



**2015/2016  
GIRLS  
WRESTLING  
PREVIEW**

**TO:** CIF-SS WRESTLING COACHES  
**FROM:** GLENN MARTINEZ, ASSISTANT COMMISSIONER  
**DATE:** OCTOBER, 2015  
**RE:** 2015/16 CIF - SOUTHERN SECTION GIRLS WRESTLING PREVIEW

**WELCOME TO THE 2015/16 CIF SOUTHERN SECTION GIRLS WRESTLING SEASON!**

The intent of the attached sport preview is to provide coaches with valuable information and an overview of the upcoming wrestling season. If, after reading this preview, you have any questions, please do not hesitate to contact me at the CIF Southern Section office.

Enclosed you will find the items listed below. Please be sure they are shared with the other members of your coaching staff.

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## **CIF-SS GIRLS WRESTLING ADVISORY COMMITTEE**

The advisory committee is comprised of coaches from their respective sport and an administrator from the CIF-SS. Some of the duties of this committee are as follows:

- ◆ Meetings
- ◆ Recommendations for playoff sites
- ◆ Recommendations for procedural changes
- ◆ Evaluation of sports season
- ◆ Assistance to coaches and/or officials organizations
- ◆ Liaison between coaches and CIF-SS
- ◆ Assist with management of championship meets

If you have any suggestions or questions, we urge you to use this excellent channel of communication and pass it along to one of the committee members. We will be meeting on a regular basis during the current wrestling season and your items will become part of our agenda. For your reference, members of this year's committee are:

The Girls Wrestling Advisory Committee will be responsible for forming the seeding committee to seed the girls prior to the Regional Qualifying Tournament and the CIF Girl's Championships . The CIF-SS Wrestling Protocols and Criteria will be followed by the seeding committee.

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# **GIRLS WRESTLING CIF-SOUTHERN SECTION**

## **2015-2016**

Girls Wrestling became a sanctioned sport beginning in the 2013-2014 school year. The season of sport will be the same as Boy Wrestling during the Winter season.

### **PARTICIPATION REQUIREMENT:**

In order for a girl to participate in CIF-SS Girls Wrestling they must represent a Girls Wrestling School (The school must have paid the Girls Sports Participation fee for wrestling \$50 and NWCA Membership for weight management of \$30). This would be in addition to the \$80 fee to field Boys Wrestling. Sports Dues invoices are generated in [www.cifsshome.org](http://www.cifsshome.org).

Girls may only work out with students in their school regardless of the number of participants until the close of league season for post-regular season workouts (CIF-SS Rule #3113). Girls may work out with their boys wrestling team.

**Girls may wrestle in boy's competition representing their schools until the League Finals and **MAY NOT wrestle in the varsity boys individual League Finals.****

There will not be a Divisional Meet for the girls. League placement will not determine qualifiers to the CIF-SS Regional Qualifying Tournament for the State Championships.

There will not be a Dual Match Girls Wrestling Championship.

### **WEIGHT MANAGEMENT**

All wrestling coaches should be familiar with the Mandatory Weight Management Program. You can review pertinent weight management information in the Coaches Weight Management Manuel by going to [www.cifss.org](http://www.cifss.org), click on Sports on the yellow toolbar, Wrestling, Events and News. This separate publication has information on how to get your girl/s initial weight assessment completed, check eligible weight classes each wrestler is qualified to wrestle in and print necessary Trackwrestling.com reports that must be presented at each competition prior to weigh-in as proof that they are in compliance.

# 2015-16 WRESTLING CHAMPIONSHIPS MEET INFORMATION

## Girls Championship Series

We are offering four regional qualifying sites this year. This is the first stage in the Championship series, similar to league finals for the boys.

### CIF-SS Girls Individual Regional Qualifying Championships

This is an invitational meet where everyone within the section is welcome. There is no restriction for participation other than paid \$80.00 CIF-SS sports participation and being registered by the cutoff date of, February 2, 2016. There will be no walk ups admitted.

CIF-SS will announce which regional meet your school will attend on December 16, 2015. The Criteria that will be taken into consideration in determining the location of which Girls Individual Regional Qualifying Championship venue your school will compete at is:

- Geographic/Travel Consideration
- The Number of overall Participants

<u>Date</u>	<u>Region</u>	<u>Site</u>	<u>Meet Manager</u>
February 6	Central	Tustin HS	TBD, Tustin HS
February 6	Eastern	Hillcrest HS	Ryan DeJournett, Hillcrest HS
February 6	Northern	Pioneer Valley HS	Kevin Ilac, Pioneer Valley HS
February 6	Southern	Upland HS	Leonard Bumpus ,Upland HS

Registered qualifiers from each weight class will participate in the regional qualifiers. The Top 8 Placers at each site qualify for the Girls CIF Southern Section Championship. All coaches must present Trackwrestling Alpha Master Sheet at the time of weigh in.

### CIF-SS Girls State Qualifying Championships

<u>Date</u>	<u>Site</u>	<u>Meet Manager</u>
February 12/13	Eleanor Roosevelt HS	Michael Cataline, Eleanor Roosevelt HS

TMI will handle the bracketing (based on the top seeded 8 wrestlers). 32 Qualifiers from the CIF-SS Girls Individual Regional Qualifying Championships in each weight class will participate. (8 From the Central Region, 8 From the Eastern, 8 From the Northern Region and 8 From the Southern Region) The top eight from the CIF-SS Girls Championship in each weight class will advance to the CIF State Girls Wrestling Championships.

### GIRLS STATE WRESTLING CHAMPIONSHIPS

February 26/27	State Meet	Visalia Convention Center, Visalia, CA	Brian Seymour
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## **2015-16 WRESTLING SEASON CALENDAR DATES**

**Starting Date for Interscholastic Contest:** No interscholastic contest (tournament or league) may be scheduled prior to November 23, 2015.

**Last League and/or Non-League Contest:** The last allowable date for a league or non-league team contest is Tuesday, February 2, 2016.

### **IMPORTANT PLAYOFF DATES:**

February 2, 2016 – Pre-registration deadline for entry into the Girls Wrestling Championship Series.

December 16, 2015 – Regional Location Assignments will be post on [www.cifss.org](http://www.cifss.org)

February 11, 2016 – Seeding Meeting for CIF Girls Championship Tournament

## 2015/16 CIF SOUTHERN SECTION WRESTLING GUIDELINES

Wrestling coaches should review the following key points with their assistants and participants. These points are with regard to the rules and regulations set down in the 2014/15 CIF Southern Section Blue Book. This list is NOT all-inclusive but highlights only some of the key areas.

**Principal's Responsibility** - The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members. Ineligible students shall not compete as representatives of the school in any CIF contest (Rule 302). In CIF competition, no person shall be permitted to participate as an unattached athlete, or an unofficial entrant. (See Rule 600 G (1)).

**Wrestling Rules** - All wrestling competition in the CIF Southern Section will be conducted under National Federation rules, unless otherwise provided herein. Coaches are advised to review the Wrestling section of the 2014/15 CIF Southern Section Blue Book, Article 310, pages 235-242.

### Girls Wrestling Weight Classes

The 14 weight classes are as follows:

101 lbs	106 lbs	111 lbs	116 lbs	121 lbs	126 lbs
131 lbs	137 lbs	143 lbs	150 lbs	160 lbs	170 lbs
189 lbs	235 lbs				

**ENTRY:**

Each School can only enter one wrestler per weight class.

**ALTERNATES:**

There will be one Alternate in each weight class for the Girls Individual Qualifying Tournament. The Alternate will take the place of the Entered Wrestler, should she be unable to compete.

There will be NO ALTERNATES for the CIF Southern Section Girls Championship held at Eleanor Roosevelt HS.

### **BLUE BOOK RULE 503: CONCUSSION PROTOCOL**

A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider trained in education and management of concussion determines that the athlete sustained a concussion or head injury, the athlete is required to complete a graduated return-to-play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athlete's and the athlete's parent or guardian before the athlete's initial practice or competition.

*(Approved May 2010 Federated Council/Revised May 2012 Federated Council/Revised January 2015 Federated Council)*

Q: "What is meant by licensed health care provider?"

A: The "scope or practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

### **RULE 503H SUDDEN CARDIAC ARREST PROTOCOL**

A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted while participating in or immediately following an athletic activity, must be removed immediately from participating in a practice or game for the remainder of the day. A student-athlete who has been removed from play after displaying signs and symptoms associated with sudden cardiac arrest may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider. On a yearly basis, a Sudden Cardiac Arrest information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition.

Q: What is meant by "licensed health care provider?"

A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).



## NEW CONCUSSION RETURN TO PLAY PROTOCOL

**CA STATE LAW AB 2127 (Effective 1/1/15) STATES THAT RETURN TO PLAY (I.E., COMPETITION) CANNOT BE SOONER THAN 7 DAYS AFTER EVALUATION BY A PHYSICIAN (MD/DO) WHO HAS MADE THE DIAGNOSIS OF CONCUSSION.**

**Instructions:**

*This graduated return to play protocol **MUST** be completed before a student athlete can return to FULL COMPETITION.*

- A certified athletic trainer (AT), physician, and/or identified concussion monitor (e.g., coach, athletic director) must monitor your progression and initial each stage after you have successfully pass it.
- Stages I to II-D take a *minimum* of 6 days to complete
- You must be back to normal academic activities before beginning Stage II, unless otherwise instructed by your physician.
- You must complete one full practice *without restrictions* (Stage III) before competing in first game.

After Stage I you cannot progress more than one stage per day (or longer if instructed by your physician).

If symptoms return at any stage in the progression, IMMEDIATELY STOP any physical activity and follow up with your school’s AT, other identified concussion monitor, or your physician. In general, if you are symptom-free the next day, return to the previous stage where symptoms had not occurred.

Seek further medical attention if you cannot pass a stage after 3 attempts due to concussion symptoms, or if you feel uncomfortable at any time during the progression.

You must have written physician (MD/DO) clearance to begin and progress through the following Stages as outlined below (or as otherwise directed by physician)				
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	No physical activity for at least 2 full symptom-free days AFTER you have seen a physician	<ul style="list-style-type: none"> <li>• No activities requiring exertion (Weight lifting, jogging, P.E. classes)</li> </ul>	<ul style="list-style-type: none"> <li>• Recovery and elimination of symptoms</li> </ul>
	II-A	Light aerobic activity	<ul style="list-style-type: none"> <li>• 10-15 minutes (<i>min</i>) of walking or stationary biking.</li> <li>• <b>Must be performed under direct supervision by designated individual</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., 100 beats per min)</li> <li>• Monitor for symptom return</li> </ul>
	II-B	Moderate aerobic activity (Light resistance training)	<ul style="list-style-type: none"> <li>• 20-30 min jogging or stationary biking</li> <li>• Body weight exercises (squats, planks, push-ups), max 1 set of 10, no more than 10 min total</li> </ul>	<ul style="list-style-type: none"> <li>• Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm)</li> <li>• Monitor for symptom return</li> </ul>
	II-C	Strenuous aerobic activity (Moderate resistance training)	<ul style="list-style-type: none"> <li>• 30-45 min running or stationary biking</li> <li>• Weight lifting ≤ 50% of max weight</li> </ul>	<ul style="list-style-type: none"> <li>• Increase heart rate to &gt; 75% max exertion</li> <li>• Monitor for symptom return</li> </ul>
	II-D	Non-contact training with sport-specific drills (No restrictions for weightlifting)	<ul style="list-style-type: none"> <li>• Non-contact drills, sport-specific activities (cutting, jumping, sprinting)</li> <li>• No contact with people, padding or the floor/mat</li> </ul>	<ul style="list-style-type: none"> <li>• Add total body movement</li> <li>• Monitor for symptom return</li> </ul>
<b>Minimum</b> of 6 days to pass Stages I and II. Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school’s concussion monitor				
	III	Limited contact practice	<ul style="list-style-type: none"> <li>• Controlled contact drills allowed (no scrimmaging)</li> </ul>	<ul style="list-style-type: none"> <li>• Increase acceleration, deceleration and rotational forces</li> <li>• Restore confidence, assess readiness for return to play</li> <li>• Monitor for symptom return</li> </ul>
		Full contact practice Full unrestricted practice	<ul style="list-style-type: none"> <li>• Return to normal training, with contact</li> <li>• Return to normal unrestricted training</li> </ul>	
<b>MANDATORY:</b> You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice ( <i>If contact sport, highly recommend that Stage III be divided into 2 contact practice days as outlined above</i> )				
	IV	Return to play (competition)	<ul style="list-style-type: none"> <li>• Normal game play (competitive event)</li> </ul>	<ul style="list-style-type: none"> <li>• Return to full sports activity without restrictions</li> </ul>

**Athlete’s Name:** \_\_\_\_\_

**Date of Concussion Diagnosis:** \_\_\_\_\_

# Keep Their Heart in the Game

## Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

### Potential Indicators That SCA May Occur

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

### Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

### What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

STUDENT-ATHLETE SIGNATURE	PRINT STUDENT-ATHLETE'S NAME	DATE
PARENT/GUARDIAN SIGNATURE	PRINT PARENT/GUARDIAN'S NAME	DATE

### For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation  
<http://www.cifstate.org>

Eric Paredes Save A Life Foundation  
<http://www.epsavealife.org>

National Federation of High Schools  
(20-minute training video)  
<https://nfhslearn.com/courses/61032>



## **NEW BLUE BOOK RULE RULE 506 - PRACTICE ALLOWANCE**

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

- A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.
  - 1. Multiple Practice Sessions:
    - a. Double day practices shall not be held on consecutive days.
    - b. Must include a minimum of three (3) hours rest between practices.
  - 2. Golf Only
    - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. (Counted as four (4) hours)
- B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
- C. Definition of Practice
  - 1. Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
  - 2. Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
  - 3. Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc); AND/OR
  - 4. Any other team or individual instructions for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
  - 5. Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number c. (1)-(5) above.
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
- F. Penalties Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infractions (s).  
NOTE: For the purposes of this Bylaw, the season of sport begins with each CIF Section's first allowable date of practice.

## NFHS ELECTIVE COURSE/WEBINAR

This is link to a free, 20 minute webinar regarding sports related concussions provided by the NFHS. All Athletic Directors and Coaches are encouraged to take advantage of this opportunity by viewing this webinar <http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>



### **Concussion in Sports - What You Need To Know**

Sports-related concussion in high school sports can be serious or even life-threatening situations if not managed correctly. National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. Mick Koester M.D., ATC, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon takes you through this course. In this course you will understand the impact sports-related concussion can have on your players, how to recognize a suspected

### **Number of Days of Practice - 3100 Statewide Modification** –

- 3100 A - An individual student, not a member and participant of a fall sports team, shall have at least ten days of practice before the student can compete in a meet or tournament.
- 3100 B - An individual, who completes the regular season in a fall sport, shall have at least five days of practice before the student can compete in a meet or tournament.

**RULE 3101** – 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. (Approved October 2001 Federated Council)

### **PENALTY FOR EXCEEDING THE 40 MATCH LIMIT**

**If an athlete goes over the prescribed 40 match limit the athlete shall be ineligible for any further competition for the season.**

In addition to the above sanctions, the Section, depending on the violation, may impose the following additional sanctions:

1. The final season record will be reduced by at least one win at the conclusion of the season;
2. The school will be placed on probation;
3. The team/individual will be ineligible to advance to or in Section, Regional or State Championships
4. Reduction of maximum number of contests allowed for the following year in that sport;
5. Repeated violation may result in suspension of membership in the CIF.

## **Official Weigh-In**

1. Contestants in an individual tournament (including Section and State Championship tournaments) shall weigh in at the tournament site a maximum of two hours before the first session of each day. (NFHS Wrestling Rules Book 4-5-2).

2. For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. The weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class. When all wrestlers for a weight class have had an opportunity to weigh-in and the next class is called, that weight class is closed. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration are prohibited. (NFHS Wrestling Rules Book 4-5-3.)

3. California provides 14 weight classes per NFHS rules and the two-pound growth allowance to each weight class on January 15. (Approved February 1997 Federated Council; also see NFHS Wrestling Rules Book 4-4-1 and 4-4-4.)

A strict protocol that follows the NFHS Wrestling Rule Book for weigh-ins will be followed (see NFHS Rule 4 Section 5) at the qualifying tournament...all protocols for grooming, checking the scales, challenging the scales, appropriate weigh-in attire, Doctor in attendance to make final skin-checks, weigh-in area closed at beginning of weigh-ins, no further weigh reduction action by wrestlers, coaches cleared from the weigh-in area, etc. will be adhered to. **ALL WEIGH-IN PROCEDURES WILL BE HANDLED BY FEMALES, WHENEVER POSSIBLE**. It is recommended that the tournament director organize sufficient female personnel to handle all facets of the weigh-in

Coaches will be responsible for supplying a NWCA Alpha Master Report at the time of weigh in.

## **WEIGH-IN ATTIRE:**

The CIF Southern Section mandates that all female wrestlers weigh-in wearing suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts.

NFHS Case Book 4-5-7: Comment: Examples of suitable undergarments covering the buttocks and groin area include: briefs, boxers and shorts. Examples of suitable undergarments that covers the breasts include: a t-shirt or sports bra.

A reminder that the NWCA Management Program is different for girls in reference to minimum body fat of 12% for females

Any competition involving two schools shall constitute a dual meet, and any competition involving more than two schools shall constitute a tournament. Competition is defined as wrestling activity in which any match and/or team score is determined, and/or the service of a wrestling official is used. The 40-match limitation shall apply to each wrestler, regardless of the levels of competition in which the wrestler participates during the season of sport.

A school shall be represented by only one varsity team for dual meets and tournaments. The varsity team shall be composed of the best skilled wrestlers in the school, commonly called the first team.

**Tournaments are to be managed in such a way so that evening competition is completed at a reasonable time.**

**Maximum Matches Per Day** - A wrestler, except for CIF Southern Section sectional qualifying or sectional championship competition, may not participate in more than five matches in one day.

**Outside Competition** - “Unattached competition is permissible for a student in other than school contests during the season of sport provided the student enters in the individual sport of bowling, crew, fencing, golf, gymnastics, skiing, tennis (singles and doubles), cross-country, swimming, track and field, and wrestling.”

**Incident Reports** - All incidents, injuries, or disruptions, regardless of the degree of seriousness involved, should be reported to insure accurate records in the event further problems develop. The completed report is to be submitted to the Commissioner of Athletics of the CIF Southern Section, and must be postmarked no later than the third school day following the incident. It is mandatory that an informational copy of the report shall be sent to the principal of the other school involved.

# ACCOUNTABILITY RULE

**Without question, the most serious breach within the realm of our programs presents itself when an individual coach removes a team from the playing facility prior to the conclusion of a contest.**

How serious is such an action?

**It has been the position of the CIF-SS Executive Committee to expect the Principal of the school concerned to relieve the coach from his/her assignment for the balance of that season.**

When one considers the focal point is to involve as many student-athletes in our programs as possible, we lack accountability to those considered the heart of our organization, not to mention the officials, the entire student body, the district, and the community. Each individual contest, regardless of the sport, lasts but a few minutes. The damaging results from such an occurrence are timeless.

**Administrators are urged to review this situation, and the potential consequences, with their staffs at the start of each sport season.**

From the Blue Book:                   **DUTIES OF THE PRINCIPAL**

**125.1 COACHEJECTION** - Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section office, which includes the circumstances surrounding the matter, and what action the principal has taken to prevent a reoccurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. **ADDITIONALLY, UPON EJECTION, THE EJECTED COACH SHALL BE DISQUALIFIED FROM PARTICIPATING IN THE REMAINDER OF THE GAME AND WILL BE INELIGIBLE FOR THE TEAM'S NEXT CONTEST. A SECOND EJECTION WILL CONSTITUTE A TWO CONTEST SUSPENSION, AND A THIRD EJECTION WILL CAUSE SUSPENSION FOR THE REMAINDER OF THE SEASON.**

**125.2 FAILURE TO COMPLETE A CONTEST** - When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court, or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

**3116 PLAYER CONDUCT** - Any player ejected for any reason, or any player who leaves the confines of the bench or team area during a fight that may break, out or has broken out, shall be disqualified from participating in the remainder of the game, and will be ineligible for the team's next contest. A second ejection will constitute a two-contest suspension, and a third ejection will cause suspension for the remainder of the season.

**SPECIAL NOTICE**  
**SUPERVISION OF ATHLETES**

The Southern Section Office has experienced a problem which has perpetuated itself over the past few years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs.

The situation relates only to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 309 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506. (Additionally, refer to Rule 123.) The supervisor must remain in attendance at all times.

**Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:**

**A. Certificated personnel**

**B. Certified Coaches (certified credentialed coaches)**

**C. Non-certificated temporary coaches (certified walk-on coaches.)**

(It should be noted that schools representing the same DISTRICT may send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS. This also applies to parents who are the student's private coach but are not under contract to the member school.***

PLEASE NOTE, THIS RULE WAS REVIEWED BY BOTH THE STATE CIF OFFICE, IT'S GENERAL COUNCIL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.





## Wrestling Rules Changes - 2015-16

August 10, 2015

**3-1-4a (NEW):** The duties of the referee before a dual meet begins each day were further clarified. The referee shall perform the skin checks or verify that the designated, on-site meet appropriate health-care professional has performed the skin checks.

**3-1-5 (NEW):** The duties of the referee before a tournament begins each day were expanded. Specifically, the referee shall perform the skin checks or verify that the designated, on-site meet appropriate health-care professional has performed the skin checks.

**10-2-9a (NEW):** A new criterion was added for wrestler advancement in a bracket that emphasizes sportsmanship during competition.

### 2015-16 Major Editorial Changes

3-3-1b; 4-1-2 NOTE (NEW); 8-1-3; 8-2-2; 8-2-6; Illustrations – 14, 15.

### 2015-16 Points of Emphasis

1. Communicable Skin Conditions and Skin Checks
2. Biting
3. Slams
4. Stalling in the Ultimate Tiebreaker
5. The Body Scissors



# California Interscholastic Federation

[www.cifstate.org](http://www.cifstate.org)

## NFHS WRESTLING WEIGH IN VIOLATIONS

### Rule 4 Section 5 Article 5

**When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s).**

**1. CONCERN:**

That tournaments are granting one or two pounds in their advance information bulletins without really knowing if a team, in the tournament, will have consecutive days of competition to warrant the additional pound(s).

Example #1      A two day tournament with weigh-ins on Friday morning, one pound should be given to all teams in the tournament, if one of the teams in the tournament had a dual meet or tournament on Thursday. On Saturday morning the athletes will be given one more pound.

Example #2      A two day tournament with weigh-ins on Friday morning, **two** pounds should be given to all teams in the tournament, if one of the teams in the tournament had a dual meet or tournament Wednesday **and** Thursday. On Saturday morning the athletes will **not** be given any more pounds, because the maximum pounds to be given in consecutive days of competition is 2 pounds.

Example #3      If a JV wrestler competes in JV only tournament or dual meet on Thursday and on Friday is moved up to Varsity to compete in the Varsity tournament the one pound is **NOT** given for the Friday weigh ins because the “consecutive days of team competition...” has not been met. In this case it must be varsity to varsity team competition.

If there are any questions please contact Duane Morgan, CIF State Wrestling Rules Interpreter <mailto:dmorgan@cifccs.org>

## GIRLS WRESTLING SANCTIONED EVENTS

<b>Event</b>	<b>Date of Event</b>	<b>Host School</b>	<b>Level</b>	<b>Status</b>
Inland Empire Season Opener	11/28/2015	Carter	V	Approved
San Dimas High School Girls' Wrestling Tournament	12/21/2015	San Dimas	V	Approved
San Dimas High School Girls' Wrestling Tournament	1/2/2016	San Dimas	JV	Approved
QUEEN OF THE CASTLE TOURNAMENT	12/5/2015	Shadow Hills	V	Approved
La Quinta Girls' Tournament	12/12/2015	La Quinta/La Quinta	All	Approved
Baldwin Park Classic	1/16/2016	Baldwin Park	V	Approved
Queen of the Hill	1/8/2016	Corona	All	Approved
Willie Pringle Classic	1/9/2016	Excelsior Charter	V	Approved
La Puente - Lady Warrior Classic	12/18/2015	La Puente	V	Approved
Burbank JV Girls Volleyball Tournament	9/19/2015	Burbank	JV	Approved
Speedwear Invitational	12/29/2015	Northview	V	Approved
Riverside County Girls' Wrestling Championships	12/19/2015	Norco	V	Approved
High Desert Meet	1/5/2016	Eastside	V	Approved

## Skin Health and Wrestling

At the recent C.I.F. Southern Section Wrestling Coaches Advisory Committee meeting, the topic of skin health was a matter of concern. We feel that the conditions that are spreading throughout the section, the state and the country are hurting kids and are a serious threat to the entire sport. It will become more and more difficult to recruit kids and coaches if these problems continue to grow. Ringworm is a common problem along with rising instances of Impetigo, Herpes and various bacterial infections. This is a national concern, as evidenced by pages 58 and 59 of the new NFHS rulebook, which makes Communicable Skin Conditions a point of emphasis. There are some good practical suggestions on those pages for running a healthy program.

Below is a list of some other suggestions from various Southern Section coaches. These are not endorsed and/or tested by the CIF, but we feel that it is necessary to share information and ideas and to take proactive steps to combat this growing problem. Not all of these will be practical for **all** programs, but all coaches must follow the first rule of the effort; **Do not let your kids wrestle with a communicable condition.** Do not sabotage the whole sport by hiding a condition so that your squad can win a match. Keep contagious kids out of practice and competition. Some practical suggestions include:

- Have your team shower and wash with antibacterial soap like Dial after each practice. Kids should not share bars. If kids are bashful, have them shower in their shorts. Dandruff shampoo can help to counteract ringworm.
- Keep your mats clean. Use a powerful soap like KenClean Plus. Read the instructions. Try to leave a good amount of the material on the mats wet and allow it to air dry. This lets the chemicals do their work.
- Do not mix bleach and soap/mat cleaner. They counteract each other.
- Use clean materials every time you wash the mats. Use clean dry towels. If you use mops, make sure that they have a chance to completely dry between uses, preferably in the sun. If you use one of the new “bucketless mops”, get multiple cleaning heads to use in a rotation.
- Sunlight helps to kill microorganisms. Keep shades and blinds open. If you get a chance to let a mat bake in the sun on a pool deck for a bit, it can help.
- Use an electric leaf blower to clean the mat of hair and dirt before you wash it. A broom can do this but not as efficiently and easily.
- Get a chemical sprayer backpack and fill it with the proper mix of mat cleaner and water. After sweeping (or blowing) the debris off the mats, simply spray on the solution and allow it to air dry.
- Keep mats in good repair. Cuts and holes in the mats can allow organisms to grow inside the mats.
- Have the kids clean their shoes before they get on the mats or perhaps make them put the shoes on the edge of the mats.
- Keep your room ventilated. Humidity and moisture foster the growth of organisms.
- Some products put onto the skin can help protect wrestlers. KenShield is a popular skin protection foam for use before wrestling. AQtiv PURE alcohol free hand and body skin cleanser can be used after wrestling to destroy organisms (info at <http://miqropure.com>). It can be used as a sort of “waterless shower” at a tournament.
- Real showers with proper soap immediately after wrestling are the best protection!



## **WRESTLING**

# **PROPER GROOMING AND SKIN CHECK PROTOCOLS**

The following protocols and procedures are recommendations to conduct the mandated skin checks prior to a wrestler competing.

It is very important for the official to be as well versed in the recognition of skin disorders and problematic conditions. The official is sometimes the frontline and possibly the only line to help keep the condition from spreading. Education is the key for the officials, coaches and athletes to keep these problems under control.

### **PROTOCOLS**

- Make sure the coach is with you
  - Do not touch the wrestlers when doing the skin check- it is all visual
  - Same gender male wrestlers-male official, female wrestler-female official
1. Have the athlete remove their singlet/they must have proper undergarments only
  2. If there is tape on an area that you did not see being taped-have the wrestler remove the tape-use some common sense.
  3. Wrestlers should face you-with hands out
  4. Check for fingernail length
  5. Check for proper hair length, if athlete is wearing a hair cover make sure they have it and remind them it must be secured to headgear.
  6. Have the athletes extend their arms out to the side
  7. Visually examine face and under chin and behind ears, chest, under the arms, front of legs, front & side of scalp
  8. Have the athlete spin around slowly-with arm still extended, examine sides of body and legs
  9. Have the athlete stop with back to you
  10. Visually examine back of scalp, top of shoulders, behind the ears, down the back, under armpits, down the legs.
- If there is any questionable skin condition, ask the athlete did you know what this is.
  - Ask wrestler if he has a proper CIF Skin Lesion Clearance Form for it.
  - If so, check the return dates and where the skin infection was marked on the form, confirm your observation site with the site that is marked on the form.
  - If questionable skin condition does not have a form and you think it may be communicable, then you have a duty to not allow that wrestler to compete.

# **PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)**

The National Federation of State High School State Associations (NFHS) has developed a release form as a suggested model you may consider adopting for your state. The medical advisory committee to the NFHS conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the medical advisory committee nor the NFHS presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The medical advisory committee does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

## **GOALS FOR ESTABLISHING A WIDELY USED FORM:**

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them. And students-athletes should be protected from contacting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestler to participate as soon as it reasonable safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians who are signing “return to competition forms”. Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or can not participate.
4. Provide a basis to support physician decisions on when a wrestler can or can not participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve “Joe Blow who never wins a match” or the next state champion with a scholarship pending.

## **IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:**

1. Inclusion of the applicable NFHS wrestling rule so physicians will understand that covering a lesion is not an option that is allowed by rule.
2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
3. Inclusion of a “bodygram” with front and back views (and facial view) should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee’s role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired and can be edited in anyway for use by various individuals or organizations. In addition, the medical advisory committee for the NFHS would welcome comments for inclusion in future versions as this will continue to be a work in progress.

National Federation of State High School Associations  
Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: \_\_\_\_\_

Date of Exam: \_\_\_ / \_\_\_ / \_\_\_

Diagnosis \_\_\_\_\_

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) \_\_\_\_\_

Medication(s) Used to Treat Lesion(s): \_\_\_\_\_

Date Treatment Started: \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_

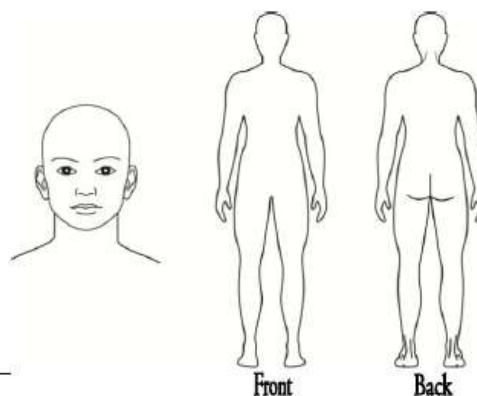
Form Expiration Date for this Lesion (Note on Diagram(s)): \_\_\_ / \_\_\_ / \_\_\_

Earliest Date the Wrestler May Return to Participation: \_\_\_ / \_\_\_ / \_\_\_

Provider Signature \_\_\_\_\_ Office Phone #: \_\_\_\_\_

Provider Name (Must Be Legible) \_\_\_\_\_

Office Address \_\_\_\_\_



Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

**Bacterial Diseases (impetigo, boils):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

**Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions (ringworm on scalp or skin):** Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis (Pink Eye):** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** Upon treatment with curettage and hyfrecator, may cover with bioocclusive and wrestle immediately.

**Note to Appropriate Health-Care Professionals:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

*"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."*

*"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."*

*"ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."*

Once a lesion is considered non-contagious, it may be covered to allow participation.

**DISCLAIMER:** The National Federation of State High School Associations (NFHS) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.

Revised/Approved by NFHS SMAC - April 2015

**CALIFORNIA INTERSCHOLASTIC FEDERATION SOUTHERN SECTION**  
**10932 Pine Street, Los Alamitos, CA 90720 \* (562) 493-9500 \* Fax (562) 493-6266**  
**CIF-SS INTERSCHOLASTIC INCIDENT REPORT**

1. Date of contest: \_\_\_\_\_ Sport \_\_\_\_\_ Level \_\_\_\_\_

2. \_\_\_\_\_ VS. \_\_\_\_\_  
(Visiting school) (Home School)

3. Where played: \_\_\_\_\_ Time of contest \_\_\_\_\_

4. Type of incident reported:

a. General Disorder \_\_\_\_\_ Inside \_\_\_\_\_ Outside \_\_\_\_\_

b. Fight \_\_\_\_\_ Inside \_\_\_\_\_ Outside \_\_\_\_\_

c. Busses (Problems) \_\_\_\_\_

d. Other (Describe) \_\_\_\_\_

e. By Spectators \_\_\_\_\_ By Players \_\_\_\_\_ Students \_\_\_\_\_ Adults \_\_\_\_\_

f. Before contest \_\_\_\_\_ During contest \_\_\_\_\_ After contest \_\_\_\_\_

5. Give details of incident (please list names of persons involved):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. How was incident handled?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. Pre-contest arrangements made by your school: \_\_\_\_\_

\_\_\_\_\_

8. Pre-contest arrangements made between the two schools: \_\_\_\_\_

\_\_\_\_\_



**CIF-SS INTERSCHOLASTIC INCIDENT REPORT (cont.)**

9. Crowd control: Number of spectators present \_\_\_\_\_

Capacity of stadium or gymnasium \_\_\_\_\_

Number of policeman on duty \_\_\_\_\_

I  
inside \_\_\_\_\_ Outside \_\_\_\_\_

10. Plans and recommendations for preventing this type of incident in the future: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. Additional comments: \_\_\_\_\_  
\_\_\_\_\_

12. Please check one:

\_\_\_\_\_ This report is for information only.

\_\_\_\_\_ Further action and/or investigation is requested.

Date: \_\_\_\_\_ Submitted by: \_\_\_\_\_

Title: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_

School: \_\_\_\_\_

**INSTRUCTIONS**

This form shall be completed whenever any incident occurs in connection with an interscholastic athletic contest. All incidents, injuries, or disruptions, regardless of the degree of seriousness involved, should be reported to insure accurate records in the event that further problems develop. The completed form is to be submitted to the Commissioner of Athletics of the CIF Southern Section and must be postmarked no later than the third school day following the incident.

It is mandatory that an informational copy of the report be sent to the principal(s) of the other school(s) involved.

**Principals are reminded to forward copies to their superintendents.**

(Please use blank sheet and attach to this report if more space is needed in answering the above questions.)

Revised 7/08

## MRSA

MRSA (methicillin-resistant staph aureus) is a type of staph infection that is resistant to many common antibiotics and, in cases where treatment is needed, can be very difficult to treat. Staph bacteria are one of the most common causes of skin infections in the United States. Most of these skin infections are minor (such as pimples and boils) and can be treated without antibiotics, but occasionally serious infections require treatment. In the last few years, there have been a number of cases where these bacteria have spread among members of sports teams. Recently, this issue is making headlines as MRSA can have serious and deadly ramifications if not dealt with immediately.

Attached are two “Alerts” that were completed by the State CIF Sports Medicine Committee regarding MRSA.  
1 – for distribution to students and parents  
2 – for distribution to schools, coaches, AD and administrators.

There are several good web sites that have posters FOR DOWNLOADING. Some sites are promoting “products” that can be purchased, but I think the education information provide/contained outweighs the implied endorsement at this time.

### MRSA Alert for Student-Athletes and Parents

### MRSA Alert for Coaches

Athletic Management – not pushing any specific product – downloadable PDF posters (sports med committee followed these examples for Alerts)

## Resources

There are several good web sites that have posters FOR DOWNLOADING. Some sites are promoting “products” that can be purchased, but I think the education information provide/contained outweighs the implied endorsement at this time.

**Skin Infections and MRSA Information** - These documents from the California Department of Public Health (CDPH) were designed to educate and alleviate fears generated by staph reports.

**NFHS Position Statement: Skin Infections and Guidelines**

**"Athletic Management"** - Print downloadable posters

**Center for Disease Control**

A company selling – but some educational materials that can be downloaded under educational resources.  
Educational material at [www.hibigeebies.com/sports](http://www.hibigeebies.com/sports) click on education materials



[www.cifst](http://www.cifst)

# California Interscholastic Federation

## SPORTS MEDICINE ALERT

*Prepared by the State CIF Sports Medicine Committee  
for distribution to Coaches, Athletic Directors and  
Administrators*

### **MRSA**

MRSA (methicillin-resistant staph aureus) is a type of staph infection that is resistant to many common antibiotics and, in cases where treatment is needed, can be very difficult to treat. Staph bacteria are one of the most common causes of skin infections in the United States. Most of these skin infections are minor (such as pimples and boils) and can be treated without antibiotics, but occasionally serious infections require treatment. In the last few years, there have been a number of cases where these bacteria have spread among members of sports teams. Recently, this issue is making headlines as MRSA can have serious and deadly ramifications if not dealt with immediately.

### **WARNING SIGNS**

**It is common for athletes to have pimples, cuts and abrasion on their skin. Coaches must be aware of the signs and symptoms that their student-athletes may exhibit.**



- **Unusual or increasing pain and/or warmth**
- **The presence of pus or a pustule**
- **Induration (hardness)**
- **Increasing swelling, size or redness of the wound**
- **Red streaks around the wound**
- **Fever and/or chills (flu-like symptoms)**



**If you have any of these signs or symptoms, seek medical attention immediately.**

# Preventing MRSA

## *Precaution that coaches should take for preventing the spread of MRSA*

- **Insist that your athletes shower with soap as soon as possible after practices and competitions. If MRSA bacteria are present on your skin, you can wash them away before they have a chance to cause infection.**
- **Ensure that athletes do not share equipment, clothing, towels and other personal items. Implement a NO-SHARING rule if you have not done so already.**
- **Whether your athletic department launders practice and game uniforms or athletes do it themselves, implement a policy that uniforms (practice and game) get washed after EACH use.**
- **Ensure that all wounds, cuts and abrasions are covered to help prevent infection, especially during practice and completion.**
- **Equipment MUST be stored in clean, dry areas. A dark, moist, warm environment (lockers) is perfect for bacteria growth.**
- **Clean and disinfect daily, surfaces that are touched on a regular basis. This includes benches, training room tables, weight room equipment and benches.**
- **Wrestling mats MUST be cleaned DAILY before and after use. This would include use by physical education classes.**
- **Research is inconclusive on whether athletic fields can harbor MRSA bacteria. Since some studies have shown that the possibility exists, there are companies that offer antimicrobial treatments for athlete fields.**



For more information go to [www.cifstate.org](http://www.cifstate.org) and click on the 'Health and Safety' box at the top of the page. Open the Sports Medicine Handbook health hygiene policies and recommendations.

# THE WORKS BOWL

A BOWL FILLED WITH RICE AND VEGGIES,  
TOPPED WITH CHICKEN AND BEEF.

520 calories, 46g of protein



**The Flame Broiler**  
a healthy choice

Quality Food = Quality Life



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## GATORADE® HIGH SCHOOL PERFORMANCE PACKAGE ORDER FORM

### G Series Performance Package: \$225 (Up to \$1,170 retail value)



#### OUR PREMIUM PERFORMANCE PACKAGE:

- (1) Case of Gatorade® Frost® Energy Chews (18 servings)
  - (1) Case of Gatorade® Frost® Smart Swaps Protein (16oz, 140 grams total)
  - (1) Case of Gatorade® Frost® Protein (16oz, 140 grams total)
  - (1) Case of Gatorade® Frost® Protein (16oz, 140 grams total)
  - (1) Case of Gatorade® Frost® Protein (16oz, 140 grams total)
- Choose 2 of the below Perks:
- 1 gallon cooler
  - 10 gallon cooler
  - 40 quart ice chest (ice chest)
  - 10 Gatorade® towels
  - 10 Gatorade® water bottles
  - 4 Gatorade® reusable bottle carriers
  - 1 case of 7 oz. cups (2,000 count)

### Create Your Own G Series: \$145 (Up to \$843 retail value)



#### CHOOSE TWO OF THE BELOW OPTIONS\*:

- OPTION #1 - 12 Cases of Gatorade® Frost® Energy Chews (180 servings)
- OPTION #2 - 1 Case of Gatorade® Smart Swaps Protein (16oz, 140 grams total) and 1 Case of 7 oz. cups (2,000 count)
- OPTION #3 - 12 Cases of Gatorade® Frost® Protein (16oz, 140 grams total)
- OPTION #4 - 12 Cases of Gatorade® Frost® Protein (16oz, 140 grams total)

### Refuel and Restore: \$70 (\$180 retail value)



#### IDEAL TO REPLENISH ANY TEAM'S INVENTORY

- (1) Case of Gatorade® Frost® Smart Swaps Protein (16oz, 140 grams total)
- (1) Case of 7 oz. cups (2,000 count) and 10 Gatorade® reusable bottles

YOUR DEDICATION TO THEIR GAME. OUR SCIENCE. THEIR ACCESS.



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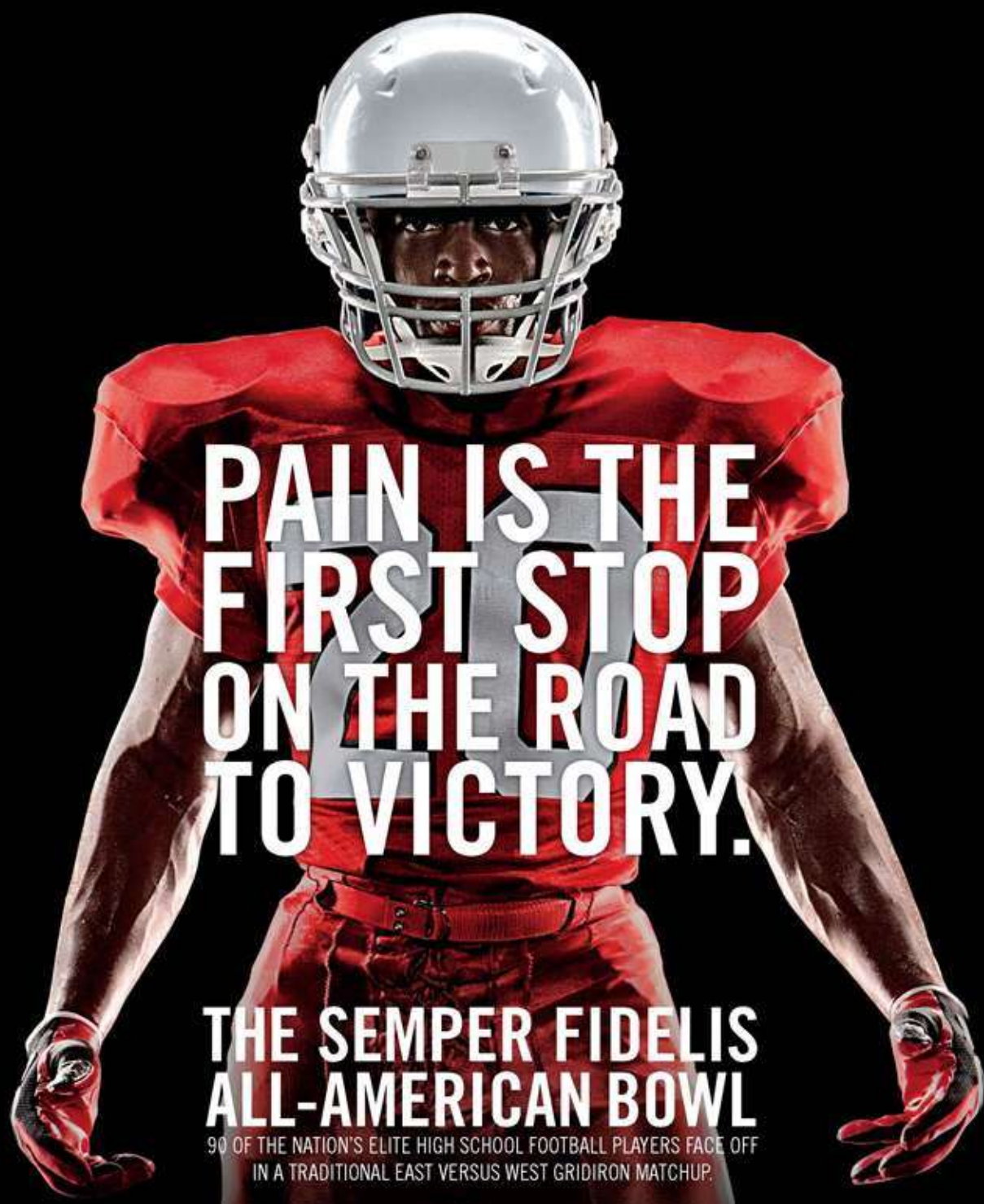
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