

# NCIL HANDBOOK

## 2016-2017

Updated 8.21.2016

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# Dayspring Christian Academy

3734 W. 20<sup>th</sup> St. Greeley, Colo. 80631

**Phone:** 970-330-1151 / **Fax:** 970-330-0565

**Website:** [www.dayspringeagles.org](http://www.dayspringeagles.org)

**Athletic Director:** Craig Shenkenberg; [cshenkenber@dayspringeagles.org](mailto:cshenkenber@dayspringeagles.org)

**School Colors:** Royal Blue and White    **Mascot:** Eagles

**Mission Statement:** Equipping the heart, soul, mind and body of each student from a Biblical perspective in partnership with the Christian home.

**Philosophy:** "Train up a child in the way he should go, and when he is old he will not depart from it. (Proverbs 22:6)

A child is created in the image of God, but he/she also has inherited man's sinful nature. Therefore, to become the person God intended us to be, we must receive Jesus Christ as our Lord and Savior, and we must be trained and nurtured in the light and the Truth, which is the Word of God.

Founded under the Lordship of Jesus Christ, Dayspring Christian Academy seeks to glorify God in all aspects and is an extension of the Christian home. Dedicated to Biblical truth, the school encourages the development of a personal relationship with Jesus Christ and strives for academic excellence. Dayspring is committed to providing guided growth in physical, mental, spiritual, and social development for each student.

-Quality Christian education is achieved when parents, students, teachers, administrators, staff and board members steadfastly support the school in every aspect and maintain open communication among one another.

- Parents are responsible for their child's education and spiritual growth.
- Teachers must realize a calling for teaching and be spiritually and academically qualified.
- Students must have a desire to learn and to grow spiritually; to strive for excellence in studies and activities, to be respectful of others, obedient to authority, and to serve the school, the church and the community in the name of the Lord Jesus Christ.
- Board members are mature Christians with a vision of Christian education and possess strong leadership abilities.
- The Executive Director is the spiritual leader and key visionary of the school.

God has revealed His truth in Holy Scripture; therefore, quality Christian education is achieved through the total integration of the Word of God into all curricula and school activities

**Vision:** Christ-centered Education

# Heritage Christian Academy

2506 Zurich Drive Fort Collins, CO 80524

**Phone:** (970) 494-1022

**Athletic Director:** Kevin McGinley; [pkm316@gmail.com](mailto:pkm316@gmail.com)

**School Colors:** Green and Black    **Mascot:** Eagles

**ABOUT OUR SCHOOL:** We are comprised of families and educators committed to providing non-denominational, Christian education opportunities in Fort Collins and the Northern Colorado region. Offering classes from grades Pre-K through 12th, the people of Heritage are dedicated to pursuing academic excellence as well as an education for children from the perspective of a Biblical Christian world view. When people ask why they should choose Heritage Christian Academy, we ask them to consider this...

- Led by experienced Administrators
- Accredited by ACSI
- Athletics affiliated with CHSAA and the Mile High League
- Average ACT scores considerably higher than local and state averages
- American Classical Christian Curriculum (for a description of the Noah Plan, see <http://face.net>), emphasizing a Christian world and life view and based upon the same principles and teaching methods used with the children of the founders of the USA.
- Nurturing environment and critical thinking skill development
- Electives in Art, Drama, Music, Band, Computer
- Advance Placement classes - college prep school
- Qualified teachers - more than half possessing Master's degrees
- In similar settings, our students have scored 2 1/2 grade levels above the national average on Stanford Achievement Test

**Vision:** Equip and nurture students to be servant leaders with a biblical Christian worldview who will have an impact on their world for Christ.

**Mission:** To offer academic excellence, authentic faith, and a nurturing environment.

# Immanuel Lutheran School

4650 Sunview Dr., Loveland, CO 80538

**Phone:** (970) 667-7606

**Website:** [www.Immanuelloveland.org](http://www.Immanuelloveland.org)

**Athletic Director:** Dan Geu [dgeu@immanuelloveland.org](mailto:dgeu@immanuelloveland.org)

**School Colors:** Maroon and White    **Mascot:** Crusader

**ILS Mission Statement:** To partner with families to develop 21<sup>st</sup> Century servant-leaders with a Christ-centered worldview.

**ILS Athletic Philosophy:** It is the aim of Immanuel's Athletic Program to encourage students to be the best they can be, and give their very best to the glory of God.

**Athletic Objectives:**

- To implement a successful sports program which demonstrates a Christian and enthusiastic attitude.
- To encourage athletes to strive for excellence and to do their best regardless of the outcome.
- To assist the athlete in developing their basic skills and talents.
- To teach athletes to participate as a team which cooperates, supports, and works together.
- To provide athletes an experience in which they can develop leadership skills, self-confidence and poise.
- To encourage and promote school spirit and good sportsmanship.

# Knowledge Quest Academy

705 South Schoolhouse Drive Milliken, CO 80543

**Phone:** (970) 587-5742 **Website:** [www.kqatrailblazers.org](http://www.kqatrailblazers.org)

**Athletic Director:** Cullen Stoody; [Cullen.stoody@weldre5j.k12.co.us](mailto:Cullen.stoody@weldre5j.k12.co.us)

**School Colors:** Maroon and White **Mascot:** Trailblazers

**Mission Statement:** Knowledge Quest Academy provides instruction on a broad variety of topics using the proven, content-rich Core Knowledge educational program, along with emphasis on a code of ethics. Small class sizes allow students to receive individual attention. All who are associated with the school are able to contribute: Parents are encouraged to volunteer their time, teachers continue their professional development, and students show intellectual improvement through regular assessments.

## **Vision:**

- Through the Core Knowledge Sequence and collaborative materials, students are able to reach their highest academic potential, thus preparing them for success in their continued education after KQA.
- Students learn positive character traits and a code of ethics from instruction and through the example of their teachers, thus continuing their development for becoming productive adults.
- Teachers present material through various methods in an effective, involved manner (such as using interesting and hands-on activities), helping students develop a strong desire to participate.
- Students are treated equally and without bias, and therefore gain a sense of self-confidence and self-worth from positive and meaningful relationships with teachers and other students.
- As a result of continuous learning by teachers and implementation of improved teaching methods, students' assessment scores show improvement from year to year.
- By regularly assessing students' skills and their retention of knowledge, teachers are able to implement more effective teaching methods based on data obtained from assessments.
- By allowing students to work with new computer equipment, students gain valuable experience related to updated technology.
- The Governing Board of KQA services the entire school community without prejudice or favoritism, therefore making decisions based solely on the long-term benefit of the school as a whole.

# Loveland Classical Schools

3835 14th Street NW, Loveland, CO 80537

**Phone:** 970-541-1507 **Website:** [Lovelandclassical.org](http://Lovelandclassical.org)

**Athletic Director:** Stephanie Ziel; [sziel@lovelandclassical.org](mailto:sziel@lovelandclassical.org)

**Mascot:** Lions Colors: Maroon, Grey, and Blue

**Mission:** Loveland Classical Schools assists parents in developing young minds with virtuous character, critical thinking skills, and a passion for learning to become exceptional community stewards.

**Academics:** Core Knowledge in the Elementary school. Middle School continues with the Core Knowledge Sequence while beginning the transition to Classical education. The High School is a Classical liberal arts high school, with our instruction centered on The Great Books, The Trivium, and Character Education at all levels. Philosophy and Background: Founded in 2011, LCS seeks to uphold the traditions and practices of Classical education. The curriculum is often centered around "old" books and people, such as the Odyssey and the Illiad, Plutarch, and Thucydides. These, and many like them, are the Great books and Authors of the ages. They are the Great Works because they have stood the test of time, and they give us insight into our heritage, into ourselves, and into our souls. The guiding principal driving instruction at LCS is the Trivium. Students begin at the grammar stage, acquiring and mastering facts and knowledge. Next begins the Logic stage, where facts and knowledge are used to infer new meanings and to make new discoveries. The culmination is the Rhetoric stage, which is the mastery of eloquent communication, allowing the learner to express and convey their discoveries, to argue and defend their ideas, and to share their knowledge with their communities. Finally, LCS believes that great education is completed by the instilling of diligent work ethics and moral integrity within our students. Learning can be a painful and uncomfortable experience, and students are taught to embrace both the challenge and also the possibility of failure, for that is the fire that forms us. In teaching moral integrity, LCS does not wait for students to be placed in compromising situations to see how they fare, but instead asks challenging questions of our students and engages in discussions guided by the virtuous characters found in the Great Books, thus ensuring that our students know how they ought to respond when they are required to act with honor, integrity, and courage when others may not. LCS Character education is founded on our Core Virtues as follows:

*Elementary School: Generosity, Responsibility, Honesty, Service.*

*Middle School: Perseverance, Loyalty, Forgiveness, Integrity.*

*High School: Courage, Humility, Prudence, Temperance.*

**Vision:** Loveland Classical Schools' vision is to partner with parents to champion the following values:

- The pursuit of excellence through vigorous diligence. The joy of success is found in hard work through academically challenging material.
- The habituation of ethical virtues. Moral character is inculcated through our twelve core virtues.
- The cultivation of social responsibility. Stewardship and service are encouraged as we work to better our community.

## New Vision Charter School

2366 East First Street Loveland, CO 80537

**Phone:** (970) 593-6827 **Website:** [www.newvisioncharterschool.org](http://www.newvisioncharterschool.org)

**Athletic Director:** Marian Hejl; [mheil@newvisioncharterschool.org](mailto:mheil@newvisioncharterschool.org)

**School Colors:** Purple and Orange **Mascot:** Night Hawks

**School History and Information:** In early February of 2004, a group of parents living in the Loveland, Colorado area began casual conversations about starting a charter school in the Thompson School District (TSD). Those initial conversations soon grew into a grass-roots effort to make a K-8 charter school a reality for students in the Loveland/Berthoud area by Fall 2005. The group proposes a new school called New Vision Charter School (NVCS) and calls itself New Vision Charter School (NVCS) Founding Committee. We are committed to creating and sustaining a school that promotes academic excellence and sets high standards for the personal growth of all its students.

**Mission Statement:** Our Mission is to be a public school of choice that will produce high achieving model citizens through a content rich educational program and a partnership of students, parents, staff and the community.

**Students Will...**

*-Maximize their potential -Respect Diversity -Develop independent critical thinking skills -Accept responsibility for themselves -Respect the world around them  
-Obtain fluency in a second language -Model exemplary character traits -Appreciate importance of community and volunteerism -Develop a lifelong love of learning*

**Parents Will...**

*-Value education and understand the critical role they play in student and school success -Support children in their academic career -Contribute their time and talents to the school -Support the school's mission and vision -Understand they are part of a team committed to the success of all children*

## Ridgeview Classical Schools

1800 S. Lemay Ave. Fort Collins, CO 80525

**Phone:** (970) 494-4620 / **Fax:** (970) 494-4625 **Website:** [www.RidgeviewClassical.com](http://www.RidgeviewClassical.com)

**Athletic Director:** Katherine Luttman; [ad@ridgeviewclassical.org](mailto:ad@ridgeviewclassical.org)

**School Colors:** Gold and Navy **Mascot:** Hoplites

**School History and Information:** Ridgeview Classical Schools is a charter school founded by a group of parents to provide an academically rigorous, content-rich educational program to anyone who chooses to attend, space permitting. Three schools, one campus, one goal. (Elementary, Intermediate, and High School)

**Mission Statement:** To develop the academic potential and personal character of each student through academically rigorous, content-rich educational programs.

**Philosophy:** It is the philosophy of Ridgeview Classical Schools that all students benefit from a rigorous, content-rich educational program that develops academic potential and personal character. The school will provide an environment that fosters academic excellence through the habit of thoroughness, the willingness to work, and perseverance to complete difficult tasks. Through a defined, traditional, classical-liberal curriculum, students will be prepared to become active, responsible members of the community.

## St. Johns the Evangelist

1730 West 12th Street Loveland, CO 80537

**Phone:** (970) 635-5830 **Website:** <http://school.saintjohns.net/>

**Athletic Director:** John Sobraske; [john.sobraske@saintjohns.net](mailto:john.sobraske@saintjohns.net)

**School Colors:** Navy Blue and White **Mascot:** Eagles

**Mission Statement:** "Under the patronage and protection of Saint John the Evangelist. WE, the people of St. John the Evangelist Catholic Church are a faithful family called and sent by God to share and live the mission of Jesus Christ and the Church. Through the celebration of the Eucharist, the Sacraments, and the proclamation of the Word, we are empowered to live our faith by bringing God's love to all. Therefore, as Stewards of God's gifts, we will strive to follow the example of Jesus and our patron, St. John, by boldly bringing the gifts of faith, hope, and love, to all people, of every age, by sharing our time, talents, and treasure. With the Eucharist and the values of the Catholic Church as our foundation, we take great pride in the ministry of our school and all aspects of faith development and education. These enable us to foster the spiritual growth of every child, youth and adult, giving them a foundation of education, morals, and faith to make right choices for their life and actively participate in the life of the Church in order to be God's presence in the world." proclamation for a new era.

**Philosophy:** St. John School strives to: Supplement the family in the teaching of doctrine, the teaching and experiencing of community, and the teaching of service.

-Promote Christian values through integration of prayer, Scripture, and faith experiences into all areas of learning and to develop in our students a sense of their identity as Catholic Christians in a secular world.

-Provide an environment of high academic achievement where our children, reflecting their individual abilities, will excel in scholastic areas.

-Maintain a staff of teachers and administrators with the highest professional and moral standards, and to provide them with opportunities for continual personal and professional growth. -Recognize parents as the primary educators of their children, and to involve them in the formal educational process in a meaningful way.

-Help each child develop critical thinking and independent learning skills

-Help each child discover and develop special talents and to guide the child in using these gifts to benefit himself and others.

-Promote physical fitness and a sense of sportsmanship and fair play through a program of vigorous physical education and extra-curricular sports.

-Foster a deep appreciation of the Church and her liturgical and sacramental life.

-Recognize the place of the Catholic School in the total education mission of the Church and our parish, and to seek a Spirit of harmony and co-responsibility with other elements of St. John's Faith Community.

-With the Second Vatican Council we affirm our conviction that the Catholic School "retains its immense importance in the circumstances of our times." It is the goal of St. John the Evangelist School to nurture and educate each child in an atmosphere that emphasizes Catholic Christian values and academic excellence.

## St. Joseph Catholic School

127 N. Howes St. Fort Collins, CO 80521

**Phone:** (970) 484-1171 / **Fax:** (970) 482-5291

**Website:** [www.stjosephchurchfc.org/School.html](http://www.stjosephchurchfc.org/School.html)

**Athletic Director:** Zachary Kintzley; [zkintzley@stjosephchurchfc.org](mailto:zkintzley@stjosephchurchfc.org)

**School Colors:** Green and White **Mascot:** Cougar

**Mission Statement:** In the spirit of Catholic tradition, our mission is to educate and develop faith filled leaders who value the gift of life, model the teachings of Jesus, and serve the greater world community through time, talent, and treasure.

**Athletic Philosophy:** The Saint Joseph School Athletic Program is designed to provide a variety of opportunities to develop the health, well-being, citizenship, character and athletic skills of the students. Our coaches and staff strive to provide an atmosphere that encourages athletic and academic excellence. The student athletes are expected to demonstrate courtesy, self control, and Christian principles of sportsmanship. These principles will not be neglected in the desire to win.

## St. Mary Catholic School

2351 22nd Ave. Greeley, CO 80631

**Phone:** (970) 353-8100 / **Fax:** (970) 353-8700

**Website:** [www.StMarys-schools.org/StMary.html](http://www.StMarys-schools.org/StMary.html)

**Athletic Director:** Amanda Zimmer; [stmaryad@stmarycs.net](mailto:stmaryad@stmarycs.net)

**School Colors:** Blue and White      **Mascot:** Angels

**School History and Information:** St. Mary's serves in partnership with St. Peter's and Our Lady of Peace in Greeley and several other parishes in the surrounding area to bear witness to Christ by providing Christian education in Northeastern Colorado. St. Mary's Catholic School is committed to faith development through a strong emphasis on gospel values. Community service enables our children to learn the importance of serving our brothers and sisters in Christ's love. Each child is seen as a unique person with special gifts and talents from the Holy Spirit. A strong skills-based academic program prepares children, kindergarten through eighth grade, to make a difference in the community and their world.

**Philosophy:** St. Mary's is founded on the belief that Jesus, as Lord, is the center of our existence. Our main focus is to help the child build a strong relationship with God through daily prayer, development of an understanding and love for the sacraments, and participation in the liturgical life of the Church. We regard each child as a contributor to society, and therefore strive to prepare the child for this responsibility by teaching strong values and morality based on the gospel.

## Union Colony Preparatory School

2000 Clubhouse Drive Greeley, CO 80634

**Phone:** (970) 637- 4546 / **Fax:** (970) 330- 7604

**Website:** [www.unioncolonyschools.org/](http://www.unioncolonyschools.org/)

**Athletic Director:** Kevin Rouse; [krouse@unioncolonyschools.org](mailto:krouse@unioncolonyschools.org)

**School Colors:** Navy and Silver      **Mascot:** Timber Wolf

**School History and Information:** Union Colony began in the spring of 1994 when a group of teachers met to develop the framework for a school. The group focused on a developing a college preparatory curriculum, in a small school concept (maximum student population of 400), within a grades six through twelve configuration. The school opened in 1997 as the first charter school in Greeley.

**Philosophy:** Union Colony School involves students in educational experiences that prepare them to excel in college or other post-secondary educational endeavors. To accomplish this mission, Union Colony provides: a cross-disciplinary exchange of knowledge among core subject areas, including fine arts, international languages, language arts, mathematics, science and social studies; a rigorous and challenging approach to thinking and learning; a strong focus on the processes and products of problem solving; an environment which fosters connections with teachers, other students and the community by limiting the size of the student body; and more continuity for students with a grade six through twelve structure.

## West Ridge Academy

6200 W. 20th St. Greeley, CO 80634

**Phone:** (970) 330-3671/ Fax (970) 330-3679 **Website:** [www.westridgeacademycharter.org](http://www.westridgeacademycharter.org)

**Athletic Director:** Kyle Maines; [kmaines@wrak8.org](mailto:kmaines@wrak8.org)

**School Colors:** Navy and White      **Mascot:** Warriors

**Vision Statement** - The vision is to prepare each student with an exemplary educational experience allowing each child to meet his or her highest academic and character potential.

**Mission Statement** - The mission is to help our students excel to their full potential; the West Ridge community is committed to a rigorous academic learning environment taught by an exemplary staff of passionate educators.

**Core Beliefs** - The following Core Beliefs have been created to further define the school's new vision and mission statements.

1. WRA believes all children can learn provided they receive proper instruction.
2. WRA believes in providing a small school atmosphere where students are known by name and have a significant relationship with at least one adult in the school.
3. WRA believes that all students are valued and respected.
4. WRA believes all students should learn personal responsibility and a positive work ethic.
5. WRA believes in emphasizing the role of the family in a child's education, which includes providing meaningful parental involvement.

## Windsor Charter Academy

680 Academy Court Windsor, CO 80550

**Phone:** (970) 674-5020 / **Fax:** (970) 674-5017

**Website:** [www.WCAcad.org](http://www.WCAcad.org)

**Athletic Director:** Matthew Moeller; [matthew.moeller@windsorcharteracademy.org](mailto:matthew.moeller@windsorcharteracademy.org)

**School Colors:** Maroon, White and Blue      **Mascot:** Firebirds

**Mission Statement:** The mission of Windsor Charter Academy (WCA) is to help our community provide for the diverse needs of Windsor RE-4 students through expanded choices in the types of educational opportunities available in the district.

**Philosophy:** Education is the great equalizer in that all children will be introduced to and master; the same core of knowledge that builds sequentially year by year (E.D. Hirsch, Core Knowledge curriculum). Once mastery has occurred, students are encouraged to progress at their instructional levels. Children's response to citizenship is enhanced by holding them accountable for both their behavior and their academic growth. Expanded choices in education should not be limited to those who have the financial resources and prerogative to support private schools. The greatest challenge to any democracy is to provide for those in the minority; in this case, those who want something different in education.

*Parents and teachers must work together when it comes to education. Having accepted the academic objectives and philosophy of the school, the teacher needs to be able to cooperate with other faculty members in order to ensure a continuous progression of learning while creating a positive learning environment. Also, having accepted the academic objectives and philosophy of the school, the parent needs to support the faculty by staying involved in their children's education. Children can and should be held accountable for their own school work and behavior, with the support of their teachers and parents.*

# NCIL

## Sports Regulations

Northern Colorado Independent League Sports Regulations  
\*Updated 8-21-2016

### I. Seasons

#### A. Fall

##### I. Soccer for Boys

- a. Ten days of practice are allowed before the first scheduled game.
- b. Tournaments will begin immediately following the end of the season.

##### II. Volleyball for Girls

- a. Ten days of practice are allowed before the first scheduled game.
- b. Tournaments will begin immediately following the end of the season.

#### B. Winter

##### I. Basketball for Boys

- a. Practices may begin the day after the soccer finals.
- b. Tournaments begin immediately following the end of the season.
- c. The season will end before Christmas Break in December.

##### II. Basketball for Girls

- a. Practices may begin one week before Christmas Break.
  1. Practice start times may be different based upon individual Christmas Break schedules.
  2. No practices shall be held during Christmas Break.
- b. Tournaments begin immediately following the end of the season.

#### C. Spring

##### I. Track for Boys and Girls

- a. Practices may begin the day after the girls basketball finals.
- b. A final NCIL track meet will immediately follow the season.
- c. The season will end approximately the 1st or 2nd week of May.

##### II. Soccer for Girls

- a. Practices may begin the day after the girls basketball finals.
- b. Tournaments begin immediately following the end of the season.
- c. The season will end approximately the 1st or 2nd week of May.

### II. Game Schedule

#### A. Games will be scheduled on Mondays and Thursdays.

- I. Contests may be scheduled on different days depending on official availability.

#### B. The NCIL will be responsible for obtaining an Official Scheduler. The Official Scheduler will arrange officials for Girls' Volleyball and Girls' and Boys' Basketball. Individual schools are required to obtain officials for soccer and track.

- I. Schools that are located in Denver and the surrounding areas may be required to secure their own officials.

### III. Eligibility & Team Structure

#### A. Teams shall be comprised of students in grades 6-8. Students in grade 5 shall be allowed to join a team if team numbers are low. Ages of athletes should range between 10 and 15. The discretion of the coach and Athletic Director will be used as to whether he/she feels an athlete is able to participate at the age of 10 or 15.

#### B. Teams shall be arranged according to skill level.

- I. A team (higher skill level)
- II. B team (lower skill level)

#### C. Exceptions to the age requirements may be voted on by the Board of Directors.

#### D. Academic eligibility is decided by each respective school's individual policy.

### IV. Game Format and Rules

#### A. Soccer - Boys

##### I. 35 minute halves, with 10 minute half-time.

II. Overtime - two 5-minute 'Golden Goal' periods (max); First shoot-out must occur with 5 players who were on the field at the end of the 2nd overtime period. If a tie remains, the shootout will continue, **one player at a time**, from both teams until one team has scored and the other team has not.

- a. Visiting team will shoot first, home team will shoot second.

##### III. Soccer cleats; no football cleats.

##### IV. Sub in on your own throw in and corner kicks.

##### V. Follow the rest of USSF rules.

#### B. Volleyball - Girls

##### I. B team plays before A team.

##### II. No libero in this league to give the player an opportunity to learn.

##### III. A Team

- a. Best 2 out of 3 games.

- b. 1st two games are rally to 25 with cap of 30 points.
- c. 3rd game is rally to 15 with a cap of 20 points.

IV. B Team

- a. Best 2 out of 3 games.
- b. 1st two games are rally to 25 with a cap of 30 points.
- c. 3rd game is rally to 15 with a cap of 20 points.

V. For schools that have larger programs, A and B matches will be scheduled.

VI. For schools that don't have large programs, an extra game after the A match can be held for those who did not see much playing time.

- a. Rally scoring to 15.

VII. Net height will be set at 7 feet, 4 inches.

C. Basketball - Boys and Girls

I. A teams 6 minute quarters stop clock; 6 minute half-time

- a. Overtime period will be three (3) minutes. Time-outs and fouls carry over and each team will receive one additional full timeout.

II. B teams 8 minute quarters, running clock, stop clock last minute 4th qtr.

- a. Stop clock only during large substitutions, timeouts, and during foul shooting until the shooter is given the ball on the second shot.
- b. Please use discretion when using starting A players-use only if needed.
- c. Overtime period will be a 4 minute running clock with a stop clock during the final minute. Time outs and fouls carry-over. Each team will receive an additional full time-out.

III. Boys will use men's ball.

IV. Girls use women's (intermediate) ball (28.5 Circumference).

V. Each team is allowed three full time outs and two 30 second time outs.

VI. No Pressing allowed by team ahead by 15 points or more (Does not apply to semi-finals and finals.)

VII. It is recommended that players should play no more than 5 total quarters between the A and the B game. A coach may play a player for more than 5 quarters, however, if he or she feels it is necessary due to low numbers or some other circumstance that makes common sense. The purpose of the B game is for player development. It should not be a priority for any program to win the B game.

VIII. A 5th quarter (8 minute running clock) is allowed.

D. Track & Field

I Running Events offered will be as follows:

- Girls 100 meter hurdles (30 inches)/ Boys 100 meter hurdles (30 inches)
- Girls 100 meter dash/ Boys 100 meter dash
- Girls 800 meter relay/ Boys 800 meter relay
- Girls 1600 meter run/ Boys 1600 meter run
- Girls 400 meter relay/ Boys 400 meter relay
- Girls 400 / Boys 400
- Girls 800 / Boys 800
- Girls 200 / Boys 200
- Girls 1600 relay / Boys 1600 relay
- Girls 800 meter Medley (100, 100, 200, 400) / Boys 800 meter Medley (100, 100, 200, 400)

II. Field Events

- Discus (1Kg)
- Shot: boys (8 lbs.) / girls (6 lbs.)
- Long Jump
- Triple Jump
- High Jump

III. Individual competitors may compete in a total of 4 events. Those four events may NOT be four running events; but must be a combination of running and field events. Each school has a maximum of ten athletes per event at each meet. Each school has a maximum of three athletes per event at the finals. Athletes are limited to 4 events for finals.

E. Soccer – Girls

I. 35 minute halves, with 10 minute half-time.

II. Overtime - two 5-minute 'Golden Goal' periods (max); First shoot-out must occur with 5 players who were on the field at the end of the 2nd overtime period. If a tie remains, the shootout will continue, **one player at a time**, from both teams until one team has scored and the other team has not.

- a. Visiting team will shoot first, home team will shoot second.

III. Soccer cleats; no football cleats.

IV. Sub in on your own throw in and corner kicks.

V. Follow the rest of USSF rules.

VI. Post Season Tournament/Meets

- A. The locations of post season tournaments and meets will be decided by the board of directors at the beginning of each school year.

# Sportsmanship

## Sportsmanship Traits

- Respect is showing high regard for coaches, officials, opponents, fans, administrators, self, team, and the school you are representing.
- Responsibility is being dependable in carrying out obligations and duties, showing reliability and consistency in words and conduct, and being accountable for your actions.
- Self-Control is demonstrating hard work and commitment to purpose, regulating yourself for improvement and refraining from inappropriate behaviors, maintaining composure at all times and doing your best in all situations
- Integrity is having the inner strength to be fair and courteous during athletic events, doing the right thing when others don't, to play according to the rules, acting positively and honorably not only to your team, but to your opponent
- Perseverance is being persistent in pursuit of worth objectives in spite of opposition, difficulty, injuries, handicaps or discouragement and exhibiting patience and having the fortitude to try again when confronted with mistakes or failures
- Cooperation is working together, being considerate and courteous to the opposing team and officials, following the rules, understand that to be successful we must all work together in achieving our common goals
- Citizenship setting priorities in agreement with league and team rules, leading others to follow and abide by these rules, being a good student/athlete by maintaining good grades and being a good role model.

## What is sportsmanship?

Good sportsmanship is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others:

- Play fair, take loss or defeat without complaint or victory without gloating
- Treat others as you wish to be treated
- Respect others and one's self
- Impose self-control, be courteous, and gracefully accept the results of one's actions
- Display ethical behavior by being good (character) and doing what is right (action)
- Be a good citizen.

# “High Fives” To Sportsmanship

## Everyone’s “high five”

1. Show respect for the opponent at all times. The opponent should be treated as a guest, greeted cordially on arriving, given the best accommodations and accorded the respect, honesty and generosity which all people deserve.
2. Show respect for the officials. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. Know, understand, and appreciate the rules of the contest. A familiarity with the current rules of the games and the recognition of their necessity for a fair contest is essential. Good sportsmanship consists of conforming to the spirit as well as the letter of the rules.
4. Maintain self-control at all times. A prerequisite of sportsmanship requires one to understand his own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Sportsmanship is concerned with the behavior of all involved in the game.
5. Recognize and appreciate skill in performance regardless of affiliation. Applause for a good performance is demonstration of generosity and good will.

## Coaches “high five”

1. Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
2. Teach good sportsmanship and establish high standards for the athletes, parents, and fans.
3. Develop and enforce penalties for participants who do not abide by sportsmanship standards.
4. Treat opposing coaches, participants, and fans with respect. Shake hands with officials and opposing coaches.
5. Teach the value of honest effort in conforming to the spirit as well as the letter of the rules.

## Student-Athletes “high five”

1. Accept seriously the responsibility and privilege of representing your school and community; display positive public action at all times.
2. Treat opponents with the respect that is due them as guests and fellow athletes.
3. Exercise self-control at all times, accepting decisions and abiding by them.
4. Accept both victory and defeat with pride and compassion, never being boastful or bitter.
5. Live up to the high standards of sportsmanship established by your coaches and help fellow athletes and fans maintain these standards.

## Parents, Students, and Other Fans “high five”

1. Realize that it is a privilege to observe a contest and support your school activities, not a license to verbally assault others.
2. Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
3. Recognize and acknowledge good performances by athletes on either team.
4. Give support to those participating in , conducting, and/or officiating the athletic event.
5. Respect the judgment and strategy of the coach.

## Spirit Squads “high five”

1. Help develop a reputation of good sportsmanship for your team, school, and community.
2. Stimulate desired crowd response using only positive cheers, signs and praise without antagonizing or demeaning opponents.
3. Treat visiting cheerleaders and fans with respect.
4. Give encouragement to your team and try to recognize outstanding performance regardless of team affiliation.
5. Maintain enthusiasm and composure, serving as a role model.

## The acceptable “five”

1. Applaud during introduction of players, coaches, and officials and at the end of the contest for the performance of all participants.
2. Shake hands with participants and coaches at the end of the game.
3. Accept all decisions of the officials.
4. Engage in positive school yells in a respectful manner.
5. Encourage surrounding people to display only sportsmanship conduct.

## The unacceptable “five”

1. Yelling during the opponent’s free throw attempt, in a disrespectful manner, or antagonizing opponents.
2. Booming or heckling an official, coach player or cheerleader.
3. Refusing to shake hands or give recognition for good performances.
4. Blaming the loss of a game on officials, coaches, or participants.
5. Using profanity or displaying anger that draws attention away from the game.

NCIL would like to acknowledge the Wake County Public School System in Raleigh, North Carolina for allowing us to use ideas and information from their Sportsmanship Brochure. Just another example of cooperation and being a good sport. Thanks again.

# NCIL By-laws

## Article I

### Membership

#### Section 1(a): Membership

Any public or private school within northern Colorado that maintains organized junior high school sports and commits to participating in four of the five offered sports (boys' soccer, girls' volleyball, boys' and girls' basketball, and co-ed track and field) is eligible to become a member of the Northern Colorado Independent League if approved by a majority vote of the Board of Directors. (Junior High shall be interpreted to include the fifth, sixth, seventh, and eighth grades.)

i. Application for membership must be made in writing to the Board President of the league. Items that shall be included in application are a letter of interest containing the school mission, school philosophy, and what sports the applicant school offers.

ii. Application for withdrawal must be made in writing to the Board President of the league.

iii. All future incoming schools will undergo a probation period of one academic school year. The "probation" status will entail, keeping a minimum of 4 sports of participation, having a qualified facility to play in, and comply with basic league rules.

Section 1(b): With the payment of annual membership dues to the league, members agree to abide by the By-Laws and sports rules and regulations set forth by the Board of Directors.

#### Section 2(a): Dues

The annual dues shall be fixed by the Board of Directors and are payable to the league on or before September 1. Dues shall be mailed to the league treasurer and be postmarked no later than September 1.

Section 2(b): A school in arrears for dues shall not be eligible to compete in any contests and will not receive credit towards tournament and tournament placement. Any school in violation of this section may be suspended or placed on probation by the Board of Directors.

#### Section 3(a): Agreement with By-Laws

Each school in joining with the NCIL expressly agrees not to contest the By-Laws written herein. Schools that contest the

By-Laws written herein will be suspended or placed on probation as decided by the Board of Directors.

Section 2(b): Schools that are not in compliance with the by-laws will be placed on 1-year probation for the following academic year.

## Article 2

### Officers

Section 1: The officers of the league shall be a president, a vice-president/secretary, and a treasurer.

a. The duties of the President shall include but not be limited to presiding over regular and special meetings, arranging official assigners, developing meeting agendas, and entertaining public relation inquiries.

b. The duties of the Vice-President/Secretary shall include but not be limited to preparing meeting minutes, corresponding with league members, tracking schools participation in sports offered, tracking attendance of schools at monthly meeting, and creating and developing tournament standings and brackets.

c. The duties of the Treasurer shall include but not be limited to maintaining league monies, presenting balance sheet at monthly meetings, ordering awards for tournament, and preparing checks.

Section 2: Should a vacancy occur in the office of the president, the vice-president shall succeed him. Shall a vacancy occur in other offices, the Board of Directors shall appoint a successor.

Section 3: Officers of the league shall be elected for a one-year term.

Section 4: Election of officers shall be made by a simple majority vote in the May monthly meeting.

a. The Vice-President/Secretary shall move to the seat of President.

b. All other positions will be elected by majority vote.

## Article 3

### Meetings of Members

#### Section 1: Monthly Meetings

The monthly meetings of the members of the NCIL will be held on the second Wednesday of each month at 7:00 p.m. The location of the monthly meetings for the entire calendar year will be decided during the monthly meeting in August.

#### Section 2: Special Meetings

Special Meetings may be called by the Board of Directors at any time.

#### Section 3(a): Attendance at Meetings

Regular attendance at monthly meetings of the Board of Directors is required.

- i. Each member school is allowed one “unexcused” absence from monthly meetings. Prior written notice must be received by the league secretary two days prior to the scheduled monthly meeting to receive an “excused” absence.
- ii. A school representative shall be able to attend the monthly meeting in place of the regular member.

#### Section 3(b): Absences

Absences whether “excused” or “unexcused” must not exceed more than two per school year.

#### Section 3(c): Penalty for Irregular Attendance

- i. A letter written by the President will be sent to the school’s principal
  - a. A copy of the letter will be provided for the school’s athletic director
  - ii. The school will be charged a \$100.00 fine.
    - a. The Treasurer will send an invoice to the respective school.

## Article 4

### Powers and Duties of the Board of Directors

#### Section 1: Powers of the Board of Directors

- a. It shall have general control over all activities and contests between schools which are members of this league.
- b. It shall have authority to give interpretations of the rules of the league.
- c. It shall determine penalties for violations when they are not otherwise expressly provided.
- d. It shall have the power to make investigations relative to the violation of the rules of the league.

## Article 5

### Rules and Regulations

#### Section 1: Score Reporting

Contest/match scores are required to be reported by home team to the Vice-president/Secretary no later than noon on the following school day unless otherwise arranged.

#### Section 2: Scoring at Contests

The home team is required to secure qualified individuals to operate the time clock and keep official statistics.

#### Section 3: Uniforms- Each school is required to have uniforms for athletes to wear during contests/matches.

- a. Uniforms need not to be a different style for each sport. (Volleyball jerseys may also be used in basketball.)
- b. Home teams should wear a white or light colored jersey unless prior arrangements have been made with the opposing team.
- c. Uniforms must have numbers on the back that are visible and readable by the officials.
- d. Jerseys must be tucked in at all times.

## Article 6

### Sportsmanship

#### Section 1: Philosophy

Sports are an important aspect of the total education process in school. They provide an arena for participants to grow, to excel, to understand, and to value the concepts of Sportsmanship and teamwork. They are an opportunity for coaches and school staff to teach and model Sportsmanship and to build school pride; this ultimately translates into improved academic performance.

#### Section 2: General Regulations

Sportsmanship is a general way of thinking and behaving. The following sportsmanship items are listed below for clarification.

- a. Be courteous to all. (participants, coaches, officials, staff, and fans)
- b. Know the rules, abide by, and respect the official’s decisions
- c. Win with character and lose with dignity.
- d. Display appreciation for good performance regardless of the team.
- e. Exercise good self-control and reflect positively upon yourself, team, and school.
- f. Permit only positive sportsmanlike behavior to reflect on your school and its sports.

#### Section 3(a): Enforcement Policy

- i. It is encouraged and recommended by the Northern Colorado Independent League that all schools adopt these regulations and reinforce them as indicated herein.
- ii. The Board of Directors shall be responsible for the interpretation of these regulations, including “desirable and unacceptable behavior”.

#### Section 3(b): Enforcement Procedures

- i. In the event a player is ejected from a contest/match for unsportsmanlike behavior, the player shall be disqualified for the remainder of that contest/match and the player shall be suspended from competition for the next regularly scheduled match/contest of the same level (A team or B team).
  - a. The player may not take part in any other contests at any level during this time.
  - b. A school may not schedule a contest/match after an ejection in order to circumvent the penalty.
- ii. In the event a coach is ejected from a contest/match for unsportsmanlike behavior:
  - a. The coach will be required to immediately leave the premises.
  - b. The coach shall be automatically placed on probation for a length of time decided by the Board of Directors.
  - c. The Assistant Coach may take over coaching responsibilities for the remainder of the game. In the event an Assistant Coach is not available, the game will be declared a forfeit.
- iii. Penalties for coach ejection are: not allowed to coach in following scheduled game or be in attendance at the following scheduled game.
  - a. If a coach is ejected for unsportsmanlike behavior more than twice in a season, the coach will not be allowed to coach in tournament.
  - b. Report of a coach's unsportsmanlike behavior to the NCIL Board will be referred back to the Athletic Director and Administration of the specific school to be dealt with.
  - c. These policies and enforcement procedures are required by the NCIL. Schools may choose to enforce more harsh penalties if they so desire.
  - iv. The athletic director of the respective school must immediately report to the league the names and circumstances involving the players/coaches ejected.

## Article 7

### Amendments

Section 1: Proposed amendments to the by-laws must be submitted in writing to the president at least twenty (20) days prior to a monthly meeting.

Section 2: By-Laws for this league may be adopted, amended, or repealed at any regular meeting by a majority vote.