

Northern Section Interscholastic Federation Newsletter

Happy New Year

I hope everyone had a wonderful vacation. Welcome back!

Wrestling-

The Wrestling Weight Management Program with its Alpha Master Report and Individual Weight Loss Plan have taken the place of the Section's Weight Certification form that Principals had to sign in previous years. Thanks to Tom Aldridge for bringing this to my attention. I apologize for any confusion I may have created. Please give me a call if you have any questions.

Red Bluff Office 528-9300

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Each coach is required to bring his/her team's Alpha Master Report form to all competitions, including the CIF State Wrestling Championship

Each wrestler is required to weigh-in with his/her NWCA Individual Weight Loss Plan form at all competitions up to and including the competition that begins the CIF State Championship qualifying series.

Congratulations to Katie Webster from Enterprise High School for winning the State CIF Spirit of Sport Award.

Thank you to everyone who made the "Celebrating Women in Sports" a huge success. Over 120 young women heard some excellent speakers.

A reminder about the Mercy Rule -
The Mercy rule is only used **AFTER** the end of the 3rd quarter, if one team gets ahead by 40 or more points **AFTER** the end of the 3rd quarter.

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1. It **cannot** start before the beginning of the fourth quarter.
2. If team A is ahead by 40 points or more before the 4th quarter, but team B makes a come back and gets below 40 points before the 4th quarter and stays below 40 points for the rest of the game the Mercy rule is **NOT** used.
3. If after the start of the 4th quarter Team A gets a 40 point lead, the Mercy Rule is in effect and the clock will stop **ONLY** during timeouts during the remainder of the game, even if team B cuts below 40 points during the quarter. There will be no resumption of a stopped clock once the Mercy Rule is put into effect.

Section Passes - those passes issued by the section office, playoff, coaching and board and superintendent passes, shall be accepted at all section CIF sanctioned events.

Please remember –

To have your coaches go on-line to www.maxpreps.com to record your wins and losses, since that is the site we use for seeding into the playoffs.

Have your coaches review the playoff guidelines, so they are familiar with the criteria.

Coaching Principles class is being offered at Red Bluff High School on Feb. 10, 2007 from 8:00 a.m.-2:00 p.m. Rich Hassay and Kim Wheeler will be the instructors. The cost is \$125, which includes lunch. If you have questions please contact Rich at 529-8727 or rhassay@rbuhsd.k12.ca.us