

NORTH BAY LEAGUE

~~Patrick~~
Piner

To: NBL Badminton Coaches

February 10, 2010

**From: Marie Sugiyama
Co-Commissioner
Phone/Fax: 544-4824**

**Badminton Coaches Meeting
Thursday, February 11, 2010
7:00 p.m.**

Montgomery High School, Room 14

Park by Auditorium—Go past main office. 2nd breezeway to the right.

If you are unable to attend , please send a representative as your schools will be assessed \$100 if they are not represented.

Agenda

1. **2009-10 Schedule - Check to see if there are any problems**
Elsie Allen will not have a team.
Qualifying Tournament will be Sat., May 15, 2010 at Piner HS. 9:00 a.m.
All five categories will be played in one day.
It will be a double elimination tournament.
When do you want to seed the players??
It needs to be done ahead of time so we can begin at 9 a.m.
There won't be time to make up the brackets that day .
2. **Shuttles - same as last year.**
Yonex - Mavis 350 - Yellow
May be ordered from Ashby Sports.
3. **Montgomery High School Mixed Doubles Tournament**
Thurs.Fri., March 11 or 12, 2010, Time???
4. **Piner Invitational Tournament, Sat. March 6, 2010, Time???**
5. **Match Information - Change**
 1. **One day qualifying Tournament – All singles players must play in the Tournament to qualify for NCS.**
 2. **Top three ranked players do not have to play singles, but those who are playing singles and doubles must play in ranked order.**
 3. **A player may play in two categories in league play.**
 4. **Make sure players stay so that all the players have the opportunity to play in a courtesy match.**

6. NBL league qualifying play-offs. Players must have played at least one-half of the league matches at the varsity or J.V. level.

7. NCS Ejection Policy - Coaches and players

8. NBL Sportsmanship Program - Ballots will be distributed

9. All League - to be chosen at the end of the year.

Monday, May 17, 2009, at Montgomery High, Room 14, 7:00 p.m.

During the season, please observe the players for selection & bring your team match sheets so we can compare wins and loses.

4 girls singles, 4 boys singles, 2 girls doubles, 2 boys doubles, 3 mixed doubles and honorable mention. The doubles teams must have played together during league. Players will be determined by league record.

10. NCS Championships- Will be held at Kennedy High School, Richmond Saturday, May 22, 2010, 9:00 a.m. Coaches Meeting: 8:00 a.m.

NCS Badminton Committee will determine solutions to problems at the NCS Tournament

10. Use rally scoring. Service rule change from last year.

Racket head no longer has to be below the hand holding the racket; however, the racket shaft must be angled downward. Racket head

~~still must be below the waist when striking the shuttle~~ *INCORRECT!*

SHUTTLE MUST BE BELOW WAIST AT CONTACT

11. Coaches education

12. NBL-NCS rules and undue influence.

13. Other items

BADMINTON MATCH RULES

Revised January, 2010

A. Coaches

- 1. Exchange line-ups at the beginning of the match**
- 2. Determine when matches will be played according to which players are playing singles, doubles or mixed doubles.**
- 3. Players may play in two categories .**
- 4. The singles players and doubles teams must play in ranked order.**
- 5. A player may move from Varsity to Junior Varsity anytime during the season. Players may not play on the Varsity team and the J.V. team on the same day. Players may play as many courtesy matches as they wish. (Some teams do not have a J.V. Team.)**
- 6. Rally scoring will be used.**

B. Welcome the visitors

C. Introduce the coaches

D. Give the ground rules

E. When matches are put on the courts, have both players come to the desk to get their score sheets and the shuttle. Have them introduce themselves.

F. Remind players that NO COACHING is allowed except at the following breaks. Between 1st and 2nd game – 2 minutes - Players-may NOT leave the court. Between 2nd and 3rd game if split games – 2 minutes – players may leave the court.

G. When players go to the courts, try not to disturb the courts in play. Move quickly to your court when the bird is not in play on the courts you are passing.

H. Remind the players that play is continuous and they may not leave the court during play except between the 2nd and 3rd games.

I. No water or liquid is allowed on the courts. Water may be taken to the players during the breaks.

J. If there are questions regarding the rules, etc., players can indicate this to the coaches by sending a player to the table.

K. If you should split games, leave your rackets on the court so we know the match has not been completed.

L. NBL uses the North Coast Section Uniform Rules for all of its matches.

SEE BACK OF SHEET FOR NCS UNIFORM RULES.

NORTH COAST SECTION UNIFORM RULE

UNIFORMS

14.509H Participants Uniforms

Participating team members at the NCS/Les Schwab Tires Badminton Championships must comply with the following team uniform requirements.

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

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

*Any delay in competition is subject to procedures outlined by USA Badminton Rules.
(Board of Managers 10/17/08)

WARM

**CALIFORNIA INTERSCHOLASTIC FEDERATION
NORTH COAST SECTION
NORTH BAY LEAGUE
General Rules**

In order to be eligible to participate in sports activities in the North Bay League, the student:

1. may not play in a contest on an **"outside team"** in the same sport while participating at the high school during its season of sport. Exception: Soccer when held as a Fall or Spring season of sport. (NCS)
2. must have attended a full day (determined by the school) of school on the day of competition or if the game is on Saturday, must have attended a full day of school on Friday the day before the Saturday competition. (NBL) Santa Rosa City Schools and Ukiah--every period of the day. Rancho Cotate, Ursuline and Cardinal Newman--four periods of the school day. Exception: If there is a legitimate reason for the absence, the Principal may permit the student to participate on that day.
3. must be eligible under the NCS transfer rule. If a student moves from one high school to another without their parents moving to the new high school's attendance area. THE STUDENT IS INELIGIBLE TO COMPETE AT THE NEW SCHOOL. Refer any new student entering from another high school to an administrator or your athletic director. (NCS) Waivers may be available.
4. if a foreign exchange student, must file a waiver with the NCS Commissioners. Refer the student to your administrator or athletic director.
5. may not practice, scrimmage or compete with a non-CIF school, college teams, club teams, etc. You may play a school from another state or country if approved by the NCS & CIF. Check with your athletic director if you wish to play an out of state team or a team from another country.
6. a player may not play in a Varsity game & a Junior Varsity or a Varsity and a Freshman or a Junior Varsity and Freshman game on the same day. (NBL) Once a player has played in a Varsity LEAGUE match he/she no longer may play as a non-varsity player. (Exception: Baseball/Softball Spring holiday tournaments)
7. must not have participated in more than one season in a particular sport during the school year.
8. must not have participated more than four (4) seasons in a sport in a four-year high school or three (3) seasons of sport in a three-year high school.
9. may not participate in All-Star Competition inconsistent with the CIF Rule.
10. must not have reached 19 years of age prior to June 15.
11. must have passed and submitted verification to the athletic director of a physical examination dated on or after **July 1 of the current year.**
12. must be enrolled in and have passed at least 20 semester credits of work at the completion of the last regular school grading period. Must be passing 20 semester units during the last grading period. Must maintain at least a 2.0 grade average. Student may be on probation as determined by the school's district.
13. Must be eligible under the CIF amateur rule.

If you have any questions, regarding CIF, NCS, or NBL rules, contact your athletic director.

NORTH COAST SECTION, CIF

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Website: www.cifnco.org

ATTACHMENT E

UNDUE INFLUENCE RULE INTERPRETATIONS

Last updated Tuesday, January 20, 2009.

The review of the meaning and interpretation of the CIF Undue Influence rule below is meant to give schools a guide to determining what is, and is not, a violation of the CIF Bylaw 510 concerning undue influence; pre-enrollment contact, transfer based on athletic motivation and failure to disclose pre-enrollment contact. The NCS Commissioner of Athletics has the responsibility of determining if and when a violation of this rule has taken place. It is very important that each NCS member school review with coaches, athletes, parents and other individuals associated with the school this rule, the interpretations and the results of failure to adhere to the spirit of the rule. When there is a violation of CIF Bylaw 510 an athlete can be ineligible for two calendar years and a school's athletic program can be sanctioned. Questions and possible violations regarding undue influence, pre-enrollment and transfers based on athletic motivation should be directed to appropriate school personnel.

General Reminders

- Schools are held responsible for recruiting of athletes done by parents of other kids, students, alumni, boosters, staff, etc.
- Recruiting is difficult to prove and sometimes difficult to define. Remember the premise on which the CIF 510 bylaw was founded – parents and families should be left alone to decide which school they believe is best for their child. No one associated with a school should try to influence them in any way. This is to protect the students from inducements or pressures to go to one school or another for athletic purposes. Schools are educational institutions first and as such should ALWAYS put academics before athletics. We hope parents and families choose a school based on what is best academically for their student and somewhere else down the list of priorities consider athletics.
- Many activities can be suspect. You must ask “What is the intent of the action?” If the intent is to get an athlete to transfer to, enroll in or stay at a particular school, then that activity is a violation of the CIF 510 Bylaw. If the intent is to transfer schools to participate on an athletic team, then the transfer can be considered a violation of the CIF 510 Bylaw.
- A good measure of what can and cannot be done for public schools: If you think it would be “recruiting” if a private school did something, you shouldn't be doing it either!
- When in doubt about an activity check with your athletic director or principal.
- If you “hear” about an activity that you believe may be a violation, report the possible violation to your principal. (See NCS Constitution and General Bylaw 218)
- Those who recruit students justify their actions by saying they are helping the student(s). In reality they are seriously jeopardizing that student's future eligibility status, since students who transfer schools as a result of undue influence or athletic motivation become ineligible for further participation.
- Work with NCS member schools and all CIF member schools in enforcing the rules - it's every member's responsibility.

General Outline of the Undue Influence Rule:

Undue Influence – Pre-Enrollment Contact – The concept of undue influence – pre-enrollment contact is still new and not always understood. The purpose of the 510 form is for parents,

students and school administrations and coaches to acknowledge any pre-enrollment contact. It does not mean that the pre-enrollment contact is recruitment, or a student is transferring based on athletic motivation. However, it is a violation when the contact is not reported. Not reporting the contact may result in up to a two-year suspension of athletic eligibility for an athlete and removal of a school from CIF membership depending on the severity of the violation. Undue Influence and Pre-Enrollment contact apply at all times prior to enrollment at a school regardless of the age of the student (pre-high school or high school age)

Examples of Undue Influence and Pre-Enrollment Contact (These examples would require acknowledge by the school, athlete and parent that there was pre-enrollment contact prior to enrollment using the 510 Pre-Enrollment Contact form.)

Examples of Pre-Enrollment Contact

1. Potential athlete visits a school prior to enrollment.
2. A student returns to a school of attendance after transferring away from the school.
3. Potential athlete attends open gym or open field and then transfers to the school hosting the open gym or open field.
4. Student shows up at a school that the student is interested in attending and speaks to a coach, athlete, athletic director or administrator.
5. **Prior to enrollment at School A the student plays in athletic contests with students at School A.**
6. **Prior to enrollment at School A the student is coached by a parent, coach, teacher or any other person associated with School A.**
7. A potential athlete communicates with the coach of a school prior to enrollment.

Examples of Undue Influence

Below are examples of undue influence by a person or school to influence the enrollment of a student at a school. These examples do not encompass all examples. Each section commissioner is given the responsibility to evaluate what is and is not undue influence. These examples offer some guidelines to potential violations.

1. Members of a school booster club talk to a potential athlete who may attend their school and tell the athlete he or she would be welcome at the school.
2. A school invites a pre-high student to attend a school athletic function.
3. A school invites pre-high school student(s) to attend a high school game.
4. **Invitation(s) to pre-high school athletic team to participate in pre-game or half-time activities.**
5. A school offers a discounted ticket price or a free ticket to a home game to a potential student.
6. A school invites any non-school team to play at half-time where the members of the non-school have the potential to attend the school.
7. A coach tries to convince a current athlete to not transfer to another school.
8. School uses athletic team/competition pictures, team/coach accomplishments, etc. to advertise their school for purposes of visitation and/or enrollment.
Note: Such advertisements may use athletic pictures if the advertisement uses at least the same number or more pictures of other non-athletic activities at the school.
9. School conducts an "Open House" that only is for athletics. A "Open House" is defined as an event where parents and potential students can obtain information about all aspects of a potential school.
10. A student participates in a shadow visit and meets with potential coaches at the school to discuss the specific program.
11. A student moves into a school's attendance area B and wishes to start summer activities with the school prior to enrollment at the school. When the student talks to the coach the coach outlines the entire summer activity schedule.
12. Coach for school B talks to a student at School A about joining a club team after a game involving School A and B. Student transfers to School B.

Examples of Events that are not Undue Influence

1. **Coaches talk to a potential student at an "Open House". "Open House" is defined as an event where parents and potential students can obtain information about all aspects of a potential school.**
2. A student participates in a shadow visit and meets with the Athletic Director or designated administrator to discuss the athletic program.
3. A student moves into a school's attendance area B and wishes to start summer activities with the school. When the student talks to the coach the coach states he/she cannot talk to the student and the student should see the principal or acting administrator about participating in any activities prior to enrollment at School B.

Prima Facie Evidence

Prima facie evidence is "sufficient evidence" of undue influence or recruiting by a school to which the student transfers or that the student enrolled in that school in whole or in part for athletic reasons. Examples are listed below. When prima facie evidence exists the student is ineligible but has the opportunity to present sufficient proof to the satisfaction of the section commissioner that rebuts or disproves the prima facie evidence.

Examples of Prima Facie Evidence

1. A student transfers to School B where the School B coach is also the coach of the new student's club team.
2. A student transfers to School B where there was pre-enrollment contact. The contact is reported on the CIF 510 form. The student is ineligible for one calendar year unless the student and family can disprove or rebut the prima facie evidence.
3. A student transfers to School B and plays on a club team where some or all of the members of the club team also attend School B.
4. A student transfers to School B where the coach of school B has given private or group lessons to the student prior to actual attendance to the school and within the previous 24 months.

Pre-High School Visitation

Each year personnel from schools visit their feeder schools to share information regarding their high school programs. These visits have taken place for years in an effort to prepare incoming freshman for the start of high school. During these visits it is not uncommon to discuss a school's athletic program. As part of the comprehensive education program of the high school this is expected. However, care must be taken to not recruit athletes to your school. This time prior to actual attendance to a high school is a time where parents and students should have no pressure to make decisions regarding where they will attend high school. Incoming students must always have the opportunity to select a high school with no influence from high school coaches, parents, students, booster club members, etc. Below are some examples of parameters that a school should follow concerning pre-high school contact and/or visitation.

General Guidelines:

- a. **Information provided about school programs, including athletics, which are not given to any individual student or group of students (e.g. Jr. high basketball team), but are distributed as a total information package about the school to a large group of unselected students is not considered athletic recruiting.**
- b. **Post information about physical dates, summer camps, summer leagues/teams on your school website.**
- c. **You may have the junior high make announcements in their junior high school bulletin about such dates, or refer them to your school's website.**
- d. **You may not distribute athletic material alone to a junior high. You may distribute such dates, information etc. as long as it is included in a packet when your school presents general information about school dates, etc. for**

- the next school year or when your school principal arranges with the principal of the junior high for a school representative to make a general presentation regarding your school's athletic program.
- e. Coaches may NOT go to the junior high at any time to meet with individual students or groups of students to talk about athletics in any way, unless they are also employed in a position that would require them to talk with junior high students (e.g. teacher, counselor, etc.) and then the conversations should only be in the context of conversation not related to the athletic program of any high school program.
 - f. Public and private schools are held to the same rule. E.g. public high schools cannot use undue influence on their "feeder junior high" athletes just the same as private schools cannot. Junior high or middle school students could choose to go to the high school in whose attendance area they live or they could choose to attend another public school in that district through district policy or a private school in the area. Until they have made that choice and are attending a high school as a ninth grader, any activity determined to have been done to "influence" that family's decision about where to send their athlete is a violation of CIF Bylaw 510.
 - g. Eighth graders may not participate in any spring practices (football spring ball).
 - h. The NCS summer period starts the day following the last CIF Championship event of the current school year, usually around the second Wednesday of June.

Examples of good practices when doing feeder school visits

1. Arrangements to share information about your school with potential students should be made by the principal of the high school with the principal of the feeder school.
2. It is legal for the visit to only discuss athletics, but only general information regarding the athletic program, such as physicals, open gyms, open weight rooms, starting dates for fall, winter and spring programs, what sports the school offers, etc.
3. Visits should be made by a person selected by the principal who will share information about the school and not information about a single program, such as the football program, or the volleyball program.
4. Sign-ups may be taken and information shared with coaches at your school. If contact is made with potential students the coach must be very careful not to encourage a student to attend their school. Until a student actually attends practice on the first official date, or attends the first day of school, they may still be weighing their options as to what school they attend.

CIF Constitution and General Bylaws

510. UNDUE INFLUENCE; PRE-ENROLLMENT CONTACT; AND FAILURE TO DISCLOSE PRE-ENROLLMENT CONTACT

The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parent(s)/legal guardian(s)/caregivers of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the California Interscholastic Federation.

NOTE: Undue influence is any act, gesture or communication (including accepting material or financial inducement to attend a CIF member school for the purpose of engaging in CIF competition regardless of the source) which is performed personally, or through another, which may be objectively seen as an inducement, or part of a process of inducing a student, or his or her parent or guardian, by or on behalf of, a member school, to enroll in, transfer to, or remain in, a particular school for athletic purposes.

A. **Pre-enrollment Contact**

Any and all pre-enrollment contact of any kind whatsoever with a student must be disclosed by the student, parent(s)/legal guardian(s)/caregiver(s) and the schools to the Section office on a completed CIF Pre-enrollment Contact Affidavit (CIF Form 510). Pre-enrollment contact may include, but is not limited to: any communication of any kind, directly or indirectly, with the student, parent(s)/legal guardian(s)/caregiver(s), relatives, or friends of the student about the athletic programs at a school; orientation/information programs, shadowing programs; attendance at outside athletic events or the like by anyone associated* with the school to observe the student; participation by the student in programs supervised by the school or its associates before enrollment in the school. Pre-enrollment contact may be considered prima facie evidence ("sufficient evidence") that the student enrolled in that school in whole or in part for athletic reasons (See Bylaw 200) and cause the student to be ineligible for participation in high school athletics for a period of one year from the date of enrollment at the new school in all those sports in which the student participated at the former school.

Athletically motivated pre-enrollment contact of any kind by anyone from, or associated* with, a school or its athletic programs to which a student may transfer or move into the attendance area is not permitted.

When a prima facie case ("sufficient evidence") of an athletically motivated move exists, the student shall be ineligible to represent the new school in interscholastic athletic competition for a period of one calendar year from the date of the student's enrollment in the new school in all those sports in which the student participated at the former school (See also "C." and "D.") unless sufficient proof is presented to the satisfaction of the Section Commissioner that rebuts or disproves the presumption that the move was athletically motivated.

** Defined as: Persons "associated" with a school include, but are not limited to, parents of current or former student/athletes, booster club members, alumni, spouses or relatives of coaches, teachers and other employees, former coaches, active applicants for coaching positions, and persons who are employed by companies or organizations that have donated athletic supplies, equipment or apparel to that school.*

B. **Failure to disclose Pre-enrollment Contact**

A failure to disclose pre-enrollment contact may be considered prima facie evidence ("sufficient evidence") of recruiting or undue influence to attend the school and may cause the student to be ineligible for high school athletics and shall jeopardize the standing of the high school in the California Interscholastic Federation.

When there is failure to disclose pre-enrollment contact, the student shall be ineligible under the provisions of CIF Bylaw 202 to represent the new school in interscholastic athletic competition for a period of one calendar year from the date of the student's enrollment in the new school unless sufficient proof is presented to the satisfaction of the Section Commissioner that rebuts or disproves the evidence of undue influence/recruiting for athletic reasons.

C. **Transferring to a School after Participating on a Non-School Athletic Team Associated with the School**

A transfer of a student from his or her current school of attendance with or without a corresponding change of residence to any high school where the student participates or participated, during the previous 24 months, on a non-school athletic team, (i.e. AAU, American Legion, club team, etc.) that is associated* with (see also definition in part A) the new school in the sports previously participated in shall be considered prima facie* evidence ("sufficient evidence") of undue influence/recruiting by the school to which the student transfers. Such transfers may be considered prima facie evidence that the student

enrolled in that school in whole or in part for athletic reasons.

A team associated with a school is one that is organized by and/or coached by any member of the coaching staff at, or any other person associated* with (see also definition in part A), that school; and/or, on which the majority of the members of the team (Participants in practice and/or competition) are students who attend that school.

When a prima facie case of undue influence/recruiting exists, the student shall be ineligible to represent the new school in interscholastic athletic competition for a period of one calendar year from the date of the student's enrollment in the new school unless sufficient proof is presented to the satisfaction of the Section Commissioner that rebuts or disproves the evidence of undue influence/recruiting for athletic reasons.

Note: This shall apply to the sport(s) played at the previous school coached by the new coach in the previous 24 months.

D. Transferring to a School Where a Former High School Coach has Relocated

A student at any grade level who transfers to a new school within one calendar year of the relocation of his/her high school coach to that school with or without a corresponding change in residence shall be considered prima facie evidence ("sufficient evidence") of undue influence/recruiting by the school to which the student transfers or may be considered prima facie evidence that the student enrolled in that school in whole or in part for athletic reasons. The student shall not be eligible to participate in interscholastic competition for one calendar year from the date of enrollment in the new school in all sports in which the student participated at the former school.

When a prima facie case of undue influence/recruiting exists, the student shall be ineligible to represent the new school in interscholastic athletic competition for a period of one calendar year from the date of the student's enrollment in the new school in all sports in which the student participated at the former school unless sufficient proof is presented to the satisfaction of the Section Commissioner that rebuts or disproves the evidence of undue influence/recruiting for athletic reasons.

E. A student shall become ineligible for CIF competition and shall be penalized according to Bylaw 213 for accepting material or financial inducement to attend a CIF member school for the purpose of engaging in CIF competition, regardless of the source.

F. All transfer students shall submit a completed CIF Pre-enrollment Contract Affidavit (CIF Form 510) with the appropriate transfer application(s) as required by the Section under Bylaw 207 and/or Bylaw 209.

NOTE: CIF Form 510 is available through the local CIF Section Office.

SEASON OF SPORT

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

Chart of NCS Official Season of Sport

<u>Maximum number of contests</u>	<u>Maximum number of scrimmages</u>	<u>Clarification or Exception</u>
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FALL SPORTS

The earliest day practice may begin, the Monday following the Thursday fourteen weeks prior to Thanksgiving.

Cross Country (Boys and Girls)	14	2	See Note 6, 7 & 8
Field Hockey	24	2	See Note 6 & 8
Football	9/10	1/2	See note 1, 2 & 8
Golf (Girls)	20	2	See Note 6, 7 & 8
Soccer (Boys and Girls)	24	2	See Note 6 & 8
Tennis (Girls)	24	2	See note 6 & 8
Volleyball (Girls)	24	2	See note 4, 6 & 8
Water Polo (Boys and Girls)	24	2	See Note 6 & 8

WINTER SPORTS

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

Wrestling (Boys and Girls)	40 matches	2	See Page 94
Soccer (Boys and Girls)	24	2	See Note 6 & 8
Basketball (Boys and Girls)	26	2	See Note 6 & 8

SPRING SPORTS

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

Gymnastics (Boys and Girls)	22	2	See Note 6, 7 & 8
Tennis (Boys)	15	2	See Note 6, 7 & 8
Racquetball (Boys)	24	2	See Note 6 & 8
Badminton (Girls and Coed)	24	2	See Note 5, 6 & 8
Baseball (Boys)	24	2	See Note 6 & 8
Soccer (Girls)	24	2	See Note 6 & 8
Softball (Girls)	24	2	See Note 6 & 8
Swimming (Boys and Girls)	14	2	See Note 6, 7 & 8
Track (Boys and Girls)	14	2	See note 3, 6, 7 & 8
Volleyball (Boys)	24	2	See Note 4, 6 & 8
Lacrosse (Boys and Girls)	20	2	See Note 6 & 8

NOTE 1 Football practice may start one week prior to the start of all fall sports if authorized by the school's league. Leagues may authorize a football conditioning practice period that shall start no more than five weekdays prior to the starting date of football practice. The purpose of the physical conditioning practice session is to better prepare football players for the rigors of tackle football. Such a conditioning session shall not be counted or used as a practice day(s).

Football conditioning is defined as:

- a) A two-hour team-conditioning period each day.
- b) The only allowable football equipment shall be: footballs, football shoes, helmet and blocking bags.

(Board of Managers 4/24/98)

NOTE 2 In football, one scrimmage with a 10-game limit or 2 football scrimmages with a maximum of 9 games, is/are permitted.

NOTE 3 Schools participating in selected track meets which have established qualifying standards where only a limited number of skilled athletes from a given school may compete shall not be charged with participating in a meet for the purpose of determining the maximum number of meets allowable in a season. A Committee of track coaches shall identify and forward a list of selected track meets in which a school may participate and not be charged. This list is to be presented to SAC at its December meeting. The following meets are currently exempted: Fresno Relays, Arcadia Meet, Mt. Sac. Relays, Logan Top 8, Oakland Relays, Stanford Invitational and Bella Vista/Sacramento Meet of Champions.

NOTE 4 Each day of participation in a volleyball tournament shall count as a maximum of 2 matches in determining the maximum number of volleyball contests allowed per school. Also see 109H.

(Board of Managers 1/21/00)

- NOTE 5 Participation in a badminton tournament counts as two contests for each day of competition when determining the maximum number of contests allowed. Also see 109H. (Board of Managers 1/18/02)
- NOTE 6 Varsity teams in non-contact sports (not football or wrestling) may participate in one game or scrimmage with its own alumni or faculty without the game or scrimmage counting against the maximum number of contests allowed. (This alumni or faculty "game" does not count as a scrimmage or a contest.)
- NOTE 7 The number of contests charged to a team or individual will be determined by the actual amount of competitions for each participant (team) (e.g. player plays 9 to 18 holes or each member of team plays 9 to 18 holes. This activity, regardless of the number of other teams competing, would count as one contest).
Definition of Results: The number of results will be determined by the number of competitions that are scored. The number of results may differ from the number of contests charged to each individual and/or team, when event scoring allows each school to compete once and then match its scores against other teams which have competed at the same time and location (e.g. golf, cross country, swimming, gymnastics and track and field).
Example: Five golf teams could play the same nine or eighteen holes and then match scores to determine a number of dual match scores. Team A vs. B, C, D and E. Team B vs. A, C, D and E. Team C vs. A, B, D and E. Team D vs. A, B, C and E. Team E vs. A, B, C and D. The result would be one contest charged to each individual school (each team player played either 9 or 18 holes and the teams were composed of the regular number of competitors (e.g. 6) while each school would have 4 results (each of which could be a win, loss or tie). (Board of Managers 1/27/95)
- NOTE 8 Teams may add additional scrimmages beyond the maximum by reducing their maximum number of games by a corresponding number (e.g. 24 water polo games and 2 scrimmages are the maximum numbers. A school could have 22 water polo games and 4 scrimmages, etc.)
(Board of Managers 1/23/98)

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

1H Penalty for Violation of Sports and General Rulings Bylaw 100H

Any team that has exceeded the maximum number of contests allowed under NCS Bylaw 100H shall be prohibited from participation in the NCS/Les Schwab Tires Championship Series of the respective sport.

(Board of Managers 10/30/98)

2H Penalty for Violation of Sports and General Rulings Bylaws 100H (starting dates) and 202H

A team which violates NCS Bylaws 100H (starting dates) and 202H (related to earliest day practice may begin) shall:

- a. Forfeit more days of practice than it gained by exceeding the earliest starting date.

In addition, the team shall be subject to:

- a. Forfeiture of games won; and/or
- b. Possible disqualification from participation in the respective sport's NCS/Les Schwab Tires Championship Series
 1. The number and dates of practice sessions, and/or games, that shall be forfeited will be determined by the school's league, or in the case of none-league affiliate schools the NCS Eligibility Committee, when the violation is discovered prior to the completion of the first half of the league season. The league or Eligibility Committee shall evaluate the advantage gained over other teams that were in compliance with the rule in determining the appropriate penalty or penalties. The league or Eligibility Committee shall be empowered to prohibit the team's participation in the NCS/Les Schwab Tires Championship Series of the respective sport.
 2. When the violation is not discovered prior to the end of the first half of the league season, the number and dates of practice sessions and/or games which shall be forfeit shall be determined by an NCS hearing panel. The NCS Hearing Panel shall evaluate the advantage gained over other teams that were in compliance with the rule in determining the appropriate penalty or penalties. The NCS Hearing Panel shall be empowered to prohibit the team's participation in the NCS/Les Schwab Tires Championship Series of the respective sport.

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

(Board of Managers 10/21/05)

3H Post Season Competition Restrictions

The listed maximum number of games does not include post-season competition conducted by leagues/conferences, NCS/Les Schwab Tires Championship Series, or post-season tournaments or competitions sanctioned by the CIF process (State or NCS).

Schools may participate in a maximum of two (2) scrimmages between the end of the regular league season and the first scheduled contest of the respective NCS/Les Schwab Tires Championship Series in the sports of basketball, baseball, softball, soccer, volleyball and water polo, providing the following provisions are met:

The team did not participate in a league playoff, and

b) Both principals approve.

PENALTY FOR VIOLATION: Disqualification from the respective NCS/Les Schwab Tires Championship Series Event and referral to the respective league, or NCS Eligibility Committee (non-league affiliate schools), according to NCS Sports & General Rulings Handbook Bylaw 102H, where further penalties may be assigned.

(Board of Managers 10/21/05)

104H Multi-School Practice

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

Exception:

If both principals approve, two schools may conduct multi-school practices for members of individual sport teams prior to the conclusion of the league/conference season for one or more of the following reasons:

1. Safety concerns due to lack of equipment (ex. lack of pole vault equipment)
2. Lack of facilities such as a swimming pool or diving board
3. Gender equity – lack of competition for a single gender where the sport is of a contact nature. (i.e. wrestling)

PENALTY FOR VIOLATION: Disqualification from the respective NCS/Les Schwab Tires Championship Series Event and referral to the respective league, or NCS Eligibility Committee (non-league affiliate schools), according to NCS Sports & General Rulings Handbook Bylaw 102H, where additional penalties may be assigned.

(NCS Board of Managers 10/21/05)

105H Date of First Interscholastic Contest

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

106H Maximum Number of Contests for an Individual

The maximum number of contests for each individual student during each NCS sport season shall be limited to participation in no more than the maximum number of contests allowed for a team in that sport. When an athlete becomes a team member after one or more interscholastic contests have been played, the student may participate in not more than the maximum number of regular season contests remaining on the sport's schedule at any level for which the athlete would be eligible.

PENALTY FOR VIOLATION: See Sports & General Rulings Handbook bylaw 101H.

107H Maximum Number of Contests Per Day (CIF 1202A)

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

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

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

(NCS Board of Managers 10/21/05)

108H Tournaments (CIF 1202B)

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

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

(NCS Board of Managers 10/21/05)

109H Tournament Games in Team Sports

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

Exception:

Volleyball: Each day of participation in a volleyball tournament shall count as a maximum of 2 matches in determining the maximum number of volleyball contests allowed per school.

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

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

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

10H Season of Sport Limitations

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

- a) The season of sport for a school is that period of time that elapses between the first interschool contest and the final contest for the particular sport. (CIF 511)
- b) The season of a sport for any individual student is that period of time which elapses between a student's first participation in an interschool contest and the student's final contest for that particular sport. (CIF 511)
- c) A student shall not participate in more than four seasons of sanctioned CIF competition in any given sport in a four-year high school or three seasons of sanctioned CIF competition in any given sport in a three-year high school. Activities in the summer are exempt. (CIF 513)
- d) Each student shall be limited to one season of a particular sport for each school year. (CIF 514)

1H Definition of a Scrimmage

When two or more teams from different schools participate in a joint activity related to a given sport, this activity shall constitute either a game or a scrimmage and shall count against the maximum number of games or scrimmages allowed.

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

- a) Each scrimmage must be controlled by the participating school's coaching staff. Examples include: unlimited time periods, free substitution, coach may stop play and make individual instruction to players. Time periods, as specified by the appropriate rulebook, shall not be used.
- b) No score will be kept.
- c) A scrimmage must be listed on both (all, if more than two schools are participating) schools' season schedule and identified, in writing, as a scrimmage.
- d) Both coaches must concur in writing, that the activity is a scrimmage (identifying the activity as a scrimmage on the school's schedules shall satisfy this requirement). Under no circumstances will an activity that is conducted as a game be defined as a scrimmage.
- e) If the scrimmage is played against a team that does not belong to the North Coast Section, the opposing school's coach must be informed of the NCS definition of a scrimmage.
- f) Game officials are optional.
- g) Uniforms are optional.
- h) Tennis scrimmage. Definition of a scrimmage for tennis: (1) no official score; (2) play does not have to be continuous; (3) coaches may be on court; (4) no publication or reporting of results; and (5) no prescribed number of sets.

(See 100H, Note 8 and Note 2)

PENALTY FOR VIOLATION: Activities between two schools, declared a scrimmage by one or both schools, but does not follow the definition of a scrimmage, will be declared a contest. Any school in violation of the maximum number of contests rule, Bylaw 100H, will be subject to penalties listed under Bylaw 101H.

(Board of Managers 10/21/05)

1H Jamboree

Each league/conference may conduct a "Jamboree" in each sport with the following guidelines:

- a) It must be sponsored by the league/conference for member schools only,
- b) It must be held in one continuous time period during one day.

Participation will not count against the maximum games limit provided: the total time of participation or equivalent measurement (i.e. innings in softball or baseball) for each school does not exceed that of one regular game in the respective sport.

PENALTY FOR VIOLATION: An activity between schools, declared a Jamboree, but does not follow the definition of a Jamboree, will be declared a contest(s). Any school in violation of the maximum number of contests rule, Bylaw 100H, will be subject to additional penalties listed under Bylaw 101H.

(NCS Board of Managers 10/21/05)

H Final Date for Competition

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

H Final Date of Season of Sport

- a) The final league/conference event (including league playoffs, league post-season tournaments, league meets) will be the end of the season of the respective sport.
- b) Those schools that qualify for, or are selected to participate in NCS/Les Schwab Tires or CIF Championships may practice and scrimmage (basketball, baseball, softball, soccer, volleyball and water polo – See 103H) beyond the final date of the season of sport.
- c) Those schools that qualify for, or are selected to participate in NCS/Les Schwab Tires or CIF Championships shall end their season upon elimination from the NCS/Les Schwab Tires or CIF Championships.

- d) The NCS Commissioner of his/her designee shall have the authority to approve or deny post-season competition for schools that participate in sports that do not have a NCS/Les Schwab Tires or CIF Championships.
- e) Sports that do not culminate in a NCS/Les Schwab Tires or CIF Championships and have received permission from the NCS Commissioner or his/her designee to conduct a post-season tournament shall end with the final date of the NCS/Les Schwab Tires Championship dates of the respective season (fall, winter, and spring).
- f) No tournaments that are scheduled after the completion of the league/conference season will be approved in sports in which NCS/Les Schwab Tires Championships are conducted.

(NCS Board of Managers 10/20/06)

115H Conduct of Sports Out of Season

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

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

116H Protest Procedures

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

National Federation of High Schools – Baseball, Basketball, Cross Country, Football, Boys Lacrosse, Soccer, Softball, Swimming, Track & Field, Volleyball, Water Polo and Wrestling

United States Golf Association – Golf

USA Badminton – Badminton

USA Lacrosse – Girls Lacrosse

United States Tennis Association – Tennis

(Board of Managers 1/19/07)

PRACTICE REGULATIONS

200H Definition of Practice

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

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

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

201H Practice is Allowable

- a) Practice by a school team will only be allowed during the official season of sport.
- b) Only ninth grade through twelfth grade students may practice with or compete on a high school team. Ninth grade students of a junior high school that is located on the same campus and is under the supervision of the same principal as the senior high school may practice with and compete on the high school team.

Ninth Grade Students

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

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

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 201H are found in Bylaw 102H.

(NCS Board of Managers 10/21/2005)

207 Earliest Date of Practice

earliest day that practice may begin in the NCS is:

Fall Sports - the Monday following the Thursday fourteen weeks prior to Thanksgiving,

Winter Sports - the Monday following the Saturday 19 weeks prior to the Saturday of the State CIF Basketball Championships. *(Board of Managers 10/30/98)*

Spring Sports - the Monday following the Saturday 17 weeks prior to the Saturday of the State CIF Track & Field Championships. (Board of Managers 10/30/98)

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

33H Limitation on Practice

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

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

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 203H are found in Bylaw 102H.

(NCS Board of Managers 10/21/05)

34H Sunday Restrictions (CIF 309, May 2000)

In order to provide at least one-day respite from involvement in interscholastic athletics each week, no interscholastic games or practices of any kind are to be held on Sunday.

Exception: Those schools founded upon religious tenets that observe the Sabbath from Friday sundown until Saturday sundown may practice or play on Sundays. Said schools must register each year by August 1 for the following year with their section office and indicate either Friday or Saturday as their alternate day of respite.

(CIF Federated Council May 2003)

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 204H are found in Bylaw 102H.

(NCS Board of Managers 10/21/05)

5H Exceptions to the Limitation on Practice

a) Leagues may authorize a football conditioning practice period that shall start no more than five weekdays prior to the starting date of football practice. The purpose of the physical conditioning practice session is to better prepare football players for the rigors of tackle football. Such a conditioning session shall not be counted or used as a practice day(s).

Football conditioning is defined as:

a) A two-hour team-conditioning period each day.

b) The only allowable football equipment shall be: footballs, football shoes, helmets and blocking bags.

(Board of Managers 4/24/98)

b) Spring football practice shall not start earlier than the Monday two weeks prior to Memorial Day and must be completed before spring final examinations start.

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

2) The only allowable football equipment for spring football shall be: football shoes, footballs, helmets and blocking bags.

(Board of Managers 1/23/98)

c) A coach may not require a prospective team member to attend off-season practice at any time during the school year or summertime.

d) Coaches of interscholastic teams may teach their sport during the school year in a regularly scheduled physical education class, if the class is not limited to students who plan to participate in that sport, and the class is not a requirement for participation (including try-outs) in that sport.

e) Schools may not sponsor nor provide resources (facilities, equipment, etc.) for practice by a school team or team members outside the official season of the sport except as provided by 209H.

f) During the periods of time not defined as the football season of sport or as a league approved football conditioning program, or as spring football practice, schools may not hold or sponsor conditioning or practice for members of the school football team during the school year other than as defined by 209H.

g) Participation in any sport outside of the defined NCS season of sport must be governed by the nationally recognized authority for that sport if such authority exists.

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

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 205H are found in Bylaw 102H.

(NCS Board of Managers 10/21/05)

H School Team/Individual Sponsorship

a) During the school year, a member school may NOT:

1) Sponsor a team outside of the NCS defined season of that sport or sponsor an individual or group for competition outside of the official season of that sport except as provided by 209H.

2) Pay entry fees for a team or for individuals in any competition conducted outside of the official season of sport for the respective sport except as provided by 209H.

3) Contract with or encourage a coach to supervise a team outside the official season of sport for the respective sport except as provided by 209H.

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

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 206H are found in Bylaw 102H.

207H Coaching

A person employed as a coach by a NCS member high school may coach a team outside the official season for that sport provided all of the following conditions are met:

- 1) He/She coaches as a private citizen,
- 2) He/She does not receive compensation for coaching team from the school, school district, or other school related organization (e.g. P.T.A., boosters club, etc.),
- 3) He/She is not assigned to coach by the school or school district,
- 4) He/She does not use any school-owned equipment (i.e. uniforms, balls, bats, etc.), or facilities (e.g. gymnasium, rooms, fields, etc. under conditions more favorable than those available to the general public,
- 5) He/She does not represent the team as a school team, or as a requirement to play for the school team, and
- 6) He/She does not use the school's name as the team's name.

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

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

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 207H are found in Bylaw 102H.

(NCS Board of Managers 10/21/05)

208H Organizational Meetings

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

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 208H are found in Bylaw 102H.

(NCS Board of Managers 10/21/05)

209H Summertime School Athletic Activities

During the period of time from the last NCS/CIF athletic competition (CIF Boys' Golf Championship) until the first NCS authorized conditioning or practice date of the next school year, NCS shall have no authority over NCS member school athletic activities concerning:

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

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

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

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 209H are found in Bylaw 102H.

(Board of Managers 10/21/05)

210H Open Gyms and Open Fields

Open gyms and open fields may be sponsored by NCS member schools during the period of the first NCS authorized conditioning or practice date of the fall season through the last NCS/CIF athletic competition (CIF Boys' Golf Championships) under the following conditions:

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

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

PENALTY FOR VIOLATION: Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 210H are found in Bylaw 102H.

(NCS Board of Managers 10/21/05)

507. **COACHING COMPENSATION**

A coach shall not be reimbursed for coaching services from any source other than the school funds without the approval of the school's governing board, nor be subject to any bonus arrangement dependent upon the success of the school's team.

508. **OUT-OF-STATE COACHING CERTIFICATION**

Teams of affiliated California Interscholastic Federation member schools must be coached by staff members certified in their own State (for certain schools outside California).

509. **PENALTY FOR NON-CERTIFICATION AND IMPROPER COMPENSATION**

Any team, coached by an uncertified person, or by any person receiving any part of the salary for coaching from other than school funds without the approval of the school's governing board, is ineligible under California Interscholastic Federation rules.

510. **UNDUE INFLUENCE**

A. The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents or guardians of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the California Interscholastic Federation.

NOTE: Undue influence is any act, gesture or communication (including accepting material or financial inducement to attend a CIF member school for the purpose of engaging in CIF competition regardless of the source) which is performed personally, or through another, which may be objectively seen as an inducement, or part of a process of inducing a student, or his or her parent or guardian, by or on behalf of, a member school, to enroll in, transfer to, or remain in, a particular school for athletic purposes.

1. Recruitment or undue influence in the NCS includes, but is not limited to the following:
 - a. An offer of material or financial benefit of any kind by any school personnel or with the willful consent of any school personnel to any student or prospective student, or the parents thereof, for the purpose of engaging in athletics, further, an offer of material or financial benefit includes the administering of funds to incoming students and also includes providing students with athletic equipment or personal effects.
 - b. Coach or coach's representatives' violations: Recruitment includes any visitation to a grammar school or junior high school by a coach done on his own initiative.
 - c. Recruitment includes any attempt by a coach to initiate conversation with prospective student(s) concerning attendance at the coach's school.
 - d. Recruitment includes failure of a coach to refer to the principal any student who approaches the coach indicating an interest in the coach's school.

B. A transfer of a student from his or her current school of attendance to any high school wherein the student participates or participated, during the previous twenty-four (24) months, on a non-school athletic team, (i.e. AAU, American Legion, club team, etc.) that is associated with the new school shall be considered prima facie* evidence ("sufficient evidence") of undue influence/recruiting by the school to which the student transfers or may be considered prima facie evidence that the student enrolled in that school in whole or in part for athletic reasons.

A team associated with the school is one: that is organized by and/or coached by any member of the coaching staff at, or any other person associated* with, that school; and/or, on which the majority of the members of the team (Participants in practice and/or competition) are students who attend that school.

When a prima facie case of undue influence/recruiting exist, the student shall be ineligible to represent the new school in interscholastic athletic competition for a period of one calendar year from the date of the student's enrollment in the new school unless sufficient proof is presented

to the satisfaction of the Commissioner that rebuts or disproves the evidence of undue influence/recruiting for athletic reasons.

** Defined as: Persons "associated" with a school include, but are not limited to; parents of current or former student/athletes, booster club members, alumni, spouses or relatives of coaches, teachers and other employees, former coaches, active applicants for coaching positions, and persons who are employed by companies or organizations that have donated athletic supplies, equipment or apparel to that school.*

- C. A student shall become ineligible for CIF competition and shall be penalized according to Bylaw 213 for accepting material or financial inducement to attend a CIF member school for the purpose of engaging in CIF competition, regardless of the source.
- D. All transfer students shall submit a completed CIF Pre-enrollment Contract Affidavit (CIF Form 510) with the appropriate transfer application(s) as required by their respective CIF Section under Bylaw 207 and/or Bylaw 209.
NOTE: CIF Form 510 is available through the local CIF Section Office.

511. **SEASON OF SPORT DEFINITION**

- A. The season of sport for a school is that period of time which elapses between the first interscholastic contest and the final contest for that particular sport.
- B. The season of a sport for any individual student is that period of time which elapses between the student's first participation in an interscholastic contest and the student's final contest for that particular sport.

513. **MAXIMUM NUMBER OF SEASONS**

A student shall not participate in more than four seasons of sanctioned CIF competition in any given sport in a four-year high school or three seasons of sanctioned CIF competition in any given sport in a three-year high school. Activities in the summer are exempt.

514. **ONE SEASON OF SPORT**

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

522. **HEALTH AND SAFETY OF ALL STUDENTS**

- A. Each member and/or district has the responsibility for providing for the health and safety of all students engaged in interscholastic athletic activities (practice and games). Such provisions shall include, but not be limited to:
 - 1. Proper supervision
 - 2. Compliance with all game rules and regulations
 - 3. Safe facilities and equipment

523. **EQUITY**

Any question or concern involving practices or procedures that affect perceived bias on the basis of sex will be reported in writing to the State CIF Office within 10 working days. A form will be sent to the individual, which must be returned to register the inquiry and resolution (if any). Any registered complaints or inquiries will be investigated and reported to the Federated Council and State Board of Education with copies to the person who filed the original concern. If the problem is not resolved to the

NORTH COAST SECTION

12925 Alcosta Blvd., Suite 8
SAN RAMON, CA 94583
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Website: www.cifncs.org

SPRING 2010

TO: Principals, Athletic Directors and League Commissioners
FROM: Karen Smith, Associate Commissioner

This is a reminder that the following Ejection Policy, adopted by the NCS Board of Managers on April 21, 1995, requires that every player (on all levels-varsity, jv, frosh-soph, frosh, etc.) and every coach must read and sign a copy of the NCS Ejection Policy.

1. Copies of the signed policy statements are to be maintained at each school. (See pages four and five for model copy of Athlete/Coach--Ejection Policy Notification Form),
2. Each principal is required to send a statement to the NCS office or to their league commissioner (at league option) each season (fall, winter and spring) of sport verifying that all coaches and players of that season's sport have read and signed a copy of the policy (see page six for model copy of School-- Ejection Policy Notification Form).

Some schools may opt to produce their own forms, which could include additional signature lines (e.g. parents, A.D., coaches etc.) or other information.

Coaches are responsible for determining the cause of ejection for any of their players and coaches (including themselves) and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's or coaches' ejection shall not be the basis for allowing a student or coach who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture) should a student or coach who is in violation of the Ejection Policy play or coach in a subsequent contest. (BOM 10/24/97)

Three purposes of having the student and coaches read and sign the ejection policy are to provide:

1. Notice of the policy,
2. An opportunity for an administrative representative (principal, other school administrators, and/or AD) to meet with each team and coach to explain the schools expectation in the area of sportsmanship and safe play, and
3. An opportunity for the administrative representative to hear and approve each coach's action plans for ensuring that his/her athletes are properly trained in how to avoid situations which would represent violations of the ejection policy and how to respond should an occurrence take place.

The NCS ejection policy will support the school's position.

NCS Ejection Policy

307H Ejection Policy

a. Coaches Review Content

League commissioners shall have coaches review the content of the Ejection Policy for the coaches' respective sport at the end of the season meeting and make recommendations for change. The league commissioner will direct such recommendations to the NCS Sports Advisory Committee ("SAC"). The SAC will determine whether to forward recommendations to the Board of Managers for consideration.

b. School Administration and Coaches' Responsibility

School Administration and coaches are responsible for determining the cause of ejection for any of their coaches and players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a coaches' or player's ejection shall not be the basis for allowing a coach or student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture should a coach or student who is in violation of the Ejection Policy coach or play in a subsequent contest).

c. Notice

Every player and coach must read and sign a copy of the NCS Ejection Policy rule. The copies will be maintained by each school's administration. Each school's principal must send a statement to the league office prior to the first contest of the season verifying that all players and coaches for the respective season (fall, winter, spring) have read and signed the NCS Ejection Policy rule. Additionally, each school's principal must verify to the league that any future additions to the roster of either players or coaches will also read and sign the NCS Ejection Policy rule prior to participating in an interscholastic contest.

d. Penalties

1. These rules and minimum penalties are applicable to players and coaches during the time that contest officials have jurisdiction for the contest in accordance with National Federation or sport governing body rules for the respective sport.

a. Players

Ejection of player from a contest for unsportsmanlike or dangerous conduct as defined in sport specific NCS Ejection Policy rules summaries. Penalty: The player shall be ineligible for the next contest the school actually participates (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.). A student who was ejected from his/her team's previous contest for dangerous or unsportsmanlike actions, shall not be allowed to dress in his/her team's uniform, but will remain the responsibility of school personnel.

Interpretation: The student will be held out of the school's next contest of the respective sport from which he/she was ejected even if it is the first contest of the next season.

b. Coaches

Ejection of coaches, assistant coaches and/or coaching representatives for unsportsmanlike conduct as defined in sport specific NCS Ejection Policy rules summaries.

Penalty: The coach, assistant coach and/or coaching representative will immediately remove themselves from their coaching responsibilities in accordance with National Federation or sport governing rules for the respective sport. The coach, assistant coach and/or coaching representative must leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team players and other team personnel during the remainder of the game. If there is no other coaching representative who is certified by the school in accordance to CIF bylaw 506, the game shall be terminated and declared a forfeit. The offending coach's school will be credited with a loss and the opposing school shall be credited with a win. The ejected coach, assistant coach and/or coaching representative will be prohibited from coaching or attending the next interscholastic contest for that team or any other team in the same sport prior to serving the penalty.

c. Illegal participation in the next contest (the next contest the school actually participates) by a player or coach, assistant coach and/or coaching representative ejected for unsportsmanlike or dangerous conduct, as defined in sport specific NCS Ejection Policy rules summaries, in a previous contest.

Penalty: The contest shall be forfeited and the ineligible player, coach, assistant coach and/or coaching representative shall be ineligible for the next contest. During the contest for which the player is ineligible, the player shall not be allowed to dress in his/her team's uniform, but will remain the responsibility of school personnel. Ejected coaches, assistant coaches and/or coaching representatives are not allowed to attend the school's next contest. If, in the next contest, there is no other coaching representative who is certified by the school in accordance to CIF bylaw 506, the game shall be declared a forfeit. The offending school will be credited with a loss and the opposing school shall be credited with a win.

d. Second ejection of a player or coach for unsportsmanlike or dangerous conduct or of a coach for unsportsmanlike conduct as defined in sport specific NCS Ejection Policy rules summaries from a contest during one season.

Penalty: The player shall be ineligible for the remainder of the season (includes pre-season, league season and post-season play). The coach, assistant coach and/or coaching representative are employees of the school. The

NCS does not have the authority to terminate employment of school employees, which would be the effect of a balance of the season suspension. Therefore, the penalty for a second ejection for a coach, assistant coach and/or coaching representative shall be that the coach, assistant coach and/or coaching representative shall be prohibited from coaching or attending the next two interscholastic contests for that team and shall also be prohibited from coaching or attending any NCS post-season contests for which the team qualifies.

- e. When one or more players leave the bench to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest the school actually participates (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.). A student who was ejected from his/her team's previous contest for dangerous or unsportsmanlike actions, shall not be allowed to dress in his/her team's uniform, but will remain the responsibility of school personnel. NOTE: When a student and/or team must forfeit a contest due to violation of the Ejection Policy (NCS 2481A1b), the student and/or team shall be charged with participation in the contest for purposes of the respective sport's maximum number of contests rule.

e. Procedures

1. Each league shall establish a procedure for reporting ejections. Examples would include:
 - a. The officials shall report (orally or in writing) to specified school personnel and/or league commissioner,
 - b. The coach of the ejected player's team shall notify (orally or in writing) the principal of the ejected player's team and/or the league commissioner, or
 - c. The coaches of both teams involved shall notify (orally or in writing) the principal of the ejected player's team and/or league commissioner.

f. Appeals

1. Only appeals related to the factual situation of the player's or coaches' ejection will be heard. Such appeals will only be made to penalties related to subsequent penalties after the ejection, they will not have jurisdiction to change the status of the player's or coach's ejection from the game in question. No appeal will be heard related to the official's judgment (other than an incorrect identification). When additional forfeitures are applied because a coach, student-athlete, school, etc. do not apply the rule and an ineligible student or coach, assistant coach and/or coaching representative participates, no appeal based on NCS Student Eligibility Bylaw 2705 will be allowed.
2. Appeals shall be heard initially through the ejected student's or coach's league, subsequent appeals may be made through the applicable North Coast Section, CIF and State CIF appeals procedure.

Note: The Ejection is applied by sport from year to year. Under this policy, a student or coach, assistant coach and/or coaching representative who is ejected for unsportsmanlike or dangerous conduct, as defined in sport specific NCS Ejection Policy rules summaries, from the school's last contest of the year will be held out of the school's next contest of the respective (same) sport from which he/she was ejected even if it is the first contest of the next season. Schools and/or leagues may have policies that are more restrictive.

g. Awards Ceremony

Any student or coach, assistant coach and/or coaching representative who has been ejected for unsportsmanlike or dangerous conduct from a championship contest will be prohibited from participating in the awards ceremony.

h. Definition of Participation Under the Ejection Policy's Penalty

A student who was ejected from his/her team/s previous contest for dangerous or unsportsmanlike actions, as defined in sport specific NCS Ejection Policy rules summaries, shall not be allowed to dress in his/her team's uniform, but will remain the responsibility of school personnel.

Note: The Ejection is applied by sport from year to year. Under this policy, a student who is ejected from the school's last contest of the year will be held out of the school's next contest of the respective (same) sport from which he/she was ejected even if it is the first contest (a scrimmage is not a contest) of the next season. Schools and/or leagues may have policies that are more restrictive.

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NORTH COAST SECTION EJECTION POLICY

BADMINTON - 2009

The following is a summary of the rules pertaining to the NCS Ejection Policy in badminton. This summary is provided as a guide for athletic directors, coaches and league commissioners. This summary outlines why an athlete or coach would be disqualified from badminton competition. Any act by an athlete or coach that is unsportsmanlike or dangerous conduct shall subject the student and/or coach to ejection and application of the NCS Ejection Policy. **Please review these rules with your student athletes and coaches.** It is important to note that a one game or contest ejection is not a substitute for appropriate counseling of the student or coach, nor for the student's and coaches' demonstrated contrition and acceptance of responsibility for the action(s) which led to the ejection. The one game or contest suspension is the universal penalty for ejection from a contest but in no way is it a substitute for a school's and coach's responsibility to provide appropriate counseling, remedial action, and discipline. Each league shall establish a procedure for reporting ejections (NCS Sports & General Rulings Handbook - bylaw 306H). In addition, the primary event official for badminton shall be authorized by the league for intra-league competition.

Coaches Review Content

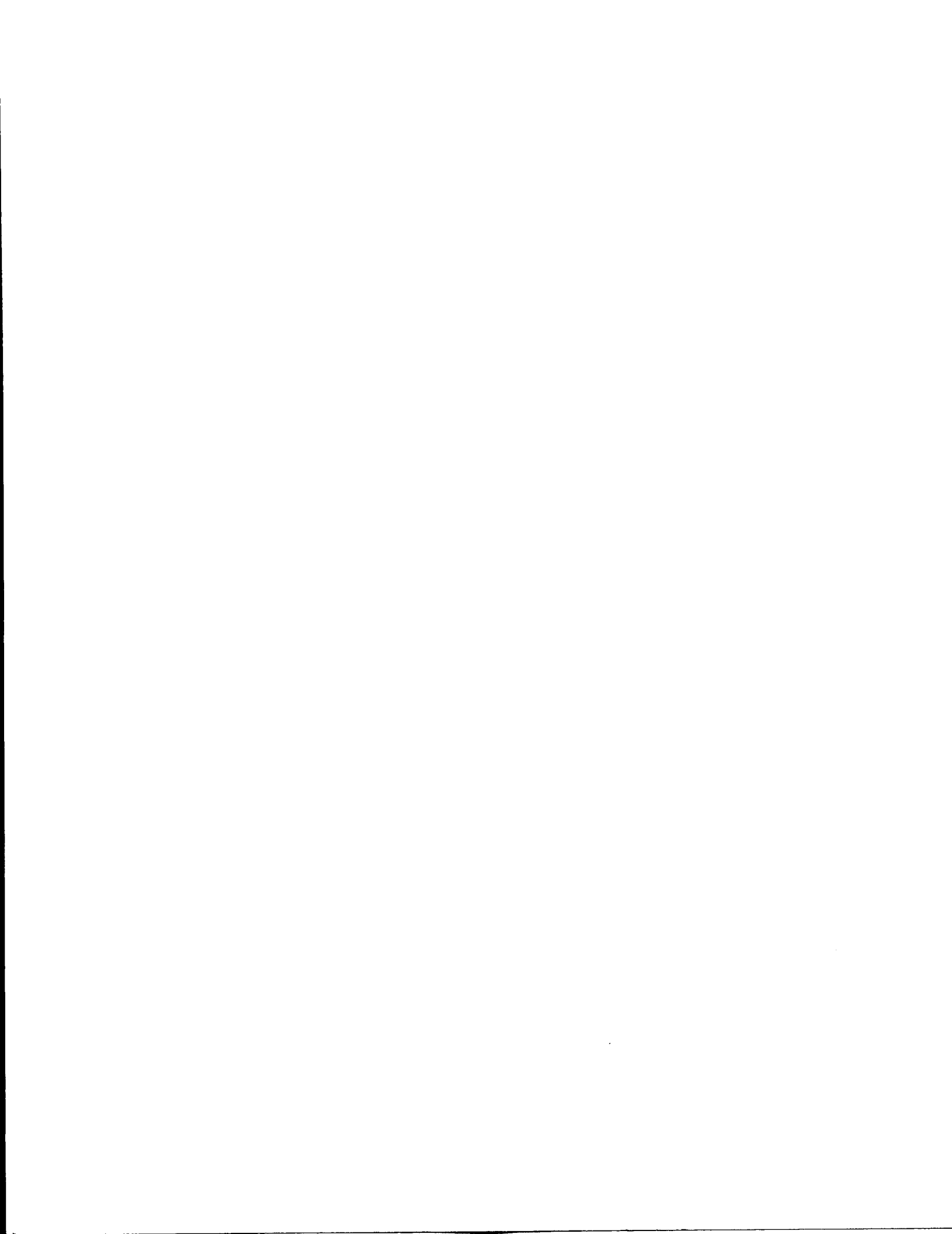
League commissioners shall have coaches review the content of the Ejection Policy for the coaches' respective sport at the end of the season meeting and make recommendations for change. The league commissioner will direct such recommendations to the NCS Sports Advisory Committee ("SAC"), which will consider them. The SAC will determine whether to forward recommendations to the Board of Managers for change.
(*Board of Managers 10/24/97*)

School Administration and Coaches' Responsibility

School administrators and coaches are responsible for determining the cause of ejection for any coach or player and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a coach's or player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture should a student or coach who is in violation of the Ejection Policy participates in a subsequent contest).
(*Board of Managers 10/24/97*)

Note: Any act by an athlete or coach that is unsportsmanlike or dangerous conduct shall subject the student or coach to ejection from the contest and application of the NCS Ejection Policy will apply.

SPORT	RULE	DESCRIPTION	Does the rule apply to the NCS Ejection Policy?
Badminton	Law 18.7	USBA rules do not fully address unsportsmanlike conduct. Therefore, NCS would define unsportsmanlike conduct as conduct of an athlete or coach who becomes abusive or interferes with the orderly progress of the match. This includes, but is not limited to, deliberately cause suspension of play, deliberately interfere with the speed of the shuttle, behave in an offensive manner, be guilty of misconduct not otherwise covered by the Laws of Badminton, acts of disrespect, use of foul language, unethical or dishonorable actions which bring discredit to the athlete's or coaches' school, disrespectfully addressing an official or coach, taunting or criticizing an opponent, official or coach and failure to follow directions of match or tournament officials.	Yes



**NORTH BAY LEAGUE
Sportsmanship Ballot**

SCHOOL _____

Date _____

SPORT _____

_____ BOYS

_____ GIRLS

Please bring this ballot with you to the end of the season All-League Meeting/League Tournaments. If for some reason, you cannot attend these meetings; please mail, fax or email the information **AS SOON AS POSSIBLE TO:**

Marie Sugiyama, NBL Commissioner
2613 Westberry Drive
Santa Rosa, CA 95403
Telephone/Fax: 707-544-4824
Email: mariemsugi@att.net

Thanks! We appreciate your cooperation in making our Sportsmanship Awards Program a true evaluation of the great work the schools and coaches are doing in their athletic programs.

Please rate the top five schools in ranked order with "5" being the top team. **YOU MAY NOT VOTE FOR YOUR TEAM.** This vote includes the nonvarsity teams also.

A copy of the criteria is on the back of this sheet. Thanks again for your input!!

- 5 _____ Top Team
4 _____ 2nd best Team
3 _____ 3rd best Team
2 _____ 4th best Team
1 _____ 5th best Team

Comments on any of the teams are welcome; i.e., coach was a positive influence on the team; players were courteous, friendly, played with integrity; needed work on sportsmanship; etc.

The success of this program depends on your willingness to participate.

NORTH BAY LEAGUE Sportsmanship Award Criteria

The principals and Athletic Directors of the NBL Schools have voted to reward school athletic programs that exhibit positive **SPORTSMANSHIP**. In the Fall of 2003, a specially designed pennant was awarded to the school (or schools) that have exhibited positive sportsmanship. There are two pennants awarded each season—one for the girls' teams and one for the boys' teams.

This award will be decided **BY YOU**, the coaches of the NBL by a vote at the end of each season—Fall, Winter and Spring. You will be asked to rate each of your opponents in the NBL and list the top five in ranked order with the top school receiving a score of "5".

You are to consider only the team members and coaches (which include all levels of competition, i.e., varsity, junior varsity and freshman (if applicable)).

The following criteria may be used as a guideline to assist you in your evaluation process. Here are some key traits to keep in mind.

TRUSTWORTHINESS

- Integrity
- Honesty
- Reliability
- Loyalty

RESPECT

- Golden Rule
- Tolerance and Acceptance
- Nonviolence
- Courtesy

RESPONSIBILITY

- Duty
- Accountability
- Pursing Excellence
- Self-control

FAIR PLAY

- Justice
- Openness

CARING

- Concern for Others
- Charity

CITIZENSHIP

- Do Your Share
- Respect Authority

The Sportsmanship Awards are being well received by the schools. It is our hope that **ALL THE COACHES** will submit their ballots at the end of each of their seasons so we will be able to have a true evaluation of the positive effects of our Athletic Programs. **THANKS FOR TAKING PART IN THIS PROGRAM.** We cannot have this program without your willingness to participate.