



2017-2018

BOYS  
WRESTLING  
PREVIEW



PROUDLY SUPPORTING  
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HIGH SCHOOL ATHLETES



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TO: CIF-SS WRESTLING COACHES

FROM: GLENN MARTINEZ, ASSISTANT COMMISSIONER

DATE: OCTOBER, 2017

RE: **2017/18 CIF - SOUTHERN SECTION WRESTLING PREVIEW**

**WELCOME TO THE 2017/18 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	<a href="mailto:aalpert@tvusd.k12.ca.us">aalpert@tvusd.k12.ca.us</a>
Bobby Bellamy, Northview HS	(626) 974-6100	(909) 969-6590	<a href="mailto:bellamy@cvusd.k12.ca.us">bellamy@cvusd.k12.ca.us</a>
Tim Brogden, Warren HS	(562) 869-7306 Ext. 5767	(714) 307-3919	<a href="mailto:TBrogden@dusd.net">TBrogden@dusd.net</a>
Anthony Califano, Dos Pueblos HS			<a href="mailto:acalifano@sbunified.org">acalifano@sbunified.org</a>
CT Campbell, Victor Valley HS	(760) 955-3300 X3111		<a href="mailto:ccampbell@vvhhsd.org">ccampbell@vvhhsd.org</a>
Randy Campbell, Centennial/Cor HS	(951) 739-5670 Ext. 20504	(951) 316-0233 cell	<a href="mailto:coachrandycampbell@hotmail.com">coachrandycampbell@hotmail.com</a>
Alan Clinton, Servite HS	(714) 774-7575x1125	(714) 318-7466 cell	<a href="mailto:aclinton@servitehs.org">aclinton@servitehs.org</a>
Tom Cote, Chino Hills HS	(626) 915-5841 x30321	(909) 896-0417 cell	<a href="mailto:lynandtomcote@yahoo.com">lynandtomcote@yahoo.com</a>
Scott Craft, Rim of the World	(909) 336-2038	909 967-0608	<a href="mailto:Scott_craft@rimsd.k12.ca.us">Scott_craft@rimsd.k12.ca.us</a>
Dr. John Dahlem, At Large		(714) 768-4474	<a href="mailto:jsdahlem@gmail.com">jsdahlem@gmail.com</a>
Jaime Flores, Western HS			<a href="mailto:Flores_ja@auhsd.us">Flores_ja@auhsd.us</a>
Rob Froh, Bonita HS			<a href="mailto:r.froh@bonita.k12.ca.us">r.froh@bonita.k12.ca.us</a>
Scott Glabb, Santa Ana HS	714 567-4900 x64386	(714) 546-4682 (714) 609-6607	<a href="mailto:glabb@prodiqy.net">glabb@prodiqy.net</a>
Randy Gonzalez, Lakewood HS	(562) 425-1281 x3253	(562) 810-5186	<a href="mailto:RSGonzalez@lbschools.net">RSGonzalez@lbschools.net</a>
Kevin Hennessy, Carter HS	(909) 854-4100	(909) 578-6989	<a href="mailto:khenness@rialto.k12.ca.us">khenness@rialto.k12.ca.us</a>
Jeff Hickok, Elsinore HS	(951) 253-7200	(951) 471-8110	<a href="mailto:Jeff.hickok@leusd.k12.ca.us">Jeff.hickok@leusd.k12.ca.us</a>
Mike Liebig, Peninsula HS	(310) 377-4888 Ext. 731	310-543-2641, 310-227-9470	<a href="mailto:liebig@pvpusd.k12.ca.us">liebig@pvpusd.k12.ca.us</a>
Jason Lowe, Canyon Springs HS	(951) 571-4760	(951) 333-6700 cell	<a href="mailto:jlowe@mvusd.net">jlowe@mvusd.net</a>
Anthony Ovalle,	(323) 728-0121 x4437	(562) 692-6235	<a href="mailto:Ovalle77@msn.com">Ovalle77@msn.com</a>
Tom Pierre, Bishop Amat HS	(626) 962-2495		<a href="mailto:tpierre@rowland.k12.ca.us">tpierre@rowland.k12.ca.us</a>
Mike Provenzano, Westminster HS	(714) 893-1381 Ext. 4298	(714) 791-5354	<a href="mailto:mprovenzano@hbuhhsd.edu">mprovenzano@hbuhhsd.edu</a>
Chris Rasmussen, Marina HS	(714) 893-6571 x4298	(714) 402-4207	<a href="mailto:cerasmussen@hbuhhsd.edu">cerasmussen@hbuhhsd.edu</a>
Ray Rodi – At Large	(951) 247-5647	(951) 490-1052 Cell	<a href="mailto:rrodi@roadrunner.com">rrodi@roadrunner.com</a>
Gerardo Rodriguez, Valencia/P HS	(714) 996-4970	(714) 318-2077	<a href="mailto:grodriguez@pylusd.org">grodriguez@pylusd.org</a>
Dutch Van Patten, Righetti HS	(805) 937-2051 Ext. 2507	(805) 937-6382 (805) 260-6186	<a href="mailto:dvanpatten@smjuhsd.org">dvanpatten@smjuhsd.org</a>
Brian Wallace, Santa Maria HS	(805) 294-2953		<a href="mailto:coachbrianwallace@msn.com">coachbrianwallace@msn.com</a>
Mike Witham, Granite Hills HS	(714) 961-2290 x2406	(760) 964-3958	<a href="mailto:michael_witham@avusd.org">michael_witham@avusd.org</a>
Brad Woodbury, Fountain Valley HS	(714) 962-3301 Ext. 4298	(714) 206-0859 Cell	<a href="mailto:Woodbury@hbuhhsd.edu">Woodbury@hbuhhsd.edu</a>

## 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	Bobby Bellamy, Northview HS Tom Cote, Chino Hills HS Rob Froh Bonita HS	(626) 974-6100 (909) 357-5900 (909) 896-0917 (909) 971-8220 (626) 974-6220 x803019
Coastal	Alan Clinton, Servite HS Scott Glabb, Santa Ana HS Jaime Flores, Western HS Mike Provenzano, Westminster HS Gerardo Rodriguez, Valencia/P HS Brad Woodbury, Fountain Valley HS	(714) 774-7575 x 1125 (714) 633-6449 (714) 567-4900 x64386 (714)546-4682 (714) 893-1381 x4298 (714) 791-5354 (714) 996-4970 (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	Anthony Califano, Dos Pueblos HS Tom Pierre, Bishop Amat HS Dutch Van Patten, Righetti HS Brian Wallace, Santa Maria HS	(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 Randy Gonzalez, Lakewood HS	(562) 869-7306 x5767 (714) 307-3919 (562) 425-1281 x3253
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 12, January 7 and January 31 1(Final Poll).

The CIF-SS Office will be doing three polls during the season. **Please start your calls or emails on Sunday, November 12, 2017. The above committee members will call in the poll results to the CIF-SS office on Monday following each of the above dates.**

# 2017-18 WRESTLING CHAMPIONSHIPS MEET INFORMATION

## Dual Meet Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
February 3	Central	Ayala HS	Grant Brunier, Ayala HS
February 3	Coastal	Marina HS	Chris Rasmussen, Marina HS
February 3	Eastern	Santiago/Corona HS	Rock San Angelo, Santiago/Corona HS
February 3	Northern	Dos Pueblos HS	Anthony Califano, Dos Pueblos HS
February 3	Southern	Redondo Union HS	Arond Schonberg, Redondo Union HS
February 3	Western	Lakewood HS	Randy Gonzalez, Lakewood HS

**Schools and leagues are reminded that their dual meet champions must be decided by Tuesday, January 30, 2018, so the draw can be announced and the championships can be held on Saturday, February 3, 2018.**

## Boys Individual Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
February 16/17	Central	Oak Hills HS	Dave Stidham, Oak Hills HS
February 16/17	Coastal	Westminster HS	Mike Provo, Westminster HS
February 16/17	Eastern	Carter HS	Kevin Hennessy, Carter HS
February 16/17	Inland	Great Oak HS	Joe Conroy, Great Oak HS
February 16/17	Northern	Beaumont HS	Rob Wagner, Beaumont HS
February 16/17	Southern	Brea Olinda HS	Fergus McTeggart, Brea Olinda HS
February 23/24	Masters Meet	Temecula Valley HS	Arnold Alpert, Temecula Valley HS Dr. John Dahlem, Alan Clinton, Servite HS
March	2/3 State Meet	Rabobank Arena, Bakersfield	Alan Paradise

## Girls Individual Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
February 3	Central Qualifier	Upland HS	Leonard Bumpus, Upland HS
February 3	Eastern Qualifier	Hillcrest HS	Ryan DeJournett, Hillcrest HS
February 3	Northern Qualifier	Santa Maria HS	Brian Wallace, Santa Maria HS
February 3	Southern Qualifier	El Toro HS	Anthony Nixon, El Toro, HS
February 9/10	CIFSS Championship	Roosevelt HS	Michael Cataline, Roosevelt HS
February 23/24	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.

## 2017-18 WRESTLING SEASON CALENDAR DATES

**Starting Date for Interscholastic Contest:** No interscholastic contest (tournament or league) may be scheduled prior to November 20, 2017.

**Last League and/or Non-League Contest:** The last allowable date for a league or non-league team contest is Tuesday, January 30, 2018. **Dual meet entries are due 11:00 pm Tuesday, January 30, 2018.**

**Last Individual Wrestling Competition:** The last day for Individual Wrestling competition is Saturday, February 10, 2018. **Wrestling Individual entries are due, Monday, February 12, 2018.**

# 2017-18 WRESTLING PLAYOFF GROUPINGS

## 2016-2018 Wrestling Playoff Groupings

Dual Meet Championship Divisions		
Coastal Division	Northern Division	Eastern Division
Crestview	Coastal Canyon	Big 8
Empire	Channel	Citrus Belt
Freeway	Golden	Desert Sky
Golden West	Los Padres	Desert Valley
North Hills	Marmonte	Inland Valley
Orange Coast	Mission	Mojave River
South Coast	Pac 8	Mountain Pass
Sunset	Pacific View	Southwestern
Trinity		Sunbelt
Western Division	Central Division	Southern Division
Del Rio	Baseline	Almont
Mission Valley	Hacienda	Arrowhead
Moore	Mt. Baldy	Bay
Pioneer	Palomares	Cross Valley
Rio Hondo	River Valley	De Anza
San Gabriel Valley	Sunkist	Free Lance
Suburban	Valle Vista	Miramonte
		Montview
		Mountain Valley
		Orange
		Pacific Coast
		San Andreras
		Sea View
		Tri Valley
Individual Championship Divisions		
Eastern Division	Coastal Division	Southern Division
Big VIII	Coastal Canyon	Century
Citrus Belt	Coast Valley	Channel
Freelance	Desert Valley	Cross Valley
Golden	Golden West	Desert Sky
Hacienda	Heritage	Inland Valley
Moore	Mission Valley	Mountain Valley
Marmonte	Orange Coast	Pacific View
Orange	River Valley	Pioneer
Sunbelt	Tri Valley	Sunset
Inland Division	Central Division	Northern Division
Baseline	Arrowhead	Almont
Bay	Freeway	De Anza
Empire	Mojave River	Del Rio
Los Padres	Mission	Mountain Pass
Miramonte	Montview	Pac 8
Pacific Coast	Mt. Baldy	Palomares
Rio Hondo	San Andreas	San Gabriel Valley
Southwestern	Suburban	Sunkist
Valle Vista	Trinity	

**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 2017-18

## ALMONT

Alhambra  
Bell Gardens  
Keppel  
Montebello  
Schurr

## ARROWHEAD

California School for Deaf/Riverside  
Hamilton  
Notre Dame/Riverside  
Nuview Bridge  
Santa Rosa Academy

## BASELINE

Chino Hills  
Damien  
Etiwanda  
Los Osos  
Rancho Cucamonga  
Upland

## BAY

Beverly Hills  
Mira Costa  
Palos Verdes  
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

## COASTAL CANYON

Camarillo  
Moorpark  
Royal  
Simi Valley

## CRESTVIEW

### (Duals)

Canyon Anaheim  
El Dorado  
Villa Park  
Yorba Linda

## CROSS VALLEY

Big Bear  
Calvary Chapel/Downey  
Excelsior Charter  
Lucerne Valley  
Webb

## COAST VALLEY CONFERENCE

### (Wrestling Individuals)

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

## DE ANZA

Coachella Valley  
Desert Hot Springs  
Desert Mirage  
Rancho Mirage  
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  
Indio  
La Quinta/LQ  
Palm Desert  
Palm Springs  
Shadow Hills

## 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  
Seegerstrom  
Westminster

## HACIENDA

Charter Oak  
Chino  
Diamond Ranch  
Los Altos  
Walnut  
West Covina

## HERITAGE

Buckley  
de Toledo  
Faith Baptist  
Lutheran/LaVerne

## INLAND VALLEY

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



**LOS PADRES**

Cabrillo/L  
 Lompoc  
 Morro Bay  
 Nipomo  
 Orcutt Academy  
 Santa Maria  
 Santa Ynez  
 Templeton

**MARMONTE**

Agoura  
 Calabasas  
 Newbury Park  
 Thousand Oaks  
 Westlake

**MIRAMONTE**

Bassett  
 Edgewood  
 Ganesha  
 La Puente  
 Pomona

**MISSION**

Alemanya  
 Bishop Amat  
 Chaminade  
 Crespi  
 Harvard Westlake

**MISSION VALLEY**

Arroyo  
 El Monte  
 Gabrielino  
 Mountain View  
 Rosemead  
 South El Monte

**MOJAVE RIVER**

Apple Valley  
 Burroughs/Ridgecrest  
 Hesperia  
 Oak Hills  
 Serrano  
 Sultana

**MONTVIEW**

Azusa  
 Duarte  
 Gladstone  
 Nogales  
 Sierra Vista  
 Workman

**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  
 El Modena  
 Esperanza  
 Foothill

**ORANGE**

Anaheim  
 Century  
 Katella  
 Magnolia  
 Santa Ana Valley  
 Savanna

**ORANGE COAST**

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

**PAC-8**

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

**PACIFIC COAST**

Beckman  
 Corona del Mar  
 Irvine  
 Northwood  
 University  
 Woodbridge

**PACIFIC VIEW**

Channel Islands  
 Hueneme  
 Oxnard  
 Pacifica/Oxnard  
 Rio Mesa

**PALOMARES**

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

**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)**  
 Dana Hills  
 El Toro  
 Mission Viejo  
 Tesoro

**SOUTH COAST**

**(Duals)**  
 Aliso Niguel  
 Capistrano Valley  
 Laguna Hills  
 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**

Carpinteria  
Fillmore  
Nordhoff  
Santa Paula  
Valencia/V

**TRINITY**

Mater Dei  
Orange Lutheran  
Santa Margarita  
Servite  
St. John Bosco

**VALLE VISTA**

Baldwin Park  
Covina  
Northview  
Rowland  
San Dimas  
Wilson/HH

**FREELANCE**

Aquinas  
Buckley  
Calvary Chapel/Downey  
St. Margaret's  
Valley Christian/Cerritos



## Wrestling Rules Changes - 2017-18

**4-1-1a-c:** Clarified the criteria for an alternative uniform.

**Rationale:** The alternate 2-piece uniform has been added to increase participation for boys and girls. The uniform modification received favorable support on the NFHS Wrestling questionnaire. In addition, a member state association experimented with a 2-piece uniform this past wrestling season and received favorable results and comments from their member schools, wrestlers, coaches and referees.

**4-5-3:** Modified what is appropriate and allowable in the designated weigh-in area.

**Rationale:** If an athlete misses weight on the first attempt on the scale, he/she shall not be allowed to do anything (activities which promote dehydration, remove/adjust/modify clothing, cut hair, etc.) which might result in weight loss before stepping back on the scale(s). The same should be the case for an athlete who is trying to qualify for a higher weight class and is too light. He/she shall not be allowed to drink fluids before getting back on the scale.

**5-11-1:** Clarified the definition of a fall.

**Rationale:** This change will allow for fewer match interruptions. Provided the clock is running, a fall shall be able to be earned. Referees shall permit wrestling to continue as long as the offensive wrestler's supporting parts remain inbounds, and as long as no body part of the defensive wrestler goes off the mat.

**5-11-5:** Modified the location of where a fall or near fall can be awarded.

**Rationale:** Offensive wrestling shall be rewarded. If wrestling is continuing during a match, then falls and nearfalls should be awarded/earned with no deference to the out-of-bounds line.

**5-15-2b, c:** Clarified the scoring of points in relation to the location on the mat.

**Rationale:** Offensive wrestling shall be rewarded. While the clock is running, takedown, escape, reversal, near-fall and falls will be allowed/earned as long as the supporting points of either wrestler are inbounds.

**5-19-10:** Modified the position of the referee at the beginning of the start of a match.

**Rationale:** When starting the wrestlers in the down position, the referee shall be in front of, stationary and at an angle to the contestants. The referee shall also establish eye contact with the scorer's table.

**6-6-4a1:** Clarified the process of correcting an error by the timekeeper during a dual meet.

**Rationale:** Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.

**6-6-5a1:** Clarified the process of correcting an error by the timekeeper during a tournament.

**Rationale:** Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.

**7-1-2:** Modified that two moves (straight-back suplay and straight-back salto) are now illegal.

**Rationale:** The straight-back salto and straight back suplay are dangerous regardless of which body part (head, neck, or shoulder(s)) hits the mat first.

**7-1-5w:** Clarified that a specific maneuver is not allowed.

**Rationale:** The front flip or hurdle from the neutral position is attempted when there is short time left in a match and a wrestler needs to secure a takedown of his opponent, who has a strong defensive neutral position, in order to either tie or take a lead in a match. This maneuver is a last-ditch effort attempt to score; however, the attempt to flip or hurdle one's opponent from a neutral position is not only an elevated risk to the wrestler attempting the maneuver, it also places the opponent in a disadvantage position as he/she is not only left to counter the scoring attempt but is also placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver.

**7-6-4d:** Modified another determinant for stalling.

**Rationale:** This will provide rule support for a casebook interpretation.

### **2017-18 POINTS OF EMPHASIS**

1. Off the scale activities
2. Cleanliness-uniforms, pads
3. Braces-padded and covered
4. Stalemate/fleeing the mat
5. Salto and Suplay illegality
6. Consistency of the start of each match

## COMMENTS ON THE 2017-18 RULE CHANGES

**Clarified the Criteria for an Alternate Uniform (4-1-1a-c):** The alternate 2-piece uniform has been added to increase participation for boys and girls. The uniform modification received favorable support on the NFHS Wrestling questionnaire. In addition, a member state association experimented with a 2-piece uniform this past wrestling season and received favorable results and comments from their member schools, wrestlers, coaches and referees.

**Modified What is Appropriate and Allowable in the Designated Weigh-In Area (4-5-3);** If an athlete misses weight on the first attempt on the scale, he/she shall not be allowed to do anything (activities which promotes dehydration, remove/adjust/modify clothing, cut hair, etc.) which might result in weight loss before stepping back on the scale (s). The same should be the case for an athlete who is trying to qualify for a higher weight class and is too light. He/she shall not be allowed to drink fluids before getting back on the scale.

**Clarified the Definition of a Fall (5-11-1):** This change will allow for fewer match interruptions. Provided the clock is running, a fall shall be able to be earned. Referees shall permit wrestling to continue as long as the offensive wrestler's supporting parts remain inbounds, and as long as no body part of the defensive wrestler goes off the mat.

**Modified the Location Where a Fall or Near-fall Can be Awarded (5-11-5):** Offensive wrestling shall be rewarded. If wrestling is continuing during a match, then falls and near-falls should be awarded/earned with no deference to the out-of-bounds line.

**Clarified the Scoring of Points in Relation to the Location on the Mat (5-15-2 b, c ):** Offensive wrestling shall be rewarded. While the clock is running, takedown, escape, reversal, near-fall and falls will be allowed/earned as long as the supporting points of either wrestler are inbounds.

**Modified the Position of the Referee at the Beginning of the Start of a Match (5-19-10):** When starting the wrestlers in the down position, the referee shall be in front of, stationary and at the angle to the contestants. The referee shall also establish eye contact with the scorer's table.

**Clarified the Process of Correcting an Error by the Timekeeper During a Dual Meet (6-6-4a1):** Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.

**Clarified the Process of Correcting an Error by the Timekeeper During a Tournament (6-6-5a1):** Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.

**Modified Tow Moves That Are Now Illegal (7-1-5):** The straight-back salto and straight back suplay are dangerous regardless of which body part (head, neck or shoulder(s)) hits the mat first.

**Clarified That a Specific Maneuver is Not Allowed (7-1-5):** The front flip or hurdle from the neutral position is attempted when there is short time left in a match and a wrestler needs to secure a takedown of his opponent, who has a strong defensive neutral position, in order to either tie or take a lead in a match. This maneuver is a last-ditch effort attempt to score; however, the attempt to flip or hurdle one's opponent from a neutral position is not only an elevated risk to the wrestler attempting the maneuver, it also places the opponent in a disadvantage position as he/she is not only left to counter the scoring attempt but is also placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver.

**Modified Another Determinant for Stalling (7-6-4d):** This will provide rule support for a casebook interpretation.

# Alternate Uniforms Approved

An alternate two-piece uniform consisting of compression shorts or shorts designed for wrestling and a form-fitted compression shirt has been approved for the 2017-18 season in high school wrestling. Wrestlers will have the option of the new two-piece uniform or the traditional one-piece singlet.

This revision to Rule 4-1-1 was recommended by the National Federation of State High School Associations (NFHS) Wrestling Rules

**In addition to the traditional singlet worn by these wrestlers, an alternate two-piece uniform is legal starting in the 2017-18 season.** Ray Green, Simi Valley, Calif.

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Committee at its April 2-4 meeting in Indianapolis, and subsequently approved by the NFHS Board of Directors.

The compression shorts or shorts designed for wrestling shall be school-

issued and shall have a minimum 4-inch inseam that does not extend below the knee.

The form-fitted compression shirt shall not cover or extend below the elbow and shall have a minimum 3-inch tail. The shirt may be worn under a singlet

SEE "UNIFORM" P. 2



OFFICIAL PUBLICATION OF THE  
NATIONAL FEDERATION OF STATE HIGH  
SCHOOL ASSOCIATIONS (NFHS)

**REFEREE**

PUBLISHED BY REFEREE  
IN COOPERATION  
WITH THE NFHS

# Inbounds Not Required for Points, Fall

The NFHS Wrestling Rules Committee approved two changes related to falls and near falls.

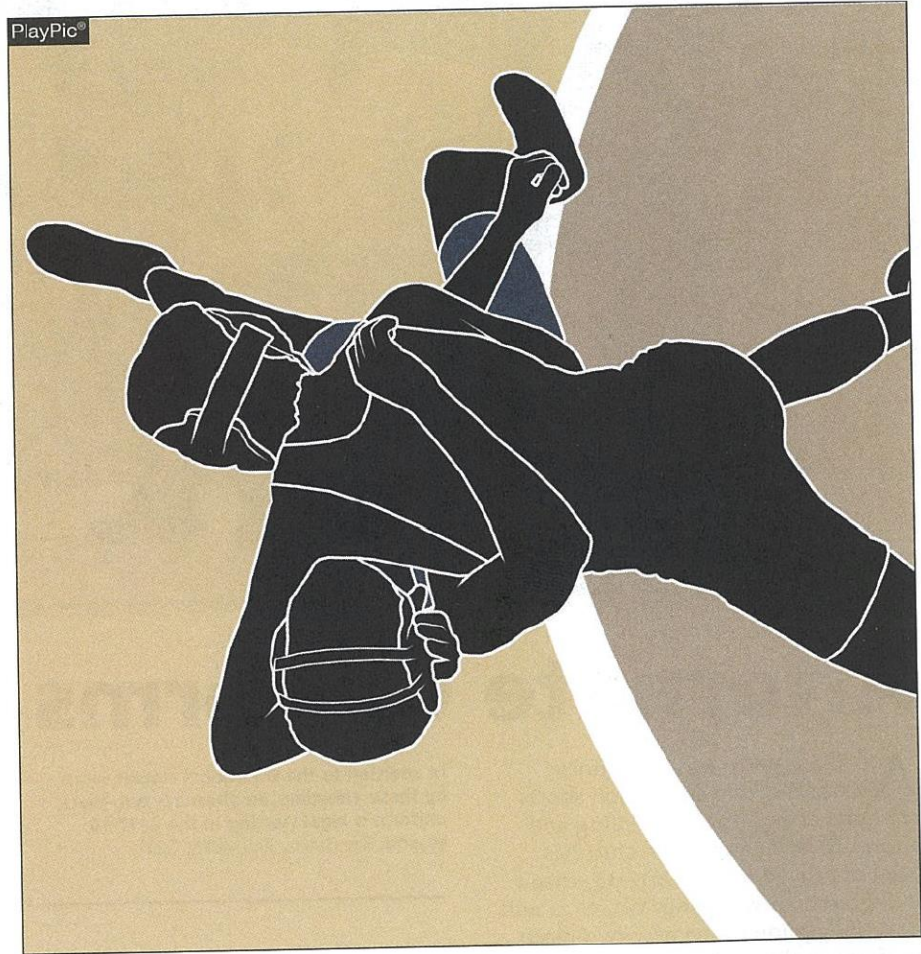
In 5-11-1, the shoulders or scapula of the offensive wrestler no longer must be inbounds to earn a fall. The committee agreed that wrestling should continue if the supporting points of either wrestler remain inbounds and no body part of the defensive wrestler goes off the mat.

In 5-11-5, the passage, "unless any part of the shoulders or both scapulae of the defensive wrestler is inbounds" was eliminated. If wrestling is continuing during a match, near falls and falls will be awarded/earned regardless of the out-of-bounds line.

In a related rule, Rule 5-15-2b, c was changed as follows: "Near fall points or a fall shall be earned while the supporting points of either wrestler are inbounds."

"The committee agreed that offensive wrestling should be rewarded," said Elliot Hopkins, NFHS director of sports and student services. "If wrestling is continuing, as allowed by current rules, and points for escapes and reversals are allowed, the ability to earn a fall or near fall should be there as well, with no deference to the out-of-bounds line."

Hopkins added, "Scoring a fall or near fall is strengthened by the modifications to the definition and location of fall and near fall in our rules book." □



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## Rules that are still in effect:

1. Hair cover attached to headgear
2. Minimum 5 feet protection area
3. NO Tape on headgear
4. Default is not a forfeit-must be accepted on the mat
5. Multiple days of dual meet tournaments:
  - Must weigh in at same weight class both days
  - Cannot just weigh in for Saturday only



## Wrestling

CIF Administrators, AD's and coaches

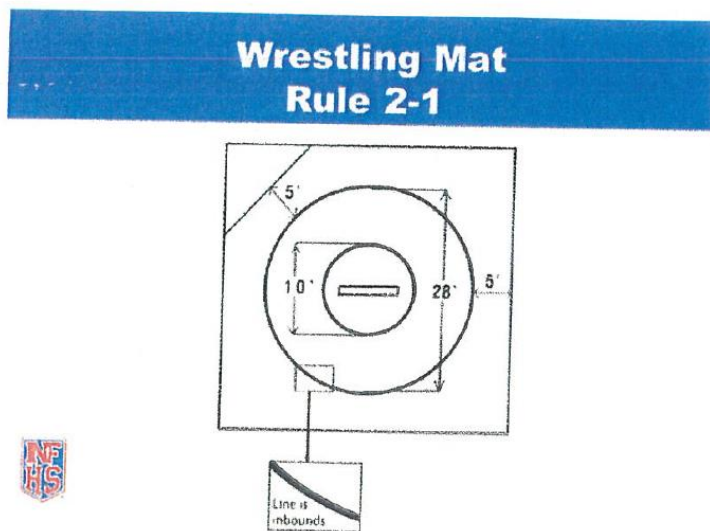
The NFHS has made it a point in the rules reminder portion of their annual presentation to reinforce the mandated 5 feet protection surface for wrestling mats. In particular during dual meets and tournaments. This has always been in the rules books, but has not been adhered to as strictly as it should have been.

In this day of student-athlete protection and litigation, enforcing this existing rules is prudent to protect, not just the athletes but the coaches, schools and districts who are entrusted with student safety.

The officials associations have been alerted to this enforcement standard and are instructed to enforce this safety issue. They have been instructed to be proactive by contacting coaches, many days before the coaches begin setting up for dual meets as well as tournaments to verify that the safety protection surfaces are in place.

This may be a major change for some tournaments and the sooner the coaches begin reconfiguring their venues to adhere to this safety standard the better it would be. The worst case scenario would be for an officiating crew to arrive at a tournament site and have to declare some mats not safe and take those mat(s) out of operation.

Below is the NFHS acceptable standard for protection surfaces:



Duane Morgan  
CIF Wrestling Rules Interpreter



# 2017/18 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 2017/18 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 502). 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 2017/18 CIF Southern Section Blue Book, Article 3200, pages 238-246.

**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 - 3200 Statewide Modification** –

- 3200 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.
- 3200 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 3201** – 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**

Blue Book Rule 3202:

- A. All CIF-member schools must follow all National Federation rules and procedures concerning the weighing in of wrestlers.
  - (1) Violation of NFHS rule 4-5-5 will result in the following sanction; the host school will not be allowed to host any tournament for the following year and cannot financially benefit from any other tournament for that year. In addition, the Section may impose the following additional sanctions:
    - a. The hosting school is placed on probation.
    - b. Reduction of maximum number of matches.(Revised May 2010 Federated Council; see NFHS Wrestling Rules Book 4-5-5)
- B. California provides 14 weight classes per NFHS rules and the two (2)-pound growth allowance to each weight class on January 15.  
(Approved February 1997 Federated Council: Also see NFHS Wrestling Rules Book 4-4-4)
- C. Each coach is required to bring his/her team's Pre-Match Weigh-In form to all competitions including the CIF State Wrestling Championships.  
PENALTY: Failure to comply will result in the entire team being ineligible to compete and charged with forfeiture.
- D. Each wrestler is required to weigh in with his/her Pre-Match Weigh-In form at all competitions up to and including the competition that begins the CIF State Championship qualifying series.  
PENALTY: Failure to comply will result in the wrestler being ineligible for that competition.  
(Revised May 2006 Federated Council)
- E. The use of laxatives, emetics, excessive food and liquid restriction, self-induced vomiting, hot rooms, hot boxes, saunas and steam rooms is prohibited for any purpose. The use of diuretics at any time is prohibited. Regardless of the purpose, the use of vapor-impermeable suits (e.g. rubber or rubberized nylon) or any similar devices used solely for dehydration is prohibited. Artificial means of rehydration are also prohibited. Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation would result in suspension for the remainder of the season.

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 3203.A, 3203.D and 3203.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.

# MANDATORY AT EVERY DUAL AND INDIVIDUAL TOURNAMENT

All athletes need to be skin checked and receive sign off on the Pre-Match Weigh-In Form. The Official conducting the skin check will sign the bottom of the form verifying that the skin check was performed. If a coach/team shows up without the Pre-Match Weigh-In Form, they will be unable to compete.

Directions for how to generate a Pre-Match Weigh-In Form:

1. Log onto [www.trackwrestling.com](http://www.trackwrestling.com)
2. Click on the event you wish to create a weigh in form for and then click "Weigh-Ins" or click the blue scale icon next to an event.
3. Click the (Add Weigh In) Button
4. Select the wrestlers, verify or edit the date, add weight allowance if necessary and then click (Add). NOTE: - hold the CTR or SHIFT button to select multiple wrestlers.
5. Use the drop-downs in the "Wrestling" column to change the weight class if necessary and click (Save Form)
6. Click the (Print) button to print the weigh in form to take to the weigh in. NOTE: You can use CTRL + P to open a print dialogue.

This is what the Pre-Match Weigh-In Form looks like:

Weigh In Report

<http://www.trackwrestling.com/tw/seasons/WeighInReport.jsp>

Official Weigh In Report

Event: 3rd ANNUAL CARTER INLAND EMPIRE OPENER

Date: 09/28/2017

School: **A-B Miller**

11/26/2016  
1 lbs consecutive day allowance

Weight	Name	EWC	EWV	Actual Wt.	Skin Check
106	<del>Isabelle Melina</del>	106	97.74	_____	_____
106	<del>Estelene Vazquez</del>	106	102.71	_____	_____
	<del>_____</del>	106	105.52	_____	_____
113	<del>_____</del>	113	106.31	_____	_____
113	<del>_____</del>	113	110.60	_____	_____
120	<del>_____</del>	120	118.91	_____	_____
138	<del>_____</del>	138	136.06	_____	_____
145	<del>_____</del>	145	139.09	_____	_____
160	<del>_____</del>	160	153.54	_____	_____
170	<del>_____</del>	170	169.78	_____	_____

Weigh-In Time	
Medical/Skin Check Completed By	Certified By Coach <span style="float: right;">(name)</span>
Certified By Administrator* <span style="float: right;">(name)</span>	Certified By Opponent Coach <span style="float: right;">(name)</span>
* if honor weigh-in performed	
Referee <span style="float: right;">(name)</span>	Referee <span style="float: right;">(name)</span>



ROGER L. BLAKE, EXECUTIVE DIRECTOR

# CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

September 28, 2017

To: 2016-2017 Wrestling Weight Management Program Assessors  
Re: 2017-2018 Recertification and new Device announcement

Dear Assessors,

The CIF is excited to announce details regarding the 2017-2018 Wrestling Weight Management Program. There have been slight changes to the overall process, and a few new updates to share:

- The recertification process for all Assessors from the 2016-2017 season will begin on September 29, 2017. The process will remain the same as last year, with the requirement of the assessor passing an exam to be certified. Assessors are given three (3) attempts to pass.
- Assessments for the 2017-2018 season will open October 16, 2017 and conclude January 15, 2018. Assessments must be entered into the TrackWrestling website within 72 hours of assessment. There is no reason to take longer than the 72 hours! All wrestlers must be assessed, and appear on the coach's Alpha Roster, prior to their first competition.
- The 2017-2018 Weight Management Program Manual is available for download from the CIF State website for your review and records.

A new device was approved by the CIF for use in replacement of the discontinued Tanita Scale. Information about the device (where to purchase, cost, etc.) is located on the CIF website.

- If your Tanita Scale is still in working order, you may continue to use it for assessments this season.

Lastly, this is a call for any Assessor who wishes to be identified as a Master Assessor for their section to contact the CIF State Master Assessor, Chase Paulson, MS, ATC for more information. Master Assessor requirements are:

- Served as a Master Assessor within the last three seasons, or
- Been an approved Assessor for longer than 7 seasons

If you have questions, please contact Chase Paulson, MS, ATC at [cpaulson@wvusd.k12.ca.us](mailto:cpaulson@wvusd.k12.ca.us)

## Ultrasound Body Composition

The **BodyMetrix™ System** brings wrestlers and coaches the latest in body fat percentage (%BF) measurement technology. Validated in a study performed at Appalachian State University<sup>(1)</sup> which showed that the **BodyMetrix™ System** was more accurate than calipers and when compared to previous studies more accurate than conventional bioelectrical impedance. Ultrasound measurements of %BF are not sensitive to hydration and can be performed anytime. Beyond wrestling the **BodyMetrix™ System** is now used by professional sports teams in the **NFL, NBA, MLB, NHL, and MLS**.



The **BodyMetrix™ System** is a USB powered ultrasound device that is durable and fits in the palm of your hand and integrates with **BodyViewWR** analysis software. The **BodyViewWR** software can automatically calculate the minimum wrestling weight and can export the measurements for easy upload to the NWCA optimal activity calculator. Beyond %BF the **BodyMetrix™ System** allows coaches to measure muscle thickness to assess and track the effects of training. It's also a great teaching tool that can be used in science classes to show students the fundamentals of ultrasound technology.

If you are interested in learning more about the **BodyMetrix™ System** please contact IntelaMetrix at 925-606-7044 or email [info@intelamatrix.com](mailto:info@intelamatrix.com). To get more information or purchase the special high school wrestler-science package go to <http://www.bodymetrixwr.com/>.

\* *Evaluation of Ultrasound in Assessing Composition of High School Wrestlers*, Alan C. Utter and Marion E. Hager, Official Journal of the American College of Sports Medicine 943(2008)

# 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 COACH EJECTION** - 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.

**3216 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 503 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 503, 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.



# California Interscholastic Federation

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

<b>NFHS WRESTLING WEIGH IN VIOLATIONS</b>
<b>Rule 4 Section 5 Article 5</b>
<b>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).</b>

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>

# 2017/18 Wrestling Sanctioned Events

Date of Event	Event	Host School	Tournament Director	Level	Status
11/25/2017	Hemet High Wrestling Novice Tournament	Hemet	David Andersen	N	Approved
11/25/2017	El Rancho - Duals	El Rancho	Nikolai Crouch	JV-F/S	Approved
11/25/2017	Sierra Vista JV Classic	Sierra Vista	Tony Gonzales	JV	Approved
11/25/2017	Spartan Season Kick Off Tournament	South Torrance	Donny Garriott	V	Approved
11/25/2017	La Puente - Battle of the Bridge JV Dual Tournament	La Puente	Jim Lanee	JV	Approved
11/25/2017	Palm Desert - Aztec Wrestling Challenge	Palm Desert	Tom Lee	JV	Approved
11/25/2017	Mayfair - JV Duals	Mayfair	Ibee Atala	JV	Approved
11/28/2017	Alemanya Quad Meet	Alemanya	Ricardo Garcia	V	Approved
11/29/2017	Santa Ana - F/S 8 Way	Santa Ana	Scott Glabb	F/S	Approved
11/29/2017	Montclair JV Wrestling I	Montclair	Bill Blades	JV	Approved
12/1/2017	Carter Classic (Individuals)	Carter	Kevin Hennessy	V	Approved
12/1/2017	Sierra Vista -Varsity Classic	Sierra Vista	Tony Gonzales	V	Approved
12/1/2017	El Dorado - Invitational	El Dorado	Steve Lawson	All	Approved
12/1/2017	Thousand Oaks Novice Tournament	Thousand Oaks	Kerry Lyne	N	Approved
12/2/2017	Tom Jenkins Memorial Dual Tournament	La Quinta/La Quinta	Samantha Hirsch	V	Approved
12/2/2017	Gabrielino - Fr-So 6 way Duals	Gabrielino	Michael Humphreys	F/S	Approved
12/2/2017	Peninsula -	Peninsula	Michael Liebig	F	Approved
12/2/2017	Mayfair - Varsity Duals	Mayfair	Ibee Atala	V	Approved
12/2/2017	Thousand Oaks JV Tournament	Thousand Oaks	Kerry Lyne	JV	Approved
12/5/2017	Western - Frosh-Soph Duals	Western	Jaime Flores	F/S	Approved
12/6/2017	Peninsula Varsity 6-way -	Peninsula	Michael Liebig	V	Approved
12/7/2017	Western - Frosh-Soph Duals	Western	Jaime Flores	F/S	Approved
12/7/2017	Western - Frosh-Soph Duals	Western	Jaime Flores	F/S	Approved
12/8/2017	Morro Bay - Rumble at the Rock Tournament	Morro Bay	John Andree	V	Approved
12/8/2017	Carter Duals	Carter	Kevin Hennessy	V	Approved
12/8/2017	Edison - Beach Bash	Edison	Pete Escandon	V	Approved
12/8/2017	Gabrielino - Varsity 10 way duals	Gabrielino	Michael Humphreys	V	Approved
12/8/2017	Damien Varsity 10 Way Team Dual	Damien	Chris Salabaj	V	Approved
12/9/2017	Warrior Wrestling Classic	Westlake	Phillip Nazario	JV	Approved
12/9/2017	Frosh-Soph Challenge	Glenn	Monico Enriquez	F/S	Approved
12/9/2017	Sultana -George Stone JV Wrestling Tournament	Sultana	Rocky Humphrey	JV	Approved
12/12/2017	Eisenhower -	Eisenhower	Juan Escamilla	V	Approved
12/12/2017	Western - Frosh-Soph Duals	Western	Jaime Flores	F/S	Approved
12/14/2017	AHS 3 Way Tournament	Alemanya	Ricardo Garcia	V	Approved
12/14/2017	Western - Frosh-Soph Duals	Western	Jaime Flores	F/S	Approved
12/15/2017	Fontana - Bryan Malloy Christmas Classic	Fontana	Gabriel Martinez	V	Approved
12/15/2017	Downey 32 Way	Downey	Miguel Soto	V	Approved
12/16/2017	Southern California FS Boys Tournament of Champions	South Torrance	Donny Garriott	F/S	Approved

12/16/2017	Montclair JV Wrestling II	Montclair	Bill Blades	JV	Approved
12/19/2017	Hesperia - Scorpion Invitational, JV Wrestling	Hesperia	Jeff Hallett	JV	Approved
12/21/2017	de Toledo - Jaguars Winter Duals	de Toledo	Gary Bairos	V	Approved
12/22/2017	Brea Olinda - Ed Spring Tournament	Brea Olinda	Feargus McTeggart	V	Approved
12/23/2017	La Quinta/La Quinta -	La Quinta/La Quinta	Samantha Hirsch	JV	Approved
12/26/2017	All Valley JV Challenge	La Quinta/La Quinta	Samantha Hirsch	JV	Approved
12/27/2017	All Valley JV Challenge	La Quinta/La Quinta	Samantha Hirsch	JV	Approved
12/28/2017	Santa Ana -	Santa Ana	Scott Glabb	V	Approved
12/30/2017	Beaumont - Wrestling Invitational	Beaumont	Martin DuSold	V	Approved
1/5/2018	Atascadero - Wrestling Boys/Girls JV/Frosh-Soph	Atascadero	Sam DeRose	JV-F/S	Approved
1/5/2018	Riverside County Wrestling Championships	Arlington	Mark Coate	V	Approved
1/5/2018	Juan Enriquez Memorial Classic	Glenn	Monico Enriquez	V	Approved
1/6/2018	Redlands East Valley - Citrus Grove JV Dual Classic (10 way)	Redlands East Valley	Joe Johnson	JV	Approved
1/12/2018	Santa Ynez - Battle of the Valley	Santa Ynez	Ken Fredrickson	V	Approved
1/13/2018	La Puente - 6th Anl. Bridgetown Throwdown Var. Dual	La Puente	Jim Lane	V	Approved
1/13/2018	Gabrielino - JV 16 team Individual Tournament	Gabrielino	Michael Humphreys	JV	Approved
1/19/2018	Morro Bay - CIT Wrestling Tournament	Morro Bay	John Andree	V	Approved
1/20/2018	Sierra Vista Freshman Classic	Sierra Vista	Tony Gonzales	F	Approved
1/20/2018	Montclair Varstiy Wrestling	Montclair	Bill Blades	V	Approved
1/27/2018	Rise to the Top Tournament	Glenn	Monico Enriquez	JV	Approved
1/27/2018	Thousand Oaks Thunderclap	Thousand Oaks	Kerry Lyne	V-JV	Approved

## **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).

### **Mandatory CIF Concussion Information Form**

**Must be signed by parent and student athlete**

<http://cifss.org/wp-content/uploads/2016/07/ConcussionInformationSheet.pdf>

### **Return to Play Protocol Form**

**Required Form if student athlete is diagnosed with a concussion**

<http://cifss.org/wp-content/uploads/2016/07/ReturnToPlayConcussionProtocol.pdf>

### **Mandatory Sudden Cardiac Arrest Form**

**Must be signed by parent and student athlete**

<http://cifss.org/wp-content/uploads/2016/07/Heart.pdf>

### **Medical Release Form – Wrestlers Skin**

<http://cifss.org/wp-content/uploads/2016/07/Doctor-Clearance-Form-Skin.pdf>

## 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 57 and 58 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://migropure.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!

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: \_\_\_\_\_

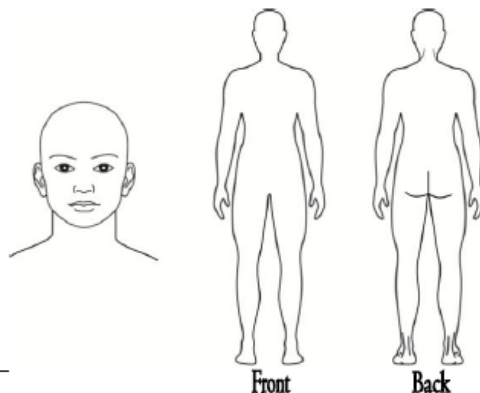
Form Expiration Date for this Lesion (Note on Diagram(s)): \_\_\_ / \_\_\_ / \_\_\_

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 override 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





## **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.

## 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

## **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.

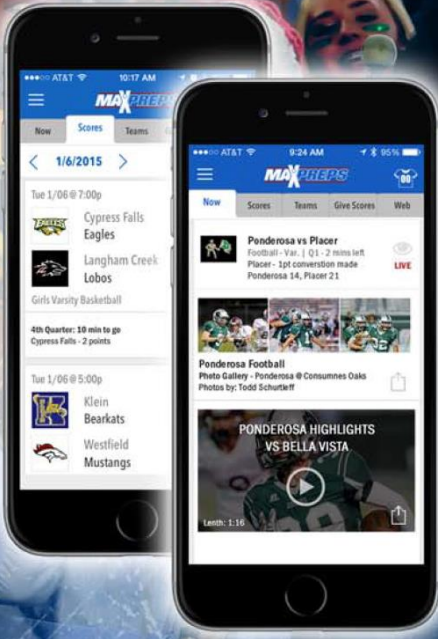
**NFHS Position Statement: Skin Infections and Guidelines**  
**Center for Disease Control**

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

MRSA Warning Signs - [Click HERE to view](#)

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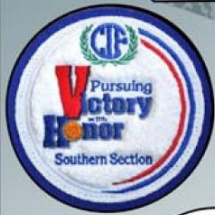
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