



**2015/2016
WRESTLING
PREVIEW**



PROUDLY SUPPORTING SOUTHERN CALIFORNIA HIGH SCHOOL ATHLETES



TO: CIF-SS WRESTLING COACHES

FROM: GLENN MARTINEZ, ASSISTANT COMMISSIONER

DATE: OCTOBER, 2015

RE: **2015/16 CIF - SOUTHERN SECTION WRESTLING PREVIEW**

WELCOME TO THE 2015/16 CIF SOUTHERN SECTION 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 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:

Name	School Phone	Home Phone	E-Mail
Arnold Alpert, Temecula Valley HS,	(951) 695-7300 Ext. 2166	(951) 695-3974	aalpert@tvusd.k12.ca.us
Tim Brogden, Warren HS	(562) 869-7306 Ext. 5767	(714) 307-3919	TBrogden@dusd.net
CT Campbell, Victor Valley HS	(760) 955-3300 X3111		ccampbell@vvhdsd.org
Randy Campbell, Centennial/Cor HS	(951) 739-5670 Ext. 20504	(951) 316-0233 cell	coachrandycampbell@hotmail.com
Alan Clinton, Servite HS	(714) 774-7575x1125	(714) 318-7466 cell	acinton@servitehs.org
Tom Cote, Chino Hills HS	(626) 915-5841 x30321	(909) 896-0417 cell	lynandtomcote@yahoo.com
Scott Craft, Rim of the World	(909) 336-2038	909 967-0608	Scott_craft@rimsd.k12.ca.us
Dr. John Dahlem, At Large		(714) 768-4474	jsdahlem@gmail.com
Rob Froh, South Hills HS			
Scott Glabb, Santa Ana HS	714 567-4900 x64386	(714) 546-4682 (714) 609-6607	glabb@prodigy.net
Kevin Hennessy, Carter HS	(909) 854-4100	(909) 578-6989	khenness@rialto.k12.ca.us
Jeff Hickok, Elsinore HS	(951) 253-7200	(951) 471-8110	Jeff.hickok@leusd.k12.ca.us
Cliff Jarmie, Laguna Hills HS	(949) 770-5447	(714) 642- 4178 cell	jarmiecliff@svusd.org
Steve Lawson, El Dorado HS	(714) 986-7580 x 11269	(714) 420-8294	lawsonhawk@yahoo.com
Mike Liebig, Peninsula HS	(310) 377-4888 Ext. 731	310-543-2641, 310- 227-9470	liebig@pvpusd.k12.ca.us
Jason Lowe, Canyon Springs HS	(951) 571-4760	(951) 333-6700 cell	jlowe@mvusd.net
Kerry Lyne, Thousand Oaks HS	(805) 495-7491 Ext. 1309	(805) 428-3271	tohswrestling@hotmail.com
Anthony Ovalle, Montebello HS	(323) 728-0121 x4437	(562) 692-6235	Ovalle77@msn.com
Tom Pierre, Bishop Amat HS	(626) 962-2495		tpierre@rowland.k12.ca.us
Mike Provenzano, Westminster HS	(714) 893-1381 Ext. 4298	(714) 791-5354	mprovenzano@hbusd.edu
Chris Rasmussen, Marina HS	(714) 893-6571 x4298	(714) 402-4207	cerasmussen@hbusd.edu
Ray Rodi – At Large	(951) 247-5647	(951) 490-1052 Cell	rrodi@roadrunner.com
Gerardo Rodriguez, Valencia/P HS	(714) 996-4970	(714) 318-2077	grodriguez@pylusd.org
Jason Smith, Los Osos HS		(909) 427-8632	jaskelsmith@sbcglobal.net
Ken Torres, Los Alamitos HS	(562) 799-4780 Ext. 82105	(714) 292-6837 cell	ktorres33@yahoo.com
Dutch Van Patten, Righetti HS	(805) 937-2051 Ext. 2507	(805) 937-6382 (805) 260-6186	dvanpatten@smjuhsd.org
Brian Wallace, Santa Maria HS	(805) 294-2953		coachbrianwallace@msn.com
Mike Witham, Granite Hills HS	(714) 961-2290 x2406	(760) 964-3958	michael_witham@avusd.org
Brad Woodbury, Fountain Valley HS	(714) 962-3301 Ext. 4298	(714) 206-0859 Cell	Woodbury@hbusd.edu
Stuart Young, Highland HS	(661) 538-0304 x123	(661) 547-3403	syoung@avhsd.org

TOP TEN POLL

Listed below are the members of the CIF-SS Wrestling Coaches Advisory Committee responsible for notifying the CIF-SS office for the Top Ten Poll. Be advised that this poll is based on dual matches or dual meet tournament results only, not individual tournaments. This poll helps create interest and will also be used for Dual Meet Championships seeding. Therefore, it is very important for coaches to contact their respective advisory committee member with information on your team. It should be understood that this is a coach's poll and that no students or parents are involved with it. The CIF-SS office will send the coaches poll as part of our media mailing.

<u>Division</u>	<u>Committee Member</u>	<u>Contact Information</u>
Central	Tom Cote, Chino Hills HS Jason Smith, Los Osos HS	(909) 357-5900 (909) 896-0917 (909) 260-6249 (909) 427-8632
Coastal	Alan Clinton, Servite HS Scott Glabb, Santa Ana HS Cliff Jarmie – Laguna Hills HS Steve Lawson, El Dorado HS Mike Provenzano, Westminster HS Gerardo Rodriguez, Valencia/P HS Ken Torres, Los Alamitos HS Brad Woodbury, Fountain Valley HS	(714) 774-7575 x 1125 (714) 633-6449 (714) 567-4900 x64386 (714)546-4682 (949) 770-5447 (714) 642-4178 (714) 993-5350 x 1220, (714) 854-9584 (714) 893-1381 x4298 (714) 791-5354 (562) 799-4780 x 105 (714) 292-6837 (714) 962-3301 x 4298
Eastern	Arnold Alpert, Temecula Valley HS C. T. Campbell, Victor Valley HS Randy Campbell – Centennial HS Kevin Hennessy, Carter HS Jeff Hickok, Elsinore HS Jason Lowe, Canyon Springs HS Mike Witham, Granite Hills HS	(951)-695-7300 x 2166 School (760) 955-3300 x3100 (951) 316-0233 Cell (951) 734-1825 x 20504 (909) 854-4100 (909) 578-6989 (951)253-7206 (951) 245-6694 (951) 571-4760 School (714) 961-2290 x2406 (760) 964-3958
Northern	Kerry Lyne, Thousand Oaks HS Tom Pierre, Bishop Amat HS Dutch Van Patten, Righetti HS Brian Wallace, Santa Maria HS	(805) 495-7491 x 1309 (805) 428-3271 (626) 962-2495 (805) 937-2051 x 2513 (805) 937-6382 (805) 294-2953
Southern	Mike Liebig, Peninsula HS	(310) 337-4888 x731 (310) 227-9470 Cell
Western	Tim Brogden – Warren HS	(562) 869-7306 x5767 (714) 307-3919
At-Large	John Dahlem, Scott Craft, Rim of the World HS Tony Ovalle, Montebello HS Ray Rodi,	(714) 768-4474 Home (909) 336-2038 (909) 967-0608 (323) 728-0121 x4437 (562) 692-6235 (951) 490-1052 Cell (951) 247-5647

It is important that coaches call their results to the committee members named above on the dates (Sundays) listed below:

November 15, January 10 and February 3 (Final Poll).

The CIF-SS Office will be doing three polls during the season. **Please start your calls or emails on Sunday, November 15, 2015. The above committee members will call in the poll results to the CIF-SS office on Monday following each of the above dates.**

2015-16 WRESTLING CHAMPIONSHIPS MEET INFORMATION

Dual Meet Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
February 6	Central	Alta Loma HS	Thomas Dawson, Alta Loma HS
February 6	Coastal	TBD	TBD
February 6	Eastern	Carter HS	Kevin Hennessy, Carter HS
February 6	Northern	Ventura HS	Dave Hess, Ventura HS
February 6	Southern	Redondo Union HS	Aron Schonberg, Redondo Union HS
February 6	Western	Millikan HS	Marshall Thompson, Millikan HS

Schools and leagues are reminded that their dual meet champions must be decided by Tuesday, February 2, 2016, so the draw can be announced and the championships can be held on Saturday, February 6, 2016.

Boys Individual Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
February 19/20	Central	Grand Terrace HS	Tiffany Gordon, Grand Terrace HS
February 19/20	Coastal	TBD	TBD
February 19/20	Eastern	Citrus Hill HS	Rich Shearer, Citrus Hill HS
February 19/20	Inland	Temecula Valley HS	Arnold Alpert, Temecula Valley HS
February 19/20	Northern	Santa Maria HS	Brian Wallace, Santa Maria HS
February 19/20	Southern	Marina HS	Chris Rasmussen, Marina HS
February 26/27	Masters Meet	Citizen Bank Arena	Dr. John Dahlem Alan Clinton, Servite HS
March 4/5	State Meet	Rabobank Arena, Bakersfield	Alan Paradise

Girls Individual Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
February 6	Central Qualifier	Tustin HS	Tustin HS
February 6	Eastern Qualifier	Upland HS	Leonard Bumpus, Upland HS
February 6	Northern Qualifier	Pioneer Valley HS	Kevin Ilac, Pioneer Vly HS
February 6	Southern Qualifier	Hillcrest HS	Ryan DeJournett, Hillcrest HS
February 12/13	CIFSS Championship	Roosevelt HS	Michael Cataline, Roosevelt HS
February 26/27	State Meet	Visalia Convention Center, Visalia	Brian Seymour

Freelance: If needed, those schools identified as freelance will be notified of the date and location of the freelance meet.

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. **Dual meet entries are due 11:00 pm Tuesday, February 2, 2016.**

Last Individual Wrestling Competition: The last day for Individual Wrestling competition is Saturday, February 13, 2016. **Wrestling Individual entries are due, Monday, February 15, 2016.**

2015-16 WRESTLING PLAYOFF GROUPINGS

Dual Meet Divisions		
League Champions Guaranteed Entry, All Other Entries, up to a maximum of 16 in each division, At-Large		
<u>Central Division</u>	<u>Coastal Division</u>	<u>Eastern Division</u>
<ol style="list-style-type: none"> 1. Baseline 2. Hacienda 3. Mt. Baldy 4. Palomares 5. River Valley 6. Sunkist 7. Valle Vista 	<ol style="list-style-type: none"> 1. Crestview 2. Empire 3. Freeway 4. Golden West 5. North Hills 6. Orange Coast 7. Pacific Coast 8. Sea View 9. South Coast 10. Sunset 11. Trinity 	<ol style="list-style-type: none"> 1. Big VIII 2. Citrus Belt 3. Desert Sky 4. Desert Valley 5. Inland Valley 6. Mojave River 7. Mountain Pass 8. San Andreas 9. Southwestern 10. Sunbelt
<u>Northern Division</u>	<u>Southern Division</u>	<u>Western Division</u>
<ol style="list-style-type: none"> 1. Channel 2. Coastal Canyon 3. Golden 4. Los Padres 5. Marmonte 6. Mission 7. PAC-8 8. Pacific View 	<ol style="list-style-type: none"> 1. Academy 2. Arrowhead 3. Bay 4. De Anza 5. Freelance 6. Heritage 7. Miramonte 8. Montview 9. Mountain Valley 10. Orange 11. Tri-Valley 	<ol style="list-style-type: none"> 1. Almont 2. Del Rio 3. Mission Valley 4. Moore 5. Pioneer 6. Rio Hondo 7. San Gabriel Valley 8. Suburban
Individual Divisions		
Five qualifiers from each Divisional to the Masters Meet		
<u>Central Division</u>	<u>Coastal Division</u>	<u>Eastern Division</u>
<ol style="list-style-type: none"> 1. Baseline 2. Bay 3. Century 4. Channel 5. Desert Valley 6. Miramonte 7. Moore 8. San Andreas 9. Sunkist 	<ol style="list-style-type: none"> 1. Academy 2. Big VIII 3. Desert Sky 4. Freelance 5. Golden 6. Inland Valley 7. Mission 8. Rio Hondo 9. Sunbelt 	<ol style="list-style-type: none"> 1. Freeway 2. Hacienda 3. Mission Valley 4. Mountain Pass 5. Mountain Valley 6. Palomares 7. Pacific View 8. South Coast 9. Tri-Valley
<u>Inland Division</u>	<u>Northern Division</u>	<u>Southern Division</u>
<ol style="list-style-type: none"> 1. Arrowhead 2. De Anza 3. Marmonte 4. Orange Coast 5. Pacific Coast 6. Pioneer 7. River Valley 8. Southwestern 9. Trinity 	<ol style="list-style-type: none"> 1. Citrus Belt 2. Coastal Canyon 3. Empire 4. Los Padres 5. Mojave River 6. Orange 7. Suburban 8. Valle Vista 	<ol style="list-style-type: none"> 1. Almont 2. Del Rio 3. Golden West 4. Heritage 5. Montview 6. Mt. Baldy 7. PAC-8 8. San Gabriel Valley 9. Sunset

BLUE BOOK RULE 3214 - League Guaranteed Entries, Individual Divisions Championships

- 4 team leagues = 2 entries, 5-6 team leagues = 3 entries, 7 or 8 team leagues = 4 entries, 9 or more team leagues = 5 entries

WRESTLING LEAGUES 2015-16

ACADEMY

Aquinas
Brentwood
Calvary Chapel/Downey
Saddleback Valley Christian
St. Margarets Episcopal

ALMONT

Alhambra
Bell Gardens
Keppel
Montebello
San Gabriel
Schurr

ARROWHEAD

California School for Deaf/Riverside
Excelsior
Hamilton
Lucerne Valley
Nuview Bridge
Santa Rosa Academy

BASELINE

Chino Hills
Damien
Etiwanda
Los Osos
Rancho Cucamonga
Upland

BAY

Beverly Hills
Mira Costa
Peninsula
Redondo
Santa Monica

BIG VIII

Centennial/Corona
Corona
M.L. King
Norco
Roosevelt
Santiago/C

CENTURY CONFERENCE

(Wrestling Individuals)

Brea Olinda
Canyon/A
El Dorado
El Modena
Esperanza
Foothill
Villa Park

CHANNEL

Buena
Dos Pueblos
San Marcos
Santa Barbara
Ventura

CITRUS BELT

Cajon
Carter
Citrus Valley
Eisenhower
Miller A.B.
Redlands
Redlands East Valley
Yucaipa

CRESTVIEW

(Duals)

El Dorado
El Modena
Esperanza
Villa Park
Yorba Linda

COASTAL CANYON

Camarillo
Moorpark
Royal
Simi Valley

COAST VALLEY CONFERENCE

(Wrestling Individuals)

Aliso Niguel
Capistrano Valley
Dana Hills
El Toro
Mission Viejo
San Clemente
Tesoro
Trabuco Hills

DE ANZA

Big Bear
Desert Hot Springs
Desert Mirage
Rancho Mirage
Shadow Hills
Yucca Valley

DEL RIO

California
El Rancho
La Serna
Pioneer
Santa Fe
Whittier

DESERT SKY

Adelanto
Barstow
Granite Hills
Silverado
Victor Valley

DESERT VALLEY

Cathedral City
Coachella Valley
Indio
La Quinta/LQ
Palm Desert
Palm Springs

EMPIRE

Cypress
Kennedy
Pacifica/GG
Tustin
Valencia/P
Western

FREEWAY

Buena Park
Fullerton
La Habra
Sonora
Sunny Hills
Troy

GOLDEN

Antelope Valley
Eastside
Highland
Knight
Lancaster
Littlerock
Palmdale
Quartz Hill

GOLDEN WEST

Loara
Ocean View
Orange
Santa Ana
Segerstrom
Westminster

HACIENDA

Charter Oak
Chino
Diamond Ranch
Los Altos
Walnut
West Covina

HERITAGE

Brentwood
De Toledo
Faith Baptist
Lutheran/LaVerne
Trinity Classical Academy

INLAND VALLEY

Arlington
Canyon Springs
J.W. North
Poly/Riverside
Rancho Verde
Valley View

LOS PADRES

Cabrillo/L
 Lompoc
 Morro Bay
 Nipomo
 Santa Maria
 Santa Ynez

MARMONTE

Agoura
 Calabasas
 Newbury Park
 Thousand Oaks
 Westlake

MIRAMONTE

Bassett
 Edgewood
 Ganesha
 La Puente
 Pomona

MISSION

Aleman
 Bishop Amat
 Chaminade
 Crespi
 Harvard Westlake

MISSION VALLEY

Arroyo
 El Monte
 Gabrielino
 Marshall
 Mountain View
 Rosemead
 South El Monte

MOJAVE RIVER

Apple Valley
 Burroughs/Ridgecrest
 Hesperia
 Oak Hills
 Serrano
 Sultana

MONTVIEW

Azusa
 Baldwin Park
 Duarte
 Gladstone
 Sierra Vista

MOORE

Cabrillo/LB
 Compton
 Jordan
 Lakewood
 Millikan
 Poly/LB
 Wilson/LB

MOUNTAIN PASS

Beaumont
 Citrus Hill
 Hemet
 San Jacinto
 Tahquitz
 West Valley

MOUNTAIN VALLEY

Banning
 Moreno Valley
 Pacific
 Rubidoux
 San Bernardino
 Vista Del Lago

MT. BALDY

Alta Loma
 Chaffey
 Colony
 Don Lugo
 Montclair
 Ontario

NORTH HILLS

(Duals)
 Brea Olinda
 Canyon/Anaheim
 Esperanza
 Foothill

ORANGE

Anaheim
 Century
 Katella
 Magnolia
 Santa Ana Valley
 Savanna

ORANGE COAST

Calvary Chapel/SA
 Costa Mesa
 Estancia
 Garden Grove
 Godinez
 Saddleback
 Santiago/GG

PAC-8

Arroyo Grande
 Atascadero
 Paso Robles
 Pioneer Valley
 Righetti
 San Luis Obispo
 St. Joseph/SM

PACIFIC COASTsent email

Beckman
 Corona del Mar
 Irvine
 Northwood
 University
 Woodbridge

PACIFIC VIEW

Channel Islands
 Hueneme
 Oxnard
 Pacifica/Oxnard
 Rio Mesa

PALOMAREScalled

Ayala
 Bonita
 Claremont
 Diamond Bar
 Glendora
 South Hills

PIONEER

Lawndale
 North Torrance
 South Torrance
 Torrance
 West Torrance

RIO HONDO

Hoover
 La Canada
 Monrovia
 San Marino
 South Pasadena
 St. Paul

RIVER VALLEY

Hillcrest
 Jurupa Valley
 La Sierra
 Norte Vista
 Patriot
 Ramona

SAN ANDREAS

Indian Springs
 Rialto
 Rim of the World
 San Geronio

SAN GABRIEL VALLEY

Dominguez
 Downey
 Gahr
 Paramount
 Warren

SEA VIEW

(Duals)
 Aliso Niguel
 Capistrano Valley
 El Toro
 Tesoro

SOUTH COAST

(Duals)
 Dana Hills
 Laguna Hills
 Mission Viejo
 San Clemente
 Trabuco Hills

SOUTHWESTERN

Chaparral
Great Oak
Murrieta Mesa
Murrieta Valley
Temecula Valley
Vista Murrieta

SUBURBAN

Artesia
Bellflower
Cerritos
Glenn
La Mirada
Mayfair
Norwalk

SUNBELT

Elsinore
Heritage
Lakeside
Paloma Valley
Perris
Temescal Canyon

SUNKIST

Bloomington
Colton
Fontana
Grand Terrace

SUNSET

Edison
Fountain Valley
Huntington Beach
Los Alamitos
Marina
Newport Harbor

TRI-VALLEY

Fillmore
Nordhoff
Santa Paula
Valencia/V

TRINITY

Mater Dei
Orange Lutheran
Santa Margarita
Servite
St. John Bosco

VALLE VISTA

Covina
Nogales
Northview
Rowland
San Dimas
Wilson/HH

FREELANCE

Buckley
Desert

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.

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"> • No activities requiring exertion (Weight lifting, jogging, P.E. classes) 	<ul style="list-style-type: none"> • Recovery and elimination of symptoms
	II-A	Light aerobic activity	<ul style="list-style-type: none"> • 10-15 minutes (<i>min</i>) of walking or stationary biking. • Must be performed under direct supervision by designated individual 	<ul style="list-style-type: none"> • Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., 100 beats per min) • Monitor for symptom return
	II-B	Moderate aerobic activity (Light resistance training)	<ul style="list-style-type: none"> • 20-30 min jogging or stationary biking • Body weight exercises (squats, planks, push-ups), max 1 set of 10, no more than 10 min total 	<ul style="list-style-type: none"> • Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) • Monitor for symptom return
	II-C	Strenuous aerobic activity (Moderate resistance training)	<ul style="list-style-type: none"> • 30-45 min running or stationary biking • Weight lifting ≤ 50% of max weight 	<ul style="list-style-type: none"> • Increase heart rate to > 75% max exertion • Monitor for symptom return
	II-D	Non-contact training with sport-specific drills (No restrictions for weightlifting)	<ul style="list-style-type: none"> • Non-contact drills, sport-specific activities (cutting, jumping, sprinting) • No contact with people, padding or the floor/mat 	<ul style="list-style-type: none"> • Add total body movement • Monitor for symptom return
Minimum 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"> • Controlled contact drills allowed (no scrimmaging) 	<ul style="list-style-type: none"> • Increase acceleration, deceleration and rotational forces • Restore confidence, assess readiness for return to play • Monitor for symptom return
		Full contact practice Full unrestricted practice	<ul style="list-style-type: none"> • Return to normal training, with contact • Return to normal unrestricted training 	
MANDATORY: 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"> • Normal game play (competitive event) 	<ul style="list-style-type: none"> • Return to full sports activity without restrictions

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>



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 2015/16 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 2015/16 CIF Southern Section Blue Book, Article 3100, pages 237-245.

NEW Blue Book Rule 1211.7 Regional Wrestling Tournament Exception – A regional wrestling tournament must request a minimum of 20% of the total number of officials needed to staff the event from the host school's assignment area. They may request additional officials from other assignment areas. For a wrestling tournament to be considered a regional tournament, it must meet all of the following criteria:

- A. It is a multiple day tournament.
- B. It must include a minimum of 50 contracted participating schools
- C. Participating schools must come from a minimum of 5 different sections.
- D. Participating schools must come from a minimum of 6 different wrestling officials' assignment areas throughout the state of California.

Weight Classes in High School Wrestling

Boys Weight Classes:

106lbs	113 lbs	120 lbs	126 lbs	132 lbs	138 lbs
145 lbs	152 lbs	160 lbs	170 lbs	182 lbs	195 lbs
220 lbs	285 lbs				

Alternates for Individual Wrestling Championships –

The brackets for each division will reflect the total number of guaranteed entries of the leagues in that division. There will no longer be a random draw for additional alternates to add wrestlers to those brackets. If a league loses an entry prior to the start of the tournament, that league can replace that entry with an alternate from that league first. If no alternate from that league is present, then the alternates from other leagues can be drawn in. Wrestlers that have a first round bye, and win their second round match, will receive two (2) advancement points for round one in addition to their second round advancement points.

Thursday Night Seeding Meetings for Individual Wrestling Championships – In an effort to save time and money for our schools, we will conduct our seeding meetings for the Individual Wrestling Championships on the Thursday night before the tournament begins on Friday morning. We hope this will be a benefit to all wrestling coaches.

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://nfhslearn.com/courses/61037>



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.)

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.

Approved by CIF Federated Council starting in 2013-14 season:

Bylaws 3103.A, 3103.D and 3103.F.

PENALTY: Failure to adhere to these bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

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.

DUAL MEET WRESTLING CHAMPIONSHIPS

1) Philosophy of the Tournament

- A) Continue with an opportunity for championships in 6 divisions, with divisions grouped competitively, as they are now.
- B) Provide an opportunity for schools who wish to participate in this competition to do so and allow those who do not wish to participate to opt out.

2) Size of Bracket, Date of Tournament, Format of Tournament

- A) Minimum of 8 teams, maximum of 16 teams.
- B) One-day tournament, same Saturday in February.
- C) Single Elimination.

3) League Champions

- A) Guaranteed entry for League Champions. Each league will be guaranteed one entry for their League Champion only. If a League Champion does not wish to participate in the Dual Meet Championships, that league will not have any additional guaranteed entries.

4) At-Large Process

- A) At-Large Teams will fill any open positions in the brackets, up to a maximum of 16 teams. Teams who wish to be considered for an at-large position in the bracket must submit the required At-Large Petition Form to the C.I.F.-SS Office by the published deadline.
- B) Criteria to Select At-Large Teams has been developed by the Wrestling Coaches Advisory Committee. Here is the criteria that will be used...
 - 1) Head-to-head competition of teams under consideration – 4 points
 - 2) Overall strength of the league from which the team is entered – 1 point
 - 3) Overall win-loss record in Dual Meet competition only – 1 point
 - 4) Strength against common opponents in Dual Meet competition only – 1 point
 - 5) Strength of schedule (Dual Meet and Individual Tournaments) – 2 points

C) Who Will Form the At-Large Selection Committee?

- 1) Selected members of the Wrestling Coaches Advisory Committee.

5) Seeding

- A) We will seed the Top 4 teams. The current seeding rules we now use will apply. For example, teams from the same league will be in opposite halves of the draw, if we have 3 teams from the same league, they cannot meet until the semifinals, etc.

6) Byes

- A) Byes in the draw, if applicable, will be given to the top seeds in descending order. If there is one bye, it will go to the #1 seed, if two byes, #1 and #2 seeds will get them, etc. Also, to save time and money, teams who receive a bye in the First Round will be allowed to weigh-in a maximum of two hours before they wrestle, they do not have to weigh in two hours before the First Round.

7) Tournament Timeline

- A) The tournament will begin with weigh-in at 9:00 a.m. and the First Round of wrestling beginning at 11:00 a.m. Depending on the size of bracket in each division, the Tournament Director at each site will have the option to adjust the timeline for each succeeding round of the tournament accordingly, providing wrestlers have the required amount of rest time between matches.



Wrestling Rules Changes - 2015-16

By on August 10, 2015 [wrestling](#)

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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



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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>

2015/16 Wrestling Sanctioned Events

Event	Date of Event	Host School	Level	Status
Hemet Novice Wrestling	11/28/2015	Hemet	F	Approved
La Puente High School's Battle of the Brdige	11/28/2015	La Puente	JV	Approved
Sierra Vista -JV Classic	11/28/2015	Sierra Vista	JV	Approved
Montclair JV Tournament	12/2/2015	Montclair	JV	Approved
Santa Paula Battle for the Bird Varsity Boys Wrestling	12/2/2015	Santa Paula	V	Approved
Santa Maria - CITY DUALS	12/3/2015	Santa Maria	All	Approved
Carter Classic	12/4/2015	Carter	V	Approved
Carter Classic	12/4/2015	Carter	V	Approved
Mortensen Invitational	12/4/2015	Thousand Oaks	N	Approved
Millikan - Duals	12/4/2015	Millikan	V-JV	Approved
Sierra Vista - Varsity Classic	12/4/2015	Sierra Vista	V	Approved
Sonora Frosh/Soph Duals	12/5/2015	Sonora	F/S	Approved
Downey 10 ways Duals F/S	12/5/2015	Downey	F/S	Approved
Downey 10 way JV Duals	12/5/2015	Downey	JV	Approved
Damien - Varsity 8 way Dual tournament	12/5/2015	Damien	V	Approved
Damien - JV 8 Way Dual Tournament	12/5/2015	Damien	JV	Approved
Valdez Family JV Wrestling Tournament	12/5/2015	Thousand Oaks	JV	Approved
Gabrielino - Frosh Soph Duals	12/5/2015	Gabrielino	F/S	Approved
Carter Duals in the Den	12/11/2015	Carter	V	Approved
Big Al JV Duals (Friday Tournament)	12/11/2015	Highland	JV	Approved
La Quinta/La Quinta - Desert Duals	12/11/2015	La Quinta/La Quinta	V-JV	Approved
Warrior Varsity 6-Way Dual Meet	12/11/2015	Westlake	V	Approved
Gabrielino - Varsity 2 Day 10 Way	12/11/2015	Gabrielino	V	Approved
Dr. John Dahlem Invitational	12/12/2015	Loara	V	Approved
La Quinta Desert Duals	12/12/2015	La Quinta/La Quinta	V	Approved
La Quinta Desert Duals	12/12/2015	La Quinta/La Quinta	JV	Approved
Irvine Andrew Pena Classic	12/12/2015	Irvine	V	Approved
Big Dog Wrestling Challenge	12/12/2015	Oak Hills	V	Approved
Jesse Cruz Memorial Tournament	12/12/2015	Northview	V	Approved
SULTANA GEORGE STONE JV WRESTLING TOURNAMENT	12/12/2015	Sultana	JV	Approved
Warrior Classic	12/12/2015	Westlake	JV	Approved
Brea Olinda High School -Ed Spring Annual Wrestling Tournament	12/18/2015	Brea Olinda	V	Approved
La Puente High School's Lady Warrior Classic	12/18/2015	La Puente	V	Approved
Highland -	12/18/2015	Highland	JV	Approved
Servite - Mann Classic 2015	12/18/2015	Servite	V	Approved
Montclair JV Tournament	12/19/2015	Montclair	JV	Approved
Damien - Varsity 24 team Individual Tournament	12/19/2015	Damien	All	Approved
Amat Rumble	12/22/2015	Bishop Amat	V	Approved
Hesperia High 29th Annual JV Scorpion Wrestling Tournament	12/22/2015	Hesperia	JV	Approved
San Dimas High School Classic	12/23/2015	San Dimas	JV	Approved

Damien - JV Individual Classic	12/23/2015	Damien	JV	Approved
de Toledo Jaguar Winter Duals	12/28/2015	de Toledo	All	Approved
Righetti H.S.- The Bash	12/29/2015	Righetti	V	Approved
Millikan - Two	1/2/2016	Millikan	All	Approved
Beaumont - Wrestling Invitational	1/2/2016	Beaumont	V	Approved
Atascadero New Year's Revolution Wrestling	1/8/2016	Atascadero	V	Approved
Nogales Super Champs	1/8/2016	Nogales	V	Approved
Atascadero - New Year's Revolution	1/8/2016	Atascadero	V	Approved
Juan Enriquez Memorial Classic	1/8/2016	Glenn	V	Approved
The 25th Bobby Loughridge- Highland	1/8/2016	Highland	V	Approved
La Puente High School's Bridgetown Throwdown	1/9/2016	La Puente	V	Approved
Grand Terrace - San Bernardino County Tournament	1/9/2016	Grand Terrace	V	Approved
Santa Paula Girls Wrestling Dual Tournament	1/9/2016	Santa Paula	V	Approved
Orange Grove JV Duals @ Redlands East Valley	1/9/2016	Redlands East Valley	JV	Approved
Gabrielino - JV 16 Team Individual Tournamey	1/9/2016	Gabrielino	JV	Approved
Eisenhower - 24 man tournament	1/16/2016	Eisenhower	V	Approved
Jim Bauer Invitational	1/16/2016	Knight	V	Approved
Bishop Amat Classic - JV-F/S Wrestling Tournament	1/16/2016	Bishop Amat	JV-F/S	Approved
San Gabriel Valley All Star Match	1/18/2016	Bishop Amat	V	Approved
Morro Bay - CIT (California Invitational Tournament)	1/22/2016	Morro Bay	V	Approved
Montclair Classic Varsity Tournament	1/23/2016	Montclair	All	Approved
Sonora Southern California JV Championships	1/23/2016	Sonora	JV	Approved
Downey JV Indiduals	1/23/2016	Downey	JV	Approved
El Modena - Southern California JV Championships	1/23/2016	El Modena	JV	Approved
Centennial/Corona -	1/23/2016	Centennial/Corona	V	Approved
San Marcos - Royals Wrestling Championships	1/23/2016	San Marcos	V	Approved
Sierra Vista - Freshman Classic	1/23/2016	Sierra Vista	F	Approved
Glenn JV Wrestling Tournament	1/30/2016	Glenn	JV	Approved
Thunderclap Varsity Tournament	1/30/2016	Thousand Oaks	V	Approved
MIT	1/30/2016	Millikan	All	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.

NFHS MEDICAL RELEASE FORM FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee 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 wrestler. 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 NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine 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 appropriate health-care professionals that led 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 student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably 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 appropriate health-care professionals 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 cannot participate.
4. Provide a basis to support appropriate health-care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health-care professional who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Each state association needs to determine which health-care professional can sign off on this form.
2. Inclusion of the applicable NFHS wrestling rule so appropriate health-care professionals will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. 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.
4. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health-care professional.
5. 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.
6. 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 NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.

Revised/Approved by NFHS SMAC - April 2013

National Federation of State High School Associations
Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ____ / ____ / ____
Mark Location AND Number of Lesion(s)

Diagnosis _____

Location AND Number of Lesion(s) _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: ____ / ____ / ____

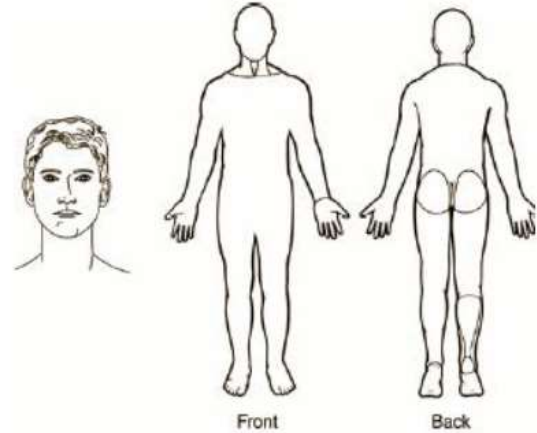
Form Expiration Date: ____ / ____ / ____

Earliest Date may return to participation: ____ / ____ / ____

Provider Signature _____ Office Phone #: _____

Provider Name (Must be legible) _____

Office Address _____



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 not considered contagious, it may be covered to allow participation.

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 or five full days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 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.

Revised/Approved by NFHS SMAC - April 2013

DIFFERENT SITE SITUATIONS

Official at weigh-ins at Dual Meet:

1. Arrive at site in plenty of time to organize the weigh in area
2. As the wrestler steps up to the scale the above protocols should be followed.

Official not at weigh ins at Dual Meet:

1. Arrive in plenty of time to conduct a thorough skin check
2. Find appropriate area to take entire team to do skin check-preferably the locker room
3. Take one team at a time
4. Have the team line up in weight class order
5. Go through the protocols above
6. Go to the next team

Officials at weigh-ins at Tournaments:

The optimum situation is to have 2 officials per scale.

1. One official can do the skin checks prior to reaching the scale, if he passes, the put a marker to put an "x" on the wrestler wrist
2. The other official can weigh the wrestler in and mark the weight class on the wrestlers shoulder

Less than optimum situations-1 official per scale

1. As wrestler approaches the scale follow the above protocols

Less than less than optimum 2 officials-5 scales

1. Form 2 big lines -1 for each official and do the skin checks using above protocols
2. Then the wrestler can go to their designated scales to finish the weigh ins.

Officials NOT at weigh-ins at Tournaments:

1. Have the crew arrive in plenty of time
2. Have each official get a team with coach to go back to locker in an organized manner and do the skin checks according to the protocols above
3. Once an official finishes a team, then they get another team until all teams have been inspected.
4. Head official should keep a chart of the teams that need to be inspected.

Wrestling – Pre-Dual Meet Timeline

Officials, Coaches, Athletic Directors

There is a major concern across the state and section that wrestling dual meets are not starting on the designated times. In no other sport or event would this be tolerated out of respect to the sport, supervisors, fans, coaches and officials.

Teams need to arrive within the timelines to be weighed in, be groom checked and have adequate warm up time. The bottom line is that all duals need to begin on the designated start time.

Here is a recommended timeline:

		Example: Dual start time 5:30pm
1 ½ hour before dual	Visiting team arrive & competition mats need to be ready to go	4pm
1 hour before dual	Weigh ins may begin	4:30pm
½ hour before dual	Official arrives	5pm
½ hour before dual	All Home team groom check in locker room Visiting team warm-ups	5-5:10pm
¼ hour before dual	All Visiting team groom check in locker room Home team warm-ups	5:15-5:25pm
5 minutes before dual	Officials/Coach/Captain Meeting	5:25pm
	Dual meet begins	5:30pm
~1-1 ½ hour later	Dual meet completed	~7pm
½ hour after the completion of prior dual	Next Dual Meet	7:30pm
½ hour before dual	Visitor Team Warm up	7:00pm
¼ hour before dual	Home Team Warm up	7:15pm
5 minutes before dual	Officials/Coach/Captain Meeting	7:25pm
	Dual meet begins	7:30pm

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 click on education materials



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

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 and click on the 'Health and Safety' box at the top of the page. Open the Sports Medicine Handbook and refer to page 44 for practical health hygiene policies and rec



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- OPTION #3 - 10 Cases of Gatorade® Frost™ Energy Drink (10 servings)
- OPTION #4 - 10 Cases of Gatorade® Frost™ Energy Drink (10 servings)

*Create Your Own G Series must consist of 2 different options.

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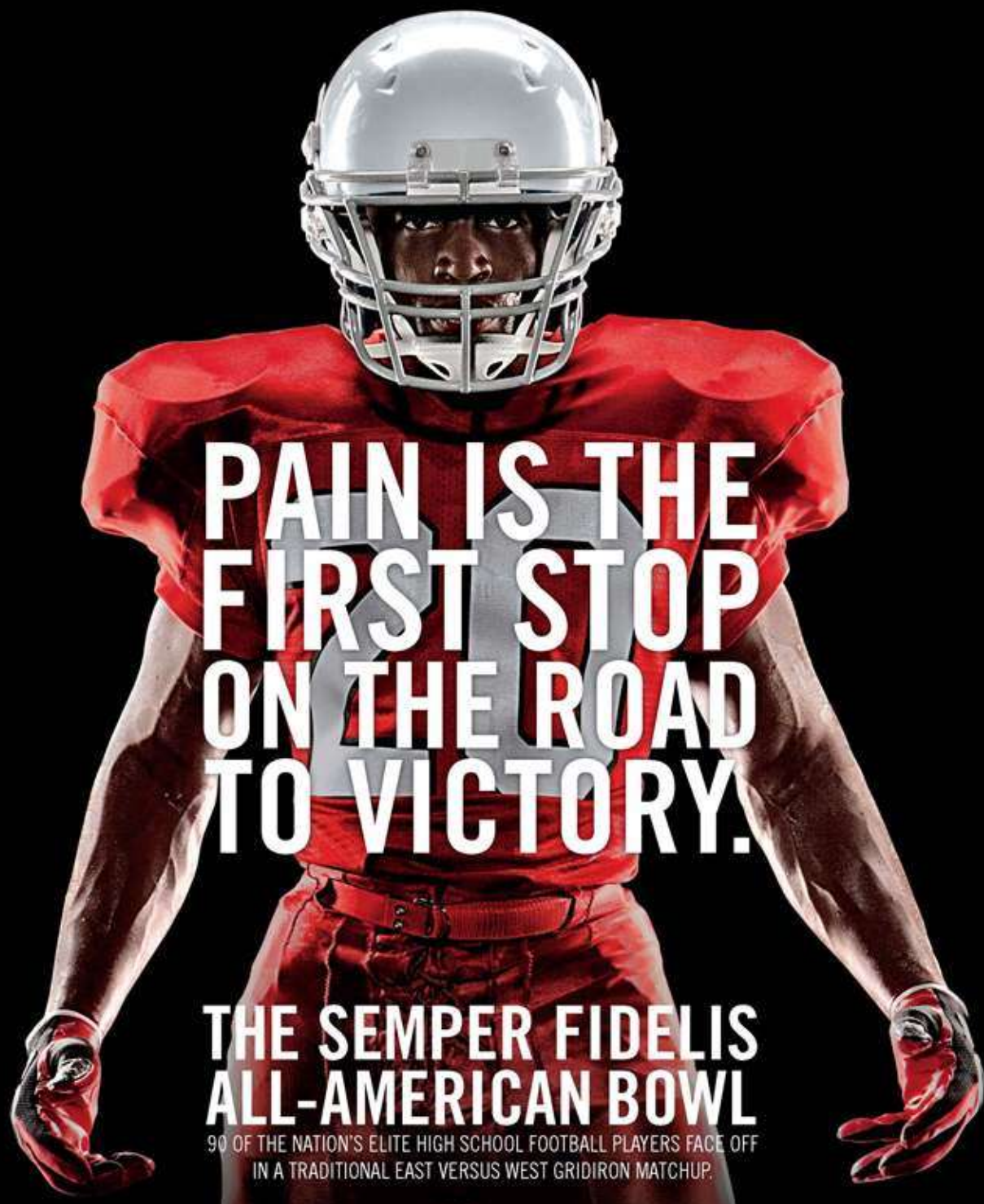


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