



# NORTH COAST SECTION, CIF

*Pat Cruickshank, Commissioner of Athletics*

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TO: North Coast Section Member Schools

SUBJECT: CIF/NCS Update

DATE: July 20, 2020

I hope this finds you and your families doing well during this difficult time.

It is my goal that the information contained in this letter and attached calendar will provide some guidance as we look to return to athletic competition later this coming school year. This is the effort of many individuals and groups that have been charged with finding solutions to an unprecedented challenge in our lives. All of us know the importance of education-based athletics to our student-athletes, schools, and communities. This calendar considers the physical, mental, emotional, and social well-being of those students that we are so fortunate to serve in our section and throughout the state. This upcoming school year will require creativity, flexibility, and working together to best serve those student-athletes. Finally, I want you to know that from start, the focus has been on those young men and women, and I commend everyone involved for never wavering from that. This calendar and the revisions that go with it are about our students! Should you need anything moving forward, our NCS staff is ready and willing to answer your questions and help guide you.

Below are the areas that have been addressed by the State and Section regarding the upcoming school year's athletic calendar:

- **2020-2021 Sports Calendar**
- **CIF Bylaw 600-605**
- **Summertime Rules**
- **NCS Approval Process**

**1) 2020-2021 Sports Calendars** – During the past several weeks and months Section Commissioners along with CIF Staff have worked diligently to create a sports calendar that gave each sport and our students an opportunity to compete during the coming school year. Below you will see the results of that effort.

- A) Two Seasons – Fall and Spring** – In examining the most effective way to deliver Fall, Winter and Spring sports for the 2020-2021 school year, the decision was made to condense three seasons of sport into two seasons of sport, primarily to help with the spacing between particular sports and the overlap of certain sports between seasons.
- B) Length of Regular Seasons** – We tried hard to maintain the integrity of each sport's season; however this process was very difficult in the time frame we were confined to. It is important to point out that no reduction in the number of contests has taken place, meaning that a sport that generally allows 24 contests and 2 scrimmages during a normal season is still allowed the same number of contests. We hope that this allows all schools the opportunity to attempt to play a full schedule, albeit in some cases during a smaller window.
- C) Section Championships** – The 2020-2021 sports calendar includes full Section Championship experiences, which means the same number of champions in each sport, the same number of divisions in each sport and the same number of guaranteed entries from leagues advancing to the playoffs in each sport, as in previous years.

**D) CIF Regional/State Championships** – The CIF State Office has made the decision to streamline the CIF Regional and State Championships competitions/tournaments to no longer than one week, once our Section Championships have concluded. More details on format and dates will be forthcoming from the CIF Office.

**2) CIF Bylaws 600-605 Suspended for the 2020-2021 School Year** – CIF Executive Director Ron Nocetti has made the decision to enact CIF Bylaw 1108.A, which states, “In emergency situations, the State CIF President or Executive Director or his/her authorized designee may act for the Federated Council in the best interests of the organization. The action will be reviewed by the Executive Committee.” Therefore, a decision has been made that CIF Bylaws 600-605 will be suspended for the 2020-2021 school year. The thought behind this decision was that it would not be a realistic expectation, with the major adjustments of our sports seasons, that we would still prohibit students from participating in contests for outside teams during the high school season of sport. This also protects our schools from having to forfeit contests should one of their athletes participate in a contest with an outside organization during their season.

**3) Summertime Rules Extended** –It has been decided that Summertime Rules will be extended from when the school year begins in August/September through December and the beginning of Fall sports. As schools open and students return, provided state and local health authorities deem it safe to do so, schools can begin their pre-season preparations as they see fit, depending on what is allowed by health authorities during that time period. Summertime rules as described in Appendix A of our Sports and General Rulings Handbook will be in effect until December 14, 2020.

**4) NCS Approval Process** – North Coast Section Bylaw 1107.B states the following, “Between meetings of the NCS Board of Managers, the NCS Executive Committee shall be empowered to act for the Board of Managers when necessary. This action will be subject to the approval of the Board of Managers at its next meeting.” Therefore, the 2020-2021 sports calendars were placed on the agenda of a Special Executive Committee Meeting this morning and approved.

Thank you for your continued support of Educational Athletics. We understand that this is just the beginning of the journey into this coming school year and that there will be many challenges and changes along the way. It is my hope that moving forward we will work to make this difficult time as memorable and exciting as we can for our students and schools.

Stay safe and take care! As I told you back in the Spring, WE WILL RISE AGAIN!

Pat



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## 2020-21 NCS/CIF SPORT BREAKDOWN & CALENDAR

RELEASED: JULY 20, 2020

### 2020-21 NCS/CIF SEASON OF SPORT BREAKDOWN

<u>FALL</u>	<u>SPRING</u>
CROSS COUNTRY (BOYS & GIRLS)	BADMINTON
FIELD HOCKEY	BASEBALL
FOOTBALL	BASKETBALL (BOYS & GIRLS)
GYMNASTICS	COMPETITIVE SPORT CHEER (STUNT)
TRADITIONAL COMPETITIVE CHEER	GOLF (BOYS & GIRLS)
VOLLEYBALL (BOYS & GIRLS)	LACROSSE (BOYS & GIRLS)
WATER POLO (BOYS & GIRLS)	SOCCER (BOYS & GIRLS)
	SOFTBALL
	SWIMMING (BOYS & GIRLS)
	TENNIS (BOYS & GIRLS)
	TRACK & FIELD (BOYS & GIRLS)
	WRESTLING (BOYS & GIRLS)

### 2020-21 NCS/CIF CALENDAR (FALL)

<u>CROSS COUNTRY (BOYS &amp; GIRLS)</u>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	JAN. 27, 2021 (45 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAR. 13, 2021 (90 days)
NCS ENTRIES DUE	MAR. 14, 2021 (11:59 PM)
NCS CHAMPIONSHIPS	MAR. 20, 2021
CIF STATE CHAMPIONSHIPS	MAR. 27, 2021

<u>FOOTBALL</u>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	FEB. 11, 2021 (37 days)
WINDOW FOR SCHOOLS TO PLAY ONE SCRIMMAGE, PROVIDED INDIVIDUALS HAVE HAD AT LEAST 10 DAYS OF PRACTICE	DEC. 25, 2020 – JAN. 2, 2021
FIRST DATE SCHOOLS CAN PLAY A GAME, PROVIDED THE TEAM HAS HAD AT LEAST 14 DAYS OF PRACTICE AND INDIVIDUALS HAVE HAD AT LEAST 10 DAYS OF PRACTICE	JAN. 6, 2021 (Week 0)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAR. 20, 2021 (74 days)
NCS POSTSEASON APPLICATIONS DUE	MAR. 20, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	MAR. 21, 2021
NCS CHAMPIONSHIP QUARTERFINALS	MAR. 26/27, 2021
NCS CHAMPIONSHIP SEMIFINALS	APR. 2/3, 2021
NCS CHAMPIONSHIP FINALS	APR. 9/10, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS/BOWL GAMES	APR. 16/17, 2021

<b>VOLLEYBALL (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	JAN. 20, 2021 (38 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	FEB. 27, 2021 (76 days)
NCS POSTSEASON APPLICATIONS DUE	FEB. 27, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	FEB. 28, 2021
NCS CHAMPIONSHIP FIRST ROUND	MAR. 2/3, 2021
NCS CHAMPIONSHIP QUARTERFINALS	MAR. 5/6, 2021
NCS CHAMPIONSHIP SEMIFINALS	MAR. 9/10, 2021
NCS CHAMPIONSHIP FINALS	MAR. 12/13, 2021
CIF STATE CHAMPIONSHIPS (Final Date) (Girls)/CIF NOR-CAL REGIONAL CHAMPIONSHIPS (Final Date) (Boys)	MAR. 20, 2021

<b>WATER POLO (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	JAN. 20, 2021 (38 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	FEB. 27, 2021 (76 days)
NCS POSTSEASON APPLICATIONS DUE	FEB. 27, 2021 (9 PM)
NCS AT-LARGE & SEEDING MEETING	FEB. 28, 2021
NCS CHAMPIONSHIP FIRST ROUND	MAR. 3/4, 2021
NCS CHAMPIONSHIP QUARTERFINALS	MAR. 6, 2021
NCS CHAMPIONSHIP SEMIFINALS	MAR. 10, 2021
NCS CHAMPIONSHIP FINALS	MAR. 13, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS (Final Date)	MAR. 20, 2021

<b>FIELD HOCKEY</b>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	JAN. 18, 2021 (36 days)

<b>GYMNASTICS</b>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	JAN. 18, 2021 (36 days)

<b>TRADITIONAL COMPETITIVE CHEER</b>	
FIRST DATE OF PRACTICE	Determined by School
SOP DATE	50% of Season
FINAL DATE OF COMPETITION	Determined by School
CIF INVITATIONAL CHAMPIONSHIP	APR. 17, 2021

## **2020-21 NCS/CIF CALENDAR (SPRING)**

<b>BADMINTON</b>	
FIRST DATE OF PRACTICE	FEB. 22, 2021
SOP DATE	APR. 4, 2021 (42 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 15, 2021 (83 days)
NCS ENTRIES DUE	MAY 16, 2021
NCS BRACKET DEVELOPMENT	MAY 16, 2021
NCS CHAMPIONSHIPS	MAY 22, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS	MAY 29, 2021

<b>SOCCER (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	FEB. 22, 2021
SOP DATE	APR. 4, 2021 (42 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 15, 2021 (83 days)
NCS POSTSEASON APPLICATIONS DUE	MAY 15, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	MAY 16, 2021
NCS CHAMPIONSHIP FIRST ROUND	MAY 18/19, 2021
NCS CHAMPIONSHIP QUARTERFINALS	MAY 21/22, 2021
NCS CHAMPIONSHIP SEMIFINALS	MAY 25/26, 2021
NCS CHAMPIONSHIP FINALS	MAY 28/29, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS (Final Date)	JUNE 5, 2021

<b>SWIMMING &amp; DIVING (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	MAR. 8, 2021
SOP DATE	APR. 14, 2021 (38 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 22, 2021 (76 days)
NCS ENTRIES DUE	MAY 23, 2021 (1:15 PM)
NCS SEEDING MEETING	MAY 24, 2021
NCS DIVING CHAMPIONSHIPS	MAY 27, 2021
NCS SWIMMING CHAMPIONSHIP TRIALS	MAY 28, 2021
NCS SWIMMING CHAMPIONSHIP FINALS	MAY 29, 2021
CIF STATE CHAMPIONSHIPS	JUNE 4/5, 2021

<b>TENNIS (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	MAR. 8, 2021
SOP DATE	APR. 11, 2021 (35 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 15, 2021 (69 days)
NCS TEAM POSTSEASON APPLICATIONS DUE	MAY 15, 2021 (9 PM)
NCS TEAM AT-LARGE & SEEDING MEETING	MAY 16, 2021
NCS TEAM CHAMPIONSHIP FIRST ROUND	MAY 18/19, 2021
NCS TEAM CHAMPIONSHIP QUARTERFINALS	MAY 20/21, 2021
NCS TEAM CHAMPIONSHIP SEMIFINALS	MAY 25/26, 2021
NCS TEAM CHAMPIONSHIP FINALS	MAY 28/29, 2021
CIF NOR-CAL TEAM REGIONAL CHAMPIONSHIPS (Final Date)	JUNE 5, 2021
DEADLINE FOR LEAGUES TO DETERMINE QUALIFIERS FOR SINGLES/DOUBLES	TBA
FINAL DATE FOR SINGLES/DOUBLES COMPETITION OTHER THAN NCS	TBA
NCS POSTSEASON SINGLES/DOUBLES APPLICATIONS DUE	TBA
NCS SINGLES/DOUBLES CHAMPIONSHIPS	TBA

<b>WRESTLING (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	MAR. 8, 2021
SOP DATE (Fall Sport)	APR. 15, 2021 (34 days)
SOP DATE (No Fall Sport)	APR. 18, 2021 (31 days)
FINAL DATE OF COMPETITION OTHER THAN LEAGUE QUALIFYING TOURNAMENT/NCS/CIF	MAY 19, 2021 (73 days)
DEADLINE FOR LEAGUES TO DETERMINE DUAL TEAM QUALIFIERS & AT-LARGE APPLICATIONS DUE	MAY 19, 2021 (10 PM)
DUAL TEAM COMPETITION (Student Team)	MAY 22, 2021

<b>WRESTLING (BOYS &amp; GIRLS) (Continued)</b>	
DEADLINE FOR LEAGUES TO DETERMINE INDIVIDUAL QUALIFIERS	MAY 29, 2021
NCS GIRLS ENTRIES DUE	MAY 29, 2021 (5 PM)
NCS BOYS ENTRIES DUE	MAY 29, 2021 (11:59 PM)
NCS SEEDING MEETINGS	MAY 30, 2021
NCS CHAMPIONSHIPS	JUNE 4/5, 2021
CIF STATE CHAMPIONSHIPS	JUNE 10-12, 2021

<b>BASEBALL</b>	
FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 25, 2021 (42 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	JUNE 5, 2021 (83 days)
NCS POSTSEASON APPLICATIONS DUE	JUNE 5, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	JUNE 6, 2021
NCS CHAMPIONSHIP FIRST ROUND	JUNE 8/9, 2021
NCS CHAMPIONSHIP QUARTERFINALS	JUNE 11/12, 2021
NCS CHAMPIONSHIP SEMIFINALS	JUNE 15/16, 2021
NCS CHAMPIONSHIP FINALS	JUNE 18/19, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS (Final Date)	JUNE 26, 2021

<b>BASKETBALL (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 21, 2021 (38 days)
FOUNDATION GAME DATE	MAR. 30, 2021
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 29, 2021 (76 days)
NCS POSTSEASON APPLICATIONS DUE	MAY 29, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	MAY 30, 2021
NCS CHAMPIONSHIP FIRST ROUND	JUNE 1-3, 2021
NCS CHAMPIONSHIP QUARTERFINALS	JUNE 4/5, 2021
NCS CHAMPIONSHIP SEMIFINALS	JUNE 8/9, 2021
NCS CHAMPIONSHIP FINALS	JUNE 11/12, 2021
CIF NOR-CAL REGIONAL/STATE CHAMPIONSHIPS (Final Date)	JUNE 18/19, 2021

<b>COMPETITIVE SPORT CHEER (STUNT)</b>	
FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 23, 2021 (40 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	JUNE 1, 2021 (79 days)
NCS POSTSEASON APPLICATIONS DUE	JUNE 1, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	JUNE 2, 2021
NCS CHAMPIONSHIPS	JUNE 5, 2021
CIF/USA CHEER INVITATIONAL	JUNE 12, 2021

<b>GOLF (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 19, 2021 (36 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 25, 2021 (72 days)
NCS POSTSEASON APPLICATIONS DUE	MAY 25, 2021 (8 PM)
NCS AT-LARGE MEETING	MAY 26, 2021

**GOLF (BOYS & GIRLS) (Continued)**

NCS DIVISION 2 CHAMPIONSHIP/INDIVIDUAL QUALIFIER	Week of MAY 31, 2021
NCS DIVISION 1 CHAMPIONSHIP	Week of JUNE 7, 2021
CIF NOR-CAL REGIONAL/STATE CHAMPIONSHIPS	JUNE 23, 2021

**LACROSSE (BOYS & GIRLS)**

FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 21, 2021 (38 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 29, 2021 (76 days)
NCS POSTSEASON APPLICATIONS DUE	MAY 29, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	MAY 30, 2021
NCS CHAMPIONSHIP FIRST ROUND	JUNE 1, 2021
NCS CHAMPIONSHIP QUARTERFINALS	JUNE 3, 2021
NCS CHAMPIONSHIP SEMIFINALS	JUNE 8, 2021
NCS CHAMPIONSHIP FINALS	JUNE 10, 2021

**SOFTBALL**

FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 25, 2021 (42 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	JUNE 5, 2021 (83 days)
NCS POSTSEASON APPLICATIONS DUE	JUNE 5, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	JUNE 6, 2021
NCS CHAMPIONSHIP FIRST ROUND	JUNE 8/9, 2021
NCS CHAMPIONSHIP QUARTERFINALS	JUNE 11/12, 2021
NCS CHAMPIONSHIP SEMIFINALS	JUNE 15/16, 2021
NCS CHAMPIONSHIP FINALS	JUNE 18/19, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS (Final Date)	JUNE 26, 2021

**TRACK & FIELD (BOYS & GIRLS)**

FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 25, 2021 (42 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	JUNE 5, 2021 (83 days)
DEADLINE FOR LEAGUES TO DETERMINE QUALIFIERS	JUNE 5, 2021
NCS AREA MEETS (Redwood Empire, Bayshore, Tri-Valley & Class A)	JUNE 12, 2021
NCS MEET OF CHAMPIONS	JUNE 18/19, 2021
CIF STATE CHAMPIONSHIPS	JUNE 25/26, 2021