
NBL Wrestling Coach Meeting Minutes
Thursday, October 3, 2013, 6:30 PM
Montgomery High School, Viking Room

- I. Attendance/Roll Call
 - a. All schools had representatives with the exception of Montgomery High School.
- II. Directory review/updates (handout)
 - a. A corrected wrestling coach directory will be sent to all coaches.
- III. League schedule
 - a. First day of practice: Monday, November 11, 2013
 - i. Order of matches will be for NBL dual meets will be: JV, Varsity girls, Varsity boys, with the first round of matches beginning at 6:00 PM.
 - b. Reminder to turn schedules into REWOCA before penalties are assessed.
 - c. The NBL tournament will be held on February 22. Windsor High School will host this year.
 - D. REVISIONS OF THE SCHEDULE MAY ONLY BE MADE WITH APPROVAL OF PRINCIPALS OF INVOLVED SCHOOLS.
- IV. NFHS Information and application for membership (handout)
 - a. It was recommended that all coaches join NFHS
- V. Sexual Harassment and Hazing, sportsmanship, steroids, energy drinks (handouts)
 - a. Discussion
- VI. CIF and NCS rules: In depth discussion
 - a. Season of sport information (NCS 100 series handout)
 - b. Practice regulations(NCS 200 series handout)
 - c. Sportsmanship (NCS 300 series handout)
 - d. General rules and undue influence interpretations (NCS 500 series handout)
 - i. 510 Undue influence
 - e. Discussion of Ejection policy (handout)
 - f. Discussion of NCS wrestling regulations (NCS Section 21 handout)
 - i. The girls' weight classes listed on this handout were incorrect. The correct weight classes are:

101	106	111	116	121	126
131	136	143	150	160	170
189	235				
 - g. Discussion of NFHS news release regarding forfeits (handout)
 - h. Discussion of Sports Medicine Alert (handout)
- VII. NBL rules (handouts)
 - a. Review of general rules
 - b. Review of wrestling bylaws
 - i. The wrestling bylaws, draft 2) will be modified to include:

1. The current scheduling format was for two years only (we are currently in the second year) and will be reviewed at the end of the season.
2. 13.203 includes Sundays
3. Seniors can wrestle on the JV team
4. 13.301 and 13.303—NFHS Rule book and Case book

VIII. NCS Championships: Championship bulletin available at www.cifnecs.org

IX. NBL Sportsmanship Program

- a. Ballots distributed at the meeting
- b. Ballots will be collected at the All-League Selection Meeting

X. CIF Sports Medicine: www.cifstate.org

XI. North Bay League web site: www.northbayleague.org

XII. New Business

a. Implementation of girls' teams

- i. The order of events will be JV boys, varsity girls, and varsity boys at all NBL dual meets.
- ii. Girls will wrestle at their own weights and will NOT wrestle in boys' competition.
- iii. Female wrestlers will follow the NBL Wrestling By-laws
- iv. Girls will participate in the NBL meet on February 22, again wrestling only against other girls.
- v. The championship girls' team will receive a pennant. Medals will be awarded to the top three finishers in each weight class at the NBL Girls' Tournament.

b. The NBL does not have a rule that prohibits a football player from participating in wrestling will still participating in football. However, the following NBL rule MUST be followed: *Each individual who **completes the regular season** in a fall sport shall have no less than five (5) days of practice before the student may compete in a meet or tournament. Note: No more than one practice can take place in a given day. Practice includes actual active participation in a practice, not passive observation.*

c. USA Wrestling

- i. Jan contacted NCS Commissioner Gil Lemmon regarding some member school's intent to participate in USA Wrestling. His response is below:

Schools are not allowed to have club teams in CIF approved sports. Therefore, the school paying a fee to have a wrestling club membership with USA Wrestling and practicing and participating in competition year round is illegal. Many wrestling coaches are involved in wrestling club activities, which they are allowed to do. But these memberships or involvement cannot be school sponsored in any way. Outside clubs must have their own schedule, are open to the community, different age groups, use facilities no differently than other outside school groups, provide insurance, are possibly registered with the City as a business, may have a 501(c)3, registered with the feds and state, etc. If club activities limit their club to school members it is a school team. If the coach pressures the wrestlers to join the club program they are violating NCS 100 and 200H rules. If a club wrestler transfers schools there is the possibility that the wrestler may be deemed ineligible if there is pre-enrollment contact, and this contact may be considered prima facie, making the athlete ineligible for one calendar year.