

CIF SOUTHERN SECTION



WINTER 2023-2024

Boys Wrestling



SEASON PREVIEW

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EXPLORER



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TO: CIF-SS BOYS' WRESTLING COACHES

FROM: RICH SHEARER, ASSISTANT COMMISSIONER

DATE: OCTOBER 2023

RE: **2023-24 CIF SOUTHERN SECTION WRESTLING PREVIEW**

WELCOME TO THE 2023 -2024 CIF SOUTHERN SECTION BOYS 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 BOYS WRESTLING ADVISORY COMMITTEE

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

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

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

Name	School Phone	Cell Phone	E-Mail
Ibee Atalla, Mayfair HS	(562) 925-9981	(562) 760-8507	coachibee@yahoo.com
Bobby Bellamy, Northview HS	(626) 974-6100	(909) 969-6590	bbellamy@c-vusd.org
CT Campbell, Victor Valley HS	(760) 955-3300 X3111		ccampbell@vvhhsd.org
Richard Carrillo, Royal HS	805.306.4875	805.404.9764	Richard.carrillo@simivalleyusd.org
Alan Clinton, Servite HS	(714) 774-7575x1125	(714) 318-7466	aclinton@servitehs.org
Greg Colwell, Aliso Niguel HS			gacolwell@capousd.org
Aaron Cross, Centennial/ Corona HS	(951) 739-5692	(714) 225-5385	aaron.cross@cnusd.k12.ca.us
Jacob Custer, Palm Springs HS	(760) 778-0445	(442) 234-8397	jcuster@psusd.us
Dr. John Dahlem, At Large		(714) 768-4474	jsdahlem@gmail.com
Monico Enriquez, Glenn HS			Menriquez21@yahoo.com
Ryan Faintich, Beverly Hills HS	(310) 551-5100		ryanfaintich@gmail.com
Jaime Flores, Western HS	714.220.404	714.488.3317	Flores_ja@auhsd.us
Rob Froh, Bonita HS	909.971.8220	626.483.1971	r.froh@bonita.k12.ca.us
Jason Lowe, Canyon Springs HS	(951) 571-4760	(951) 333-6700 cell	jlowe@mvusd.net
Mike Provenzano, Westminster HS	(714) 893-1381 Ext. 4298	(714) 791-5354	mprovenzano@hbusd.edu
Chris Rasmussen, Marina HS	(714) 893-6571 x4298	(714) 402-4207	cerasmussen@hbusd.edu
Brad Woodbury, Fountain Valley HS		714 206-0859	bwoodbury@hbusd.edu

APPROVED SANCTIONED EVENTS

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

Sanctioned Events download directions:

click on **GOVERNANCE TAB**, click on **SANCTIONED EVENTS**,
select **WRESTLING, BOYS** click **SEARCH**

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

2023-24 WRESTLING SEASON CALENDAR DATES

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

Last League and/or Non-League Contest: The last allowable date for a league or non-league team contest is Tuesday, January 23, 2024. **Dual meet entries are due 11:00 pm Tuesday, January 23, 2024.**

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

2023-24 WRESTLING CHAMPIONSHIPS MEET INFORMATION

Dual Meet Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
January 27	Open	Hesperia HS	Gene Griffith, Hesperia HS
January 27	1	Centennial/ Corona HS	Aaron Cross, Centennial HS
January 27	2	Aliso Niguel HS	Greg Colwell, Aliso Viejo HS
January 27	3	Redondo Union HS	Alex Driggers, Redondo HS
January 27	4	Chino HS	Alex Angulo, Chino HS
January 27	5	Thousand Oaks HS	Dennis Ritterbush, Thousand Oaks HS

Schools and leagues are reminded that their dual meet champions must be decided 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.

Boys Individual Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
February 9/10	Central	Yucaipa HS	David Espinosa, Yucaipa HS
February 9/10	Coastal	Westminster HS	Michael Provenzano, Westminster HS
February 9/10	Eastern	Glenn HS	Monico Enriquez, Glenn HS
February 9/10	Inland	Fountain Valley HS	Brad Woodbury, Fountain Valley HS
February 9/10	Northern	Sonora HS	Dave Carrizosa, Sonora HS
February 9/10	Southern	Great Oak HS	Shawn Worley, Great Oak HS
February 16	Masters Meet	Palm Springs HS	Dr. John Dahlem, Alan Clinton, Servite HS, Chris Rasmussen, Marina HS

February 22/23/24 State Meet Mechanics Bank Arena, Bakersfield Alan Paradise

Freelance: If needed, those schools identified as freelance will be notified of the date and location of the freelance qualifying meet to participate in the individual championships.

Continuing for 2024, The Boys Masters Meet will run as (2) 16 person brackets. The top 5 in each bracket will advance to the CIF State Boys Wrestling Championships.

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:

- 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".


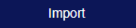
- Copy and paste or type your roster information into the file as the contents and save the file to your computer.

- 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.

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

2023-2024
Boy's Weight
Scratch Weight + 2 lbs.

106 LBS	150 LBS
113 LBS	157 LBS
120 LBS	165 LBS
126 LBS	175 LBS
132 LBS	190 LBS
138 LBS	215 LBS
144 LBS	285 LBS



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~~ six 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 deemed a medical forfeit 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
3. 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 by raising the winning 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. ~~wrestler's hand.~~

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 www.nfhs.org. 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.

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 NOT all-inclusive but highlights only some of the key areas.

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

Principal's Responsibility - The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members. Ineligible students shall not compete as representatives of the school in any CIF contest (Rule 503). In CIF competition, no person shall be permitted to participate as an unattached athlete, or an unofficial entrant. (See Rule 600 G (1)).

Wrestling Rules - All wrestling competition in the CIF Southern Section will be conducted under National Federation rules, unless otherwise provided herein. Coaches are advised to review the Wrestling section of the 2023-24 CIF Southern Section Blue Book, **Article 3400, pages 207-213.**

Blue Book Rule 1212.7 Regional Wrestling Tournament Exception – A regional wrestling tournament must request a minimum of 20% of the total number of officials needed to staff the event from the host school's assignment area. They may request additional officials from other assignment areas. For a wrestling tournament to be considered a regional tournament, it must meet all of the following criteria:

- A. It is a multiple day tournament.
- B. It must include a minimum of 50 contracted participating schools
- C. Participating schools must come from a minimum of 5 different sections.
- D. Participating schools must come from a minimum of 6 different wrestling officials' assignment areas throughout the state of California.

Weight Classes in High School Wrestling

Boys Weight Classes:

106 lbs	113 lbs	120 lbs	126 lbs	132 lbs	138 lbs
144 lbs	150 lbs	157 lbs	165 lbs	175 lbs	190 lbs
215 lbs	285 lbs				

Alternates for Individual Wrestling Championships –

The brackets for each division will reflect the total number of guaranteed entries of the leagues in that division. There will no longer be a random draw for additional alternates to add wrestlers to those brackets. If a league loses an entry prior to the start of the tournament, that league can replace that entry with an alternate from that league first. If no alternate from that league is present, then the alternates from other leagues can be drawn in. Wrestlers that have a first round bye, and win their second round match, will receive two (2) advancement points for round one in addition to their second round advancement points.

Thursday Night Seeding Meetings for Individual Wrestling Championships – In an effort to save time and money for our schools, we will conduct our seeding meetings for the Individual Wrestling Championships on the Thursday night before the tournament begins on Friday morning. We hope this will be a benefit to all wrestling coaches.

Number of Days of Practice - 3400 Statewide Modification –

3400 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.

3400 B. An individual, who completes the regular season in a fall sport, shall have at least five days of practice before the student can compete in a meet or tournament.

RULE 3401 – A wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the CIF State Wrestling Championships (in most situations this would be the league wrestling tournament). Forfeits do not count towards the 40-match maximum. Matches wrestled in any tournaments or competitions held prior to the first qualifying tournament will count towards the 40-match maximum. **EXCEPTION:** Any matches wrestled in a CIF Section Team Dual Championship Tournament will not count as part of the 40-match maximum. (Approved October 2001 Federated Council)

PENALTY FOR EXCEEDING THE 40 MATCH LIMIT

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

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

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

Official Weigh-In

Blue Book Rule 3402:

A. All CIF-member schools must follow all National Federation rules and procedures concerning the weighing in of wrestlers.

(1) Violation of NFHS rule 4-5-5 will result in the following sanction; the host school will not be allowed to host any tournament for the following year and cannot financially benefit from any other tournament for that year. In addition, the Section may impose the following additional sanctions:

- a. The hosting school is placed on probation.
- b. Reduction of maximum number of matches.

(Revised May 2010 Federated Council; see NFHS Wrestling Rules Book 4-5-5)

B. California provides 14 weight classes per NFHS rules and the two (2)-pound growth allowance to each weight class on January 1.

(Approved February 1997 Federated Council: Also see NFHS Wrestling Rules Book 4-4-4)

C. Each coach is required to bring his/her team's Pre-Match Weigh-In form to all competitions including the CIF State Wrestling Championships.

PENALTY: Failure to comply will result in the entire team being ineligible to compete and charged with forfeiture.

D. Each wrestler is required to weigh in with his/her Pre-Match Weigh-In form at all competitions up to and including the competition that begins the CIF State Championship qualifying series.
PENALTY: Failure to comply will result in the wrestler being ineligible for that competition.
(Revised May 2006 Federated Council)

E. The use of laxatives, emetics, excessive food and liquid restriction, self-induced vomiting, hot rooms, hot boxes, saunas and steam rooms is prohibited for any purpose. The use of diuretics at any time is prohibited. Regardless of the purpose, the use of vapor-impermeable suits (e.g. rubber or rubberized nylon) or any similar devices used solely for dehydration is prohibited. Artificial means of rehydration are also prohibited. Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation would result in suspension for the remainder of the season.

1. Contestants in an individual tournament (including Section and State Championship tournaments) shall weigh in at the tournament site a maximum of two hours before the first session of each day. (NFHS Wrestling Rules Book 4-5-2).

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

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

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

A school shall be represented by only one varsity team for dual meets and tournaments. The varsity team shall be composed of the best skilled wrestlers in the school, commonly called the first team.
Tournaments are to be managed in such a way so that evening competition is completed at a reasonable time.

Maximum Matches Per Day - A wrestler, except for CIF Southern Section sectional qualifying or sectional championship competition, may not participate in more than **six matches in one day, no more than 10 matches in a two-consecutive day period (NFHS rule 1-43 and 1-4-7).1**

Outside Competition - "Unattached competition is permissible for a student in other than school contests during the season of sport provided the student enters in the individual sport of bowling, crew, fencing, golf, gymnastics, skiing, tennis (singles and doubles), cross-country, swimming, track and field, and wrestling."

Incident Reports - All incidents, injuries, or disruptions, regardless of the degree of seriousness involved, should be reported to ensure accurate records in the event further problems develop. The completed report is to be submitted to the Commissioner of Athletics of the CIF Southern Section and must be postmarked no later than the third school day following the incident. It is mandatory that an informational copy of the report shall be sent to the principal of the other school involved.

Approved by CIF Federated Council starting in 2013-14 season:

Bylaws 3303.A, 3303.D and 3303.F. CIF STATE BLUE PAGES III.A, D and F
PENALTY: Failure to adhere to these bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament, then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual solicitation.

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

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

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

1. Log onto www.trackwrestling.com
2. Click on the event you wish to create a weigh in form for and then click "Weigh-Ins" or click the blue scale icon next to an event.
3. Click the (Add Weigh In) Button
4. Select the wrestlers, verify or edit the date, add weight allowance if necessary and then click (Add). NOTE: - hold the CTR or SHIFT button to select multiple wrestlers.
5. Use the drop-downs in the "Wrestling" column to change the weight class if necessary and click (Save Form)
6. Click the (Print) button to print the weigh in form to take to the weigh in. NOTE: You can use CTRL + P to open a print dialogue.

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

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

Weigh In Report

<http://www.trackwrestling.com/tw/seasons/WeighInReport.jsp>

Official Weigh In Report

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

11/26/2016
1 lbs consecutive day allowance

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

Weigh-In Time

Medical/Skin Check Completed By

Certified By Coach (name)

Certified By Administrator * (name)

* If honor weigh-in performed

Certified By Opponent Coach (name)

Referee (name)

Referee (name)

ACCOUNTABILITY RULE

Without question, the most serious breach within the realm of our programs presents itself when an individual coach removes a team from the playing facility prior to the conclusion of a contest.

How serious is such an action?

It has been the position of the CIF-SS Executive Committee to expect the Principal of the school concerned to relieve the coach from his/her assignment for the balance of that season.

When one considers the focal point is to involve as many student-athletes in our programs as possible, we lack accountability to those considered the heart of our organization, not to mention the officials, the entire student body, the district, and the community. Each individual contest, regardless of the sport, lasts but a few minutes. The damaging results from such an occurrence are timeless.

Administrators are urged to review this situation, and the potential consequences, with their staffs at the start of each sport season.

From the Blue Book:

DUTIES OF THE PRINCIPAL

125.1 COACH EJECTION - Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section office, which includes the circumstances surrounding the matter, and what action the principal has taken to prevent a reoccurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. **ADDITIONALLY, UPON EJECTION, THE EJECTED**

COACH SHALL BE DISQUALIFIED FROM PARTICIPATING IN THE REMAINDER OF THE GAME AND WILL BE INELIGIBLE FOR THE TEAM'S NEXT CONTEST. A SECOND EJECTION WILL CONSTITUTE A TWO CONTEST SUSPENSION, AND A THIRD EJECTION WILL CAUSE SUSPENSION FOR THE REMAINDER OF THE SEASON.

125.2 FAILURE TO COMPLETE A CONTEST - When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court, or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

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

State and Southern Section Rule 503 states:

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

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

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

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

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

PLEASE NOTE, THIS RULE WAS REVIEWED BY BOTH THE STATE CIF OFFICE, IT'S GENERAL COUNCIL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 503, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

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

DUAL MEET WRESTLING CHAMPIONSHIPS

- 1) Dual meet wrestling championships will be conducted in 6 divisions, with divisions grouped based on competitive equity.
- 2) Size of Bracket, Date of Tournament, Format of Tournament
 - A) Minimum of 8 teams, maximum of 16 teams (Except for Open Division).
 - B) New for 2024, an Open Division will be selected from the best teams in all divisions.
 - C) Two-day tournament, same Saturday, January 27, 2024 for first 3 rounds.
Championships at host school site Wednesday, January 31, 2024.
 - D) Single Elimination.
- 3) League Champions
 - A) Guaranteed entry for League Champions. Each league will be guaranteed one entry for their League Champion only. The expectation is that the league champion will compete in the Dual Championships.
- 4) At-Large Process
 - A) At-Large Teams will fill any open positions in the brackets, up to a maximum of 16 teams. Teams who wish to be considered for an at-large position in the bracket must submit the required At-Large Petition Form to the C.I.F.-SS Office by the published deadline.
 - B) Criteria to Select At-Large Teams has been developed by the Wrestling Coaches Advisory Committee. Here is the criteria that will be used...
 - 1) Head-to-head competition of teams under consideration – 4 points
 - 2) Overall strength of the league from which the team is entered – 1 point
 - 3) Overall win-loss record in Dual Meet competition only – 1 point
 - 4) Strength against common opponents in Dual Meet competition only – 1 point
 - 5) Strength of schedule (Dual Meet and Individual Tournaments) – 2 points
 - C) Who Will Form the At-Large Selection Committee?
 - 1) Selected members of the Wrestling Coaches Advisory Committee.
- 5) Seeding
 - A) We will seed the Top 4 teams. The current seeding rules we now use will apply. For example, teams from the same league will be in opposite halves of the draw, if we have 3 teams from the same league, they cannot meet until the semifinals, etc.

6) Byes

- A) Byes in the draw, if applicable, will be given to the top seeds in descending order. If there is one bye, it will go to the #1 seed, if two byes, #1 and #2 seeds will get them, etc. Also, to save time and money, teams who receive a bye in the First Round will be allowed to weigh-in a maximum of two hours before they wrestle, they do not have to weigh in two hours before the First Round.

7) Tournament Timeline

- A) The tournament will begin with weigh-in at 9:00 a.m. and the First Round of wrestling beginning at 11:00 a.m. Depending on the size of bracket in each division, the Tournament Director at each site will have the option to adjust the timeline for each succeeding round of the tournament accordingly, providing wrestlers have the required amount of rest time between matches.



WRESTLING

The following procedures for skin checks and weigh ins will be utilized in California.

Skin Checks

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

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

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

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

Weigh Ins

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

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

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

FLASHBACK

RULES THAT ARE STILL IN EFFECT

Alternate Uniforms Approved

An alternate two-piece uniform consisting of compression shorts or shorts designed for wrestling and a form-fitted compression shirt has been approved for the 2017-18 season in high school wrestling. Wrestlers will have the option of the new two-piece uniform or the traditional one-piece singlet.

This revision to Rule 4-1-1 was recommended by the National Federation of State High School Associations (NFHS) Wrestling Rules

In addition to the traditional singlet worn by these wrestlers, an alternate two-piece uniform is legal starting in the 2017-18 season. Ray Green, Simi Valley, Calif.

Committee at its April 2-4 meeting in Indianapolis, and subsequently approved by the NFHS Board of Directors.

The compression shorts or shorts designed for wrestling shall be school-

issued and shall have a minimum 4-inch inseam that does not extend below the knee.

The form-fitted compression shirt shall not cover or extend below the elbow and shall have a minimum 3-inch tail. The shirt may be worn under a singlet

SEE "UNIFORM" P. 2



OFFICIAL PUBLICATION OF THE
NATIONAL FEDERATION OF STATE HIGH
SCHOOL ASSOCIATIONS (NFHS)

REFEREE

PUBLISHED BY REFEREE
IN COOPERATION
WITH THE NFHS

1. Hair cover attached to headgear
2. Minimum 5 feet protection area
3. NO Tape on headgear
4. Default is not a forfeit-must be accepted on the mat
5. Multiple days of dual meet tournaments:
 - Must weigh in at same weight class both days
 - Cannot just weigh in for Saturday only

Inbounds Not Required for Points, Fall

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

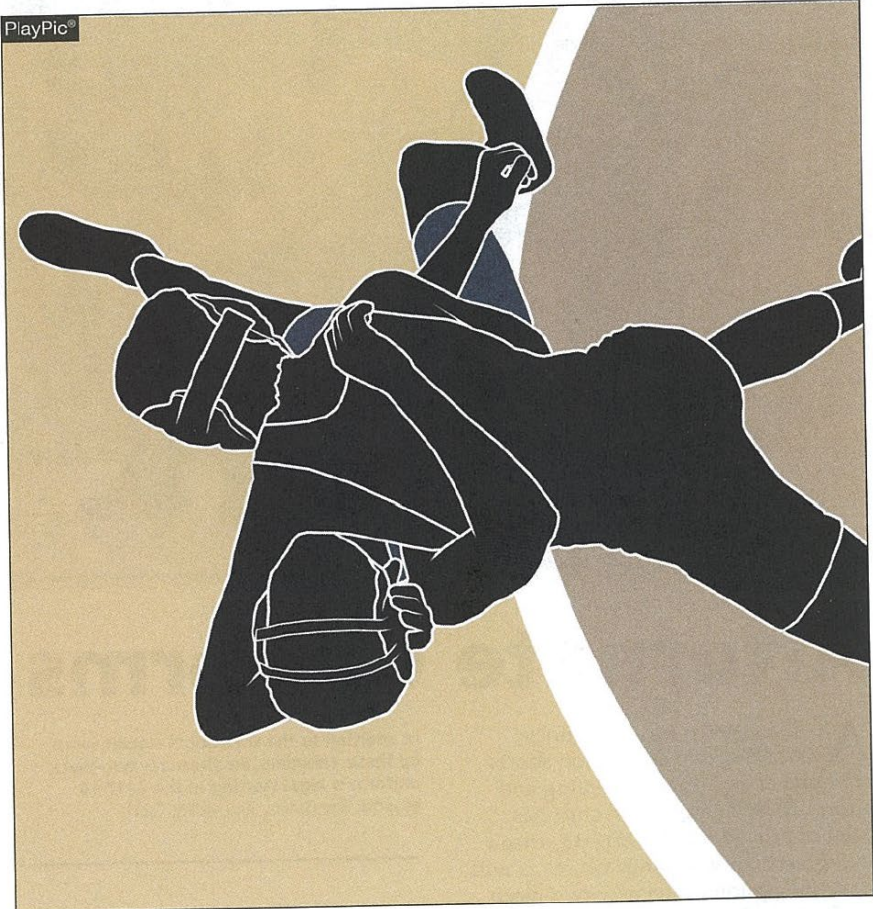
In 5-11-1, the shoulders or scapula of the offensive wrestler no longer must be inbounds to earn a fall. The committee agreed that wrestling should continue if the supporting points of either wrestler remain inbounds and no body part of the defensive wrestler goes off the mat.

In 5-11-5, the passage, "unless any part of the shoulders or both scapulae of the defensive wrestler is inbounds" was eliminated. If wrestling is continuing during a match, near falls and falls will be awarded/earned regardless of the out-of-bounds line.

In a related rule, Rule 5-15-2b, c was changed as follows: "Near fall points or a fall shall be earned while the supporting points of either wrestler are inbounds."

"The committee agreed that offensive wrestling should be rewarded," said Elliot Hopkins, NFHS director of sports and student services. "If wrestling is continuing, as allowed by current rules, and points for escapes and reversals are allowed, the ability to earn a fall or near fall should be there as well, with no deference to the out-of-bounds line."

Hopkins added, "Scoring a fall or near fall is strengthened by the modifications to the definition and location of fall and near fall in our rules book." □



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WRESTLING

CIF Administrators, AD's and coaches

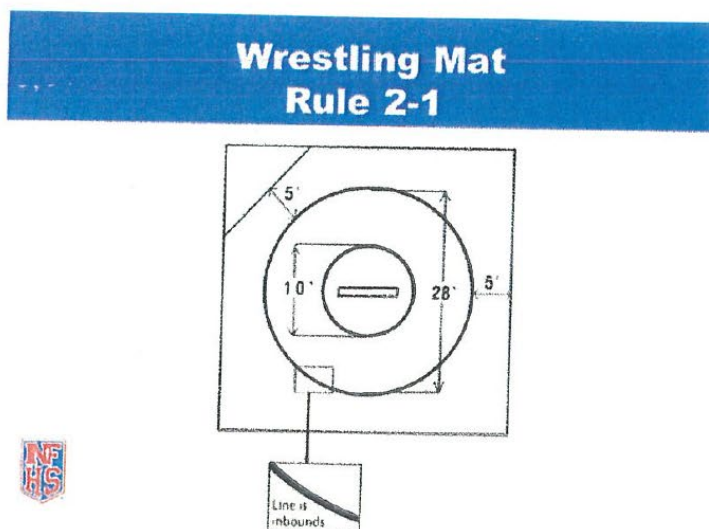
The NFHS has made it a point in the rules reminder portion of their annual presentation to reinforce the mandated 5 feet protection surface for wrestling mats. In particular during dual meets and tournaments. This has always been in the rules books, but has not been adhered to as strictly as it should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

In this day of student-athlete protection and litigation, enforcing this existing rules is prudent to protect, not just the athletes but the coaches, schools and districts who are entrusted with student safety.

The officials associations have been alerted to this enforcement standard and are instructed to enforce this safety issue. They have been instructed to be proactive by contacting coaches, many days before the coaches begin setting up for dual meets as well as tournaments to verify that the safety protection surfaces are in place.

This may be a major change for some tournaments and the sooner the coaches begin reconfiguring their venues to adhere to this safety standard the better it would be. The worst case scenario would be for an officiating crew to arrive at a tournament site and have to declare some mats not safe and take those mat(s) out of operation.

Below is the NFHS acceptable standard for protection surfaces:



Duane Morgan
CIF Wrestling Rules Interpreter



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.

Ultrasound Body Composition

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



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

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

** Evaluation of Ultrasound in Assessing Composition of High School Wrestlers, Alan C. Utter and Marion E. Hager, Official Journal of the American College of Sports Medicine 943(2008)*



California Interscholastic Federation

www.cifstate.org

NFHS WRESTLING WEIGH IN VIOLATIONS

Rule 4 Section 5 Article 5

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

1. **CONCERN:**

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

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

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

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

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

HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the 2020-2021 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the “Sports Medicine” tab on the blue toolbar.

Additional resources can be found at www.cifstate.org under the “Sports Medicine” tab on the white toolbar

PHYSICAL EXAMINATION

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

CONCUSSION PROTOCOL

A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at the time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return to play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

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

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

NFHS ELECTIVE COURSE/WEBINAR

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



Concussion in Sports - What You Need To Know

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

STERIOD PROHIBITION

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

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

SUDDEN CARDIAC ARREST PROTOCOL

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

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

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

Mandatory CIF Concussion Information Form Must be signed by parent and student athlete

<http://cifss.org/wp-content/uploads/2016/07/ConcussionInformationSheet.pdf>

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

<http://cifss.org/wp-content/uploads/2016/07/ReturnToPlayConcussionProtocol.pdf>

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

<http://cifss.org/wp-content/uploads/2016/07/Heart.pdf>

Medical Release Form – Wrestlers Skin

<http://cifss.org/wp-content/uploads/2016/07/Doctor-Clearance-Form-Skin.pdf>

Skin Health and Wrestling

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

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

National Federation of State High School Associations
Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ____ / ____ / ____

Diagnosis _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) _____

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

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

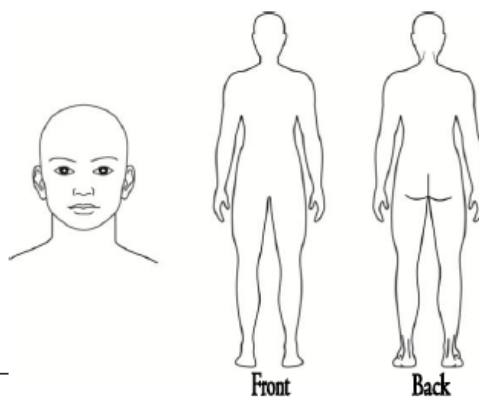
Form Expiration Date for this Lesion (Note on Diagram(s)): ____ / ____ / ____

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

Provider Signature _____ Office Phone #: _____

Provider Name (Must Be Legible) _____

Office Address _____



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

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

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

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

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

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

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

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

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

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

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

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

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

Revised/Approved by NFHS SMAC - April 2015



WRESTLING

PROPER GROOMING AND SKIN CHECK PROTOCOLS

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

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

PROTOCOLS

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

CIF-SS PROTOCOL 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 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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