

**ARTICLE 330  
WRESTLING**

---

**3300. DAYS OF PRACTICE**

---

- 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.

---

**3301. 40 MATCH RULE**

---

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 3301 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)

3301.1 Tournaments are to be managed in such a way so that evening competition is completed at a reasonable time.

---

**3302. WEIGH-INS**

---

- 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 (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.

---

### 3303. CIF WRESTLING WEIGHT MANAGEMENT PROGRAM

---

**Bylaw 3303: 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

---

### 3304. RULES

---

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

---

### <>3305. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

---

No interscholastic contests (non-league, tournament, or league) may be scheduled prior to November 14.

---

### <>3306. END OF COMPETITION

---

All league competition for Dual Wrestling entries must end on or before Tuesday, January 24, 2023, and for Individual Wrestling on or before Saturday, February 4. Schools may compete until January 28 for non-league dual contests. Dual meet entries will be due in the CIF Southern Section Office on Tuesday, January 24, at 11:00 p.m. Individual meet entries will be due from your league final meet manager on Sunday, February 5.

|           |   |
|-----------|---|
| 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 January 24 for Dual Wrestling and February 4 for Individual Wrestling. |

---

### #3307. CLASSIFICATION CHANGES

---

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.

---

### #3308. POST-REGULAR SEASON WORKOUTS

---

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 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. The 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 work out their entire varsity team until their elimination from the dual meet championships. They may not workout with another team or individual prior to elimination. |

---

### #3309. ONE-PIECE UNIFORM

---

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.

---

**#3310. PLAYOFFS**

---

Refer to Article 34 (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:**

|            |            |            |            |
|------------|------------|------------|------------|
| 106 Pounds | 132 Pounds | 160 Pounds | 220 Pounds |
| 113 Pounds | 138 Pounds | 170 Pounds | 285 Pounds |
| 120 Pounds | 145 Pounds | 182 Pounds |            |
| 126 Pounds | 152 Pounds | 195 Pounds |            |

**CIF State Girls Weight Classes:**

|            |            |            |            |
|------------|------------|------------|------------|
| 101 Pounds | 121 Pounds | 143 Pounds | 189 Pounds |
| 106 Pounds | 126 Pounds | 150 Pounds | 235 Pounds |
| 111 Pounds | 131 Pounds | 160 Pounds |            |
| 116 Pounds | 137 Pounds | 170 Pounds |            |

The establishment of a certified minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high schools. Participation in the CIF Wrestling Weight Management Program will be mandatory and binding for all CIF interscholastic wrestlers. No wrestler may compete until he/she has completed the required body composition assessment.

The CIF will utilize The Optimal Performance Calculator as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling.

**A. Establishing Certified Minimum Weights**

- (1) For all initial assessments, the Ultrasound Wand will be the only method utilized to determine each wrestler's body fat percentage. The Body Metrix Ultrasound system does not require hydration testing. Only measurements taken by persons who will successfully complete the CIF Assessor Certification Workshop will be valid. Schools will receive a list of CIF Certified Assessors. It is the responsibility of the school to contact an assessor from this list and arrange a time to have its wrestling squad assessed or attend a CIF Section sponsored regional testing clinic. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by The Optimal Performance Calculator and it appears on the school's Pre-Match Weigh-In Form (Alpha Sheet). Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.
- (2) **1% Variance:** The formula incorporated by the optimal performance calculator for assessment data for CIF wrestlers will automatically include a 1% variance of the wrestler's body weight at the certified minimum weight. (Example: If a male wrestler's minimum body weight at 7% is 150, the program will indicate that 148.5 lbs. is the certified minimum for that wrestler).
- (3) The lowest weight class at which a wrestler may compete will be determined as follows:
  - a. If the certified minimum weight, at 7% or 12% body fat, is exactly that of one (1) of the adopted weight classes, that weight shall be the wrestler's minimum weight class;
  - b. If the certified minimum weight, at 7% or 12% body fat, is greater than one (1) of the adopted weight classes but lower than the next higher weight class, the next higher weight class shall be the wrestler's minimum weight class.

**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.

(Revised May 2013 Federated Council)

**B. Time Period for Assessments**

- (1) No wrestler may compete until he/she has participated in an initial assessment and his/her name and data are included on the school Pre-Match Weigh-In form and Alpha Master Report.

- (2) Assessments may begin on October 15 of each school year. Wrestlers may be measured any time on or following this date and no later than January 15 to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.

a. **Hardship Exceptions**

Appeals may be submitted to the CIF Section Office for the following two exceptions only:

- i. **Assessment Exception One (1):** A student under doctor's care may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student's release from the doctor.
  - ii. **Assessment Exception Two (2):** A student who becomes eligible after January 15 may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student becoming scholastically and/or residentially eligible.
- (3) A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all other appeal options allowed within this policy.

C. **School Responsibilities for the Measurement Process**

- (1) It is the school's responsibility to contact and contract with a CIF Certified Assessor from the list provided by the CIF or attend a Section sponsored regional testing clinic.
- (2) Schools choosing to contract with a CIF Certified Assessor will be required to have available at the time of assessment:
  - a. **Assessment Data Forms.**
  - b. **Two (2) adults (teacher, AD, parent(s)/guardian(s)/caregiver, etc.) who will:**
    - (i) **Assist with measuring height (in feet and inches);**
    - (ii) **Assist with the recording of data;**
- (3) **Ultrasound assessments shall not be conducted by any active wrestling coach at any level.**

D. **Wrestlers Below 7% or 12% Body Fat**

Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below 7% may request a waiver in order to establish a certifiable wrestling weight class if a physician attests that the athlete is naturally at his sub-7% body fat level. In the case of a female wrestler, a waiver may be requested if the athlete is naturally at her sub-12% body fat. A waiver form must be signed by a physician, a parent(s)/ guardian(s)/caregiver, the principal and the head wrestling coach. The completed waiver form must be mailed or emailed to the appropriate Section office. Wrestlers may not compete at their waiver weight class until the completed waiver form, with all four (4) required signatures, has been received by the appropriate Section office. The waiver weight class is valid for one (1) season only and expires March 15 of each year. The sub-7% male or sub- 12% female, who receives clearance, may not wrestle below their actual weight class at the time of initial assessment.

**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. (Revised May 2013 Federated Council)

E. **Growth Allowance**

- (1) The NFHS Wrestling rules provide a two (2) pound growth allowance on January 1 of each wrestling season.

**F. Weight Loss Per Week**

- (1) An average weight loss limit per week of 1.5% of body weight at the time of initial assessment has been established. A season-long weight loss plan will guide each wrestler's weight loss during the season.
- (2) The weight loss plan shall determine in which weight class(es) a wrestler may compete each week.
- (3) A wrestler is ineligible to compete in a weight class below the lowest eligible weight class defined by the weight loss plan before the proper amount of time has passed to achieve the weight class.
  - a. **NOTE:** A wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor (NFHS Rule 4-4-2);
  - b. If a wrestler weighs in one (1) weight class below his/her lowest allowable weight class per his/her Pre-Match Weigh-in form, he/she is eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two (2) weight classes listed for that day on his/her Pre-Match Weigh-Inform.
  - c. If a wrestler weighs in two (2) or more weight classes below his/her lowest allowable weight class per his/her Pre-Match Weigh-in form, he/she is ineligible to wrestle in any weight class at that competition.
  - d. If a wrestler weighs in at a weight class higher than his/her allowable weight classes per his/her Pre-Match Weigh-in form, he/she may wrestle in compliance with NFHS Rule 4-4-2; a wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor.

**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.

(Revised May 2013 Federated Council)

**G. Appeal of Assessment Results**

- (1) Any athlete may appeal his/her initial assessment results one (1) time by reassessment. In order to utilize the results of an appeal, the school must receive notification from the Section Office prior to allowing the challenging athlete to compete.
- (2) The steps of the appeal process are as follows (Step 1 may be bypassed and only Step 2 utilized):

**STEP 1:** The athlete shall repeat the assessment as described in the regulation.

- a. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of the initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.
- b. Data shall be recorded on the Assessment Data Form.
- c. Reassessment may be done by Ultrasound assessment.

**PENALTY:** A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

**STEP 2:** If dissatisfaction with the results remains, the wrestler may choose Bod Pod assessment to determine body fat percentage. Results obtained at this step are final: the athlete, family, school or coach may not appeal further.

- a. The Bod Pod assessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.

- b. Bod Pod facilities must be approved by the CIF State Office; the proper form shall be filed with the Section Office.
- c. Bod Pod assessment must be conducted before the wrestler participates in interscholastic competition.

**PENALTY:** A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

#### H. Costs

- (1) All costs incurred for initial assessment, appeal process, nutrition education program, and Optimal Performance Calculator are the responsibility of the school or parent(s)/guardian(s)/caregiver.
- (2) Charges for ultrasound assessments conducted by a CIF Certified Assessor may not exceed \$10 per wrestler.
- (3) CIF Certified Assessors are permitted to charge mileage at the CIF adopted rate or a minimum service fee of \$50 whenever travel is required to a location at which fewer than six (6) subjects are to be assessed on any given date.

#### I. Training the Assessor

- (1) Persons eligible to be trained as CIF Certified Assessors shall be medical practitioners (e.g., physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physician's assistants, nutritionists, health educators, exercise physiologists) or other persons approved by the CIF. Under no circumstances may an active wrestling coach be a certified assessor.
- (2) Training and certification of CIF Certified Assessors will be conducted by CIF Master Assessors under the direction of the State CIF.
- (3) The assessor will attend a training session and annual update certification.
- (4) The assessor will participate in a random sample test to substantiate the quality and accuracy of his/her measurements.
- (5) The assessor certification training will consist of a minimum of two (2) hours of training (classroom and practical training).
- (6) A certification training fee will be charged to each assessor candidate attending the training program.
- (7) **Recertification**
  - a. The CIF State Office will conduct annual recertification clinics for a minimum of one (1) CIF Head Master Assessor from each Section. Recertified Head Master Assessors will then conduct recertification clinics for CIF Master Assessors within each local Section.
  - b. CIF Master Assessors will conduct all recertification training programs for CIF Certified Assessors.
  - c. Recertification of CIF Certified Assessors will require a minimum of one (1)-hour training.
- (8) **Data Collection**
  - a. The CIF will provide the reporting forms.
  - b. The assessor will conduct all Ultrasound measurements.
  - c. The assessor will be responsible for posting all wrestler data to the TRACKWRESTLING web site within 72 hours after the initial assessment is made.

(Revised May 2006 Federated Council/Revised May 2007 Federated Council)

## Procedures for skin checks and weigh ins

### A. Skin Checks

- (1) Prior to weigh ins all wrestlers will be examined for possible contagious skin conditions.
- (2) 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.
- (3) 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.
- (4) 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.

### B. Weigh Ins

- (1) Prior to any competition all wrestlers will weigh in, in accordance with NFHS rules with the following exceptions:
- (2) All boys and girls will have the opportunity to weigh in shoulder to shoulder within the same timeframe for a dual meet or tournament.
- (3) All boys and girls must weigh in, with their school issued competition uniform fully in place.
- (4) The weigh ins can be conducted by either a male or female administrator/coach/official.
- (5) 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.