. Boys' 50 yard freestyle
 9. Girls' diving
 10. Boys' diving
 11. Girls' 100 yard butterfly (JV – 50)
 12. Boys' 100 yard butterfly (JV – 50)
 13. Girls' 100 yard freestyle
 14. Boys' 100 yard freestyle
 15. Girls' 500 yard freestyle
 16. Boys' 500 yard freestyle
 17. Girls' 200 yard freestyle relay
 18. Boys' 200 yard freestyle relay
 19. Girls' 100 yard backstroke
 20. Boys' 100 yard backstroke
 21. Girls' 100 yard breaststroke
 22. Boys' 100 yard breaststroke
 23. Girls' 400 yard freestyle relay
 24. Boys' 400 yard freestyle relay
- Diving: 11 dives (JV – 3 dives)

Note: In all dual meets where junior varsity events are held, they shall go first.



TENNIS 11.000

Schedules 11.100

- 11.111 The schedule shall be established using a scheduling matrix and the numbers that are drawn for spring sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix may be found at the end of these bylaws.
- 11.112 Girls' tennis shall be played as a fall sport. League matches shall be held on Tuesdays and Thursdays beginning at 3:30 PM. Any matches involving Healdsburg High School will begin at 4:00 PM.
- 11.113 Boys' tennis shall be played as a spring sport. League matches shall be held on Tuesdays and Thursdays beginning at 3:30 PM. (9/6/12). Any matches involving Healdsburg High School will begin at 4:00 PM.
- 11.114 The home coach will make the final decision on the postponement of a match due to inclement weather. The coach is to notify the visiting school if it is to be postponed by noon on the day of the match.
- 11.115 When a singles or doubles match is called due to inclement weather or darkness, said match shall be resumed at the earliest date that is possible and with the exact score as it was at the last complete game.
- 11.116 An NBL singles and doubles tournament shall be held at the end of the season. The winners of the tournament in the Oak and Redwood divisions shall be the automatic entries from that division to the NCS Championships.

Practice 11.201

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

Game Administration 11.300

- 11.301 The United States Tennis Association (USTA) Rule Book is the governing authority for girls' and boys' tennis. Note: USTA rules apply for late arrivals (although consideration will be made for unforeseeable circumstances. If an open court is available in either singles or doubles and the player(s) is/are not present, refer to the USTA penalty for being late.
- 11.302 The girls' teams and the boys' teams shall play with a first, second, third, and fourth singles team and with first, second and third doubles team.
- 11.303 The singles players shall not play on the doubles teams nor shall the doubles players play singles.

- 11.304 Challenge matches used for ranking players on a team ladder must consist of a minimum eight game pro-set.
- 11.305 A line-up giving the order of ranking of all team members must be exchanged prior to each league match.
1. The first three singles players must play in ranked order.
 2. After the above, any combination of players can be used provided the doubles teams play in ranked order.
 3. In case of a substitution, the singles players and doubles teams must move up in ranked order. For example, if the number one singles player or number one doubles team is not present, number two must play in the number one position. If the number two singles player or the number two doubles team is not present, the number three must play in the number two position, etc. Players may NOT jump positions.
 4. If a team does not have enough players, they must default the lowest position/s in singles and/or doubles.
- 11.306 No ad scoring shall be used.
- 11.307 The following modifications for scoring matches shall be used in varsity matches. When the set score is 6 – 6, a 12-point tie-breaker shall be used.
- 11.308 If darkness is coming on and it is clear that players will not be able to complete a full third set, AND if both coaches agree, a ten-point super tiebreaker will be played in place of a full third set if needed.
- 11.309 Side-line coaching
1. Coaches may call a conference with their player after one set is completed. It will be a maximum of one minute.
 2. Side-line coaching as described in the USTA rules: when players split sets there will be a maximum time limit of ten minutes.
 3. Coaches may only be within the court area during the times allowed for coaching; they must be outside the fenced areas at all other times.
 4. When a player changes sides, the coach may give side-line coaching for a maximum of ninety seconds; otherwise, the coach is limited to applause and other expression of approval.
 5. The players are to call the game and coaches are not to correct these calls. If there is a problem both coaches shall be involved in the discussion.
- 11.310 The coaches will determine as to whether or not a judge is needed.
1. Line judges: Each team will provide a line judge (a neutral party if possible) who will call lines for the opposing team. They will stand at the net and call lines ONLY if asked to do so by the players. Line judges will call only their half of both sides of the court closest to them.
- 11.311 Conduct penalties.
The following misconduct penalties (equipment abuse, language abuse, unsportsmanlike behavior, etc.) will be used in matches.
- First offense: Warning
Second offense: Default of game
Third offense: Default of match—considered an ejection under the ejection policy
- Both coaches shall be involved in assessing the penalties.
The penalty for an ejection shall follow the North Coast Section Policy.
- 11.312 The home team shall provide practice balls for both teams.

11.313 In case of a tie in team tennis requiring a playoff to determine the automatic representative to the NCS Championships, the NBL will provide a case of balls. The balls shall be the same ball that will be used in the NCS Championships for that season.

11.314 Players must wear appropriate tennis attire. Appropriate is defined as matching, i.e., shorts (no cutoffs) or skirts and tennis shirts (no tank tops for boys). The shirt must be worn at all times. Uniforms may not be the same color as the official ball.

League & Tournament 11.800

11.801 NCS Qualifying Tournaments will be held in both the Oak and the Redwood division.
Singles

- a. There shall be a singles tournament every year in both the Oak and Redwood divisions.
- b. Each school may send a maximum of two players to the league tournament in order to compete for the right to represent the league at the North Coast Section Tennis Championships.
- c. If a school does not have entry, that spot will be filled from the next best available player from the NBL championship team. If no player is available from the first place team, the next best available player from the second place team will fill that spot.
- d. The winner of the tournament shall be the automatic entry into the NCS Championships.
- e. The tournament must be played to third place.
- f. Seeding will be done by the coaches before the first match.
- g. In the girls' and boys' tournament, a minimum of four players will be seeded.
- h. In the event of rain, the league representative shall be the player with the most wins at the number one singles in league competition.

Doubles:

- a. There shall be a doubles tournament in both the Oak and Redwood divisions to qualify for the NCS Championships. The winner of the tournament will be the automatic NBL entry into the NCS Championships.
- b. In the girls' tournament, there will be a 16-team single elimination tournament with a consolation round. Each school is allowed to send two entries. If a school does not send two entries, the team with the most wins may send three teams. If two schools do not send entries, the team in second, most wins may send three teams, etc.
- c. The tournament must be played to third place.
- d. Seeding shall be done on the first day of the tournament by the coaches before the first match begins. In the boys' tournament, seed according to standings.
- e. The winner of the tournament shall be the automatic entry to the NCS tournament.
- f. The women's tennis championship shall begin at 1 PM on Friday and 9 AM on Saturday whenever possible. There will be a seeding meeting prior to the first matches.
- g. In case of rain, the doubles team winning the greatest number of doubles matches during league shall represent the league in the NCS Championships.

If a school in either the singles or doubles tournament has a team or individual who is still in the tournament and cannot play in his/her next match, that match will be forfeited. There will be no substitutions to a doubles team if one player is unable to play.

Host teams are responsible for the administration, draw and refreshments for the tournaments. Host teams for the singles and doubles championships shall be rotated yearly on an alphabetical basis.

11.802 Team tennis

The league championship shall be the team that has won the greatest number of team matches during the league season in their respective division.

If there is a tie in league for first place, the following format will be used to determine who will represent the North Bay League in the NCS Championships.

- A. If there is a two-way tie for first place, the following format will be used to determine who will represent the NBL in the NCS Championships:
 1. There will be a play-off between the teams involved. If this is not feasible due to inclement weather, it will be determined by:
 - a. Head-to-head competition
 - b. Sets won against the team
 - c. Games won against the team
 - d. If all is equal, the team with the lowest number in the fall draw will represent the NBL in the NCS Championships.
 - e. The home team will be determined by the criteria outlined above.
- B. If there is a three-way tie for first place, the following format will be used to determine who will represent the NBL in the NCS Championships:
 1. There will be a play-off between the three teams involved (two extra matches for one team)
 2. The bye team and the home team will be determined by:
 - a. Head-to-head competition
 - b. Sets won against the team
 - c. Games won against the team
 - d. If all is equal, or if it is not possible to hold a playoff due to inclement weather, the team with the lowest number in the fall draw will represent the NBL in the NCS Championships.
- C. If there is a four-way tie for first place, using the criterion in 10.802 (A), team 1 will play team 4 at team 1's home site and team 2 will play team 3 at team 2's home site. Winners will play each other at the home site of the highest seed. If it is not possible to hold a playoff due to inclement weather, the team with the lowest number in the fall draw will represent the NBL in the NCS Championships.
- D. Home team will be determined by the criteria above.

11.803 All-league selection format

1. Player of the year—nominated by coaches and voted upon by all coaches. A coach may vote for his/her own player. Ties will be broken by a player's record in head to head competition.
2. Singles: four first-team singles; four second-team singles; and four honorable mention singles.
3. Doubles: three first-team doubles teams; three-second-team doubles teams; and three honorable mention doubles teams
4. The all-league meeting will be held on the Monday following the doubles tournament.

11.804 The league champion of each division will be the team with the most league wins within that division.

TRACK AND FIELD 12.000

Schedules 12.100

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

Practice 12.201

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

Meet Administration 12.300

- 12.301 The National Federation Track and Field Rule Book is the governing authority in track and field, with the exception of CIF/NCS modifications and/or adoptions.
- 12.302 Start time for league meets will be 3:45 PM. Meets need to start on time so that they finish at a reasonable hour. Time schedule is approximate, but events will not start before the stated time unless agreed upon.
- 12.303 In a hand-held time event tri-meet, home schools get two lanes and the visiting teams get three lanes each. In the second heat, the fastest runner from the home team will be timed with two watches and compete for a position in the top four.
- 12.304 Individual event scoring for dual meets is 5 (first place), 3 (second place), and 1 (third place). In a relay in a dual meet, the winning team will be awarded 5 points for first place. Individual event scoring for tri-meets is 5 points for first place, three points for second place, and two points for third place. Scoring for a relay in a tri-meet will be five points for first place and three points for second place.
- 12.304 Pole vault athletes start warming up ASAP. It will be an open pit. When a vaulter's opening height has been reached, that vaulter will be given two additional run-throughs.
- 12.305 Heights for the 100/110 High Hurdles will be 33" for girls; 36" for JV boys and 39" for varsity boys. In the 300 Intermediate Hurdles, the height for girls will be 30" and the height for boys will be 36".

- 12.306 The fastest heat is the first heat! In lane events in which hand held time is used, there should be three watches on first and second place finishers in the second heat.
- 12.307 Lane assignments will alternate each race.
- 12.308 Athletes are allowed to leave the event in order to compete in another event at the discretion of the official. Athletes must be given a reasonable recovery, at the discretion of the official, after the conclusion of the other event. Officials need to make every attempt to inform the athletes if there is an unforeseen delay in starting other events and/or if the bar is to be raised.
- 12.309 Long jump start at 3:45 PM. No run-throughs after the 4 x 100 starts. The long jump will end at the conclusion of the 800 m. Triple jumpers sign in before the end of the 800 m.
- 12.310 Field events will have three attempts during tri-meets and four attempts during dual meets.
- 12.311 In order to rest sprinters competing in the 4x400, there will be a 20-minute wait after the last 200 meter race if the 3200 meter is or is not run.
- 12.312 Starting height for high jump: 3'6" for JV girls; 4'0" for varsity girls; 4'6" for JV boys; and 5'0" for varsity boys.
- 12.313 Starting height for pole vault: 6'0" for JV girls; 7'0" for varsity girls; 7'6" for JV boys; and 9'0" for varsity boys.
- 12.314 All field event participants must sign-in before the event begins.
- 12.315 Field implements should have weight indication and no alteration.
- 12.316 Order of events for track events:

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

Order of events for field events:

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

Officials 12.400

- 12.401 The track coaches shall have no part in the officiating of the meet.
- 12.402 In each league track meet, the home school must provide seven adult officials, three for field events and four at the finish line.
- 12.403 Adults should measure and read the tape at all field events.
- 12.404 Rules (National Federation Rules and NBL Bylaws) should be attached to clipboards to help the officials.
- 12.405 In each league track meet, the home school must provide seven adult officials, three for field events and four at the finish line.

League & Tournament 12.800

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

12.811 All-league distinction:

- The first and second place finishers in boys' and girls' varsity competition at the NBL Championship meet will receive recognition as NBL First Team all-League.
- The third and fourth place finishers in boys' and girls' varsity competition at the NBL Championship will receive recognition as NBL Second Team all-league.
- The fifth and sixth place finishers in boys' and girls' varsity competition at the NBL Championship meet will be honored as members of the NBL Honorable Mention Team.

VOLLEYBALL 13.000

Schedules 13.100

- 13.101 The schedule shall be established using a scheduling matrix and the numbers that are drawn for fall sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is included at the end of these bylaws.
- 13.102 League matches will be played on Tuesday and Thursday.

Practice 13.201

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

Game Administration 13.300

- 13.301 The National Federation Volleyball Rule Book is the governing authority in volleyball except for CIF/NCS modifications and/or adoptions.
- 13.302 Freshman league matches will begin at 4 PM, the junior varsity match will begin thirty minutes following the frosh match, and the varsity match will follow thirty minutes following the conclusion of the JV match. If there is no freshman team, the junior varsity match will begin at 5 PM and the varsity match will begin 30 minutes following the conclusion of the JV matches. Due to bell schedule difficulties, freshman games with Ukiah and Windsor will begin at 4:30 PM.
- 13.303 The varsity shall play a five-game match in which a team is considered the winner of the match when it wins 3 games. If a fifth game is necessary, a coin toss shall be conducted prior to that game. Rally scoring will be used in all games. The freshman and junior varsity teams shall play a two out of three game match.
- 13.304 There shall be a period of 30 minutes between the freshman and JV match and between the JV and varsity match. Warm-up shall be ten minutes shared time on the court, ten minutes on the court for the visiting team and ten minutes on the court for the home team.
- 13.304 It is the responsibility of the home team to provide at least eight (8) volleyballs per team for warm-up prior to the contest.
- 13.305 If music is used, it must be played for both teams during pre-match warm-ups, and it must be similar in genre.
- 13.306 It is the responsibility of the home team to provide lines people for all matches.

Officials 13.400

- 13.401 The North Bay Volleyball Officials Association and the Redwood Empire Officials Association

shall provide the officials for the matches.

Equipment 13.500

13.501 The league ball shall be the same ball used in the NCS Championships.

League and Tournament 13.800

13.801 The league champion shall be the team with the most league wins and will be the league representative to the North Coast Section Championships.

13.802 In the event of a tie, the automatic NCS berth will be determined by the following criteria:

1. Best record in head-to-head competition
2. Greatest number of wins within the tie
3. Lowest number drawn at the by the principals at the beginning of the school year.

13.803 The team winning the North Bay League round-robin shall be the league representative to the North Coast Section Championships.

13.804 All-league selection format for volleyball.

1. The all-league meeting will be held on the Monday following the conclusion of the NBL schedule, at a site determined by the NBL Commissioner or Assistant Commissioner.
2. Each team will be awarded first and second team all-league selections based on their team's finish in the league standings, as follows:
First place: three first-team and two second team;
Second place: two first team and two second team;
Third place: one first team and two second team;
Fourth place: one first team and one second team;
Fifth place: one first team and one second team;
Sixth place: no first team and one second team;
There is no honorable mention.
3. MVP--Open nominations, followed by a vote. Coaches may vote for a player on their own team. The vote will be conducted using a secret ballot. This voting will take place at the beginning of the all-league meeting.

If there are three or more nominees for MVP, there shall be two rounds of voting. The first vote will require coaches to rank the nominees so that there are two finalists. The second and final vote will be just for the player the coaches feel is the most valuable player in the league.

WATER POLO 14.000

Schedules 14.100

- 14.101 Water polo will be conducted during the fall season of sport.
- 14.102 There will be a double round round-robin of league matches.
- 14.103 Matches will be played on various days of the week to accommodate the officials.

Practice 14.201

- 14.201 Practice may begin on the date established by the North Coast Section for fall sports.
- 14.202 All CIF and NCS practice rules MUST be followed.
- 14.203 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.
 - v. Double day practices shall not be held on consecutive days and must include a minimum of three (3) hours rest between practices.
 - w. No practice may be held following the conclusion of a contest.
 - x. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.

Game Administration 14.300

- 14.301 The coach of the home or host team is responsible for entering match results on MaxPreps and for reporting game results to the news media within one hour of the conclusion of the match.
- 14.302 The following order will be held for all NBL water polo matches: Varsity boys: 5 PM, JV boys: 6 PM; JV girls: 7 PM; varsity girls: 8 PM. This rotation will be reversed during the second round of the league double round robin.
- 14.303 Cancelled or suspended matches must be made up by the next available date. It is not necessary to make up non-varsity matches after the season has officially ended unless they have a bearing on the league championship.
- 14.304 Inclement weather: Home teams will be responsible for cancelling matches due to inclement weather. ONLY the athletic director or a site administrator may cancel or reschedule a match.
- 14.305 Admission may be charged at any NBL contest. See general rules for admission price guidelines.

Officials 14.400

- 14.401 The North Bay League will use officials from the Northern California Referees Association.

Eligibility 14.600

League and Tournament Administration 14.800

- 14.801 The home school is responsible for supplying an experienced scorekeeper and time.
- 14.802 Matches are played according to the National Federation Water Polo rule book.
- 14.803 All NBL matches must be held in deep water pools.

- 14.804 The league champion shall be the team with the most league wins. In the event of a tie in varsity competition, the league championship will remain a tie and each school will receive a pennant.
- 14.805 The league champion shall be the automatic entry into the NCS Championships.
1. If there is a two-way tie for first place at the conclusion of the NBL Round Robin, the teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
 - a. If one of the two tied teams wins the NBL postseason tournament, then this team shall be named as the NBL automatic entry to the NCS Championships.
 - b. If neither of the two tied teams wins the NBL postseason tournament, the team that advanced to the finals in the tournament shall be named the automatic entry to the NCS Championships.
 - c. If both of the tied teams are eliminated in the semi-finals, then the team with the lowest number in the fall draw shall be named the automatic entry to the NCS Championships.
 2. If there is a three-way tie for first place at the conclusion of the NBL Round Robin, the three teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
 - a. If one of the three tied teams wins the NBL postseason tournament, then that team shall be named the automatic entry to the NCS Championships.
 - b. If none of the three teams that tied for first place wins the postseason tournament, then the team that advanced to the finals shall be named the automatic entry to the NCS Championships.
 3. If there is a four-way tie for first place at the conclusion of the NBL Round Robin, the team that wins the NBL postseason tournament shall be named the automatic entry to the NCS Championships.
- 14.806 NBL Tournament Format
- A. All four teams will participate in the water polo playoffs.
 - B. Semi-final start times: 2 vs. 3 girls at 4:00; 2 vs. 3 boys at 5:15; 1 vs. 4 girls at 6:30; 1 vs. 4 boys at 7: 45. Final times will be 5:30 for girls' semi-final winners and 6:45 for boys' semi-final winners. Highest seeded teams will be considered home teams and must supply match personnel.
 - C. Seeding for First Round Games
The first-place team in the round robin will play the fourth-place team at the host site and the second-place team will play the third-place team at the host site. The higher seeded teams must supply game personnel.
 - D. Two Teams Tied for First Place
 1. If one team has defeated the other team twice in round-robin play, that team shall be designated the first-place team and the other team shall be the second-place team (for NBL tournament purposes).
 2. If the two teams split in the round-robin, the team with the greater number of wins against the third seed shall be seeded number one.
 3. If the tie still exists, the team with the greater number of wins against the fourth seed shall be seeded number one.
 4. If the tie still exists, the positions will be determined by the numbers drawn by the principals at the beginning of the school year.
 - E. Three Teams Tied for First Place
 1. The team with the greatest number of wins within the tie shall be designated the number one seed and the team with the next greatest number of wins shall be designated as the number two seed. The remaining team will be designated as

the number three seed.

2. If a three-way tie still exists, then the positions will be determined by the numbers drawn by the coaches at the beginning of the school year for the fall season, with the team with the lowest number getting the #1 seed and the team with the second lowest number getting the 2 seed. The remaining team shall be seeded 3.

F. Four Teams Tie for First Place

1. The team with the greatest number of wins within the tie shall be designated as the #1 seed. The team with the second greatest number of wins within the tie will be designated as the #2 seed. The team with the third greatest number of wins within the tie shall be designated #3 seed. The team with the least number of wins within the tie shall be designated the #4 seed.
2. If a four-way tie still exists, the team with the lowest number in the winter draw shall be the #1 seed, the team with the next lowest number shall be the #2 seed, the team with the third lowest number shall be the #3 seed and the team with the highest number shall be the #4 seed.
3. If a three-way tie still exists, the procedure in Item C noted above shall be used.
4. If a two-way tie should exist, the procedure in Item B above shall be used.

G. If ore than four teams tie for first-place, the above procedures shall be used.

H. There are other ties in the seeding for the NBL tournament; the criteria above shall be used, with the exception that the criteria will include wins "within and above" the tie.

14.807 All-league selection format

A. Teams and Honors Selection Process

- The NBL requires a coach or representative from each school attend the post-season meeting. All voting is done by secret ballot.
- Player of the Year—each coach can nominate a player for this honor and that coach may vote for his/her own player. If there are four or more nominations, then coaches will vote by ranking the players nominated. The player with the high number of points will be named the Player of the Year and receive a certificate.
- Goalie of the Year—each coach can nominate a player for this honor and that coach may vote for his/her own player. If there are four or more nominations, then coaches will vote by ranking the players nominated. The goalie with the high number of points will be named the Goalie of the Year and receive a certificate.
- There will be a first and second all-league team. All-league teams will consist of six all-league members and one goalie.
- First team. The players that were nominated for MVP that did not receive the award are automatically moved to the nominations for the first team. Take added nominations from each coach and then the coaches will vote 6, 5, 4, 3, 2, and 1 for the players they think should be on the first team. Coaches may not vote for their own players for this team or for second team. First team players receive a certificate.
- Second team. The players who were nominated for first team but not selected are moved to the nominations for second team. Take added nominations from each coach and then coaches vote for they players they feel should be on the second team. Coaches may not vote for their own players for this team.

WRESTLING 15.000

Schedules 15.100

- 15.101 There shall be a single round of dual meets. League meets shall be scheduled for Wednesday. There will be one week of double-dual meets during the first week of school following winter break to eliminate schools having to compete over winter break.
- 15.102 The schedule shall be established using a scheduling matrix and the numbers that are drawn for spring sports by the NBL principals. The schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the scheduling matrix.

Practice 14.201

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

Game Administration 15.300

- 15.301 The National Federation Wrestling Rule Book and Case Book is the governing authority in wrestling, with the exception of CIF modifications and/or adoptions.
- 15.302 The coach of the home or host team is responsible for reporting match results to the news media within one hour of the conclusion of either a dual meet or the NBL Championship Tournament.
- 15.303 The NBL wrestling representative to the NCS is to report final team results and NBL standings to the NBL commissioner within two days following the NBL Tournament and to the NCS Assistant or Associate Commissioner responsible for wrestling within the time deadline set by the NCS.
- 15.304 The following order will be held for all NBL wrestling matches: Junior Varsity, Varsity Girls', and Varsity Boys'. The first round, JV, will begin at 6:00 PM. (4/22/2014)
- 15.305 For the weigh-in for League dual meets, a visiting team may bring its own certified scale to use as an additional scale to challenge the "official" scale(s) supplied by the home team consistent with current NHFS rules. All scales used must have been certified for the current wrestling season and will be available to both teams for the entire weigh-in time period. The official scale(s) to be used in all NBL wrestling events must be available to all teams at least thirty (30) minutes prior to the start of weigh-ins for dual meets and at least one hour prior to the start of tournaments.
- 15.306 Girls will wrestle at their own weights, with the following exception: If a school does not field a separate girls' team, a female will be allowed to wrestle a male wrestler, at the male wrestling weight. Any points earned in this situation will be counted toward the score of the boys' meet and may not be used as a win or loss for the girls' team.
- 15.307 All wrestlers must weigh-in during the period designated by the North Coast Section, CIF, not

necessarily on the same day for all wrestlers for the purpose of establishing their lowest possible eligible weight class for the season in accordance with the NWCA guidelines. The preseason assessment of the wrestler must be performed by an NCS approved assessor. No wrestler may recertify at a lower weight following the official assessment unless the initial assessment is challenged in accordance with the NCS challenge procedure and approved and entered by NCS officials. The CIF and NCS have established rules and procedures for granting consideration for those wrestlers who are not able to get assessed during the normal time period due to extenuating circumstances. Each wrestler must follow mandated CIF and NCS regulations.

- 15.308 California exercises the National Federation of High School Associations Wrestling options which allow a fourteenth weight class. In accordance with NFHS and CIF rules, the two pound growth allowance will be granted to each weight class after the date designated by the NCS, CIF and NFHS.

Officials 15.400

- 15.401 The North Bay League will use officials from the Redwood Empire Wrestling Officials and Coaches Association. Ukiah may use officials from the Redwood Officials Association for their home dual meets and tournaments.

Eligibility 15.600

- 15.601 Wrestling is regarded as an individual sport. Therefore, wrestlers may move up and down during the season from varsity to junior varsity or from junior varsity to varsity. See National Federation rules for limitations.

- 15.602 A wrestler becomes ineligible for further competition during the season if, prior to the league championship tournament (if any) he/she accumulates more than 40 matches not including matches wrestled at the NCS Dual Tournament. Forfeits and byes do not count towards the forty match rule. Competition is defined as wrestling activity in which any match and/or team score is determined and /or the service of a paid wrestling official is used.

League and Tournament Administration 15.800

- 15.801 At the conclusion of the regular dual meet season, the North Bay League shall have a league tournament to qualify male wrestlers for the NCS Boys' Wrestling Championships. The tournament will be a two day tournament, taking place on a Friday and Saturday. Female wrestlers currently can enter the NCS Girls' Wrestling Championships on an application basis which qualifies them for the CIF Girls' State Meet. Wrestlers must enter the championship series designated for their particular gender. *NBL Board of Managers, 4/22/14*

- 15.802 The match maker for the NBL tournament shall be paid \$150.

- 15.803 A preliminary seeding meeting will be held on the Wednesday prior to the NBL tournament. All wrestlers who will be competing in the tournament will be placed in a bracket for the tournament. If any wrestler is left off the brackets, that wrestler will not be eligible to compete. On the morning of the league tournament, immediately following weigh-ins, there will be a final verification of all weight classes and the seeding for the tournament will be finalized. If there are no changes to any weight class, the seeding from Wednesday will stand. If any weight class should have changes, then that weight class will be redrawn per the criteria used at the preliminary meeting.
Approved for immediate implementation by NBL Board of Managers on 1/23/2017

- 15.804 Wrestlers qualifying to the NCS Championships must qualify through the NBL championship tournament. In the event an athlete is injured on or before the day of the league tournament or suffers from a communicable skin condition and is unable to compete, the coach can petition the NCS for an at-large berth to the NCS Championships. In that case, a school may

not enter a substitute for the wrestler in the NBL tournament in that weight class, unless and until the CIF and NCS amend their bylaws to allow schools to enter more than one athlete per weight class.

15.805 If an athlete cannot compete in the NBL tournament due to circumstances that are not injury or skin-issue in nature, the coach may present a case of hardship. This hardship must be declared to league coaches in writing or via e-mail no later than the league seeding meeting prior to the NBL Championship Tournament. The coaches, by a majority vote, will determine whether or not to allow participation at the NCS Championships through the at-large process. In that case, a school may not enter a substitute for the wrestler in the NBL tournament in that weight class, unless and until the CIF and NCS amend their bylaws to allow schools to enter more than one athlete per weight class.

15.806 In Section 13.804 and Section 13.805 above: If, in either case, the wrestler was not granted an at-large berth to the NCS Championship at the NCS seeding meeting held on the Sunday immediately following the NBL Tournament, the wrestler who was not able to participate in the NBL tournament may challenge the lowest qualifying wrestler in the NBL tournament (typically the third place finisher) in a series of challenge matches at the school of the qualified wrestler on the Wednesday following the NBL tournament.

The challenging wrestler must make weight that will be used at the NCS Championships at the qualified wrestler's school one hour before the challenge match. The qualified wrestler must make weight at the same time as the challenger, but is allowed a two-pound allowance. For example, the challenging wrestler 108 pounds, qualified wrestler 110 pounds.

After the one-hour time period following the weight-in, a match will occur. The match will be refereed by an official referee assigned by the assigning officer of REWOCA. If the qualified wrestler wins, the challenge is over. If the challenging wrestler wins, there will be a 45-minute rest period followed by the second and final match. The winner of the second match will become the lowest qualified wrestler from the NBL to the NCS Championships.

If the original qualified wrestler loses the challenge matches, that wrestler shall drop down to the first alternate position (typically fourth place) to be admitted to the NCS Championships based on the alternate selection process as determined by the NCS league medal count formula.

If the original alternate wrestler was awarded an at-large position at the NCS seeding meeting, under no circumstances can that at-large position be lost to the wrestler to whom it was granted.

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

1. One point for each dual meet win.
2. Three points for the first place team in the league tournament; two points for the second place team in the league tournament; one point for the third place team in the league tournament.

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

15.808 Medals will be awarded to the first three places in each weight class at the NBL tournament.

15.809 The NBL Novice Tournament is limited to wrestlers who have previously not placed first, second, or third in any wrestling tournament.

15.810 For the purpose of qualifying to the NCS Dual Team Championships only, the team winning the dual meet portion of the league schedule will be considered the NBL champion and will

earn an automatic entry. In the event that two or more teams are tied after the regular season is complete, the following tie breakers will be in effect.

- a. If two teams are tied with the same dual meet record, the winner of the head-to-head match will receive the automatic entry to the NCS.
- b. If three or more teams are tied, the tie-breaker will be the cumulative total of the points scored against each of the other teams involved in the tie. If the teams are still tied after that, the team with the largest differential between points scored and points allowed will receive the automatic entry. If a tie still exists, the automatic berth will be awarded to the team that has the lowest number in the draw that is conducted at the preseason NBL coaches meeting.
- c. If the teams are still tied after that, the representative will be determined by the draw of the principals for the winter season that is conducted at the beginning of the school year.

General 15.900

- 15.901 The position of NBL representative to the North Coast Section shall be voted on by the North Bay League varsity wrestling coaches and will be a two-year term. The league representative will represent the North Bay League in a fair and equitable manner at required functions, to include the fall and spring Wrestling Management Committee meetings and the North Coast Section Wrestling Championships Seeding Meeting. If this position is vacated during the two-year term, a new election will be held.

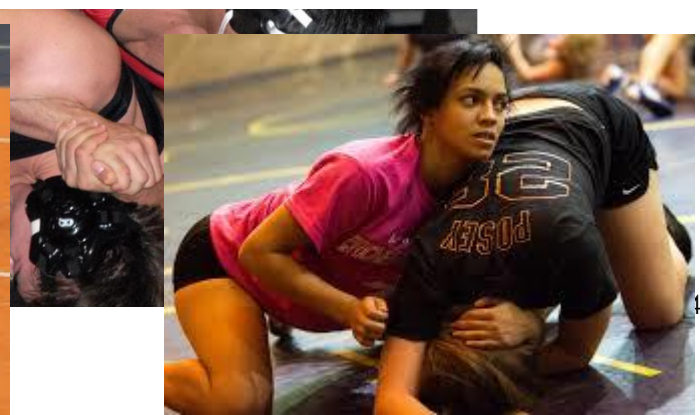
The NBL wrestling representative and a representative from the first place team will attend the NCS Seeding Meeting. If a representative from the first place team is the elected league representative or if the representative from the first place team cannot attend for any reason, then a representative from the second place team shall attend the NCS seeding meeting. If the second place team cannot send a representative, then a representative from the third place team shall go, and so on, to ensure that there will be two representatives in attendance at the NCS Championships Seeding Committee Meeting. In case of a tie for first place, which would result in a tie for the NBL representative to the NCS Championships, the coach of the team with the highest finish in the NBL tournament will be the representative.

The league representative is required to represent the entire league and all league wrestlers, regardless of school affiliation. The representative is to put the best interest of the league and student-athletes ahead of the interest of the representative's team. *NBL Board of Managers, 4/22/2015*

- 15.902 The finish of the NBL dual league and NBL league tournament will be used as a starting point for the selection of first team, second team, and honorable mention all-league wrestlers. The all-league meeting will be held on the Monday following the NBL Wrestling Tournament and will NOT be based upon any non-league events.

General 16.900

17.901 Video taping is allowed as long as the person during the taping is seated in the spectator seating area. Any other seating area would have to be approved by the teams involved.
NBL Board of Managers, 4/22/2015



DAYS AND STARTING TIMES FOR CONTESTS 17.000

SPORT	DAY OF THE WEEK	STARTING TIME	SEASON
BADMINTON	Tuesday, Thursday	4:00 PM	Spring
BASEBALL	Wednesday, Friday	3:30 PM until DST, then 4 PM	Spring
BASKETBALL, boys'	Wednesday, Friday Tuesday, Thursday	4:30 (F), 6:00 (JV), 7:30 (V)	Winter
BASKETBALL, girls'	Tuesday, Thursday Wednesday, Friday	4:30 (F), 6:00 (JV), 7:30 (V)	Winter
The basketball schedules are rotated between the boys' and girls' half-way through the season, yearly.			
CROSS COUNTRY	Wednesday	3:30 PM	Fall
FOOTBALL	Friday or Saturday night	5:00 (JV); 7:30 (V)	Fall
GOLF, boys'	TBD by site availability	1 PM until DST, then 2:00 PM	Spring
GOLF, girls'	Tuesday, Thursday	3:30 PM until DST, then 3:00 PM	Fall
LACROSSE, boys'	Tuesday, Friday	One round: 4,5:30, 2 nd : 5:30, 7	Spring
LACROSSE, girls'	Tuesday, Friday	One round: 4; Second round: 7	Spring
SOCCER, boys'	Tuesday, Thursday	JV, 4:00 PM, Varsity, 6:00 PM	Fall
SOCCER, girls'	Wednesday, Friday	JV, 4:00 PM, Varsity, 6:00 PM	Fall
SOFTBALL	Tuesday, Thursday	4:00 PM	Spring
SWIMMING	TBD by site availability	TBD by site availability	Spring
TENNIS, boys'	Tuesday, Thursday	4:00 PM	Spring
TENNIS, girls'	Tuesday, Thursday	3:30 PM until DST, then 3 PM	Fall
TRACK	Wednesday	3:45 PM	Spring
VOLLEYBALL	Tuesday, Thursday	5:00 (JV); V follows 25 min. after Ukiah matches begin at 4:30 PM	Fall
WRESTLING	Tuesday or Wednesday	6:00 PM	Winter

Game or match starting times or dates may be changed with the approval of both principals, ONLY.

Daylight Savings Time (DST) begins on the second Sunday in March and ends on the first Sunday in November.

APPENDIX

Scheduling Matrix for All Sports

Football	1.	<p>Number of League Home Games: It has been established that each team in the NBL will have either 4 or 3 home games alternately on an annual basis. Teams have been designated as having their 4 home game seasons on either EVEN years or ODD years. Having been established, this designation <i>will not change</i>. This will better enable league members to reliably predict their needs in scheduling non-league opponents to achieve an optimal balance of TOTAL HOME/AWAY games within a season.</p> <ul style="list-style-type: none"> a. 3 home games in EVEN years: Maria Carrillo, Analy, Rancho Cotate b. 3 home games in ODD years: Windsor, Cardinal Newman, Ukiah c. 2 home games in EVEN years: Healdsburg, Elsie Allen, Montgomery d. 2 home games in ODD years: Piner, El Molino, Santa Rosa
	2.	<p>Biannual Match-Up Order Draw: The order in which each team plays its league opponents will be redrawn on EVEN years (every 2 years). As a result, each team will play its league opponents in the same order for 2 consecutive seasons only. For each match-up, the HOME team during the EVEN year will then be the VISITING team during the following ODD year.</p> <ul style="list-style-type: none"> a. The first season of a newly drawn league schedule match-up will always be during an EVEN year. b. The second (final) season of a league schedule match-up order will always be during an ODD year.
	3.	<p>Home / Visitor Alternation: Football is unique among high school sports in that each league opponent is played only ONCE during a season. Because of this fact, the matter of "which team is the HOST" takes on a greater significance than in other sports where each league opponent is played twice. For each new season, whether the order of match-ups is redrawn or not, the most important factor for determining which team will be the Home team in a given match-up is to reference the schedule from the previous season. In doing so, the following will be achieved:</p> <ul style="list-style-type: none"> a. Consistent alternation of HOME/AWAY within a match-up on an annual basis. HOME/AWAY balance between league members will be immediately maintained, without requiring a cycle of 4 or more years. b. No league member will gain an advantage, either real or perceived by hosting any one league opponent in consecutive years. (1/26/11)
Girls' Soccer	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)	
Boys' Soccer	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)	
Volleyball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)	
Cross Country	Draw numbers and match them to the scheduling matrix.	
Golf	Draw numbers and match tem to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year.	
Wrestling	NBL dual meets will scheduled for Wednesdays, beginning on the Wednesday on the first full week of each new year. In the second week of competition there will be two dual meets, one on Wednesday and one on Friday. The last regular season dual meet	

	will be scheduled for the Wednesday prior to the NCS dual meet championships and ten days prior to the NBL wrestling tournament.
Basketball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)
Baseball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)
Softball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)
Badminton	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)
Swim and Dive	The schedule will vary from year to year because of limited pool availability for the Santa Rosa City Schools. It is essential that the coaches are involved in the formation of this schedule. Travel and equity in the number of home and away meets will be considered. (3/8/12)
Boys' Golf	The schedule shall consist of eight 18-hole mini-tournaments consisting of all NBL schools. These tournaments will be held one time per week and each NBL school will host one event. The day of each tournament will vary each week (based on course availability) so that students don't miss the same class every week (for those schools using a block schedule). Once daylight savings time begins, start time will be 2 PM. (1/15/2015)
Tennis	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)
Track	Draw numbers and match them to the scheduling matrix.

SCHEDULING COMMITTEE'S NEW NBL BASKETBALL MATRIX

Wed	Wed	teams	1	2	3	4	5	6	7	8
1 vs. 2	2 vs. 1	Wed	2a	1h	4a	3h	6h	5a	8a	7h
3 vs. 4	4 vs. 3	Fri	4h	3a	2h	1a	7a	8h	5h	6a
6 vs. 5	5 vs. 6	Wed	8h	6h	5a	7h	3h	2a	4a	1a
7 vs. 8	8 vs. 7	Fri	3a	4h	1h	2a	8a	7a	6h	5h
Fri	Fri	Tues	6a	5a	7h	8h	2h	1h	3a	4a
4 vs. 1	1 vs. 4	Thurs	7h	8h	6a	5a	4h	3h	1a	2a
2 vs. 3	3 vs. 2	Mon	5h	7a	8a	6h	1a	4a	2h	3h
5 vs. 7	7 vs. 5									
8 vs. 6	6 vs. 8	Wed	2h	1a	4h	3a	6a	5h	8h	7a
Wed	Tues	Fri	4a	3h	2a	1h	7h	8a	5a	6h
7 vs. 4	4 vs. 7	Tues	8a	6a	5h	7a	3a	2h	4h	1h
8 vs. 1	1 vs. 8	Thurs	3h	4a	1a	2h	8h	7h	6a	5a
6 vs. 2	2 vs. 6	Mon	6h	5h	7a	8a	2a	1a	3h	4h
3 vs. 5	5 vs. 3	Wed	7a	8a	6h	5h	4a	3a	1h	2h
		Fri	5a	7h	8h	6a	1h	4h	2a	3a
Fri	Thurs									
4 vs. 2	2 vs. 4									
1 vs. 3	3 vs. 1									
5 vs. 8	8 vs. 5									
6 vs. 7	7 vs. 6									
Tues	Mon									
2 vs. 5	5 vs. 2									
7 vs. 3	3 vs. 7									
8 vs. 4	4 vs. 8									
1 vs. 6	6 vs. 1									
Thurs	Wed									
8 vs. 2	2 vs. 8									
4 vs. 5	5 vs. 4									
7 vs. 1	1 vs. 7									
3 vs. 6	6 vs. 3									
Mon	Fri									
2 vs. 7	7 vs. 2									
3 vs. 8	8 vs. 3									
5 vs. 1	1 vs. 5									
6 vs. 4	4 vs. 6									

NORTH BAY LEAGUE SCHEDULING FORMULA

Round 1

1 at 2
3 at 4
5 at 6

Round 2

2 at 3
4 at 5
6 at 1

Round 3

3 at 1
5 at 2
4 at 6

Round 4

2 at 6
1 at 4
3 at 5

Round 5

1 at 5
6 at 3
4 at 2

Round 6

2 at 1
4 at 3
6 at 5

Round 7

3 at 2
5 at 4
1 at 6

Round 8

1 at 3
2 at 5
6 at 4

Round 9

6 at 2
4 at 1
5 at 3

Round 10

5 at 1
3 at 6
2 at 4

**SCHEDULING FORMULA
NUMBER 2**

	#1	#2	#3	#4	#5	#6	#7	#8
Round 1	A	H	A	H	A	H	A	H
Round 2	H	A	H	A	H	A	H	A
Round 3	H	H	A	A	H	H	A	A
Round 4	A	A	H	H	A	A	H	H
Round 5	H	H	A	H	H	A	A	A
Round 6	A	A	A	A	H	H	H	H
Round 7	H	H	H	H	A	A	A	A
Round 8	H	A	H	A	H	A	H	A
Round 9	A	H	A	H	A	H	A	H
Round 10	A	A	H	H	A	A	H	H
Round 11	H	H	A	A	H	H	A	A
Round 12	A	A	H	A	A	H	H	H
Round 13	H	H	H	H	A	A	A	A
Round 15	A	A	A	A	H	H	H	H

BASKETBALL CHAMPIONSHIPS INFORMATION

SCHEDULE

Girls' first round

Team 1 vs. Team 4	Team 2 vs. Team 3
At site of highest seed	At site of highest seed

Boys' first round

Team 1 vs. Team 4	Team 2 vs. Team 3
At site of highest seed	At site of highest seed

Championship

Neutral site	Girls' game time: 6:30 PM	The higher seed will be the
	Boys' game time: 8:15 PM	home team and will wear white

The North Bay League will provide two officials for all games.

GENERAL INFORMATION

- Admission prices, semi-final events held at high school sites
 - Adults, J.C. and college students: \$8
 - Senior citizens and students without an ASB card: \$5
 - Students with an ASB card: \$3
- Admission prices, final event at SRJC
 - Adults, college students, students without high school ASB cards: \$8
 - Students with valid high school ASB cards, senior citizens, children under 12: \$5
- 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, site or district passes will be honored.
- Schools will adhere to the limitations mandated by the Fire Marshall for gym capacity. If spectators are late, they may not be able to enter the gymnasium due to these restrictions.
- Gates will be open at 6:00 PM on Tuesday and Wednesday and at 5:30 PM for the finals at SRJC.
- Spectator basketballs will NOT be allowed in the gym.
- Depending on the facility, food or drink may not be allowed in the gym. Those assigned to the door for crowd control will need to assist in keeping food and drink out if this is the site policy.
- 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. According to the National Federation of Basketball Rules Book, the use of artificial noisemakers shall be prohibited. Laser pointers are NOT allowed. Megaphones may only be used by the cheer and/or song leaders.
- Schools intending to bring rally bands must notify the SRJC Site Director prior to the championship contest. Members of the rally band, which must be accompanied by the Band Director, shall be admitted free on any night its team is participating. Rally bands may not exceed 20 members.
- Students may wear face paint as long as it is not done in a derogatory manner and is in the color of the school that they represent. **BODY PAINT IS NOT ALLOWED.**
- Having a ticket does NOT guarantee entry into the gym if it is filled to capacity. Spectators should arrive early and remain in the gymnasium.**
- The gate list for each competing school shall include five "guest" slots, in addition to the other personnel. *NBL Board of Managers, 4/22/15.*
- Non-participating schools shall each receive three (3) complimentary admission tickets. *NBL Board of Managers, 4/22/15.*

TEAM RESPONSIBILITIES

1. Submit roster and staff information to the hosting school for the first round no later than 4:00 PM on Monday before the first game for girls' teams or Tuesday before the first game for boys' teams.
2. Teams participating in the NBL Championship game at Santa Rosa Junior College must submit their roster and staff information to the site director no later than the Thursday prior to the championship game.
3. Coaches may NOT put more names on the lists than spaces provided. Complimentary tickets are available from the commissioner if you request them.
4. Please have your team arrive at the venue as a group. There have been some instances in the past where non-players have given the name of a team member in order to enter without paying.
5. The venue will be available at 6:00 PM on Tuesday and Wednesday and beginning at 5:30 PM on Friday. Do not arrive at the gym prior to those times.
6. Teams will be guaranteed 15 minutes between games for pre-game warm-ups. No team will be allowed on the floor more than 60 minutes prior to the first game.
7. The interval between games will be fifteen minutes or until the scheduled starting time of the next game, whichever is longer.
8. Each team is guaranteed the opportunity for three minutes of unobstructed warm-up time during half-time assuming they are on the court at least three minutes before the start of the third quarter.
9. Each team should bring extra uniforms in case of blood contamination.
10. Teams are to provide their own first-aid kits, towels and a game ball. The home school will provide warm-up balls for the first round. Bring your own warm-up balls for the final games at Santa Rosa Junior College.

ADMINISTRATIVE RESPONSIBILITIES

1. Provide a copy of this information to your site administrators, athletic director, varsity coach, and spirit team advisor.
2. Make sure that your coach submits a list of players, coaches and support personnel to the host school no later than the Monday before the first game for girls and the Tuesday before the first game for boys.
 - a. Make sure that your coach submits a list of players, coaches and support personnel to SRJC Site Director no later than the Thursday prior to the event.
3. Review policies contained in this packet with site administrators, staff members, coaches, players, spirit team advisor, spirit team members, and spectators.
4. Include the names of two administrators and three staff members (for student supervision) on the attached list.
 - a. Supervisory personnel MUST arrive at the site venue one-half hour to the start of the game and MUST check in with the site director upon arrival.
 - b. Student supervision is the responsibility of the participating school administrators and staff
 - c. If a venue is sold out, administrative support may be necessary to assist in dispersing the crowd at the entrance gates

SPIRIT TEAM

1. Only cheerleaders and song leaders dressed in full uniform will be admitted. Note: t-shirts/jeans are not acceptable uniforms. The spirit team members must be the same personnel that provided spirit for the entire season.
2. At half-time the home team will have two minutes to perform first and then the visiting team will have two minutes to perform. Music should have appropriate content.

NBL TRACK AND FIELD CHAMPIONSHIPS

Hosted by: Montgomery High School

The 2019 NBL Track & Field Championships will be held on the following dates at Franci Field at Montgomery High School in Santa Rosa.

Trials: Wednesday, May 1

Finals: Friday, May 3

Meet Officials:

- Boys' Long/Triple Jump _____
- Girls' Long/Triple Jump _____
- Pole Vault _____
- High Jump _____
- Shot put _____
- Discus _____
- Relay exchanges and Meet Umpire _____
- Meet Referee _____
- Meet Director _____

Seeding Instructions

Entry maximum for varsity athletes per school is 40, 5 athletes per school per event

ALL ENTRIES FOR THE JUNIOR VARSITY AND VARSITY NBL CHAMPIONSHIPS MUST BE SUBMITTED THROUGH THE EZMEETS.COM WEB SITE!

Entries are due no later than Sunday, April 28, 2019, Midnight

Notify the site director if you have any student-athlete who might be impacted by AP testing on the day of trials for field events. Those student-athletes will be moved to a later flight.

If you have any questions about entry procedures, please contact _____ at _____.

Please note that athletes may be entered in NO MORE than four events. The only exception to this is if the athlete is listed as a relay alternate. Being listed as a relay alternate does not count against the four event entry maximum.

MEET SCHEDULE

Wednesday, May 1, 2018—NBL TRIALS

Running events—Note that the times below are estimates. We will run on a rolling schedule

100/110H	VB:	4:45	JVB:	4:55	JVG:	5:05	VG:	5:15
400 m	JVG:	5:25	JVB:	5:35	VG:	5:45	VB:	5:55
100 m	JVG:	6:05	JVB:	6:15	VG:	6:25	VB:	6:35
300 mh	JBG:	6:45	VG:	6:55	JVB:	7:05	VB:	7:15
200 m	JBG:	7:25	JVB:	7:35	VG:	7:45	VB:	7:55

Field Events

Pole Vault*	3:00 JVG FINALS; JVB FINALS will be held immediately after JVG							
High Jump	VB:	3:00	JVB:	4:00	VG:	5:00	JVG:	6:00
Long Jump	JVG:	3:00	VG:	4:00	JVB:	5:00	VB:	6:00
Triple Jump	JVB:	3:00	VB:	4:00	JVG:	5:00	VG:	6:00
Shot Put	VG:	3:00	JVG:	4:00	VB:	5:00	JVB:	6:30
Discus	VB:	3:00	JVB:	4:30	VB:	5:45	JVB:	6:45

*JV pole vault finals on Wednesday. Varsity pole vault finals on Friday. As soon as the high jump reaches 8 jumpers, the trials cease; those 8 go to the finals on Friday. Marks from the trials do not carry over to the Finals on Friday. 3 attempts to qualify for finals in LJ, TJ, Shot, Discus; top 8 advance to NBL Finals.

Wednesday, May 1, 2018—NBL FINALS

Running events

4 X 100 mR								
1600 m								
110/100h								
400 m								
100 m								
800 m								
300 mh								
3200								

(Read before each game)

NORTH BAY LEAGUE SPORTSMANSHIP STATEMENT

**SCHOOLS IN THE NORTH BAY LEAGUE ARE
ATTEMPTING TO PROMOTE GOOD
SPORTSMANSHIP THROUGHOUT THE LEAGUE AND
THROUGHOUT THE AREA.**

**TO SO DO, WE NEED THE HELP OF EVERYONE
INVOLVED IN THE GAME. WHETHER YOU ARE A
PLAYER, CHEERLEADER, COACH OR SPECTATOR,
PLEASE HELP US TO PROMOTE THE IDEAL OF
GOOD SPORTSMANSHIP IN COMPETITION.**

**YOU CAN SHOW YOUR SUPPORT BEST BY
EXTENDING YOUR COURTESY TOWARDS THE
PLAYERS, STAFF, FANS AND OFFICIALS.**

**THANK YOU FOR MAKING THIS A
POSITIVE EXPERIENCE FOR EVERYONE INVOLVED.**