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TO: CIF-SS WRESTLING COACHES

FROM: RICH SHEARER, ASSISTANT COMMISSIONER

DATE: OCTOBER 2021

RE: 2021/22 CIF - SOUTHERN SECTION GIRLS WRESTLING PREVIEW

## WELCOME TO THE 2021/22 CIF SOUTHERN SECTION GIRLS WRESTLING SEASON!

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

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

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## CIF-SS GIRLS WRESTLING ADVISORY COMMITTEE

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

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

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

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

Name	School	School Number	E-mail
Jimmie Bowers	Corona HS	951 227-9898	Jimmie.bowers@cnusd.k12.ca.us
Tim Brogden	Warren HS		tbrogden@dusd.net
Tim Byers	Santa Ana HS	714.567.4900	coachbyers@gmail.com
Jaime Flores	Western HS	714.220.4040	Flores_ja@auhsd.us
Rob Froh	Bonita HS &	909 971-8220	r.froh@bonita.k12.ca.us
		626-974-6220 x803019	rfroh@c-vusd.org
Jesse Jaime, Sr.	San Dimas HS	626-343-1812	sdladysaints@yahoo.com
Mike Kim	Valencia HS	714 310-7350	mikekimL22i@gmail.com
Jim Lane	La Puente HS	626.934.6700	LJL7642@gmail.com
Chris Rasmussen	Marina HS	714 402-4207	cerasmussen@hbuhsd.edu
Luis Robles	Paloma Valley HS		luis.robles@puhsd.org
Ron Wilson	Wrestling Management		Rw93010@gmail.com

# GIRLS WRESTLING CIF-SOUTHERN SECTION 2021-2022

Girls Wrestling became a sanctioned sport beginning in the 2013-2014 school year.

## PARTICIPATION REQUIREMENT:

In order for a girl to participate in CIF-SS Girls Wrestling they must represent a Girls Wrestling School (The school must have paid the Girls Sports Participation fee for wrestling \$75 and NWCA Membership for weight management of \$30). This would be in addition to the \$105 fee to field Boys Wrestling. Sports Dues invoices are generated in www.cifsshome.org.

Girls may only work out with students in their school regardless of the number of participants until the close of league season for post-regular season workouts (CIF-SS Rule #3213). Girls may work out with their boys wrestling team.

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

There will be Girls Individual Championships. Placement in the Girls Individual Championships determines who advances to the CIF Southern Section Girls Masters Meet. League placement will determine qualifiers to the CIF-SS Girls Individual Championships. All wrestlers will qualify for the CIFSS Girls Individual Championship through League Finals.

There will be a CIF Southern Section Girls Dual Wrestling Championship. Schools will apply and be selected based on Dual match competition and team size.

## **WEIGHT MANAGEMENT**

All wrestling coaches MUST be familiar with the Mandatory Weight Management Program. You can review pertinent weight management information in the Coaches Weight Management Manuel by going to <a href="www.cifss.org">www.cifss.org</a>, click on Sports on the blue toolbar, Wrestling, In the blue download box click on "2021-22 Coaches Weight Management Manual. This separate publication has information on how to get your girl/s initial weight assessment completed, check eligible weight classes each wrestler is qualified to wrestle in and print necessary Trackwrestling.com reports that must be presented at each competition prior to weigh-in as proof that they are in compliance.

## 2021-22 WRESTLING CHAMPIONSHIPS MEET INFORMATION

## **Girls Championship Series**

We are offering four Girls Individual Wrestling Championship sites this year.

## **CIF-SS Girls Individual Championships**

CIF-SS will announced in the Playoff Bulletin, which Individual Championship location your league will attend.

<u><b>Date</b></u> February 11/12	Region Central	Site La Quinta/LQ HS	Meet Manager Paul Vasquez
February 11/12	Eastern	Corona HS	Jim Bowers
February 11/12	Northern	Paloma Valley HS	Luis Robles
February 11/12	Southern	San Dimas HS	Jesse Jaime, Sr.

Wrestlers that qualify through their Girls Individual League Finals from each weight class will participate in the Girls Individual Championships. Placers at each site qualify for the Girls CIF Southern Section Masters Meet. All coaches must present Trackwrestling Alpha Master Sheet at the time of weigh in.

## **CIF-SS Girls Masters Meet**

<u>Date</u> <u>Site</u> <u>Meet Manager</u>

February 18/19 Marina HS Chris Rasmussen, Marina HS

TMI will handle the bracketing based on the top seeded 8 wrestlers determined by the advisory committee. 32 Qualifiers from the CIF-SS Girls Individual Championships in each weight class will participate. (8 from 4 divisions). The top eight from the CIF-SS Girls Masters Meet in each weight class will advance to the CIF State Girls Wrestling Championships.

## **GIRLS DUAL MEET**

January 29, 2022. Championship will be at Host Site Wednesday, February 2, 2022.

## GIRLS STATE WRESTLING CHAMPIONSHIPS

February 24/25/26 State Meet Rabobank Arena, Bakersfield, CA Cici Robinson

## 2021-22 WRESTLING SEASON CALENDAR DATES

<u>Starting Date for Interscholastic Contest:</u> No interscholastic contest (tournament or league) may be scheduled prior to November 15, 2021.

<u>Last League and/or Non-League Contest:</u> The last allowable date for a league or non-league team contest is Tuesday, January 25, 2022. Dual Meet Championship entries are due at 11:00 p.m.

<u>Last Individual Wrestling Competition:</u> The last day for Individual Wrestling competition is Saturday, February 5, 2022. **Wrestling Individual entries are due, Sunday, February 6, 2022.** 

Final Girls CIFSS Individual Championship Location Assignments will be posted in The Playoff Bulletin

Final Girls CIFSS Dual Championship Location Assignments will be posted in the Playoff Bulletin

## 2021/22 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 2021/22 CIF Southern Section Blue Book. This list is <u>NOT</u> all-inclusive but highlights only some of the key areas.

<u>Principal's Responsibility</u> - The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members. Ineligible students shall not compete as representatives of the school in any CIF contest (Rule 502). <u>In CIF competition, no person shall be permitted to participate as an unattached athlete, or an unofficial entrant.</u> (See Rule 600 G (1)).

<u>Wrestling Rules</u> - 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 2021/22 CIF Southern Section Blue Book, Article 3300, pages 208-215.

<u>Blue Book Rule 1212.7</u> — 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 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.

## 2021-2022 Girls Wrestling Weight Classes

The 14 weight classes are as follows:

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

## **ENTRY:**

Each League School can only enter one wrestler per weight class.

## 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 match, will receive two (2) advancement points for round one in addition to their second-round advancement pints.

**Wednesday Night Seeding Meetings for Individuals 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 Wednesday night before the tournament begins on Friday morning. We hope this will be a benefit to all wrestling coaches.

## **GIRLS DUAL CHAMPIONSHIP**

Entries – All openings in the draw will be filled by At-Large teams. There will be a Girls Dual Meet Wrestling Championship. As there are no automatic qualifiers in the Girls Dual Meet Championship, At-Large teams will fill all positions in the bracket. All teams who wish to be considered for a position in the Championships must submit the required At-Large Petition Form in <a href="www.cifsshome.org">www.cifsshome.org</a> by the published deadline, Tuesday, January 25, 2022, 11:00 p.m. Make sure your schedule and scores are completed and up to date to aid in the selection process. All contest results should be entered into <a href="www.cifsshome.org">www.cifsshome.org</a> by Tuesday, January 25, 2022 at 11:00 p.m. (Under "teams", "Girls Wrestling", "Varsity") It is expected that each applicant will field a minimum of seven weight classes. It is expected that each applicant will have wrestled a minimum of five dual meet matches during the 2021-22 season.

# MANDATORY AT EVERY DUAL AND INDIVIDUAL TOURNAMENT

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

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

- 1. Log onto <a href="https://www.trackwrestling.com">www.trackwrestling.com</a>
- 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. NOT: You can use CTRL + P to open a print dialogue.

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

h In Repo	ort		http://www.trackwrestling	.com/tw/seasons/WeighInRep
		Of	icial Weigh In Report	
Sch	tool: <del>A D Mille</del> r	Event: 3rd ANN	JAL CARTER INLAND EMPIRE OPENER	Date: 09/28/20
		11/26/2016		
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	the consequence of	106 105	52	
113	Descriptions	113 108	31	
113	Honos Monteya	113 110.	50	<del></del>
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Refere		(name	Referee	

## APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website (<u>www.cifss.org</u>) for the latest Sanctioned Events, as events are updated daily.

**Sanctioned Events download directions:** 

click on GOVERNANCE TAB, click on SANCTIONED EVENTS, select GIRLS WRESTLING, click SEARCH

## CIFSSHOME REQUIREMENTS

<u>SCHEDULES &SCORES</u> 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 "Girls 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 ""Girls Wrestling" Scroll through your schedule and click on the green "Post Result" button.
- -Make sure that your overall and team records are correct on your team page.

Check out the Help video under the Help button on the bottom left, "Be CIF Prepared!"

#### VARSITY TEAM INFORMATION (ROSTER) DUE no later than MONDAY, JANUARY 24, 2022

Attention Athletic Directors/Coaches: It is very important that you enter your entire "Girls Wrestling" Varsity roster into CIFSSHOME (www.cifsshome.org) no later than MONDAY, JANUARY 24, 2022.

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 ""Girls Wrestling"
- -Here are the instructions for using the sample file.
  - Download the sample file <u>and</u> 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 (<a href="https://www.cifsshome.org">www.cifsshome.org</a>) no later than MONDAY, JANUARY 24, 2022.

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 ("Girls 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 "Girls Wrestling". The At Large Application is to be submitted by your school no later than Tuesday, January 25 @ 11:00 p.m.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

- -On the left panel, click on At Large Petition
- -Select "Girls Wrestling" 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!"



# RONALD W. NOCETTI, EXECUTIVE DIRECTOR CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • (916) 239-4477 • CIFSTATE.ORG

September 27, 2021

To: 2021-2022 Wrestling Weight Management Program Assessors

Re: 2021-2022 Recertification

Dear Assessors,

The CIF is excited to announce details regarding the 2021-2022 Wrestling Weight Management Program. There are updates to share:

- The recertification process for all Assessors from the 2020-2021 season will begin Friday, October 1, 2021.
- The recertification exam is located on the CIF STATE website under Wrestling. The
  process will remain the same as last year, with the requirement of the assessor
  passing an exam with an 80% or better to be certified. Assessors are given three (3)
  attempts to pass.
- Assessments for the 2021-2022 season will open October 15, 2021. Assessments
  must be entered into the TrackWrestling website within 72 hours of assessment.
  There is no reason to take longer than the 72 hours! All wrestlers must be assessed,
  and appear on the coach's Alpha Roster, prior to their first competition.
- The 2021-2022 Weight Management Program Manual is available for download from the CIF State website for your review and records. Please review this document for changes to the process prior to your recertification exam. The forms used for assessments, appeals, and sub-7% BF have changed as well.

The Ultrasound Wand device (<u>BodyMetrix</u>) was approved by the CIF for use in replacement of the discontinued Tanita Scale. Information about purchasing the device is located on the CIF 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.
- The Tanita Scale is no longer approved for assessments this season. ONLY the BodyMetrix US Wand is approved.
- There is no need to assess hydration any longer. Please refer to the rationale and new policies in the Weight Management Program Manual.

If you have questions, please contact Chase Paulson, MS, ATC at cpaulson@wvusd.org.



# **Ultrasound Body Composition**

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



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

If you are interested in learning more about the **BodyMetrix™ System** please contact IntelaMetrix at 925-606-7044 or email <u>info@intelametrix.com</u>. To get more information or purchase the special high school wrestler-science package go to <a href="http://www.bodymetrixwr.com/">http://www.bodymetrixwr.com/</a>.

<sup>\*</sup> 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)

## WRESTLING BYLAWS

## Number of Days of Practice - 3200 -

- 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 <u>five</u> <u>days of practice</u> before the student can compete in a meet or tournament.

<u>RULE 3201</u> – 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. <u>EXCEPTION</u>: Any matches wrestled in a CIF Section Team Dual Championship Tournament will not count as part of the 40-match maximum. (Approved October 2001 Federated Council)

## PENALTY FOR EXCEEDING THE 40 MATCH LIMIT

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

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

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

## Official Weigh-In

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

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

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

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

## WEIGH-IN ATTIRE:

The CIF Southern Section mandates that all female wrestlers weigh-in wearing their school issued competition uniform fully in place.

A reminder that the TrackWrestling Management Program - minimum body fat of 12% for females

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

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

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

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

<u>Outside Competition</u> - "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 <u>wrestling</u>."

## **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?

<u>It has been the position of the CIF-SS Executive Committee to expect the Principal of the</u> 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** 

- 3217 COACH EJECTION Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section office, which includes the circumstances surrounding the matter, and what action the principal has taken to prevent a reoccurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. ADDITIONALLY, UPON EJECTION, THE EJECTED COACH SHALL BE DISQUALIFIED FROM PARTICIPATING IN THE REMAINDER OF THE GAME AND WILL BE INELIGIBLE FOR THE TEAM'S NEXT CONTEST. A SECOND EJECTION WILL CONSTITUTE A TWO CONTEST SUSPENSION, AND A THIRD EJECTION WILL CAUSE SUSPENSION FOR THE REMAINDER OF THE SEASON.
- **125.2 FAILURE TO COMPLETE A CONTEST** When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court, or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.
- **3216 PLAYER CONDUCT** Any player ejected for any reason, or any player who leaves the confines of the bench or team area during a fight that may break, out or has broken out, shall be disqualified from participating in the remainder of the game, and will be ineligible for the team's next contest. A second ejection will constitute a two-contest suspension, and a third ejection will cause suspension for the remainder of the season.

## SUPERVISION OF ATHLETES

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

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

State and Southern Section Rule 309 states:

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

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

- A. Certificated personnel
- B. Certified Coaches (certified credentialed coaches)
- C. Non-certificated temporary coaches (certified walk-on coaches.)

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

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

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

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



# Wrestling Rules Changes - 2021-22

#### -4-3: SECTION 4 REPRESENTATION

ART. 3 . . . No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than five matches (championship or consolation), excluding forfeits in any one day of competition.

Exception: No wrestler shall wrestle in more than six matches (championship or consolation), excluding forfeits in any one day of a tournament conducted by the state high school association for qualification to the state high school championships or the championships themselves.

Rationale: There have been a number of rule change proposals over the last several years asking for the maximum number of competitions allowed per day to be increased from five to six. Most of the concern that has been shared over the years in the NFHS Wrestling Forum centered around the extreme number of matches some wrestlers accumulate over the course of a season in states where there are few limitations on competitions. Since this experiment would only allow six matches per day to be wrestled in the postseason qualifying tournament or state championship event, the impact on the total number of matches that an individual wrestles in an entire season would be very minimal. For the majority of participants, this rule would never come into play. Increasing the number of matches from five to six would allow postseason tournaments with more than 8 competitors in a weight class to complete the tournament in one day. This would be a substantial help for post-season qualifying tournaments and state championship events where travel can be extreme. In many cases, this would eliminate the need for schools to stay overnight in order to participate in their respective state qualifying tournaments and state championship events.

**Editor's Note:** This rule change was supported by an experiment conducted by the TSSAA. The research was favorable by coaches and officials.]

## 4-4-1a and b NEW: SECTION 4 WEIGHT CLASSIFICATIONS (EFFECTIVE 2023)

**ART. 1...** A state association shall select one weight class. Competition shall be <u>in one of</u> the following <u>sets of</u> weight classes <u>when girls are wrestling girls</u>:

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

a.(12) 100 lbs., 107 lbs., 114 lbs., 120 lbs., 126 lbs., 132 lbs., 138 lbs., 145 lbs., 152 lbs., 165 lbs., 185 lbs., 235 lbs.

- (13) 100 lbs., 106 lbs., 112 lbs., 118 lbs., 124 lbs., 130 lbs., 136 lbs., 142 lbs., 148 lbs., 155 lbs., 170 lbs., 190 lbs., 235 lbs.
- (14) 100 lbs., 105 lbs., 110 lbs., 115 lbs., 120 lbs., 125 lbs., 130 lbs., 135 lbs., 140 lbs., 145 lbs., 155 lbs., 170 lbs., 190 lbs., 235 lbs.
- b. A state association shall select one weight class. Competition shall be in one of the following sets of weight classes when boys wrestle boys (or when boys wrestle girls): 106 lbs., 113 lbs., 120 lbs., 126 lbs., 132 lbs., 145 lbs., 152 lbs., 160 lbs., 170 lbs., 182., 195 lbs., 220 lbs., 285 lbs.
- (12) 108 lbs., 116 lbs., 124 lbs., 131 lbs., 138 lbs., 145 lbs., 152 lbs., 160 lbs., 170 lbs., 190 lbs., 215 lbs., 285 lbs.
- (13) 107 lbs., 114 lbs., 121 lbs., 127 lbs., 133 lbs., 139 lbs., 145 lbs., 152 lbs., 160 lbs., 172 lbs., 189 lbs., 215 lbs., 285 lbs.
- (14) 106 lbs., 113 lbs., 120 lbs., 126 lbs., 132 lbs. 138 lbs., 144 lbs., 150 lbs., 157 lbs., 165 lbs., 175 lbs., 190 lbs., 215 lbs., 285 lbs.

#### Rationale:

Effective July 1, 2023: We have more member state associations (30) sponsoring girls wrestling and providing an equal number of uniform weight classifications is now necessary. Due to fluctuating demographics of our student enrollment, each state association shall select one of the three sets (12, 13, 14) of listed weight classes for boys and one of the three sets (12, 13, 14) for girls. These recommended weights are based upon data from over 215,000 National Wrestling Coaches Association (NWCA) assessments.

## 4-5-7: SECTION 5 WEIGHING IN

**ART. 7...** All contestants shall weigh-in wearing a legal uniform (4-4-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a suitable form-fitted compression undergarment that completely covers their breasts. Contestants may wear low-cut socks that cannot be removed or added if the wrestlers do not make weight.

NOTE: No additional weight allowance shall be granted for weighing-in wearing a legal uniform.

**Rationale:** With the new 2020 rule change concerning the weigh-in process; that all wrestlers wear a legal school uniform with appropriate undergarment(s) which makes the skin check a separate procedure. The requirement of low-cut socks to see all necessary skin is a moot point. Any length socks should be acceptable to wear during weigh-in. This solves a long-time argument concerning socks length.

#### 5-1-1e: SECTION 1 BAD TIME

**ART. 1...** Bad time is wrestled with the wrestlers in the wrong position or the wrong wrestler being given choice of position:

Sub-articles a.- d. remain the same.

e. on the next restart after opponent receives a two-point stalling penalty.

Rationale: The sub-article is no longer needed due to the 2020 NFHS 8-2 rule change.

## 5-1-3f (NEW), 5-28-3, 5-28-6, 6-4-3, 8-2-4b1 and 2, 8-2-6, 8-2-9: HEAD, NECK AND CERVICAL

**ART. 3...** Any points, penalties, or injury time that occurred during bad time shall be voided with the following exceptions:

Sub-articles a.-e. remain the same.

f. Head/Neck/Cervical Column (HNC) injury time.

**Rationale:** With the addition of a head/neck/cervical injury timeout definition and separate injury rule, this amendment is needed to accommodate the modification of this injury timeout rule as it relates to bad time.

**ART. 3...** Recovery time. If a contestant is injured as a result of an illegal hold/ maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position, the wrestler is entitled to two minutes of recovery time, which is not <u>deducted from the</u> injured wrestler's injury time allowance nor shall it constitute an HNC timeout. (5-28-6, 6-4-3, 8-2-2)

**Rationale:** This proposed rule change is partnered with the proposed change to rules 5-28-6, 6-4-3, 6-6-2 and 8-2-4b1&2, 8-2-6.

**ART. 6...** Head/Neck/Cervical Column (HNC). If a contestant is injured, and the onsite appropriate health-care professional (AHCP) determines that additional time is needed will have up to five (5) minutes (maximum) to evaluate the wrestler's head and neck involving the cervical column and/or nervous system. the wrestler is entitled to five (5) minutes, minus the elapsed injury time. A second occurrence of injury to the head and neck involving the cervical column and/or nervous system in the same match shall require the wrestler to default the match. (8-2-4a, 8-2-4b1 & 2)

Rationale: There is a desire to establish a separate injury time-out that involves the head and neck involving the cervical column and/or nervous system and not connect it with the existing two (2) 1 ½ minute injury time-outs or any other stoppage of the match. This separate timeout is supported and covered in existing rules that give the referee the authority to observe signs, symptoms and behaviors of a concussion and respond appropriately.

ART. 3... If a wrestler is injured due to legal or illegal action, the referee shall stop the match <u>under these</u> certain conditions: a) injury time; b) blood time; c) recovery time; d) referee's time; e) Head/Neck/Cervical Column (HNC) injury time. (5-28-3, 5-28-6, 8-2-4a, 8-2-4b1 & 2)

**Rationale:** There is a desire to establish a separate injury time-out that involves the head and neck involving the cervical column and/or nervous system. This change would identify this occurrence as a separate timeout.

#### ART. 4 . . . Sub-article a. remains the same.

- b. The following modifications to injury time-outs will be used in all competition regarding injuries to the head and neck involving cervical column and/or nervous system:
- 1. In the absence of appropriate health-care professional, (physician or certified athletic trainer) all injuries to the head and neck involving the cervical column and/or nervous system (HNC) will be covered by the same timeframe as other injuries Rule 8-2-4a. (5-28-3, 5-28-6, 6-4-3, 8-2-6 and 8-2-9 8-2-1)
- 2. When appropriate health-care professional(s) are present they have jurisdiction to extend the allowed time limit to a maximum of five (5) minutes for evaluation of the injuries to the head and neck involving the cervical column and/or nervous system only, at which time the athlete would be required to prepare without delay for continuation or default the match. When appropriate health-care professional(s) (physician or certified athletic trainer) are present they have jurisdiction to evaluate the injured wrestler for injuries to the head and neck involving the cervical column and/or nervous system only during the allowed time limit (maximum) of five (5) minutes. After that evaluation, the wrestler would be required to prepare without delay for continuation or default the match.

3. A second occurrence of injury to the head and neck involving the cervical column and/or nervous system in the same match shall require the wrestler to default the match.

**NOTE:** When this provision is used, the time consumed for the injury will in no way affect time used, or available, for other types of injuries.

Rationale: There is a desire to establish a separate injury time-out that involves the head and neck involving the cervical column and/or nervous system and not connect it with the existing two (2) 1 ½ minute injury time-outs. This separate timeout is supported and covered in existing rules that give the referee the authority to observe signs, symptoms and behaviors of a concussion and respond appropriately.

**ART. 6...** During a timeout for injury, recovery blood time, recovery time or head and neck involving the cervical column and/or nervous system time, two team attendants and appropriate health-care professionals shall be permitted on the mat with either wrestler. Coaching is allowed during injury time, blood time, recovery time or head and neck involving the cervical column and/or nervous system time.

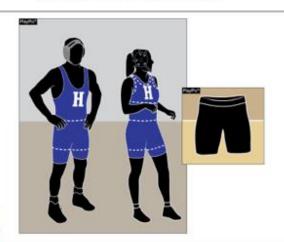
**Rationale:** In conjunction with the other rule changes of the addition of injury timeout of the head, neck involving the cervical column and /or nervous system (HNC), it is necessary to reorder the various injury timeouts and add HNC.

**Change: ART. 9...** When a match is stopped for an injury, <u>including HNC</u>, during an imminent scoring situation and the referee determines that scoring (takedown, reversal, escape, <u>near-fall</u>) would have been successful if the wrestling had continued, the referee shall charge an injury time-out, <u>or if appropriate an</u> HNC timeout, to the injured contestant and award applicable points to the non-injured wrestler.

**Rationale:** This proposed rule change is partnered with the proposed change to Rules 5-28-3, 5-28-6, 6-4-3, 8-2-4b1&2 and 8-2-6.



## UNDERGARMENTS RULE 4-1-1c NOTE



Female contestants wearing a onepiece singlet and/or a form-fitted compression shirt shall wear a suitable undergarment that completely covers their breasts and minimizes the risk of exposure. All contestants wearing a one-piece singlet shall wear a suitable undergarment which completely covers the buttocks and groin area.

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Rule Change



# TECHNICAL VIOLATION RULE 4-1-3







If a wrestler's shoe comes off during the course of wrestling, a technical violation will be assessed. The injury clock will be started to correct the situation. The shoe must be tightly laced to the top and worn as the manufacturer intended.



# HAIR RULE MODIFICATION RULE 4-2-1









The hair length rule has been eliminated. (PlayPics A and B.) If wrestlers choose to contain their hair (PlayPic C), then it must be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A legal hair-controlled device such as a rubber band (PlayPic D) shall be secured so as not to come out readily during wrestling.

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## Points of Emphasis



## 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.



# HAIR RULE MODIFICATION RULE 4-2-1





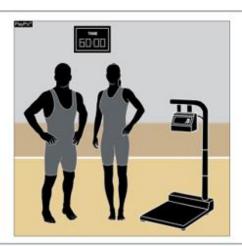
Because physical hair treatments and control items present a risk to wrestlers due to hardness, texture (sharpness) or abrasiveness, they are not allowed.

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Rule Change



# WEIGH-INS RULES 4-5-1, 4-5-2

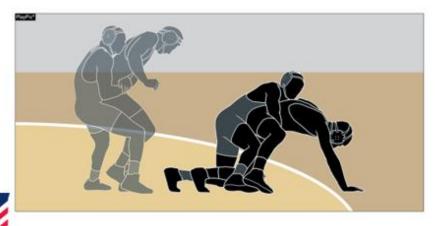


Contestants shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the start of a dual meet or a team's first competition each day in a multiple dual-meet event is scheduled to begin.





# FLEEING THE MAT RULE 7-3-1



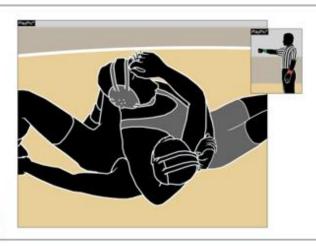
If the offensive wrestler has scored a takedown or near-fall, there can be no technical violation for fleeing the mat.

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Rule Change



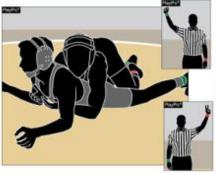
# UNNECESSARY ROUGHNESS RULE 5-29-1



Pulling an opponent's hair results in a penalty for unnecessary roughness. This does not include hair that is caught in a legal maneuver including but not limited to a headlock, cradle, half-nelson etc.

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On the fourth offense for stalling, the match shall be stopped. The opponent shall be awarded two points and given choice of position.

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Rule Change



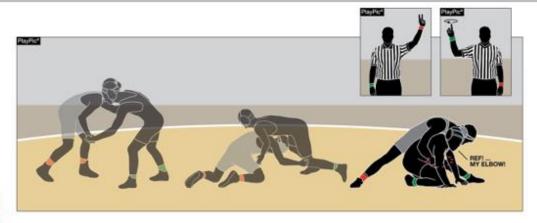
## **RULE 8-2-9**

 ART. 9... When a match is stopped for an injury during an imminent scoring situation and the referee determines that scoring (takedown, reversal, escape) would have been successful if the wrestling had continued, the referee shall charge an injury time-out to the injured contestant and award applicable points to the non-injured wrestler.





# IMMINENT SCORING RULE 8-2-9





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**Editorial Change** 



# **EAR GUARDS**



Effective July 1, 2022, any manufacturer's logo/ trademark/reference that appears on the wrestling ear guards, including legal hair covering, can be no more than 2-1/4 square inches with no dimension more than 2-1/4 inches and may appear no more than once on ear guards. No additional manufacturer's logo/ trademark/reference, promotional or advocacy references shall be allowed on the wrestling ear guards.





## **RULE 5-28-6**

• ART. 6... Head/Neck/Cervical Column. If a contestant is injured and the onsite appropriate health-care professional (AHCP) determines that additional time is needed to evaluate the wrestler's head, neck and involving the cervical column and/or central nervous system, the wrestler is entitled to five (5) minutes, minus the elapsed injury time. A second occurrence of injury to the head and neck involving cervical column and/or central nervous system in the same match shall require the wrestler to default the match.



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**Editorial Change** 



# **RULE 7-6-3e,f**

- ART. 3 . . . It is stalling from the neutral position when a wrestler:
- Sub-articles a-d remain the same.
- e. Backs off the mat, out of bounds; or
- f. Pushes or pulls their opponent out of bounds.

## Rationale:



Clarification. To ensure that rules 5-24-3 and rule 7-6-3 read the same.

# **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 2021-2022 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 <a href="https://www.cifss.org">www.cifss.org</a> and click on the "Sports Medicine" tab on the blue toolbar.

Additional resources can be found at <a href="www.cifstate.org">www.cifstate.org</a> 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 heath care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

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

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

## NFHS ELECTIVE COURSE/WEBINAR

This is link to a free, 20-minute webinar regarding sports related concussions provided by the NFHS. All Athletic Directors and Coaches are encouraged to take advantage of this opportunity by viewing this webinar

http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000



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

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

## **STEROID PROHIBITION**

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

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

# SUDDEN CARDIAC ARREST PROTOCOL

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

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

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

Concussion Return to Play Protocol Form Click HERE to View Form.

(Mandatory Use for Student Athletes Diagnosed with a Concussion

**Concussion Information Sheet Click HERE to View Form** 

(Mandatory Form to be signed by every Student Athlete and their Parent/Legal Guardian)

Sudden Cardiac Arrest Form Click HERE to View Form

(Mandatory Form to be signed by Student Athletes and their Parent/Legal Guardian.)

## SKIN HEALTH AND WRESTLING

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

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

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



Beginning in the 2018-19 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.



# WRESTLING PROPER GROOMING AND SKIN CHECK PROTOCOLS

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

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

## **PROTOCOLS**

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

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

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

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

## GOALS FOR ESTABLISHING A WIDELY USED FORM:

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

#### IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

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

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

## National Federation of State High School Associations Sports Medicine Advisory Committee

#### MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name:		Date of Exam:	_//
Diagnosis	 Mark Location	AND Number of Le	esion(s)
Location AND Number of Lesion(s)		$\Omega$	R
Medication(s) Used to Treat Lesion(s):			
		(d / )2)	
Form Expiration Date for this Lesion (Note on Diagram(s)): / /		)()(	)()(
Earliest Date the Wrestler May Return to Participation: / /	_	()()	\) ()
Provider Signature Office	Phone #:	Front	Back
Provider Name (Must Be Legible)		1.1001	Dack
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 I0 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to I4 days. Recurrent outbreaks require a minimum of I20 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 biooclusive 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 psociasis 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

## **MRSA**

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

Attached are two "Alerts" that were completed by the State CIF Sports Medicine Committee regarding MRSA.

- 1 for distribution to students and parents
- 2 for distribution to schools, coaches, AD and administrators.

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

# MRSA Alert for Student-Athletes and Parents MRSA Alert for Coaches

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

## Resources

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

<u>Skin Infections and MRSA Information</u> - 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

How to Identify MRSA - http://cifss.org/wp-content/uploads/2016/07/MRSA.pdf

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