



**Wrestling
Preview**

2018 - 2019





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THE SOUTHERN CALIFORNIA FORD DEALERS
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TO: CIF-SS WRESTLING COACHES
FROM: GLENN MARTINEZ, ASSISTANT COMMISSIONER
DATE: OCTOBER, 2018
RE: 2018/19 CIF - SOUTHERN SECTION WRESTLING PREVIEW

WELCOME TO THE 2018/19 CIF SOUTHERN SECTION WRESTLING SEASON!

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

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

TABLE OF CONTENTS

CIF-SS Wrestling Advisory Committee..... 3
Top Ten Poll 4
Championships Meet Information 5
2018/19 Playoff Groupings6
2018/19 CIF Schools and Leagues 7
2018/19 National Federation Major Rule Changes..... 10
2018/19 CIF Southern Section Wrestling Guidelines 16
Accountability Rule 23
Dual Meet Wrestling Championships..... 24
Supervision of Athletes24
2018/19 Wrestling Sanctioned Events 27
Concussion Return to Play Protocol..... 29
Sudden Cardiac Arrest Protocol.....29
Skin Health and Wrestling.....30
Physician Release for Wrestler to Participate 31
MRSA.....34
Wrestling Pre-Dual Meet Timeline.....35

CIF-SS WRESTLING ADVISORY COMMITTEE

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

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

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

Name	School Phone	Home Phone	E-Mail
Anthony Ovalle		562.692.6235	Ovalle77@msn.com
Arnold Alpert, Temecula Valley HS,	(951) 695-7300 Ext. 2166	(951) 695-3974	aalpert@tvusd.k12.ca.us
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Tom Cote, Chino Hills HS	(626) 915-5841 x30321	(909) 896-0417 cell	lynandtomcote@yahoo.com
Scott Craft, Rim of the World	(909) 336-2038	909 967-0608	Scott_craft@rimsd.k12.ca.us
Dr. John Dahlem, At Large		(714) 768-4474	jsdahlem@gmail.com
Jaime Flores, Western HS	714.220.404	714.488.3317	Flores_ja@ahusd.us
Rob Froh, Bonita HS	909.971.8220	626.483.1971	r.froh@bonita.k12.ca.us
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Jeff Hickok, Elsinore HS	(951) 253-7200	951.440.8500	Jeff.hickok@leusd.k12.ca.us
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Jason Lowe, Canyon Springs HS	(951) 571-4760	(951) 333-6700 cell	jlowe@mvusd.net
Tom Pierre, Bishop Amat HS	(626) 962-2495		tpierre@rowland.k12.ca.us
Mike Provenzano, Westminster HS	(714) 893-1381 Ext. 4298	(714) 791-5354	mprovenzano@hbuhdsd.edu
Chris Rasmussen, Marina HS	(714) 893-6571 x4298	(714) 402-4207	cerasmussen@hbuhdsd.edu
Ray Rodi – At Large	(951) 247-5647	(951) 490-1052 Cell	rrodi@roadrunner.com
Mike Witham, Granite Hills HS	(714) 961-2290 x2406	(760) 964-3958	michael_witham@avusd.org

TOP TEN POLL

Listed below are the members of the CIF-SS Wrestling Coaches Advisory Committee responsible for notifying the CIF-SS office for the Top Ten Poll. Be advised that this poll is based on dual matches or dual meet tournament results only, not individual tournaments. This poll helps create interest and will also be used for Dual Meet Championships seeding. Therefore, it is very important for coaches to contact their respective advisory committee member with information on your team. It should be understood that this is a coach's poll and that no students or parents are involved with it. The CIF-SS office will send the coaches poll as part of our media mailing.

<u>Division</u>	<u>Committee Member</u>	<u>Contact Information</u>
1	Arnold Alpert, Temecula Valley HS Bobby Bellamy, Northview HS Randy Campbell – Centennial HS Alan Clinton, Servite HS Kevin Hennessy, Carter HS	(951)-695-7300 x 2166 School (626) 974-6100 (951) 316-0233 Cell (951) 734-1825 x 20504 (714) 774-7575 x 1125 (714) 633-6449 (909) 854-4100 (909) 578-6989
2	Tim Brogden – Warren HS Grant Brunier, Ayala HS C. T. Campbell, Victor Valley HS Rob Froh Bonita HS Jeff Hickok, Elsinore HS Jason Lowe, Canyon Springs HS Mike Witham, Granite Hills HS	(562) 869-7306 x5767 (714) 307-3919 (760) 955-3300 x3100 (909) 971-8220 (626) 974-6220 x803019 (951)253-7206 (951) 245-6694 (951) 571-4760 School (714) 961-2290 x2406 (760) 964-3958
3	Tom Cote, Chino Hills HS Tom Pierre, Bishop Amat HS Randy Gonzalez, Lakewood HS Chris Rasmussen, Marina HS	(909) 357-5900 (909) 896-0917 (626) 962-2495 (562) 425-1281 x3253
4	Richard Carrillo, Royal HS	
5	Anthony Califano, Dos Pueblos HS Jaime Flores, Western HS Mike Liebig, Peninsula HS Mike Provenzano, Westminster HS	(310) 337-4888 x731 (310) 227-9470 Cell (714) 893-1381 x4298 (714) 791-5354
6		
Wrestling Management	John Dahlem Scott Craft Scott Glabb Ray Rodi	(714) 768-4474 Home (909) 336-2038 (909) 967-0608 (714) 567-4900 x64386 (714)546-4682 (951) 490-1052 Cell (951) 247-5647

It is important that coaches call their results to the committee members named above on the dates (Sundays) listed below:

November 12, January 7 and January 24 1(Final Poll).

The CIF-SS Office will be doing three polls during the season. **Please start your calls or emails on Sunday, November 12, 2017. The above committee members will call in the poll results to the CIF-SS office on Monday following each of the above dates.**

2018-19 WRESTLING CHAMPIONSHIPS MEET INFORMATION

Dual Meet Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
January 26	1	Canyon/Anaheim HS	Ashley Higuera, Canyon/Anaheim HS
January 26	2	Canyon Springs HS	Jason Lowe, Canyon Springs HS
January 26	3	Lakewood HS	Lakewood HS
January 26	4	Royal HS	Richard Carrillo, Royal HS
January 26	5	Westminster HS	Mike Provenzano, Westminster HS
January 26	6	Rim of the World HS	Pete Ferrara Rim of the World / Scott Craft

Schools and leagues are reminded that their dual meet champions must be decided by Tuesday, January 22, 2019, so the draw can be announced and the championships can be held on Saturday, January 26, 2019.

Boys Individual Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
February 8/9	Central	Palm Springs HS	TBD, Palm Springs HS
February 8/9	Coastal	Ayala HS	Grant Brunier, Ayala HS
February 8/9	Eastern	Carter HS	Kevin Hennessy, Carter HS
February 8/9	Inland	Temecula Valley HS	Arnold Alpert, Temecula Vly HS
February 8/9	Northern	Citrus Hill HS	Andrew Holmes, Citrus Hill HS
February 8/9	Southern	Brea Olinda HS	Fergus McTeggart, Brea Olinda HS
February 15/16	Masters Meet	Cerritos College	Dr. John Dahlem, Alan Clinton, Servite HS
February 21/22/23	State Meet	Rabobank Arena, Bakersfield	Alan Paradise

Girls Individual Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
February 9	Central Qualifier	San Dimas HS	Jesse Jaime, San Dimas HS
February 9	Eastern Qualifier	Hillcrest HS	Ryan DeJournett, Hillcrest HS
February 9	Northern Qualifier	Camarillo HS	Mary Perez, Camarillo HS
February 9	Southern Qualifier	El Toro HS	Anthony Nixon, El Toro, HS
February 9	Western Qualifier	Downey HS	Mark Rand, Downey HS
February 15/16	CIFSS Championship	Eleanor Roosevelt HS	Stephanie Cataline, Roosevelt HS
February 21/22/23	State Meet	Rabobank Arena, Bakersfield	Brian Seymour

Freelance: If needed, those schools identified as freelance will be notified of the date and location of the freelance meet.

2018-19 WRESTLING SEASON CALENDAR DATES

Starting Date for Interscholastic Contest: No interscholastic contest (tournament or league) may be scheduled prior to November 12, 2018.

Last League and/or Non-League Contest: The last allowable date for a league or non-league team contest is Tuesday, January 22, 2019. **Dual meet entries are due 11:00 pm Tuesday, January 22, 2019.**

Last Individual Wrestling Competition: The last day for Individual Wrestling competition is Saturday, February 2, 2019. **Wrestling Individual entries are due, Monday, February 4, 2019.**

2018-19 WRESTLING PLAYOFF GROUPINGS

Dual Meet Championship Divisions		
Division 1	Division 2	Division 3
Big VIII	Desert Empire	Baseline
Citrus Belt	Desert Sky	Del Rio
Crest View	Hacienda	Mission
Mojave River	Ivy	Moore
Southwestern	Mountain Pass	Pacific View
Trinity	Orange Coast	Rio Hondo
Valle Vista	Palomares	River Valley
	San Gabriel Valley	Sunkist
	South Coast	Surf
Division 4	Division 5	Division 6
Bay	Empire	605
Channel	Freeway	Almont
Coastal Canyon	Freelance	Arrowhead
Desert Valley	Golden	Citrus Coast
Mt. Baldy	Goldenwest	Cross Valley
North Hills	Mission Valley	Garden Grove
Pacific Coast	Mountain Valley	Heritage
Sea View	Pioneer	Inland Valley
Suburban	Sunbelt	Marmonte
		Miramonte
		Montview
		Orange
		San Andreas
		Wave
Individual Wrestling Championship Divisions		
Southern Division	Central Division	Coastal Division
Century	Del Rio	605
Cross Valley	Desert Empire	Coast View
Empire	Desert Sky	Garden Grove
Freeway	Golden	Mission Valley
Hacienda	Goldenwest	Orange Coast
Mission	Miramonte	Palomares
Montview	Moore	Pioneer
Rio Hondo	Orange	River Valley
San Gabriel Valley	Trinity	Suburban
Northern Division	Inland Division	Eastern Division
Bay	Almont	Citrus Belt
Big VIII	Arrowhead	Desert Valley
Citrus Coast	Baseline	Ivy
Coastal Canyon	Channel	Liberty/Heritage
Freelance	Mountain valley	Mojave River
Marmonte	Pacific Coast	Mt. Baldy
Mountain Pass	Pacific View	San Andreas
Sunkist	Southwestern	Sunbelt
Sunset	Valle Vista	

BLUE BOOK RULE 3214 - League Guaranteed Entries, Individual Divisions Championships

- 4 team leagues = 2 entries, 5-6 team leagues = 3 entries, 7 or 8 team leagues = 4 entries, 9 or more team leagues = 5 entries

WRESTLING LEAGUES 2018-19

605

Artesia
Cerritos
Glenn
Pioneer

ALMONT

Alhambra
Bell Gardens
Keppel
Montebello
San Gabriel
Schurr

ARROWHEAD

California School for Deaf/Riverside
Hamilton
Nuview Bridge
Santa Rosa Academy

BASELINE

Chino Hills
Damien
Etiwanda
Los Osos
Rancho Cucamonga
Upland

BAY

Beverly Hills
Mira Costa
Peninsula
Redondo
Santa Monica

BIG VIII

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

CENTURY CONFERENCE

(Wrestling Individuals)

Brea Olinda
Canyon/A
El Dorado
El Modena
Esperanza
Foothill
Villa Park

CHANNEL

Cabrillo/Lompoc
Dos Pueblos
Lompoc
San Marcos
Santa Barbara
Santa Ynez

CITRUS BELT

Cajon
Carter
Citrus Valley
Redlands
Redlands East Valley
Yucaipa

CITRUS COAST

Fillmore
Hueneme
Nordhoff
Santa Paula

COASTAL CANYON

Agoura
Camarillo
Moorpark
Royal
Simi Valley

CRESTVIEW

(Duals)

Canyon Anaheim
Esperanza
Villa Park
Yorba Linda

CROSS VALLEY

Big Bear
Calvary Chapel/Downey
Excelsior Charter
Lucerne Valley
Webb

COAST VALLEY CONFERENCE

(Wrestling Individuals)

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

DEL RIO

California
El Rancho
La Serna
Pioneer
Santa Fe
Whittier

DESERT EMPIRE

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

DESERT SKY

Adelanto
Barstow
Granite Hills
Silverado
Victor Valley

DESERT VALLEY

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

EMPIRE

Cypress
Kennedy
Pacifica/GG
Tustin
Valencia/P

FREEWAY

Buena Park
Fullerton
La Habra
Sonora
Sunny Hills
Troy

GOLDEN

Antelope Valley
Eastside
Highland
Knight
Lancaster
Littlerock
Palmdale
Quartz Hill

GOLDEN WEST

Garden Grove
Godinez
Ocean View
Segerstrom
Western
Westminster

HACIENDA

Charter Oak
Diamond Ranch
Los Altos
South Hills
Walnut
West Covina

HERITAGE

de Toledo
 Desert Chr./L
 Faith Baptist
 Lutheran/La Verne

INLAND VALLEY (Duals)

Heritage
 Notre Dame/Riverside
 Orange Vista
 Perris
 Valley View

IVY (Duals)

Canyon Springs
 Elsinore
 Paloma Valley
 Temescal Canyon

IVY (Individuals)

Arlington
 Elsinore
 J.W. North
 Notre Dam
 Orange Vista
 Rancho Verde
 Temescal Canyon

MARMONTE

Calabasas
 Newbury Park
 Thousand Oaks
 Westlake

MIRAMONTE

Bassett
 Edgewood
 Ganesha
 La Puente
 Pomona

MISSION

Alemanya
 Bishop Amat
 Chaminade
 Crespi
 Harvard Westlake

MISSION VALLEY

Arroyo
 El Monte
 Gabrielino
 Mountain View
 Rosemead
 South El Monte

MOJAVE RIVER

Apple Valley
 Burroughs/Ridgecrest
 Hesperia
 Oak Hills
 Serrano
 Sultana

MONTVIEW

Azusa
 Duarte
 Gladstone
 Nogales
 Sierra Vista
 Workman

MOORE

Cabrillo/LB
 Compton
 Jordan
 Lakewood
 Millikan
 Poly/LB
 Wilson/LB

MOUNTAIN PASS

Beaumont
 Citrus Hill
 Hemet
 San Jacinto
 Tahquitz
 West Valley

MOUNTAIN VALLEY

A.B. Miller
 Indian Springs
 Moreno Valley
 Pacific
 Rubidoux
 San Bernardino
 Vista Del Lago

MT. BALDY

Chaffey
 Chino
 Diamond Bar
 Don Lugo
 Montclair
 Ontario

NORTH HILLS

(Duals)
 Brea Olinda
 El Dorado
 El Modena
 Foothill

ORANGE

Anaheim
 Century
 Katella
 Magnolia
 Santa Ana Valley
 Savanna

ORANGE COAST

Calvary Chapel/SA
 Costa Mesa
 Estancia
 Orange
 Saddleback
 Santa Ana

PACIFIC COAST

Beckman
 Irvine
 Northwood
 Portola
 University
 Woodbridge

PACIFIC VIEW

Buena
 Channel Islands
 Oxnard
 Pacific/Oxnard
 Rio Mesa
 Ventura

PALOMARES

Alta Loma
 Ayala
 Bonita
 Claremont
 Colony
 Glendora

PIONEER

Lawndale
 North Torrance
 South Torrance
 Torrance
 West Torrance

RIO HONDO

La Canada
 Monrovia
 San Marino
 South Pasadena

RIVER VALLEY

Hillcrest
 Jurupa Valley
 La Sierra
 Norte Vista
 Patriot
 Ramona

SAN ANDREAS

Eisenhower
 Rialto
 Rim of the World
 San Gorgonio

SAN GABRIEL VALLEY

Dominguez
 Downey
 Gahr
 Paramount
 Warren

SEA VIEW

(Duals)

Capistrano Valley
Mission Viejo
San Clemente
Tesoro

SOUTH COAST

(Duals)

Aliso Niguel
Dana Hills
El Toro
Laguna Hills
Trabuco Hills

SOUTH EASTERN

Carnegie/Riverside
Santa Rosa Academy
Temecula Prep

SOUTHWESTERN

Chaparral
Great Oak
Murrieta Mesa
Murrieta Valley
Temecula Valley
Vista Murrieta

SUBURBAN

Artesia
Bellflower
Cerritos
Glenn
La Mirada
Mayfair
Norwalk

SUNBELT (Duals)

Arlington
J.W. North
Lakeside
Poly/Riverside
Rancho Verde

SUNBELT (Individuals)

Canyon Springs
Paloma Valley
Heritage
Lakeside
Perris
Poly/R
Valley View

SUNKIST

Aquinas
Bloomington
Colton
Fontana
Grand Terrace

SUNSET CONFERENCE

(Individuals)

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

SURF

Edison
Fountain Valley
Los Alamitos
Marina

TRINITY

Mater Dei
Orange Lutheran
Santa Margarita
Servite
St. John Bosco

VALLE VISTA

Baldwin Park
Covina
Northview
Rowland
San Dimas
Wilson/HH

WAVE

Corona del Mar
Huntington Beach
Laguna Beach
Newport Harbor

FREELANCE

Valencia/Valencia



Wrestling Rules Changes - 2018-19

4-1-2: No additional manufacturer's logo, trademark or promotional references are allowed on the uniform.

4-5-7: Modified what can be worn by wrestlers in the designated weigh-in area.

5-10: The definition of escape was modified.

5-15-1, 5-15-2, 5-15-3: A wrestler is now inbounds if two supporting points of either wrestler are inside or on the boundary line. This could be two supporting points of one wrestler or one supporting point of each wrestler.

5-18: The definition of out of bounds has been revised.

5-22-1, 5-22-2: The definition of a reversal has been revised.

5-24-3e, f: Stalling in the neutral position also takes place when a wrestler is backing off the mat and out of bounds, as well as when the wrestler is pushing or pulling out of bounds.

5-25-1, 5-25-3: The definition of a takedown has been revised.

5-28-3: The definition of a recovery time out when a wrestler is injured because of the opponent's false start has been clarified.

6-4-1: The criteria when a match is stopped has been revised.

7-1-5q: The Nelson-Cradle is a new illegal hold/maneuver.

7-1-5y: Modified that a specific maneuver is not allowed.

7-4-2: Repeatedly dropping to one knee, as well as one hand, to break locked hands is considered unsportsmanlike conduct.

8-2-2: Clarified if a wrestler is injured because of the opponent's false start, then the injured wrestler should be accommodated with recovery time.

2018-19 Wrestling Points of Emphasis

1. Cleanliness – uniforms, pads
2. Braces – padded and covered
3. Stalling
4. Special Equipment Procedure
5. Injury prevention from false starts in the neutral position



The logo features the letters 'CIF' in a stylized, bold, black font. The 'C' is a thick, curved shape on the left. The 'I' is a thick vertical bar in the center. The 'F' is a thick, blocky letter on the right, with a small 'TM' trademark symbol at its base. Below the logo, the word 'WRESTLING' is written in a large, bold, black, sans-serif font.

WRESTLING

Beginning in the 2018-19 wrestling season the following procedures for skin checks and weigh ins will be utilized in California.

Skin Checks

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

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

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

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

Weigh Ins

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

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

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

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

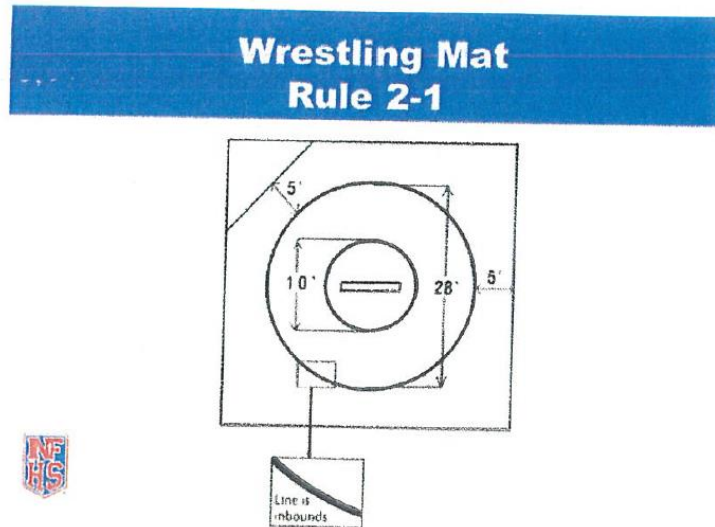
The NFHS has made it a point in the rules reminder portion of their annual presentation to reinforce the mandated 5 feet protection surface for wrestling mats. In particular during dual meets and tournaments. This has always been in the rules books, but has not been adhered to as strictly as it should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

2018/19 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 2018/19 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 2017/18 CIF Southern Section Blue Book, Article 3200, pages 238-246.

Blue Book Rule 1211.7 Regional Wrestling Tournament Exception – A regional wrestling tournament must request a minimum of 20% of the total number of officials needed to staff the event from the host school's assignment area. They may request additional officials from other assignment areas. For a wrestling tournament to be considered a regional tournament, it must meet all of the following criteria:

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

Weight Classes in High School Wrestling

Boys Weight Classes:

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

Alternates for Individual Wrestling Championships –

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

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

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://nfhslearn.com/courses/61037>



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

Number of Days of Practice - 3200 Statewide Modification –

- 3200 A - An individual student, not a member and participant of a fall sports team, shall have at least ten days of practice before the student can compete in a meet or tournament.
- 3200 B - An individual, who completes the regular season in a fall sport, shall have at least five days of practice before the student can compete in a meet or tournament.

RULE 3201 – A wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the CIF State Wrestling Championships (in most situations this would be the league wrestling tournament). Forfeits do not count towards the 40-match maximum. Matches wrestled in any tournaments or competitions held prior to the first qualifying tournament will count towards the 40-match maximum. **EXCEPTION:** Any matches wrestled in a CIF Section Team Dual Championship Tournament will not count as part of the 40-match maximum. (Approved October 2001 Federated Council)

PENALTY FOR EXCEEDING THE 40 MATCH LIMIT

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

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

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

Official Weigh-In

Blue Book Rule 3202:

- A. All CIF-member schools must follow all National Federation rules and procedures concerning the weighing in of wrestlers.
 - (1) Violation of NFHS rule 4-5-5 will result in the following sanction; the host school will not be allowed to host any tournament for the following year and cannot financially benefit from any other tournament for that year. In addition, the Section may impose the following additional sanctions:
 - a. The hosting school is placed on probation.
 - b. Reduction of maximum number of matches.(Revised May 2010 Federated Council; see NFHS Wrestling Rules Book 4-5-5)
- B. California provides 14 weight classes per NFHS rules and the two (2)-pound growth allowance to each weight class on 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 January 15. (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 five matches in one day.

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

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

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

Bylaws 3203.A, 3203.D and 3203.F. CIF STATE BLUE PAGES III.A, D and F
PENALTY: Failure to adhere to these bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament, then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

MANDATORY AT EVERY DUAL AND INDIVIDUAL TOURNAMENT

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

Link to tutorials for Frequently Asked Questions for how to operate Trackwrestling.com
<http://www.trackwrestling.com/tw/FAQPlan.jsp?planId=141049009>

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

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

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

Weigh In Report

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

Official Weigh In Report

Event: 3rd ANNUAL CARTER INLAND EMPIRE OPENER

Date: 09/28/2017

11/26/2016
1 lbs consecutive day allowance

Weight	Name	EWC	EWV	Actual Wt.	Skin Check
105	[REDACTED]	105	97.74	_____	_____
106	[REDACTED]	106	102.71	_____	_____
	[REDACTED]	106	105.52	_____	_____
113	[REDACTED]	113	108.31	_____	_____
113	[REDACTED]	113	110.60	_____	_____
120	[REDACTED]	120	118.91	_____	_____
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) <small>* if honor weigh-in performed</small>	Certified By Opponent Coach _____ (name)
Referee _____ (name)	Referee _____ (name)



ROGER L. BLAKE, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

September 21, 2018

To: 2017-2018 Wrestling Weight Management Program Assessors
Re: 2018-2019 Recertification and new Device announcement

Dear Assessors,

The CIF is excited to announce details regarding the 2018-2019 Wrestling Weight Management Program. There have significant changes to the assessment process, and a updates to share:

- The recertification process for all Assessors from the 2017-2018 season will begin **September 21, 2018 at NOON**.
- 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 2018-2019 season will open **October 15, 2018**. 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 2018-2019 Weight Management Program Manual is available for download from the CIF State website for your review and records. **Please review this document for significant changes to the process prior to your recertification exam.** The forms used for assessments, appeals, and sub-7% BF have changed as well.

A new Ultrasound Wand device ([BodyMetrix](#)) was approved by the CIF for use in replacement of the discontinued Tanita Scale. Information about purchasing the device at a promotional discounted rate for 2018-2019 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.
- If your Tanita Scale is still in working order, you may continue to use it for assessments this season.
- Beginning 2019-2020 the BodyMetrix device will be the only approved device for assessments.

If you have questions, please contact Chase Paulson, MS, ATC at cpaulson@wvusd.k12.ca.us

Ultrasound Body Composition

The **BodyMetrix™ System** brings wrestlers and coaches the latest in body fat percentage (%BF) measurement technology. Validated in a study performed at Appalachian State University⁽¹⁾ 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@intelamatrix.com. To get more information or purchase the special high school wrestler-science package go to <http://www.bodymetrixwr.com/>.

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

ACCOUNTABILITY RULE

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

How serious is such an action?

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

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

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

From the Blue Book: **DUTIES OF THE PRINCIPAL**

125.1 COACH EJECTION - Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section office, which includes the circumstances surrounding the matter, and what action the principal has taken to prevent a reoccurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. **ADDITIONALLY, UPON EJECTION, THE EJECTED COACH SHALL BE DISQUALIFIED FROM PARTICIPATING IN THE REMAINDER OF THE GAME AND WILL BE INELIGIBLE FOR THE TEAM'S NEXT CONTEST. A SECOND EJECTION WILL CONSTITUTE A TWO CONTEST SUSPENSION, AND A THIRD EJECTION WILL CAUSE SUSPENSION FOR THE REMAINDER OF THE SEASON.**

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

3216 PLAYER CONDUCT - Any player ejected for any reason, or any player who leaves the confines of the bench or team area during a fight that may break, out or has broken out, shall be disqualified from participating in the remainder of the game, and will be ineligible for the team's next contest. A second ejection will constitute a two-contest suspension, and a third ejection will cause suspension for the remainder of the season.

SPECIAL NOTICE SUPERVISION OF ATHLETES

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

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

State and Southern Section Rule 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) Philosophy of the Tournament

- A) Continue with an opportunity for championships in 6 divisions, with divisions grouped competitively, as they are now.
- B) Provide an opportunity for schools who wish to participate in this competition to do so and allow those who do not wish to participate to opt out.

2) Size of Bracket, Date of Tournament, Format of Tournament

- A) Minimum of 8 teams, maximum of 16 teams.
- B) One-day tournament, same Saturday in February.
- C) Single Elimination.

3) League Champions

- A) Guaranteed entry for League Champions. Each league will be guaranteed one entry for their League Champion only. If a League Champion does not wish to participate in the Dual Meet Championships, that league will not have any additional guaranteed entries.

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.



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>

2018/19 Wrestling Sanctioned Events

Event	Date of Event	Host School	Tournament Director	Level	Status
Hemet - JV/Novice Wrestling	11/17/2018	Hemet	David Andersen	JV-F/S	Approved
Valencia/Placentia - F/S Quad 11/14	11/14/2018	Valencia/Placentia	Gerardo Rodriguez	F/S	Approved
Valencia/Placentia - Tournament of Champions	1/4/2019	Valencia/Placentia	Gerardo Rodriguez	V	Approved
La Puente - 5th Anl Battle of the Bridge JV Dual Tournament	11/24/2018	La Puente	Jim Lane	JV	Approved
La Puente - 7th Anl Bridgetown Throwdown Varsity Dual Tournament	1/12/2019	La Puente	Jim Lane	V	Approved
Marina -	11/17/2018	Marina	Chris Rasmussen	F/S	Approved
Downey - Duals 6-way	11/17/2018	Downey	Miguel Soto	V-JV	Approved
Redlands East Valley - Citrus Grove JV Dual Classic (10 way)	1/5/2019	Redlands East Valley	Joe Johnson	JV	Approved
Sierra Vista Varsity Classic	11/30/2018	Sierra Vista	Tony Gonzales	V	Approved
Montclair -	11/14/2018	Montclair	Gilbert Diaz	F/S	Approved
Montclair -	11/28/2018	Montclair	Gilbert Diaz	JV	Approved
Montclair -	12/15/2018	Montclair	Gilbert Diaz	JV	Approved
Montclair -	1/19/2019	Montclair	Gilbert Diaz	V	Approved
Cabrillo/Long Beach -	12/7/2018	Cabrillo/Long Beach	Keedrick Gardner	JV	Approved
JACK C AVERY	1/11/2019	Santa Ynez	Cris AVERY	All	Approved
Battle of the Valley	1/11/2019	Santa Ynez	Cris AVERY	V	Approved
Beaumont - Cougar Individual Tournament	11/17/2018	Beaumont	Martin DuSold	V	Approved
Beaumont - Cougar JV Duals	11/19/2018	Beaumont	Martin DuSold	JV-F/S	Approved
Brea Olinda - Ed Spring Tournament	12/21/2018	Brea Olinda	Feargus McTeggart	V	Approved
La Quinta/La Quinta - Tom Jenkins Memorial Duals	11/17/2018	La Quinta/La Quinta	Chad Endres	V	Approved
La Quinta/La Quinta - All Desert JV Challenge	11/17/2018	La Quinta/La Quinta	Chad Endres	JV	Approved
El Dorado - Invitational	11/30/2018	El Dorado	Steve Lawson	All	Approved
Carter -	11/16/2018	Carter	Joe Paluba	V	Approved
Carter - dual tournament	11/30/2018	Carter	Joe Paluba	All	Approved
Miller, A.B. -	1/12/2019	Miller, A.B.	John Abad	V	Approved
Western - JV Quad Duals	11/15/2018	Western	Jaime Flores	F/S	Approved
Western - FS Quad Duals	11/27/2018	Western	Jaime Flores	F/S	Approved
Western - Jv Quad Duals	11/29/2018	Western	Jaime Flores	JV	Approved
Western - FS Quad Duals	12/4/2018	Western	Jaime Flores	F/S	Approved
Citrus Hill - Hawks Nest	12/14/2018	Citrus Hill	Rich Shearer	V	Approved
Frank Alvarado Classic	1/12/2019	Segerstrom	Juan Moroyoqui	F/S	Approved
Segerstrom Varsity Tournament	1/19/2019	Segerstrom	Juan Moroyoqui	V	Approved
Gabrielino - Frosh Soph Duals	12/1/2018	Gabrielino	Michael Humphreys	F/S	Approved
Gabrielino - Varsity Duals	12/7/2018	Gabrielino	Michael Humphreys	V	Approved

Gabrielino - JV Duals	1/12/2019	Gabrielino	Michael Humphreys	JV	Approved
Hesperia - Scorpion Invitational, JV Wrestling	12/27/2018	Hesperia	Jeff Hallett	JV	Approved
Norte Vista JV Tournament	11/15/2018	Norte Vista	Kyle Lopez	JV	Approved
JV Top Gun Tournament	1/19/2019	Bonita	Rob Froh	JV	Approved
Calvary Chapel/Santa Ana -	1/16/2019	Calvary Chapel/Santa Ana	jon hughes	All	Approved
Bryan Malloy Christmas Classic	12/14/2018	Fontana	George Ventura	V	Approved
Golden Legends Wrestling Tournament	12/8/2018	Eastside	Adam Smith	All	Approved
North Torrance -	1/19/2019	North Torrance	Bronson Gerl	F/S	Approved
North Torrance - FS Wrestling Tournament	1/19/2019	North Torrance	Bronson Gerl	F/S	Approved
Santa Barbara - Varsity Boys 4-Way Dual Tournament	11/24/2018	Santa Barbara	Adrian Macias	V	Approved
Alemanya 4 way duals	11/26/2018	Alemanya	Ricardo Garcia	V	Approved
Millikan - Duals	11/30/2018	Millikan	Marshall Thompson	All	Approved
Millikan - "Two" Tournament	1/3/2019	Millikan	Marshall Thompson	V-JV	Approved
Millikan - MIT	1/19/2019	Millikan	Marshall Thompson	V	Approved
Great Oak -	12/21/2018	Great Oak	J. P. Santone	All	Approved
Thousand Oaks - Novice Tournament	11/16/2018	Thousand Oaks	Kerry Lyne	N	Approved
Thousand Oaks - JV Tournament	11/17/2018	Thousand Oaks	Kerry Lyne	JV	Approved
Thousand Oaks - Varsity Tournament	1/12/2019	Thousand Oaks	Kerry Lyne	V	Approved
Glenn FS Wrestling Tournament	11/17/2018	Glenn	Monico Enriquez	F/S	Approved
Glenn JV Rise To The Top Tournament	12/22/2018	Glenn	Monico Enriquez	JV	Approved
Glenn Varsity Juan Enriquez Memorial Classic	1/4/2019	Glenn	Monico Enriquez	V	Approved
West Torrance NOVICE	11/17/2018	West Torrance	M. Liebig	F/S	Approved
West Torrance Novice	11/17/2018	West Torrance	M. Liebig	JV	Approved
West Torrance -Freshmen Only	12/1/2018	West Torrance	M. Liebig	F	Approved
West Torrance -Varsity Duals	9/5/2018	West Torrance	M. Liebig	V	Approved
Godinez - JV DUals	11/20/2018	Godinez	Albert Corona	JV	Approved

BLUE BOOK RULE 503: 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 that 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 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 athlete's and the athlete's parent or guardian before the athlete's initial practice or competition.

(Approved May 2010 Federated Council/Revised May 2012 Federated Council/Revised January 2015 Federated Council)

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

A: The "scope or 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).

RULE 503H 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 or guardian before the athlete's initiating practice or competition.

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

A: 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. This is a national concern, as evidenced by [pages 57 and 58](#) of the new NFHS rulebook, which makes Communicable Skin Conditions a point of emphasis. There are some good practical suggestions on those pages for running a healthy program.

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

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

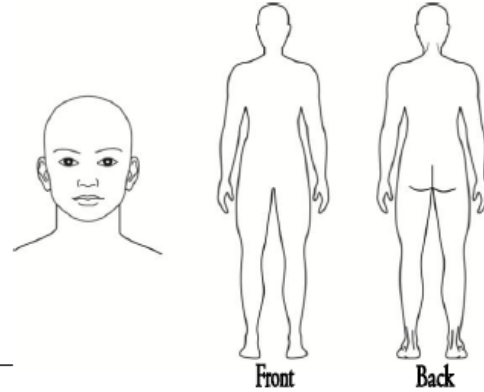
Form Expiration Date for this Lesion (Note on Diagram(s)): ___ / ___ / ___

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 override 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 2018-2019
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](#)

Wrestling – Pre-Dual Meet Timeline

Officials, Coaches, Athletic Directors

There is a major concern across the state and section that wrestling dual meets are not starting on the designated times. In no other sport or event would this be tolerated out of respect to the sport, supervisors, fans, coaches and officials.

Teams need to arrive within the timelines to be weighed in, be groom checked and have adequate warm up time. The bottom line is that all duals need to begin on the designated start time.

Here is a recommended timeline:

		Example: Dual start time 5:30pm
1 ½ hour before dual	Visiting team arrive & competition mats need to be ready to go	4pm
1 hour before dual	Weigh ins may begin	4:30pm
½ hour before dual	Official arrives	5pm
½ hour before dual	All Home team groom check in locker room Visiting team warm-ups	5-5:10pm
¼ hour before dual	All Visiting team groom check in locker room Home team warm-ups	5:15-5:25pm
5 minutes before dual	Officials/Coach/Captain Meeting	5:25pm
	Dual meet begins	5:30pm
~1-1 ½ hour later	Dual meet completed	~7pm
½ hour after the completion of prior dual	Next Dual Meet	7:30pm
½ hour before dual	Visitor Team Warm up	7:00pm
¼ hour before dual	Home Team Warm up	7:15pm
5 minutes before dual	Officials/Coach/Captain Meeting	7:25pm
	Dual meet begins	7:30pm



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