

Discussion	e.	St Helena - Girls Flag Football	Rick
Discussion	f.	Scholar Athlete Patch - Update	Rick
Discussion	g.	Spring Coaches Meeting	Rick
Discussion	h.	Parents as Spectators at Golf - Update	Rick
Discussion	i.	Spring Tournament/Finals Schedule	Rick

- * Baseball - May 12th and 14th at Arnold Field
- * Golf - May 4th - 12 Noon - Rancho Solano CG
- * Softball - May 13th, 4:00 p.m. @ Highest Seed
Finals May 15th, 5:00 p.m. at SVHS
- * Tennis Singles April 27th at Vintage
Doubles April 28th at Vintage
- * Track/Field May 6th Trials at CGHS
May 8th Finals at CGHS

Discussion	j.	Cheering at Badminton Matches	Darci
Information	k.	CIF Census Survey	Rick
Discussion	l.	Importance of Coaches Attending All League Meetings	Rick
Discussion	m.	Committee Members Report Out	All
	n.	Roundtable	

IV Adjourment

**Next Meeting - BOM - AD's Tuesday April 14th
11:00 a.m. at Justin Siena High School**

		GIRLS FLAG FOOTBALL	6.00
		Schedules	6.100
6.101	The schedule shall be established using a scheduling matrix and the numbers that are drawn for Girls Flag Football by a commissioner. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn, and a new schedule developed using the schedule matrix. The matrix is included at the end of these bylaws.		
6.102	League games will be played on Tuesday and Thursday. When 3 game weeks are needed, league games will be played on Monday, Wednesday and Thursday.		
		Practice	6.200
6.201	All CIF and NCS practice rules MUST be followed.		
6.202	The first day of practice shall be determined by the current NCS Calendar.		
6.203	<p>Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day.</p> <ul style="list-style-type: none"> a. Double day practices shall not be held on consecutive days and must include a minimum of three (3) hours rest between practices. a. No practice may be held following the conclusion of a contest. b. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest. 		
		Game Administration	6.300
6.301	The CIF Girls Flag Football Rule Book is the governing authority in Girls Flag Football.		
6.302	Varsity league games will start at 7:00pm?? When JV games are played prior to a Varsity game, the game times will be JV: 6:00pm, V: 7:00pm		
		Officials	6.400
6.401	The North Bay Officials Organization shall provide the officials for games.		
		Equipment	6.500

6.501	The league ball shall be the same ball used in the NCS Championships. Mandatory safety equipment shall be used by all NBL teams as defined in the CIF/NCS Rulebook.	
6.502	It is MANDATORY that all players wear a mouthpiece.	
6.503	Softshell helmets may be worn to protect the head. All headgear must be secured to the head and worn as intended by the manufacturer and must contain no hard objects.	
6.504	All flags must be in compliance with the requirements outlined in the CIF/NCS Rule Book.	
	League and Tournament	6.800
6.801	The league champion in each division shall be the team with the most league wins.	
6.802	<p>In the event of a tie, the automatic NCS berth will be determined by the following criteria:</p> <ol style="list-style-type: none"> 1. Best record in head-to-head competition 2. Greatest number of wins within the tie 3. Lowest number drawn at the by the principals at the beginning of the school year. 	
6.803	The team winning the North Bay League round-robin shall be the automatic qualifier to the North Coast Section Championships.	
6.804	All-league selection format for Girls Flag Football.	
	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.	<p>Each team will be awarded first, and second team all-league selections based on their team's finish in the league standings, as shown below.</p> <p>First place: five first-team and three second team. Second place: three first team and three 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 two second team. Sixth place: one first team and one second team. Seventh place: no first team and one second team</p> <p>First place through Seventh place will receive one honorable mention member. Places Eight and below will receive two honorable mention members. (9/22/25)</p>
	3.	<p>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.</p> <p>If there are three or more nominees for MVP, there shall be two rounds of voting. The first vote will require coaches to rank the nominees so that there are two finalists. The second</p>

		and final vote will be just for the player the coaches feel is the most valuable player in the league.
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