

WINTER 2023-2024

Boys Ind. Wrestling

CIF SOUTHERN SECTION



PLAYOFF BULLETIN

INDIVIDUAL WRESTLING



TO: CIF-SS ATHLETIC DIRECTORS/WRESTLING COACHES

FROM: RICH SHEARER, CIF SOUTHERN SECTION ASSISTANT COMMISSIONER

RE: **2023-24 CIF SOUTHERN SECTION INDIVIDUAL WRESTLING CHAMPIONSHIPS**

DATE: JANUARY 24, 2024

DIVISIONAL CHAMPIONSHIPS

On Friday, February 9 and Saturday, February 10, 2024 six divisional championship meets will be conducted for the purpose of determining the 2023-2024 CIF Southern Section Individual Wrestling Champions, as well as Masters Meet qualifiers. Meet information regarding these sites, Meet Managers, league assignments, ticket prices, etc. are listed on the following pages.

TEAMS ARE REQUIRED TO PRESENT ALPHA SHEETS AT ALL MATCHES.

CENTRAL DIVISION - (24 ENTRIES)

YUCAIPA HIGH SCHOOL
33000 Yucaipa Blvd. Yucaipa 92399
David Espinosa, Meet Manager

No.	League	Qualifiers
1.	Big VIII	6-3
2.	Citrus Belt	6-3
3.	Citrus Coast	5-3
4.	Del Rio	5-3
5.	Hacienda	6-3
6.	Miramonte	5-3
7.	Palomares	6-3
8.	Sunkist	5-3

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-8-24

Location: Yucaipa High School

LOCATION: ROOM M-205

4:00 pm Seeding Committee Mtg (No Coaches)

7:00 pm sharp Seedings Released to Coaches

COASTAL DIVISION (26 ENTRIES)

WESTMINSTER HIGH SCHOOL
14325 Goldenwest Street, Westminster 92683
Michael Provenzano, Meet Manager

No.	League	Qualifiers
1.	Channel	8-4
2.	Golden	8-4
3.	Golden West	6-3
4.	Marmonte	5-3
5.	Mt. Baldy	6-3
6.	Rio Hondo	5-3
7.	Trinity	6-3
8.	Valle Vista	6-3

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-8-24

Location: Westminster High School

4:00 pm Seeding Committee Mtg (No Coaches)

7:00 pm sharp Seedings Released to Coaches

EASTERN DIVISION - (27 ENTRIES)

GLENN HIGH SCHOOL

13520 Shoemaker Avenue, Norwalk 90650

Monico Enriquez, Meet Manager

No.	League	Qualifiers
1.	605	5-3
2.	Almont	6-3
3.	Coast View	9-5
4.	Coastal Canyon	5-3
5.	Desert Empire	6-3
6.	Inland Valley	5-3
7.	Mountain Pass	6-3
8.	Orange Coast	7-4

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-8-24

Location: Glenn High School

4:00 pm Seeding Committee Mtg (No Coaches)

7:00 pm sharp Seedings Released to Coaches

NORTHERN DIVISION - (30 ENTRIES)

SONORA HIGH SCHOOL

401 South Palm Street, La Habra 90631

David Carrizosa, Meet Manager

No.	League	Qualifiers
1.	Baseline	6-3
2.	Century	8-4
3.	Empire	5-3
4.	Freeway	6-3
5.	Orange	5-3
6.	Pioneer	5-3
7.	San Andreas	5-3
8.	South Valley	5-3
9.	Suburban Valley	9-5

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-8-24

Location: Sonora High School

LOCATION: DANCE ROOM (LARGE GYM)

4:00 pm Seeding Committee Mtg (No Coaches)

7:00 pm sharp Seedings Released to Coaches

INLAND DIVISION - (24 ENTRIES)

FOUNTAIN VALLEY HIGH SCHOOL

17816 Bushard Street, Fountain Valley 92708

Brad Woodbury, Meet Manager

No.	League	Qualifiers
1.	Cross Valley	4-2
2.	Desert Sky	5-3
3.	Freelance	1
4.	Mission Valley	7-4
5.	Mojave River	6-3
6.	Pacific Coast	8-4
7.	River Valley	6-3
8.	Sunset	8-4

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-8-24

Location: Fountain Valley High School

4:00 pm Seeding Committee Mtg (No Coaches)

7:00 pm sharp Seedings Released to Coaches

SOUTHERN DIVISION - (28 ENTRIES)

GREAT OAK HIGH SCHOOL

32555 Deer Hollow Way, Temecula 92592

Shawn Worley, Meet Manager

No.	League	Qualifiers
1.	Bay	5-3
2.	Desert Valley	7-4
3.	Ivy	9-5
4.	Mission	5-3
5.	Montview	6-3
6.	Moore	7-4
7.	Mountain Valley	6-3
8.	Southwestern	6-3

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-8-24

Location: Great Oak High School

4:00 pm Seeding Committee Mtg (No Coaches)

7:00 pm sharp Seedings Released to Coaches

DATES AND TIMES

FRIDAY, FEBRUARY 9, 2024 (All times are approximate)

Coaches and Wrestlers Registration (Mandatory)	8:00 a.m.
Weigh-in and grooming (All wrestlers must be present)	9:00 a.m.
Coaches' Meeting	10:30 a.m. - 11:00 a.m.
First Round (6 Mats)	11:00 a.m. - 2:30 p.m.
Championship Second Round/ Cons. 1 st Round (6 Mats)	2:30 p.m. - 6:00 p.m.
Consolation Second Round (6 Mats)	6:00 p.m. - 7:30 p.m.
Championship Quarterfinals/ Cons. 3 rd Round (6 Mats)	7:30 p.m. - 9:30 p.m.

Please Note: By NFHS Rule 4-5, there will be **no** weigh-in at the conclusion of Friday's competition. All weigh-ins must take place on the **day of competition**, a maximum of 2 hours before the competition begins. This is the same weigh-in procedure that will be in place at the Master's Meet and State Championships.

SATURDAY, FEBRUARY 10, 2024 (All times are approximate)

Weigh-in and grooming (All wrestlers must be present)	9:00 a.m.
Consolation Fourth Round (6 Mats)	11:00 a.m. - 12:00 p.m.
Championship Semifinals/ Cons. 5 th Round (6 Mats)	12:00 p.m. - 1:30 p.m.
Consolation Semifinals (4 Mats)	1:30 p.m. - 2:15 p.m.
Parade of Champions (Consolation 7th, 8th, 5th, 6th, 3rd and 4th)	2:15 p.m. - 2:25 p.m.
CHAMPIONSHIP FINALS (4Mats)	2:30 p.m. - 5:00 p.m.

With the permission of the CIFSS Office the Meet Manager can move up scheduled events

Please Note:

- 1) The format for the Evening Session will be to wrestle the Seventh Place, Fifth Place, Third Place and First Place matches on 4 mats at the same time.
- 2) The Finals will be wrestled in order from 106, 113, 120, etc. There will not be a random draw prior to the Finals to determine the order.
- 3) This year we will wrestle a seventh and eighth place finisher for seeding purposes next year. Seventh and eighth place finishers will not receive medals and cannot be used as alternates. They will be recognized at the awards ceremony.

All matches will be 2-2-2 minute periods, except for consolation matches, which will be 1-2-2. Since all times are approximate, it is the responsibility of the athlete to be at the match.

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

LEAGUE ENTRY INSTRUCTIONS – TRACK WRESTLING

Entering League Results for CIF Individual Tournaments

- ❖ All League Meet Managers will receive an email that brings them directly to a spreadsheet for their league. Simply enter the names of the wrestlers in the appropriate fields.

The link should bring you to your league.

- ❖ In the next two columns, select the Grade and School of the wrestler from the dropdown menus.

- ❖ Be sure to include Alternates. If there are less qualifiers than there are slots for that weight class, leave the name fields blank and then select “No Qualifier” from the dropdown menu in the School Column.

If your boys and girls league finals have the same Meet Manager, he or she will receive two separate links (one for boys and one for girls).

LEAGUE ENTRIES

The manager of each league-wrestling tournament will be furnished with an official link to enter results. An example is shown on the previous page. League entry deadline is **SUNDAY, FEBRUARY 4, 2024 at 5:00 P.M.**

DRAW – All 6 Divisions will be Double Elimination Format

Per existing rule, 4-team leagues will be guaranteed 2 entries, 5-6 team leagues will be guaranteed 3 entries and leagues with 7-8 teams or more will be guaranteed 4 entries and 9 or more teams will be guaranteed 5 entries into the C.I.F. Southern Section Individual Wrestling Championships. **The brackets for each division will reflect the total number of guaranteed entries of the leagues in that division. There will no longer be a random draw for additional alternates to add wrestlers to those brackets.** If a league loses an entry prior to the start of the tournament, that league can replace that entry with an alternate from that league first. If no Alternate from that league is present, then the alternates from other leagues can be drawn in. Wrestlers that have a first round bye, and win their second-round match, will receive two (2) advancement points for round one in addition to their second-round advancement points.

A qualifying event for approved freelance schools will be held, as necessary, on Saturday, February 3, 2024 and hosted at a site TBD. Eligibility of freelance participants must comply with Bylaw 3510 and have participated in 50% of the allowable matches. (20 for wrestling)

WEIGH-IN AND GROOM CHECK – OFFICIALS WILL BE PRESENT AT ALL WEIGH-INS

Each divisional meet will conduct weigh-ins and grooming check at 9:00 a.m. on Friday, February 9, and on Saturday, February 10, at 9:00 a.m. **All wrestlers must be present at the weigh-in area at the beginning of weigh-ins.** All weigh-ins will begin with the 106 lb. class and progress in order up to the 285 lb. 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. Each coach is expected to be present to identify his wrestlers during weigh-in to prevent misunderstandings and/or mistakes. Grooming will be checked prior to weigh-in. Each wrestler is to have his hand stamped after making weight/grooming. The 2-pound weight allowance will be in effect.

ENTRY FEE

No entry fee will be charged to member schools.

ELIGIBILITY LIST

Once you have completed the Team Roster information, the Eligibility Form requirement will be satisfied. **Please make sure this is completed prior to the first playoff competition.**

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

WRESTLING SEEDING WILL AGAIN BE DONE BY COMMITTEE ONLY

Seeding will be done by a seeding committee made up of League Representatives and members of the CIF Wrestling Advisory Committee. A Short Tournament organizational meeting will be held for coaches at 7:00 PM to discuss tournament procedures and announce the seeded wrestlers. **The decisions of the seeding committee will be final.**

The seeding committee will meet at 4:00 pm. Thursday the week of the individual divisional meet. The Tournament director will be responsible for selecting an individual to run the committee seeding meeting. The Tournament Director and the Seeding Director will meet with the CIF-SS administrator in charge of wrestling the Tuesday prior to the seeding committee meeting to discuss the proper procedures for running the seeding meeting.

The seeding committee will be made up of:

- Tournament Director
- Seeding Meeting Director
- One representative from each league
- Any member of the CIFSS Advisory Committee

The seeding committee will have the responsibility of seeding each weight class based on information shared on paper from each league representative. Wrestling Advisory Committee member will assist in this process

The seeding committee will follow the stated CIFSS seeding criteria.

All coaches are responsible to have in the hands of their league representatives the pertinent information for their individual wrestlers immediately after the league finals to include prior results of who has beaten whom, State placement, CIFSS placement, tournament results and total records. It is the responsibility of that league representative to see that his league wrestlers are appropriately seeded.

At 7:00 p.m., there will be a general meeting of "all coaches" where tournament information will be shared along with the seeds. Any seeding "anomalies" that need to be corrected will be done at that time by the Seeding Director.

ALTERNATES

The manager of each league finals meet will provide for the selection of alternates from his league for representation at the divisional finals meet. No alternates will wrestle unless their names are listed (league finals managers only are responsible for alternates). Each alternate should be notified of the time schedule for the divisional finals meet, and plan to be present, in case they are called upon to wrestle. Should an opening occur after the league entries are submitted, that opening will be filled from the alternate list submitted by that league. Alternates will only be included if there is room in the bracket of 32.

FORFEIT RULE

If a wrestler forfeits, or fails to show for a championship or third-place match in any of the divisional meets, the winner will be given his choice of accepting either first or second place, or third or fourth place. This decision must be made at the time of the forfeit and so indicated to the Divisional Meet Manager. This procedure will also be used in the Master's Meet.

SEEDING PROCEDURES

These criteria, developed and supported by the C.I.F. Southern Section Wrestling Coaches Advisory Committee, are to be followed in order. When conflicts arise, they are to be resolved by a vote of the League Representatives. The Seeding Director is responsible for all final seeding decisions.

1. Criteria for seeding...
 - a. Most recent head-to-head competition
 - b. A returning State placer
 - c. A returning State qualifier (placed in the C.I.F.-SS Masters Meet 1st thru 9th)
 - d. A returning C.I.F.-SS place winner (1st thru 8th)
 - e. A wrestler with the best overall “representative” record against quality opposition.

Note: Coaches need to be able to provide verification of their wrestler’s results to their league representatives.

Voting Procedure

1. When there is considerable disagreement, argument or otherwise, the League Representatives should vote. This vote would follow a two-minute presentation by League Representatives.
2. The Seeding Director will make an arbitrary seeding, with the assistance of the Advisory Committee as a starting point for seeding.
3. A short “orderly” discussion will follow and League Representative, will decide each seed.
4. No more than 8 wrestlers per weight will be seeded. The remaining positions will be by draw. Where possible leagues will be separated.
5. Alternates will weigh-in along with qualifiers. The first alternate from each league will take the place of a qualifier in his league who does not make weight or is a no show. If a qualifier is overweight, injured, etc., and there is no alternate present from that league, there will be a random draw of other league alternates to fill that spot.
6. If a seeded wrestler does not show up, then each seeded wrestler will move up, and the bracket will remain the same, unless there is inter-league conflict, at which time the non-seeded wrestlers will be drawn again.
7. The Seeding Director has the power to make final seeding decisions.

The purpose of these criteria is to **be sure that best wrestlers are seeded appropriately**. When there is considerable consensus on who is number one, i.e., the number #1 rated wrestler in the State (Cho’s TCW rankings), who has totally dominated their opponents but did not place in State or CIFSS the prior year due to his grade, then “reason” should prevail.

Refer to **SCENARIOS** section in the Committee Meeting Seeding procedures for specific rulings.

COACHES

CIF-SS rules state that during tournament competition, a maximum of two (2) team coaches will be permitted to sit in the restricted coach's area. Facilities permitting, coaches shall be seated at least 10 feet from the official's table and the edge of the mat. The coach must have a coach's badge to be in the mat area or to enter through the participant's entrance. Mat maids, other participants, spectators, or other coaches violating this rule may be asked to leave the gym.

PROTESTS

By action of the CIF Council at its March 1983 meeting, protests of playoff contests involving National Federation Rules will not be entertained following the conclusion of the contest. Coaches may direct questions to the officials, as they pertain to a possible misapplication of the rules, in accordance with the National Federation Rules governing that sport. No protest may be carried forth once the contestants have left the mat area. Coaches are encouraged to carry a National Federation Wrestling Rule Book with them for all playoff contests. Schools will still have the opportunity to protest a contest in accordance with Southern Section Rules 1110 and 1111, as they pertain to the use of ineligible players, or violations of any CIF-SS rule, in connection with the contest.

OFFICIALS

Officials for all Divisional Championships, and the Masters Meet, will be assigned from the Commissioner's office.

AWARDS

The following awards will be presented at each championship tournament on Saturday, February 10, 2024.

1. Individuals: Engraved CIF-SS medals for all wrestlers placing first, second, third, fourth, fifth, and sixth in each weight division.
2. MVP for lower weight levels 106-144 and upper weight levels 150 to heavyweight.
3. Participation Certificates: The template for the Participation Certificates can be downloaded from our website. www.cifsshhome.org Go to "Awards" tab on the left toolbar.

SCHOOL ADMISSION - PRELIMS AND FINALS

Each team will be permitted a total of 4 passes for coaches and other designated personnel, this does not include participants. School personnel over the maximum of 4 **must purchase tickets**; this includes managers, statisticians, cheerleaders, bus drivers, etc.

ADMISSION PRICES

1. CIF SOUTHERN SECTION WRESTLING CHAMPIONSHIPS

FRIDAY, FEBRUARY 9, 2024

\$12.00 Adults
\$5.00 High School Students (with I.D.)
\$5.00 Children (3 - 13)

SATURDAY, FEBRUARY 10, 2024

\$12.00 Adults
\$5.00 High School Students (with I.D.)
\$5.00 Children (3 - 13)

CIF Courtesy Cards and Press Credentials will be honored at this event.

PARKING Parking lots are located at school sites.



THE BEST USE THE BEST

GATORADE



2023-2024 BOYS INDIVIDUAL WRESTLING LEAGUES/SCHOOLS/DIVISIONS

CENTRAL DIVISION - 24 ENTRIES

Qualifiers

3 BIG VIII

Centennial/Corona
Corona
King, M.L.
Norco
Roosevelt
Santiago/Corona

3 CITRUS BELT

Beaumont
Cajon
Citrus Valley
Redlands
Redlands East Valley
Yucaipa

3 CITRUS COAST

Channel Islands
Fillmore
Hueneme
Nordhoff
Santa Paula

3 DEL RIO

California
El Rancho
La Serna
Santa Fe
Whittier

Qualifiers

3 HACIENDA

Diamond Bar
Los Altos
Rowland
South Hills
Walnut
Wilson/HH

3 MIRAMONTE

Bassett
Edgewood
Ganesha
Garey
La Puente
Pomona

3 PALOMARES

Alta Loma
Ayala
Bonita
Claremont
Colony
Glendora

3 SUNKIST

Bloomington
Carter
Grand Terrace
Rim of the World
San Geronio

COASTAL DIVISION - 26 ENTRIES

Qualifiers

4 CHANNEL

Buena
Dos Pueblos
Oxnard
Pacifica/ Oxnard
Rio Mesa
San Marcos
Santa Barbara
Ventura

4 GOLDEN

Antelope Valley
Eastside
Highland
Knight
Lancaster
Littlerock
Palmdale
Quartz Hill

3 GOLDEN WEST

Garden Grove
Godinez
Katella
Ocean View
Segerstrom
Westminster

3 MARMONTE

Agoura
Calabasas
Newbury Park
Thousand Oaks
Westlake

Qualifiers

3 MT. BALDY

Baldwin Park
Chaffey
Chino
Don Lugo
Montclair
Ontario

3 RIO HONDO

Burbank
Hoover
La Canada
Monrovia
San Marino
Village Christian

3 TRINITY

JSerra
Lutheran/ Orange
Mater Dei
Santa Margarita
Servite
St. John Bosco

3 VALLE VISTA

Charter Oak
Covina
Diamond Ranch
Northview
San Dimas
West Covina

2023-2024 BOYS INDIVIDUAL WRESTLING LEAGUES/SCHOOLS/DIVISIONS

EASTERN DIVISION - 27 ENTRIES

Qualifiers

3 605

Artesia
Calvary Chapel/ Dow
Cerritos
Glenn
Pioneer

3 ALMONT

Alhambra
Bell Gardens
Mark Keppel
Montebello
San Gabriel
Schurr

5 COAST VIEW CONF

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

3 COASTAL CANYON

Camarillo
Moorpark
Royal
Simi Valley
Valencia/ Valencia

Qualifiers

3 DESERT EMPIRE

La Quinta/LQ
Palm Desert
Palm Springs
Rancho Mirage
Shadow Hills
Xavier Prep

3 INLAND VALLEY

Moreno Valley
Orange Vista
Rancho Verde
Valley View
Vista del Lago

3 MOUNTAIN PASS

Citrus Hill
Liberty
Perris
San Jacinto
Tahquitz
West Valley

4 ORANGE COAST

Calvary Chapel/ SA
Costa Mesa
Estancia
Orange
Saddleback
Santa Ana
Santiago/ GG

INLAND DIVISION - 24 ENTRIES

Qualifiers

2 CROSS VALLEY

Big Bear
Excelsior Charter
Lucerne Valley
Silver Valley

3 DESERT SKY

Adelanto
Barstow
Granite Hills
Silverado
Victor Valley

1 FREELANCE

4 MISSION VALLEY

Arroyo
El Monte
Gabrielino
Marshall
Mountain View
Rosemead
South El Monte

Qualifiers

3 MOJAVE RIVER

Apple Valley
Burroughs/R
Hesperia
Oak Hills
Serrano
Sultana

4 PACIFIC COAST

Beckman
Irvine
Laguna Hills
Portola
Northwood
University
Woodbridge

3 RIVER VALLEY

Arlington
Hillcrest
La Sierra
Norte Vista
Patriot
Ramona

4 SUNSET CONF

Corona del Mar
Edison
Fountain Valley
Huntington Beach
Laguna Beach
Los Alamitos
Marina
Newport Harbor

2023-2024 BOYS INDIVIDUAL WRESTLING LEAGUES/SCHOOLS/DIVISIONS

NORTHERN DIVISION - 30 ENTRIES

Qualifiers

3 BASELINE

Chino Hills
Damien
Etiwanda
Los Osos
Rancho Cucamonga
Upland

4 CENTURY CONF

Brea Olinda
Canyon/ Anaheim
El Dorado
El Modena
Esperanza
Foothill
Villa Park
Yorba Linda

3 EMPIRE

Cypress
Kennedy
Pacifica/ GG
Tustin
Valencia/ P

3 FREEWAY

Buena Park
Fullerton
La Habra
Sonora
Sunny Hills
Troy

Qualifiers

3 ORANGE

Anaheim
Loara
Magnolia
Santa Ana Valley
Savanna
Western

3 PIONEER

Lawndale
North Torrance
South Torrance
Torrance
West Torrance

3 SAN ANDREAS

Aquinas
Colton
Eisenhower
Fontana
Notre Dame/ Riv
Rialto

3 SOUTH VALLEY

CSDR
Hamilton
Nuvview Bridge
San Jacinto Vly Acad
Santa Rosa Academy

5 SUBURBAN VALLEY

Bellflower
Dominguez
Downey
Gahr
La Mirada
Mayfair
Norwalk
Paramount
Warren

SOUTHERN DIVISION - 28 ENTRIES

Qualifiers

3 BAY

Beverly Hills
Mira Costa
Peninsula
Redondo Union
Santa Monica

4 DESERT VALLEY

Banning
Cathedral City
Coachella Valley
Desert Hot Springs
Desert Mirage
Indio
Yucca Valley

5 IVY

Canyon Springs
Elsinore
Hemet
Heritage
Lakeside
North, JW
Paloma Valley
Poly/ Riverside
Temescal Canyon
Valley View

3 MISSION

Aleman
Bishop Amat
Chaminade
Crespi
Harvard-Westlake

Qualifiers

3 MONTVIEW

Azusa
Duarte
Nogales
Sierra Vista
Webb
Workman

4 MOORE

Cabrillo
Compton
Jordan
Lakewood
Millikan
Poly/LB
Wilson/LB

3 MOUNTAIN VALLEY

Indian Springs
Jurupa Valley
Miller, A.B.
Pacific
Rubidoux
San Bernardino

3 SOUTHWESTERN

Chaparral
Great Oak
Murrieta Mesa
Murrrieta Valley
Temecula Valley
Vista Murrieta

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BOYS INDIVIDUAL WRESTLING

Central Division

YUCAIPA HIGH SCHOOL



Staging is outdoors: Teams MUST bring their own eazy ups

SEEDING MEETING WILL BE HELD IN ROOM M-205

Enter Yucaipa High School at 12th street

Additional Information:

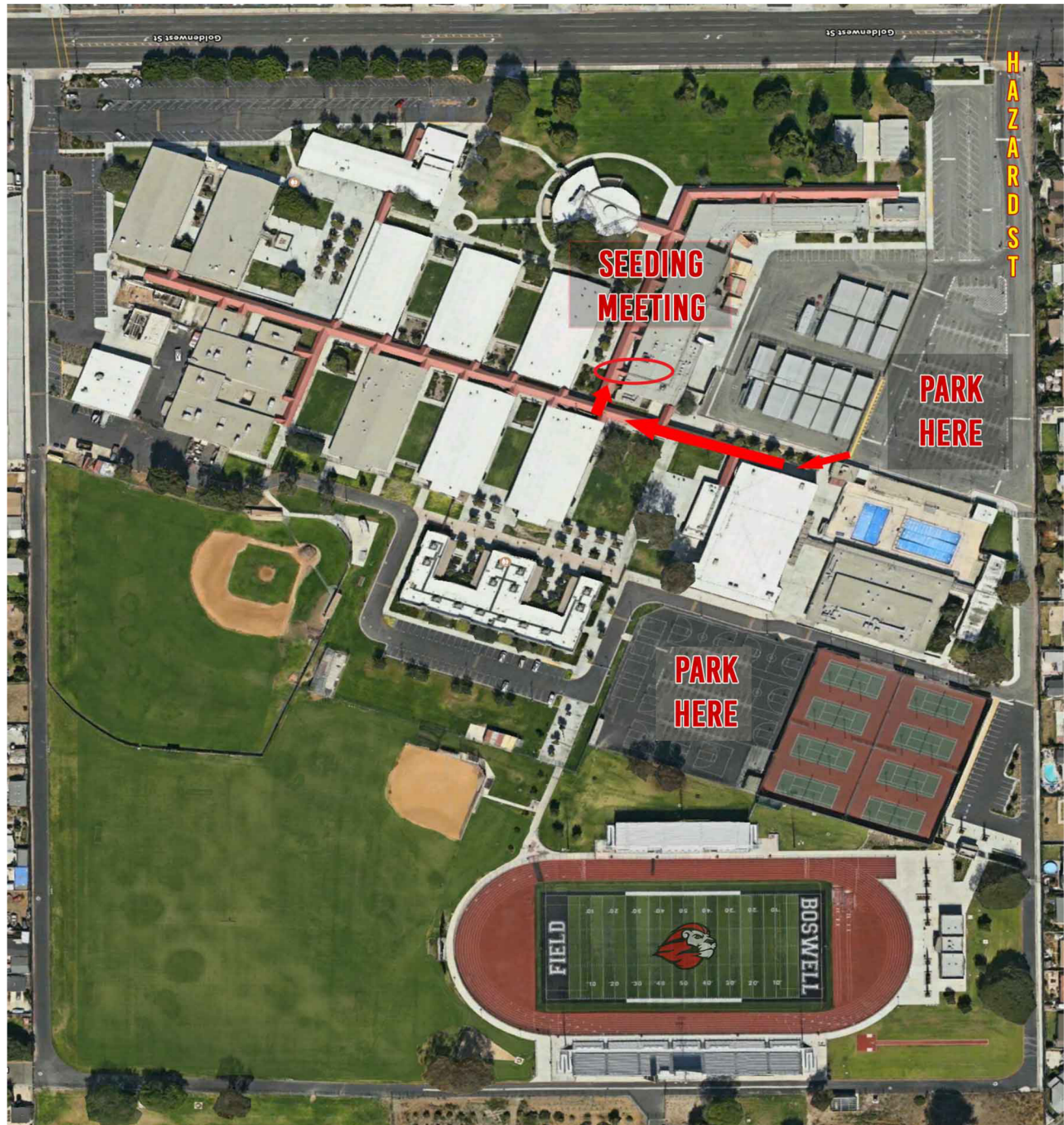
1. **Parking on campus will be limited on Friday. DO NOT PARK IN LOTS THAT REQUIRE A PERMIT ON FRIDAY. No spectators will be allowed on campus until after 9:30am. NO Motorhomes or RV's allowed in YHS parking lots in Friday**
2. Additional parking is available off of 13th street near the baseball fields. There will be a walk through gate available for entry.
3. Entrance to the gym is on the North/Back side of the gym.
4. There is a brand new La Quinta hotel in town for anyone who is interested in staying overnight.
5. Please notify spectators that there will be no cash sales for entry tickets.
6. No outside food/drinks allowed in the gym. There will be a snack bar in the gym. Bottles may be brought in empty and filled inside.

TEAMS SHOULD ARRIVE BEFORE 8:00 A.M. to avoid traffic

BOYS INDIVIDUAL WRESTLING

Coastal Division

WESTMINSTER HIGH SCHOOL



**SEEDING MEETING WILL BE HELD IN
THE FACULTY CAFETERIA**

BOYS INDIVIDUAL WRESTLING

Coastal Division

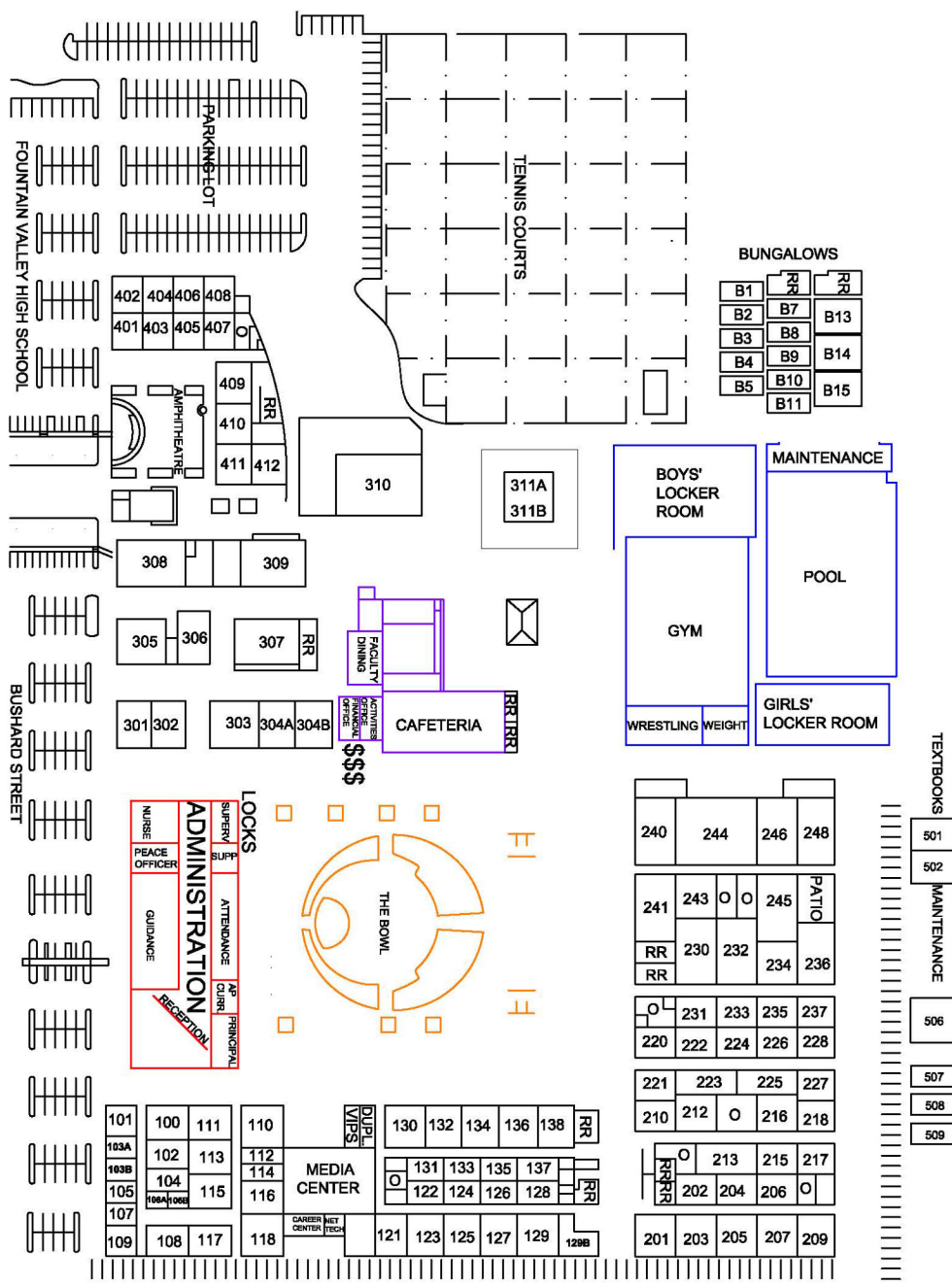
WESTMINSTER HIGH SCHOOL



BOYS INDIVIDUAL WRESTLING

Inland Division

FOUNTAIN VALLEY HIGH SCHOOL



Staging is outdoors: Teams **MUST** bring their own eazy ups

SEEDING MEETING WILL BE HELD IN MEDIA CENTER

BOYS INDIVIDUAL WRESTLING

Northern Division

SONORA HIGH SCHOOL

No spectator parking on
campus until 3:30pm on
Friday



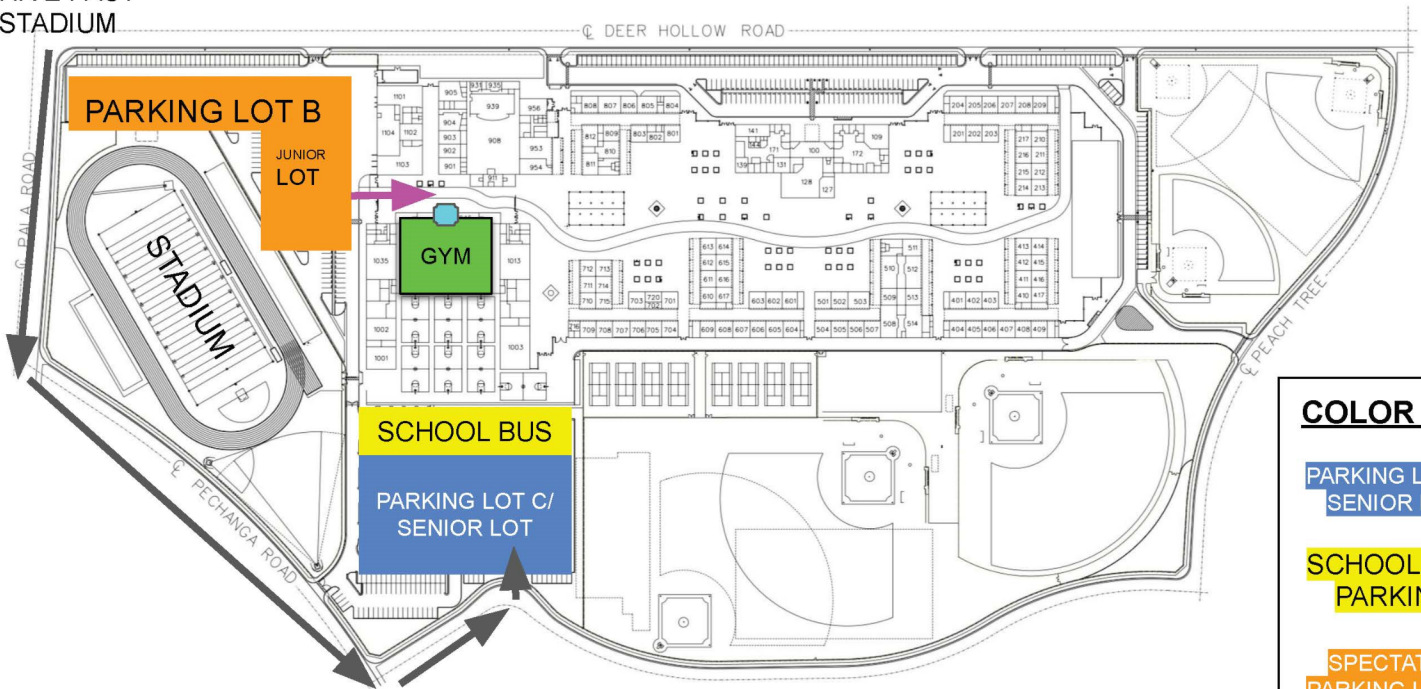
SEEDING MEETING WILL BE HELD IN DANCE ROOM
LOCATED INSIDE THE LARGE GYM

BOYS INDIVIDUAL WRESTLING

Southern Division

GREAT OAK HIGH SCHOOL

DRIVE PAST
STADIUM



COLOR KEY

PARKING LOT C/
SENIOR LOT

SCHOOL BUS
PARKING

SPECTATOR
PARKING LOT B/
JUNIOR LOT

ENTRANCE



Great Oak Gymnasium Events

CIFSSHOME REQUIREMENTS

SCHEDULES & SCORES Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest

Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHOME (www.cifsshome.org) as well as update the scores immediately following your contests.

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

- On the left panel, click on "Teams", select "**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 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 "**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 26, 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:

- Click on  and complete fields required for Wrestling.



(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,  then click  on

- 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.

TEAM PHOTO

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 26, 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 TEAM PHOTO in the "Team Info" tab

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 Dual Wrestling. The At Large Application is to be submitted by your school no later than **TUESDAY, JANUARY 23, 2024 NO LATER THAN 10:00 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 the "Forms" tab, select "At Large Petition", Select "Wrestling" from the drop down menu, 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.



CIF SOUTHERN SECTION PLAYOFF/CHAMPIONSHIP REQUIREMENTS - ALL TEAMS AND HOST SITES 2023-2024



Rosters & Scores:

- Complete schedules are to be submitted to CIFSSHOME prior to each season.
 - Update scores following every contest direct to CIFSSHOME
- Additional directions on accessing CIFSSHOME are included in this document.

TV/Web/Radio Rights:

Any TV or streaming webcast (video or audio) or radio transmission of a CIF-SS playoff or championship event requires a contract and rights fees through the CIF-SS office prior to the contest. The only 'exceptions' are: Games broadcast via The NFHS Network, Bally Sports West or Bally Sports SoCal.

'Official' Championship Souvenirs:

The exclusive vendor for CIF Southern Section Championship souvenirs (t-shirts, scarfs, pins, beanies, hats, etc...) is our long-time partner *CIF T-shirts*. These are the official items sold each year per sport. You are likely familiar with their annual shirts at the finals. You can order team and individual items through them at **www.ciftshirts.com**.

Official Ball Required:

Only the approved official ball in each ball sport may be played by either school during CIF-SS playoff contests. Violation of this rule will result in loss of your next home playoff game. The current Official Ball list for each sport is included and available at www.cifss.org in the "Resources" drop down. This policy has been in effect since 2002.

Gatorade Only:

Only Gatorade jugs, cups, bottles, ice chests may be used or visible during any CIF-SS playoff contest. (No Powerade, Body Armor, etc). The only acceptable alternative is a plain-wrap or Igloo labeled products. This rule does not apply to the actual liquid distributed to athletes. This policy has been in effect since 1995.

CIF-SS on Souvenirs:

The 'CIF Southern Section', 'CIF-SS', 'Southern Section' and 'CIF' marks and logos are registered trademarks with the State of California. Schools may only use the CIF Southern Section marks on rings, patches and banners, by doing business with a CIF-SS licensed vendor. **Schools may only use the CIF Southern Section marks on apparel and other souvenir items exclusively through ciftshirts.com. Schools creating items with CIF-SS registered marks from a non-licensed vendor will face sanction and/or will be required to purchase any unsold shirts/items at the Championship Final.** A list of the currently licensed vendors for these products is included and regularly updated on www.cifss.org.

Please note: The use of only "CIF" is strictly prohibited per the State CIF registered trademark. The "CIF", is not just the CIF Southern Section. Only those teams in State regionals, bowl games and individual sport finals actually qualify to use CIF without Southern Section attached. Any such use must be approved in advance by the CIF State office.

Host Site Requirements:

- Playoff Tickets:** (This pertains to revenue sports of basketball, football and volleyball): It is mandatory to sell tickets for admission to all CIF-SS playoffs and championship contests. Through the CIF-SS partnership with GoFan, all playoff tickets will be made available online for digital purchase and presented electronically at the event gate for entry. Patrons can purchase in advance via gofan.co, via private links made available by the participating schools or via QR code at the entry gate of the playoff event. All playoff revenue will be sent directly to CIF-SS. Both the host and visiting schools will be required to submit a financial/expense report following each playoff game in an effort to receive reimbursement for game expenses and revenue share split in the case of a profit game.
- CIF-SS/FORD Banner:** It is a requirement of each host school (including off-site) that the CIF-SS/Ford Championship banner be displayed at every playoff home game in football and the gymnasium sports post football season (or on the electronic signage where schools/venues do not display banners). If you need a banner please contact jackieg@cifss.org
- Gatorade:** It is a requirement of each school use only Gatorade product/jugs/cups/squeeze bottles during CIF-SS championship events. No other competitive product shall be used. Water can be placed in Gatorade merchandise.
- PA Announcements:** As a host of a CIF-SS playoff contest, the CIF-SS announcements take precedence over the host school's messaging and must be read in entirety at each playoff contest. Home schools are the host of a CIF-SS event in the playoffs. For contractual requirements, please read all the provided PA's each contest. PA's for each sport can be found on cifss.org under the designated sports page.
- Media Credential Access:** Accredited working media should be given admission to all playoff games by showing their CIF-SS Media credential.



**CIF SOUTHERN SECTION PLAYOFF/CHAMPIONSHIP
ADDITIONAL/CUSTOM POST SEASON AWARDS
2023-2024**



PARTICIPATION CERTIFICATES: Each member of a team participating in the CIF-SS playoffs can receive a Participation Certificate. These certificates will be downloaded and printed solely by your school. The certificate is in a 'Type-In' format and may be downloaded from the CIFSSHOME website under **AWARDS**.

NEED ADDITIONAL AWARDS: Feel free to order directly.

Plaques: If your team won or was a finalist in a CIF-SS championship and you need to purchase any additional champion/finalist plaques contact **All American Trophy by contacting at (323) 725-1962.**

**“Champion”, “Finalist”
“ALL-CIF” Patches** Champion, Finalist and ALL-CIF patches must be exclusively ordered through **JL Custom Jackets and Patches at www.jlcustomjackets.com, (951) 867-3200, or email lindseyjlcustomjackets.com.**

CUSTOM AWARDS/ RINGS/BANNERS/APPAREL SOUVENIRS USING CIF-SS:

Schools often seek to create custom patches, gym banners and championship rings that include both the school and CIF-SS marks/logos/names. Example: ‘ACME BOYS BASKETBALL 2022 CIF-SS CHAMPIONS’. Schools may create these items using CIF-SS marks only through a CIF-SS licensed vendor.

CIF-SS ‘registered’ trademark: The “CIF Southern Section”, “CIF-SS”, “Southern Section” and “CIF” marks and logos are registered trademarks with the State of California. Schools may only use the CIF Southern Section marks on rings, patches and banners by doing business with a CIF-SS licensed vendor. Schools creating items with CIF-SS registered marks from a non-licensed vendor will face sanction and/or will be required to purchase any unsold shirts/items at the Championship final if similar non-licensed items appear at the contest. A list of the currently licensed vendors for these products is included and regularly updated on www.cifss.org.

Please note: The use of only “CIF” is strictly prohibited per the State CIF registered trademarks. Only those teams in State regionals, bowl games and individual sport finals actually qualify to use CIF without Southern Section attached. Any such use must be approved in advance by the CIF State office.

CIF-SS vendors who are licensed to create custom items for schools that include CIF-SS:

Championship Patches (circle shape) Playoffs or Prelims, Finals Patches (shape of a shield) for participation in Cross Country, Track & Field or Swimming Finals, Masters Patches (oval shaped) for participation in a Masters Track & Field or Wrestling event and Wrestling Dual Meet (rectangle shaped) are sold “ON-SITE” by the CIF-SS vendor. Additional patches post event can be ordered through any of the licensed CIF-SS patch vendors:

•Chenille Patches

JL Varsity Jackets & Patches	www.jlcustomjackets.com	(951) 867-3200
CIF Tshirts	www.cifsstshirts.com	(951) 789-5858
C&L Custom Jackets	www.cljackets.com	(714) 828-6900
Embroidery & More	www.embroideryandmoredesign.com	(951) 471-5200
Fancy Stitchin'	www.fancystitchin.com	(951) 656-6505
Funky Monkey Designs	www.getfunkymonkey.com	(909) 592-2622
Logo Joe's	https://logojoes.net/	(951) 461-0388
PC & C Embroidery	https://pccembroidery.com/	(909) 403-4558
We Got 'Em Tees	www.wegotemtees.com	(760) 983-6087
TAS - The Advertising Specialists	www.tassigns.com	(626) 966-4770

- **Custom Banners/Souvenirs** Your school may now create custom items that include the CIF-SS mark or logo (championship banner, banners for your gym, etc...) through a licensed CIF-SS vendor (and their specialty).

Integrity Design www.IntegrityDesignUSA.com Larry Shoppa (855) 341-8817

• Rings

J. Lewis Small	www.jlewissmall.com
Jostens	www.jostens.com
Signature Style Jewelry	www.signaturestylejewelry.com
Baron Championship Rings	https://baronrings.com/
Herff Jones	https://www.herffjones.com/

PROTECT YOUR SCHOOL TRADEMARKS: The CIF Southern Section strongly suggests you double-check the status of *your school* licensed/registered marks and logos now. Some schools have permanently lost control of others selling their merchandise with no royalty or approvals because the proper State of California licensing/registering process had not previously occurred or been enforced.

For additional vendors licensing information, please contact CIF Southern Section, Director of Marketing, Jackie Gibson at jackieg@cifss.org or 562-493-9500.

Skin Health and Wrestling

At the recent C.I.F. Southern Section Wrestling Coaches Advisory Committee meeting, the topic of skin health was a matter of concern. We feel that the conditions that are spreading throughout the section, the state and the country are hurting kids and are a serious threat to the entire sport. It will become more and more difficult to recruit kids and coaches if these problems continue to grow. Ringworm is a common problem along with rising instances of Impetigo, Herpes and various bacterial infections. There are some good practical suggestions in this Bulletin for running a healthy program. Below is a list of some other suggestions from various Southern Section coaches. These are not endorsed and/or tested by the CIF, but we feel that it is necessary to share information and ideas and to take proactive steps to combat this growing problem. Not all of these will be practical for **all** programs, but all coaches must follow the first rule of the effort; **Do not let your kids wrestle with a communicable condition**. Do not sabotage the whole sport by hiding a condition so that your squad can win a match. Keep contagious kids out of practice and competition. Some practical suggestions include:

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

National Federation of State High School Associations
Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ____ / ____ / ____

Diagnosis _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) _____

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

Date Treatment Started: ____ / ____ / ____ Time: _____

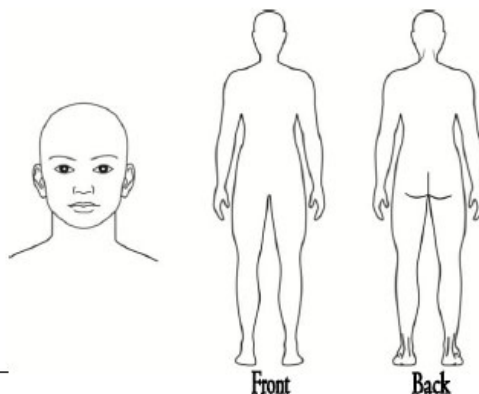
Form Expiration Date for this Lesion (Note on Diagram(s)): ____ / ____ / ____

Earliest Date the Wrestler May Return to Participation: ____ / ____ / ____

Provider Signature _____ Office Phone #: _____

Provider Name (Must Be Legible) _____

Office Address _____



Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm on scalp or skin): Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: Upon treatment with curettage and hyfrecator, may cover with bioocclusive and wrestle immediately.

Note to Appropriate Health-Care Professionals: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

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

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

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

Revised/Approved by NFHS SMAC - April 2015



WRESTLING

PROPER GROOMING AND SKIN CHECK PROTOCOLS

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

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

PROTOCOLS

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

CIF-SS PROTOCOL 2023-2024

COACHES ADMINISTERING SKIN CHECKS

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

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

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

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

SPECIFIC PROTOCOL IN COACHES CONDUCTING SKIN CHECKS

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

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

MRSA

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

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

1 – for distribution to students and parents

2 – for distribution to schools, coaches, AD and administrators.

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

MRSA Alert for Student-Athletes and Parents

MRSA Alert for Coaches

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

Resources

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

Skin Infections and MRSA Information - These documents from the California Department of Public Health (CDPH) were designed to educate and alleviate fears generated by staph reports.

NFHS Position Statement: Skin Infections and Guidelines

Center for Disease Control

A company selling – but some educational materials that can be downloaded under educational resources.

Educational material at www.hibigeebies.com/sports click on education materials

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

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EXPLORER



RANGER



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