



# 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.