TTUSD Athletics: A transition from NIAA to CIF

School Board Study Session

Presented for the TTUSD School Board of Trustees
June 13, 2025

Agenda: NIAA to CIF Transition Planning

This agenda outlines the key topics to be discussed during today's study session regarding the TTUSD's athletic transition.

Content:

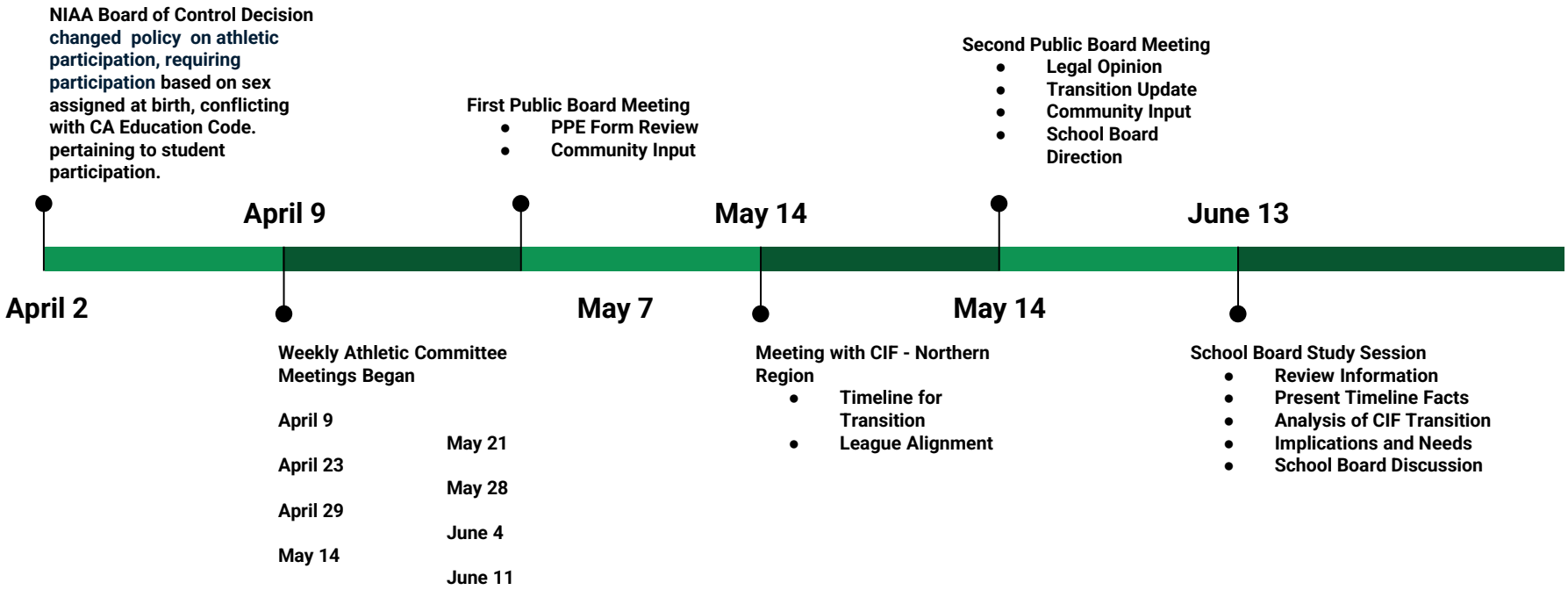
- Introduction
- Timeline: NIAA to CIF Transition to Date
- Review of NIAA Policy Changes & California Laws
- NIAA Sports Physical Pre-Participation Form Analysis
- CIF Transition and Implications for TTUSD
  - Seasonal Sports
  - Transportation
  - Facilities
- CIF Transition Discussion and Timeline

TTUSD Process

- **District Staff**
  - Legal counsel review and opinion
  - Conversations with CIF and NIAA

- **TTUSD Athletic Committee**
  - Review of TTUSD board policies & CA Law
  - Explore logistics of a switch to CIF (travel, schedules, sport seasons)
  - Examine impacts to soccer & tennis and brainstorm mitigation ideas

TTUSD Athletic Transition Timeline (To Date)



Change in NIAA's Athletic Eligibility Policy & Conflict with CA Law

April 2, 2025: NIAA Board Of Control Revised Student Eligibility Policy

Eligibility: limits eligibility to only consider the student's sex assigned at birth and disregards gender identity or gender expression. CA protects gender and gender identity in its anti-discrimination laws.

Preparticipation Physical Examination (PPE) Form: requires student's physician to:

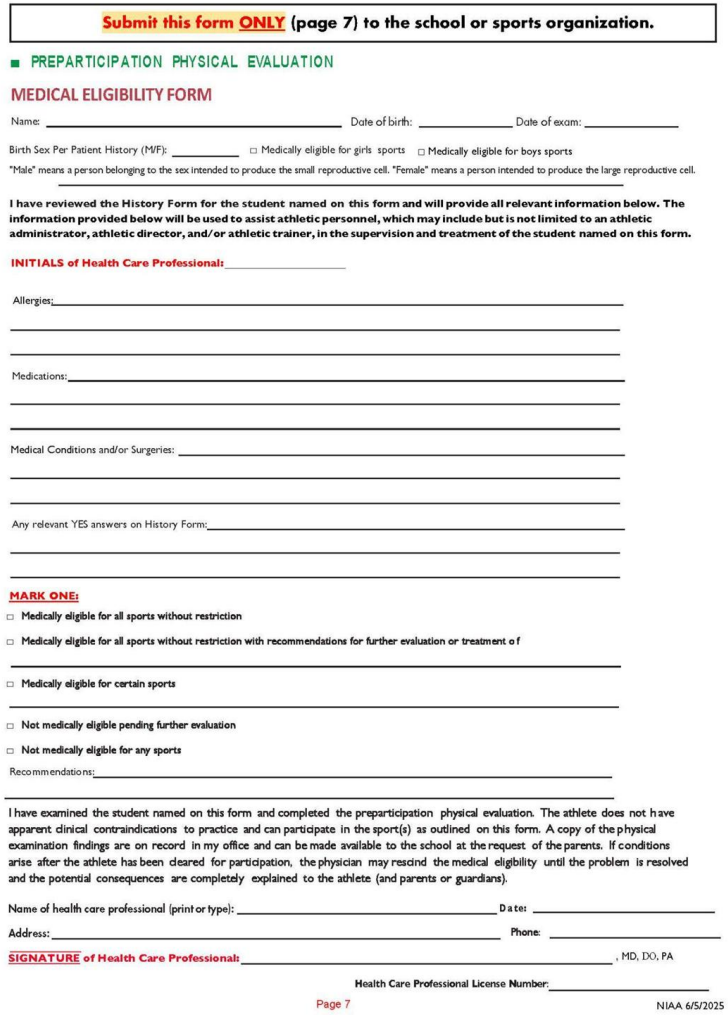
- designate the student's "sex at birth", changed as of 6/5/25 to "sex at birth per patient history"
- designate either "medically eligible for girls sports" or "medically eligible for boys sports".

This form must be signed by the student, student's parent or guardian, and the physician or other medical provider verifying the accuracy of the student's sex at birth per patient history.

Medical information is personal information and it being shared directly violates the protected, constitutional rights provided to students under AB 1955.

Pre-Participation Physical Exam

- All prior concerns regarding Pre-Participation Physical Exam (PPE) forms have been addressed.
- Local providers at Tahoe Forest Health District (TFHD) will now permit parents, guardians, and students to complete sections on "Birth Sex per patient history" and "Medically Eligible for girls/boys sports."
- Local providers will finalize and validate the updated PPE forms with their signatures.
- The updated NIAA forms, dated June 5, 2025, are available on the NIAA website, Aktivate platform, and at both middle and high school campuses.
- TTUSD is collaborating with TFHD to offer accessible physical examinations for student-athletes at North Tahoe High School (NTHS) and Truckee High School (THS) in late June and July.
- Submission of the completed PPE form will enable students to be officially rostered for their chosen sport(s).



Submit this form ONLY (page 7) to the school or sports organization.

■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____ Date of exam: _____

Birth Sex Per Patient History (M/F): _____ □ Medically eligible for girls sports □ Medically eligible for boys sports

"Male" means a person belonging to the sex intended to produce the small reproductive cell. "Female" means a person intended to produce the large reproductive cell.

I have reviewed the History Form for the student named on this form and will provide all relevant information below. The information provided below will be used to assist athletic personnel, which may include but is not limited to an athletic administrator, athletic director, and/or athletic trainer, in the supervision and treatment of the student named on this form.

INITIALS of Health Care Professional: _____

Allergies: _____

Medications: _____

Medical Conditions and/or Surgeries: _____

Any relevant YES answers on History Form: _____

MARK ONE:

□ **Medically eligible for all sports without restriction**

□ **Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of**

□ **Medically eligible for certain sports**

□ **Not medically eligible pending further evaluation**

□ **Not medically eligible for any sports**

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

SIGNATURE of Health Care Professional: _____, MD, DO, PA

Health Care Professional License Number: _____

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NIAA 6/5/2025

Summary of Changes since May 14, 2025

NIAA PPE Form

- Tahoe Forest Hospital reversed decision and TFH medical doctors can complete the NIAA PPE form.
- NIAA revised the PPE form during the June NIAA Board of Control meeting (new form dated 6/5/25).
- NIAA releases a FAQ document about the PPE Form and shares in email that they are hearing from some parents that they are experiencing challenges with medical providers completing the PPE form.

State Level Issues

- June 2, 2025, the Department of Justice (DOJ) sent a letter to CA school districts stating LEAs are “exposed to legal liability” if they comply with a California Interscholastic Federation (CIF) policy that requires that students have the opportunity to participate in CIF activities in a manner that is consistent with their gender identity.
- June 9, 2025 California Department of Education responded to DOJ on behalf of CA school districts.

CIF Overview & Structure

- The California Interscholastic Federation (CIF) operates as a collaborative entity that establishes its regulations and primarily governs championships.
- TTUSD would be affiliated with CIF Sac-Joaquin Section. CIF's governance structure involves a board composed of state and section representatives, functioning on a "bottom-up" model.
- The primary governing body at the state level is the Federated Council, which is responsible for enacting and amending CIF rules. The Federated Council consists of representatives from each of the 10 semi-autonomous CIF sections, along with delegates from various allied organizations like the California Coaches Association and the California School Boards Association.
- This contrasts with the Nevada Interscholastic Activities Association (NIAA), which is the governing body of high school athletics and activities recognized by the Nevada state legislature and mandates rules.
- Budgetary operations within CIF involve separate operational and playoff budgets, with costs determined by the number of teams a district sponsors and per-team playoff fees.

CIF League Alignment & Competition

- Potential placement in the Foothill Valley League (FVL) would present the simplest initial alignment for Truckee High School; however, this could negatively impact some of their existing athletic programs.
- The Pioneer Valley League (PVL) is the preferred alternative, possible with the one year delayed entry.
- North Tahoe High School aligns favorably with the Sierra Delta League (SDL)
- CIF evaluates team competitiveness based on win/loss records.
- Soccer offers seasonal flexibility within CIF and can be scheduled for either the fall or spring season alleviating travel concerns.
- League realignments occur on a quadrennial cycle, with the next adjustment scheduled for 2027/2028, impacting competition starting in 2028/2029.
- CIF is transitioning towards a conference model within the Sac-Joaquin section in 2028/2029 to enhance local governance

Logistics and Procedures

- Playoff qualifications are based on both automatic qualifiers, such as league champions, and subsequent rankings to complete the tournament bracket.
- Minimal impact is anticipated regarding transportation and rescheduling of events.
- CIF establishes standardized rates for officials. Officials from the Northern Nevada Officials Association (NNOA) may officiate CIF events with a signed Memorandum of Understanding (MOU). Arbiter Sports is the designated payment platform for officials.
- TTUSD will maintain its current training protocols. Additionally, TTUSD staff can participate in professional development opportunities offered by CIF.
- Grade checks and drug/alcohol policies remain under local jurisdiction and are not mandated by CIF.
- Coaching certifications may necessitate supplementary training in areas such as sudden cardiac arrest and heat-related illness recognition.

Seasonal Sports-CIF

FALL	WINTER	SPRING
Football	Alpine Skiing	Baseball
*Girls Flag Football	Soccer	Softball
Volleyball	Basketball	Boys Golf
Cheer	Cheer	Swimming
Cross Country	Nordic Skiing	Track and Field
Girls Golf	Snowboarding	Boys Tennis
Girls Tennis	Wrestling	**Lacrosse
Boys Soccer (D7)		Girls Soccer (D7)

*Sports not currently offered in TTUSD; **Lacrosse is a sanctioned sport in NIAA effective 26/27 fall season

Seasonal Sports Logistics

Scheduling Process

- League Schedules are set for a 2 or 3 year cycle
  - Home and Away rotation.
- Non-league games are also set for a home and away contract 95% of the time
- League schedules are set for 2025-26, 2026-27 and 2027-28 already. (CIF and NIAA)
  - Our joining CIF would be the only changes for these leagues.
- Non-league games may or may not be set
  - School-by-school basis

Scheduling Timelines

- Discussions with leagues begin in early August
- Membership Request is presented as first read to CIF Board in October
- All leagues begin working on 26/27 scheduling beginning in November
- Schedules are solidified for the 26/27 school year by February/March 2026

26/27 Football Scheduling Influences Scheduling for All Sports

- Football scheduling for Fall 2026, will be set by November 2025
- League schedules roll over. They just swap locations.
- Non-league games are 2-year, home and away commitments. (Sometimes a contract is signed)

Soccer Girls/Boys

- CIF statewide participation for Girls and Boys Soccer occurs during the Winter season.
- Only the Winter Soccer season qualifies for Regional and State Postseason Competition under CIF guidelines.
- The CIF Northern Section offers a Boys Fall Soccer season and a Girls Spring Soccer season, each with League Level Postseason Competition.
- In NIAA Girls Soccer is traditionally a Fall sport.
- The seasonal variations in CIF structure present logistical challenges regarding field availability and practice schedules due to inclement mountain weather conditions.

Lacrosse

- Lacrosse is presently a club sport that competes with teams from Reno and Northern California.
- The Tahoe-Truckee (TNT) Lacrosse Club includes students from various schools within the Tahoe-Truckee area.
- Lacrosse was recently sanctioned by the NIAA, with implementation scheduled for the 2026/2027 school year.
- Under NIAA regulations, North Tahoe High School (NTHS) students are prohibited from participating on Truckee High School (THS) teams.
- In the California Interscholastic Federation (CIF), NTHS students are eligible to participate on THS teams.
- CIF sanctions Lacrosse as a fall sport.
- There is significant community support for the establishment of Lacrosse as a sanctioned sport within TTUSD.

Tennis Girls/Boys

- Tennis is a sanctioned Fall sport under the NIAA.
- Boys Tennis is a sanctioned Spring sport under the CIF.
- Aligning with existing TTUSD Spring Sports such as Baseball and Softball, Boys Tennis may conduct practices and competitions in Reno during March and April.
- The adjustment in athletic competition seasons will necessitate the acquisition of additional team vehicles.
- Would need to consider increasing tennis coach stipend to 8% from 5% for more on the clock time for coaches, considering the extra travel.

Alpine Skiing

- Prior to NIAA policy change TTUSD was working to transition out of NIAA for Alpine Skiing
- Concerns with the current NIAA Alpine Skiing league include limited competition, perceived inequitable treatment of North Tahoe/Truckee schools, and a condensed season.
- Transitioning from NIAA could enable other Nevada schools to join the Truckee-Based Ski League (TBSL), potentially sustaining NIAA's focus on athlete experience.
- Joining the California Nevada Interscholastic Ski & Snowboard Federation (CNISSF) offers substantial benefits, such as enhanced team unity, a more comprehensive State Championship experience, streamlined training schedules, improved safety protocols, and cost efficiencies due to reduced travel requirements.
- CNISSF provides a significantly larger competitive pool with over 40 schools participating in State Championships, compared to NIAA's 6 teams, along with a longer, weather-responsive race season.
- There will be no probationary period for new CNISSF members, racing structure (Varsity/JV divisions) will align with snowboard and nordic teams.
- Alignment with CNISSF would integrate Alpine Skiing with Nordic Skiing and Snowboarding, which already participate in CNISSF's combined State Championships. CNISSF offers a combined team Alpine/Snowboard state championship and they complete at the same time at the same resort allowing for camaraderie between the teams

Transportation

- **Needs**
  - New Vans for NTHS and THS
- **Distances**
  - Less annual miles
  - Less overnight trips
- **Concerns**
  - Overlapping needs with sports who need to travel for practice and play
  - Bus Driver Hours
  - A need to work with more bus companies

Facilities

- **Facilities**
  - Possible upgrades to address sports in new seasons (tennis and soccer)
- **Turf at THS Track Lined for Soccer, Lacrosse, Football w/ Field Goals**
  - *Flag Football and Lacrosses would need facilities
  - Turf would benefit multiple outdoor teams, not just soccer
- **ACMS Redo Turf**

CIF Transition Considerations

Cons

- **Winter Sports Logistics**
  - Summit travel
    - rescheduling/cancellations/forfeits both TTUSD teams and visitor teams
- **Soccer Switch to Winter Season**
  - Practice locations
  - Home game sites
  - Roster impacts due to dual-sport athletes
  - Potential decrease in athlete participation
  - Potential loss of coaches who can’t accommodate a winter season
- **Tennis Switch to Spring Season**
  - Early season practice locations
  - Early season home match sites
  - Transportation share between tennis, swim and boys golf

CIF Transition Considerations

Pros	Pros

• **Alignment between CA Ed Code and CIF bylaws**
  ○ Rules, policies, laws regarding student play
• **Competitive equity around league placement**
  ○ Based on enrollment/competitiveness
• **Higher profile postseason**
  ○ More schools, multiple levels to championships (league, section, state)
• **Increased athletic visibility for recruiting and scholarships**
• **Opportunity to add Girls Flag Football**
	• **Less travel time, less missed school, fewer overnights**
	  ○ No more overnight trips to Elko, Winnemucca, West Wendover, Battle Mountain, etc.
	• **Potential new sport offerings**
	  ○ Girls flag football
	  ○ Lacrosse (girls & boys)
	• **CNISSF alignment for Alpine Ski teams**
	• **Non-conference scheduling can maintain long standing matchups and rivalries**

CIF Transition - Athletic Committee Input

- Multiple parties interested in moving through recent history. 2018/19 boys and girls basketball NTHS, 2019 THS Football, 2024 THS/NTHS Alpine Ski
- CIF - federation versus Association
  - Local control for athletic and academic eligibility, drug/alcohol policy
  - Alignment of CIF to CA Laws
- Thoughtfulness of Alignment, Playoff Seating, League and division alignment
- Levels of postseason: 3 levels - League, Section, State championship opportunities
- Concerns with remaining in NIAA and the potential for a challenge to an athlete participating
- A commitment to a transition decision and timeline is essential for the planning of upcoming seasons.
  - In order to plan for a transition for 26/27, decision needs to be made by beginning of August 2025.
- A commitment to support the expansion of current athletic offerings to include Lacrosse

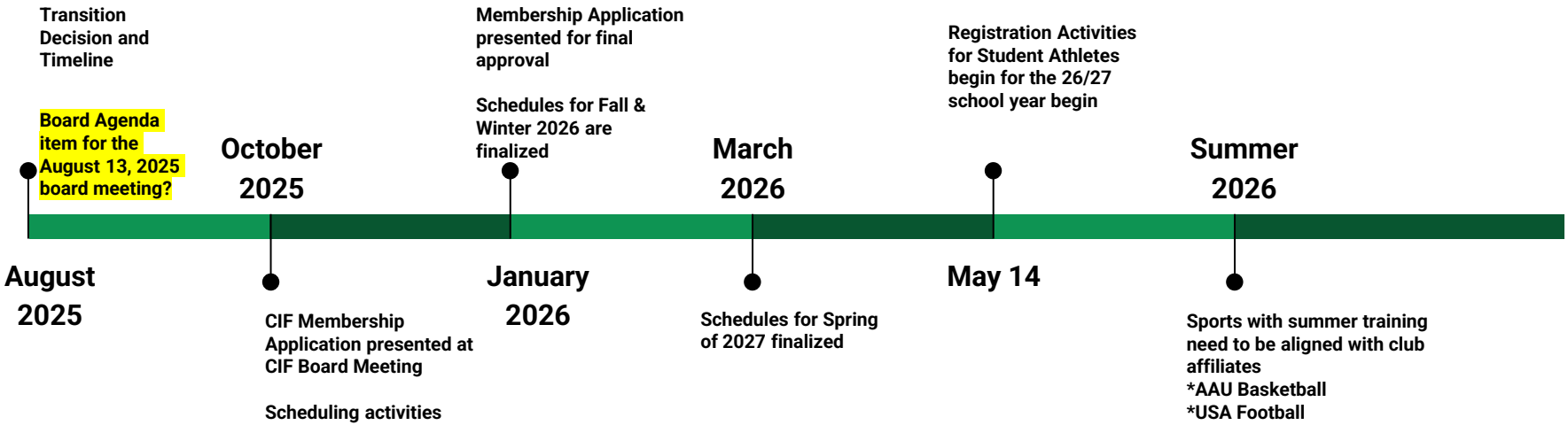
CIF Transition Opportunities Next Year and Beyond

- Generate enthusiasm among students for CIF opportunities.
- Highlight and Message the athlete benefits within CIF.
- Encourage girls' flag football participation in CIF events.
- Facilitate student group attendance at CIF lacrosse games.
- Organize community athletic forums during the fall season.
- Provide transportation for fans or teams to CIF events in 2025-2026

Next Steps

1. Set Deadline for transition decision
    a. Decision needed prior to NIAA league scheduling for 26/27
2. Set Timeline in motion
3. Plan for Community Involvement
4. Plan for Marketing Campaign
5. Schedule non-conference games with CIF
6. Develop response plan in the event of a challenge or a transgender athlete on TTUSD teams
7. District commitment to fund Lacrosse and flag football
    a. Scheduling and field work needs to start in Fall 2025
8. Participate in discussions with CIF for 26/27 school year beginning this summer.
9. Participate in CIF scheduling activities beginning in Fall for the 26/27 school year

Timeline for transition from NIAA to CIF for 2026/2027



Board Discussion

Questions & Discussion