

**ARTICLE 320  
WRESTLING**

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**3200. DAYS OF PRACTICE**

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- A. Each individual student not a member and participant of a fall sports team shall have at least 10 days' practice before the student can compete in a meet or tournament.
  - B. Each 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.
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**3201. 40 MATCH RULE**

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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 Section team dual championship tournament will not count as part of the 40-match maximum.  
(Approved October 2001 Federated Council)

**PENALTY:** Violation of Article 3201 will result in the following sanctions:

- A. If an athlete goes over the prescribed 40 match limit, the athlete shall be ineligible for any further competition for the season. In addition, the Section 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 matches allowed for the following year in that sport:
    - (5) Repeated violation may result in suspension of membership in the CIF.  
(Approved November 2009 Federated Council)

3321.1 Tournaments are to be managed in such a way so that evening competition is completed at a reasonable time.

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**<>3202. WEIGH-INS**

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- 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)
- B. 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.

C. 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)

D. 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 (i.e. intravenous hydration) 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.

Only wrestlers who make weight at their league's qualifying tournament or through the freelance tournament are eligible for CIF-SS Individual Championship competition.

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### **3203. CIF WRESTLING WEIGHT MANAGEMENT PROGRAM**

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**Bylaw 3203: Wrestling Weight Management has moved to the Blue Pages in the CIF State Constitution and Bylaws.**  
(Approved April 2016 Federated Council) This information can be found as a "NOTE" at the end of this wrestling section

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### **3204. RULES**

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All wrestling competition in the CIF Southern Section will be conducted under National Federation rules unless otherwise provided herein.

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### **<>3205. STARTING DATES FOR INTERSCHOLASTIC CONTESTS**

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No interscholastic contests (non-league, tournament, or league) may be scheduled prior to March 5.

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### **<>3206. END OF COMPETITION**

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All league competition for Dual Wrestling entries must end on or before Tuesday, May 11, and for Individual Wrestling on or before Saturday, May 15. Schools may compete until May 15 for non-league dual contests. Dual meet entries will be due in the CIF Southern Section Office on Tuesday, May 11, at 11:00 p.m. Individual meet entries will be due from your league final meet manager on Sunday, May 23.

QUESTION:	Will contest(s) played after the completion of league play and/or submission of league entries impact seeding or rankings?
ANSWER:	No, once the league entries have been submitted a school will be seeded and ranked based on a team's results as of May 11 for Dual Wrestling and May 23 for Individual Wrestling.

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### **3207. SUMMERTIME RULES/ SUMMER DEAD PERIOD/SPORTS CAMPS**

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Refer to Blue Book Bylaw 1223 for specific information on Summertime Rules/ Summer Dead Period/ Sports Camps

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### **3208. OUTSIDE COMPETITION BY AN INDIVIDUAL**

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Refer to Article 60 for specific guidelines.

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### **3209. LEVEL OF COMPETITION**

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Refer to Blue Book Bylaw 1226 for specific information on Level of Competition.

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### **3210. MAXIMUM ATHLETIC CONTESTS IN ONE DAY**

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Refer to Blue Book Bylaw 1227 for specific information on Maximum Contests in one day.

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### **3211. SCHOOL ATTENDANCE**

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Refer to Blue Book Bylaw 1228 for specific information on standards for School Attendance

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**3212. CLASSIFICATION CHANGES**

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The different wrestling teams at each school (i.e., varsity, JV, frosh-soph or extra teams that may be formed) must retain their team identity with regard to squad roster. When a wrestler moves from one team to the other, it should be by challenge match, and there should be no indiscriminate shuffling of wrestlers from one team to the other by coaches for the purpose of manipulating the makeup of the team in order to meet a certain opponent.

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**3213. POST-REGULAR SEASON WORKOUTS**

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Wrestlers who qualify for CIF post-season championship competition will be permitted to workout following the close of the league season with students from other high schools who have also qualified for this competition.

**QUESTION:** Would it be permissible for a wrestler who has qualified for the CIF Southern Section post-season individual competition to practice with another wrestler who is a member of the high school team but not qualified for post-season individual competition?

**ANSWER:** Wrestlers who qualify for post-season individual championship competition will be permitted to workout following the close of the league season with students from other schools who have also qualified for individual championship competition. This rule is not intended to allow teams that qualify for dual meet championships to workout with another team. Those that qualify for the dual meet championships would be allowed to workout their entire varsity team until their elimination from the dual meet championships. They may not workout with another team or individual prior to elimination.

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**3214. ONE-PIECE UNIFORM**

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Southern Section wrestlers have the option of wearing and competing in a properly cut one-piece uniform to be worn without full-length tights. The uniform must meet all requirements listed for the shirt and must have a minimum of a four-inch inseam with close fitting legs.

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**3215. SUNDAY RESTRICTION**

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Refer to Blue Book Bylaw 1229 for specific information on Sunday Restriction.

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**3216. PLAYER CONDUCT**

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Refer to Blue Book Bylaw 1224 for specific information on Player Conduct.

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**3217. COACH EJECTION**

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Refer to Blue Book Bylaw 125.1 and 1225 for specific information on Coach Ejection.

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**3218. NOISEMAKERS PROHIBITED**

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Refer to Blue Book Bylaw 1230 for specific information on Noisemakers.

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**3219. PLAYOFFS**

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Refer to Article 33 (Playoffs) for details regarding playoff information. (Specific information will be contained in playoff information bulletins.)

**NOTE: CIF WEIGHT MANAGEMENT PROGRAM****CIF State Boys Weight Classes:**

<b>106 Pounds</b>	<b>132 Pounds</b>	<b>160 Pounds</b>	<b>220 Pounds</b>
<b>113 Pounds</b>	<b>138 Pounds</b>	<b>170 Pounds</b>	<b>285 Pounds</b>
<b>120 Pounds</b>	<b>145 Pounds</b>	<b>182 Pounds</b>	
<b>126 Pounds</b>	<b>152 Pounds</b>	<b>195 Pounds</b>	

**CIF State Girls Weight Classes:**

<b>101 Pounds</b>	<b>121 Pounds</b>	<b>143 Pounds</b>	<b>189 Pounds</b>
<b>106 Pounds</b>	<b>126 Pounds</b>	<b>150 Pounds</b>	<b>235 Pounds</b>
<b>111 Pounds</b>	<b>131 Pounds</b>	<b>160 Pounds</b>	
<b>116 Pounds</b>	<b>137 Pounds</b>	<b>170 Pounds</b>	

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