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NBL Wrestling Coach Meeting Minutes  
Monday, November 3, 5:30 PM

- I. Attendance: All schools were represented.
- II. Directory updates will be emailed to all coaches.
- III. League schedule
  - a. First day of practice: November 10, 2014
  - b. Reminder to turn schedules into REWOCA before penalties are assessed
  - c. Revisions of the schedule may be made **ONLY** with approval of principals of involved schools
- IV. Discussion of handouts:
  - a. Sexual Harassment and Hazing, sportsmanship, steroids
  - b. NFHS Information and application for membership
  - c. Sportsmanship ballot
  - d. Strategies for Socializing
- V. CIF/NCS/NBL Practice Guidelines handout was distributed and discussed/
- VI. CA Bill AB 2127 (signed by Governor Brown, will go into effect January 1, 2015) was distributed and discussed.
- VII. CIF and NCS rules were distributed and discussed.
  - a. Season of sport information (NCS 100, 200, 300 series handouts)
  - b. General rules and undue influence interpretations (NCS 500 series handout)
  - c. Undue Influence Rule Interpretations (Updated June 23, 2014)
  - d. NCS Practice and Conditioning Rules Interpretations
- VIII. NBL Constitution (full constitution available online at [www.northbayleague.org](http://www.northbayleague.org))
  - a. General Rules and Wrestling rules were distributed and discussed.
  - b. NCS Wrestling bylaws, including bylaw changes recently amended at the October North Coast Section Board of Managers' Meeting were distributed and discussed.
  - c. NCS Wrestling Ejection policy for 2013 - 2014 was distributed. The 2014 - 2015 ejection policy was not on-line yet.
- IX. NCS Championships: Championship bulletin available at [www.cifnsc.org](http://www.cifnsc.org).
- X. Handouts that were distributed and discussed:
  - a. Caffeine Powder Dangers (*Press Democrat* article)
  - b. Sports Drinks vs. Energy Drinks
  - c. Concussions
- XI. CIF Sports Medicine: [www.cifstate.org](http://www.cifstate.org)
- XII. North Bay League web site: [www.northbayleague.org](http://www.northbayleague.org)
- XIII. New Business
  - a. Election of NBL Representatives to NCS Sports Management Committee (one rep for boys and one rep for girls). Tim Bruce will represent the NBL Boys' Wrestling Teams on the NCS Management Committee and Championship Seeding Committee and Shane Roberts will represent the NBL Girls' Wrestling Teams on the NCS Management Committee and Championship Seeding Committee. These are two-year term, encompassing the 2014 - 15 and 2015 - 16 school years.

- b. Does hydration testing count as practice time? *Since there is no intent to improve a student's wrestling skills or provide instruction that involves skill drills, match situations, film review, etc., Gil says no. The CIF mandated Weight Management Program is not considered practice.*
- c. How do you know if a student-athletes' doctor is trained in concussion management? *According to Gil, each doctor is certified to work within their scope of practice. That doesn't mean that some doctor doesn't practice in areas that that he/she does not have training. That is on the doctor. The CIF Medical Advisory Committee has discussed this and within their own profession is working to educate doctors.*
- d. Clarification of policies regarding coaching an outside program, such as USA Wrestling and having an "open mat" situation. *The key difference is that open gym/mat/field is a school activity sponsored by the school under guidelines established by NCS. USA Wrestling is an outside organization that is not a school activity, is not conducted by an individual acting as a school employee and the school is not allowed to sponsor a club program in a CIF sport.*
- e. Once a wrestler has finished wrestling for his/her school, is that wrestler eligible to compete for USA Wrestling? *During the NCS/CIF season of sport, a wrestler who is wrestling for his/her school may NOT participate in USA Wrestling, or any other wrestling. But, if that wrestler is no longer wrestling for his/her school, i.e., quit, didn't qualify to continue, etc., than that wrestler may begin competing in Club wrestling events.*
- f. The seeding for NCS Championships in boys' wrestling includes 6 criteria, IN NO PARTICULAR ORDER. In other words, all criteria are to be considered equally. In girls' wrestling, however, the six criteria ARE in a specific order and are to be considered in that order.

### **OUT-OF-SEASON PRACTICE OR MATCHES, SUCH AS USA WRESTLING**

Out-of-season practices or games for a school program are illegal and subject any school where a violation is determined to penalties, according to NCS rules. NCS member schools must be aware of what activities their coaches are conducting, and if any legal activities, such as Open Gym/Field and Conditioning are to be conducted correctly. While outside programs are not restricted by NCS rules, schools that have a coach who has their own legitimate club program should review the program with the coach and ask questions to make sure the program has no connection to the high school program.

For example, if your high school wrestling coach has a club team, ask the following:

1. Is the program limited to only players from the high school?
2. Is the program open to the community?
3. If the coach uses school facilities is the coach using facilities as any other private citizen in the community? Examples are paying custodial costs, facility rental?
4. How does the coach communicate with potential club participants? Is the coach using the email list from the school team sign-ups?
5. Does the coach use the school for organizational meetings for their club team? If so, refer to #3.
6. Does the coach use the school colors, school name, or school mascot?

Other questions that could be asked to make sure the outside program is legal.

1. Does the coach have a business license with county or city limits to operate a business, collecting funds, paying expenses, etc.?
2. Does the coach file taxes concerning any funds collected?
3. Is the program registered with an outside state or national organization?

### **BOTTOM LINE:**

If you are a USA Wrestling Coach, you:

1. Must rent your facility, paying the same fees as any other private citizen would have to pay to use the facility. Generally, this would include: completion of facility use forms, facility rental, insurance, and custodial fees.
2. May not advertise your club program at school.
3. Your club program may not be restricted just to student-athletes at your school.
4. May not collect money for your club program and deposit it in a school account. This practice would qualify the program as a school program, which would be in violation of NCS rules.

### **OPEN GYMS**

Supervising open gym or open mat is different than coaching a club team such as USA Wrestling. The NCS rules for open gym were given to you in your packet and are copied below:

#### **211H Open Gyms and Open Fields**

Open gyms and open fields may be sponsored by NCS member schools during the period of the first NCS authorized conditioning or practice date of the fall season through the last NCS/CIF athletic competition (CIF Boys' Golf Championships) under the following conditions:

1. The open gym or open field is open to all community members regardless of age or gender.
2. The school must, at the very least, advertise in its daily bulletin, an invitation for participation of all community members.
3. During the open gym or open field there cannot be any coaching or practice as defined by NCS Sports & General Rulings Bylaw 200H, 201H a), 202H, 203H, 205H and 206H. School personnel, including paid and volunteer coaches, may supervise a facility and may participate in activities (ex. pickup games) as long as they do not instruct students in the skills and/or strategies of the sport.

(See further information under Appendix A – Practice and Conditioning Guidelines)

**PENALTY FOR VIOLATION:** Remedies/penalties for violation of NCS Sports & General Rulings Handbook Bylaw 210H are found in Bylaw 103H.

*(NCS Board of Managers 10/21/05)*

### **BOTTOM LINE:**

Open gyms do NOT allow you to coach, post an agenda of workouts, tell your captain what to do, etc., You may only supervise the facility, much as an administrator would supervise during lunch or at a sporting event. Whether or not you need insurance is determined by each individual school district, not by the North Coast Section. Note: the Appendix A that is referenced in rule 211H was included in the packet that was given to each head coach. It is very important that you review this document carefully.