

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

CONSTITUTION

ARTICLE I

Name

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

ARTICLE II

Purpose

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

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

Code of Ethics

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

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

ARTICLE III

Affiliations

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

ARTICLE IV
Membership

Membership of the North Bay League is determined by the NCS, CIF and Marin-Sonoma-Mendocino 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 will 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: Cardinal Newman, Casa Grande, Rancho Cotate, Maria Carrillo, Montgomery, Santa Rosa, Ukiah, and Windsor.

ARTICLE V
Officers

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

ARTICLE VI

Meetings

- A. Roberts' Rules of Order shall govern at all meetings of the North Bay League in so far as they are not in conflict with the Constitution of 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.cifsgate.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 three 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.
- 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. Amendments to this Constitution must be presented in writing to the Commissioner and read at one meeting prior to the meeting at which the official vote is to be taken. The Commissioner shall send a copy of the proposed amendment to each school at least two weeks prior to the vote.
- B. A two-thirds vote of representatives present at the meeting shall be necessary to adopt any amendments.
- C. Recommendations for changes to the Constitution or Bylaws may come from the CIF, NCS, NBL commissioner or assistant commissioner, or members of the NBL Board of Managers for consideration by the Board of Managers.

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 schools site.
- B. All members of the NBL Board of Managers are responsible for communicating proposed actions with appropriate constituencies, i.e., coaches, parents/guardians, student-athletes) for input prior to actions of the Board of Managers.

ARTICLE IX

Fiscal Responsibility

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

ARTICLE X

Non-profit Status

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

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

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

ARTICLE XI

Parliamentary Authority

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



GENERAL BY-LAWS OF THE NORTH BAY LEAGUE

ARTICLE I

Governance

- A. The North Bay League shall be self-governing in all respects not in conflict with the NCS Constitution and General Bylaws and the CIF Constitution and Bylaws. The governance of the NBL shall be vested in a Board of Managers consisting of principals and athletic directors of member schools.
1. The composition of the NBL governing body shall be one representative from each member school, who shall be selected by the respective school's governing board. Each local school Board of Education or private school governing board will ratify to the NCS office by the date established by the CIF each year, the appointment of individual and alternates by name or title who will be school representatives to the athletic leagues for the upcoming year. In the absence of appropriate filing, all voting privileges for the affected school(s) shall be suspended.
 2. Officers: There shall be three officers.
 - i) President: The president shall preside at all meetings of the Board of Managers. He/she shall perform such duties as are usually required of a presiding officer.
 - ii) President-elect: The president-elect shall preside at all meetings when the president is absent. He/she shall perform such duties as are usually required of a president-elect. If the office of the president is vacated, the president-elect shall succeed to the office of president.
 - iii) Past-president. The past-president shall preside at meetings in the absence of the president and the president-elect.
 - iv) The three officers of the NBL will also be responsible for conducting financial audits and for evaluation of the commissioner and assistant commissioner.
 3. Each member school shall be entitled to one vote on all questions before the Board of Managers.
- B. The Board of Managers shall have the following powers and duties.
1. To make and amend rules and bylaws for the governance of the NBL.
 2. To fix and enforce penalties for any violation of the Constitution, Bylaws or other rules of the NBL.
 3. To levy dues for membership in the NBL.
 4. To investigate the eligibility of any and all athletes who are protested at any time.
 5. To have complete control of the finances of the NBL except as elsewhere provided in this Constitution.
 6. To employ a commissioner and an assistant commissioner and to determine the yearly salary of such employees.
- C. One reading will be required before these bylaws may be amended by a majority vote of those present at the meeting following the first reading. The succeeding July 1st 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. All meetings are subject to compliance with the Brown Act.

- F. A quorum to conduct business shall be a majority of member schools. Business may be conducted by a majority vote of members present as long as a quorum has been achieved.

ARTICLE II

Dues

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

ARTICLE III

Voting

- A. Each school shall be represented at the league meeting by the person or persons designated by the school board of said school district.
- B. Each member school shall have one vote.

ARTICLE IV

Commissioner of Athletics

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

Job Description

1. Shall uphold the Constitution and Bylaws of the NBL, NCS, and CIF.
2. Shall establish and maintain non-profit status for the North Bay League.
3. Shall 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 and assistant commissioner, an agenda for all league Board of Managers meetings.

10. Shall schedule, and in conjunction with the assistant commissioner, develop the agenda and facilitate the official meetings of the NBL athletic directors.
11. Shall, in conjunction with the assistant commissioner, schedule, set agendas, and supervise all pre- and post-season coaches meetings.
12. Shall, using the established guidelines develop and distribute schedules for all league sports at least one-half year in advance.
13. Shall be responsible for obtaining the Dates of Determination from all member schools.
14. Shall assist the NBL Board of Managers in selection of league representatives for NCS sports management committees.
15. Shall ensure compliance with all NCS and CIF rules, regulations and policies concerning gender equity.
16. Shall order and distribute NBL passes.
17. Shall secure pennants and distribute them to the winning schools.
18. Shall coordinate, compile, and publicize all-league selections. Shall order and distribute certificates for first team All-League members in all NBL sports.
19. Shall order and distribute medals for awards in co-ed badminton, girls' and boys' cross country, girls' and boys' tennis, girls' and boys' golf, girls' and boys' swimming, girls' and boys' track, and wrestling.
20. 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.
21. Shall serve as a liaison for the league affairs with press and between all principals, athletic directors, and coaches of the league.
22. Shall organize a committee and act as the chief negotiator for the NBL with officials' organizations under contract to the NBL.
23. Shall maintain NBL historical records.
24. Shall attend all NCS Sports Advisory Committee and Board of Managers meetings and the NCS Commissioners' Workshop.
25. Shall organizes, implement and oversee the operation of all NBL tournaments and playoff events. Prepares and presents tournament and playoff reports for the Board of Managers including revenues, expenses, and evaluation of success and problems.
26. Shall distribute NBL, NCS and CIF information to all NBL member schools.
27. Shall perform other duties as assigned which may include, but not be limited to, answering phone calls and emails, copying, faxing, maintaining office supplies and equipment, etc.
28. Shall see support from legal counsel (NCS, CIF) where appropriate concerning NBL issues.
29. The commissioner shall receive a yearly salary to be determined by the Board of Managers.
30. Shall be evaluated annually by the NBL president, president-elect, and past-president no later than June 15, based on the job description.

ARTICLE V

Assistant Commissioner of Athletics

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

Job Description

1. In the absence of the commissioner, the assistant commissioner shall serve in his/her stead.
2. Shall uphold the constitution and bylaws of the NBL, NCS, and CIF and assist the commissioner in his/her duties.
3. Shall be responsible for assuring that the NBL is in compliance with the Brown Act.
4. Shall serve as a consultant at league meetings to answer questions brought to him/her by a member school.
5. Shall serve as a liaison for league affairs to the principals, athletic directors and coaches of the league, as well as the media.

6. Shall act as the secretary of the NBL. The assistant 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 assistant commissioner shall send agenda and meeting minutes to principals, athletic directors, and any other district administrators responsible for athletics.
7. Shall compile and distribute the North Bay League Directory annually.
8. Shall assist the commissioner in the development and distribution of an agenda for all league meetings.
9. Shall attend all NCS Sports Advisory Committee and Board of Managers meetings and the NCS Commissioners' Workshop.
10. Shall schedule, set agendas, and supervise pre- and post-season coaches meetings and meetings between coaches and officials, as directed by the commissioner.
11. Shall, using established guidelines develop and distribute schedules as directed by the commissioner.
12. Shall organize, implement and oversee the operation of NBL tournaments and playoff events, as directed by the commissioner. Prepares and presents tournament and playoff reports for the Board of Managers including revenues, expenses, and evaluation of success and problems for those events.
13. Shall be responsible for updating and distributing the NBL constitution yearly.
14. Shall perform other duties as assigned which may include, but not be limited to, answering phone calls and emails, copying, faxing, etc.
15. Shall assist the commissioner with negotiations with all officials' organizations under contract to the NBL.
16. Shall oversee the Elmer Brown Sportsmanship Program and distribute the sportsmanship pennants at the end of each season.
17. Shall assist in developing and maintaining the NBL website.
18. Shall order and distribute rule and case books.
19. Shall assist the commissioner in dealing with the correspondence necessary to conduct the affairs of the league and keep members schools informed of all things pertinent to their participation in the North Bay League, North Coast Section and California Interscholastic Federation.
20. Shall be evaluated annually by the NBL president and commissioner no later than June 15, based on the job description.
21. Shall assume other duties as assigned by the NBL commissioner.
22. The assistant commissioner shall receive a yearly salary to be determined by the Board of Managers.

ARTICLE VI

Athletic Director Committee

A. Purpose

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

B. Composition

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

C. Jurisdiction

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

D. Meetings

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

E. Operational Procedure

2. Athletic Directors from NBL member shall forward business items to the NBL Commissioner or Assistant Commissioner prior to the prescribed deadline. The commissioner or assistant

commissioner will then compile the items into an agenda and forward the agenda to each athletic director and principal. The agenda will also include items from any upcoming NCS Sports Advisory or Board of Managers Meeting.

F. Meeting Procedures

3. 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.
4. Agenda items shall be worded in the form of a motion.

Any item considered by the Athletic Director Committee cannot be placed on a future Athletic Director Committee agenda for the balance of the school year without a two-thirds affirmative vote of the Athletic Director Committee representatives present.

ARTICLE VII

Sportsmanship

NCS Values and Ethics Mission Statement

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

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

- disrespectfully addressing an opponent
- indicating objection to an official's decision by words, gestures or physical behavior
- doing anything that might incite undesirable spectator reactions
- deliberately violating or allowing players to violate rules (listed in the official rule book for that sport)
- Should insist their players conduct themselves appropriately.
- Are responsible for the appropriate conduct of their personnel including assistant and volunteer coaches.
- Are expected to contact the hosting coach prior to any contest if there are questions or complaints regarding conditions and/or procedures of a contest. Questions regarding conditions and/or procedures that arise or change during the course of a contest shall be directed to the officials.

8. Spectators:

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

9. Cheering Sections:

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

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

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership—including coaches, athletics administrators, program directors and game officials—to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.

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

ARTICLE VIII

Eligibility

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

ARTICLE IX
Non-discrimination

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

ARTICLE X
Protests

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

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

- B. The principal of the protesting school must contact the principal of the school concerned. A letter of protest must be written explaining the circumstances of the protest to the principal of the opposing school with a copy to the Commissioner of the League.
- C. All protests must be made within twenty-four (24) hours after the contest has been played, except in cases regarding eligibility of players.
- D. Protests on ground conditions must be made before the contest begins.
- E. Protests made on matters involving the judgment of an official will not be accepted under any circumstances.
- F. Protests regarding players should first be made to the principal of the school concerned, who shall make a written report to the protesting school. Should this report not be accepted, the president and/or commissioner of the league shall appoint a Protest Committee of three neutral league members whose decision shall be final.
- G. In the question of the eligibility of a player not covered by Section E (1), the commissioner shall inform the school concerned within one week after the question arises and no action shall be taken

until the school has had an opportunity to make an investigation of the case. If the above procedure is not followed by the school making the protest, the individual incident shall be considered closed.

- H. All questions regarding regularly scheduled games or contests during unforeseen events, such as epidemics, 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 XI

Request for hearing

Purpose

To provide the North Bay League with an immediate ruling in cases pertaining to the athletic eligibility of students, schools and standings in the league.

Membership

The committee shall consist of league principals, league administrators and/or athletic directors. The president or commissioner will select three members (not involved in the situation) as the League Eligibility Committee.

Powers

To serve as the first Board of Appeals on league matters.

Operational Procedure

1. Hearings on protests must be made in writing within twenty-four (24) hours after the contest has been played, except in cases regarding the eligibility of players.
2. The league president or commissioner may call meetings as needed.
3. The league president or commissioner will appoint its presiding officer.
4. Two members will serve as a quorum.
5. At least two votes will be necessary to carry a decision.
6. Any decision made by this committee may be appealed to the North Coast Section Eligibility Committee if it relates to a NCS or CIF regulation.
7. A fully completed Application of Waiver for Ineligibility and/or documentation in relation to the case must be received by the league commissioner before a hearing is conducted.
8. A decision will made within ten (10) school days from the time the commissioner receives the written statement.
9. An authorized representative of the schools involved and the student and/or student's parents or guardian may appear before the committee to further explain the case.

ARTICLE XII

Forfeiture of Contests

- A. All reasonable efforts shall be made by schools and administrators to prevent situations from reaching the state where a school finds it necessary to cancel a contest with another member school. In all but the most unusual cases, disagreements shall be settled by the principals of the two

schools. In cases where agreements cannot be reached, a special Arbitration Committee shall be named to adjudicate disputes between schools. The following provisions relate to the committee.

1. It shall be composed of three members appointed by the president or commissioner.
2. The committee shall judge and make final disposition of the case. A copy of the decision shall be sent to the commissioner.

ARTICLE XIII

Awards and Pennants

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

ARTICLE XIV

Recruiting

The NBL 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.
- A recruitment assurance will be added to the eligibility list form submitted to the NBL each season. The statement would be, "All coaches and booster clubs have received information regarding the potentially serious ramifications of recruitment. To the best of our knowledge, no players on this eligibility list have been recruited."
- The NBL Commissioner will include information on recruitment during the pre-season meetings of coaches for all sports.
- The League will prepare an informational handout regarding recruitment to be distributed to coaches, booster clubs and parents at each member school.

Reporting:

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

Supervision:

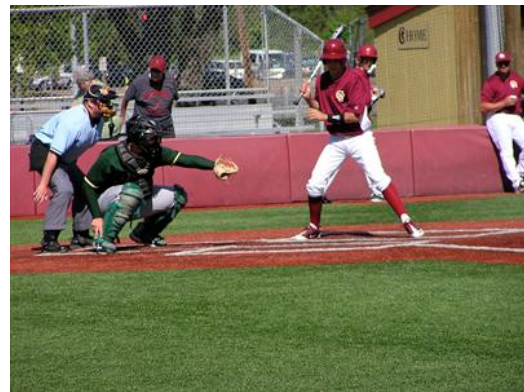
- It is the responsibility of member schools to self-report violations discovered among their own teams.

Enforcement:

- Site administrators and athletic directors have ultimate responsibility for recruiting violations.
- Sites can implement sanctions of their coaches or teams directly including investigations, letters of reprimand, and suspension from a game or termination.
- The head coach of each sport is responsible for every level of the program and all assistant coaches, volunteers or parents within the program.
- Each incident will be considered on its own merit and in context of previous recruiting violations by the school.
- NBL sanctions cannot be against personnel, but only against the school or program.

Possible consequences, to be determined by the Board of Managers after reviewing documentation of the reported incident, might include, but are not limited to:

1. Letter of reprimand from NBL to the member school and program involved AND
 - Any player(s) proven to have been recruited will be ineligible according to NCS eligibility rules AND
 - Any games in which the recruited player(s) competed will be forfeited.
2. Probation for the whole program in that sport (i.e. boys basketball at all levels) for one calendar year from the date of adjudication of the recruitment violation. Probation may include, but is not limited to, the following:
 - Forfeit of one or more preseason games.
 - No home contests. If the contests had been originally scheduled at home, that school will bear the costs of officials and supervision at the hosting school.
 - Ineligibility for post-season play.
 - Other consequences appropriate for the particular situation.
3. Probation for the entire school program according to the NBL Probation Policy.
4. Petition to the NCS/CIF for removal of the member school from eligibility for NCS/CIF competition.



Avoid Recruiting!

NO! Do not:

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

YES! You are encouraged to:

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



GENERAL RULES

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

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

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

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

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

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

	General	Students with ID cards but no ASB card and senior citizens	Students with ASB and children between 6 & 12	Children 5 and under
Baseball	\$7.00	\$5.00	\$3.00	Free
Basketball	\$7.00	\$5.00	\$3.00	Free
Swim & Dive	\$7.00	\$5.00	\$3.00	Free
Track	\$7.00	\$5.00	\$3.00	Free
Wrestling	\$7.00	\$5.00	\$3.00	Free
Volleyball	\$7.00	\$5.00	\$3.00	Free

- b. Band members will be admitted free if accompanied by their director/coach. Spirit team members will be admitted free if in uniform and accompanied by their director/coach.
- c. NBL or individual school courtesy passes issued by any member school to its personnel shall be honored for admission at any NBL contests, EXCEPT for post-season playoffs.
- d. Only current NCS or CIF passes will be honored for admission at the NBL post-season championship events.
- e. Life passes issued by the home school, league passes, NCS passes, or CIF passes shall be honored by NBL member schools.
- f. Visitors from any NBL member school who have and hold a student body card shall be admitted at the same rate that is charged to the home school student without a student body card. This does NOT apply to junior college or college student body cards; these students must pay general admission prices.

- g. Gatekeepers may refuse free admission to students who are competing unless they are accompanied by their coach, administrator, or other certificated employee representing their school.
3. All-league team selection
 - a. The coaches of each sport shall select all-league teams at the post-season meeting. The method for selection of all-league teams is defined in the Rules of Sport.
 - b. Students in any sport are not to be penalized or omitted from consideration on an all-league team because the coach is not present at the meeting.
 - c. All first-team all-league athletes will receive certificates.
 4. Attendance at NBL meetings
 - a. Every varsity coach or their designee is required to attend a preseason meeting and a post-season/all-league meeting. Failure to attend a meeting will result in a \$100 fine that will be levied against the school. Principals and athletic directors will be notified if any of their varsity coaches do not attend a required meeting. In the sports of football, soccer, volleyball, basketball, wrestling, baseball and softball, the coaches are also required to attend a meeting with their respective officials' association. Ukiah coaches who coach a sport that does not use the local officials' association are excused from attending an officials' meeting that is not hosted by the officials' associations that serve Ukiah.
 5. Championship events
 - a. If a school is participating in an NBL playoff event where admission is charged (volleyball, basketball, baseball, and track), an administrator-in-charge must be present at least fifteen minutes in advance of the contest start time.
 - i) The administrator-in-charge must be designated by the principal and may not be the team coach or other person who performs duties to assist the team during the contest.
 6. Eligibility
 - a. All member schools of the North Bay League shall follow the Constitution and By-laws of the California Interscholastic Federation, North Coast Section, and North Bay League.
 - b. The date of determination used to determine academic eligibility for fall sports will be last weekday prior to the beginning of the new school year. (9/6/12)
 - c. If any ineligible player participates in any meet for cross-country, wrestling, track, golf, badminton, swimming, diving, and tennis, any points that have been won by the ineligible player shall not be allowed and shall have been forfeited to the opposing team.
 - d. In the sports of tennis and badminton, the individual match in which the ineligible player participated and the matches of all fellow teammates ranked lower within that category (i.e. singles and doubles) shall be declared to have been forfeited to the opposing team.
 - e. A student-athlete must be in school all day (as determined by the school district) on the day of a contest or on the Friday before a Saturday 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 with a written communication from the parent/guardian. This written communication is to be kept in the files of the principal and/or athletic director.
 - f. **Non-varsity rule.** A student may go up or down in classification in all sports. However, in the sports of baseball, basketball, football, lacrosse, soccer, softball, volleyball and water polo, once he/she participates in a varsity LEAGUE contest, he/she must thereafter remain a varsity player for that particular sport for that particular season. Specific exceptions for baseball and softball are defined in the NBL Bylaws for those sports.
 - g. Sophomore girls will be allowed to play on a freshman girls' basketball team as long as they are not replacing a freshman girl.
 - h. A student-athlete may not play in a varsity contest and a non-varsity contest or two non-varsity contests, i.e., a freshman and a junior varsity contest, on the same day in the same sport.

7. Game administration
 - a. National Federation Rules shall be used for all sports unless otherwise designated by the North Coast Section.
 - b. A school board-approved representative must accompany all school teams and individual competitors in a school-sponsored contest.
 - c. An administrator from each school, with the assistance of the coaches, shall assume full responsibility to help maintain good behavior among the players and spectators.
 - d. When a team refuses to play a game that is scheduled, it shall become ineligible for the league championship and none of its games shall be counted in the NBL standings.
 - 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 is required to be in attendance at all league varsity football, soccer, and basketball contests. The athletic director can be designated as an administrator in charge.
 - ii) The home school shall provide adequate supervision to ensure the safety of students, officials and spectators.
 - iii) 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) All types of artificial noisemakers, such as sirens, cowbells, megaphones, squawkers, etc., shall be prohibited at all NBL indoor contests. Megaphones may be used only by uniformed spirit team members.
 - iii) Students may wear face paint in their school colors. Body paint is NOT permitted.
8. Intention not to field a team
 - a. Any school not intending to field a varsity team in a league sport must declare that by the start of the previous season. In team sports, the school must field a varsity team first. If a school needs to drop a varsity team and have only a junior varsity team and they have missed the deadline for notification, that school may petition the league to have a JV team instead of a varsity team.
 - b. If a school is unable to field a varsity team, the scheduled league contests that are not played as a result of that school's inability to field a varsity will be counted as no-contests (neither a win nor a loss). *NBL Board of Managers, 4/22/14*
9. Media and MaxPreps
 - a. It is the responsibility of the home team in all sports (win or lose) to report the contest results to the media **AND TO POST THE RESULTS ON MAXPREPS.**
10. Officials
 - a. The NBL commissioner is responsible for contracting with the various officials' organizations. Only those officials from contracted officials' associations may be used.
11. Practice
 - a. All NBL schools must adhere to the North Coast Section Sports and General Rulings By-laws.
 - 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 practices, contests, or scrimmages may be conducted on Sundays, Thanksgiving, or Christmas.
12. Schedules

- a. The maximum number of contests and scrimmages is determined by the North Coast Section. Please refer to the NCS Constitution and Bylaws for this information.
 - b. Schedules, including contest dates and starting times, shall be developed based on the by-laws approved for each sport.
 - c. Any change in the date and/or time of a league contest must be mutually agreed upon by the principals (or their designees) and athletic directors of the schools involved. It is the responsibility of the school requesting the change in time or date to notify the league office and the appropriate officials association.
 - d. 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.
 - e. The NBL will follow an alphabetical rotation in hosting league tournaments, with the exception of basketball and baseball.
 - f. There shall be no games or contests played for the benefit of a non-school organization.
13. Season of sport
- a. The season of sport is determined by the NCS. Please refer to the NCS Championship schedule for starting and ending times for each sport.
14. Sportsmanship
- a. Each NBL member school team should follow the sportsmanship guidelines recommended in "Pursuing Victory with Honor."
 - b. The NBL Sportsmanship Statement should be read before each league contest. Note: see appendix.
 - c. Elmer Brown Sportsmanship Program
 - i) At the end of each season, varsity team coaches in each sport will vote for the school they believe exhibited the most positive sportsmanship during that season of sport.
 - ii) These votes will be tallied by the commissioner and the school(s) with the most points will receive the Elmer Brown Sportsmanship pennant for that season. A pennant will be awarded to the school with the largest point total for girls' sports and a pennant will be awarded to the school with the largest point total for boys' sports.
15. Spring break
- a. The official NBL spring break is the week in which the majority of schools are on break.
16. Starting times
- a. Refer to Section 15 rules of sport for playing days and starting times for each NBL sponsored sport.
17. Supplemental league members
- a. Supplemental league members shall be assessed a fee of \$150 per sport (4/22/2014)
18. Ties
- a. The method of breaking ties varies from sport to sport. Refer to the Rules of Sports for the specific tie-breaker protocol for each sport.
19. Timers & scorekeepers
- a. Timers and scorekeepers for varsity football and basketball games must be qualified adults.

SPORTS BYLAWS

CODIFICATION DIRECTORY OF NORTH BAY LEAGUE BY-LAWS

MAIN HEADINGS

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

SUBHEADINGS

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

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

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



BADMINTON 1.000

Schedules 1.100

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

Practice 1.200

Game Administration 1.300

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

- 1.309 A player may move from varsity to junior varsity and vice-versa at any time during the season. However, a player may not participate as a varsity player and a JV player in the same day/match.
- 1.310 If a position is to be forfeited, the forfeit must be placed at the bottom of the ranked players; i.e., fourth place singles, second place doubles or third place mixed doubles. JV third place singles.
- 1.311 Players are required to wear their badminton school uniforms in all NBL and NCS matches. NCS uniform rules will be used.

Equipment 1.400

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

League and Tournament 1.800

- 1.801 There will be an NBL qualifying tournament for qualification to the NCS Championships.
- The singles tournament will take place on a Friday following the league round-robin. Warm-ups will begin at 3:30 PM and match play will begin at 4:00 PM.
 - The doubles and mixed-doubles tournament will take place on the Saturday after the singles tournament. Warm-ups will begin at 8:00 AM and match play will begin at 8:30.
 - All players must play in the NBL tournament to qualify for the NCS Championships.
 - Participants in the tournament must have played in at least one-half of the NBL matches at the varsity or junior varsity level.
 - All schools participating in the NBL tournament must provide workers to assist the site directors. Each school should secure 2 – 3 volunteers.
- 1.802 All-league selection criteria
- Wins and losses
 - In case of tie, head-to-head competition
 - Coach discussion
 - If still tied, blind vote; coaches may not vote for their own players
 - Commissioner will develop a nomination sheet to be used by coaches for all-league and league MVP
- MVP selection criteria
- Season record, wins and losses
 - Consider any level of competition, singles, doubles and/or mixed doubles
 - Each coach should bring team match sheets to the all-league to compare wins and losses
 - Each coach may speak about their MVP nominee for no more than one minute
 - The MVP should be the best player in the league; a team MVP may not necessarily be the NBL MVP
 - Coaches should make every effort to be present at the all-league selection meeting. However, if not possible, other league coaches will consider players based on the information received on the nomination sheets.

BASEBALL 2.000

Schedules 2.100

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

Practice 2.201

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 3:30 PM prior to daylight savings time and 4:00 PM once daylight savings time begins.
- 2.303 Teams will not be allowed to take batting practice at the game site within two (2) hours of the scheduled game time. Pepper is not allowed. The use of whiffle balls for soft toss is acceptable provided it is allowed by the host facility.
- 2.304 Junior varsity players may play with the varsity only during their school's spring break and return to the junior varsity for league play.

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 to all varsity games and non-varsity games.
- 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 shall be declared as the NBL baseball champion. If two or more teams tie for first place, they shall be declared co-champions.
- 2.802 The winner of the league round-robin shall be declared as the NBL baseball champion 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 too the finals in the tournament shall be named the automatic entry to the NCS Championships.
 - c. If both of the tied teams are eliminated in the semi-finals, then the team with the lowest number in the winter draw shall be named the automatic entry to the NCS Championships.
- 2. If there is a three-way tie for first place at the conclusion of the NBL Round Robin, the three teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
 - a. If one of the three tied teams wins the NBL postseason tournament, then that team shall be named the automatic entry to the NCS Championships.
 - b. If none of the three teams that tied for first place wins the postseason tournament, then the team that advanced to the finals shall be named the automatic entry to the NCS Championships.
- 3. If there is a four-way tie for first place at the conclusion of the NBL Round Robin, the team that wins the NBL postseason tournament shall be named the automatic entry to the NCS Championships.
- 4. The tournament will be held during the week following the last NBL contest. The days may vary because of field availability. The higher seed will be the home team throughout the tournament. All tournament games will begin at 4:00 PM.

<u>Day 1</u>	<u>Day 2</u>
1 vs. 4—site of higher seed	Winners—Neutral field
2 vs. 3—site of higher seed	
- 5. All participating teams must have an administrator or his/her designee present at each game before the game will begin. The designee may not be someone who is involved as a team coach, manager, scorekeeper, statistician, etc.
- 6. Each participating school must provide six balls per game.
- 7. Profits, if any, from the tournament shall go to the NBL. Officials will be paid by the NBL.

BASKETBALL 3.000

Schedules 3.100

- 3.101 Contests for girls' basketball shall be scheduled for Tuesday/Thursday. Contests for boys' basketball shall be scheduled for Wednesday/Friday evenings during the first or second half of the season, i.e.: 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 with the JV game and varsity game immediately following.
- 3.102 The schedule shall be established using a scheduling matrix and the numbers that are drawn for winter sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is located at the end of these bylaws.
- 3.103 NBL Freshman teams may play a 26-game schedule. *(April 22, 2013)*

Practice 3.201

- 3.201 There shall be no practices or games on Thanksgiving or Christmas Day.

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 time, 30/35 second timer and scorekeeper for all varsity league games.
- 3.402 The NBL shall use officials from the Golden Gate Officials Association. *(April, 2014)*

Equipment 3.500

- 3.501 A NBL, NCS, National Federation approved ball shall be used. The girls' shall use the smaller ball.

League & Tournament 3.800

- 3.801 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.
- 3.802 The league champion shall be the automatic entry into the NCS Championships.
1. If there is a two-way tie for first place at the conclusion of the NBL Round Robin, the teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
 - a. If one of the two tied teams wins the NBL postseason tournament, then this team shall be named as the NBL automatic entry to the NCS Championships.
 - b. If neither of the two tied teams wins the NBL postseason tournament, the team that advanced to the finals in the tournament shall be named the automatic entry to the NCS Championships.
 - c. If both of the tied teams are eliminated in the semi-finals, then the team with the lowest number in the 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

3.803 In girls' basketball only.

Sophomores may play on a freshman team ONLY if there are not a sufficient number of freshmen to field a team. Freshman students may NOT be cut and have sophomores take their place. A team consisting of freshman and sophomores students will be considered a frosh/soph. team.

3.804 NBL Tournament Format

A. Seeding for First Round Games

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

B. Two Teams Tied for First Place

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

C. Three Teams Tied for First Place

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

D. Four Teams Tie for First Place

1. The team with the greatest number of wins within the tie shall be designated as the #1 seed. The team with the second greatest number of wins within the tie will be designated as the #2 seed. The team with the third greatest number of wins within the tie shall be designated #3 seed. The team with the least number of wins within the tie shall be designated the #4 seed. *NBL Board of Managers, 4/22/14.*
2. If a four-way tie still exists, the team with the lowest number in the winter draw shall be the #1 seed, the team with the next lowest number shall be the #2 seed, the team with the third lowest number shall be the #3 seed and the team with the highest number shall be the #4 seed. *NBL Board of Managers, 4/22/14.*
3. If a three-way tie still exists, the procedure in Item C noted above shall be used.
4. If a two-way tie should exist, the procedure in Item B above shall be used.

- E. If more than four teams tie for first-place, the above procedure shall be used.
- F. There are other ties in the seeding for the NBL tournament; the criteria above shall be used.

Specific NBL Basketball Tournament Information is contained in the appendix.

3.805 Boy's all-league selection format

Teams and honors

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

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 3,2,1. 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 coaches vote 5,4,3,2,1 for the players they think should be on the first team. Coaches may not vote for their own players for this team or for second team. These players receive a certificate.
- Second team. The players who were nominated for first team but not selected are moved to the nominations for second team. Take added nominations from each coach and then coaches vote for they players they feel should be on the second team. Coaches may not vote for their own players for this team.
- Honorable mention. Take the players that did not make the second team and place them on honorable mention. The same process is used that was used for the first and second team. Sometimes the coaches want to place added players on this list.
- Defensive Player of the Year. Same process as the MVP award.
- Coach of the Year. The coaches usually nominate one person for this award. If there is more than one nominated, there can be a vote or just select them both.
- 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. No coach may vote for his/her own player.
- First team. Nominees are listed by the coaches. A blind vote of coaches is then held, using a five-point scale. Coaches may not vote for their own players.
- Second team. The players who were nominated for first team but not selected are moved to the nominations for second team. Take added nominations from each coach and then coaches vote for they players they feel should be on the second team. There will be a blind vote using a five-point scale. Coaches may not vote for their own players for this team.
- If there is a tie or a close vote, coaches may add players to the teams.
- Honorable mention. Those who received a vote on either team shall be named to the honorable mention team.

CROSS COUNTRY 4.000

Schedules 4.100

- 4.101 The NBL Cross Country schedule shall be developed using a three-meet model. The three-meet model will consist of two center meets and then a culminating championship meet. In order to determine a league champion, each center meet is worth 25% and the NBL Championship meet is worth 50%. The first center meet will take place four (4) weeks prior to the NBL Cross Country Championships and the second center meet will take place two (2) weeks before the NBL Cross Country Championships.
- a. The first center meet will be held at Spring Lake and the second center meet will rotate between being held at Spring Lake and at Ukiah High School. Ukiah will have the option of not hosting, if they so choose, in any given year. The NBL Championship will be held at Spring Lake.
 - b. Coaches will be allowed to run unlimited varsity in center meets, without pre-designation. In other words, the first seven are the first seven.

Practice 4.201

Game Administration 4.300

- 4.301 The National Federation Track & Field and Cross Country Rule Book is the governing authority in cross country.
- 4.302 The point system for dual and tri-meets is as follows: the winner of a tri-meet will earn two points and the second place team will earn one point. The dual meet winner will earn one point.
Points for the league championship meet are as follows:
- 8 points for the winning team; 6 points for the second place team; 5 points for the third place team; 4 points for the fourth place team; 3 points for the fifth place team; two points for the sixth place team and one point for the seventh place team.
- The team with the most points earned during league competition will be the league champion.
- 4.303 There shall be two divisions: varsity girls and 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 league tri- or dual-meet results to the other coaches of the member schools and to the news media.

League & Tournament 4.800

- 4.801 The league meet will be hosted by schools in alphabetical order.
- 4.803 Seven medals per team will be awarded to the first three (3) teams in the varsity girls' and varsity boys' divisions. In addition, the first three finishers in the varsity girls' division and the varsity boys' division will receive medals.
- 4.804 Deficits in the league championships will be pro-rated to each school participating.

FOOTBALL 5.000

Schedules 5.100

- 5.101 Varsity football games shall be played on Friday or Saturday. When there is a junior varsity game on the same date, it shall begin 2 ½ hours prior to the varsity game. Freshman games shall be played on Thursdays.
- 5.102 The schedule shall be established using a scheduling matrix and the numbers that are drawn for fall sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the scheduling matrix (below).
1. **Number of League Home Games:** It has been established that each team in the NBL will have either 4 or 3 home games alternately on an annual basis. Teams have been designated as having their 4 home game seasons on either EVEN years or ODD years. Having been established, this designation *will not change*. This will better enable league members to reliably predict their needs in scheduling non-league opponents to achieve an optimal balance of TOTAL HOME/AWAY games within a season.
 - a. 4 home games in EVEN years: Maria Carrillo, Montgomery, Casa Grande, Rancho Cotate
 - b. 4 home games in ODD years: Windsor, Cardinal Newman, Santa Rosa, Ukiah
 2. **Biannual Match-Up Order Draw:** The order in which each team plays its league opponents will be redrawn on EVEN years (every 2 years). As a result, each team will play its league opponents in the same order for 2 consecutive seasons only. For each match-up, the HOME team during the EVEN year will then be the VISITING team during the following ODD year.
 - a. The first season of a newly drawn league schedule match-up will always be during an EVEN year.
 - b. The second (final) season of a league schedule match-up order will always be during an ODD year.
 3. **Home / Visitor Alternation:** Football is unique among high school sports in that each league opponent is played only ONCE during a season. Because of this fact, the matter of "which team is the HOST" takes on a greater significance than in other sports where each league opponent is played twice. For each new season, whether the order of match-ups is redrawn or not, the most important factor for determining which team will be the Home team in a given match-up is to reference the schedule from the previous season. In doing so, the following will be achieved:
 - a. Consistent alternation of HOME/AWAY within a match-up on an annual basis. HOME/AWAY balance between league members will be immediately maintained, without requiring a cycle of 4 or more years.
 - b. No league member will gain an advantage, either real or perceived by hosting any one league opponent in consecutive years. (1/26/11)

Practice 5.200

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.
- 5.304 Coaches at each level will exchange film on the weekend before each league contest. Most coaches use hudl.com to make the exchanges.

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 times.

5.404 It is mandatory for the home team to provide a doctor, paramedic, or EMT Class II who shall 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 a doctor, paramedic, or EMT Class II.

Equipment 5.500

5.501 A National Federation approved football shall be used.

Non-game activity 5.700

5.701 Teams shall leave the field after the warm-up period early enough so the band will have time to come on, play the "Star Spangled Banner," and be off the field by the scheduled game time.

League & Tournament 5.800

5.801 To determine the winner of the league, 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 All ties will be played off, using the regulations outlined in the NFHS rulebook.

5.803 All-league selection

1. Players are nominated for first team, second team, or honorable mention by their own coaches.
2. There is no specific number of players for each team; coaches have the latitude to decide how many players should be on each team.



GOLF 6.000

Schedules 6.100

- 6.101 Girls' golf:
- The schedule shall be reversed and rotated yearly. (*North Bay League Board of Managers, January 21, 2014*)
 - Each round will consist of nine holes.
 - Starting time for first round matches shall be 3:30 PM and starting time for second-round matches shall be 3:00 PM.
 - Adjustments may be made for daylight savings time with the approval of the principals of the involved schools.

Boys' golf:

The schedule shall consist of eight 18-hole mini-tournaments consisting of all NBL schools. These tournaments will be held one time per week and each NBL school will host one event. The day of each tournament will vary each week (based on course availability) so that students don't miss the same class every week (for those schools using a block schedule). Once daylight savings time begins, start time will be 2 PM, depending on course availability. (1/14/2014)

- 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 Golf matches are to be made up at the earliest date possible.

Practice 6.201

- 6.201 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.

- 6.302 Coaching in Golf. (NBL Board of Managers, April 20, 2015)

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

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

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

- 6.302 In order to ensure sportsmanship, fairness and impartial enforcement of the "Rules of Golf", all NBL players will play by the "Rules of Golf" approved by the United States Golf Association (USGA) and "The R & A" effective January 1, 2010. Special "Local Rules", pertaining to extreme wetness and abnormal playing conditions will be in effect. This will apply to all courses that are used by NBL school teams. All other NBL League rules listed will be in effect for all NBL players. (August, 2012)

Rule 1: Temporary abnormal ground conditions—extreme wetness, mud, poor conditions and protection of the course.

- 1.1 Temporary abnormal ground conditions pertaining to the above name conditions must be declared by the Golf Course Staff and also must inform the Coaches of the teams involved in playing on that course when the condition exists. Golf Course Staff must identify the general areas where the conditions will affect play. Identify the holes, special areas, etc., except for all hazards of the course, teeing grounds and putting greens of the hole being played.
- 1.2 If a player's ball lies on a closely mown area through the green, the player may mark, lift, and clean his ball without penalty. Before lifting, he must mark the position of the ball. The player must then place the ball on a spot within one club length and not nearer the hole than where it originally lay, that is not in a hazard or on a putting green.

A player may place his ball only once, and it is in play when it has been placed (Rule 20-4). If the ball fails to come to rest on the spot on which it was placed, Rule 20-3d applies. If the ball when placed comes to rest on the spot on which it is placed and it subsequently moves, there is no penalty and the ball must be played as it lies, unless the provisions of any other rule apply.

If the player fails to mark the position of the ball before lifting it or moves the ball in any manner, such as rolling it with a club, he incurs a penalty of one stroke.

- 1.3 All other balls, other than on the closely mown area, will abide with the procedure for taking relief from "ground under repair" (GUR) or "casual water" conditions. The "nearest point of relief" is the critical factor on where the player may drop his ball without penalty stroke. When the ball is dropped within one club length of and not nearer the hole. The nearest point of relief must not be in a hazard or on a putting green. When the ball is dropped within one club length of the nearest point of relief, the ball must first strike a part of the course at a spot that avoids interference by the condition and is not in a hazard and not on a putting green. Procedures, within the rules, for taking relief in a bunker, on a putting green and teeing ground will be followed.
- 1.4 When taking relief for an embedded ball anywhere through the green, the following procedure will be in effect. "Through the Green" a ball that is embedded in its own pitch mark in the ground, other than sand, may be lifted without penalty, cleaned and dropped, as near as possible to where it lay but not nearer the hole. The ball when dropped must first strike a part of the course through the green.

A ball plugged and lost that is otherwise in play. If at least two players, each from opposite teams, see a struck ball land in a muddy area that would otherwise be in play and the ball is lost; the player may drop a ball as near as possible to the area agreed upon by the players.

Rule 2: Advice

- 2.1 Advice is any counsel or suggestions that could influence a player in determining their play, the choice of a club, or the method of making a stroke. Information on the rules, distance or matters of public information, such as the position of hazards or the flagstick on putting green is not advice.
- 2.2 In the NBL format, where all players are competing against each other for post-season honors, there are no partners amongst teammates.

Rule 3: Extra ball in player's pocket

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

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

Rule 4: Double Bogey (girls' golf only)

- 4.1 Players are required to pick up their ball on quad bogey.

Rule 5: Conduct

- 5.1 Player conduct is a serious issue and is part of the rules of golf. Courtesy will be extended to everyone involved in the competition (Players coaches, golf course personnel, and the public). If someone challenges your commitment to the conduct rule, report the incident to a coach. You may not take any action for any reason to correct the situation.
- 5.2 Each player must represent him/herself, his/his school, and the game of golf in an exemplary manner.
- 5.3 The following is specifically not tolerated:
 1. Inappropriate language
 2. Throwing (tossing) equipment, i.e., ball or club, in anger

Penalty: Possible disqualification by the committee.

Rule 6: Dress code (in accordance with NCS rules)

- 6.1 Required:
 1. Players who choose to wear long pants must wear a belt that holds the pants around the waist. No saggy pants that expose undergarments will be permitted.
 2. Shorts are permitted with a length of no more than 3 inches above the knee, or more than 3 inches below the knee.
 3. Collared and mock turtleneck shirts are permissible.
- 6.2 Prohibited:
 1. Denim jeans (including any color designer jeans).
 2. T-shirts and tank tops.
- 6.3 Appropriate manner:
 1. Shirts must be tucked in at all times (practices and competition)

2. Caps/visors must be worn with the bill forward.

Penalty: After one warning, disqualification

Rule 7: Completion of a round

7.1 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.

Rule 8: Disqualification

Rule 9: Gallery

9.1 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).

Rule 10: NBL Team Tie-breaking System

10.1 The following are the tie-breaking procedures in golf if 18 holes are played.

- In the event of a tie for first, second, or third, the tie will be decided by adding the 6th player's score to the team total.
- If a 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 will be used.
- If still tied, holes 16 – 18 will be used.
- If still tied, hole 18 will be used.
- In the event that this tie-breaking procedure is required, the back 9 shall be deemed to be holes 10 – 18 on the scorecard.
- If the teams are still tied, the tie will be broken by using the #1 handicap hole and continuing this process until the tie is broken.

10.2 The following are the tie-breaking procedures in golf if 9 holes are played.

- In the event of a tie for first, second, or third, the tie will be decided by adding the 6th player's score to the team total.
- If the teams are still tied, the tie will be broken by using the #1 player score on the lowest handicap hole and continue this process until the tie is broken.

6.303 All team matches will be medal (stroke) play. Five best scores out of six players are to be counted as the team scores. If the score is tied after the five best scores are counted, the tie will be broken by the sixth scores. If there is still a tie, the two six players will play until the tie is broken. If two players are unable to complete or continue in a match, then that team's stroke total shall be the same as the highest team stroke total of that event. (January 20, 2015).

6.304 In order to speed up play at NBL golf matches in boys' golf, the following rule will be applied:

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

for any NBL individual golf awards during the season.

- 6.305 In boys' golf, summer rules shall prevail with regard to movement of the ball. Aside from this, USGA rules shall prevail with the exception of local course rules. Each coach shall have at their disposal, at all matches, a current rule book to settle controversy. If the two coaches cannot agree, the decision of the home coach shall be final.
- 6.306 No spectators are allowed on the course of play. Players are not allowed to remain at the green after they have completed play.
- 6.307 The following penalties will be applied for unsportsmanlike conduct:
1. Warning—discussion at the beginning of each match will be considered the warning
 2. Two-stroke penalty for the next incident
 3. Forfeit of match on any incident after the two-stroke penalty

League & Tournament 6.800

- 6.801 Line-ups in the order of ability shall be exchanged before the match begins.
- 6.802 In boys' golf:
- The order of hosting for the "mini-tournaments" shall be: Casa Grande, Maria Carrillo, Santa Rosa, Windsor, Cardinal Newman, Montgomery, Rancho Cotate, and Ukiah. (NBL Board of Managers, January 20, 2015).
 - 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. (NBL Board of Managers, January 20, 2015).
 - Stroke play will be used during the NBL season. The lowest five scores will count as the team score.
 - The team with the lowest cumulative stroke total in the eight league mini-tournament rounds AND the NBL post-season tournament will be declared the NBL Champions and will receive the automatic berth to the North Coast Section Tournament. (NBL Board of Managers, January 20, 2015).
 - In case of a tie, all tied teams will be considered NBL co-champions and each shall receive a pennant. The team with the lowest spring season number (drawn by NBL principals) will be the automatic NBL qualifier to the NCS Championships.
- 6.803 The championship team of the NBL may compete in the NCS Championships. The three highest individuals from the league may also compete. The individuals are determined by a league tournament at the end of the season. If the league tournament cannot be played, the individuals will be determined by their league average and the number of league matches won.
- 6.804 The top three individuals in the league tournament shall receive medals. In girls' golf, a player must play in a minimum of 50% of the league matches in order to receive NBL honors or participate in the NBL Championships. A player who does not qualify may petition to the NBL Executive Committee for exception, based on documented evidence of a condition beyond the control of the student-athlete.

LACROSSE 7.000

Schedules 7.100

- 7.101 Boys' and girls' lacrosse shall be played in the Spring season of sport.
- 7.102 There will be a double round robin league schedule.
- 7.103 Lacrosse matches will be scheduled for Tuesdays and Fridays.
- 7.104 Junior varsity league contests will begin at 5:30 PM. Varsity league contests will begin at 7 PM.
- 7.105 The schedule shall be established using a scheduling matrix and the numbers that are drawn for fall sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is included at the end of these bylaws.
- a. Numbers will be drawn by an administrator from each school in the fall.
 - b. These numbers are then used to fill slots in the scheduling matrix. Some manipulation may be required to accommodate playing fields.

Admissions 7.110

- 7.111 Admission may be charged for lacrosse contests, as per the NBL general admission fee schedule.

Practice 7.200

- 7.201 The first date for practice shall be determined by the NCS Championship Calendar for that year.

Game Administration 7.300

- 7.301 The National Federation Lacrosse Rule Book is the governing authority in lacrosse, except for CIF/NCS modifications or adoptions.
- 7.302 Games ending in a tie shall go to sudden death overtime.
- 7.303 The home team is responsible for providing all game personnel and field set up, including a scorer's table and a visible clock. It is recommended that the visiting team also provide a scorekeeper.
- 7.304 The home team shall wear light uniforms and the visiting team shall wear dark uniforms.
- 7.303 Spectator control:
- Only players, coaches, medical personnel, game officials, scorekeepers and members of the press are allowed along the sidelines.
 - Spectators must remain off the field and in the bleachers.
 - Only ball retrievers are allowed behind the end line of the field. They must be equipped with the proper lacrosse protective equipment, including helmet, mouth guard and other protective gear required of the players. The ball retrievers shall remain at least fifteen (15) years behind the end line during play. Their attire should be in contrast to the two teams playing on the field.

Officials 7.400

- 7.401 All lacrosse matches must be approved by lacrosse officials' associations that are accredited by the CIF and under contract to the NBL.
- 7.402 Varsity games will be played with two officials: one referee and one umpire. If a third official is provided by the officials' association, he/she will be the field judge.

- The referee's decision shall be deemed as official and is not subject to protest unless it can be proven that there was a definite misinterpretation of the rules.
- The officials' association under contract to the NBL shall be used exclusive for all games.

Equipment 7.500

- 7.501 A NBL, NCS and National Federation approved equipment shall be used.
- 7.502 All lacrosse fields shall have the required dimensions as described in the National Federation Rule Book.

League & Tournament 7.800

- 7.801 The league champion shall be the winner of the double round robin and shall be the automatic entry into the NCS Championships.
1. If there is a two-way tie for first place at the conclusion of the NBL Round Robin, the teams shall be declared co-champions and the automatic entry to the NCS Championships shall be determined as follows:
 - a. If one of the two tied teams wins the NBL postseason tournament, then this team shall be named as the NBL automatic entry to the NCS Championships.
 - b. If neither of the two tied teams wins the NBL postseason tournament, the team that advanced to the finals in the tournament shall be named the automatic entry to the NCS Championships.
 - c. If both of the tied teams are eliminated in the semi-finals, then the team with the lowest number in the 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.
- 7.802 There will be a four-team tournament following the conclusion of the double-round robin league schedule.
- 7.803 Seeds will be determined based on total points earned during the league round-robin. One point shall be awarded for each league win. The team with the most points will be the #1 seed, the team with the second highest point total will be the second seed, etc. In case of a tie, the league tie-breaker system shall be used. In the first round, #1 vs. #4 at the site of #1, and #2 vs. #3 at the site of #2. The championship game shall be played at the site of the highest seed.

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.

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 seeding purposes only).
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.
- If the tie still exists, the positions will be determined by the numbers for the spring season that were drawn by the principals at the beginning of the current school year.

Three teams tied for first place.

- 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.
- 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.

Four Teams Tie for First Place

- 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.
- 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.
- If a three-way tie still exists, the procedure in Item C noted above shall be used.
- If a two-way tie should exist, the procedure in Item B above shall be used.

If more than four teams tie for first place, the above procedure shall be used.

If there are other ties in the seeding for the NBL tournament, the above criteria shall be used.

- 7.805 An administrator or his/her representative must be present at each play-off contest. The administrator or his/her designee must check-in with the officials fifteen (15) minutes prior to the start of the contest.
- 7.806 An all-league team shall be selected by league coaches. The all-league team shall consist of the following players:

Girls' Lacrosse

Most valuable player
 Three attackers
 Five midfielders
 Three defense players
 One goalie

Boys' Lacrosse

Most valuable player
 Three attackers
 Three midfielders
 Three defense players
 One FOGO
 One LSM
 One goalie

- The MVP shall be voted on prior to any other vote.
- Coaches may vote for their own player when voting for the MVP. Coaches may NOT vote for their own players for any other all-league positions.
- Each coach may nominate players for the all-league team according to the format below:
 - First place team may nominate 5 players
 - Second place team may nominate 4 players
 - Third place team may nominate 3 players
 - Fourth place team may nominate 2 players
 - Fifth place team may nominate 1 player
- The players who receive the most number of votes shall be designated as first team
- Second team shall have the same number of players as the first team and shall consist of players who received the second most number of points in each position.
- All other players who received votes from coaches shall be designated as honorable mention.

SOCCER 8.000

Schedules 8.100

- 8.101 The schedule shall be established using a scheduling matrix and the numbers that are drawn for fall sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is included at the end of these bylaws.
- a. Numbers will be drawn by an administrator from each school in the fall.
 - b. These numbers are then used to fill slots in the scheduling matrix. Some manipulation may be required to accommodate playing fields.
- 8.102 Girls' soccer will be played in the Fall Season of Sport. Matches will be played on Tuesday and Thursday.
- 8.103 Boys' soccer will be played in the Winter Season of Sport. Matches will be played on Wednesday and Friday. (NBL Board of Manager, 1/20/2015)

Practice 8.201

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, the National Federation Rules would apply using two ten-minute overtime periods. If the contest is tied at the end of overtime, it shall remain a tie.

Equipment 8.500

- 8.501 A 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 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 Tie-breaker system for NBL automatic entry into NCS Championships, boys' and girls' soccer.
- a. Award three points for a win and one point for a tie.
 - b. If a tie in continues to exist, then the team with the best record in head to head competition will be awarded the automatic entry.
 - c. If the head to head record is equal, then goals for and against in head to head competition will be used.
 - d. If a, b, and c are applied and the tie still exists, the team whose school has the lowest number in the fall draw by the administrators will be awarded the automatic entry.
- 8.803 All-league selection format for soccer

1. The all-league meeting will be held on the Monday following the conclusion of the NBL schedule, at a site determined by the coach of the NBL Championship School.
2. Each team will be awarded first and second all-league selections based on their team's finish in the league standings, as follows: First place (4), second place (3), fourth place (2), fifth place (2), sixth place (2), seventh place (1), and eighth place (1). There is no honorable mention in boys' soccer, but there is honorable mention in girls' soccer. In girls' soccer, each school is allowed two honorable mention nominations.
3. In boys' soccer only, there shall be a Coach of the Year: Nominations will be taken from the floor. Each coach will vote for one coach. The vote shall be conducted using a secret ballot.
4. Boys' soccer: MVP—open nominations, followed by a vote. Coaches may NOT vote for player on their own team. If necessary, coaches may vote for two players to narrow the field. If a second vote is necessary, the field will be narrowed and each coach will vote for one student-athlete. The vote will be conducted using a secret ballot.
5. Girls' soccer: There shall be an offensive MVP and a defensive MVP. There shall be open nominations, followed by a vote. Coaches may NOT vote for player on their own team.



SOFTBALL 9.000

Schedules 9.100

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

Practice 9.201

Game Administration 9.300

- 9.301 National Federation Softball Rule Book is the governing authority in softball, with the exception of CIF/NCS modifications and/or adoptions. (See NCS Sports and General Rulings Handbook, Section 22.100H).

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.

League & Tournament 9.800

- 9.801 The league champion shall be team with the most league wins.
- 9.802 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.
- 9.803 The automatic entry to the NCS Championships shall be the NBL round-robin champion. (Approved by the NBL Board of Managers on April 20, 2015)

If there is a tie for first place, the automatic entry to the NCS Championship shall be the team that goes the farthest in the NBL post-season tournament. If both teams lose in the first round, the following criteria will be used:

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.

- 9.804 There shall be a softball postseason tournament, beginning in the 2014 – 2015 school year.
NBL Board of Managers, 4/22/14
Tournament format approved by NBL Board of Managers, 4/20/2015
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.

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

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

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 10.201

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 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)

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

10.304 Scoring for dual, double dual or triple dual meets:

- a. Maximum of three entries per team.
Relays: 6-3-1-0 Individual: 4-3-1-0
- b. Maximum of two entries per team
Relays: 8-4-2-0 Individual: 6-4-3-2-1-0
- c. Maximum of four entries per team.
Relays: 10-5-3-0 Individual: 8-6-5-4-3-2-1-0
- d. Only two relays may score for each team in each relay event.
- e. Double-dual/triple-dual: Scoring will follow entries per team as listed under dual meets.

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

Penalty:

1. When diving equipment is such that the event cannot be conducted, the host team is disqualified from that event and points shall be awarded to the visiting team according to the number of divers (maximum 3).
2. When diving is not conducted because of inadequate water depth and (a) written notice is given to an opponent at least two weeks prior to the first home meet, no points are awarded. (b) If there is NO written notice, the visiting teams shall be awarded points as in the National Federation Rule Book.
3. Section 3: Diving contestants (NF rule book)
Article 1: The number of team entries in diving shall be the same as in all swimming events in the meet.
Article 2: The diving event shall count as an individual event for the competitor.
4. Section 4: Choice of dives (dual meets)(NF rule book)
Article 6: In all other meets, the competition shall consist of one voluntary dive (dd = 1.8), which shall come first; five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive.
Article 8: No diver shall repeat a dive in a single meet. All dives of the same number, whether tuck, pike, straight or free position are considered the same dive.
5. Section 5: Form of the dives (NF rule book)
Article 2: This whole section should be read by the coaches and scores of the competition.

Diving table

Group 1 Forward group

Group 2 Backward group

- Group 3 Inward group
- Group 4 Reverse group
- Group 5 Twist group

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

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

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

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

Officials 10.400

- 10.401 No league meet may begin with no 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.
- 10.403 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.

Equipment 10.500

- 10.501 The home team must furnish 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 The entry fee shall be \$4 per swimmer and \$8 per relay team. Checks must accompany the entry lists and be payable to the North Bay League.
- 10.803 If a student fails to show up for the league meet after the student has been entered, the school will be billed for the student's entry fee.
- 10.804 If there is a deficit in a league meet, each school entered in the meet shall pay their pro-rated share of the deficit.
- 10.805 Pennants will be given to the winning varsity boys' team and the winning varsity girls' team.
1. Medals shall be awarded for the first five (5) places in each of the two divisions in the league meet.
 2. The winner of each event at the NBL tournament shall be designated as first team all

league. The second place finisher at each event shall be designated as second place all-league.

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

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

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



TENNIS 11.000

Schedules 11.100

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

Practice 11.201

Game Administration 11.300

- 11.301 The United States Tennis Association (USTA) Rule Book is the governing authority for girls' and boys' tennis. Note: USTA rules apply for late arrivals (although consideration will be made for unforeseeable circumstances).
- 11.302 The girls' and boys' teams shall play with a first, second, third, and fourth singles team and with first, second and third doubles team.
- 11.303 The singles players shall not play on the doubles teams nor shall the doubles players play singles.
- 11.304 Challenge matches used for ranking players on a team ladder must consist of a minimum eight game pro-set.
- 11.305 A line-up giving the order of ranking of all team members must be exchanged prior to each league match.
1. The first three singles players must play in ranked order.
 2. After the above, any combination of players can be used provided the doubles teams play in ranked order.
 3. In case of a substitution, the singles players and doubles teams must move up in ranked order. For example, if the number one singles player or number one doubles team is not present, number two must play in the number one position. If the number two singles player or the number two doubles team is not present, the number three must play in the number two position, etc. Players may NOT jump positions.
 4. If a team does not have enough players, they must default the lowest position/s in

singles and/or doubles.

- 11.306 No ad scoring shall be used.
- 11.307 The following modifications for scoring matches shall be used in varsity matches. When the set score is 6 – 6, a 12-point tie-breaker shall be used.
- 11.308 If darkness is coming on and it is clear that players will not be able to complete a full third set, AND if both coaches agree, a ten-point super tiebreaker will be played in place of a full third set if needed.
- 11.309 Side-line coaching
1. Prior to each league tennis match, opposing coaches will meet and agree to the number of individuals who will be coaching during the match. A maximum of two coaches will be allowed and the number of coaches from each team must be equal. Only those coaches who are agreed upon prior to the match may coach during the match. If a school believes that this rule was violated by an opposing school, the aggrieved school is instructed to contact the opposing school's athletic director and/or administrator. (9/6/12)
 2. Coaches may call a conference with their player after one set is completed. It will be a maximum of one minute.
 3. Side-line coaching as described in the USTA rules: when players split sets there will be a maximum time limit of ten minutes.
 4. Coaches may only be within the court area during the times allowed for coaching; they must be outside the fenced areas at all other times.
 5. When a player changes sides, the coach may give side-line coaching for a maximum of ninety seconds; otherwise, the coach is limited to applause and other expression of approval.
 6. The players are to call the game and coaches are not to correct these calls. If there is a problem both coaches shall be involved in the discussion.
- 11.311 The coaches will determine as to whether or not a judge is needed.
1. Line judges: Each team will provide a line judge 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.
- 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.

League & Tournament 11.800

- 11.801 NCS Qualifying Tournaments
Singles
- a. There shall be a singles tournament every year
 - b. The tournament shall be a 16-team single elimination tournament with a consolation round.
 - c. Each school is allowed to send two entries.
 - d. If a school does not have entry, there will be a bye in the tournament bracket.

- e. The winner of the tournament shall be the automatic entry into the NCS Championships.
- f. The tournament must be played to third place.
- g. Seeding will be done by the coaches on the first day before the first match.
- h. In the girls' and boys' tournament, a minimum of four players will be seeded.

Doubles:

- a. There shall be a doubles tournament 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.

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.

11.802 Team tennis

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. Home team will be determined by the criteria above.

11.803 Boys' all-league selection format

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

Girls' all-league selection format

1. A ballot is sent to all coaches before the league tournaments by the commissioner. These ballots are to be returned before the doubles tournament. The votes will be discussed at a meeting after the first round to determine the all-league players.
2. All-league does not include a second team or honorable mention. The winner of the NBL doubles tournament is added to the All-league team.
3. The coaches may have a separate all-league meeting date if they wish.

11.804 The league champion shall be team with the most league wins.

TRACK AND FIELD 12.000

Schedules 12.100

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

Practice 12.201

Meet Administration 12.300

- 12.301 The National Federation Track and Field Rule Book is the governing authority in track and field, with the exception of CIF/NCS modifications and/or adoptions.
- 12.302 Start time for league meets will be 3:45 PM. Meets need to start on time so that they finish at a reasonable hour. Time schedule is approximate, but events will not start before the stated time unless agreed upon.
- 12.303 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.
- 12.304 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".
- 12.305 The fastest heat is the first heat! In lane events in which hand held time is used, there should be three watches on first and second place finishers in the second heat.
- 12.306 Lane assignments will alternate each race.
- 12.307 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.
- 12.308 Long jump start at 3:45 PM. No run-throughs after the 4 x 100 starts. The long jump will end at the conclusion of the 800 m. Triple jumpers sign in before the end of the 800 m.
- 12.309 Field events will have three attempts during tri-meets and four attempts during dual meets.
- 12.310 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.
- 12.311 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.

12.312 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.

12.313 All field event participants must sign-in before the event begins.

12.314 Field implements should have weight indication and no alteration.

12.314 Order of events for track events:

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

Order of events for field events:

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

Officials 12.400

12.401 The track coaches shall have no part in the officiating of the meet.

12.402 For the league meet, the referee shall be determined by the meet director.

12.403 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

12.404 Officials and coaches shall be given rules from the rule book that they can keep on their event clipboard.

12.405 Track coaches and the meet director(s) will have an organizational meeting following the NBL Track meet to formulate entries to the NCS Redwood Empire Meet.

12.406 Member schools shall assign three adults to officiate at the NBL track meet. Names of these adults shall be sent to the meet director.

12.407 In each league track meet, the home school must provide seven adult officials, three for field events and four at the finish line.

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

League & Tournament 12.800

- 12.801 All team scores shall count in scoring track and field events for the North Bay League Meet. Points shall be awarded as follows: first place, 8 points; second place, 6 points; third place, 5 points; fourth place, 4 points; fifth place, 3 points; sixth place, 2 points; and seventh place, 1 point. (NBL Board of Manager, April 20, 2015)
- 12.802 All entries for the NBL Championship Meet must be entered on EZ Meets no later than midnight on the Sunday prior to the trials.
- 12.803 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.
- 12.804 In order to compete in the Redwood Empire Meet, a varsity athlete must earn his/her place. If an athlete at the NBL Championship meet fails to make a qualifying mark in a field event, he/she can go on to the NCS Redwood Empire Meet IF the athlete is approved by the majority of coaches at a vote taken at the scratch meeting. This would ONLY occur in the event that there are not enough athletes who have met a qualifying mark.
- 12.805 Medals shall be awarded for the first five places in boys' varsity individual competition and in girls' varsity individual competition.
- 12.806 All-league distinction:
- The first and second place finishers in boys' and girls' varsity competition at the NBL Championship meet will receive recognition as NBL First Team all-League.
 - The third and fourth place finishers in boys' and girls' varsity competition at the NBL Championship will receive recognition as NBL Second Team all-league.
 - The fifth and sixth place finishers in boys' and girls' varsity competition at the NBL Championship meet will be honored as members of the NBL Honorable Mention Team.

VOLLEYBALL 13.000

Schedules 13.100

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

Practice 13.201

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 JV matches will begin at 5 PM. The warm-up for the varsity match will begin immediately following the conclusion of the JV match. All matches involving Ukiah High School 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 25 minutes between the freshman and JV match and between the JV and varsity match. Warm-up shall be five 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.
- 13.305 It is the responsibility of the home team to provide at least eight (8) volleyballs per team for warm-up prior to the contest.
- 13.306 If music is used, it must be played for both teams during pre-match warm-ups.
- 13.307 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 An NBL, NCS and National Federation approved ball shall be used.

League and Tournament 13.800

- 13.801 The league champion shall be the team with the most league wins.
- 13.802 In the event of a tie in varsity competition, the team with the best record in head-to-head competition shall be given first consideration. If there is still a tie, play-offs shall be scheduled by the numbers drawn by the principals at the beginning of each school year.
- 13.803 The team winning the North Bay League round-robin shall be the league representative to the North Coast Section Championships.
- 13.804 All-league selection format for volleyball.
1. The all-league meeting will be held on the Monday following the conclusion of the NBL

- schedule, at a site determined by the NBL Commissioner or Assistant Commissioner.
2. Each team will be awarded first and second team all-league selections based on their team's finish in the league standings, as follows:
 - First place: three first-team and two second team;
 - Second place: two or three first team and two second team;
 - Third place: two first team and two second team;
 - Fourth place: two first team and two second team;
 - Fifth place: one first team and one second team;
 - Sixth place: one first team and one second team;
 - Seventh place: no first team and one second team;
 - Eighth 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.

WRESTLING 14.000

Schedules 14.100

- 14.101 There will be a single round-robin of league meets.
- 14.102 The dual meet schedule shall be determined by the previous year's returning NCS qualifiers and alternates from each school. The school with the largest number of returning NCS qualifiers and alternate wrestlers will be given #1, the school with the next largest number of returning qualifiers and alternates shall be given #2, and so on.

For the purpose of the following year's team order, if there are two teams with the same number of points, the team that won that year's dual meet will get the higher placing in the next year's schedule. If there are more than two teams with the same number of points, the total number of points for and against shall be totaled for the dual meets among the teams that are tied. The total differential of points shall determine the final order of the teams with the same point total.

- 14.103 The matrix below shall be used to determine the order of the team dual meets:

	1 vs. 8		1 vs. 7		1 vs. 6		1 vs. 5
1 st dual	2 vs. 7	2 nd dual	2 vs. 8	3 rd dual	2 vs. 5	4 th dual	2 vs. 6
	3 vs. 6		3 vs. 5		3 vs. 8		3 vs. 7
	4 vs. 5		4 vs. 6		4 vs. 7		4 vs. 8
	1 vs. 4		1 vs. 3		1 vs. 2		
5 th dual	2 vs. 3	6 th dual	2 vs. 4	7 th dual	3 vs. 4		
	5 vs. 8		5 vs. 7		5 vs. 6		
	6 vs. 7		6 vs. 8		7 vs. 8		

- 14.104 The home and away schedule shall alternate each year.

Practice 14.201

- 14.201 The National Federation Wrestling Rule Book and Case Book is the governing authority in wrestling, with the exception of CIF modifications and/or adoptions.
- 14.202 There shall be NO practice on Thanksgiving Day or Christmas Day.

Game Administration 14.300

- 14.301 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. 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.

- 14.302 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)
- 14.303 The National Federation of High School Rules shall be the official rules of the NBL.
- 14.304 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 NFHS 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.
- 14.305 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.

Officials 14.400

- 14.401 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 14.600

- 14.601 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.

League and Tournament Administration 14.800

- 14.801 The dual meet schedule shall be determined by the previous year's returning NCS qualifiers and alternates from each school. The school with the largest number of returning NCS qualifiers and alternate wrestlers will be given #1, the school with the next largest number of returning qualifiers and alternates shall be given #2, and so on.
- 14.802 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.
- 14.803 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.
- 14.804 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.

Any competition involving two schools shall constitute a dual meet and any competition involving more than two schools shall constitute a tournament.

Scrimmages between two or more teams per day will not count as a contest. Teams are allowed two scrimmages per season.

- 14.805 At the conclusion of the regular dual meet season, the North Bay League shall have a league tournament to qualify male wrestlers for the NCS Boys' Wrestling Championships. Female wrestlers currently can enter the NCS Girls' Wrestling Championships on an application basis which qualifies them for the CIF Girls' State Meet. Wrestlers must enter the championship series designated for their particular gender. *NBL Board of Managers, 4/22/14.*
- 14.805.1 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.
- 14.805.2 If an athlete cannot compete in the NBL tournament due to circumstances that are not injury or skin-issue in nature, the coach may present a case of hardship. This hardship must be declared to league coaches in writing or via e-mail no later than the league seeding meeting prior to the NBL Championship Tournament. The coaches, by a majority vote, will determine whether or not to allow participation at the NCS Championships through the at-large process. In that case, a school may not enter a substitute for the wrestler in the NBL tournament in that weight class, unless and until the CIF and NCS amend their bylaws to allow schools to enter more than one athlete per weight class.
- 14.805.3 In Section 13.804.1 and Section 13.804.2 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.

- 14.806 The NBL wrestling championship shall be awarded to the team earning the most points in the league season. Points shall be awarded as follows:
1. One point for each dual meet win.
 2. Three points for the first place team in the league tournament; two points for the second place team in the league tournament; one point for the third place team in the league tournament.
- 14.807 Medals will be awarded to the first three places in each weight class at the NBL tournament.
- 14.808 The NBL Novice Tournament is limited to wrestlers who have previously not placed first, second, or third in any wrestling tournament.
- 14.809 For the purpose of qualifying to the NCS Dual Team Championships only, the team winning the dual meet portion of the league schedule will be considered the NBL champion and will earn an automatic entry. In the event that two or more teams are tied after the regular season is complete, the following tie breakers will be in effect.
- a. If two teams are tied with the same dual meet record, the winner of the head-to-head match will receive the automatic entry to the NCS.
 - b. If three or more teams are tied, the tie-breaker will be the cumulative total of the points scored against each of the other teams involved in the tie. If the teams are still tied after that, the team with the largest differential between points scored and points allowed will receive the automatic entry. If a tie still exists, the automatic berth will be awarded to the team that has the lowest number in the draw that is conducted at the preseason NBL coaches meeting.
 - c. If the teams are still tied after that, the representative will be determined by the draw of the principals for the winter season that is conducted at the beginning of the school year.

General 14.900

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

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

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

4/22/2014

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



DAYS AND STARTING TIMES FOR CONTESTS 15.000

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

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

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

General 17.900

17.901 Video taping is allowed as long as the person during the taping is seated in the spectator seating area. Any other seating area would have to be approved by the teams involved.
NBL Board of Managers, 4/22/2014



APPENDIX

Scheduling Matrix for All Sports

Football	<p>1. Number of League Home Games: It has been established that each team in the NBL will have either 4 or 3 home games alternately on an annual basis. Teams have been designated as having their 4 home game seasons on either EVEN years or ODD years. Having been established, this designation <i>will not change</i>. This will better enable league members to reliably predict their needs in scheduling non-league opponents to achieve an optimal balance of TOTAL HOME/AWAY games within a season.</p> <ul style="list-style-type: none"> c. 4 home games in EVEN years: Maria Carrillo, Montgomery, Casa Grande, Rancho Cotate d. 4 home games in ODD years: Windsor, Cardinal Newman, Santa Rosa, Ukiah
	<p>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.</p> <ul style="list-style-type: none"> c. The first season of a newly drawn league schedule match-up will always be during an EVEN year. d. The second (final) season of a league schedule match-up order will always be during an ODD year.
	<p>3. Home / Visitor Alternation: Football is unique among high school sports in that each league opponent is played only ONCE during a season. Because of this fact, the matter of "which team is the HOST" takes on a greater significance than in other sports where each league opponent is played twice. For each new season, whether the order of match-ups is redrawn or not, the most important factor for determining which team will be the Home team in a given match-up is to reference the schedule from the previous season. In doing so, the following will be achieved:</p> <ul style="list-style-type: none"> c. 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. d. No league member will gain an advantage, either real or perceived by hosting any one league opponent in consecutive years. (1/26/11)
Girls' Soccer	<p>Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)</p>
Boys' Soccer	<p>Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)</p>
Volleyball	<p>Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)</p>
Cross Country	<p>Draw numbers and match them to the scheduling matrix. This schedule will be used for seven years, from the 2013 – 2014 season through the 2019 – 2020 season.</p>
Girls' Golf	<p>The schedule shall be reversed and rotated annually. (1/21/14)</p>
Wrestling	<p>NBL dual meets will be scheduled for Wednesdays, beginning on the Wednesday on the first full week of each new year. In the second week of competition there will be two dual meets, one on Wednesday and one on Friday. The last regular season dual meet will be scheduled for the Wednesday prior to the NCS dual meet championships and ten days prior to the NBL wrestling tournament.</p>

	<p>Depending on the CIF and NCS playoff dates or calendar, there may need to be two weeks with two league dual meets. If that is the case, then the five week dual schedule would be 1, 2, 1, 2, and 1.</p> <p>Rotation of the schedule. Each team's last dual opponent of the current season will become next year's first dual and all teams move back one date in the schedule. Each succeeding year the home team becomes the visiting team. After seven years (2014 – 2015 season), the rotation will be redrawn. Reverse and rotate or use a draw. (3/8/12)</p>
Basketball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)
Baseball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)
Softball	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)
Badminton	Draw all schools and use the badminton scheduling matrix.
Swim and Dive	The schedule will vary from year to year because of limited pool availability for the Santa Rosa City Schools. It is essential that the coaches are involved in the formation of this schedule. Travel and equity in the number of home and away meets will be considered. (3/8/12)
Boys' Golf	The schedule shall consist of eight 18-hole mini-tournaments consisting of all NBL schools. These tournaments will be held one time per week and each NBL school will host one event. The day of each tournament will vary each week (based on course availability) so that students don't miss the same class every week (for those schools using a block schedule). Once daylight savings time begins, start time will be 2 PM. (1/14/2014)
Boys' & Girls' Tennis	Draw numbers and match them to the scheduling matrix. This schedule will be used for two years, with the home and away teams rotated during the second year. (3/8/12)
Track	Draw numbers and match them to the scheduling matrix. This schedule will be used for seven years, from the 2013 – 2014 season through the 2019 – 2020 season.
Lacrosse	

SCHEDULING COMMITTEE'S NEW NBL BASKETBALL MATRIX

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

NORTH BAY LEAGUE SCHEDULING FORMULA

Revised December, 2007

Round 1

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

Round 2

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

Round 3

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

Round 4

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

Round 5

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

Round 6

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

Round 7

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

Round 8

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

Round 9

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

Round 10

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

Round 11

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

Round 12

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

Round 13

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

Round 14

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

**SCHEDULING FORMULA
NUMBER 2**

	#1	#2	#3	#4	#5	#6	#7	#8
Round 1	A	H	A	H	A	H	A	H
Round 2	H	A	H	A	H	A	H	A
Round 3	H	H	A	A	H	H	A	A
Round 4	A	A	H	H	A	A	H	H
Round 5	H	H	A	H	H	A	A	A
Round 6	A	A	A	A	H	H	H	H
Round 7	H	H	H	H	A	A	A	A
Round 8	H	A	H	A	H	A	H	A
Round 9	A	H	A	H	A	H	A	H
Round 10	A	A	H	H	A	A	H	H
Round 11	H	H	A	A	H	H	A	A
Round 12	A	A	H	A	A	H	H	H
Round 13	H	H	H	H	A	A	A	A
Round 14	A	A	A	A	H	H	H	H

BASKETBALL CHAMPIONSHIPS INFORMATION

SCHEDULE

Girls' first round

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

Boys' first round

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

Championships: Friday, February 15

Santa Rosa Junior College	Girls' game time: 6:30 PM	The higher seed will be the
	Boys' game time: 8:15 PM	home team and will wear white

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

GENERAL INFORMATION

- Admission prices, semi-final events held at high school sites
 - Adults, J.C. and college students: \$7
 - Senior citizens and students without an ASB card: \$5
 - Students with an ASB card: \$3
- Admission prices, final event at SRJC
 - Adults, college students, students without high school ASB cards: \$8
 - Students with valid high school ASB cards, senior citizens, children under 12: \$5
- Only the North Coast Section Lifetime, Board of Managers, Superintendent, Honor Coach, Management Committee, Media, CIF issued and C.I.F. Lifetime passes will be honored. NO league, site or district passes will be honored.
- Schools will adhere to the limitations mandated by the Fire Marshall for gym capacity. If spectators are late, they may not be able to enter the gymnasium due to these restrictions.
- Gates will be open at 6:00 PM on Tuesday and Wednesday and at 5:30 PM for the finals at SRJC.
- Spectator basketballs will NOT be allowed in the gym.
- Depending on the facility, food or drink may not be allowed in the gym. Those assigned to the door for crowd control will need to assist in keeping food and drink out if this is the site policy.
- No mechanical noisemakers (horns, bells, victory bells, sirens, chimes, power bats, musical instruments other than those in the band) will be permitted inside the gymnasium. Radios or tape decks, other than those used in half-time routines, will not be permitted in the gymnasium. According to the National Federation of Basketball Rules Book, the use of artificial noisemakers shall be prohibited. Laser pointers are NOT allowed. Megaphones may only be used by the cheer and/or song leaders.
- Schools intending to bring rally bands must notify the SRJC Site Director prior to the championship contest. Members of the rally band, which must be accompanied by the Band Director, shall be admitted free on any night its team is participating. Rally bands may not exceed 20 members.
- Students may wear face paint as long as it is not done in a derogatory manner and is in the color of the school that they represent. **BODY PAINT IS NOT ALLOWED.**
- Having a ticket does NOT guarantee entry into the gym if it is filled to capacity. Spectators should arrive early and remain in the gymnasium.**
- The gate list for each competing school shall include five "guest" slots, in addition to the other personnel. *NBL Board of Managers, 4/22/14.*
- Non-participating schools shall each receive three (3) complimentary admission tickets. *NBL Board of Managers, 4/22/14.*

TEAM RESPONSIBILITIES

1. Submit roster and staff information to the hosting school for the first round no later than 4:00 PM on Monday, February 11 for girls' teams and Tuesday, February 12 for boys' teams.
2. Teams participating in the NBL Championship game at Santa Rosa Junior College must submit their roster and staff information to the site director no later than the Thursday prior to the championship game.
3. Coaches may NOT put more names on the lists than spaces provided. Complimentary tickets are available at your school site.
4. Please have your team arrive at the venue as a group. There have been some instances in the past where non-players have given the name of a team member in order to enter without paying.
5. The venue will be available at 6:00 PM on Tuesday and Wednesday and beginning at 5:30 PM on Friday. Do not arrive at the gym prior to those times.
6. Teams will be guaranteed 15 minutes between games for pre-game warm-ups. No team will be allowed on the floor more than 60 minutes prior to the first game.
7. The interval between games will be fifteen minutes or until the scheduled starting time of the next game, whichever is longer.
8. Each team is guaranteed the opportunity for three minutes of unobstructed warm-up time during half-time assuming they are on the court at least three minutes before the start of the third quarter.
9. Each team should bring extra uniforms in case of blood contamination.
10. Teams are to provide their own first-aid kits, towels and a game ball. The home school will provide warm-up balls for the first round. Bring your own warm-up balls for the final games at Santa Rosa Junior College.

ADMINISTRATIVE RESPONSIBILITIES

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

SPIRIT TEAM

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

(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.**