



2020-2021

**BOYS WRESTLING
PREVIEW**

EXPLORER



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WRESTLING SEASON PREVIEW



TO: CIF-SS WRESTLING COACHES

FROM: RICH SHEARER, ASSISTANT COMMISSIONER

DATE: March 2021

RE: **2020/21 CIF - SOUTHERN SECTION WRESTLING PREVIEW**

WELCOME TO THE 2020/21 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.

Currently wrestling programs are limited to **dual matches** due to CA Department of Public Health (CDPH) guidelines on allowable competition. Whether these activities can be held, and whether held inside or outside, depends on the adjusted case rate for your county, and the ability of your school/district to implement required CDPH guidelines.

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

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

Name	School Phone	Home Phone	E-Mail
Arnold Alpert, Temecula Valley HS,	(951) 695-7300 Ext. 2166	(951) 695-3974	aalpert@tvusd.k12.ca.us
Bobby Bellamy, Northview HS	(626) 974-6100	(909) 969-6590	bbellamy@c-vusd.org
Tim Brogden, Warren HS	(562) 869-7306 Ext. 5767	(714) 307-3919	TBrogden@dusd.net
CT Campbell, Victor Valley HS	(760) 955-3300 X3111		ccampbell@vvuhd.org
Richard Carrillo, Royal HS	805.306.4875	805.404.9764	Richard.carrillo@simivalleyusd.org
Alan Clinton, Servite HS	(714) 774-7575x1125	(714) 318-7466 cell	acanton@servitehs.org
Tom Cote, Chino Hills HS	(626) 915-5841 x30321	(909) 896-0417 cell	lynandtomcote@yahoo.com
Scott Craft, Rim of the World	(909) 336-2038	909 967-0608	Scott_craft@rimsd.k12.ca.us
Aaron Cross, Villa Park HS			across@orangeusd.org
Dr. John Dahlem, At Large		(714) 768-4474	jsdahlem@gmail.com
Jaime Flores, Western HS	714.220.404	714.488.3317	Flores_ja@auhsd.us
Rob Froh, Bonita HS	909.971.8220	626.483.1971	r.froh@bonita.k12.ca.us
Kevin Hennessy, Carter HS	(909) 854-4100	(909) 578-6989	khenness@rialto.k12.ca.us
Mike Liebig, West Torrance HS		310-543-2641, 310- 227-9470	Liebig.michael@tusd.org
Jason Lowe, Canyon Springs HS	(951) 571-4760	(951) 333-6700 cell	jlowe@mvusd.net
Mike Provenzano, Westminster HS	(714) 893-1381 Ext. 4298	(714) 791-5354	mprovenzano@hbuhsd.edu
Chris Rasmussen, Marina HS	(714) 893-6571 x4298	(714) 402-4207	cerasmussen@hbuhsd.edu
Ray Rodi – At Large	(951) 247-5647	(951) 490-1052 Cell	rrodi@roadrunner.com
Brad Woodbury, Fountain Valley HS		714 206-0859	bwoodbury@hbuhsd.edu

2020-2021 WRESTLING CHAMPIONSHIPS MEET INFORMATION

Dual Meet Championships (CIF SS announcement on Championships mid-April)

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
May 15	1	TBD	
May 15	2	TBD	
May 15	3	TBD	
May 15	4	TBD	
May 15	5	TBD	
May 15	6	TBD	

Schools and leagues are reminded that their dual meet champions must be decided by Tuesday, May

Boys Individual Championships (CIF SS announcement on Championships mid-April)

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
May 28/29	Central	TBD	
May 28/29	Coastal	TBD	
May 28/29	Eastern	TBD	
May 28/29	Inland	TBD	
May 28/29	Northern	TBD	
May 28/29	Southern	TBD	
June 4/5	Masters Meet	Sonora HS	Dr. John Dahlem , Alan Clinton, Servite HS
June 10/11/12	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.

2020-21 WRESTLING SEASON CALENDAR DATES

Starting Date for Interscholastic Contest: No interscholastic contest (tournament or league) may be scheduled prior to March 5, 2021. (Currently only dual matches are allowed by CDPH)

Last League and/or Non-League Contest: The last allowable date for a league or non-league team contest is Tuesday, May 11, 2021. **Dual meet entries are due 11:00 pm Tuesday, May 11, 2021.**

Last Individual Wrestling Competition: The last day for Individual Wrestling competition is Saturday, May 22, 2021. **Wrestling Individual entries are due, Sunday, May 23, 2021.** (Currently not allowed by CDPH guidelines)

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 TBD

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 **TBD**

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 **TBD**.

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 **TBD**

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!"



Wrestling Rules Changes - 2020-2021

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 for the singlet and/or form-fitted compression shirt uniform top.

Rationale: Female contestants shall wear a suitable undergarment that completely covers their breasts and minimizes the risk of exposure when they wear a form-fitted compression shirt under a singlet.

4-1-3 – Clarified how to address when a shoe comes off during wrestling action.

Rationale: This rule addresses when a shoe comes off during wrestling action, a technical violation is assessed, and the injury clock is started to correct the infraction.

4-2-1 – Modified the hair rule.

Rationale: The length requirement of the rule has been removed and hair covering is not mandatory. However, if a hair cover is used, it shall meet the expectations of the rule. The hair cover must be of a solid material, non-abrasive and shall be attached to the ear guards. Additionally, physical hair treatments/control items that present a risk to either wrestler due to the hardness, texture (sharpness) or abrasiveness and should not be allowed.

4-5-1 – Clarified how opponents shall weigh-in.

Rationale: Opponents regardless of gender shall weigh-in together because of the modification of the rule that allows them to wear a legal uniform for weigh-ins.

4-5-2 – Clarified how opponents shall weigh-in.

Rationale: Opponents regardless of gender shall stand shoulder-to-shoulder for the weighing-in process.

4-5-4 – Clarified who shall supervise weigh-ins.

Rationale: The referee or other authorized individuals (regardless of gender) are permitted to supervise weigh-ins.

4-5-7 Note – Clarified the appropriate weigh-in attire.

Rationale: Wrestlers are now permitted to weigh-in wearing a legal uniform with suitable undergarments. This modification will simplify the weigh-in process by having all the competitors in the same area and can expedite

the activity. Beside the legal uniform, the wrestlers may wear low-cut socks on the scale. The socks cannot be removed or added for fear that practice would affect the wrestler's weight loss or gain.

5-29-1 – Modified the definition of unnecessary roughness.

Rationale: Pulling an opponent's hair is a violation. This practice could cause injury to the neck and should be penalized accordingly.

7-3-1 – Clarified the application of a technical violation while a wrestler is attempting to flee.

Rationale: If the defensive wrestler is taken down or is in the near fall criteria while they are trying to flee the mat, there will not be additional penalty points assessed. The fleeing attempt was poorly executed and was unsuccessful.

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

Rationale: Upon the fourth stalling penalty, the match shall be stopped, two points awarded to the opponent and they are given choice of position on the restart. The match stoppage ensures that there is time remaining for the restart.

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

Rationale: The Stalling Penalty Chart modification is reflective of the change to the fourth stalling offense.

8-2-9 – Modified how imminent scoring should be administered.

Rationale: When a match is stopped for an injury during a scoring situation, the official makes the determination that the scoring would have been successful had the action continued. The referee charges the injured wrestler an injury time-out and awards the applicable points to the opponent.

2020-21 WRESTLING EDITORIAL CHANGES

4-1-4, 4-5-1, 5-11-2 Illustration #6, 5-15-1 Illustration #11, 5-24-4d, 5-28-6, 7-6-3 e-f

Wrestling Points of Emphasis - 2020-21

By NFHS on August 31, 2020[wrestling](#)

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The NFHS Wrestling Rules Committee and the NFHS Board of Directors believes there are areas of interscholastic wrestling that need to be addressed and given special attention. These areas of concern are often cyclical, some areas need more attention than others, and that is why they might appear in the rules book for consecutive editions. These concerns are identified as “Points of Emphasis.” For the 2020-21 high school wrestling season, attention is being called to: wrestler’s equipment, particularly the coach’s verification that the wrestler is properly equipped and in proper uniform; the inspection of such equipment by the referee; the compliance of NFHS Rules; the appearance and wearing of the wrestling uniform; cleanliness of uniforms, pads and mats; hair rule enforcement; sportsmanship enforcement; and proper weigh-in protocol. When a topic is included in the Points of Emphasis, these topics are important enough to reinforce throughout the academic year because they are not being given the proper attention needed.

Wrestler’s Equipment

The head coach has the obligation to ensure that each wrestler is properly equipped and in proper uniform. Furthermore, he or she is the adult who is responsible that each wrestler’s skin and nails are suitable and compliant for competition. Regarding the uniform and wrestler’s appearance, we are experiencing modesty challenges which reflect negatively on the sport. Both genders shall wear suitable undergarments that completely covers their buttocks and groin area. Especially, when the school-issued uniform is light-colored or white; once wet from perspiration, the uniform can become transparent and without the proper undergarment, it makes the wrestler feel self-conscious and anyone around the area feeling uncomfortable. We are encouraged that wrestling is inviting to so many girls, however, we have to ensure that their breasts are completely covered and supported for the vigorous rigors of interscholastic wrestling.

Cleanliness of Uniforms, Pads and Mats

Communicable diseases are a major concern in the sport of wrestling and any infectious disease outbreak has the potential to end a team’s season, or even suspend the sport across an entire state. It is imperative that ALL school officials, coaches and wrestlers continually use best practices to control the spread of communicable diseases.

A major aid in preventing the spread of communicable disease is to properly clean all wrestling mats and wrestling equipment. Mats in the wrestling room should be regularly maintained. They should always be inspected, cleaned and dry before storing. Clean and disinfect all hard, non-porous gear and surfaces such as wall mats, floor surfaces. Cleaning wrestling mats two or three hours prior to each use is highly recommended. An effective disinfectant is 10% bleach (mix 1 part household bleach to 10 parts water). There is no advantage of using a stronger chlorine bleach and water solution than what is recommended above. Commercial

disinfectant products are also available. Be sure that any product used states that it is effective against viruses, fungi, and bacteria. Typically, the label will state the cleaner is bactericidal, fungicidal and viricidal. Please follow the directions on the label closely for the best effectiveness. When cleaning wrestling mats, it is recommended to walk backwards while mopping in an effort to minimize contamination from the shoes.

Likewise, it is imperative to clean all wrestling equipment and clothing daily. All workout gear should be cleaned after each practice. This includes towels, clothing, headgear, shoes, knee pads and any bags used to transport this equipment. In addition to cleaning wrestling equipment and wrestling mats properly, a few basic steps must be taken by all involved in the sport in order to minimize the risk of spreading communicable diseases. Communicable diseases are preventable. Following these steps will decrease the risk that these communicable diseases will be spread among the athletes in the wrestling room and/or during competition.

- Educate coaches, athletes, referees and parents about communicable skin conditions and how they are spread. (<http://www.nwcaskinprevention.com/webinar/>)
- Maintain proper ventilation in the wrestling room to prevent the build-up of heat and humidity.
- Emphasize to the athletes the importance of showering immediately after each practice and competition. Soap must be used. If shower facilities are unavailable, athletes should clean all exposed skin with “baby wipes” immediately after practices and competitions.
- Wash all workout clothing and personal gear after each practice and competition.
- Coaches or athletic trainers should perform daily skin checks to ensure early recognition of potential communicable skin conditions. Athletes must not be allowed to practice or compete if an active infection is suspected, even if the infection is covered. Any suspicious lesions must be evaluated by an appropriate health care provider prior to an athlete practicing or competing.
- Athletes must not share practice gear, towels or personal hygiene products (razors) with others.
- Athletes should refrain from any cosmetic shaving (chest, arms, abdomen) other than face.
- Athletes should clean hands with an alcohol-based gel prior to every wrestling match to decrease bacterial load on the hands.
- Make certain that athletes and coaching staff are current on all required vaccinations (MMR, Hepatitis B, Chickenpox, etc) and strongly encourage yearly influenza vaccination.

Hair Rule Enforcement

While the hair length rule no longer exists, those who choose to wear a hair covering for cultural, religious or personal hygiene reasons still have to adhere to the existing rule that the covering shall be attached to the ear guards, must be of a solid material and non-abrasive. A bandanna, scarf or loose material is not considered a legal hair cover. The legal hair cover is considered special equipment and the wrestler must wear it to weigh-ins, have it checked with it being worn by the responsible person facilitating the weigh-in process and remove it prior to stepping on the scale. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.

Additionally, if any hair control items are used, they cannot be of a hard material, sharp or abrasive such as beads, bobby pins, barrettes, hair pins or hair clips.

Sportsmanship Enforcement

Education-based athletics plays a tremendous role in the development of our young people. Each person associated with high school wrestling is responsible to teach, model, support and administer good sportsmanship. Without good sportsmanship, we lose everything we are trying to accomplish, and the young person is failed and let down by the very same adults that he/she trusts. Coaches should promote good sportsmanship in their coaching method and being an appropriate role model. The referee shall enforce our sportsmanship rules, from opening handshakes to make stalling or fleeing the mat calls. The lessons learned on the competition mat are the supports and underpinnings of developing a young person into a conscientious and responsible adult. Finally, the wrestler is ultimately responsible for his or her behavior and decorum. To gain a victory by using poor sportsmanlike moves or techniques only masks the temporary exhilaration of the win. The success becomes hollow and you will eventually lose the joy of competing, which is not the purpose of high school athletics. Working collectively by promoting good sportsmanship, we can increase the number of opportunities for more people to participate in the sport at various levels of engagement.

Weigh-in Protocol

Contestants are now allowed to weigh-in in a legal uniform. This change will simplify the weigh-in process for meet managers and officials. By having all the competitors in the same area wearing their legal uniform, this will greatly reduce modesty and gender issues. By rule, skin checks (which is a separate process) can now be performed by the referee or verified that they have been done by a designated, on-site meet appropriate health-care professional immediately prior to or immediately after the weigh-in. There is no requirement to perform this examination while wrestlers are wearing only suitable undergarments.

2020/21 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 2020/21 CIF Southern Section Blue Book. This list is NOT all-inclusive but highlights only some of the key areas.

Coaches Weight Management Manual Link [CLICK HERE to view.](#)

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 2020/21 CIF Southern Section Blue Book, Article 3200, **pages 190-?**.

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 May 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 May 1. (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. (Tournaments, Tri-Meets, etc. are currently not allowed by CDPH)

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.

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.

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

School: **AS Miller** Event: **3rd ANNUAL CARTER INLAND EMPIRE OPENER** Date: **09/28/2017**

11/26/2016
1 lbs consecutive day allowance

Weight	Name	EWG	EWV	Actual Wt.	Skin Check
106	Isabelle Melina	106	97.74		
106	Carolina Vazquez	106	102.71		
	[REDACTED]	106	105.52		
113	[REDACTED]	113	108.31		
113	[REDACTED]	113	110.60		
120	[REDACTED]	120	118.81		
138	[REDACTED]	138	136.06		
145	[REDACTED]	145	139.09		
160	[REDACTED]	160	153.54		
170	[REDACTED]	170	169.78		

Weigh-In Time

Medical/Skin Check Completed By

Certified By Coach (name)

Certified By Administrator * (name)

* If honor weigh-in performed

Certified By Opponent Coach (name)

Referee (name)

Referee (name)

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

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

A) Provide an opportunity for championships in **6 divisions**, with divisions grouped Based on competitive equity.

B) Provide an opportunity for schools who wish to participate in this competition to do so.

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

C) Single Elimination.

3) League Champions

A) Guaranteed entry for League Champions. Each league will be guaranteed one entry for their League Champion only. The expectation is that the league champion will compete in the Dual Championships.

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. (Subject to change based on CDPH guidelines)



WRESTLING

Continuing in the 2020-2021 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.

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.

FLASHBACK

RULES THAT ARE STILL IN EFFECT

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.

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

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

Inbounds Not Required for Points, Fall

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

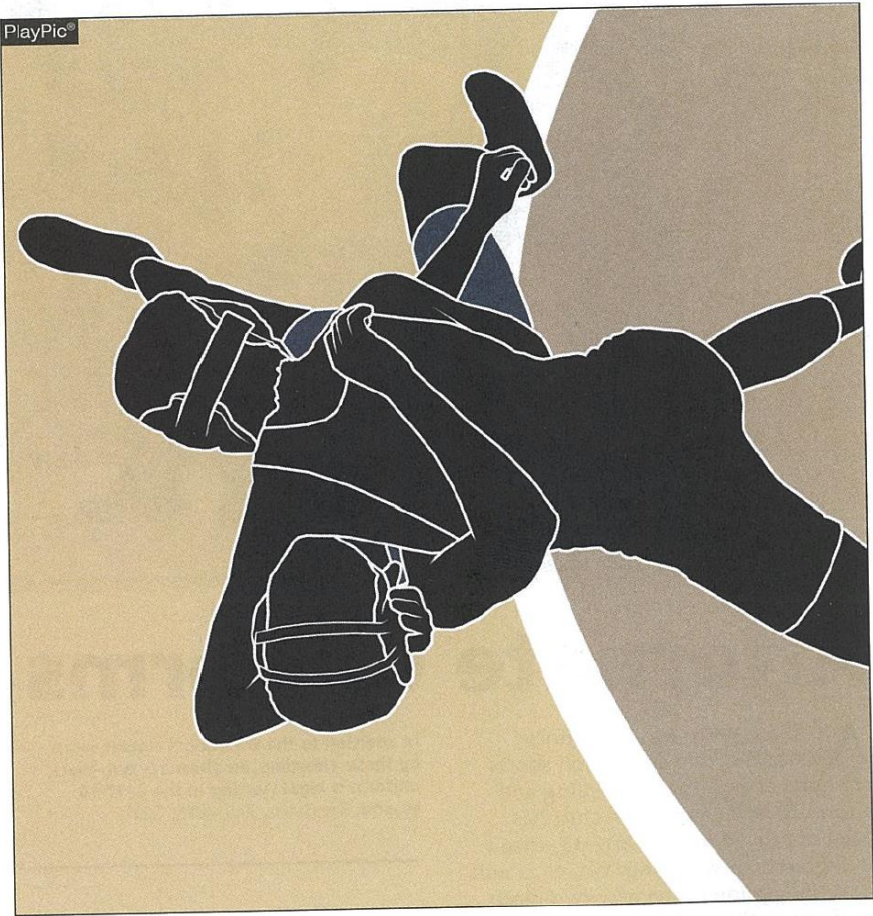
In 5-11-1, the shoulders or scapula of the offensive wrestler no longer must be inbounds to earn a fall. The committee agreed that wrestling should continue if the supporting points of either wrestler remain inbounds and no body part of the defensive wrestler goes off the mat.

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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Wrestling

CIF Administrators, AD's and coaches

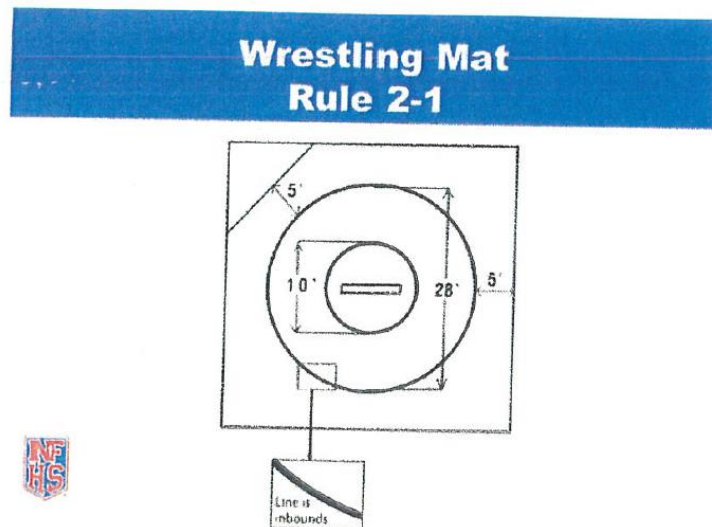
The NFHS has made it a point in the rules reminder portion of their annual presentation to reinforce the mandated 5 foot protection surface for wrestling mats. In particular during dual meets and tournaments. This has always been in the rules books, but has not been adhered to as strictly as it should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

2019-20 RULES REMINDER **(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.

1 ½ 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 (1 ½ 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...
- 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.



ROGER L. BLAKE, EXECUTIVE DIRECTOR
CALIFORNIA INTERSCHOLASTIC FEDERATION
CIF STATE OFFICE • 4650 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

Assessor Recertification Information:

Please click here to take [Assessor Recertification Test](#)

This online test is for Recertification purposes only, first time assessors are not permitted to take this test and should apply to become an assessor, and schedule a training appointment, through their local [CIF Section Office](#). Questions are pulled from the Wrestling Weight Management Handbook as well as the videos below. Tests will be graded within 72 business hours. Codes will be sent if the score is passing; if not a passing score, assessors will receive an email to retake the test. Do not schedule an appointment to assess until you have received notice that your account is active for 2020-21.

[Wrestling Weight Management Manual 2020-21](#)

Please check with your CIF Section Office for a manual that has additional CIF Section specific instructions. This link is for testing purposes and reference only.

[TrackWrestling.com Login Page](#)

Select gender season when entering all assessments

If you have any questions or concerns regarding the inputting of data please [submit a ticket](#) to TrackWrestling.

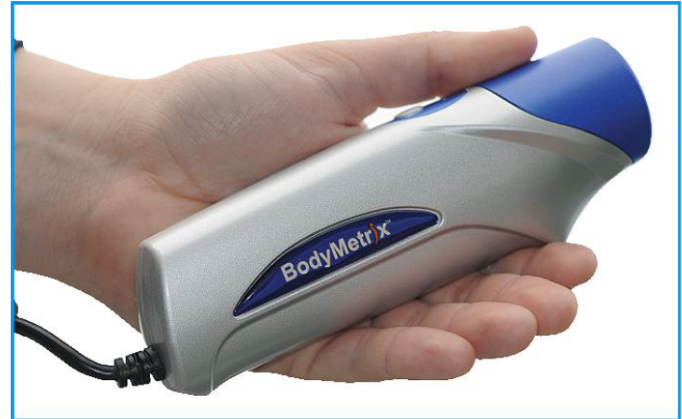
A new Ultrasound Wand device ([BodyMetrix](#)) was approved by the CIF for us in replacement of the discontinued Tanita Scale. Information about purchasing the device at a promotional discounted rate for 2020-2021 is located on the CIF State website as well.

- 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@intelmetrix.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)*



California Interscholastic Federation

www.cifstate.org

NFHS WRESTLING WEIGH IN VIOLATIONS

Rule 4 Section 5 Article 5

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

1. **CONCERN:**

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

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

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

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

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

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 2020-2021 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

STERIOD 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

<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. 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. 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: _____

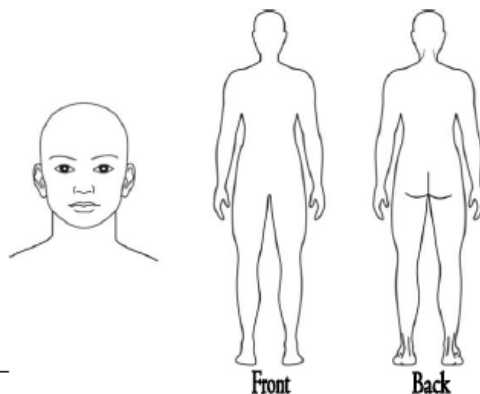
Form Expiration Date for this Lesion (Note on Diagram(s)): ____ / ____ / ____

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 overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

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

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

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

Revised/Approved by NFHS SMAC - April 2015



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. 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 2020-2021

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 to 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 provided/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 provided/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](#)

California Interscholastic Federation 2020-21 Wrestling Guidelines & Covid-19 Modifications

MINIMAL

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.
- 40 matches permitted during the season.
- Only two teams will be allowed to compete at the same time.
- Contests must be scheduled to allow for appropriate cleaning and sanitizing when a new team comes to the facility.
- Adhere to local county guidelines.

Adhere to physical distancing guidelines. Only one coach and one athlete per team will be permitted on the mat during a match.

Weigh-ins should be completed one team at a time.

When a wrestling room is available, the home team should use the wrestling room for their warm-up.

Assigned seating for essential bench personnel is recommended with a distance of 6-feet between them.

2020-21 Wrestling Guidelines & Covid-19 Modifications

Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

Contests must be scheduled to allow for appropriate cleaning and sanitizing when a new team comes to the facility.

- Permissible face coverings are required to be worn at all times by all attendees present.
- Players shall utilize their own equipment bin for all personal gear on the sideline.
- Compression shirts are encouraged to reduce skin contact.
- Long pants and undergarments are permissible.
- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.
- By local association adoption, long-sleeves are permissible.
- Electronic whistles shall be utilized to minimize the spread of respiratory particles.
- Permissible face coverings are required.
- Gloves are permissible.
- Pre-and post-game handshakes will no longer be used. An alternate form of social distancing acknowledgment may be used.

At this time there are no changes to qualification procedures for the state tournament. This is subject to change without advanced notice.

CA Department of Public Health General Guidance for Youth and Adult Sports Participants, Coaches, and Support Staff

It should be noted that local health departments and school districts may have stricter rules and should be consulted to confirm what is allowed.

General Requirements for All Sports:

Irrespective of setting (outdoor or indoor) case rate or sport played, the following general guidance requirements must be adhered to at all times:

- Face coverings to be worn when not participating in the activity (e.g., on the sidelines).
- Face coverings to be worn by coaches, support staff and **observers** at all times, and in compliance with the CDPH [Guidance for the Use of Face Coverings](#).
- Observers maintain at least 6 feet from non-household members.
- No sharing of drink bottles and other personal items and equipment.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.
- Limit indoor sports activities (practice, conditioning) to comply with capacity limits (which shall include all athletes, coaches, and observers) indicated in current CDPH [Gym & Fitness Center Guidance Capacity](#).
- Associated indoor activities for the team (e.g., dinners, film study) are prohibited if engaged in competition given evidence that transmission is more likely to occur in these indoor higher risk settings.
- Teams must not participate in out-of-state games and tournaments; several multistate outbreaks have been reported around the nation, including California residents.

Limitations on Observers

- Limit observation of youth sports (age 18 years and under) to immediate household members, and for the strict purpose of age appropriate supervision. This includes observation of practice and competition. Limit number of observers to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits.
- Consider video streaming of games so that they can be watched "live" from home.
- For adult sports, spectators are not permitted at this time.

Limitations for Inter-Team Competitions and Tournaments

- Inter-team competitions, meets, races, or similar events are permitted to occur only if (a) both teams are located in the same county and the sport is authorized in the Tables below; or (b) teams are located in immediately bordering counties and the sport is authorized in both counties in the Tables below.
 - The county-based authorizations outlined in the Table below apply to the locations/counties in which the teams, schools, clubs, leagues, and similar organizations are functionally based (e.g., where the players reside, where facilities are located, etc.).
 - Local Health Departments to be notified of any cross county competitions within their jurisdiction and reserve the right under their own discretion to deny the competition at any time in their jurisdiction. Teams participating in cross county competitions will follow the more stringent rules if the participating teams are coming from counties that may be at different case rate thresholds.
- Teams adhere to current [CDPH Travel Advisory](#) recommendations when determining travel for competition in neighboring counties.
- No tournaments or events that involve more than two teams to occur. Exceptions may be made, with authorization from the local health department where the event is being held and each of the local health departments where teams originate from, for sports where individual competitors from multiple teams are routine such as: track and field; cross-country; golf; skiing/snowboarding; tennis; swimming/diving/surfing; biking and equestrian events.
- Only one competition, per team, per day maximum to be played.

Permitted Youth and Recreational Adult Sports by Case Rate Threshold

- Physical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts are authorized regardless of case rate or sport. Such activities may be conducted indoors consistent with restrictions by Tier in the [Gym & Fitness Center Guidance Capacity](#).

Face Coverings

- Face coverings worn by participants during practice, conditioning and during competition, even during heavy exertion as tolerated. See the [American Academy of Pediatrics Interim Guidance on Return to Sports \[1\]](#) for specific exceptions where the face covering may become a hazard.



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