2019-2020
BOYS WRESTLING PREVIEW
MUSCLES.  
SPEED.  
AGILITY.  
SMARTS.  
OUR VEHICLES. OUR ATHLETES.

THE SOUTHERN CALIFORNIA FORD DEALERS PROUDLY SUPPORT SO CAL HIGH SCHOOL ATHLETICS.
TO: CIF-SS WRESTLING COACHES
FROM: RICH SHEARER, ASSISTANT COMMISSIONER
DATE: OCTOBER 2019
RE: 2019/20 CIF - SOUTHERN SECTION WRESTLING PREVIEW

WEL E TO THE 2019/20 C IF 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:

<table>
<thead>
<tr>
<th>Name</th>
<th>School Phone</th>
<th>Home Phone</th>
<th>E-Mail</th>
</tr>
</thead>
<tbody>
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</tr>
</tbody>
</table>
2019-20 WRESTLING CHAMPIONSHIPS MEET INFORMATION

Dual Meet Championships

<table>
<thead>
<tr>
<th>Date</th>
<th>Division</th>
<th>Site</th>
<th>Meet Manager</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 1</td>
<td>1</td>
<td>Villa Park HS</td>
<td>Aaron Cross, Villa Park HS</td>
</tr>
<tr>
<td>February 1</td>
<td>2</td>
<td>Victor Valley HS</td>
<td>C.T. Campbell, Victor Valley HS</td>
</tr>
<tr>
<td>February 1</td>
<td>3</td>
<td>Fountain Valley HS</td>
<td>Brad Woodbury, Fountain Valley HS</td>
</tr>
<tr>
<td>February 1</td>
<td>4</td>
<td>Mayfair HS</td>
<td>Ibee Atalia, Mayfair HS</td>
</tr>
<tr>
<td>February 1</td>
<td>5</td>
<td>South Torrance HS</td>
<td>Donnie Garriott, South Torrance HS</td>
</tr>
<tr>
<td>February 1</td>
<td>6</td>
<td>Orange Vista HS</td>
<td>Troy Knudsvig, Orange Vista HS</td>
</tr>
</tbody>
</table>

Schools and leagues are reminded that their dual meet champions must be decided by Tuesday, January 28, 2020, so the draw can be announced and the championships can be held on Saturday, February 1, 2020.

Boys Individual Championships

<table>
<thead>
<tr>
<th>Date</th>
<th>Division</th>
<th>Site</th>
<th>Meet Manager</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 14/15</td>
<td>Central</td>
<td>Palm Springs HS</td>
<td>Jacob Custer, Palm Springs HS</td>
</tr>
<tr>
<td>February 14/15</td>
<td>Coastal</td>
<td>West Torrance HS</td>
<td>Mike Liebig, West Torrance HS</td>
</tr>
<tr>
<td>February 14/15</td>
<td>Eastern</td>
<td>Carter HS</td>
<td>Kevin Hennessy, Carter HS</td>
</tr>
<tr>
<td>February 14/15</td>
<td>Inland</td>
<td>Etiwanda HS</td>
<td>Larry Cutbirth, Etiwanda HS</td>
</tr>
<tr>
<td>February 14/15</td>
<td>Northern</td>
<td>Marina HS</td>
<td>Chris Rasmussen, Marina HS</td>
</tr>
<tr>
<td>February 14/15</td>
<td>Southern</td>
<td>Brea Olinda HS</td>
<td>Fergus McTeggart, Brea Olinda HS</td>
</tr>
<tr>
<td>February 21/22</td>
<td>Masters Meet</td>
<td>Sonora HS</td>
<td>Dr.John Dahlem ,Alan Clinton,Servite HS</td>
</tr>
</tbody>
</table>

February 27/28/29  State Meet  Rabobank Arena, Bakersfield  Alan Paradise

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

2019-20 WRESTLING SEASON CALENDAR DATES

Starting Date for Interscholastic Contest: No interscholastic contest (tournament or league) may be scheduled prior to November 18, 2019.

Last League and/or Non-League Contest: The last allowable date for a league or non-league team contest is Tuesday, January 28, 2020. Dual meet entries are due 11:00 pm Tuesday, January 28, 2020.

APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website (www.cifss.org) for the latest Sanctioned Events, as events are updated daily.
Sanctioned Events download directions:
click on GOVERNANCE TAB,
click on SANCTIONED EVENTS,
select WRESTLING,
click SEARCH

This page will display the most up to date information on Boys Wrestling Approved Sanctioned Events

CIFSSHOME REQUIREMENTS

SCHEDULES &SCORES Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest
Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHOME (www.cifsshome.org) as well as update the scores immediately following your contests.
Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:
- On the left panel, click on “Teams”, select “Boys Wrestling”
- To Add a game, click “Add Game” at the top right and fill out all of the required fields which are marked by a red (*) to complete your schedule.
- To Submit your score, click on the “Teams”, select “Boys Wrestling” Scroll through your schedule and click on the green “Post Result” button.
- Make sure that your overall and team records are correct on your team page.
Check out the Help video under the Help button on the bottom left, “Be CIF Prepared!”

VARSITY TEAM INFORMATION (ROSTER) DUE no later than MONDAY, JANUARY 27, 2020
Attention Athletic Directors/Coaches: It is very important that you enter your entire “Boys Wrestling” Varsity roster into CIFSSHOME (www.cifsshome.org) no later than MONDAY, JANUARY 27, 2020.
Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:
- On the left panel, Click on the “Teams” tab, select “Boys Wrestling”
- Here are the instructions for using the sample file.
  - Download the sample file and delete the “contents only”. Copy and paste or type your roster information into the file as the contents and save the file to your computer. You can only upload an excel file (xls) that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.
  - Required Columns for Football are: First Name, Last Name, Birth date, Year, Number, Height Weight & Eligibility.
  - Next - click Choose File, find your file, then click “Import Student”.
- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.
Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”

VARSITY COACHES
Attention Athletic Directors/Coaches: It is very important that you enter your Wrestling coaches (Head & Assistants) into CIFSSHOME (www.cifsshome.org) no later than MONDAY, JANUARY 27, 2020.
Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:
- Click on the “Teams” tab on the left navigation bar. Click on the corresponding varsity team (“Boys Wrestling”).
- Click on “Add/Edit Coaches”, select the information to add both your HEAD & ASSISTANT coaches
Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”

AT LARGE APPLICATION – MUST HAVE 500 RECORD OR BETTER
Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for “Boys Wrestling”. The At Large Application is to be submitted by your school no later than Tuesday, January 28 @ 11:00 p.m.
Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:
- On the left panel, click on At Large Petition
- Select “Football (11-Man) or Football (8-Man)” then click “Add”
Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large Petition will be created.
Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”

4
Wrestling Rules Changes - 2019-2020

By NFHS on September 10, 2019 wrestling

4-1-1a - Clarified that a suitable undergarment that provides maximum coverage shall be worn under a one-piece singlet.

4-1-1b - Clarified that a suitable undergarment that provides maximum coverage shall be worn under a short designed for wrestling and under compression shorts.

4-1-1c Note – Clarified that female wrestlers wear an undergarment that completely covers their breast and that all wrestlers wear suitable undergarments that completely covers parts of their body.

4-1-3– Clarified how wrestling shoelaces shall be secured in an acceptable fashion.

4-1-4– Clarified what can be displayed on wrestling ear guards.

4-2-1– Modified the hair rule and identified inappropriate hair control items.

4-3-5– Clarified what a wrestler shall not wear during a match.

4-5-7– Clarified what item(s) a female wrestler shall wear at weigh-in.

5-25-2– Clarified the definition of a takedown.

5-27-1a– Modified the definition of a technical violation.

7-3-1– Clarified the application of a technical violation.

7-6-6d– Modified the definition of stalling.

8-1-3– Modified the administration of the stalling penalty.

8-1-4- Modified the administration of the stalling penalty.

8-1-5- Modified the administration of the stalling penalty.

8-1-6- Modified the administration of the stalling penalty.

8-1-7- Modified the administration of the stalling penalty.

Penalty Chart– Modified to reflect the administration of the new stalling penalty.

8-2-4a, b(1), (2), (3)– Modified the rule to extend time to evaluate head, neck and cervical column injuries.

9-2-2f– Modified the tie-breaking criteria in a dual-meet competition.

Official’s Signal– Modified new signal to indicate that additional time has begun to evaluate head, neck and cervical column injury.
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 2019/20 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 503). 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 2019/20 CIF Southern Section Blue Book, Article 3200, pages 238-246.

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.
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 1.
(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. CIF STATE BLUE PAGES III.A, D and 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. Solicitation

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.

Link to tutorials for Frequently Asked Questions for how to operate Trackwrestling.com
CLICK HERE to upload the Coaches Weight Management Manual

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

1. Log onto 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.
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.

**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.

<table>
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<tr>
<th>Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:</th>
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<tr>
<td>A. Certificated personnel</td>
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<tr>
<td>B. Certified Coaches (certified credentialed coaches)</td>
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<tr>
<td>C. Non-certificated temporary coaches (certified walk-on coaches.)</td>
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(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 7 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. (Except for Division One)

   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.
Beginning in the 2019-20 wrestling season the following procedures for skin checks and weigh ins will be utilized in California.

**Skin Checks**
Prior to weigh ins all wrestlers will be examined for possible contagious skin conditions.

Situations:

**Situation #1** All boys dual meet or tournament, skin checks can be conducted by a male official, medical personnel or administrator, with the athletes in appropriate undergarments.

**Situation #2** All girls dual meet or tournament, skin checks can be conducted by a female official, medical personnel or administrator with the athletes in appropriate undergarments.

**Situation #3** Boys and Girls mixed dual meet or tournament, skin checks can be conducted by a female or male official, medical personnel or administrator with the athletes in their school issued competition uniform fully in place.

**Weigh Ins**
Prior to any competition all wrestlers will weigh in, in accordance with NFHS rules with the following exceptions:

1. All boys and girls will have the opportunity to weigh in shoulder to shoulder within the same timeframe for a dual meet or tournament.
2. All boys and girls must weigh in with their school issued competition uniform fully in place.
3. The weigh ins can be conducted by either a male or female administrator/coach/official.

At no time during either one of the weigh in procedures will the student athletes be allowed to remove any part of their competition uniform.
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
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.”
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:

**Wrestling Mat**

**Rule 2-1**

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Duane Morgan
CIF Wrestling Rules Interpreter
2019-20 RULES REVIEW
(NEW RULES ARE IN BOLD AND ITALIC)

Laces must be secured. Double knot is acceptable. If the laces come untied, then it is an automatic stall call.

1½ minute injury time
- 2-time outs allowed (Opponent gets choice when you declare 2nd time out. If you declare second injury time out at the end of the first period, other wrestler gets choice in 2nd and 3rd period).
- 3rd time out = DQ
- You can coach your kid during injury time out.

INJURIES TO THE HEAD AND NECK
- In the absence of an appropriate health care professional, all injuries to head/neck will be covered by the same time/frame as other injuries (1½ minute injury time)
- When appropriate health care professional is available, they have jurisdiction to extend time to 5 minutes to properly evaluate injured wrestler. This added time will in no way affect time used, or available, for other types of injuries.
- A second occurrence of injury to the head or neck results in a default.
- Use of tobacco products (including chew) by coach is flagrant misconduct = no warning, immediate removal and deduct 3 team points.
- Keep shoulder straps up anywhere on mat. Can take them down when you are on the wood
- Even/Odd choices
- If your team has the odd choice (as determined by pre meet disk toss), then you must report to the table for the 1st, 3rd, 5th etc. matches first as determined by random draw. Once checked in, wrestlers cannot be withdrawn or substituted for without DQ.

Blood Time = 5 minutes total
- Once blood has been stopped, tell the official. Clean up on wrestler or mat is not counted as blood time.
- Recovery Time is 2 minutes total.
- Handshake, no slap
- Biting = flagrant misconduct (automatic DQ, lose 3 team points in dual or all amassed individual points in a tournament).
- Asthma inhaler OK during timeout
- Get scratch weights at dual tournament and dual matches
- Can go up one weight from weight which scratch weight qualifies you for.
- Throwing headgear or any equipment = deduct 1 team point
- Must pull back fingers to be penalty, grasping a finger or fingers is not by itself a penalty.
- Random Draw for dual match and dual meet tournaments to get starting weight
- Each subsequent round will be up one weight class for dual tournament.
- Adjusting or taking off headgear during match can be considered stalling
- Spitting and clearing nose on the mat = unsportsmanlike conduct (ask ref for permission and use proper receptacle)
- No warning penalized 1 point
- Illegal holds, Technical violation, unnecessary roughness, unsportsmanlike conduct (pushing, swearing, throwing equipment, spitting or clearing nose, straps down, not shaking hands).
- No warning 1 – 1 – 2 – DQ
- Stalling W – 1 – 1 – 2 (and choice of position on the next restart for other wrestler) – DQ
- **Stalling is now completely separated from technical violations now. After the 2-point stall call, the opponents of the offender will get choice of position on the next restart.**
- **If shoelaces become undone in a match, it is an automatic stall call and is part of the stalling protocol. See top of page 44 for stalling penalty chart.**
- It is not stalling when defensive wrestler is overpowered.
- False start, incorrect starting position  
  \[ C - C - 1 - 1 - 1 - 1 - 1 - 1 \ldots \]
- Coach misconduct during match (questioning referee’s judgement) Warning, then deduct 1
- Team point, then removal for day and deduct 2 team points.
- The head coach is removed even if the assistants are the offenders!
- Unsportsmanlike conduct (prior to, during, after a match, bench decorum, taunting, abuse)
  - No warning
  - First offense is – 1 team point
  - Second offense is removal for day and -2 team points
- Flagrant Misconduct by wrestler (biting fighting...)
- No warning plus immediate DQ plus deduct 3 team points. Will forfeit all points earned in tournament and dual meet team points shall be negated.
- Flagrant Misconduct by Coach (Tobacco, serious abuse)
- No warning plus removal plus -3 team points
- Removal is for the dual meet, remainder of multiple school event or tournament.
- On site, DESIGNATED, physician can overrule skin condition note.
- MUST use correct skin form as provided by CIF, other forms are not valid.
- If defensive wrestler is bleeding or legally injured:
  - Just prior to NF criteria, then match stopped, and 2 NF is awarded
  - After 2 NF, then stop and 3 NF is awarded
  - After 3 NF, then stop and 4 NF is awarded
- If defensive wrestler commits illegal or unnecessary roughness act after NF criteria is met,
  - Then NF +1 additional point + penalty point (s).
- Take down or reversal straight to back in OT or technical fall situation should not be stopped by referee until defensive wrestler gets off back. This lets the offensive wrestler have the opportunity to get pin points.
- Chin Whip illegal
- TD on edge of mats – drag toes (knees then toes is O.K.)
- End of match procedure – good sportsmanship
- Optional start position – must tell ref ahead of time.
- No figure four around head, body or both legs
- Can scissor body, cannot scissor head (even with arm included)
- Cannot figure 4 head from neutral or top position
- However, a draping head scissors is not illegal (picture 89 rule book)
- 45-minute rest between matches
- Scales should be certified every year. You can take them to the OC Dept. of Weights and Measures near Angel Stadium, and they will do it for free. Call them to make an appointment. There are also other companies around that will calibrate your scales if they are off. Not sure if the Dept. of Weights and Measures will do any calibration.
- Can wear low cut socks when weighing in but cannot remove them if you weigh in with them and don’t make weight.
- Braces = must have mouthpiece for any area with braces.
- Can “cut” your opponent by telling the referee by showing him the neutral signal on a start when you are in top position.

**Overtime**
- 1-minute sudden victory (first score wins)
Two 30 second ultimate tiebreaker (wrestler who scores first points in ultimate tiebreaker is winner. If not points are scored, offensive wrestler is winner by ride out)

- If TD or reversal involved straight to back in sudden victory period or ultimate tiebreaker, action should continue until fall situation has concluded.
- Can only choose top, bottom or defer during 30 second tie breaker
- Choice of position goes to wrestler who scored first points in regulation (Disk toss if no points have been scored). Unsportsmanlike conduct penalty supersedes first points in the regulation match. No fleeing the mat when NF has been scored (like when you’re on your back).
- Locking hands “beyond reaction time” is a technical violation.
- Wrestlers must be properly equipped when reporting to mat. Otherwise penalty point.
- Must correct match score before next period starts. So keep track of the score!
- 5-foot perimeter more important than ever with new out-of-bounds rules.
- Must have Weigh in sheet for all tournaments and dual matches.
- No more than 5 matches per day (excludes forfeits) in one day of competition.

**Uniform**

- Singlet
- Shorts – must be compression shorts or shorts designed for wrestling.
- Shorts cannot extend below knee and must have elastic waist with drawstring.
- Shorts can be worn over singlet
- Form fitted, school issued compression shirt can be worn under singlet with shorts designed for wrestling.
- Can have tights but have to have stirrups.

*A suitable undergarment must be worn under singlet or compression shorts.*

*NFHS wants modesty especially when white or light singlets/shorts are worn.*

**Female wrestler shall wear an undergarment that completely covers their breasts.**

- Hair cover must be attached to the headgear.

**Bad Time** is wrestled with wrestlers in the wrong position or the wrong wrestler being given choice of position

- At the start of the 3rd period
- At the start of the 2nd 30-second tiebreaker
- At the start of the ultimate tiebreaker
- After opponents has taken 2nd injury time out
- On next restart after opponent receives a 2-point stalling penalty
- Any points, penalties or injury time that occurred during bad time is voided except:
  - Flagrant misconduct, unsportsmanlike conduct, unnecessary roughness, illegal holds and blood time
  - Bad time must be corrected prior to start of any subsequent period. Basically, if it can be corrected, it’s not bad time. Example: wrong wrestler gets choice at beginning of period 2. Coach says its bad time and wants period 2 to start over. But, since its correctable, it is not bad time and offended wrestler would get choice in period 3.

**Picture 103 on page 80 of the rule book talks about returning a wrestler with the arm trapped. Know refs are going to be super cautious whenever they can in this situation. May call potentially dangerous right away. It happens so fast sometimes that it’s hard to stoop. Just trying to make sure no one gets hurt.**

**THESE WERE THE CHANGES FOR 2018-2019**

False start in Neutral Position which leads to injury leads to recovery time. If unable to continue after 2 minutes, then the injured contestant wins by default.

**In Bounds/Out of Bounds**
• Contestants are considered to be inbounds if a total of 2 supporting points of either wrestler are inside or on the lines (could be 2 supporting points of one wrestler or one supporting point of each). Line is considered inbounds.
• Referee can stop wrestling on edge of mat when neutral and start in middle of no action taking place.
• Referee will call out of bounds if any portion of the defensive wrestler’s body is off the mat. That’s why the 5-foot boundary is so important.
• It is stalling in the neutral position when a wrestler backs off the mat or pushes or pulls their opponent out of bounds.

**THESE ARE NEW CHANGES FOR 2019-20:**

* Talks about suitable undergarment that provides maximum coverage for both boys and girls.
  * **Female wrestlers MUST wear an undergarment that completely covers their breasts.**
  * **Shoelaces that come untied during a match is now an automatic stall call.**
  * **Wrestlers cannot wear wristbands or leg/arm sleeves that do not contain a pad during a match.**

* It is a takedown when the defensive wrestler’s legs or torso are controlled, and the wrestler’s hand(s) touch the mat beyond reaction time.
* “The team giving up the least number of forfeits” is now the sixth tie-breaker in a tied dual match.

* Outlaws beads, bobby pins, barrettes, pins, hair clips.
* Going out of the wrestling area to avoid an imminent scoring situation is a technical violation for fleeing the mat. When the referee feels the either wrestler has failed to make every effort to stay inbounds during an imminent scoring situation, the offending wrestler shall be penalized for fleeing the mat.

Read pages 62-81 in the 2018-19 Rule Book. These are the illustrations and they really do a good job of highlighting the main points.
Check your kids, especially the lower levels, to make sure they are ready to report to the mat so they don’t get penalized.
Go over starting position with your wrestlers and how to conduct themselves on the mat. It sure saves time when the ref is not teaching kids how to get into correct position and awarding Cautions and penalty points.
September 21, 2019

To: 2018-2019 Wrestling Weight Management Program Assessors
Re: 2019-2020 Recertification and new Device Announcement

Dear Assessors,

The CIF is excited to announce details regarding the 2019-2020 Wrestling Weight Management Program. There have significant changes to the assessment process, and updates to share.

- The recertification process for all Assessors from the 2018-2019 season will begin September 21, 2019 at Noon.
- The recertification exam is located on the CIF STATE website under Wrestling. The process will remain the same as last year, with the requirement of the assessor passing an exam with an 80% or better to be certified. Assessors are given three (3) attempts to pass.
- Assessments for the 2019-2020 season will open October 15, 2019. Assessments must be entered into the TrackWrestling website within 72 hours of assessment. There is no reason to take longer than 72 hours! All wrestlers must be assessed, and appear on the coach’s Alpha Roster, prior to their first competition.
- The 2019-2020 Weight Management Program Manual is available for download from the CIF State website for your review and records. Please review this document for significant changes to the process prior to your recertification exam. The forms used for assessments, appeals, and sub-7% BF have changed as well.

A new Ultrasound Wand devise (BodyMetrix) was approved by the CIF for us in replacement of the discontinued Tanita Scale. Information about purchasing the device at a promotional discounted rate for 2019-2020 is located on the CIF State website as well.

- Instructions for using the BodyMetrix device for assessments can be found in the Weight Management Program Manual on the CIF STATE website.
- If your Tanita Scale is still in working order, you may continue to use it for assessments this season.
- Beginning 2020-2021 the Body Metrix device will be the only approved device for assessments.

If you have any questions, please contact Chase Paulson, MS, ATC at 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(*) 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@intelametrix.com. To get more information or purchase the special high school wrestler-science package go to http://www.bodymetrixwr.com/.

NFHS WRESTLING WEIGH IN VIOLATIONS

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<th>Rule 4 Section 5 Article 5</th>
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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@cifecs.org
HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes. The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the 2019-2020 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the “Sports Medicine” tab on the blue toolbar. Additional resources can be found at www.cifstate.org under the “Sports Medicine” tab on the white toolbar.

PHYSICAL EXAMINATION

An annual physical examination, or a statement by a medical practitioner, is required for a student to take part in any authorized school practice session and/or pre-season conditioning period. This physical examination will be valid for a period of one year from the date of the examination. A student will be excused from this physical examination only if there is compliance with the Education Code (parent’s refusal to consent). CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American orthopedic Sports Medicine and the American osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

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 the 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 a 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 athletes and the athlete's parent/guardian/caregiver before the athlete’s initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

Question: What is meant by “licensed health care provider?”
Answer: 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).

NFHS ELECTIVE COURSE/WEBINAR

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

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

STEROID PROHIBITION

All schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

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/guardian/caregiver before the athlete’s initial practice or competition.

Question: What is meant by “licensed health care provider”?

Answer: 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

Return to Play Protocol Form Required Form if student athlete is diagnosed with a concussion

Mandatory Sudden Cardiac Arrest Form Must be signed by parent and student athlete

Medical Release Form – Wrestlers Skin
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. There are some good practical suggestions in this Bulletin 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. AQtv PURE alcohol free hand and body skin cleanser can be used after wrestling to destroy organisms (info at [http://miqropure.com](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!
MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _______________________________ Date of Exam: ___ / ___ / ___

Diagnosis: ____________________________________________________________

Location AND Number of Lesion(s): ______________________________________

Medication(s) Used to Treat Lesion(s): ____________________________________

Date Treatment Started: ___ / ___ / ___ Time: _____________________________

Form Expiration Date for this Lesson (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/old sores, Zoster, Chickenpox) 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, their 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 bioadhesive 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 state:

“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 undesirable, the coach shall provide current written documentation as defined by the NFHS or the state association 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 documentation shall be furnished at the weight-in for the dual meet or tournament. The only exception would be if it is designated on-site in the appropriate official health-care professional is present and in the able to examine the wrestler within an appropriate time frame. The diagnosis shall not be communicated to any but those individuals designated to receive such documentation and must be made in accordance with the regulations of the appropriate health-care professional.”

“ART. 4... If a designated on-site or the 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 contains may have documentation from an appropriate health-care professional only indicating a specific condition such as a blemish or other non-communicable skin condition 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 secondary 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 evaluation made herein, or exam performed in connection therewith, by the above named parties, or for any subsequent action taken, in whole or in part, in reliance upon the accuracy or veracity of the information provided herein.

Revised/Approved by NFHS SMAC - April 2015
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. All boys and girls must weigh in with their school issued competition uniform fully in place.
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.
CIF-SS PROTOCOL 2019-2020
COACHES ADMINISTERING SKIN CHECKS

Each wrestler has a responsibility for their personal hygiene and to inform the coach, athletic trainer, and their parents of any skin concerns.

Each coach has a responsibility to check their student/athletes and make sure they are clear of any possible contagious lesions and protect the team from the spread of any contagious infection.

The following protocols are recommended for coaches in conducting skin checks on members of their wrestling teams.

- Establish a clearly defined and timed program where there will be skin checks conducted by the coaching staff or an available trainer.
- The frequency of those skin checks should be determined by the occurrence of skin problems. It is suggested that a skin check be conducted at least once a week by a coach.
- Daily skin checks done by a wrestling “buddy system” is a proactive approach. Have a wrestling partner quickly check their work-out partner for any potential skin infections and report their findings to the coach.

SPECIFIC PROTOCOL IN COACHES CONDUCTING SKIN CHECKS

- The skin check should replicate the skin check protocol for officials during the grooming process prior to dual meets and tournaments.
- Conduct the skin checks in the wrestling room and never conduct a skin check where the wrestler is alone.
- Never conduct a skin check where the wrestler is nude. Follow the NFHS rules where the wrestler must be in a suitable undergarment that completely covers the buttocks and the groin area (undershorts). Female wrestlers must also wear a suitable undergarment that covers their breasts. Skin checks for females should be done by same sex coaches.
- Never touch a student athlete during a skin check.
- If there is tape on a skin area have the wrestler remove the tape.
- The wrestler should face you with arms extended out to the side.
- Visually examine the face and under the chin and behind the ears, chest, under the arms, front of the legs, and the front/side of the scalp.
• The wrestler should spin around slowly with arms still extended while you examine the sides of the body and legs.
• Have the wrestler stop with their back to you.
• Visually examine the back of the scalp, top of the shoulders, behind the ears, down the back, under the armpits and down the legs.
• If a wrestler has what appears be a skin disorder never touch that area or apply any ointment or cream.

If a questionable skin condition is found, have that wrestler see the trainer immediately or seek medical advice. Utilize the CIF Skin Lesion Clearance Form when appropriate.

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 click on education materials

MRSA Warning Signs - Click HERE to view
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