

# Northern Section Interscholastic Federation Newsletter

Congratulations to the Fall 2009 NSCIF  
Champions

## Football

- I- Enterprise
- II- Lassen
- III- Trinity
- IV- Portola
- V- Fall River
- VI- Hayfork

## Volleyball

- II- Pleasant Valley
- III- Foothill
- IV- West Valley
- V- Hamilton
- VI- Fall River

## Boys Swimming

- I- Pleasant Valley
- II- West Valley
- Masters-Pleasant Valley

## Girls Swimming

- I- Chico
- II- West Valley
- Masters-Chico

## Girls Tennis

- I- Chico
- II- Live Oak

## Boys Cross Country

- II- Chico
- III- Enterprise
- IV- Oroville
- V- Trinity

## Girls Cross Country

- II- Chico
- III- Enterprise
- IV- Oroville
- V- University Prep

## Girls Golf - Shasta

Please remember to have your coaches go on-line to [www.maxpreps.com](http://www.maxpreps.com) to record your wins and losses, since that is the site we use for seeding into the playoffs.

Winter 2009

## Things to remember...

All Section issued passes must be honored for tournament games, even those intended as a fundraising event.

A reminder that the Junior Varsity classification is for student/athletes that are in their first four semesters of attendance.

A wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the CIF State Wrestling Championships (in most situations this would be the league wrestling tournament). Forfeits do not count towards the 40-match maximum. Matches wrestled in any tournaments or competitions held prior to the first qualifying tournament will count towards the 40-match maximum.

**EXCEPTION:** Any matches wrestled in a CIF Section team dual championship tournament will not count as part of the 40-match maximum.

The State has added penalties for exceeding the maximum number of contests.

## Bylaw 1607. Mercy Rule

When at the conclusion of the third quarter (of basketball), or any point thereafter, if there is a point differential of forty (40) or more points, a running clock shall be instituted for the remainder of the game, regardless of the score. This applies to all levels of play.

## Contact information-

Liz is in the Red Bluff Office Mon. through Wed. @ 528-9300 and in the Fall River Office Thurs. and Fri. @ 336-6951.

Cindy is in the Red Bluff Office Wed. through Fri. @ 528-9300