

# **NORTH BAY LEAGUE CONSTITUTION**

**2022 - 2023**



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

**CONSTITUTION**

**ARTICLE I**

Name

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

**ARTICLE II**

Purpose

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

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

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

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

**ARTICLE III**

Affiliations

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

**ARTICLE IV**

Membership

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

time as the dues are paid. Any contests scheduled within the delinquent period shall be forfeited to the scheduled opponent.

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

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

## **ARTICLE V**

### Officers

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

## **ARTICLE VI**

### Meetings

- A. Roberts' Rules of Order shall govern at all meetings of the North Bay League in so far as they are not in conflict with the Constitution and Bylaws of the League.
- B. Every Board of Managers and Athletic Directors meeting is subject to the notice and hearing requirements of the Ralph M. Brown Act. A guide to the conduct of these meetings, written by the CIF general counsel, can be found on the State CIF website ([www.cifsgtate.org](http://www.cifsgtate.org)).
- C. NBL meeting agendas will be posted for public inspection at the NBL school site where the meeting will be held and on the NBL website for at least 72 hours prior to the meeting.

- D. A minimum of four regular meetings of the North Bay League Board of Managers shall be held each year. The regular meetings shall be held on a day set by the NBL president. The first meeting of the year be a combined AD & Principals' luncheon meeting, beginning at 12 PM. (9/26/2019) The luncheon meeting with the athletic directors after the last meeting of the school year will be paid for by the league.
- E. Special meetings of the league may be called at any time by the Commissioner at the request of the President, or a majority of member schools.
- F. Notice of all special meetings of the League shall be sent out by the Commissioner of the League no less than four (4) days prior to the date of the meeting.
- G. A quorum shall consist of a majority of the voting representatives to the NBL Board of Managers.

#### **ARTICLE VII**

##### Amendments

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

#### **ARTICLE VIII**

##### Communications

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

#### **ARTICLE IX**

##### Fiscal Responsibility

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

#### **ARTICLE X**

##### Parliamentary Authority

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

# GENEAL BY-LAWS OF THE NORTH BAY LEAGUE

## ARTICLE I Governance

- A. The North Bay League shall be self-governing in all respects not in conflict with the NCS Constitution and General Bylaws and the CIF Constitution and Bylaws. The governance of the NBL shall be vested in a Board of Mangers consisting of principals and athletic directors of member schools.
1. The composition of the NBL governing body shall be one representative from each member school, who shall be selected by the respective school's governing board. Each local school Board of Education or private school governing board will ratify to the NCS office by the date established by the CIF each year, the appointment of individual and alternates by name or title who will be school representatives to the athletic leagues for the upcoming year. In the absence of appropriate filing, all voting privileges for the affected school(s) shall be suspended.
  2. Each member school shall have one vote
- B. The Board of Managers shall have the following powers and duties.
1. To make and amend rules and bylaws for the governance of the NBL.
  2. To fix and enforce penalties for any violation of the Constitution, Bylaws, or other rules of the NBL.
  3. To levy dues for membership in the NBL.
  4. To investigate the eligibility of all athletes who are protested at any time.
  5. To have complete control of the finances of the NBL except as elsewhere provided in this Constitution.
  6. To employ a commissioner or commissioners to determine the yearly salary of such employees.
- C. One reading will be required before the Constitution may be amended by a two-thirds vote of those present at the meeting following the first reading. The succeeding July 1 has been established as the implementation date for all bylaws unless a specific implementation date is stated in the action.
- D. It is the responsibility of each member of the Board of Managers to communicate league issues to various constituencies including superintendents/counterparts, booster groups, parents/guardians, athletes, or others interested in interscholastic athletics.
- E. Regular meetings shall be scheduled throughout the school year. The meeting schedule will be published in May of the preceding year. The NBL President shall have the power to call special meetings at his/her discretion or upon request from two member schools, and to cancel meetings.
- F. A quorum to conduct business shall be a majority of member schools. Business may be conducted by a majority vote of members present if a quorum has been achieved.
- G. The NBL representatives to the NCS Girls Wrestling Management Committee, Boys Wrestling Management Committee, Golf Management Committee, Cross Country Management Committee, Track Management Committee, and Badminton Management Committee shall be determined at the preseason meeting for each of the teams that has a management committee. The representative shall be a current varsity coach and will be elected by a vote of the varsity coaches in attendance at the preseason meeting. The management representatives shall be reviewed and ratified by the athletic directors yearly. (3/27/2019)

## ARTICLE II Dues

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

### **ARTICLE III**

#### Commissioner of Athletics

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

#### Job Description

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

25. Shall attend NCS Sports Advisory Committee and Board of Managers meetings as well as the NCS Commissioners' Workshop.
26. Shall be responsible for all Oak and Redwood Division schedules, post-season all-league meetings.
27. Shall coordinate, compile, and publicize all-league selections. Shall order and distribute certificates for first team and second team All-League members.
28. Shall order and distribute medals for awards in badminton, girls' and boys' cross country, girls' and boys' tennis, girls' and boys' golf, girls' and boys' swimming, girls' and boys' track, and girls' and boys' wrestling.
29. Shall chair all ejection appeals, following NCS protocols, unless the ejection involves his/her own school, in which case the other commissioner will chair the appeal hearing.
30. Shall assist in developing and maintaining the NBL website.
31. Shall carry all correspondence necessary to conduct the affairs of the league and keep members schools informed of all things pertinent to their participation in the North Bay League, North Coast Section and California Interscholastic Federation.
32. Shall serve as a liaison for the league affairs with press and between all principals, athletic directors, and coaches of the league.
33. Shall maintain NBL historical records.
34. Shall organize, implement, and oversee the operation of all NBL tournaments and playoff events and shall prepare and present tournament and playoff reports for the Board of Managers including revenues, expenses, and evaluation of success and problems.
35. Shall distribute NBL, NCS and CIF information to all NBL member schools.
36. Shall perform other duties as necessary, which may include, but not be limited to, answering phone calls and emails, copying, faxing, maintaining office supplies and equipment, etc.
37. Shall see support from legal counsel (NCS, CIF) where appropriate concerning NBL issues.
38. The commissioner shall receive a yearly salary to be determined by the Board of Managers.
39. Shall be evaluated annually by the NBL president, president-elect, and past president no later than June 15, based on the job description.

#### **ARTICLE IV**

##### Athletic Director Committee

###### A. Purpose

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

###### B. Composition

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

###### C. Jurisdiction

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

###### D. Meetings

1. The Athletic Director Committee will meet four to eight times per year.

###### E. Operational Procedure

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

###### F. Meeting Procedures

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

**ARTICLE V**  
Sportsmanship

NCS Values and Ethics Mission Statement

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

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



## 9. Cheering Sections:

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

## 10. Bands:

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

### **PURSuing VICTORY WITH HONOR: the operating beliefs and principles of the CIF**

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It is the duty of School Boards, superintendents, school administrators, parents, and school sports leadership—including coaches, athletics administrators, program directors and game officials—to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to students-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social emotional, physical, and ethical well-being of student-athletes is always placed above desire and pressures to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their

student-athletes refrain from disrespectful conduct including verbal abuse of opponents and official's, profane or belligerent trash-talking, taunting and inappropriate celebrations.

12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of 1) The character-building aspects of sports, including technique and methods of teaching and reinforcing the core values comprising sportsmanship and good character; 2) The physical capabilities and limitations of the age group coaches as well as first aid; 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches through words and example must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

#### **ARTICLE VI** Eligibility

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

#### **ARTICLE VII** Non-discrimination

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

#### **ARTICLE VIII** Protests

- A. NCS Bylaw 115H, Protest Procedures: Schools and leagues may not establish protest procedures unless either the approved playing rules or adopted and/or modified rules by the California Interscholastic Federation and/or North Coast Section, allow for protests to be filed. The following table specifies protest rules for each NBL sport.

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

Volleyball	Protests are not addressed by the NFHS Rules.
Water Polo	Rule 7-10, Articles 1-5 of the NFHS Rules describe the protest procedure for misapplication of the rules.
Wrestling	Protests are not addressed by the NFHS Rules.

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

#### **ARTICLE IX**

##### Forfeiture of Contests

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

#### **ARTICLE X**

##### Awards and Pennants

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

A qualifying tournament pennant will be awarded to the championship boys' and girls' team in swim and dive and track and field. A qualifying tournament pennant shall be awarded to the championship boys' wrestling team in that qualifying tournament. No tournament pennant is awarded to the girls' wrestling tournament winner as that tournament is part of the league determination for NBL Girls' Wrestling Champion.

## **ARTICLE XI** Recruiting

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

### Education:

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

### Reporting:

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

### Supervision:

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

### Enforcement:

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

## Avoid Undue Influence!

### **NO! Do not:**

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

### **YES! You are encouraged to:**

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

## GENERAL RULES

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

1. Adding a sport or level of sport
  - a. Any proposal for establishment of a new sport or level of team must be submitted to and approved by the NBL Board of Managers prior to the establishment of that new sport or team level.
  - b. If a school drops an entire team sport program (for example, JV and varsity levels), that school is only allowed to field a viable JV level team during the next two years of that sport. If the school drop only its varsity program, but is able to compete at the JV level, then the school may be eligible to compete at the varsity level the following year. (5/19/2020)
  - c. For fall sports programs, NBL member schools will have fourteen (14) days from the official North Coast start date to determine what sports and what sport levels they will offer for the fall. (9/27/2021)
  - d. For winter and spring sports, NBL member schools will have to declare at the preseason coaches' meeting if they will be offering a varsity level competition for that season. For non-varsity levels, NBL member schools will have seven (7) days from the official NCS start date for that season of sport to determine what levels they will be offering. (9/27/2021)

### 2. Admission

- a. There shall be a uniform maximum charge for all NBL contests. School may choose NOT to charge admission fees for any contest.
  - i) All home sites will provide complimentary admission to their own students who hold a valid ASB card.

(1/25/22)	General	Senior citizens, visiting school boosters card holders, and all students	Children 5 and under
Baseball	\$8.00	\$5.00	Free
Basketball	\$10.00	\$5.00	Free
Football	\$10.00	\$5.00	Free
Frosh Football	\$5.00	\$5.00	Free
Lacrosse	\$8.00	\$5.00	Free
Soccer	\$8.00	\$5.00	Free
Softball	\$8.00	\$5.00	Free
Swim & Dive	\$8.00	\$5.00	Free
Track	\$8.00	\$5.00	Free
Water Polo	\$8.00	\$5.00	Free
Wrestling	\$8.00	\$5.00	Free
Volleyball	\$8.00	\$5.00	Free

- b. Admission fees for championship tournament events (basketball, wrestling, track & field and swim) shall be the same as the NCS Championship entry fees for that school year and for that sport. (1/25/22)
- c. No league, booster or school passes will be accepted for admission at any NBL Tournament contest.
- d. Band members will be admitted to football contests only at no cost if accompanied by their director/coach. Spirit team members will be admitted free if in uniform and accompanied by their director/coach.
- e. NBL passes shall be honored for admission at any NBL contests, **EXCEPT** for post-season playoffs.
- f. Only current year NCS or CIF passes will be honored for admission at the NBL post-season championship events.
- g. Life passes issued by the home school, league passes, NCS passes, or CIF passes shall be honored by NBL member schools.
- h. Visitors from any NBL member school who have and hold a student body card shall be admitted at the same rate that is charged to the home school student without a student body card. This does NOT apply to junior college or college student body cards; these students must pay general admission prices.
- i. Gatekeepers may refuse free admission to students who are competing unless they are accompanied by their coach, administrator, or other certificated employee representing their school.

3. Air-quality
  - a. All member schools will use [airnow.gov](http://airnow.gov) to determine air quality for league contests. (9/27/2021)
4. All-league team selection
  - a. The coaches of each sport shall select all-league teams at the post-season meeting. The method for selection of all-league teams is defined in the Rules of Sport.
  - b. Students in any sport are not to be penalized or omitted from consideration on an all-league team because the coach is not present at the meeting.
  - c. Certificates will be awarded to most valuable, first-team and second-team all-league members.
5. Attendance at NBL meetings
  - a. Every varsity coach or their designee is required to attend a preseason meeting. Failure to attend a meeting will result in a \$100 fine that will be levied against the school. Principals and athletic directors will be notified if any of their varsity coaches do not attend a required meeting. In the sports of football, soccer, volleyball, basketball, wrestling, baseball and softball, the coaches are also required to attend a meeting with their respective officials' association. Ukiah coaches who coach a sport that does not use the local officials' association are excused from attending an officials' meeting that is not hosted by the officials' associations that serve Ukiah home games, unless the officials' associations in Ukiah do not offer such meetings.
6. Championship events
  - a. If a member school is participating in a basketball, baseball or softball North Bay League post-season tournament, an administrator-in-charge must be present at least fifteen minutes in advance of the contest start time.
    - i) The administrator-in-charge must be designated by the principal and may not be the team coach or other person who performs duties to assist the team during the contest.
7. Championship determination in case the season is unable to be completed by all teams.
  - a. NBL commissioner and/or assistant or co-commissioner will appoint a committee of athletic directors to determine the league champion and automatic qualifier when teams are unable to complete their league season due to cancelations beyond their ability to control, such as pandemics, fires, floods, dangerous air quality, etc. Factors the committee will consider will be as follows: head-to-head competition, win/loss record, winning percentage within league and record versus common opponents. (9/27/2021)
8. Eligibility
  - a. All member schools of the North Bay League shall follow the Constitution and By-laws of the California Interscholastic Federation, North Coast Section, and North Bay League.
  - b. A student-athlete must be in school on the day of a contest in order to be eligible to compete in that contest. Exceptions may be made if an athlete is specifically excused by the principal or his/her administrative designee IN ADVANCE, with a written communication from the parent/guardian. This written communication is to be kept in the files of the principal and/or his/her designee.
  - c. There is no league bylaw preventing a senior from playing on a non-varsity team.
  - d. A student-athlete may not play in a varsity contest and a non-varsity contest or two non-varsity contests, i.e., a freshman and a junior varsity contest, on the same day in the same sport.
9. Game administration
  - a. National Federation Rules shall be used for all sports unless otherwise designated by the North Coast Section.
  - b. A school board-approved representative must accompany all school teams and individual competitors in a school-sponsored contest.
  - c. An administrator from each school, with the assistance of the coaches, shall assume full responsibility to help maintain good behavior among the players and spectators.
  - d. When a team refuses to play a game that is scheduled, it shall become ineligible for the league championship and none of its games shall be counted in the NBL standings. Individual team sports members may participate in the tournament, but their team points will not be used.
  - e. Each member school has the obligation to field the most representative varsity team and to fill the junior varsity team with the remaining players.

- f. Supervision
  - i) A home team administrator or his/her designee is required to attend all league varsity football, soccer, and basketball contests. The athletic director can be designated as an administrator in charge.
  - ii) The coach shall assume full responsibility to help maintain good behavior among the spectators. NCS rule: A coach will be expected to maintain high levels of sportsmanship, thus serving as an example to be emulated by players and spectators.
  - iii) The home school shall provide adequate supervision to ensure the safety of student-athletes, officials, and spectators.
  - iv) It is recommended that school administrators communicate with one another prior to contests to determine if an administrator or his/her designee should be present at an away contest.
- g. Student behavior
  - i) Visiting students shall not sit in the bleachers of the home school section and vice-versa. Non-participating students shall stay off all playing areas before, during, and at half-time of all contests.
  - ii) Artificial noisemakers shall not be used at any event, indoor or outdoor. Artificial noisemakers are items such as, but not limited to, megaphones, air horns, bells, whistles, clickers, thunder sticks, explosive devices, tape/CD players, and jars with pennies, drums, large water bottles, conch shells, plastic horns, and radios.
  - iii) Spectator attire, including shirtless with messages painted on bare skin, should be closely monitored.

#### 10. Intention not to field a team

- a. Any school not intending to field a varsity team in a league sport must declare that by the start of the previous season. In team sports, the school must field a varsity team first. If a school needs to drop a varsity team and have only a junior varsity team and they have missed the deadline for notification, that school may petition the league to have a JV team instead of a varsity team.
- b. If a school is unable to field a varsity team, the scheduled league contests that are not played as a result of that school's inability to field a varsity will be counted as no-contests (neither a win nor a loss).  
*NBL Board of Managers, 4/22/14*

#### 11. Media and MaxPreps

- a. It is the responsibility of the home team in all sports (win or lose) to report the contest results to the media via email **AND TO POST THE RESULTS ON MAXPREPS**. Cross Country and Track & Field coaches are required to report their must provide meet results to Jim Crowhurst at: [RedwoodEmpireRunning.com](mailto:RedwoodEmpireRunning.com).

#### 12. Officials

- a. The NBL commissioner is responsible for contracting with the various officials' organizations. Only those officials from contracted officials' associations may be used.

#### 13. Practice

- a. All NBL schools must adhere to the CIF and North Coast Section Sports and General Rulings By-laws regarding length of practice and start date for practice.
- b. Starting dates for all sports will be determined by the NCS Official Season of Sport Calendar (Section 104H of the NCS Sports and General Rulings Handbook).
- c. No interscholastic games or practices of any kind are to be held on Sunday.

#### 14. Schedules

- a. The maximum number of contests and scrimmages is determined by the North Coast Section. Please refer to the NCS Constitution and Bylaws for this information.
- b. Schedules, including contest dates and starting times, shall be developed based on the by-laws approved for each sport.
- c. For fall sports programs, NBL member schools will have fourteen (14) days from the official North Coast Section start date what sports and what sports levels they will offer for the fall. (9/27/21)
- d. For winter and spring sports, member schools will have to declare at the preseason coaches' meeting if they will be offering varsity level competition for sports held during those seasons. For non-varsity levels, NBL member schools will have seven (7) days from the official NCS start date for that sport to determine what levels they will be offering. (9/27/21)
  - i) If a school violates this rule by dropping a program seven (7) days after the NCS start date, then that school will not be placed on the schedule for the following year. The school involved is encouraged



to schedule with other schools as and independent and, if successful in maintaining a program, will be placed on the NBL schedule the following year, if they request this placement. (1/25/22)

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

15. Season of sport

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

16. Senior celebrations

- a. No senior night celebration shall exceed 15 minutes in duration. The host school must communicate the senior night agenda to the visiting team. Senior night activities must not include such activities as team dance routines, video presentations, and long written highlights of a senior athlete's career. Senior night activities may include senior player introductions for visiting teams, player/parent/guardian introductions for the host school, and a brief description of each senior's high school career. (9/27/2021)

17. Sportsmanship

- a. Each NBL member school team must follow the sportsmanship guidelines recommended in "Pursuing Victory with Honor."
- b. A Sportsmanship Statement must be read before each league contest. Note: see appendix.

18. Spring break

- a. The official NBL spring break is the week in which the majority of schools are on break.

19. Starting times

- a. Refer to Section 15 rules of sport for playing days and starting times for each NBL sponsored sport.

20. Supplemental league members

- a. Supplemental league members shall be assessed a fee of \$200-per sport.

21. Supplementary paid personnel

- a. Jim Crowhurst shall be paid \$400 annually to maintain the NBL cross country and track and field records. He shall also receive a yearly North Coast Section Pass. (5/19/2020)

22. Supervision

- a. A home team administrator or h/her designed is required to be in attendance at all league varsity football, soccer and basketball contests. The athletic director may be designated as an administrator in charge.
- b. The home school shall provide adequate supervision to ensure the safety of student-athletes, officials and spectators.
- c. It is the responsibility of school administrators to communicate with one another prior to contests to determine if an administrator or his/her designed should be present at an away contest. (5/19/2020)

23. Ties

- a. The method of breaking ties varies from sport to sport. Refer to the Rules of Sports for the specific tie-breaker protocol for each sport.

24. Timers & scorekeepers

- a. Timers and scorekeepers for varsity football and basketball games must be qualified adults.

# SPORTS BYLAWS

## CODIFICATION DIRECTORY OF NORTH BAY LEAGUE BY-LAWS

### MAIN HEADINGS

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

### SUBHEADINGS

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

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

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

**BADMINTON 1.000**

**Schedules 1.100**

- 1.101 The schedule shall be established using a scheduling matrix and the numbers that are drawn for badminton by a commissioner. 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 4:30 PM. (9/27/21)

**Practice 1.200**

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

**Game Administration 1.300**

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

- 1.308 Junior varsity co-ed format shall be three boys' singles, three girls' singles, one girls' doubles, team, one boys' doubles team, and one mixed doubles team. 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 If badminton operates as a single league, the league champion will be team with the most wins in the NBL dual meet competition. If two or more teams tie for the championship, those teams will be declared co-champions and each will receive a pennant.

For the purpose of determining the number of team wins within the league, a team is defined as having 8 individuals/doubles (i.e.—3 boys' singles, 2 girls' doubles teams, 1 boys' doubles team, 1 girls' singles team, and 1 mixed doubles). (5/17/22)

If badminton is scheduled as two divisions, Oak and Redwood, the league champion for each division will be the team with the most wins in Oak and the team with the most wins in Redwood. If two or more teams tie for the championship, those teams will be declared co-champions and each will receive a pennant.

- 1.802 There will be 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. The MVP should be the best player in the league; a team MVP may not necessarily be the NBL MVP.

**Schedules 2.100**

- 2.101 The schedule shall be a triple round robin for a four or five team division and a double round robin for a division of 6 or more teams and shall be established using a scheduling matrix and the numbers that are drawn for baseball by a commissioner. Each team shall play its league opponent twice in each week, one time at home and one time away, except during one round of a triple round schedule. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn, and a new schedule developed using the schedule matrix. The matrix is located at the end of these bylaws. (9/27/21)
- 2.102 Games will be played on Wednesdays and Fridays and shall be limited to seven innings except for ties which must be played off. If the baseball assigner determines that he/she does not have enough officials to cover all Wednesday and Friday games, then the schedule will be modified to include Tuesday and Thursday games. (9/27/21)
- 2.103 When a game is cancelled due to inclement weather, the game must be rescheduled as soon as possible. If more than one game is cancelled, they must be made up in the same order as they were postponed.

**Practice 2.201**

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

**Game Administration 2.300**

- 2.301 The National Federation Baseball Rule Book is the governing authority in baseball, with the addition of the listed State CIF/NCS modifications and/or adoptions.
- 2.302 League baseball games shall begin at 4:00 PM.
- 2.303 Teams will not be allowed to take batting practice or use pitching machines or batting at the game site within two hours of the scheduled game time. The use of regulation, whiffle, or other low flight balls may be used for hitting warm-up drills (provided it is allowed by the host facility), with the following exception: regulation balls may not be used for front toss. ONLY whiffle or other low flight balls may be used for front toss.  
PENALTY FOR VIOLATION: The game shall be forfeited by the offending team.

**Officials 2.400**

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

**League & Tournament 2.800**

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

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

1. If there is a two-way tie for first place at the conclusion of the NBL Round Robin, the teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
  - a. If one of the two tied teams wins the NBL postseason tournament, then this team shall be named the NBL automatic entry to the NCS Championships.
  - b. If neither of the two tied teams wins the NBL postseason tournament, the team that advanced to the finals in the tournament shall be named the automatic entry to the NCS Championships.
  - c. If both of the tied teams are eliminated in the semi-finals the following process will be used. (1/23/2020)
    - (a) If the league schedule consists of a double round robin, then the team with the lowest number in the spring draw shall be named the automatic entry to the NCS Championships.
    - (b) If the league schedule consists of a triple round robin, then the team with the best record in head-to-head competition during league shall be named the automatic entry to the NCS Championships.
2. If there is a three-way tie for first place at the conclusion of the NBL Round Robin, the three teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
  - a. If one of the three tied teams wins the NBL postseason tournament, then that team shall be named the automatic entry to the NCS Championships.
  - b. If none of the three teams that tied for first place wins the postseason tournament, then the team that advanced to the finals shall be named the automatic entry to the NCS Championships.
3. If there is a four-way tie for first place at the conclusion of the NBL Round Robin, the team that wins the NBL postseason tournament shall be named the automatic entry to the NCS Championships.
4. The tournament will be held during the week following the last NBL contest. The days may vary because of field availability. The higher seed will be the home team throughout the tournament. All tournament games will begin at 4:00 PM.

<u>Day 1</u>	<u>Day 2</u>
1 vs. 4—site of higher seed	Winners—site of the highest seed (9/27/21)
2 vs. 3—site of higher seed	
5. Ties in the seeding for the tournament will be resolved by:
  1. Head-to-head competition between/among the tied teams.
  2. If the tie(s) still exist(s), the next determination for seeding will be runs allowed between the teams that are tied.
  3. If the tie still exists after steps 1 and 2, the seeding will be determined by the spring draw of the principals that is conducted at the beginning of each school year.
6. All participating teams must have an administrator or his/her designee present at each game before the game will begin. The designee may not be involved as a team coach, manager, scorekeeper, statistician, etc. Each participating school must provide six (6) game balls per game.

2.802 An all-league team shall be selected on the Monday following the completion of the league round robin.

First team shall consist of three outfielders, three infielders, one first baseman, one catcher, one utility player, three starting pitchers, two relief pitchers, one player of the year and one

pitcher of the year. A second team is also allowed.

A coach may vote for their own player in voting for player of the year and pitcher of the year but may not vote for their own player for the other teams. All voting shall be done by secret ballot.

A coach of the year may also be selected, if desired.

**BASKETBALL 3.000**

**Schedules 3.100**

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

**Practice 3.201**

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

**Game Administration 3.300**

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

**Officials 3.400**

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

**Equipment 3.500**

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

**League & Tournament 3.800**

- 3.801 Sophomores will be allowed to play on a freshman basketball team only if there have been no freshman athletes cut from the team and they are not replacing an eligible freshman player.
- 3.802 The league champion in each division (Oak and Redwood) shall be the team with the most league wins, not including the post-season league tournament. In the event of a tie in varsity competition, the league championship will remain a tie and each school will receive a pennant.
- 3.803 The league champion in the Oak and in the Redwood, Division shall earn an automatic entry into the NCS Championships.
- 1. If there is a two-way tie for first place at the conclusion of the NBL Round Robin, the teams shall be declared co-champions and the automatic entry to the NCS



Championships shall be determined as follows:

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

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

3.805 NBL Tournament Seeding

A. Seeding for First Round Games

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

B. Two Teams Tied for First Place

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

C. Three Teams Tied for First Place

1. The team with the greatest number of wins within the tie shall be designated the number one seed and the team with the next greatest number of wins shall be designated as the number two seed. The remaining team will be designated as the number three seed.
2. If a three-way tie still exists, then the positions will be determined by the numbers drawn by the principals at the beginning of the school year for the winter season, with the team with the lowest number getting the @1 seed and the team with the second lowest number getting the #2 seed. The remaining team shall be seeded #3. *NBL Board of Managers, 4/22/14.*

D. Four Teams Tie for First Place

1. The team with the greatest number of wins within the tie shall be designated as the #1 seed. The team with the second greatest number of wins within the tie will be designated as the #2 seed. The team with the third greatest number of wins within the tie shall be designated #3 seed. The team with the least number of wins

within the tie shall be designated the #4 seed. *NBL Board of Managers, 4/22/14.*

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

Specific NBL Basketball Tournament Information is contained in the appendix.

### 3.805 Boy's all-league selection format

Teams and honors

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

Selection Process

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

### 3.806 Girls' all-league selection format

Selection Process

- MVP—candidates are nominated by coaches. A blind vote is taken using a point scale determined by the number of nominees. A coach may vote for his/her own players.
- First team. Nominees are listed by the coaches. A blind vote of coaches is then held, using a five-point scale. Coaches may not vote for their own players.
- Second team. The players who were nominated for first team but not selected are moved to the nominations for second team. Take added nominations from each coach and then coaches vote for they players they feel should be on the second team. There will be a blind vote using a five-point scale. Coaches may not vote for their own players for this team.
- If there is a tie or a close vote, coaches may add players to the teams.
- Honorable mention. Those who received a vote on either team shall be named to the honorable mention team.

**Schedules 4.100**

4.101 In a six-team league, there will be a five-week round robin schedule. If a division consists of five teams, there will be a bye each week. If a division consists of seven teams, each week will consist of two dual meets and one tri-meet. (9/27/21)

**Practice 4.200**

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

**Game Administration 4.300**

- 4.301 The National Federation Track & Field and Cross-Country Rule Book is the governing authority in cross country.
- 4.302 The point system for dual and tri-meets is as follows: the winner of a tri-meet will earn two points and the second-place team will earn one point. The dual meet winner will earn one point.

Points for the league championship meet in the Oak and Redwood Division are as follows:

# Of teams	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>
7	6	5	4	3	2	1	0
6	5	4	3	2	1	0	
5	4	3	2	1	0		
4	3	2	1	0			
3	2	1	0				

The team with the most points earned during NBL competition in each division will be declared the champion of that division.

- 4.303 There shall be four divisions: varsity girls and varsity boys and junior varsity girls and boys. Only those points earned in varsity races will count towards the league championship. In odd years, boys go first: JV boys, JV girls, varsity boys, varsity girls. In even years, girls go first: JV girls, JV boys, varsity girls, varsity boys.
- 4.304 The distance for all divisions shall be three miles (within a range of +/- 0.2 miles).
- 4.305 Seven members shall constitute a team in a league tri-or dual-meet, but only the five (5) top finishers shall count in the league score. However, the sixth and seventh runners may be used to increase an opponent's score.
- 4.306 The home school must provide meet results to the Press Democrat and to Jim Crowhurst at: RedwoodEmpireRunning.com.
- 4.307 Start time for all league contests shall be 3:45 PM.
- 4.308 In all NBL varsity meets, twelve runners can participate. The top five score, the next two can displace, and the last five are "ghost runners". (8/20/2019)

**League & Tournament 4.800**

4.801 All-league honors for varsity runners in Oak and in Redwood league competition shall be

awarded as follows:

- Five (5) first team members in boys' and in girls' competition
- Five (5) second team members in boys' and girls' competition
- One (1) male runner of the year and one (1) female runner of the year (1/25/22)

4.802 There shall be two league final event meets—one for Oak Division and one for Redwood Division. These championship meets will be hosted by schools within alphabetical order. In even years, the Redwood Division will run on Friday and the Oak Division will run on Saturday. In odd years, the Oak Division will run on Friday and the Redwood Division will run on Saturday. The championship meet will be held at Spring Lake Park, if at all possible. (9/27/21)

Points for the league championship meet are as follows:

- 5 points for the winning team; 4 points for the second-place team; 3 points for the third-place team; 2 points for the fourth-place team; 1 point for the fifth-place team; and zero points for the sixth-place team.
- If there are more than 6 teams or fewer than 6 teams in a division, then the points shall be adjusted so that the winning team's points are equal to the number of teams in the division. For example, a seven-team division would be scored 6,5,4,3,2,1,0 and a four-team division would be scored 3,2,1,0.

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

4.803 The first three finishers in the varsity girls' division and the varsity boys' division will receive medals. (9/27/2021)

**Schedules 5.100**

5.101 Varsity games shall be scheduled for Friday or Saturday. Evening junior varsity contests shall begin at 4:30 PM. There shall be a minimum of one-half hour between the JV and varsity games and the varsity games shall not start before 7:00 PM. Afternoon JV contests shall begin at 10:30 AM. There shall be a minimum of ½ hour between the JV and varsity game and the varsity game shall not start before 1 PM. (3/27/2019)

Evening frosh football games shall start at 6 PM. Day games shall start at 4 PM during daylight savings time and 3:30 at the end of daylight savings time.

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

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

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

5.103 In the sport of football, Elsie Allen will play a junior varsity schedule until their program proves that it has the numbers to establish a varsity program.

**Practice 5.200**

5.201 All CIF and NCS practice rules MUST be followed.

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

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

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

- 5.204 CIF Rule 2001:
- A. There shall be no football games until the team has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game. (The opening date of football practice will be determined by each Section.) No Sunday practice is permitted (See Bylaw 504.M. for exception).
  - B. Football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off season which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of "Live Action" as defined by USA Football.
  - C. Team camps and other off -season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes. (Approved April 2015 Federated Council)

**Game Administration      5.300**

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

**Officials      5.400**

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

**Equipment      5.500**

- 5.501 A National Federation approved football shall be used.

**League & Tournament      5.800**

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

In case of a tie at the end of the league season, the following criteria will be used, one at a time and in the order listed to determine which team will receive the NBL automatic entry to the North Coast Section Championships:

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

- 5.802 The winner of each league division shall receive an automatic entry to the NCS Championships.
- 5.803 All ties will be played off, using the regulations outlined in the NFHS rulebook.
- 5.804 All-league selection
1. Players are nominated for first team or second team by their own coaches.
  2. There shall be no more than 40 members on the first team and 40 members on the second team. Special awards will be nominated and voted upon first. These shall include offensive player of the year, defensive player of the year, specialist of the year, defensive back of the year, lineman of the year. On offense, it is suggested that there be one quarterback, two running backs, four wide receivers, one tight end, and eight linemen. On defense it is suggested that there be five defensive backs, 6 defensive linemen, two inside backers and three outside backers. There shall also be a coach of the year. (Approved August 25, 2016)

**Video Exchange 15.900**

- 15.901 Coaches will provide video of their previous two varsity games to their next opponent no later than one day following their latest contest. For example, on Saturday following a Friday contest and on Sunday following a Saturday contest. (8/20/19)

6.101 Girls' golf:

- The schedule shall be established using a scheduling matrix and the numbers that are drawn for golf by a commissioner. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn, and a new schedule developed using the schedule matrix. The matrix is located at the end of these bylaws.
- Each round will consist of nine holes.
- Stroke play will be used during the NBL season. The lowest five scores will count as the team score.
- Starting time for first round matches shall be 3:30 PM and starting time for second-round matches shall be 3:00 PM.
- One point is awarded for each dual match win. The team with the most points shall be the league champion.
- Points for mini-tournaments during league competition shall be earned as follows:

# Of teams	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
8	7	6	5	4	3	2	1	0
7	6	5	4	3	2	1	0	
6	5	4	3	2	1	0		
5	4	3	2	1	0			
4	3	2	1	0				
3	2	1	0					

Boys' golf when "mini-tournaments" are played:

- The schedule shall consist of 18-hole mini-tournaments. There will be one tournament in the Oak Division and one tournament in the Redwood Division per week. Each NBL school will host one event.
- The day of each tournament will vary each week (based on course availability) so that students do not miss the same class every week. Once daylight savings time begins, start time will be 2 PM, depending on course availability. (May 2, 2018).
- The order of hosting for the "mini-tournaments" shall be determined at the preseason coaches meeting.
- League matches scheduled prior to the start of daylight savings time shall begin at 1:00 pm. League matches scheduled during daylight savings time shall begin at 2:00 p.m.
- Stroke play will be used during the NBL season. The lowest five scores will count as the team score.
- Points for each weekly tournament shall be earned as follows:

# Of teams	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
8	7	6	5	4	3	2	1	0
7	6	5	4	3	2	1	0	
6	5	4	3	2	1	0		
5	4	3	2	1	0			
4	3	2	1	0				
3	2	1	0					

6.102 As golf must be played on private courses, it may be necessary for the home team to set a different date from what is listed on the league schedule. Dates of the scheduled contests may be changed only by mutual agreement of all principals involved.

6.103 If a match is postponed due to inclement weather, it is to be made up at the earliest date possible.

6.201 The first date of practice shall be determined by the NCS Calendar.



- 6.202 Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.
- 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.
  - In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. (Each round will count as four hours).

- 6.203 No practice shall be allowed before the match except for putting and use of the driving range. No one may hit onto a green on the course before a scheduled match.

### **Game Administration      6.300**

- 6.301 The U.S. Golf Association Rule Book is the governing authority in golf. Each coach shall bring a USGA rule book to all matches to settle any controversy. If the two coaches cannot agree, the decision of the home coach shall be final.

- 6.302 USGA rules shall prevail except for local course rules and winter rules. Winter rules (improving your lie six inches anywhere on the course, except in a hazard), shall prevail regarding movement of the ball.

- 6.303 Line-ups in the order of ability shall be exchanged before the match begins.

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

- 6.305 The double par rule will be used in scoring. Players must stop playing and pick up their golf ball and proceed to the next tee when their score reaches six (6) on a par 3; eight (8) on a par 4; and ten (10) on a par 5. (1/23/2020)

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

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

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

The dress code of a respective golf course used by the North Bay League may have rules which are more stringent regarding dress. In these situations, all participants and coaches must conform to the established rules of the course. If the dress rules of the respective golf course are more lenient than the NBL, the NBL dress for players and coaches will be in effect.

- 6.307 Coaching in Golf. (NBL Board of Managers, 2022)

- Each team may have a maximum of two fully certified coaches\* on the golf course during any league match.
- At the pre-match meeting between coaches and players, one coach from each team will be designated as the coach who will coach the players between the play of holes
- The designated coach may provide instruction, encouragement, and information to his/her golfers as long as he/she does not interfere with the play or conduct of the match.
- Between the play of holes, the designated coach is allowed to communicate advice to his/her players. Between the play of holes is defined as that period when an entire group has completed play of a hole and ends when the individual player hits his or her tee shot on the next hole.
- The communication of advice may not impede the pace of play.
- No coach is allowed to communicate any advice (verbal or non-verbal) during the play

- of the hole. A violation of this would result in the player being penalized per the appropriate rule in USGA Rules of Golf, which is the governing body for high school golf.
7. Any coach who is in violation of this policy may be subject to one or more of the following consequences from a member/ member of the tournament committee: a) limited coaching time; or b) Removal from the golf course (coach may remain in the clubhouse/practice area)
  8. If there is a second coach from one school, this coach will be designated as a course marshal and will be assigned to work with a foursome that is not affiliated with his/her school. This second coach is absolutely NOT allowed to communicate any type of advice to any player. In order to ensure fair play, a course marshal must help any player who is having difficulty finding a ball, needs clarification about a course rule or a golf rule, etc. This type of assistance is consistent with the NCS rule for course marshals.

"Fully certified" means that each coach (including volunteers) must:

- Be finger-printed and background checked
- Have current certification in first aid and CPR
- Have a current and clear TB test
- Have successfully completed a General Coaching Education Course
- Have successfully completed a concussion course
- Have successfully completed a Sudden Cardiac Arrest (SCA) training
- Have successfully completed a Heat Acclimatization Course

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

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

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

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

- 6.311 As described in the USGA rule book section on golf etiquette, violations of etiquette, such as throwing of a club or course destruction, will result in penalties for unsportsmanlike conduct. These penalties shall include, but are not limited to:
1. Warning—discussion at the beginning of each match will be considered the warning
  2. Two-stroke penalty for the next incident
  3. Forfeit of match on any incident after the two-stroke penalty

- 6.312 Players must carry their own clubs or transport them on a pull/push cart. Caddies and golf carts are not permitted. (1/23/2020)

**League & Tournament      6.800**

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

- 6.802 In girls' golf, the team with the most points in dual meet play and in mini-tournament rounds (if scheduled for that division) will be declared the NBL champion and be awarded the automatic berth to the North Coast Section Golf Championships. (1/25/22)

In boys' golf, the team with the most points in the league mini-tournament rounds will be declared the champion and will be awarded the automatic berth to the North Coast Section Golf Championships. (1/25/22)

- 6.803 In case of a tie, all tied teams will be considered NBL co-champions, and each shall receive a pennant. The team with the lowest fall (girls') or spring (boys') season number (drawn by NBL principals) will be the automatic NBL qualifier to the NCS Championships.

- 6.804 The championship team of the NBL may compete in the NCS Championships. The individual representatives are determined by a league tournament at the end of the season. The tournament will be played on a neutral course whenever possible and will be hosted by schools on a rotating alphabetical basis.

The individual representatives from the Oak Division and from the Redwood Division will be determined by a league tournament at the end of the season. The tournament will be played on a neutral course whenever possible and will be hosted by schools on a rotating alphabetical basis. If the league tournament cannot be played, the individuals will be determined by their league average and the number of league matches won. (5/17/2022)

There will be a maximum of twenty golfers participating in the singles qualifying tournament. The top golfers from each of the divisions (Oak and Redwood) not already advancing on a championship team will be invited to participate. If one of the divisions does not have enough golfers who wish to participate, the extra spaces will be allotted to the other division. Players will be invited to participate based on their average score over the course of the league season. The average will be determined by the total strokes per match divided by the number of matches played. (5/17/2022)

If the league tournament cannot be played, the individuals will be determined by their league average and the number of league matches won.

- 6.805 An all-league team will be selected following the end of the league season. There will be a Player of the Year, a first team of no more than 7 players, and a second team of no more than 7 players. The all-league team selections shall be based on average scores per individual over the course of the league season.

The averages used to determine Player of the Year, first team all-league and second team all-league will be determined by total strokes per match divided by the number of matches played. (5/17/22)

A player must play in a minimum of 50% of the league matches in order to receive NBL all-honors or participate in the NBL Qualifying Tournament. A player who does not qualify may petition to the NBL Executive Committee for exception, based on documented evidence of a condition beyond the control of the student-athlete.

- 6.806 Team Score Tiebreaker

In the event of a tie in a dual meet or in the league tournament, the following tie breaker

system will be used to determine who will represent the NBL in the NCS Championships.

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

If the teams are still tied, the tie will be broken by using the USGA recommended tie breaking procedure which totals the scores of all six players on each student team for holes 10–18. If still tied, holes 13-18; if still tied, holes 16-18 and if still tied, hole 18. If this tie breaking procedure is required, the back 9 shall be deemed to be holes 10-18 on the score card. If the teams are still tied, the tie will be broken by using the #1 handicap hole and continue this process until the tie is broken.

#### Individual Score Tiebreaker for 18 holes

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

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

### **SOCCER 8.000**

#### **Schedules 8.100**

- 8.101 The schedule shall be established using a scheduling matrix. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn, and a new schedule developed using the schedule matrix. The matrix is included at the end of these bylaws.
- a. Numbers will be drawn by the commissioner.
  - b. These numbers are then used to fill slots in the scheduling matrix.
  - c. Girls' teams will play on Tuesday and Thursday for one half of the season, while the boys' teams play on Wednesday and Friday. Halfway through the season, the days will reverse so that girls' teams play on Wednesday and Friday and boys' teams play on Tuesday and Thursday.

- 8.102 Boys' and girls' soccer will be played in the winter season of sport. (September 29, 2016)

#### **Practice 8.201**

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

### **Game Administration 8.300**

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

**Equipment 8.500**

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

**League & Tournament 8.800**

- 8.801 In boys' and girls' soccer: The team with the highest total contest points in each division will be the winner. If two or more teams have the highest total, then there will be co-champions. Points are determined as follows: Win: 3 points; tie: 1 point; loss: 0 points.
- 8.802 The winner of each division will receive an automatic entry to the NCS Championships.
- 8.803 Tie-breaker system for NBL automatic entry into NCS Championships, boys', and girls' soccer.
- a. Award three points for a win and one point for a tie.
  - b. If a tie continues to exist, then the team with the best record in head-to-head competition will be awarded the automatic entry.
  - c. If the head-to-head record is equal, then goals for and against in head-to-head competition will be used.
  - d. If a, b, and c are applied and the tie still exists, the team whose school has the lowest number in the fall draw by the administrators will be awarded the automatic entry.
- 8.804 All-league selection format for soccer
1. The all-league meeting will be held on the Monday following the conclusion of the NBL schedule, at a site determined by the NBL commissioners.
  2. Each team will be awarded first and second all-league selections based on their team's finish in the league standings, as follows: First place (4), second place (3), third place (2), fourth place (2), fifth place (1), and sixth place (1).
  3. In boys' soccer only, there may be a Coach of the Year: Nominations will be taken from the floor. Each coach will vote for one coach. The vote shall be conducted using a secret ballot.
  4. Boys' soccer: MVP—open nominations, followed by a vote. Coaches may vote for a player from their own team. The vote will be conducted using a secret ballot.
  5. Girls' soccer: There shall be an offensive MVP and a defensive MVP. There shall be open nominations, followed by a vote. Coaches may vote for a player from their own team.

**SOFTBALL 9.000**

**Schedules 9.100**

- 9.101 The schedule shall be established using a scheduling matrix and the numbers that are drawn for softball by a commissioner. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn, and a new schedule developed using the schedule matrix. The matrix is included at the end of these bylaws.
- 9.102 Divisions with fewer than six schools shall play a triple-round robin league schedule. Divisions with six or more schools will play a double-round robin league schedule. (9/27/2021)
- 9.103 Games that have been rained-out shall be played as soon as possible after the rain-out. Rainouts shall be played if the championship of the league is involved.
- 9.104 Softball games shall be played on Tuesdays and Thursdays.

**Practice 9.201**

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

**Game Administration 9.300**

- 9.301 National Federation Softball Rule Book is the governing authority in softball, except for CIF/NCS modifications and/or adoptions. (See NCS Sports and General Rulings Handbook, Section 22.100H).
- 9.302 All NBL softball games (both JV and Varsity) must use a double first base bag. (Approved August 25, 2016)
- 9.303 Start time for all league games shall be 4:00 PM.
- 9.304 The NBL will use the tie-breaker procedures outlined in the current year's National Federation Softball Rules Book.
- 9.305 The NBL will use the 10-run rule, as authorized by State Association Adoption. Using the 10-run rule, a team is declared the winner when one team has a lead of ten runs or more, after 4 ½ innings, if the visiting team is behind ten or more runs, or after the fifth inning, if either team is 10 runs behind.
- 9.306 Teams will not be allowed to take batting practice or use pitching machines or batting at the game site within two hours of the scheduled game time. The use of regulation, whiffle, or other low flight balls may be used for hitting warm-up drills (provided it is allowed by the host facility), with the following exception: **regulation balls may not be used for front toss. ONLY whiffle or other low flight balls may be used for front toss.**  
**PENALTY FOR VIOLATION: The game shall be forfeited by the offending team.**

**Officials 9.400**

- 9.401 The Northern Coast Officials Association and the Redwood Empire Officials Association shall

provide officials for the contests.

**Equipment 9.500**

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

**League & Tournament 9.800**

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

- 9.802 An all-league team shall be selected on the Monday following the completion of the league round robin. There shall be one Player of the Year and one Pitcher of the Year. First team and second team (if desired) shall consist of no more than four outfielders, four infielders, one catcher, one utility player and two pitchers. Coaches may vote for their own player when voting for Player of the Year and Pitcher of the Year, but may not vote for their own player for the other teams. A coach of the year may also be selected, if desired. There is no honorable mention team.

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

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

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

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

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

1. Head-to-head competition between/among the tied teams.
2. If the tie(s) still exist, the next determination for seeding will be runs allowed between the teams that are tied.
3. If a tie still exists after steps 1 and 2, the seeding will be determined by the spring draw of the principals that is conducted at the beginning of the school year.

- 9.805 All participating teams must have an administrator or his/her designee present at each game before the game will begin. The designee may not be involved as a team coach, manager, scorekeeper, statistician, etc.
- 9.805 For the championship game, the highest seeded team shall be designated the home team and will use the third base dugout.
- 9.805 Each participating team must provide six balls per game.
- 9.806 An all-league team shall be selected on the Monday following the completion of the league round-robin. There shall be one Player of the Year and one Pitcher of the Year. First team and second team (if desired) shall consist of no more than four outfielders, four infielders, one catcher, one utility player, and two pitchers. Coaches may vote for their own player when voting for Player of the Year and Pitcher of the Year, but may not vote for their own player for first and second team. A Coach of the Year may also be selected, if desired. There is not honorable mention.



**SWIMMING & DIVING 10.000**

**Schedules 10.100**

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

**Practice 10.200**

10.201 All CIF and NCS practice rules MUST be followed.

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

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

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

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

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

**Game Administration 10.300**

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

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

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

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

Scoring for dual, double dual or triple dual meets:

a. Maximum of three entries per team.

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

b. Maximum of two entries per team

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

c. Maximum of four entries per team.

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

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

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

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

Penalty:

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

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

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

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

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

4. Section 4: Choice of dives (dual meets) (NF rule book)

Article 6: In all other meets, the competition shall consist of one voluntary dive (dd = 1.8), which shall come first; five optional dives, coming from at least four of the five groups and which may include any of the dives other than the

voluntary dive.

Article 8: No diver shall repeat a dive in a single meet. All dives of the same number, whether tuck, pike, straight or free position are considered the same dive.

5. Section 5: Form of the dives (NF rule book)

Article 2: This whole section should be read by the coaches and scores of the competition.

Diving table

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

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

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

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

10.306 Points toward the league championship in each division shall be as follows: One point for each dual meet win and one-half point for each tie. (1/19/2019)

**Officials 10.400**

10.401 No league meet may begin with fewer than three non-student (over 18) officials available for a dual league meet. No league coach may serve in any capacity which affects the outcome of the meet.

10.402 The starter and/or referee should be an adult who has proven to be competent for the job by earlier experience.

**Equipment 10.500**

10.501 The home team must furnish lap counters for those races requiring them.

10.502 The visiting team must furnish one competent diving official for all dual meets.

**League & Tournament 10.800**

10.801 All entries to the league meet must be made at least one week before the league meet. Coaches shall meet to determine the league entries on Monday preceding the league meet.

10.802 Swimmers must establish a valid time during a league meet in order to participate in the league meet.

10.803 The NBL Championship meet director shall be rotated between league schools.

10.804 The NBL Championship Meet organizer and up to six officials will be paid for their work at the NBL Championships. The amount for the meet organizer shall be \$150 and the payment for the other officials is a matter to be determined by the host school, in conjunction with the league commissioner or assistant commissioner.

10.805

1. Pennants will be given to the League Championship varsity boys' team and the winning varsity girls' team in the Oak Division and in the Redwood Division.
2. A pennant will be awarded to the winning boys' team and the winning girls' team in the league qualifying tournament for entry into the NCS Swim and Dive Championships. (1/19/2019)

3. Medals shall be awarded for the first three (3) places in each of the two divisions in the league qualifying meet. (5/17/2021)
4. The winner of each event at the NBL tournament shall be designated as first team all league. The second-place finisher at each event shall be designated as second place all-league.

10.806 Qualifying to the North Coach Section shall be based on the following. Note: This order of events will be used in both dual and league meets (unless changed by the National Federation).

1. Girls' 200-yard medley relay
  2. Boys' 200-yard medley relay
  3. Girls' 200-yard freestyle
  4. Boys' 200-yard freestyle
  5. Girls' 200-yard individual medley (JV – 100)
  6. Boys' 200-yard individual medley (JV – 100)
  7. Girls' 50-yard freestyle
  8. Boys' 50-yard freestyle
  9. Girls' diving
  10. Boys' diving
  11. Girls' 100-yard butterfly (JV – 50)
  12. Boys' 100-yard butterfly (JV – 50)
  13. Girls' 100-yard freestyle
  14. Boys' 100-yard freestyle
  15. Girls' 500-yard freestyle
  16. Boys' 500-yard freestyle
  17. Girls' 200-yard freestyle relay
  18. Boys' 200-yard freestyle relay
  19. Girls' 100-yard backstroke
  20. Boys' 100-yard backstroke
  21. Girls' 100-yard breaststroke
  22. Boys' 100-yard breaststroke
  23. Girls' 400-yard freestyle relay
  24. Boys' 400-yard freestyle relay
- Diving: 11 dives (JV – 3 dives)

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

**TENNIS 11.000****Schedules 11.100**

- 11.101 The schedule shall be established using a scheduling matrix and the numbers that are drawn for softball by a commissioner. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn, and a new schedule developed using the schedule matrix. The matrix may be found at the end of these bylaws.
- 11.102 Girls' tennis shall be played as a fall sport. League matches shall be held on Tuesdays and Thursday. Warm up will begin at 3:30 PM and matches will begin at 4:00 PM. (9/27/2021)
- 11.103 Boys' tennis shall be played as a spring sport. League matches shall be held on Tuesdays and Thursdays beginning at 4:00 PM. (9/6/12).
- 11.104 The home coach will make the final decision on the postponement of a match due to inclement weather. The coach is to notify the visiting school if it is to be postponed by noon on the day of the match.
- 11.105 When a singles or doubles match is called due to inclement weather or darkness, said match shall be resumed at the earliest date that is possible and with the exact score as it was at the last complete game.
- 11.106 An NBL singles and doubles tournament shall be held at the end of the season. The winners of the tournament in the Oak and Redwood divisions shall be the automatic entries from that division to the NCS Championships.

**Practice 11.201**

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

**Game Administration 11.300**

- 11.301 The United States Tennis Association (USTA) Rule Book is the governing authority for girls' and boys' tennis, except for the Point Penalty System, in which the warning shall be reinstated (First Offense: Warning, Second Offense: Point, Third Offense: Game, Fourth Offense: Default). (8/20/19)

Note: USTA rules apply for late arrivals (although consideration will be made for unforeseeable circumstances. If an open court is available in either singles or doubles and the player(s) is/are not present, refer to the USTA penalty for being late.

- 11.302 The girls' teams and the boys' teams shall play with a first, second, third, and fourth singles team and with first, second and third doubles team.
- 11.303 The singles players shall not play on the doubles teams, nor shall the doubles players play singles.
- 11.304 Challenge matches used for ranking players on a team ladder must consist of a minimum eight game pro-set.

- 11.305 A line-up giving the order of ranking of all team members must be exchanged prior to each league match.
1. The first three singles players must play in ranked order.
  2. After the above, any combination of players can be used provided the doubles teams play in ranked order.
  3. In case of a substitution, the singles players and doubles teams must move up in ranked order. For example, if the number one singles player or number one doubles team is not present, number two must play in the number one position. If the number two singles player or the number two doubles team is not present, the number three must play in the number two position, etc. Players may NOT jump positions.
  4. If a team does not have enough players, they must default the lowest position/s in singles and/or doubles.
- 11.306 No ad scoring shall be used.
- 11.307 The following modifications for scoring matches shall be used in varsity matches. When the set score is 6 – 6, a 12-point tiebreaker shall be used.
- 11.308 If darkness is coming on and players will not be able to complete a full third set, AND if both coaches agree, a ten-point super tiebreaker will be played in place of a full third set if needed.
- 11.309 Side-line coaching  
Coaching players is only allowed during the 90 seconds to change sides of the court. (8/20/19)
- 11.310 The coaches will determine as to whether a judge is needed.
1. Line judges: Each team will provide a line judge (a neutral party if possible) who will call lines for the opposing team. They will stand at the net and call lines ONLY if asked to do so by the players. Line judges will call only their half of both sides of the court closest to them.
- 11.311 Conduct penalties.  
The following misconduct penalties (equipment abuse, language abuse, unsportsmanlike behavior, etc.) will be used in matches.
- First offense: Warning  
Second offense: Default of game  
Third offense: Default of match—considered an ejection under the ejection policy
- Both coaches shall be involved in assessing the penalties.  
The penalty for an ejection shall follow the North Coast Section Policy.
- 11.312 The home team shall provide practice balls for both teams.
- 11.313 In case of a tie in team tennis requiring a playoff to determine the automatic representative to the NCS Championships, the NBL will provide a case of balls. The balls shall be the same ball that will be used in the NCS Championships for that season.
- 11.314 Players must wear appropriate tennis attire. Appropriate is defined as matching, i.e., shorts (no cutoffs) or skirts and tennis shirts (no tank tops for boys). The shirt must be always worn. Uniforms may not be the same color as the official ball.

**League & Tournament      11.800**

- 11.801 NCS Qualifying Tournaments will be held in both the Oak and the Redwood division.  
Singles
- a. There shall be a singles tournament every year in both the Oak and Redwood divisions.
  - b. Each school may send a maximum of two players to the league tournament in order to

compete for the right to represent the league at the North Coast Section Tennis Championships.

- c. If a school does not have entry, that spot will be filled from the next best available player from the NBL championship team. If no player is available from the first-place team, the next best available player from the second-place team will fill that spot.
- d. The winner of the tournament shall be the automatic entry into the NCS Championships.
- e. The tournament must be played to third place.
- f. Seeding will be done by the coaches before the first match.
- g. In the girls' and boys' tournament, a maximum of four players will be seeded.
- h. In the event of rain, the league representative shall be the player with the most wins at the number one singles in league competition.

Doubles:

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

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

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

#### 11.802 Team tennis

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

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

- A. If there is a two-way tie for first place, the following format will be used to determine who will represent the NBL in the NCS Championships:
  1. There will be a play-off between the teams involved. If this is not feasible due to inclement weather, it will be determined by:
    - a. Head-to-head competition
    - b. Sets won against the team
    - c. Games won against the team
    - d. If all is equal, the team with the lowest number in the fall draw will represent the NBL in the NCS Championships.
    - e. The home team will be determined by the criteria outlined above.
- B. If there is a three-way tie for first place, the following format will be used to determine who will represent the NBL in the NCS Championships:
  1. There will be a play-off between the three teams involved (two extra matches for one team)
  2. The bye team and the home team will be determined by:

- a. Head-to-head competition
  - b. Sets won against the team
  - c. Games won against the team
  - d. If all is equal, or if it is not possible to hold a playoff due to inclement weather, the team with the lowest number in the fall draw will represent the NBL in the NCS Championships.
- C. If there is a four-way tie for first place, using the criterion in 10.802 (A), team 1 will play team 4 at team 1's home site and team 2 will play team 3 at team 2's home site. Winners will play each other at the home site of the highest seed. If it is not possible to hold a playoff due to inclement weather, the team with the lowest number in the fall draw will represent the NBL in the NCS Championships.
- D. Home team will be determined by the criteria above.

11.803 All-league selection format

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

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

**TRACK AND FIELD 12.000**

**Schedules 12.100**

- 12.101 Track shall be a spring sport in the NBL. There shall be four classifications: Varsity Boys', Varsity Girls', JV boys' and JV girls. Track and field meets will begin at 4 PM.
- 12.102 The schedule shall be four weeks in length and track meets will be held on Wednesday afternoons. Each week two of the meets will be three-way meets and the other would be a dual meet. NBL point system would be the same. A winner of a tri-meet will earn two points; the second-place team will earn one point. A dual meet winner will earn one point.
- 12.103 The North Bay League meet shall be held one week before the North Coast Section Redwood Empire Classification Meet.
- 12.104 The league championship will be determined by the points earned during the league tri/dual meet season.

**Practice 12.201**

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

**Meet Administration 12.300**

- 12.301 The National Federation Track and Field Rule Book is the governing authority in track and field, except for CIF/NCS modifications and/or adoptions.
- 12.302 Start time for league meets will be 3:45 PM. Meets need to start on time so that they finish at a reasonable hour. Time schedule is approximate, but events will not start before the stated time unless agreed upon.
- 12.303 In races contested in lanes in tri-meets, the two-visiting schools shall be entitled to three lanes and the host school two lanes. In dual meets, lanes will be assigned evenly as determined by the starter. The first heat shall be the fast heat. All times from all heats will be used to determine final placement. (1/19/2019)
- 12.304 Individual event scoring for tri-meets is 5 points (first place), 3 points (second place), 2 points (third place) and 1 point (fourth place). In a relay in a dual meet, the winning team will be awarded 5 points for first place. Scoring for a relay in a tri-meet will be five points for first place and three points for second place. (1/19/2019)
- 12.305 Pole vault athletes start warming up ASAP. It will be an open pit. When a vaulter's opening height has been reached, that vaulter will be given two additional run-throughs.
- 12.306 Heights for the 100/110 High Hurdles will be 33" for girls: 36" for JV boys and 39" for varsity boys. In the 300 Intermediate Hurdles, the height for girls will be 30" and the height for boys will be 36".
- 12.307 Lane assignments will alternate each race.
- 12.308 Athletes are allowed to leave the event in order to compete in another event at the



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

- 12.309 Long jump will start at 3:45 PM. No run-throughs after the 4 x 100 starts. The long jump will end at the conclusion of the 800 m. Triple jumpers sign in before the end of the 800 m.
- 12.310 Field events will have three attempts during tri-meets and four attempts during dual meets.
- 12.311 In order to rest sprinters competing in the 4x400, there will be a 20-minute wait after the last 200-meter race if the 3200 meter is or is not run.
- 12.312 Starting height for high jump: 3'6" for JV girls; 4'0" for varsity girls; 4'6" for JV boys; and 5'0" for varsity boys.
- 12.313 Starting height for pole vault: 6'0" for JV girls; 7'0" for varsity girls; 7'6" for JV boys; and 9'0" for varsity boys.
- 12.314 All field event participants must sign-in before the event begins.
- 12.315 Field implements should have weight indication and no alteration.

12.316 Order of events for track events:

Event	Running Order
4 x 100	JV girls; JV boys; V girls' V boys
1600 m	JV girls; JV boys; V girls' V boys
100/110 HH (39" VB; 36" JVB; 33" G)	Varsity boys; JV boys, JV girls, Varsity girls (1/19/19)
400 m	JV girls; JV boys; V girls' V boys
100 m	JV girls; JV boys; V girls' V boys
800 m	JV girls; JV boys; V girls' V boys
300 H (30" G; 36" B)	JV girls, V girls, JV boys, V boys (1/19/19)
200 m	JV girls; JV boys; V girls' V boys
3200 m	Girls; boys
4 x 400	JV girls; JV boys; V girls' V boys

Order of events for field events:

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

**Officials 12.400**

- 12.401 Adults should measure and read the tape at all field events.
- 12.402 Rules (National Federation Rules and NBL Bylaws) should be attached to clipboards to help the officials.

- 12.801 There will be one league meet that will include both Oak and Redwood Divisions. This meet shall be the qualifying event for the North Coast Section Track and Field Championships.
- Varsity and JV trials following the league schedule.
  - Varsity and JV finals will be held following the trials.
  - JV pole vault will be held as a final on the trial's day. (1/19/2019)
- 12.802 All team scores shall count in scoring track and field events for the North Bay League Meet. Points shall be awarded as indicated in the NFHS Track and Field Rule Book.
- 12.803 The NBL Championship Meet host will assign the meet referee, whose job duties are spelled out in the NFHS Track and Field Rule Book.
- 12.804 An officials and coaches meeting shall precede the league and qualifying meet at which time the referee shall discuss rules, events, and other matters pertaining to the handling of the meet.
- 12.805 Member schools shall assign three adults to officiate at the NBL track meet. Names of these adults shall be sent to the meet director. Officials and coaches shall be given rules from the rule book that they can keep on their event clipboard.
- 12.806 For the NBL Championships, if necessary to have a Jury of Appeals, this will be composed of three coaches NOT affected by the decision.
- 12.807 All entries for the NBL Championship Meet must be entered no later than midnight on the Sunday prior to the trials.
- 12.808 The director of the league meet shall send to the director of the NCS Redwood Empire Track Meet a complete list of winners with times and distances. A copy of the results should be sent to the league commissioner.
- 12.809 **Honest Effort Rule**  
Competitors who have qualified for and been entered into more than one event must honestly participate with maximum effort in each event for which the athlete is declared or the athlete will be barred from further competition in the meet.  
Note: it is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort. (1/23/2020)
- 12.810 In order to compete in the NCS Redwood Empire Area Meet, a varsity athlete must earn his/her place. If an athlete at the NBL Championship meet fails to make a qualifying mark in a field event, he/she can go on to the NCS Redwood Empire Meet IF the athlete is approved by the majority of coaches at a vote taken at the scratch meeting. This would ONLY occur if there were not enough athletes who have met a qualifying mark.
- 12.811 Medals shall be awarded for the first three (3) places in boys' and girls' varsity individual competition. (5/17/2022)
- 12.812 A pennant will be awarded to the winner of the NBL Qualifying Meet for entry into the North Coast Section Championships in boys' and girls' track & field. (1/19/2019)
- 12.813 All-league distinction:
- The first and second place finishers in boys' and girls' varsity competition at the NBL Championship meet will receive recognition as NBL First Team All-League.
  - The third and fourth place finishers in boys' and girls' varsity competition at the NBL Championship will receive recognition as NBL Second Team all-league.

**VOLLEYBALL 13.000**

**Schedules 13.100**

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

**Practice 13.201**

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

**Game Administration 13.300**

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

**Officials 13.400**

- 13.401 The North Bay Volleyball Officials Association and the Redwood Empire Officials Association shall provide the officials for the matches.

**Equipment 13.500**

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

**League and Tournament 13.800**

- 13.801 The league champion shall be the team with the most league wins and will be the league representative to the North Coast Section Championships.
- 13.802 In the event of a tie, the automatic NCS berth will be determined by the following criteria:
1. Best record in head-to-head competition
  2. Greatest number of wins within the tie
  3. Lowest number drawn at the by the principals at the beginning of the school year.
- 13.803 The team winning the North Bay League round-robin shall be the league representative to the North Coast Section Championships.
- 13.804 All-league selection format for volleyball.
1. The all-league meeting will be held on the Monday following the conclusion of the NBL schedule, at a site determined by the NBL Commissioner or Assistant Commissioner.
  2. Each team will be awarded first, and second team all-league selections based on their team's finish in the league standings, as shown below.

Divisions consisting of six teams

First place: three first-team and two second team.  
Second place: two first team and two second team.  
Third place: one first team and two second team.  
Fourth place: one first team and one second team.  
Fifth place: one first team and one second team.  
Sixth place: no first team and one second team.  
There is no honorable mention.

Five-team division

First place: two fist team and two second team  
Second place: two first team and one second team  
Third place: one first team and one second team  
Fourth place: one first team and one second team  
Fifth place: no first team and one second team  
There is no honorable mention

3. MVP--Open nominations, followed by a vote. Coaches may vote for a player on their own team. The vote will be conducted using a secret ballot. This voting will take place at the beginning of the all-league meeting.

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

**WATER POLO 14.000**

**Schedules 14.100**

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

**Practice 14.201**

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

**Game Administration 14.300**

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

**Officials 14.400**

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

**Eligibility 14.600**

**League and Tournament Administration 14.800**

- 14.801 The home school is responsible for supplying an experienced scorekeeper and time.
- 14.802 Matches are played according to the National Federation Water Polo rule book.
- 14.803 All NBL matches must be held in deep water pools.
- 14.804 The league champion shall be the team with the most league wins. In the event of a tie in varsity competition, the league championship will remain a tie and each school will receive a pennant.

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

14.806 NBL Tournament Format

- A. All four teams will participate in the water polo playoffs.
- B. Semi-final start times: 2 vs. 3 girls at 4:00; 2 vs. 3 boys at 5:15; 1 vs. 4 girls at 6:30; 1 vs. 4 boys at 7: 45. Final times will be 5:30 for girls' semi-final winners and 6:45 for boys' semi-final winners. Highest seeded teams will be considered home teams and must supply match personnel.
- C. Seeding for First Round Games  
The first-place team in the round robin will play the fourth-place team at the host site and the second-place team will play the third-place team at the host site. The higher seeded teams must supply game personnel.
- D. Two Teams Tied for First Place
  1. If one team has defeated the other team twice in round-robin play, that team shall be designated the first-place team and the other team shall be the second-place team (for NBL tournament purposes).
  2. If the two teams split in the round-robin, the team with the greater number of wins against the third seed shall be seeded number one.
  3. If the tie still exists, the team with the greater number of wins against the fourth seed shall be seeded number one.
  4. If the tie still exists, the positions will be determined by the numbers drawn by the principals at the beginning of the school year.
- E. Three Teams Tied for First Place
  1. The team with the greatest number of wins within the tie shall be designated the number one seed and the team with the next greatest number of wins shall be designated as the number two seed. The remaining team will be designated as the number three seed.
  2. If a three-way tie still exists, then the positions will be determined by the numbers drawn by the coaches at the beginning of the school year for the fall season, with the team with the lowest number getting the #1 seed and the team with the second lowest number getting the 2 seed. The remaining team shall be seeded 3.
- F. Four Teams Tie for First Place

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

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

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

#### 14.807 All-league selection format

##### A. Teams and Honors Selection Process

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

**WRESTLING 15.000**

**Schedules 15.100**

15.101 There shall be a single round of dual meets. League meets shall be scheduled for Wednesday. There will be one week of double-dual meets during the first week of school following winter break to eliminate schools having to compete over winter break.

15.102 The schedule shall be established using a scheduling matrix and the numbers that are drawn for wrestling by a commissioner. The schedule will be in effect for two years, with the home

and away contests reversed in the second year. After the second year, numbers will be redrawn, and a new schedule developed using the scheduling matrix.

**Practice 14.201**

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

**Game Administration 15.300**

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

Bylaws clarification: If during a dual meet if a school has a female wrestler and the opposing school does not have a female in her weight class then that female wrestler may wrestle with the boys and score points for the boys' team. If she has received a forfeit for the girls'0 team then she cannot earn a point for the boys' team.

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



time period due to extenuating circumstances. Each wrestler must follow mandated CIF and NCS regulations.

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

**Officials 15.400**

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

**Eligibility 15.600**

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

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

**League and Tournament Administration 15.800**

- 15.801 At the conclusion of the regular dual meet season, the North Bay League shall have a league tournament to qualify wrestlers to the NCS Wrestling Championships. Matches for male wrestlers will take place on Friday, with any necessary extra matches taking place on Saturday. Matches for girls will take place on Saturday, following the boys' competition. On both Friday and Saturday, weigh-ins will take place beginning at 9 AM and matches will begin at 11 AM. (January 19, 2019)

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

- 15.803 A pennant will be awarded to the winner of qualifying tournament in boys' wrestling. (January 19, 2019)

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

*Approved for immediate implementation by NBL Board of Managers on 1/23/2017*

- 15.804 Male wrestlers qualifying to the NCS Championships must qualify through the NBL championship tournament. In the event an athlete is injured on or before the day of the league tournament or suffers from a communicable skin condition and is unable to compete, the coach can petition the NCS for an at-large berth to the NCS Championships. In that case, a school may not enter a substitute for the wrestler in the NBL tournament in that weight class, unless and until the CIF and NCS amend their bylaws to allow schools to enter more than one athlete per weight class.

- 15.805 If an athlete cannot compete in the NBL tournament due to circumstances that are not injury or skin-issue in nature, the coach may present a case of hardship. This hardship must be declared to league coaches in writing or via e-mail no later than the league seeding

meeting prior to the NBL Championship Tournament. The coaches, by a majority vote, will determine whether to allow participation at the NCS Championships through the at-large process. In that case, a school may not enter a substitute for the wrestler in the NBL tournament in that weight class, unless and until the CIF and NCS amend their bylaws to allow schools to enter more than one athlete per weight class.

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

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

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

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

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

- 15.807 The NBL wrestling championship in boys' wrestling competition in each division shall be awarded to the team earning the most points in the league season. One point will be awarded for each dual meet win. (5/19/2020)

The league champion in girls' wrestling competition shall be the team with the most points earned in league competition **and** in the league final tournament. One point shall be awarded for each dual meet win, two points for first-place in the league tournament and one point for the second-place team in the final NBL tournament. (5/19/2020)

No qualifying tournament pennant is given in girls' wrestling as the tournament is a mandatory part of the league championship determination, so this tournament is not a qualifying tournament for the NCS Wrestling Championships. When the NCS requires female wrestlers to qualify to the NCS Championships through a league qualifying tournament, then there will be a pennant presented to the girls' team champion in this qualifying tournament.

- 15.808 Medals provided by the league will be awarded to the first three places in each weight class at the NBL qualifying tournament. (3/27/2019 and 5/19/2020)

- 15.809 To qualifying to the NCS Dual Team Championships only, the team winning the dual meet portion of the league schedule will be considered the NBL champion and will earn an automatic entry. If two or more teams are tied after the regular season is complete, the following tie breakers will be in effect.

- a. If two teams are tied with the same dual meet record, the winner of the head-to-head match will receive the automatic entry to the NCS.

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

**General 15.900**

15.901 The position of NBL representative to the North Coast Section wrestling management committee shall be voted on by the current North Bay League varsity wrestling coaches and approved by the NBL athletic directors. The term shall be two-years. The league representative will represent the North Bay League the fall and spring Wrestling Management Committee meetings. If this position is vacated during the two-year term, a new election will be held. 3/27/2019

The varsity coaches of the teams that finish first and second at the NBL Qualifying Tournament will represent the North Bay League at the NCS Seeding Meeting. If the varsity coach of either the first or second place cannot attend the seeding meeting, then the varsity coach of the third-place team shall attend the seeding meeting. If only one of the varsity coaches from the first, second or third place team can attend the seeding meeting, then the representative to the management committee shall attend as the second NBL representative. In case of a tie for first place at the NBL qualifying tournament, the varsity coaches of the tied teams will attend the seeding meeting. 3/27/2019

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

General 16.900

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



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

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

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



**(Insert year) North Bay League**





# Swim & Dive Championship Bulletin

Hosted by **(insert year)**



- 
- NBL Seeding Meeting -
- Trials -2/2:30; Diving 11:00-1 PM -
- Warm-up 7:30-8:45 Start Finals 9 AM -
- Deadline for League Meet Qualifiers –

<i>Location:</i>	<b>Santa Rosa Junior College</b> , Quinn Aquatic Center, 1501 Mendocino Ave, Santa Rosa,
<i>Parking:</i>	<i>Enforced 7 days a week and patrolled by the SRJC PD. No overnight parking is allowed.</i>
<i>Course:</i>	<p>Indoor and outdoor heated pools. 8 lanes, 25-yard competition area with at least 2-lane outdoor warm-up area. Fully electronic timing system with touch-pads will be used along with at least 2 back-up timers per lane.</p> <p>No early admission will be allowed Friday prior to 2:30 pm and Saturday prior to 7:30 am, except for officials and volunteers who are responsible for meet set up</p>
<i>Entries:</i>	<p>Coaches must submit their team's entries online (both swimming and diving) via "CLUB ASSISTANT". This is the same online entries process as used last year. Coach login info and link to registration are the same as last year. <b>Deadline for entries is Sunday, (insert correct date) at 8 PM! Entries may not be changed or added after the deadline.</b></p> <p>Athletes may enter and swim a maximum of 2 individual events and a maximum of 4 events total including relays. Schools are limited to 4 scoring entries per individual event; if more than four are entered, the meet clerk will automatically designate each school's top four seeds (based on time) as "scoring" and all others as "exhibition/non-scoring". Non-scoring athletes shall not be eligible to qualify for finals heats. Prelim sessions will be pre-seeded and heat/lane assignments will be included in the meet program.</p>
<i>Relays:</i>	Each school is allowed one scoring "A" relay team and non-scoring exhibition relays for each relay event. Relay entries may name up to eight athletes. Any four of those may actually compete in the relay provided that he/she does not exceed the limit of four total entries for the meet. When the relay team reports to the block their relay card must be clearly marked to show which of them will swim, and the order in which they will swim.
<i>Rules:</i>	<p>The National Federation of State High School Association rules will govern the meet. USA Swimming officials will run the meet according to these rules. As a reminder, please note the following items.</p> <ol style="list-style-type: none"> <li>1. Sportsmanship and proper conduct will be expected per NFHS guidelines.</li> <li>2. Swimmers may not enter the water until a lifeguard is on duty and must enter the water feet first prior to warming-up and cooling down. Swimmers must not tug or sit on lane lines.</li> <li>3. No shaving is allowed at the pool site or in the adjoining buildings.</li> </ol>

	<p>4. As referenced in the NFHS Swimming Rules 3-2-2, this is a championship meet, therefore an athlete who fails to compete in a race and heat for which he/she has qualified or entered and has not scratched, <b>shall be disqualified from the remainder of the meet.</b></p> <p>5. Scoring places 1<sup>st</sup> through 16<sup>th</sup> per NFHS Rules. Two heats will be contested in finals for individual events: (1) a "B" final to determine places 9-16 and (2) an "A" final to determine places 1-8.</p> <p>6. Individual swimming events will be contested in a prelims and finals format. Relays will be timed finals contested during the finals session only. Teams will be required to submit relay cards to timers at the blocks indicating actual relay swimmer names and order of swim.</p>
<i>Scratches:</i>	Scratches will be submitted at the coaches meeting prior to the start of the Saturday prelims session. Should a swimmer place in the top 16 in the preliminary round, but not be able to swim in the finals event and wish to scratch, that swimmer's coach should inform the meet referee no later than 30 minutes after completion of the Saturday prelims session so that alternates can be notified and entered into the finals heats.
<i>Restrictions:</i>	Smoking and the use of other tobacco products is prohibited anywhere on the SRJC campus. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. Glass bottles and containers of any kind are not permitted in the pool area. No food or beverages (except plastic bottled water) are allowed in the building/indoor pool area. Photography of any kind in locker areas or from behind the starting area is prohibited. <b>No flash photography allowed in the pool area.</b>
<i>Admission:</i>	<a href="#">Update to current NCS Swim and Dive Championship fees</a>
<i>Program:</i>	
<i>Officials:</i>	<p>Meet Referee: <a href="#">(Insert correct name and email address)</a></p> <p>General Information: Each team is responsible for cleanup of their area and disposing of garbage and recycling appropriately. Lost and found will be located behind the admission table. Please keep all fire lanes, entrances and exits clear at all times. Keep shade canopies and tents clear of the walkways. Sitting areas are limited to the bleachers and the area surrounding the outdoor pool. Please be respectful of the Marshals, who are responsible for meet safety. Hospitality will be available on Friday and Saturday for officials, coaches, and other working volunteers, only.</p>

**\*Senior Walk: Coaches, please provide names of your seniors and the name of the school they plan to attend. Also, remember to bring flowers to the meet to present to your seniors.**



# NBL TRACK & FIELD CHAMPIONSHIPS MEET BULLETIN

TO: NBL Track & Field Coaches, Athletic Directors, Commissioner  
 FROM: (Insert name) NBL Track & Field Championships Meet Director

The NBL Track & Field Championships will be held on the following dates at the (insert location of event)

Insert day and date	Field: 3:00pm / Track: 3:00pm	Varsity trials and JV Trials & finals
Insert day and date	Field: 3:00pm / Track: 3:00pm	Varsity Championship Finals

**Meet Director:** (insert name, email address and cell number)

**Timer:** (insert name, email address and cell number)

**Starter:** (insert name, email address and cell number)

**Meet Referee:** (insert name, email address and cell number)

**Medal Information:** Medals for top three varsity finishers in each event

**Assignments:** Each participating school has been assigned a specific hosting responsibility for these dates as listed below:

School	Hosting responsibility
Analy	
Cardinal Newman	
Elsie Allen	
Healdsburg	
Maria Carrillo	
Montgomery	
Piner	
Rancho Cotate	
Santa Rosa	
St. Vincent	
Ukiah	
Windsor	

Assignment choices:

1. Meet director, announcers, starters, timers, entries, scoring, heat sheets, results, facilities manager, gate collection, head umpire, all track umpires
2. Clerk of the course, finish line director/recorder
3. Hurdle crew (1 official and 4 crew)
4. Long Jump Girls (1 Official and 3 Crew) recorder, measurer, poker, and raker
5. Long Jump Boys (1 Official and 3 Crew) recorder, measurer, poker, and raker
6. Triple Jump Girls (1 Official and 3 Crew) recorder, measurer, poker, and raker
7. Triple Jump Boys (1 Official and 3 Crew) recorder, measurer, poker, and raker
8. High Jump Girls (1 Official and 2 Crew) recorder, 2 bar attendants
9. High Jump Boys (1 Official and 2 Crew) recorder, 2 bar attendants
10. Implement Weigh-ins
11. Shot Put Girls (1 Official and 4 Crew) recorder, pull through measurer, reading measurer, poker, implement retrieval



12. Shot Put Boys (1 Official and 4 Crew) recorder, pull through measurer, reading measurer, poker, implement retrieval
13. Discus Girls (1 Official and 4 Crew) recorder, pull through measurer, reading measurer, poker, implement retrieval
14. Discus Boys (1 Official and 4 Crew) recorder, pull through measurer, reading measurer, poker, implement retrieval
15. Pole Vault (1 Official and 2 Crew) recorder, 2 bar attendants
16. Block crew and one set of blocks
17. 4 x 100 exchange zone—1 coach from three different schools to officiate 4 x 100 zones

Note: Coaches are **required** to turn in a list of the names and cell phone numbers of all meet personnel being provided by their school to the Meet Director by **(insert date)**. These lists will be considered confirmation of your school's intent to fulfill its obligation, and are necessary so that the Meet Director can effectively prep and organize meet personnel

The NBL Track & Field Championships **SEEDING MEETING** will be held at **(insert location, date and time)**.

Coaches **must** attend this meeting in order to secure positions for their student-athletes in the championship meet. **ALL ENTRIES TO BE CONSIDERED MUST BE SUBMITTED THROUGH MILESPLIT.COM BY SUNDAY, (insert date and time)**

**Seeding Instructions:** One team from each school will be accepted in the Varsity 400m relay and 1600m relay events. The fastest/best-marked athlete per school will be accepted into each Varsity event. The following athletes entered into each Varsity event, will require a Varsity Standard to be met. If they meet the standard for one event, they will qualify for their other Varsity events. If they do meet one standard and do not meet another, a comment on Athletic.net will be needed of what Varsity event they qualified for in. If this comment is not in place, they will be scratched from that event.

<b>Varsity Standards</b>		
Running events	Boys	Girls
100m	12.17	14.41
200m	28.77	30.64
400m	56.18	69.51
800m	2:16.81	2:43.63
1600m	4:52.19	5:57.4
3200m	Top 28 times	Top 28 times
100/110 Hurdles	19.02	20.64
300 Hurdles	49.71	57.59
Field Events		
Shot put	35-10	26-3
Discus	98-6	68-7
Long Jump	18-4	13-4
Triple Jump	34-1	27-1
High Jump	5-3	4-3
Pole Vault	9-0	7-0

Equitable seeding of trial heats depends on the honest intent of those entered to compete. An athlete who is entered in an event, but does not compete, is taking that opportunity to compete away from another athlete. **COACHES MUST ENSURE THAT ATHLETES INTEND TO COMPETE IN ALL EVENTS FOR WHICH THEY HAVE BEEN ENTERED!**

## HONEST EFFORT RULE

The league will use the Honest Effort Rule for preliminary and final rounds of the League Championship.

Competitors who have qualified for and/or been accepted into more than one event, must honestly participate in the qualifying or final round in each event for which the athlete is accepted or has qualified, or the athlete will be barred from further competition in the meet.

Athletes must compete with maximum effort and/or qualify from trials into the finals.

Note 1: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.

If a scratch or does not show occurs, the coach will be notified that the athlete scratched/DNS and will be removed from the remainder of their events going forward.

If the athlete missed an event due to a medical or sufficient reason why, the coach must provide an explanation, get verification from medical or trainer and be cleared by the meet referee. Once cleared, the meet referee will turn in the appeal to the timer to clear the athlete to participate in further events.

## ENTRY LIMIT RULE:

Please note that athletes may be entered in NO MORE THAN 4 events. Note that an athlete who is entered in fewer than 4 individual events may be entered on 1 or more relays, but may only compete in 4 total events. See NFHS Rule 4.2.2.

## ENTRIES MUST BE SUBMITTED THROUGH [MileSplit.com](https://MileSplit.com)!

Please log on and complete the entry process for the "NBL Championships" NO LATER THAN SUNDAY, (insert date), BY 10:00 pm. Please be sure to access the "NBL Championship" meet page on the MileSplit website. Entries made through any other meet page or on any other online service, will NOT be accepted.

Please contact (insert meet director name, email and cell number) for any questions or concerns.

## EVENT MECHANICS

### VARSITY RUNNING EVENTS

#### HEAT & LANE ASSIGNMENTS IN TRIALS

In all varsity races, except the 800m & 1600m, seeding will be serpentine, with the fastest entrants in the final preliminary heat. The fastest entries in each preliminary heat will be assigned to the preferred lanes, and the next fastest to the adjacent lanes (4, 5, 3, 6, 2, 7, 1, 8).

In the varsity 800m and 1600m races, runners will be starting in alleys for the first turn. Seeding with the fastest entrants in the final preliminary heat. Starting in lane 1 working out will be 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16 seeds. The outside alley will be 1, 2, 3, 4 seeds.

#### SECTION & LANE ASSIGNMENTS IN FINALS

In all varsity races except the 800m, 1600m and 3200m, there will be 2 sections of "timed finals" contested on the finals date. The top 8 qualifiers will compete last, in section 2. The next 8 qualifiers will compete first, in section 1. The fastest qualifiers in each section will be assigned to the preferred lanes, and the next fastest qualifiers to the adjacent lanes (4, 5, 3, 6, 2, 7, 1, 8). Lane assignment will be based on time only. No preference will be given for placing in preliminary heats.

In the varsity 800m and 1600m races, runners starting in alleys for the first turn. Seeding with the fastest entrants in the final preliminary heat. Starting in lane 1 working out will be 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16 seeds. The outside alley will be 1, 2, 3, 4 seeds.

The varsity 3200m will follow the same pattern for position assignment.

#### QUALIFYING FROM TRIALS TO FINALS

Qualifying from trials to finals in varsity running events except the 800m and 1600m is as follows: Top finisher in each heat, plus the next fastest competitors to reach a total of 16. In the case of a tie(s) for first in the trials, all runners involved in the first-place tie will qualify for the finals and the number of non-first-place qualifiers will be reduced to ensure there are not more than 16 runners in the finals.

Qualifying from trials to finals in the varsity 800m and 1600m is as follows: Top 16 finishers

NOTE: The varsity 3200m will be contested as a final only event on the finals date. ALL other varsity running events will have final fields of 16.

### **JUNIOR VARSITY RUNNING EVENTS**

#### HEAT & LANE ASSIGNMENTS IN TRIALS

In all JV races except the 800m, 1600m, Seeding will be serpentine with the fastest entrant in the final preliminary heat. The fastest entries in each preliminary heat will be assigned to the preferred lanes, and the next fastest to the adjacent lanes (4, 5, 3, 6, 2, 7, 1, 8).

In the JV 800m and 1600m, runners starting in alleys for the first turn. Seeding with the fastest entrants in the final preliminary heat. Starting in lane 1 working out will be 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16 seeds. The outside alley will be 1, 2, 3, 4 seeds.

The JV 400 relay, 1600 relay and 3200m will be contested as finals ONLY on the finals date.

#### SECTION & LANE ASSIGNMENTS IN FINALS

In all JV races there will be 1 final section contested on the finals date. In the lane races the fastest qualifiers will be assigned to the preferred lanes, and the next fastest qualifiers to the adjacent lanes (4, 5, 3, 6, 2, 7, 1, 8). Lane assignment will be based on time only. No preference will be given for placing in preliminary heats.

The JV 800m and 1600m finals will be run in alleys and starting positions will be assigned based upon time. Starting in lane 1 working out will be 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16 seeds. The outside alley will be 1, 2, 3, 4 seeds. The JV 3200m will follow the same pattern for starting position assignment.

#### QUALIFYING FROM TRIALS TO FINALS

Qualifying from trials to finals in JV running events except the 800m and 1600m is as follows: Top 8 finishers by time.

Qualifying from trials to finals in the JV 800m and 1600m is as follows: Top 16 finishers by time.

NOTE: The JV 3200m will have a final only event on the finals date. The JV 800m and 1600m will have a final field of 16. All other JV running events will have final fields of 8.

### **VARSITY FIELD EVENTS**

#### **POLE VAULT & HIGH JUMP**

Varsity Pole Vault & High Jump events are conducted as a finals only, with one gender competing on the trial date and the other gender competing on the finals date. The event will be run using a "five-alive" format. Once 9 competitors or fewer remain in the competition at the beginning of a round, the competition will be conducted in 1 continuous flight.

In varsity High Jump, the bar will be raised in 2-inch increments. When only 3 or fewer contestants remain, the bar will be raised in 1-inch increments. (2022 NCS "at large" marks: Girls 5'0", Boys 6'3"). Opening height will be 4'0" for girls and 5'0" for boys.

In varsity Pole Vault, the bar will be raised in 6-inch increments. (2022 NCS "at large" marks: Girls 10-6, Boys 13-6). Opening height for girls will be 7'2" and for boys 9'2".

#### **HORIZONTAL JUMPS & THROWS:**

On the trials date, all varsity horizontal jumps and throws will be conducted in flights of eight. Competitors will receive three attempts in this preliminary round. After all flights have been conducted, the top sixteen competitors will advance to competition on the finals date. In the case of a tie for the final qualifying place, all competitors involved in the tie will be advanced to the final.

On the finals date, the varsity horizontal jumps and throws will have a preliminary round. The preliminary round will be conducted in flights of eight, with the top eight qualifiers competing in flight two. The next eight qualifiers will compete in flight one. This will immediately be followed by a final round for the top eight competitors: Competitors will receive three attempts in the preliminary round and the top eight competitors will receive an additional three attempts in the final round. Final placing will be determined by best marks from all six attempts on the finals date.

### **JV FIELD EVENTS**

#### **POLE VAULT & HIGH JUMP**

JV pole vault & high jump events are conducted as a finals only, with one gender competing on the trial date and the other gender competing on the finals date. The event will be run using a "five-alive" format. Once nine competitors or fewer remain in the competition at the beginning of a round, the competition will be conducted in one continuous flight.

In JV high jump, the bar will be raised in 2-inch increments. When three or fewer contestants remain, the bar will be raised in 1-inch increments. Opening height will be- girls 3'6" and boys 4'6".

In JV pole vault, the bar will be raised in 6-inch increments. Opening height will be- girls 6'0" and boys 7'6".

#### **HORIZONTAL JUMPS**

On the trials date, all JV jumps will be conducted in flights of eight. Competitors will receive three attempts in this preliminary round. After all flights have been conducted, the top eight competitors will advance to competition on the finals date. In the case of a tie for the final qualifying place, all competitors involved in the tie will be advanced to the final.

On the finals date, the JV jumps will be conducted in single flights. Competitors will receive four attempts only. Final placing will be determined by best marks from all four attempts on the finals date.

## THROWS

On the trials date, all JV throws will be conducted in flights of eight. Competitors will receive four attempts in this preliminary round. After all flights have been conducted, the top eight competitors will advance to competition on the finals date. In the case of a tie for the final qualifying place, all competitors involved in the tie will be advanced to the final.

On the finals date, the JV throws will be conducted in single flights. Competitors will receive four attempts only. Final placing will be determined by best marks from all four attempts on the finals date.

## MEET SCORING

All NBL Championship Finals will be scored for ALL divisions as follows: 10 – 8 – 6 – 4 – 2 – 1

### QUALIFYING TO NCS REDWOOD EMPIRE CHAMPIONSHIPS:

The number of qualifiers per each event by league for the NCS Redwood Empire Track & Field Championships will be as follows:

**HDNL 3 entries**

**MCAL 3 entries**

**NBL 5 entries**

**VVAL 3**

**entries**

**<sup>2</sup>Lower Lake**

**\*The next 6-10 best marks from all 4 league championships (total of 24 entries per event), plus any at large marks. Note: An athlete must participate in a League Final to advance to the NCS Redwood Empire Area Track & Field Championships.**

Lower Lake – Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place(s) in the top four (4) of the CMC meet, he/she qualifies (up to three entrants per event as stated in the NFHS Track & Field Rules, 4-2-4c on page 24) to the NCS Redwood Empire Track & Field Championships.

Athletes who do not qualify through the procedure explained above, but who achieve an Area and MOC "At Large" Standard, will also advance to the NCS Redwood Empire Championships.

Area and MOC At-Large Standards for (insert correct year):

**Girls (Make corrections, as necessary)**

4 x 100-meter Relay	<b>49.79</b>
1600-meter run	<b>5:09.42</b>
100-meter H.H.	<b>16.14</b>
400-meter dash	<b>58.88</b>
100-meter dash	<b>12.48</b>
800-meter run	<b>2:21.30</b>
300-meter I.H.	<b>47.16</b>
200-meter dash	<b>25.69</b>
3200-meter run	<b>11:03.33</b>
4 x 400-meter Relay	<b>4:04.58</b>
Long Jump	<b>16-07.75</b>
Triple Jump	<b>35-07.50</b>
High Jump	<b>5-0</b>
Shot Put	<b>35-07.5</b>
Discus	<b>118-05</b>
Pole Vault	<b>10-06</b>

**Boys (make corrections, as necessary)**

4 x 100-meter Relay	<b>43.37</b>
1600-meter run	<b>4:23.82</b>
110-meter H.H.	<b>15.53</b>
400-meter dash	<b>50.15</b>
100-meter dash	<b>11.08</b>
800-meter run	<b>1:58.27</b>
300-meter I.H.	<b>40.82</b>
200-meter dash	<b>22.54</b>
3200-meter run	<b>9:26.05</b>
4 x 400-meter Relay	<b>3:27.06</b>
Long Jump	<b>21-03.50</b>
Triple Jump	<b>43-03.75</b>
High Jump	<b>6-03</b>
Shot Put	<b>47-08.25</b>
Discus	<b>142-02</b>
Pole Vault	<b>13-06</b>

### POST-MEET SCRATCH MEETING

A mandatory coaches meeting will be held at the starting-line tent immediately following the conclusion of competition on Friday, May 6. Coaches must **scratch** ANY athlete who participated in the NBL finals but does *not* intend to compete at the NCS Redwood Empire Championships, as well as report **relay changes** at this meeting! Final scratches are due by Sunday, (insert correct date) at 11:59pm.

### CONCESSIONS

A full concession will be open, offering a wide range of food and beverage items, including bottled water, sports drinks, sodas, fruit, salads, sandwiches, sports bars, candy, and cookies.

### T-SHIRTS

Commemorative (insert correct year) NBL Track & Field Championship T-Shirts will be on sale for \$20 each. Supplies are limited. First come, first served.

### QUALIFICATION & ADVANCEMENT

It is imperative that athletes who are entered into a trial event intend to compete in the final of that event should they qualify.

To qualify is the win the right to participate in the next level of competition by meeting certain standards in an earlier race or flight. (NFHS 4.5.1)

If a competitor or relay team qualifies for an event through earlier competition in that meet and then withdraws, no substitute from his/her school or any other school may replace them. (NFHS 4.5.5) (Relay teams consist of 4 relay members + 2 alternates; only athletes from these six listed can race in Finals)

## **CONFLICT IN EVENTS**

Competitors who are entered in field events being held simultaneously must report to each event's official by the published event start time, otherwise the athlete will be scratched.

If the field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course.

Athletes are not to report directly to the starting line without checking in first with the Clerk-of-the Course.

REMINDER: The time excused rule is 30 minutes. Official must write down the time that the athlete is initially excused in order to enforce this rule. This is the total time an athlete may be excused from a field event before or between attempts. Failure to return to the event and execute an attempt within 30 minutes will result in the athlete being scratched from further competition in the event.

However, noted:

With High Jump and Pole Vault, the event facilitator cannot hold-up attempts with other athletes still competing, when the bar is ready to go up. In this case, the excused athlete will have to compete at the current height of the bar upon returning to the venue.

## **ELECTRONIC DEVICE RESTRICTIONS**

Electronic devices are not allowed in the field of competition. The field of competition includes the bullpen area, the track, each field event site and the infield. The use of electronic devices by athletes or coaches in these areas is grounds for disqualification.

## **PROTEST/APPEAL PROCESS (NFHS 3.2.4)**

All protests are made to the Meet Referee. The Referee's decision is final.

## NORTH BAY LEAGUE SCHEDULING FORMULA, SIX TEAMS

### Round 1

1 at 2  
3 at 4  
5 at 6

### Round 6

2 at 1  
4 at 3  
6 at 5

### Round 2

2 at 3  
4 at 5  
6 at 1

### Round 7

3 at 2  
5 at 4  
1 at 6

### Round 3

3 at 1  
5 at 2  
4 at 6

### Round 8

1 at 3  
2 at 5  
6 at 4

### Round 4

2 at 6  
1 at 4  
3 at 5

### Round 9

6 at 2  
4 at 1  
5 at 3

### Round 5

1 at 5  
6 at 3  
4 at 2

### Round 10

5 at 1  
3 at 6  
2 at 4



## NORTH BAY LEAGUE SCHEDULING FORMULA, EIGHT TEAMS

### Round 1

1 at 2  
3 at 4  
5 at 6  
7 at 8

### Round 8

2 at 1  
4 at 3  
6 at 5  
8 at 7

### Round 2

6 at 7  
4 at 5  
2 at 3  
8 at 1

### Round 9

7 at 6  
5 at 4  
3 at 2  
1 at 8

### Round 3

7 at 5  
3 at 6  
4 at 1  
8 at 2

### Round 10

5 at 7  
6 at 3  
1 at 4  
2 at 8

### Round 4

1 at 7  
5 at 3  
2 at 4  
6 at 8

### Round 11

7 at 1  
3 at 5  
4 at 2  
8 at 6

### Round 5

7 at 2  
3 at 1  
6 at 4  
8 at 5

### Round 12

2 at 7  
1 at 3  
4 at 6  
5 at 8

### Round 6

3 at 7  
1 at 5  
2 at 6  
4 at 8

### Round 13

7 at 3  
5 at 1  
6 at 2  
8 at 4

### Round 7

7 at 4  
6 at 1  
5 at 2  
8 at 3

### Round 14

4 at 7  
1 at 6  
2 at 5  
3 at 8

## NORTH BAY LEAGUE SCHEDULING FORMULA, TEN TEAMS

### Round 1

1 at 2  
3 at 4  
5 at 6  
7 at 8  
9 at 10

### Round 2

3 at 1  
2 at 4  
5 at 7  
6 at 9  
10 at 8

### Round 3

5 at 1  
6 at 2  
3 at 9  
8 at 4  
10 at 7

### Round 4

4 at 1  
2 at 3  
8 at 5  
9 at 7  
6 at 10

### Round 5

9 at 2  
1 at 8  
7 at 3  
4 at 6  
10 at 5

### Round 6

4 at 9  
3 at 5  
8 at 6  
7 at 1  
10 at 2

### Round 7

1 at 6  
9 at 8  
7 at 2  
4 at 5  
3 at 10

### Round 8

9 at 1  
2 at 5  
6 at 7  
8 at 3  
4 at 10

### Round 9

2 at 8  
7 at 4  
3 at 6  
5 at 9  
10 at 1

### Round 10

2 at 1  
4 at 3  
6 at 5  
8 at 7  
10 at 9

### Round 11

1 at 3  
4 at 2  
7 at 5  
9 at 6  
8 at 10

### Round 12

1 at 5  
2 at 6  
9 at 3  
4 at 8  
7 at 10

### Round 13

1 at 4  
3 at 2  
5 at 8  
7 at 9  
10 at 6

### Round 14

2 at 9  
8 at 1  
3 at 7  
6 at 4  
5 at 10

### Round 15

9 at 4  
5 at 3  
6 at 8  
1 at 7  
2 at 10

### Round 16

6 at 1  
8 at 9  
2 at 7  
5 at 4  
10 at 3

### Round 17

1 at 9  
5 at 2  
7 at 6  
3 at 8  
10 at 4

### Round 18

8 at 2  
4 at 7  
6 at 3  
9 at 5  
1 at 10

**NORTH BAY LEAGUE SCHEDULING FORMULA  
TWELVE TEAMS, SINGLE ROUND**

**Round 1**

1 at 2  
3 at 12  
4 at 11  
5 at 10  
6 at 9  
7 at 8

**Round 2**

2 at 12  
1 at 7  
8 at 6  
9 at 5  
10 at 4  
11 at 3

**Round 3**

5 at 8  
6 at 7  
12 at 1  
2 at 11  
3 at 10  
4 at 9

**Round 4**

2 at 8  
9 at 12  
10 at 11  
1 at 5  
4 at 6  
3 at 7

**Round 5**

8 at 12  
2 at 7  
3 at 6  
4 at 5  
1 at 10  
9 at 11

**Round 6**

2 at 4  
5 at 12  
6 at 11  
7 at 10  
8 at 9  
1 at 3

**Round 7**

1 at 8  
7 at 9  
6 at 10  
5 at 11  
4 at 12  
2 at 3

**Round 8**

11 at 12  
1 at 6  
5 at 7  
4 at 8  
3 at 9  
2 at 10

**Round 9**

4 at 7  
5 at 6  
1 at 11  
10 at 12  
2 at 9  
3 at 8

**Round 10**

7 at 12  
8 at 11  
9 at 10  
1 at 4  
3 at 5  
2 at 6

**Round 11**

7 at 11  
6 at 12  
2 at 5  
3 at 4  
1 at 9  
8 at 10

**(Read before each game)**

**NORTH BAY LEAGUE  
SPORTSMANSHIP STATEMENT**

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

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

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

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