



# NORTH BAY LEAGUE

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## **NBL BADMINTON MEETING MINUTES**

Monday, February 3, 4:30 PM  
Santa Rosa High School, Room 15

- I. Directory—**ATTACHED**
- II. First day of legal practice--**MONDAY, FEBRUARY 10**
- III. Recommended Information
  - a. Sports Medicine Resources—**[www.cifstate.org](http://www.cifstate.org)**
  - b. NFHS Information and application for membership—**[www.nfhs.org](http://www.nfhs.org)**
  - c. Practice and Conditioning Rules Interpretations—**available at [www.cifncs.org](http://www.cifncs.org); governance, NCS Sports & General Rules, Appendix A—ALSO ATTACHED AND HIGHLY RECOMMENDED THAT COACHES PRINT OUT THIS DOCUMENT FOR READY REFERENCE**
- IV. NBL, NCS and CIF rules
  - a. CIF constitution and bylaws available at **[www.cifstate.org](http://www.cifstate.org)**
  - b. NCS constitution and bylaws available at **[www.cifncs.org](http://www.cifncs.org)**
  - c. NBL General Rules—available at **[www.northbayleague.org](http://www.northbayleague.org)**
  - d. NCS Ejection Policy—available at **[www.cifncs.org](http://www.cifncs.org); click on sports, then badminton and then sportsmanship**
  - e. NCS Championships: Championship bulletin available at **[www.cifncs.org](http://www.cifncs.org); click on sports, then badminton and then NCS Championships**
- V. Discussion items
  - a. NBL Badminton bylaws—**DISCUSSED AND ATTACHED; NO CHANGES FROM LAST YEAR**
  - b. Divisional placement for next year—**PROCESS FOR SOLICITING INFORMATION FROM COACHES REGARDING PLACEMENT IN EITHER OAK OR REDWOOD WAS EXPLAINED. COACH INPUT FORM WILL BE DISTRIBUTED APPROXIMATELY TWO WEEKS BEFORE THE END OF THE SEASON.**
  - c. CIF State Practice Allowance—**REVIEWED AND ATTACHED**
  - d. Undue Influence Grid—**REVIEWED AND ATTACHED. HIGHLY RECOMMENDED THAT COACHES PRINT OUT THIS DOCUMENT FOR READY REFERENCE**
  - e. Sunday practice—strictly forbidden!
  - f. Schedules for this year and next—**WITH THE ADDITION OF ELSIE ALLEN AND ROSELAND COLLEGIATE PREP, THERE ARE NOW 10 TEAMS, SO THE SCHEDULE WAS REDRAWN AS A TRIPLE ROUND ROBIN. THE NEW SCHEDULE IS ATTACHED AND WILL BE POSTED AT [www.northbayleague.org](http://www.northbayleague.org)**
  - g. Singles and doubles tournament
    - i. **THE ALL-LEAGUE AND SEEDING MEETING WILL BE HELD ON MONDAY, MAY 4 AT 5:30 PM AT MARIA CARRILLO HIGH SCHOOL. SCOTT WILL BE SENDING OUT DIRECTIONS TO HIS ROOM.**
    - ii. **SITES AND DATES FOR SINGLES, DOUBLES AND MIXED DOUBLES TOURNAMENTS AR ON THE SCHEDULE.**
    - iii. **IT WAS AGREED THAT ONLY THOSE BADMINTON PLAYERS WHO ARE COMMITTED TO PARTICIPATING IN NCS COMPETITION WILL BE ALLOWED TO PARTICIPATE IN THE TOURNAMENT.**
  - h. Reporting of scores—MaxPreps and Press Democrat
    - i. **THE NBL CONSTITUTION AND BYLAWS MANDATE THAT SCORES ARE REPORTED TO BOTH MAXPREPS AND THE PRESS DEMOCRAT**
    - ii. **IF YOU DON'T KNOW HOW TO ENTER YOUR SCHEDULE ON MAXPREPS, WORK WITH YOUR SITE ATHLETIC DIRECTOR TO HELP YOU.**
    - iii. **DIRECTIONS FOR EMAILING SCORES TO THE PRESS DEMOCRAT ARE ATTACHED**

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

**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.
- 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
- 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.
  - 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.
  - 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.
  - 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.
  - 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 4:00 PM and match play will begin at 4:30 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 at the tournament seeding for 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.

# The Press Democrat

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Dear Coach,

Below please find our request for information to help us cover your team this season. Please contact me at [john.schlegel@pressdemocrat.com](mailto:john.schlegel@pressdemocrat.com) if you have any questions.

## Info survey

Reporter Lori Carter is going to email you this week with a short survey to help us gather information about your team heading into the season. It'll be quick and easy to do, so please help us out by filling it out and emailing it to her. We'll also want to get your schedule and roster. If it's posted elsewhere (e.g. MaxPreps) already, we'll take that, just let us know it's there, please.

## Results

We cannot accept phone calls to get box scores into the newspaper, unfortunately. Please email (or have someone else email) the result as soon as possible after the game ends to [sports@pressdemocrat.com](mailto:sports@pressdemocrat.com) using the format below. Your cooperation in going all-digital is greatly appreciated.

### AT WINDSOR

Analy            10  
Windsor         5

- List competitors and winners and scores in each of the 15 categories
- League Records: Analy 1-2, Windsor 1-2
- Notables: Include anything else worth pointing out about the game.

You may also include JV competitors and scores, but the PD will most likely focus on varsity level.

## Contacts

If you have a suggestion for a story or a student-athlete who deserves some recognition, please keep these contacts handy:

**John Schlegel, Sports Editor**

[john.schlegel@pressdemocrat.com](mailto:john.schlegel@pressdemocrat.com) / O: 707-521-5208 / C: 707-837-6193

**Kerry Benefield, local sports columnist**

[kerry.benefield@pressdemocrat.com](mailto:kerry.benefield@pressdemocrat.com) / O: 707-526-8671

**Lori Carter, local reporter**

[lori.carter@pressdemocrat.com](mailto:lori.carter@pressdemocrat.com) / O: 707-521-5470

Best of luck on your season, and we'll be in touch.

Thank you,

John Schlegel, Sports Editor

## **PARTICIPATION ON AN OUTSIDE TEAM OR IN ID OR OD PROGRAMS DURING THE SEASON OF SPORT FOR SOCCER**

### **PARTICIPATION ON AN OUTSIDE TEAM IS PROHIBITED BY CIF RULE 600**

#### **Rule 600. COMPETITION ON AN OUTSIDE TEAM**

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport.

*Q: What is an outside team?*

*A: An outside team is one that is organized through a non-school organization such as, but not limited to, youth teams, community teams, club teams, national teams, park and recreation teams, etc.*

*Q: Is attendance by an individual student-athlete at a non-school practice, camp or clinic considered participation on an outside team if during that sport's season of sport?*

*A: No. Individual student-athletes may attend a non-school practice, camp or clinic during that sport's season of 111 sport (unless your school and/or CIF Section has developed a more restrictive rule).*

*Q: May an individual student-athlete compete in a scrimmage or game while attending a non-school practice, camp or clinic during that sport's season of sport?*

*A: Yes, if they are attending the camp as an individual (unless your school and/or CIF Section has developed a more restrictive rule).*

Specifically, in terms of soccer.

- A student-athlete may attend an ID (individual development) clinic. The student-athlete must attend as an individual and may not be sponsored by a school. It is legal for this individual student-athlete to participate against other individuals during an ID camp, even 11 on 11. However, an individual may not play for a team or with a team at this camp.
- A student-athlete may not participate on an outside team during his/her season of sport AND also represent his/her own school. Representation of a school includes participate in scrimmages and games.
- Once a student-athlete participates in a scrimmage or contest (represents his/her school), that student-athlete may not also participate in an outside team contest or scrimmage and then continue to represent his/her school. The penalty for this is non-participation in two school contests for each contest or scrimmage on an outside team.
- A student-athlete may participate on a CIF-approved Olympic Development Program, as outlined in the CIF State Website. [www.cifstate.org](http://www.cifstate.org); click on Governance, then Olympic Development Programs and National Governing Body Events. I have copied the list at the end of this document.

### **PARTICIPATION IN OLYMPIC DEVELOPMENT PROGRAMS (ODP) IS CLARIFIED IN RULE 603.**

#### **Rule 603. OLYMPIC DEVELOPMENT PROGRAMS**

During their high school season of sport, a high school student who has been selected or qualified for an Olympic development program by the respective National Governing Body for that sport, shall be permitted to participate in such a program without loss of interscholastic eligibility, if the following conditions are met:

- A. The Olympic development program is:
- (1) Verified by the State CIF; AND
  - (2) a. Conducted or sponsored by the United States Olympic Committee; OR  
b. Directly funded and conducted by the U.S. national governing body for the sport on a national level; OR  
c. Authorized by a national governing body for athletes having potential for future national team participation; AND
- B. The student informs the high school principal at least 30 days prior to participating in the program; AND
- C. The principal verifies the authenticity of the program; AND
- D. The student makes prior arrangement to complete missed academic lessons, assignments and tests before the last day of classes of the semester in which the student's absence occurs.
- E. This bylaw was written with the intent that only individual student-athletes that have been identified by the respective National Governing body for that sport, as having Olympic potential, would be eligible for this exemption of Bylaw 600. Individual student-athletes who are members of a club team(s) consisting in

whole or part of high school age athletes, participating in any competitions (e.g. Super Y League events, USA Youth Soccer National League, Championships, etc.), even if the competition itself is labeled as an ODP event, that occur during the high school student's season of sport are not eligible for this exemption. NOTE: It is up to the school and individual(s) participating to confirm that above events have been approved by the CIF (visit [www.cifstate.org](http://www.cifstate.org)). (Revised May 2007 Federated Council) (Editorial Revision May 2017)

## **Approved Olympic Development Programs and National Governing Body Events** *(as of 1/27/2020)*

*As a reminder, students need to inform their high school principal at least 30 days prior to participating in the program. Students also need to make prior arrangements to complete missed academic lessons, assignments, and tests before the last day of classes of the semester in which the student's absence occurs.*

**The ODP Soccer Events listed below are for ODP Region IV teams/individuals only. Individuals competing on club teams at these tournaments are not identified as ODP players and therefore are NOT allowed to participate according to CIF Rules.**

### **Soccer**

- US Youth Soccer ODP Girls Thanksgiving Interregional (02 & 03, 04, 05, 06): Nov. 22-28, 2019 (Boca Raton, FL)
- US Youth Soccer ODP Boys Winter IMG (02, 03, 04, 05, 06): Dec. 17-21, 2019 (Bradenton, FL)
- Boys & Girls '07 West Region ODP Training Camp: Dec. 27-30 (Elk Grove, CA)
- West Regional ODP Championships: Jan. 2-6, 2020 (Phoenix, AZ)
- US Youth Soccer Workshop: Jan. 15-19, 2020 (Baltimore, MD)
- US Youth Soccer ODP Boys & Girls National Training Camp: Jan. 23-28, 2020 (Tampa, FL)
- Girls (05) US Soccer YNT Identification Center: Jan. 29, 2020 (Corona, CA - Silver Lakes Equestrian and Sports Park)
- Girls (05 & 06) PDP State Team Game Vs. Japanese Federation JFA: February 2, 2020 (San Ramon, CA - Tiffany Roberts Sports Park)
- Boys ODP 2002 International Trip (Costa Rica): Feb. 19-26, 2020
- Girls ODP 2004 International Trip (Costa Rica): Feb. 19-27, 2020
- Boys (07) and Girls (06) Id2 Spring Training Camp: Feb. 27-March 1, 2020 (Melbourne, FL - Space Coast United)
- Boys ODP 2003 International Trip (Rome/Italy): March 1-10, 2020

# Appendix A (NCS Sports & General Rules)

## PRACTICE AND CONDITIONING RULES INTERPRETATIONS

The outline below is meant to give schools a guide to determining what is, and is not, a violation of the NCS bylaws and policies concerning practice during the season of sport, outside the season of sport, and during the defined summer months. The NCS Commissioner of Athletics has the power of interpretation of the definition of practice. Questions regarding practice, sport specific conditioning activities, general conditioning activities, weight training, etc. should be directed to the NCS Office in writing.

### General Rules:

#### Definition of Season of Sport

Season of sport is defined as the time period between the first day of practice and the final date of competition, according to the dates set by the Board of Managers on a yearly basis. An individual student's season of sport is defined as the time period between their first participation in an inter-school competition and their final date of competition for the school team, up to and including the North Coast Section and/or CIF championships.

The first day of practice and the final date of competition can be found in the NCS Championship Schedule, a three-year calendar of dates updated each year by NCS staff and approved by the Sports Advisory Committee and Board of Managers. Be aware that the Board of Managers, at any of their three meetings each year, may change these dates. The NCS Championship Schedule may be viewed and printed from the NCS web site, [www.cifncs.org](http://www.cifncs.org). In the left hand column click on Calendars, then click on NCS Championship Schedule – 3-Year, then click on the current year's or following year's calendar.

During the season of sport, NCS member schools are allowed to practice, scrimmage and compete against other high school teams according to NFHS, CIF, NCS, league and school guidelines. NCS practice and season of sport guidelines can be found in the NCS Sports & General Rulings Handbook in the 100H and 200H series of bylaws. All interpretations in this document are based on the NCS Sports & General Rulings Handbook 100H and 200H series of bylaws.

#### Approved Sport Specific Conditioning

**No sport** has an approved sport specific conditioning period. If a school conducts specific sport conditioning as a team or individuals prior to the start of the season, that school is in violation of NCS bylaws. Sport specific conditioning sessions by a school are prohibited outside the season of sport during the school year.

#### Weight Training and Other Allowable General Conditioning Activities

Weight training is not a CIF sport. Potential team members may weight train anytime during the course of the year with school approval. However, when weight training is moved from the weight room to the outside and drills involve the use of specific sport equipment, then the school is in violation of season of sport rules. Allowable general conditioning activities include plyometrics, stretching exercises, running or other aerobic exercises, non-sport specific agility activities and rope climbing. General conditioning activities do not include activities that use equipment specific to the sport (ex. - balls, blocking dummies, rebounders, etc.), running plays, discussing strategies, working on individual or team defense or offense and viewing sport specific videotape or *leadership training with potential team members\**.

#### Association with a School Coach

NCS rules were never written to limit the association of a student-athlete with a certified school coach. Outside the season of sport rules were written to limit the liability of the schools. Therefore, it is not illegal for a high school coach to work with an individual student-athlete or with two or more student-athletes during the summer time, or in their capacity as a club coach during the school year and outside the high school season of sport. During the school year and outside the high school season of sport the coach must follow the guidelines for coaching an outside team as it pertains to the use of school facilities or school equipment. Violations of the outside the season of sport rules may involve the use of school facilities, school equipment, etc. and favoritism of the high school towards the coach in providing access to facilities or equipment.



## During the School Year and Outside the Season of Sport Practice and Conditioning Guidelines:

### Definition

During the school year and outside the season of sport is defined as the time from the first fall practice date until the NCS published first day of practice for the specific sport and from the NCS published final date of competition for the specific sport till the last CIF competition of the school year (JUNE 1 OF EACH YEAR).

### Examples of prohibited activities during the school year and outside the season of sport

During the school year and outside the season of sport, as defined above, school **may not** conduct practice or sport specific conditioning. The only exception to the prohibition on sport specific conditioning is the approved spring football. Examples of prohibited activities during the school year and outside the season of sport are:

1. Coaches, either assigned by the school or individuals acting as volunteers, **may not** work with a potential team member one on one using school facilities and equipment, *other than non -sport specific conditioning.*
2. Coaches, either assigned by the school or individuals acting as volunteers, **may not** work with potential team members using school facilities and equipment, *other than non -sport specific conditioning.*
3. Coaches **may not** have sport specific conditioning prior to the start of the season.
4. Coaches **may not** mandate that potential team members attend open gym and open field.
5. Coaches **may not** conduct drills or any kind, *other than non -sport specific conditioning.*
6. Coaches **may not** review video or film of the sport with potential team members.
7. Coaches **may not** conduct leadership training with potential team members.
8. Coaches **may not** meet with potential team members beyond the three organizational meetings allowed in NCS Bylaw 208H. *Organizational meetings are meetings used to discuss when the official season of sport will start, give out school permission forms, school physical forms, etc. Organizational meetings **are not** meetings to discuss activities that the school is not allowed to conduct.*
9. Coaches **may not** use school facilities or equipment other than as allowed by school or district policy for outside use. *Schools and school districts may not give a discounted rate to coaches for the use of school or school district facilities if the use of the facilities involve potential team players and the use is for sport specific conditioning. Coaches may not be treated any differently than any private citizen using school or school district facilities when reserving school or school district facilities. This includes, but is not limited to, insurance requirements, completion of facility use forms, payment for custodial costs, facility rental costs, cost of utilities, etc, when the use is related to sport specific conditioning.*
10. Coaches **may not** organize a school team meeting to discuss activities **not** sponsored by the school.
11. Coaches **may not** encourage potential high school team members to participate in practices, scrimmages or contests with a club team or program to which the students do not already belong.
12. Coaches **may not**, even as a private citizen, conduct a club program that has preparation for the high school season, as its sole purpose. A legitimate club program must have its own opportunities for competition, and actively engage in competition with other club teams. Otherwise, the activity would be considered a high school practice outside the high school season of sport.
13. Coaches **may not**, even as a private citizen, use potential team members to demonstrate skills and/or strategies of the sport at clinics or camps.
14. Coaches **may not** instruct a potential member, or potential team captain, with the workout for the day and then have the potential team member or potential team captain bark orders, blow a whistle, and give instructions, etc. as if they were conducting practice.
15. Coaches **may not** use school equipment or facilities for camps or clinics that involve potential team members.
16. Coaches **may not** conduct tryouts for the next season's team.

Examples of things that a coach **may** do:

1. Coaches **may** supervise open gym and open field.
2. Coaches **may**, one time outside the season of sport, post workouts for potential high school team members to follow on their own.
3. Coaches **may**, as a private citizen, coach a club team.
4. Coaches **may** participate in activities (ex. pick-up games) as long as they do not instruct students in the skills and/or strategies of the sport.



5. Coaches **may** conduct clinics/camps, for pre-high school age students **ONLY**, as a fundraiser. Advertising for the clinic must be open to any interested party of the targeted age group. Care must be taken to discuss or encourage enrollment in the school where the coach is employed.

## Open Gyms and Open Fields

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

1. The open gym or open field is open to all community members regardless of age or gender.
2. The school must, at the very least, advertise an invitation for participation of all community members in its daily bulletin.
3. During open gym or open field, attendees may work on individual skills.
4. During the open gym or open field there cannot be any coaching or practice as defined by NCS Sports & General Rulings Bylaw 200H, 201H.a, 202H, 203H, 205H and 206H. School personnel, including paid and volunteer coaches, may supervise a facility and may participate in activities (ex. pick-up games) as long as they do not instruct students in the skills and/or strategies of the sport. (NCS Board of Managers 1/17/03)
5. Open gym/open field **may not** be conducted on a Sunday or day of respite, during the school year.

Examples of what coaches **may** do at open gym or open field:

1. Coaches **may** sit in the stands or bleachers and supervise the community members who attend the open gym or open field.
2. Coaches **may** unlock gates or doors to allow community members access to the field or gym.
3. Coaches **may** participate in pick-up games or practice their own skills if they choose (ex. field baseballs, shoot baskets, high jump, etc.).
4. Coaches **may** make fixed or immovable school equipment necessary for the activity available for use by any community members who attend (ex. - volleyball nets and standards, high jump pits, etc.). This does not include school bats, balls, protective equipment or other items designed for individual use.

Examples of what coaches **may not** do at open gym and open field:

1. Open gym/open field may not be conducted on a Sunday or day of respite, during the school year.
2. Coaches **may not** conduct open field or open gym as a practice.
3. Coaches **may not** conduct *sport specific* drills of any kind.
4. Coaches **may not** bark orders, blow a whistle, and give *sport specific* instructions, etc. as if they were conducting practice.
5. Coaches **may not** separate the community members who have attended the open gym or open field from potential team members for any activities during open gym and open field.
6. Coaches **may not** correct players when they make mistakes in shooting, pitching, fielding, etc.
7. Coaches **may not** throw passes, set for spikes, hit infield ground ball or outfield fly balls, or otherwise assist students in skill development.
8. Coaches **may not** reserve space or courts for the use of potential high school team members.

## Tryouts

Since high school practices cannot begin until the Board of Managers designated starting date, it would be a violation of NCS practice rules to conduct tryouts for the high school team in the summer preceding the school year or during the school year but outside the season of sport. The NCS Commissioner of Athletics has consistently interpreted the rules such that tryouts for the high school team are considered part of practice during the season of sport. Conducting tryouts outside the season of sport would therefore be a violation of the NCS practice rules. Additionally, it would be politically dangerous to select a team without having every student who wanted an opportunity to tryout present. Selecting the team months prior to the start of the season and at a time of the year when people are often away on vacation, or unaware of the tryout because it is out of season, would deny equal opportunity.

## During the Summer Time

### Definition

Summer time is defined as the period of time between last CIF competition of the school year (currently the CIF Boys' Golf Championship) until the NCS published first official day of practice in the fall. During the summer time NCS/CIF bylaws concerning use of facilities, equipment, assignment of a coach by the school or school district, practices and non-NCS/CIF contests do not apply. **However, all NCS and CIF Eligibility Bylaws related to pre-enrollment contact and undue influence apply both during the school year and in the summer. Summer is not open season to recruit students to attend or transfer to a certain school.**

### During the Summer time

If, during the time period defined above as summertime, the school or district administration approves the use of its facilities and equipment, a coach **may** work with one or more potential team members. **If the school administration approves**, examples are:

1. Coaches may have a regular practice everyday of the week, including Sunday.
2. Coaches may schedule two practices a day.
3. Coaches may work with an individual student on the track, in the pool, on the field, or in the gym.
4. School A may invite School B to play a game.
5. Football coaches may check out equipment for potential football players to go to camp.
6. Football coaches may take potential football players to camp.
7. Coaches may sponsor clinics at their school.
8. Coaches may invite more than one school to participate in multiple games or scrimmages.
9. Schools may practice together.
10. Schools may use school uniforms, balls, protective gear, protective equipment, facilities, etc.

## Additional Questions that have been received by the NCS Office

### *Spring Football*

Spring football may be conducted according to the following guidelines:

1. Spring practices shall not start earlier than the Monday four weeks prior to Memorial Day and must be completed before spring final examinations start.
2. Spring practice shall not exceed ten (10) practice sessions, none of which may be held on Saturday or Sunday.
3. The only allowable football equipment for spring football shall be: football shoes, footballs, helmets and blocking bags.

Interpretations regarding spring football practice:

1. Spring football practice does not have to be conducted on consecutive days; however, spring football practice must conform to the time period outlined above.
2. Schools are allowed 10 practice sessions. Sessions may be broken down to a single level (J.V. and varsity). However, only 10 days are allowed. Schools may not have 10 days with one level and 10 days with a second level. Schools may have five days with a single level and five days with a second level.



**NORTH COAST SECTION, CIF**  
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**UNDUE INFLUENCE RULE GUIDELINES**

Last updated February 16, 2018

**PHILOSOPHY:** The CIF, as the governing body of high school athletics, affirms that athletic competition is an important part of the high school experience and that participation in interscholastic athletics is a privilege. The privilege of participation in interscholastic athletics is available to students in public or private schools who meet the democratically established standards of qualification as set forth by the CIF Federated Council. CIF Bylaws governing student eligibility are a necessary prerequisite to participation in interscholastic athletics because they:

- (1) Keep the focus on athletic participation as a privilege not a right;
- (2) Reinforce the principle that students attend school to receive an education first; athletic participation is secondary;
- (3) Protect the opportunities to participate for students who meet the established standards;
- (4) Provide a fundamentally fair and equitable framework in which interscholastic athletic competition can take place;
- (5) Provide uniform standards for all schools to follow in maintaining athletic competition;
- (6) Serve as a deterrent to students who transfer schools for athletic reasons and to individuals who recruit student-athletes;
- (7) Serve as a deterrent to students who transfer schools to avoid disciplinary action;
- (8) Maintain an ethical relationship between high school athletic programs and others who demonstrate an interest in high school athletes;
- (9) Support the Principles of “Pursuing Victory with Honor.”<sup>sm</sup>

	<b>SITUATION</b>	<b>MAY</b>	<b>MAY NOT</b>
1	Open Houses and/or meetings at high schools with middle school students and/or middle school parents	<ul style="list-style-type: none"> <li>• General Open House: Academics, Student Life, etc.</li> <li>• Athletics can be one component of the total school program at school-wide Open House</li> <li>• Current high school students and coaches may participate in the Open House</li> <li>• Athletic Orientation meetings are allowed for dissemination of athletic forms/information for incoming 9<sup>th</sup> grade students who are registered to attend during the next year. Tables in a general area for sport specific information allowed.</li> </ul>	<ul style="list-style-type: none"> <li>• Sport specific Open House or meeting for middle school students and/or middle school parents</li> <li>• Athletics only Open House or meeting for middle school students and/or middle school parents</li> <li>• Invitation only “Open House” or meeting for middle school students and/or middle school parents</li> <li>• During Orientation meetings there can be no break-out rooms for meeting coaches.</li> </ul>
2	Student(s) and parent(s) schedule an appointment to meet with school administration to discuss enrollment	<ul style="list-style-type: none"> <li>• Meeting with a school administrator or guidance counselor.</li> <li>• Including in any meeting the athletic director.</li> <li>• Student(s) and parent(s) may seek information on any aspect of the school, curricular and co-curricular programs.</li> </ul>	<ul style="list-style-type: none"> <li>• Include specific athletic sport coaches.</li> <li>• Include visitation to practices or games by the school.</li> <li>• Include any procedures that could be construed as undue influence as defined by CIF 510.</li> </ul>
3	Direct contact with Middle School students: phone, email, letters, social media, etc.	<ul style="list-style-type: none"> <li>• Contact after they have finished with middle school and are enrolled at your school</li> </ul>	<ul style="list-style-type: none"> <li>• Coaches cannot contact middle school students until they have finished the 8<sup>th</sup> grade and registered to attend their school the following year.</li> </ul>
4	Visitations to middle schools by high school staff for purposes of conducting an athletic interest meeting only.	<ul style="list-style-type: none"> <li>• Athletic Directors and Administrators</li> <li>• Discuss the entire athletic program</li> </ul>	<ul style="list-style-type: none"> <li>• Coaches and students cannot visit middle schools</li> <li>• Parents/Alumni cannot be involved in these visits</li> </ul>
5	How to hold camps/clinics for under high school age students	<ul style="list-style-type: none"> <li>• Can be run by high school coaches as a fundraiser</li> <li>• Have school name, nickname, school contact information, etc.</li> <li>• May involve school athletes during the season of sport</li> <li>• Must have principal permission</li> <li>• School athletes may be involved with camps or clinics during the NCS defined season of sport or summer period.</li> </ul>	<ul style="list-style-type: none"> <li>• Have camps for under high school age students to practice or play games with the high school program</li> <li>• Include school athletes outside the season of sport or Sundays.</li> <li>• Students may not be involved with camps or clinics outside the season of sport.</li> </ul>

6	How to advertise your athletic program	<ul style="list-style-type: none"> <li>School website</li> <li>Flyers distributed by Athletic Directors to Main Office of feeder middle school</li> <li>Any school pictures in a newspaper or magazine must include at least 50% picture(s) of non-athletic activities</li> <li>Send school information for the following school year in the spring to enrolled students, or students matriculating from the 8<sup>th</sup> grade.</li> <li>Students may be paired with current students based on like interests.</li> <li>Invite the entire student body of a feeder middle school, or schools, and host a Middle School Night at a high school sporting event.</li> <li>Attend as a spectator, not as a representative of your high school promoting your athletic program(s)</li> <li>May speak at such event as a private citizen</li> <li>Coach under high school age students</li> </ul>	<ul style="list-style-type: none"> <li>Direct email, phone calls, letters, etc., to students not currently attending your school</li> <li>Newspaper, website, billboards, etc. that emphasize the athletic programs instead of the total athletic experience</li> <li>May not attend practices or be invited to attend any athletic event as part of the shadow program.</li> <li>Host "Pop Warner Nights" or other community athletic programs because the invitations are specifically directed to targeted athletes, who are being given benefits and recognition not available to other potential high school students because of their participation in a youth athletic organization</li> <li>Athletic Directors, high school coaches and athletes should not make contact with under high school age students and parents as a representative of the high school</li> <li>Wear school identification clothing if speaking</li> <li>High schools may only conduct programs for grade 9-12 students. Any high school coach engaged in coaching activities for pre-high school students may not influence students concerning the activities of the high school they are associated and may not wear school identification clothing while practicing or coaching during contests.</li> <li>Use high school facilities for practice, games or meetings without securing facilities like any other private citizen</li> <li>Speak directly with parents, or meet parents of students who are not currently attending your school. The only appropriate response, verbal or written, is that you may not address their questions and refer them to the proper school administrator.</li> <li>The use of such forms are not legal and considered contact outside a school Open House, junior high school visit or School Fair. School may not use such tactics to collect contact information of potential student-athletes.</li> <li>The school fair is not an opportunity to use athletics as a recruiting tool. Coaches should not be involved in such event.</li> </ul>
7	Shadowing		
8	"Pop Warner Nights", community athletic programs, etc. (Students are given free admission to high school sporting events if they wear their jerseys; students are recognized in pre-game and/or halftime ceremonies, etc.)		
9	Attendance at Pop Warner, NJB, AYSO, etc. games by high school coaches, school athletes		
10	High school staff members coaching under high school age students on club teams, youth teams, etc.		
11	Parents of prospective students; incoming 9 <sup>th</sup> graders or potential transfer students, contacting a high school coach to get information on the school's sports program and/or information on how to transfer schools	<ul style="list-style-type: none"> <li>Refer all parents to the school administration; athletic director, assistant principal of athletics, etc. for information on specific sports programs and/or transfer information with no additional comments</li> </ul>	
12	School posts on the school website an interactive document that allows potential students to complete contact information	<ul style="list-style-type: none"> <li>Schools may post as part of their school's efforts to identify potential students an electronic information form that is collected by the assigned non-athletic administrator where information or contact may be made by the school.</li> <li>May include student-athletes as selected representatives of the school.</li> <li>May include alumni who may be former athletes from the school.</li> </ul>	
13	School Fairs		

Disclaimer – The above guidelines do not include all situations and schools are encouraged to submit in writing any situations they believe the above guidelines do not address and seek in writing a response from NCS staff. Guidelines may be altered at different times of the year with no prior notice of NCS member schools by action of the Eligibility Committee, the Executive Committee, the Board of Managers or the NCS Commissioner of Athletics.

## BILL AB 2127

Bill AB 2127, authored by Assembly Member Cooley, mandates additional state law concerning concussions and full-contact practice in football.

**This bill went into effect on January 1, 2015. The bill also has the support of the State CIF Office, which has been involved in adjusting the language of the bill.**

**Digest:** (1) Existing law establishes a system of public elementary and secondary schools operated by local educational agencies throughout this state. Under existing law, public and private secondary schools participate in interscholastic sports, and are authorized to enter into associations or consortia to enact and enforce rules relating to eligibility for, and participation in, these activities. Existing law acknowledges the role of the California Interscholastic Federation in the regulation of interscholastic sports in this state. This bill would express legislative findings and declarations relating to head injuries sustained by high school pupil-athletes, particularly those who play football.

The bill prohibits high school and middle school football teams of school districts, charter schools, or private schools that elect to offer an athletic program from conducting more than 2 full-contact practices, as defined, per week during the preseason and regular season, as defined. The bill also prohibits the full-contact portion of a practice from exceeding 90 minutes in any single day, and completely prohibits full-contact practice during the off-season, as defined. The bill urges the California Interscholastic Federation to develop and adopt rules to implement this provision. The bill provides that these provisions do not prohibit the California Interscholastic Federation, an interscholastic athletic league, a school, a school district, or any other appropriate entity from adopting and enforcing rules intended to provide a higher standard of safety for athletes than the standard established under the bill.

(2) Existing law requires a school district, charter school, or private school, if it offers an athletic program, to immediately remove an athlete from an athletic activity for the remainder of the day if the athlete is suspected of sustaining a concussion or head injury, and prohibits the athlete from returning to the athletic activity until the athlete is evaluated by a licensed health care provider, trained in the management of concussions and acting within the scope of his or her practice, and the athlete receives written clearance from the licensed health care provider to return to the athletic activity. Existing law also requires, on a yearly basis, a concussion and head injury information sheet to be signed and returned by the athlete and athlete' parent or guardian before the athlete initiates practice or competition.

**This bill provides that an athlete suspected of sustaining a concussion or head injury is prohibited from returning to the athletic activity until the athlete is evaluated by a licensed health care provider, as defined to mean a licensed health care provider trained in the management of concussions and acting within the scope of his or her practice, and the athlete receives written clearance from a licensed health care provider. The bill further provides that, if a licensed health care provider determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return-to-play protocol of no less than 7 days in duration under the supervision of a licensed health care provider. The bill urges the California Interscholastic Federation to develop and adopt rules and protocols to implement this provision.**

## ARTICLE 60 OUTSIDE COMPETITION

### 600. COMPETITION ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport (See Bylaw 504.A). The following exceptions apply:

- A. If the outside team has half or more of the team members as stated in the National Federation rules book for that sport, it shall be considered the same sport. Examples: three-on-three basketball--outside team competition prohibited; two-on-two volleyball--outside team competition permitted.
- B. **Flag Football/Beach Volleyball/Slow Pitch Softball**  
For purposes of this rule, touch football, flag football, beach volleyball and slow pitch softball are considered to be different sports than tackle football, volleyball and softball respectively. (Editorial Revision May 2017) C.
- C. **Soccer**  
In the sport of soccer, Bylaw 600 shall be in effect only during the winter high school soccer season. High school soccer programs that compete during the fall or spring season are not subject to Bylaw 600. NOTE: For purposes of this section, indoor soccer and futsal are not considered the same sport as soccer.
- D. **Swimming and Diving**  
Swimmers may compete for an amateur team during the season of sport in the USA Swimming Senior National Championship Meet, the USA Swimming Sectional Championship Meet and the USA Swimming Junior Olympic Meet. Divers may compete for an amateur team during the season of sport in the USA National Championships, USA Junior National Championships and any Regional and/or Zone Championship meet that qualifies the diver to the aforementioned Championships. (Editorial Revision May 2017) E.
- E. Bylaw 600 shall not be in effect for those sports conducted outside the State-adopted season of sport.
- F. **Spontaneous Recreational Activity**  
It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility. (Definition of spontaneous: no prior planning or notice; an unplanned part of another activity which has a primary focus other than the sport.)

Q: *What is an outside team?*

A: An outside team is one that is organized through a non-school organization such as, but not limited to, youth teams, community teams, club teams, national teams, park and recreation teams, etc.

Q: *Is attendance by an individual student-athlete at a non-school practice, camp or clinic considered participation on an outside team if during that sport's season of sport?* No. Individual student-athletes may attend a non-school practice, camp or clinic during that sport's season of sport (unless your school and/or CIF Section has developed a more restrictive rule).

Q: *May an individual student-athlete compete in a scrimmage or game while attending a non-school practice, camp or clinic during that sport's season of sport?*

A: Yes, as long as they are attending that camp as an individual (unless your school and/or CIF Section has developed a more restrictive rule).

### G. Unattached Competition in Individual Sports (see also Bylaw 215)

1. An unattached athlete shall not represent any team. Points won by the athlete shall not be credited to any team. An unattached athlete shall not use a uniform which identifies a school or "outside" team. Any violation shall be considered an infraction of Bylaw 600.
2. Unattached competition is permissible for a student in other than school contests during the season of sport provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf, gymnastics, skiing, swimming and diving (including unattached

entry on relays), tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling.

3. Certification of Unattached Athletes No official recognition or certification on the part of the CIF member school or personnel of the CIF member school may be given in order that unattached athletes may participate in contests.
4. Representation in CIF Competition Unattached competition is not permitted in any CIF competition (See Bylaw 503.D.). Individuals or teams entered in CIF competition must represent a CIF member school. No other form of representation shall be permitted in CIF competition. **NOTE:** Alpine, Nordic Skiing and Snowboarding are exempt for this Bylaw as the season of sport is not defined and listed under Bylaws 503.D. and 504.H. and that all competitions are done in conjunction with the Nevada Interscholastic Activities Association. (Revised October 2008 Federated Council)

Q: *May an athlete compete unattached in a collegiate track meet?*

A: No. CIF students are not eligible to compete at intercollegiate events (Bylaw 215).

Q: *May an athlete compete unattached in "open competition" at a joint sanctioned event?*

A: No. A high school student who has any eligibility left at a high school shall not participate in any "open competition" event. A high school student may only compete in a high school division comprised of high school student-athletes at these events (Bylaw 702.C.).

Q: *May an athlete compete unattached in a national governing body event?*

A: Yes. An athlete may compete unattached in an event such as the heptathlon or decathlon when the National Governing Body of that sport administers the event(s).

Q: *May an athlete compete unattached in an "open competition" event?*

A: Yes. Bylaw 600.G. permits unattached competition in individual sports. An athlete may compete unattached in an "Open Competition" event such as a road race, 5k fun run or similar community sponsored event.

## **601. PENALTIES FOR VIOLATION OF BYLAW 600**

### A. Individual

#### 1. **First Offense in High School Career in Any Sport**

The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated.

#### 2. **Any Subsequent Offense in High School Career in Any Sport**

The student becomes immediately ineligible for one (1) year (365 days) from the second infraction in all sports.

#### **Appeals**

Upon written appeal to the Section Commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.

### B. Team

#### 1. **Games Forfeited**

Games in which a student participated on his/her high school team after violation of Bylaw 600 shall be forfeited.

#### 2. **Appeals**

Sections may establish rules and procedures to consider requests for waivers of game forfeitures.



## CIF STATE PRACTICE TIME ALLOWANCE

### 506. PRACTICE ALLOWANCE

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

- A. All teams will be allowed no more than 18 hours of practice time per week and no more than four (4) hours in any single day.
  - (1) Multiple Practice Sessions
    - a. Double day practices shall not be held on consecutive days.
    - b. Must include a minimum of three (3) hours rest between practices.
  - (2) Golf Only
    - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]
- B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
- C. Definition of Practice
  - (1) Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
  - (2) Any school team or individual activity that includes skill drills, game situation drills, intersquad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
  - (3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR
  - (4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
  - (5) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in C.(1)-(5) above.
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
- F. Penalties  
Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

NOTE: For purposes of this Bylaw, the season of sport begins with each team's first day of practice.