



NORTH COAST SECTION, CIF

Rianne Pfaltzgraff, President

Pat Cruickshank, Commissioner of Athletics

5 Crow Canyon Ct., Suite 209, San Ramon, CA 94583 Tel.: (925) 263-2110, Fax: (925) 263-2120, Web: www.cifncs.org

To: NCS Member Schools

From: Pat Cruickshank, Commissioner of Athletics
Bri Niemi, Associate Commissioner of Athletics

Date: January 14, 2021

Subject: North Coast Section, CIF Update

Good Afternoon North Coast Section Leaders!

Happy New Year! We hope that this update finds you well!

As we prepare for the return of educational athletics in the North Coast Section, we wanted to provide you with an update on the season of sports calendar for the remainder of the 2020-2021 school year and how we plan to implement bringing high school sports back to our member schools.

With input from our member schools and League Commissioners, the Executive Committee took action today to move forward with our calendar by giving leagues the autonomy to build their season of sport calendars around the guidance from the California Department of Public Health, the local counties that their league resides in, and the approval of their member schools and districts. This action will be subject to approval by the Board of Managers at their January 29, 2021 meeting.

What this means is, if approved as presented, leagues will set their seasons of sport based on the color tier that their county resides in and the sports allowed in that tier. Purple sports will have the ability to go off first once the county and schools have approved it. Then once counties move into the red tier, the league will be allowed to begin that season of sport at a time that best fits them. The same will be done for the orange and yellow tier sports. All of these decisions must take into account CIF Bylaw 504.D., which says in affect that leagues must provide an equal number of opportunities for all students in the same sport.

As a reminder the sports and their tiers are broken down as such:

PURPLE: Cross-Country, Golf, Tennis, Track & Field, Swimming and Diving

RED: Baseball, Softball, Girls Lacrosse, Field Hockey

ORANGE: Football, Boys Lacrosse, Soccer, Volleyball, Water Polo, Badminton, Volleyball

YELLOW: Competitive Cheerleading, Basketball, Wrestling

Because of the complexity of each league's schedules and the uncertainty of when they will be allowed to start their seasons, the following decisions have been made:

1. No competition or official practice may begin prior to February 1, 2021.
2. There will be no Section Championships and no CIF state or regional opportunities for our schools. Rather the leadership advocated for beginning the seasons and having the most opportunities for our students to play.

3. Student athletes, because of the guidelines from CDPH, can only participate in one cohort (sport) at a time.
4. No Athletic Competitions can begin until the local stay at home order has been lifted. Leagues will take this into account when determining the start dates for their sports.
5. All teams may continue to follow the CDPH guidance on practice (masks, 6 feet of social distancing, single cohort, outside) during the school year and outside the season of sport.
6. NCS Member non-league affiliates will have the opportunity to contact other non-league affiliates in their county and their adjacent county as well as their local leagues to set up seasons of sport that best fit their needs.
7. The football season must conclude by April 17, 2021 for the 2021 fall season to commence as scheduled on August 9, 2021.
8. All Sit-Out period dates will be recalculated once the league decides on their season of sport. This provision cannot be waived by the league or the section as it is a CIF bylaw.
9. Sports will be limited to the number of contests as determined in the maximum number of contests chart.
10. The final date for NCS competition will be June 12, 2021.

For any additional information, please contact your local League Commissioner or contact the North Coast Section Office.

Finally, the leadership of the North Coast Section believes that this revised schedule best fits the needs of our member schools. It is our hope that this will allow all our student-athletes the opportunity to participate in the sports that they are so passionate about, even in this year of uncertainty and great sacrifice!

All the best!

Pat Cruickshank, CAA
Commissioner of Athletics, North Coast Section, CIF



NORTH COAST SECTION, CIF

5 CROW CANYON COURT, STE. 209, SAN RAMON, CA 94583

2020-21 NCS SPORT BREAKDOWN & CALENDAR

RELEASED: JANUARY 14, 2021

2020-21 NCS SEASON OF SPORT BREAKDOWN

PURPLE	RED	ORANGE	YELLOW
CROSS COUNTRY	BASEBALL	BADMINTON	BASKETBALL
GOLF	FIELD HOCKEY	FOOTBALL	COMPETITIVE CHEERLEADING
SWIMMING & DIVING	GIRLS' LACROSSE	GYMNASTICS	WRESTLING
TENNIS	SOFTBALL	BOYS' LACROSSE	
TRACK & FIELD		SOCCER	
		VOLLEYBALL	
		WATER POLO	

2020-21 NCS CALENDAR

ALL SPORTS	
FIRST DATE OF PRACTICE (If/when allowed by County/District/Board)	FEB. 1, 2021
SOP DATE	50% of the season
FINAL DATE OF COMPETITION	JUNE 12, 2021
LENGTH OF SEASON	Determined by league, but recommended 7-10 weeks
MAXIMUM # OF CONTESTS	Prorated # of contests per sport, in accordance with NCS 101H (see chart below)
NCS/CIF CHAMPIONSHIPS	None

2020-21 NCS MAXIMUM NUMBER OF CONTESTS CHART

SPORTS	EXISTING MAX. # OF CONTESTS	MAX. # OF CONTESTS - 7 WEEKS	MAX. # OF CONTESTS - 8 WEEKS	MAX. # OF CONTESTS - 9 WEEKS	MAX. # OF CONTESTS - 10 WEEKS
BADMINTON	24	14	16	18	20
BASEBALL	24	14	16	18	20
BASKETBALL	26	14	16	18	20
COMP. SPORT CHEER (STUNT)	24	14	16	18	20
CROSS COUNTRY	14	7	8	9	10
FIELD HOCKEY	24	14	16	18	20
FOOTBALL	10	7	8	9	10
GOLF	22	14	16	18	20
GYMNASTICS	15	7	8	9	10
LACROSSE	20	14	16	18	20
SOCCER	24	14	16	18	20
SOFTBALL	24	14	16	18	20
SWIMMING & DIVING	14	7	8	9	10
TENNIS	24	14	16	18	20
TRACK & FIELD	14	7	8	9	10
VOLLEYBALL	24	14	16	18	20
WATER POLO	24	14	16	18	20
WRESTLING	40	21	24	27	30

2020-21 NCS NOTES/REMINDERS

FOOTBALL

Due to safety protocols put in place for the sport of football, league play must conclude no later than April 17, 2021.

INTER-TEAM COMPETITIONS

As a reminder, CDPH has authority over when inter-team competitions (i.e., between two teams) may take place. Original guidance had a date of Jan. 25, 2021, however we are still waiting on the date reassessment. No athletic competitions can begin until the "Stay at Home" order has been lifted for the region.

GENDER EQUITY

Per CIF 504.D., leagues must provide an equal number of opportunities for student-athletes in the same sport (ex. Boys and Girls water polo) as well as like sports (baseball and softball).

LEAGUE SCHEDULES

Leagues must provide to the NCS Office their season of sport calendar for approval prior to the start of each season. Non-league affiliates must also provide the NCS Office their season of sport calendar for approval prior to the start of each season.

CONDITIONING OR CDPH GUIDANCE

During the school year and outside of the season of sport, NCS schools will adhere to CDPH guidance.

REGRESSING COLOR TIERS

The Executive Committee understands and expects that Counties will fluctuate between colors, at times moving backwards. When the league's season of sport has officially started and a County regresses to a more restrictive tier, the school would adhere to CDPH guidance.

CIF REGIONAL/STATE CHAMPIONSHIPS

In the event that the CIF is able to conduct regional or state championships in Season 2, NCS schools would not be eligible to participate as no qualifier (NCS Section Championship) would be conducted.