VINTER 2023-2024

CIF SOUTHERN SECTION

DULLATIUR SPORT SURFACES



TO: CIF-SS GIRLS' WRESTLING COACHES

FROM: RICH SHEARER, ASSISTANT COMMISSIONER

DATE: OCTOBER 2023

RE: 2023-24 CIF SOUTHERN SECTION GIRLS WRESTLING PREVIEW

### WELCOME TO THE 2023 - 2024 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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TEAMS ARE REQUIRED TO PRESENT ALPHA SHEETS AT ALL MATCHES.

### 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 Byers	Santa Ana HS	714.567.4900	coachbyers@gmail.com
David Carrizosa	Sonora HS	714.863.2071	dcarrizosa@fjuhsd.org
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
Randy Gonzalez	Lakewood HS		rsgonzalez@lbschools.net
Jesse Jaime, Sr.	San Dimas HS	626-343-1812	sdladysaints@yahoo.com
Mike Kim	Valencia HS	714 310-7350	mikekimL22i@gmail.com
David Ochoa	Northview HS		dochoa@c-vusd.org
Chris Rasmussen	Marina HS	714 402-4207	cerasmussen@hbuhsd.edu
Luis Robles	Paloma Valley HS	951.238.8808	luis.robles@puhsd.org
Ron Wilson	Wrestling Management		Rw93010@gmail.com

### 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 WRESTLING, GIRLS click SEARCH

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

# 2023-2024 CIF SOUTHERN SECTION GIRLS WRESTLING

Girls Wrestling has been a sport since 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 indicated on their sports dues invoice that they are competing in Girls Wrestling. (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 #3208). Girls may work out with their boys wrestling team.

If there is no Girls Dual Match team, Girls may wrestle in boy's competition representing their schools until the League Finals and <u>MAY NOT</u> 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. **Teams wishing to apply need to fill 7 weight classes and 5 team matches.** The goal for 2023-2024 is to have (2) Divisions for Dual Championships.

### 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 "2023-24 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.

Schools and leagues must submit Dual Team At Large entries by Tuesday, January 23, 2024, so the draw can be announced and the championships can be begin on Saturday, January 27, 2024. Round of 16 Quarterfinals and Semifinals will be on Saturday, January 27, 2024. Championship will be at Host Site Wednesday, January 31, 2024.

### 2023-24 WRESTLING CHAMPIONSHIPS MEET INFORMATION

### Girls Championship Series

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

### **GIRLS DUAL MEET**

Preliminary rounds of the Girls Dual Meet Championships on January 27, 2024 will be held at Bonita and Northview High Schools. Championship Final will be at Host High Schools on Wednesday, January 31, 2024.

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

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

<u><b>Date</b></u> February 9/10	Region Central	Site Adelanto HS	Meet Manager Michael LaBrosse
February 9/10	Eastern	Marina HS	Chris Rasmussen
February 9/10	Northern	San Dimas HS	Jesse Jaime, Sr.
February 9/10	Southern	Corona HS	Jim Bowers

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 17 Palm Springs HS Alan Clinton/ Chris Rasmussen/ Dr. John Dahlem

The Girls Masters will run as (2) 16 person brackets in one day. 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. These will be the top 4 from each 16 team bracket.

### GIRLS STATE WRESTLING CHAMPIONSHIPS

February 22/23/24 State Meet Rabobank Arena, Bakersfield, CA Cici Robinson

### 2023-24 WRESTLING SEASON CALENDAR DATES

<u>Starting Date for Interscholastic Contest:</u> No interscholastic contest (tournament or league) may be scheduled prior to November 13, 2023.

<u>Last League and/or Non-League Contest:</u> The last allowable date for a league or non-league team contest is Tuesday, January 23, 2024. Dual Meet Championship at large entries are due at 11:00 p.m.

<u>Last Individual Wrestling Competition:</u> The last day for Individual Wrestling competition is Saturday, February 3, 2024. **Wrestling Individual entries are due, Sunday, February 4, 2024.** 

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

### 2023 - 24 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 2023/24 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 2022/23 CIF Southern Section Blue Book, **Article 3400**, pages 207-213.

<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.

### 2023-2024 Girls Wrestling Weight Classes

The 14 weight classes are as follows:

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				

### **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, and the bracket size is less than 32, 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.

**Thursday 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 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 23, 2024, 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 23, 2024 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 2023-24 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="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:

Weigh In Report			http://www.trackwrestling.com/tw/seasons/WeighInReport.js			
				Officia	l Weigh In Report	
	School:	L-D-Adin	Event: 3rd ANNUAL CARTER INLAND EMPIRE OPENER			
	SCHOOL: F	TO MINIE!			Date: 09/28/2017	
			11/26/2		ay allowance	
	Weight	Name	EWC		Actual Wt.	Skin Check
	106	<del>Loolio Molina</del>	106	97.74		
	106	Samene vezquez	106	102.71	···	
		to the contract of the contrac	106	105,52		
	113	Suran america.	113	108.31		<del></del>
	113	Honos Monloya	113	110,60	<del></del>	
	120	Alysen Manhamen	120	118,91	<del> </del>	
	138	(manus - manus	138	136.06		<del></del>
	145	Dannie Vesijo	145	139,09	-	
	160	leabel Chauss	160	153,54	-	
	170	Emoly-Operio-	170	169.78		
			,,-		· · · · · · · · · · · · · · · · · · ·	
	Weigh-In Tir	ne				
	Modical/Skir	n Check Completed By			Certified By Coach	(nemo)
	Certified By	Administrator *		(name)	Certified By Opponent Coach	(name)
	Referee			(name)	Referee	(neme)

### **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 "Wrestling, Boys/ Wrestling, Girls"

### To **Add a game**:

- On the left panel, click on "Events", select "Add Event", choose Game under "Event Type", choose date of game under "Event Date", choose Wrestling, Boys/ Wrestling, Girls under "Sport", choose Varsity under "Level", type the opposing school name in "Add Opponent",

choose the type of game under "Select Game Type", click on Home, Away or Neutral under "Location", choose "Start Time" Click on "Save" to add one game or "Save & Duplicate" for multiple games.

- To Submit your score:
- On the left panel, click on "Teams", select "Teams Manager", scroll down to Wrestling, Boys/ Wrestling, Girls and click on VR to add Varsity scores Click on "Post Result" button, enter your team's score, enter the opponent's score, result should auto populate with either "W", "L" or "T" based on the correct match score entered. If the game was a forfeit, click on the Yes box, enter the set scores in "Notes".

Make sure that your overall and team records are correct on your team page

### **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 FRIDAY, NOVEMBER 17, 2023.

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

- Click on the "Users" tab, click on "User Manager", click on the in the upper right hand corner to add Coaches and Assistant Coaches. Enter the information requested on the "Add School User" page. Choose "Active" to provide the coach with access to CIFSSHome or "Inactive" for directory purposes only. Choose Yes or No to give the coach access to all sport, click Submit.

Choose the applicable options on the Assign Coach to Team page, click Save or Add Another to add additional coach(s).

### **VARSITY TEAM INFORMATION (ROSTERS)**

Attention Athletic Directors/Coaches: It is very important that you enter your entire Varsity roster into CIFSSHome (www.cifsshome.org) no later than FRIDAY, JANUARY 19, 2024.

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

- Click on the "Teams" tab, click on "Teams Manager", click on Wrestling, Boys/ Wrestling, Girls "", select

You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).

Required roster information for Wrestling, Boys/ Wrestling, Girls is:

First Name, Last Name, Birth date, Year & Eligibility

### (1) To ADD roster players one by one:

and complete fields required for Wrestling. - Click on +Add Play

### (2) To Import a Roster using an Excel 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.
- Only an excel file (xls) can be uploaded 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 Wrestling are:

First Name, Last Name, Birth date, Year & Eligibility

- Click on to find your file,
- Choose File then click

- To confirm the roster has been uploaded, your players' names will be uploaded in the "Official Roster" section.
- Click on the next to the player's name to view each player's information.

# TEAMS ARE REQUIRED TO PRESENT **ALPHA SHEETS AT ALL MATCHES.**

# 2023-2024 Girl's Weight Scratch Weight + 2 lbs.

**100 LBS 135 LBS 105 LBS 140 LBS** 110 LBS **145 LBS** 115 LBS **155 LBS 120 LBS 170 LBS 125 LBS** 190 LBS 130 LBS **235 LBS** 



# RONALD W. NOCETTI, EXECUTIVE DIRECTOR CALIFORNIA INTERSCHOLASTIC FEDERATION

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

September 20, 2023

To: 2023-2024 Wrestling Weight Management Program Assessors

Re: 2023-2024 Recertification

Dear Assessors,

The CIF is excited to announce details regarding the 2023-2024 Wrestling Weight Management Program. There are updates to share:

- The recertification process for all Assessors from the 2022-2023 season will begin Monday, October 2, 2023.
- 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 2023-2024 season will open October 16, 2023. 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 2023-2024 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 (**BodyMetrix**) was approved by the CIF for use in replacement of the discontinued Tanita Scale in 2020. 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.

AN EQUAL OPPORTUNITY ORGANIZATION • MEMBER NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS



# **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<sup>™</sup> 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 - 3300 -

- 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 3301</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** 

- 125. 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.
- **503.M 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 - 2023-2024

### 1-4-3 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 <u>six</u> 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:** With the rule change to allow six matches in post-season events after experiments were conducted by state associations last year, and there was no reported increase of injuries. Allowing six matches during the regular season events is a normal progression and will be monitored throughout the season.

### 1-4-4 SECTION 4 REPRESENTATION:

ART. 4 . . . No contestant shall wrestle in two consecutive matches with less than a 45-minute 30-minute rest between matches. The conclusion time of each match shall be recorded.

**Rationale:** The sentiment is that the recovery time of 30-minutes is adequate rest between matches and is of the opinion that since there is no peer-reviewed data to suggest any additional risk for using a 30-minute rest/recovery time versus a 45-minute rest/recovery time. This is a reasonable rule modification.

### 1-4-7 (NEW) SECTION 4 REPRESENTATION:

ART. 7 . . . No contestant shall wrestle in more than 10 matches in a two-consecutive day period.

**Rationale:** The rule to allow 6 matches in a day was more for meet management on one-day tournaments and is not to allow more matches in a season.

### 3-1-1 SECTION 1 REFEREE:

ART. 1 . . . The referee's uniform consists of a short-sleeved knit shirt, with alternating black and white 1-inch stripes; or gray with black pinstripes, or an event provided shirt common to all referees at that event, full-length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/gym shoes without colored highlights. Shoes with white or gray trim are allowed. The referee shall be neatly attired and have other accessories, including a colored disk, a black lanyard and black whistle, red and green armbands, and a kit to conduct the random draw. The red armband shall be worn on the left wrist and the green armband on the right wrist.

**Rationale:** Allowing the referee's shoes to have trim gives them more options and opportunity to find more comfortable shoes and does not hinder the appearance of the official.

### 4-1-1a, 4-1-1b SECTION 1 WRESTLERS' UNIFORM:

ART. 1 . . . A legal uniform consists of:

a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet may be worn with full-length form-fitted tights with stirrups. The one-piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage.

Rationale: The tights worn by wrestlers today are compressed and form-fitting reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent. By removing the stirrups requirement wrestlers will not have to use tape at the ankles or wear long socks to hide the lack of stirrups while wearing full-length tights.

b. compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, button or pockets. A suitable undergarment, which completely covers the buttocks and groin area shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued. Compression shorts or shorts designed for wrestling may be worn with full-length form-fitted tights.

c. Remains the same.

Rationale: For consistency, either uniform style is available for full-length tight-fitting tights usage.

### 4-2-1 SECTION 2 WRESTLERS' APPEARANCE AND HEALTH:

ART. 1 . . . Facial hair is permissible. Trimmed to a length so that the skin is visible for skin checks is allowed. Facial hair that does not allow for skin a check to be performed, as determined by the referee or a designated, on-site appropriate health care professional overseeing the skin checks, shall be immediately trimmed to within the guidelines. A wrestler may not compete until the facial hair is trimmed and the skin check is completed. Hair control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the wrestler or the opponent are allowed. A wrestler's hair may be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The

wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.

Wrestlers that do not meet the requirement shall wear a face mask. All legal hair covers and face masks will be considered as special equipment.

Rationale: It is important to be cognizant about skin disease and keeping all involved safe. If there are any questionable areas on or around the face, we would inquire with the wrestler about a physician's note or get input from the on-site approved health-care professional (AHCP) if one is present. If there is no on-site AHCP and no note, then we would deny the wrestler the opportunity to compete. The length of the facial hair does not have any influence on the referee's decision.

### 5-13, 10-2-4 and 10-2-5 SECTIONS 13 and 2 FORFEIT/MEDICAL FORFEIT:

It shall be considered a forfeit when the opponent, for any reason fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. It shall be considered a medical forfeit when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the Tournament Director.

**Rationale:** The term medical forfeit will better describe that the forfeit was due to injury or illness that occurred during the tournament. A medical forfeit would not count against the wrestler's record.

### **SECTION 2 ENTRIES**

ART. 4 . . . In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default, or forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.

**Rationale:** By using a medical forfeit, it will clearly define that the wrestler was not able to report to the match due to injury or illness. Like regular forfeits the wrestler would not take a loss on their record.

ART. 5 . . . A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is <u>deemed a medical forfeit</u> because of an injury or illness which occurred during the tournament. **Rationale:** There is confusion when choosing an injury default versus a forfeit in tournament situations. Rule 5-7 defines a default when one of the competitors is unable to continue wrestling for any reason. Rule 5-13 defines a forfeit when the opponent, for any reason, fails to appear for a match. Using medical forfeit versus an injury default will better define when a wrestler shows a loss on their record. A default counts as a loss a forfeit does not.

### 5-15-2a SECTION 15 INBOUNDS:

Change: a. When down on the mat, the usual points of support are:

- 1. the knee(s)
- 2. the side of the thigh
- the buttocks
- 4. the hand(s)
- 5. the head
- 6. foot/feet

**Rationale:** Feet are regularly supporting the wrestler's weight during the match while on the mat. We allow a wrestler's feet to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat it will create more clarity and consistency for the wrestlers, coaches and officials. No higher rates of injury will occur with this addition.

### 6-5-2 SECTION 5 END-OF-MATCH PROCEDURE:

ART. 2 . . . The wrestlers shall shake hands and the referee shall declare the winner <u>by raising the winning</u> <u>wrestler's hand or raise the color wristband of the winning wrestler on their (referee's) arm or have the winning wrestler raise their own arm. <del>wrestler's hand.</del></u>

Rationale: Wrestling remains the only sport where it is required for the official to touch the student athlete as part of the post match/game procedure. There truly is no need for adult officials to contact the student athletes unless the health and safety of the athlete is in jeopardy. During the pandemic we adopted a number of protocols to help avoid the transmission of the disease, one of those was to no longer raise the hand of the wrestler, rather raise the color wristband of the wrestler who won, this was very successful and widely liked among officials. This is the end of match procedure would still indicate the winner and alleviate the requirement of the official from touching the athlete.

# Changes in High School Wrestling Rules Include Allowance of Six Matches in One Day of Competition

April 27, 2023

High school wrestlers will be able to wrestle in six matches in any one day of competition beginning with the 2023-24 season. The six-match limit includes championship and consolation matches and excludes forfeits.

This change to Rule 1-4-3 was one of 12 revisions recommended by the National Federation of State High School Associations (NFHS) Wrestling Rules Committee at its April 2-4 meeting in Indianapolis. All changes were subsequently approved by the NFHS Board of Directors.

The increase from five to six matches for regular-season competition follows the change two years ago which permitted six matches in any one day of tournament competition. With experiments conducted last year by state associations with no reported injuries, the committee thought the increase to six for regular-season competition was a natural progression.

With risk minimization in mind, the committee also approved Rule 1-4-7, which states that no contestant shall wrestle in more than 10 matches in two consecutive days.

Another significant change was made in the Definitions (Rule 5) section of the NFHS Wrestling Rules Book. In Rule 5-15-2a which lists the points of support when a wrestler is down on the mat, "foot/feet" was added to the list that includes the knee(s), side of the thigh, buttocks, hand(s) and head.

"Feet are regularly supporting the wrestler's weight during the match while on the mat," said Elliot Hopkins, director of sports and student services and liaison to the Wrestling Rules Committee. "We allow a wrestler's feet to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat, it will create more clarity and consistency for the wrestlers, coaches and officials – without creating additional injury risk."

In another Rule 5-Definitions revision, the committee expanded the definition of forfeit in Section 13 to include a medical forfeit. The new language states that "it shall be considered a medical forfeit when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the tournament director." A medical forfeit would not count against the wrestler's record.

In Rule 4 regarding the wrestler's uniform and appearance, language was altered in Rule 4-1-1a to denote that the one-piece singlet may be worn with full-length, form-fitted tights. The stirrups requirement was deleted because the tights worn by wrestlers today do not ride up the wrestler's leg causing a disadvantage to the opponent.

In Rule 4-2-1, the committee deleted additional language regarding facial hair requirements and approved a simple new sentence: Facial hair is permissible.

"If there are any questionable areas with regard to skin disease on or around the face, the on-site approved health-care professional would be involved; however, the length of the facial hair does not have any influence on the referee's decision," Hopkins said.

Another change approved by the committee includes Rule 1-4-4, which will allow competitors to wrestle in two consecutive matches with a 30-minute rest rather than the previous 45-minute rest period. The committee said the sentiment was that 30 minutes was sufficient rest between matches.

The final revisions were made in Rule 3-1-1, which will permit white or gray trim on the referee's shoes, and Rule 6-5-2 regarding the end-of-match procedure, which provides the official another option to raising the hand of the winning wrestler.

Rule 6-5-2 now states that the wrestlers shall shake hands and the referee shall declare the winner "by raising the winning wrestler's hand or by raising the color wristband of the winning wrestler on the referee's arm or have the winning wrestler raise their own arm."

A complete listing of the wrestling rules changes will be available on the NFHS website at <a href="www.nfhs.org">www.nfhs.org</a>. Click on "Activities & Sports" at the top of the home page and select "Wrestling."

According to the 2021-22 NFHS High School Athletics Participation Survey, wrestling is the sixth-most popular high school sport for boys with 231,874 participants in 10,797 schools nationwide. In addition, there were 31,654 girls who participated in wrestling in 4,802 schools.



### 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.

www.nfhs.org

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.

www.nfhs.org

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





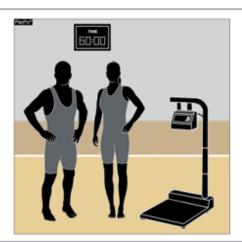
Because physical hair treatments and control items present a risk to wrestlers due to hardness, texture (sharpness) or abrasiveness, they are not allowed.

www.nfhs.org

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.

www.nfhs.org

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.











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

www.nfhs.org

Rule Change



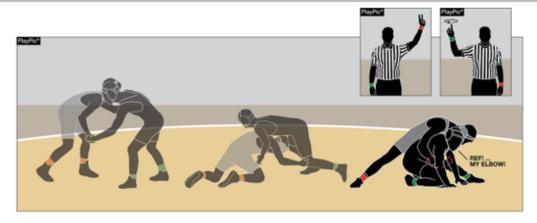
### **RULE 8-2-9**

• 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



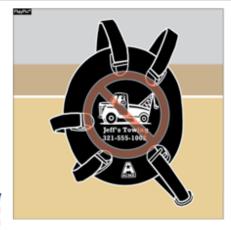


www.nfhs.org

**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.



www.nfhs.org

**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 2022-2023 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:

- 1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long-term consequences and are not life threatening, some do have morbidity associated with them. And 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 Exan	n://
Diagnosis	Mark Location AND Number	of Lesion(s)
Location AND Number of Lesion(s)	<u> </u>	S
Medication(s) Used to Treat Lesion(s):		
Date Treatment Started: / / Time:		b) (4/b)
Form Expiration Date for this Lesion (Note on Diagram(s)):/	_/ /	)()(
Earliest Date the Wrestler May Return to Participation: / /		\)()
Provider Signature Office	ce Phone #:	
Provider Name (Must Be Legible)	Front	Back
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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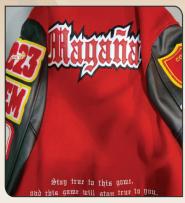


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