CIF SOUTHERN SECTION

# WRESTLING

## 2026–2027



# SEASON PREVIEW

CIF Ford Est. 1913 Southern Section CHAMPIONSHIPS




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CIF Ford Est. 1913 Southern Section CHAMPIONSHIPS

TO: CIF-SS GIRLS' WRESTLING COACHES

FROM: ALICIA SEEVERS, ASSISTANT COMMISSIONER

DATE: OCTOBER 2026

**RE: 2026-27 CIF SOUTHERN SECTION GIRLS WRESTLING PREVIEW**

## WELCOME TO THE 2026 - 2027 CIF SOUTHERN SECTION GIRLS WRESTLING SEASON!

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

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

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

# CIF-SS GIRLS 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 hosting playoff sites
- Recommendations for procedural changes
- Evaluation of sports season
- Assistance to coaches and/or official 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, the members of this year's committee are:

The Girls Wrestling Advisory Committee will be responsible for forming the seeding committee to seed the girls prior to the Regional Qualifying Tournament and the CIF Girl's Championships. The CIF-SS Wrestling Protocols and Criteria will be followed by the seeding committee.

| Name | School | School Number | E-mail |
|---|---|---|---|
| **Jimmie Bowers** | **Corona HS** | **951 227-9898** | Jimmie.bowers@cnusd.k12.ca.us |
| **Tim Byers** | **Santa Ana HS** | **714.567.4900** | coachbyers@gmail.com |
| **David Carrizosa** | **Sonora HS** | **714.863.2071** | dcarrizosa@fjuhsd.org |
| **Jaime Flores** | **Western HS** | **714.220.4040** | Flores_ja@auhsd.us |
| **Rob Froh** | **Bonita HS &** | **909 971-8220** | r.froh@bonita.k12.ca.us |
| | | **626-974-6220 x803019** | rfroh@c-vusd.org |
| **Randy Gonzalez** | **Lakewood HS** | **562.810.5186** | rsgonzalez@lbschools.net |
| **Jesse Jaime, Sr.** | **San Dimas HS** | **626-343-1812** | sdladysaints@yahoo.com |
| **Mike Kim** | **Valencia HS** | **714 310-7350** | **mikekimL22i@gmail.com** |
| **David Ochoa** | **Northview HS** | | dochoa@c-vusd.org |
| **Chris Rasmussen** | **Marina HS** | **714 402-4207** | cerasmussen@hbuhsd.edu |
| **Luis Robles** | **Paloma Valley HS** | **951.238.8808** | luis.robles@puhsd.org |
| **Ryan Faintich** | **At Large** | **314.922.4094** | ryanfaintich@gmail.com |
| **Marina Sanchez** | **Hillcrest HS** | **951.235.9763** | marina_sanchez103@yahoo.com |

## APPROVED SANCTIONED EVENTS

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

Sanctioned Events download directions:

click on GOVERNANCE TAB, click on SANCTIONED EVENTS,
select WRESTLING, GIRLS click SEARCH

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

# 2026-27 WRESTLING SEASON CALENDAR DATES

**Starting Date for Interscholastic Contest:** No interscholastic contest (tournament or league) may be scheduled prior to November 9, 2026.

**Last League and/or Non-League Contest:** The last allowable date for a contest is Tuesday, January 26, 2027. **Dual meet at large applications are due 11:00 pm Tuesday, January 26, 2027**.

**Last Individual Wrestling Competition:** The last day for Individual Wrestling competition is Saturday, February 6, 2027. **Wrestling Individual entries are due, Sunday, February 7, 2027.**

# 2026-27 WRESTLING CHAMPIONSHIPS MEET INFORMATION

## CIF-Southern Section Dual Meet Championships

| Date | Division | Site | Meet Manager |
|---|---|---|---|
| January 30 | 1 | Paloma Valley High School | Luis Robles, Head Coach |
| January 30 | 2 | Orange Lutheran High School | Heber Castillo, Head Coach |
| January 30 | 3 | North Torrance High School | Aron Laman, Head Coach |
| January 30 | 4 | Great Oak High School | Jose Pedraza, Head Coach |

**Schools must submit Dual Team At Large entries by Tuesday, January 26, 2027**, so the draw can be announced, and the championships can be begin on Saturday, January 30, 2027. Round of 16 Quarterfinals and Semifinals will be on Saturday, January 30, 2027. Championship will be at Host Site on Wednesday/Thursday, February 3/4, 2027.

## CIF-Southern Section Girls Individual Championships

| Date | Region | Site | Meet Manager |
|---|---|---|---|
| February 12/13 | Central | Marina HS | Chris Rasmussen, Head Coach |
| February 12/13 | Eastern | San Dimas HS | Jesse Jaime Sr., Head Coach |
| February 12/13 | Inland | Corona HS | Jimmie Bowers, Head Coach |
| February 12/13 | Northern | Hillcrest HS | Marina Sanchez, Head Coach |
| February 12/13 | Southern | Lancaster HS | Jose Ramos Alvarez, Head Coach |

**Wrestlers that qualify through their Girls Individual League Finals from each weight class will participate in the Girls Individual Championships. Starting with the 2026-2027 season, the Top 6 Placers at each site qualify for the Girls CIF Southern Section Masters Championships; the 7th Place wrestler will be an alternate for Masters. All coaches must present Trackwrestling Alpha Master Sheet at the time of weigh in.**

## CIF-Southern Section Girls Masters Meet

| Date | Site | Meet Manager |
|---|---|---|
| **Saturday, February 20** | **Sonora HS** | **Alan Clinton/ Chris Rasmussen/ Dave Carrizosa** |

The Girls Masters will run as (2) 16 person brackets in one day. 32 Qualifiers from the CIF-SS Girls Individual Championships in each weight class will participate. (6 from 5 divisions). The top eight from the CIF-SS Girls Masters Meet in each weight class will advance to the CIF State Girls Wrestling Championships. These will be the top 4 from each 16-team bracket.

## GIRLS CIF STATE WRESTLING CHAMPIONSHIPS

| Date | Site | Meet Manager |
|---|---|---|
| February 25-27 | Mechanics Bank Arena, Bakersfield, CA | Cici Robinson |

# CUSTOM JACKETS

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Locations in: Moreno Valley and Anaheim

# CIFSSHOME REQUIREMENTS

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

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

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

-On the left panel, click on "Teams", select "Wrestling, Boys/ Wrestling, Girls"

To **Add a game:**

- On the left panel, click on "Events", select "Add Event", choose Game under "Event Type", choose date of game under "Event Date", choose Wrestling, Boys/ Wrestling, Girls under "Sport", choose Varsity under "Level", type the opposing school name in "Add Opponent",
  choose the type of game under "Select Game Type", click on Home, Away or Neutral under "Location", choose "Start Time"
  Click on "Save" to add one game or "Save & Duplicate" for multiple games.
- To **Submit your score:**
- On the left panel, click on "Teams", select "Teams Manager", scroll down to Wrestling, Boys/ Wrestling, Girls and click on VR to add Varsity scores
  Click on "Post Result" button, enter your team's score, enter the opponent's score, result should auto populate with either "W", "L" or "T" based on the correct match score entered. If the game was a forfeit, click on the Yes box, enter the set scores in "Notes".

**Make sure that your overall and team records are correct on your team page**

**VARSITY COACHES**

Attention Athletic Directors/Coaches: **It is very important that you enter your Wrestling coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than** FRIDAY JANUARY 22, 2027.

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

- Click on the **"Users"** tab, click on **"User Manager"**, click on the + in the upper right-hand corner to add Coaches and Assistant Coaches.

Enter the information requested on the "Add School User" page. Choose "Active" to provide the coach with access to CIFSSHome or "Inactive" for directory purposes only. Choose Yes or No to give the coach access to all sport, click **Submit.**

Choose the applicable options on the Assign Coach to Team page, click Save or Add Another to add additional coach(s).

**VARSITY TEAM INFORMATION (ROSTERS)**

Attention Athletic Directors/Coaches: **It is very important that you enter your entire Varsity roster into CIFSSHome (www.cifsshome.org) no later than** FRIDAY, JANUARY 22, 2027.

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

- Click on the **"Teams"** tab, click on **"Teams Manager"**, click on **Wrestling, Boys/ Wrestling, Girls** , select

You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).

**Required roster information for Wrestling, Boys/ Wrestling, Girls is: First Name, Last Name, Birth date, Year & Eligibility**

**(1) To ADD roster players one by one:**

- Click on + Add Players Event by Event and complete fields required for Wrestling.

**(2) To Import a Roster using an Excel sample file:**

Download the sample file **and** delete the "contents only".

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

Only an excel file (xls) can be uploaded that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.

Click on to find your file, Choose File then click Import on

- To confirm the roster has been uploaded, your players' names will be uploaded in the "Official Roster" section.
- Click on the pencil next to the player's name to view each player's information.

**TEAM PHOTO**

Attention Athletic Directors/Coaches: **It is very important that you enter your entire Varsity roster into CIFSSHome (www.cifsshome.org) no later than** FRIDAY, JANUARY 22, 2027.

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

- Click on the **"Teams"** tab, click on **"Teams Manager"**, click on **Wrestling, Boys/ Wrestling, Girls** , select

You can UPLOAD your TEAM PHOTO in the "Team Info" tab

**AT LARGE APPLICATION –**

**Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Dual Wrestling. The At Large Application is to be submitted by your school no later than** TUESDAY, JANUARY 26, 2027 NO LATER THAN 10:00 P.M.

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

-On the left panel, click on the "Forms" tab, select "At Large Petition", Select "Wrestling" from the drop down menu, then click "Add"

**Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large Petition will be created.**

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

# 2026-2027 GIRLS DUAL WRESTLING PLAYOFF GROUPINGS

## 2026-2027 GIRLS DUAL CHAMPIONSHIP

## TEAMS MUST SUBMIT AN AT LARGE APPLICATION

## Divisions formed according to CIF-SS Bylaw 3520.4

### DIVISION 1

| | |
|---|---|
| Aliso Niguel | Orange Vista |
| Chaparral | Palm Desert |
| Corona | Paloma Valley |
| Downey | Poly/ Long Beach |
| Esperanza | Rio Mesa |
| Etiwanda | Roosevelt |
| Hillcrest | San Clemente |
| Marina | Santa Ana |
| Mayfair | Shadow Hills |
| Northview | Walnut |

### DIVISION 2

| | | |
|---|---|---|
| Arroyo | Fountain Valley | Santa Fe |
| Ayala | Hemet | Santiago/GG |
| Camarillo | La Canada | South Hills |
| Canyon/A | La Quinta/ LQ | Sultana |
| Centennial/C | Lakewood | Tahquitz |
| Cerritos | Los Osos | Temecula Valley |
| Chaffey | Lutheran/O | Temescal Canyon |
| Chino | Newbury Park | Thousand Oaks |
| Citrus Valley | Norwalk | Upland |
| Colony | Pacfiica/O | Victor Valley |
| Cypress | Redondo Union | Vista |
| El Toro | San Dimas | Murrieta |
| Elsinore | San Marino | Warren |
| | Santa Ana Valley | West |

### DIVISION 3

| | | | | |
|---|---|---|---|---|
| Adelanto | Eisenhower | Highland | Mountain View | Redlands East Vly |
| Anaheim | El Dorado | Huntington Beach | Murrieta Mesa | Santiago/C |
| Artesia | El Rancho | Irvine | Newport Harbor | Schurr |
| Beaumont | Excelsior Charter | Knight | Norco | Segerstrom |
| Beckman | Fillmore | La Habra | North Torrance | Silverado |
| Bishop Amat | Foothill | Lakeside | North, JW | Sonora |
| Bonita | Fullerton | Lancaster | Northwood | South Torrance |
| Buena | Gahr | Lawndale | Oak Hills | Tesoro |
| Canyon Springs | Garden Grove | Los Altos | Orange | Treabuco Hills |
| Capistrano Valley | Glenn | Mater Dei | Oxnard | Valencia/P |
| Chaminade | Grande Terrace | Millikan | Paramoujnt | Ventura |
| Colton | Hamilton | Mission Viejo | Peninsula | Villa Park |
| Diamond Bar | Hesperia | Montclair | Perris | Yucaipa |
| | | | Rancho Cucamonga | Yucca Valley |

### DIVISION 4

| | | | | |
|---|---|---|---|---|
| Agoura | Azusa | Big Bear | Burroughs/B | Carter |
| Alemany | Baldwin Park | Blair | Cabrillo/ LB | Cathedral City |
| Alhambra | Banning | Bloomington | Cajon | Century |
| Alta Loma | Barstow | Bolsa Grande | Calabasa | |
| Antelope Valley | Bassett | Brea Olinda | California | |
| Apple Valley | Bell Gardens | Buckley | Calvary Chapel/ D | |
| Aquinas | Bellflower | Buena Park | Calvary Chapel/SA | |
| Arlington | Beverly Hills | Burbank | Carpinteria | |

Division 4 continued on next page

# 2026-2027 GIRLS DUAL WRESTLING PLAYOFF GROUPINGS

## 2026-2027 GIRLS DUAL CHAMPIONSHIP

## TEAMS MUST SUBMIT AN AT LARGE APPLICATION

### DIVISION 4 continued

Channel Islands
Charter Oak
Chino Hills
Citrus Hill
Claremon
Coachella Valley
Compton
Corona Del Mar
Costa Mesa
Covina
Crean Lutheran
Crespi
CSDR
Dana Hills
De Toledo
Desert
Desert Christian
Desert Hot Springs
Desert Mirage
Diamond Ranch
Dominguez
Don Lugo
Dos Pueblos
Duarte
Eastside
Edgewood
Edison
El Modena
El Monte
Estancia
Fairmont
Faith Baptist
Fontana
Gabrielino
Ganesha
Garey
Glendora
Godinez
Granite Hills
Great Oak
Great Oak
Harvard-Westlake
Heritage
Hoover
Huenem
Indian Springs
Indio
Jordan
JSerra
Jurupa Valley
Katella
Kennedy
King, ML
La Mirada
La Puente
La Quinta/ W
La Serna
La Sierra
Laguna Beach
Laguna Hills
Liberty
Littlerock
Loara
Los Alamitos
Los Amigos
Lucerne Valley
Magnolia
Malibu
Mark Keppel
Marshall
Miller, AB
Mira Costa
Monrovia
Montebello
Moorpark
Moreno Valley
Murrieta Valley
Nogales
Nordhoff
Norte Vista
Notre Dame/ R
Nuview Bridge
Oak Park
Ocean View
Ontario
Pacific
Pacifica/GG
Palm Springs
Palmdale
Patriot
Pioneer
Poly/ R
Pomona
Portola
Quartz Hill
Rancho Verde
Ramona
Rancho Alamitos
Rancho Mirage
Redlands
Rialto
Rim of the World
Riverside Prep
Rosemead
Rowland
Royal
Rubidoux
Saddleback
Sage Hill
San Bernardino
San Gabriel
San Gorgonio
San Jacinto
San Jacinto Vly Aca
San Juan Hills
San Marcos
Santa Barbara
Santa Margarita
Santa Monica
Santa Paula
Santa Rosa Acad
Savanna
Serrano
Sherman Indian
Sierra Vista
Silver Valley
Simi Valley
South El Monte
South Pasadena
St. Francis
St. Margaret
St. Monica Academy
Sunny Hills
Temple City
Torrance
Trinity Classical
Troy
Tustin
Twentynine Palms
University
Valencia/V
Valley Christian
Valley View
Vista del Lago
Webb
West Torrance
West Valley
Western
Westlake
Whitney
Whittier
Wilson/HH
Wilson/LB
Woodbridge
Workman
Xavier Prep
Yorba Linda

**HIGHLIGHT INDICATES SCHOOL IS NOT FIELDING WRESTLING**

## 2026-2027 GIRLS DUAL CHAMPIONSHIP

## CHAMPIONSHIP SITES

8.16.2026

| DIVISION | LOCATION | DATE |
|---|---|---|
| 1 | Paloma Valley High School | Saturday, January 30 |
| 2 | Orange Lutheran High School | Saturday, January 30 |
| 3 | North Torrance | Saturday, January 30 |
| 4 | Great Oak | Saturday, January 30 |

Championships will be at Host School on Thursday, February 4, 2027.

# 2026-2028 GIRLS INDIVIDUAL WRESTLING LEAGUES/SCHOOLS/DIVISIONS

## CENTRAL DIVISION — 31 ENTRIES

### 3 ALLIANCE
El Rancho
El Monte
Mark Keppel
Mountain View
San Gabriel
South El Monte

### 3 BASELINE
Chino Hills
Etiwanda
Los Osos
Rancho Cucamonga
St. Lucy's
Upland

### 5 COAST VIEW CONF
Aliso Niguel
Beckman
Capistrano Valley
Dana Hills
El Toro
Mission Viejo
San Clemente
San Juan Hills
Tesoro
Trabuco Hills

### 3 COASTAL CANYON
Camarillo
Moorpark
Royal
Simi Valley
Valencia/ Valencia

### 3 NORTH HILLS
Brea Olinda
Cypress
Foothill
Troy
Yorba Linda

### 3 MOJAVE RIVER
Apple Valley
Burroughs/Ridgecrest
Hesperia
Oak Hills
Serrano
Sultana

### 3 RIVER VALLEY
La Sierra
Miller, AB
Norte Vista
Patriot
Ramona/Riverside

### 4 SUNKIST
Carter
Colton
Eisenhower
Fontana
Grand Terrace
Indian Springs
Rim of the World

### 4 SUNSET
Corona Del Mar
Edison
Fountain Valley
Huntington Beach
Los Alamitos
**Marina****
Newport Harbor

## INLAND DIVISION — 32 ENTRIES

### 3 BAY
North Torrance
Peninsula
Redondo Union
Santa Monica
South Torrance

### 4 BIG VIII
Centennial/Corona
**Corona****
King, Martin Luther
Norco
Roosevelt, Eleanor
Santiago/Corona
Bishop Amat

### 5 GOLDEN WEST
Buena Park
Costa Mesa
Fullerton
Garden Grove
Godinez
Katella
Kennedy
Ocean View
Segerstrom
Tustin

### 4 MARMONTE
Agoura
Calabasas
Chaminade
Harvard Westlake
Newbury Park
Thousand Oaks
Westlake

### 3 MONTVIEW
Azusa
Baldwin Park
Duarte
Garey
Nogales
Sierra Vista

### 4 PACIFIC COAST
Irvine
Laguna Beach
Northwood
Portola
Rosary Academy
University
Woodbridge

### 3 PALOMARES
Ayala
Bonita
Claremont
Diamond Bar
Glendora
Walnut

### 3 SOUTH VALLEY
CSDR
Hamilton
Nuview Bridge
San Jacinto Vly Acad
Santa Rosa Academy

### 3 VALLE VISTA
Charter Oak
Covina
Northview
Rowland
West Covina
Wilson/HH

# 2026-2028 GIRLS INDIVIDUAL WRESTLING LEAGUES/SCHOOLS/DIVISIONS

## EASTERN DIVISON — 32 ENTRIES

### 3 CHANNEL
Buena
San Marcos
Santa Barbara
Dos Pueblos
Ventura

### 5 CRESTVIEW
Canyon/ A
El Dorado
El Modena
Esperanza
La Habra
Pacifica/ GG
Sonora
Sunny Hills
Villa Park

### 3 DESERT VALLEY
Banning
Cathedral City
Desert Hot Springs
Desert Mirage
Indio
Xavier Prep

### 3 HACIENDA
Alta Loma
Colony
Los Altos
**San Dimas****
South Hills

### 3 METRO
Alhambra
Arroyo
Bell Gardens
Montebello
Rosemead
Schurr

### 5 MID CITIES
Artesia
Bellflower
California
Gahr
La Mirada
La Serna
Paramount
Pioneer
Whittier

### 3 MOUNTAIN VALLEY
Big Bear
Jurupa Valley
Pacific
Rubidoux
San Bernardino

### 3 MT. BALDY
Chaffey
Chino
Diamond Ranch
Don Lugo
Montclair
Ontario

### 4 SUBURBAN VALLEY
Cerritos
Downey
John Glenn
Mayfair
Norwalk
Santa Fe
Warren

## NORTHERN DIVISON — 32 ENTRIES

### 3 CITRUS COAST
Fillmore
Hueneme
Mater Dei
Nordhoff
Orange Lutheran
Santa Paula

### 1 FREELANCE
Dominguez

### 4 INLAND VALLEY
Citrus Hill
Heritage
Liberty
Moreno Valley
Riverside Poly
Rancho Verde
Valley View
Vista del Lago

### 5 IVY
Arlington
Canyon Springs
Hemet
**Hillcrest****
Lakeside
JW North
Orange Vista
Paloma Valley
Perris

### 3 MIRAMONTE
Bassett
Edgewood
Ganesha
La Puente
Pomona
Workman

### 4 MOORE
Cabrillo/ Long Beach
Compton
Jordan
Lakewood
Millikan
Poly/Long Beach
Wilson/Long Beach

### 3 PACIFIC VIEW
Channel islands
Del Sol
Oxnard
Pacifica
Rio Mesa

### 3 PIONEER
Beverly Hills
Lawndale
Mira Costa
Torrance
West Torrance

### 3 SAN ANDREAS
Aquinas
Arrowhead Christian
Bloomington
Notre Dame/R
Rialto
San Gorgonio

### 3 SOUTHWESTERN
Chaparral
Great Oak
Murrieta Mesa
Murrieta Valley
Temecula Valley
Vista Murrieta

# 2026-2028 GIRLS INDIVIDUAL WRESTLING LEAGUES/SCHOOLS/DIVISIONS

## SOUTHERN DIVISON — 32 ENTRIES

### 2 AGAPE
Excelsior Charter
Lucerne Valley
Silver Valley
Webb

### 5 ARROYO
Burbank
Gabrielino
Hoover
La Canada
Marshall
Monrovia
Providence
San Marino
Village Christian

### 3 CITRUS BELT
Beaumont
Cajon
Citrus Valley
Redlands
Redlands East Valley
Yucaipa

### 4 DESERT EMPIRE
Coachella Valley
La Quinta/ LQ
Palm Desert
Palm Springs
Rancho Mirage
Shadow Hills
Yucca Valley

### 3 DESERT SKY
Adelanto
Barstow
Granite Hills
Silverado
Victor Valley

### 3 EMPIRE
Calvary Chapel/SA
Laguna Hills
Santa Ana
Valencia/ Placentia
Westminster

### 4 GOLDEN
Antelope Valley
Eastside
Highland
Knight, Pete
**Lancaster****
Littlerock
Palmdale
Quartz Hill

### 3 MOUNTAIN PASS
Elsinore
San Jacinto
Tahquitz
Temescal Canyon
West Valley

### 5 ORANGE GROVE CONF
Anaheim
Estancia
Loara
Magnolia
Orange
Saddleback
Santa Ana Valley
Santiago/GG
Savanna
Western

# CIFSS GIRLS WRESTLING INDIVIDUAL PAIRINGS 2026-2028

## CENTRAL

QUALIFIERS; BRACKET, SCHOOLS
**179** ; 31 ; 56

| |
|---|
| Coast View |
| Sunset |
| Baseline |
| Mojave River |
| North Hills |
| Coastal Canyon |
| Sunkist |
| Alliance |
| River Valley |

## INLAND

QUALIFIERS; BRACKET, SCHOOLS
**181** ; 32 ; 58

| |
|---|
| Big VIII |
| Valle Vista |
| Palomares |
| Bay |
| Marmonte |
| Golden West |
| Pacific Coast |
| South Valley |
| Montview |

## EASTERN

QUALIFIERS; BRACKET, SCHOOLS
**180** ; 32 ; 58

| |
|---|
| Suburban Valley |
| Crestview |
| Hacienda |
| Metro |
| Mid Cities |
| Mt. Baldy |
| Channel |
| Desert Valley |
| Mountain Valley |

## NORTHERN

QUALIFIERS; BRACKET, SCHOOLS
**178** ; 32 ; 63

| |
|---|
| Ivy |
| Southwestern |
| Moore |
| Pacific View |
| Citrus Coast |
| Pioneer |
| Freelance |
| Inland Valley |
| San Andreas |
| Miramonte |

## SOUTHERN

QUALIFIERS; BRACKET, SCHOOLS
**178** ; 32 ; 59

| |
|---|
| Desert Empire |
| Empire |
| Mountain Pass |
| Orange Grove Conference |
| Citrus Belt |
| Arroyo |
| Desert Sky |
| Golden |
| Agape |

# HOSTS

**Central: Marina High School**
**Inland: Corona High School**
**Eastern: San Dimas High School**
**Northern: Hillcrest High School**
**Southern: Lancaster High School**

# 2026-2027 CIF SOUTHERN SECTION GIRLS 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 2026/27 CIF Southern Section Blue Book. This list is NOT all-inclusive but highlights only some of the key areas.

For a girl to participate in CIF-SS Girls Wrestling they must represent a Girls Wrestling School. The school MUST have indicated on their sports dues invoice that they are competing in Girls Wrestling. (The school must have paid the Girls Sports Participation fee for wrestling $150, which includes the NWCA Membership for weight management. This would be in addition to the $150 fee to field Boys Wrestling. Sports Dues invoices are generated in www.cifsshome.org.

Girls may only work out with students in their school regardless of the number of participants until the close of league season for post-regular season workouts (CIF-SS Rule #3408). Girls may work out with their boys' wrestling team.

**If there is no Girls Dual Match team, Girls may wrestle in boy's competition representing their schools until the League Finals and MAY NOT wrestle in the varsity boys individual League Finals**.

There will be Girls Individual Championships. Placement in the Girls Individual Championships determines who advances to the CIF Southern Section Girls Masters Meet. League placement will determine qualifiers to the CIF-SS Girls Individual Championships. All wrestlers will qualify for the CIFSS Girls Individual Championship through League Finals.

There will be a CIF Southern Section Girls Dual Wrestling Championship. Schools will apply and be selected based on Dual match competition and team size. **Teams wishing to apply need to fill 8 weight classes and 5 team matches.** The goal for 2026-2027 is to have (4) Divisions for Dual Championships.

**WEIGHT MANAGEMENT**

All wrestling coaches MUST be familiar with the Mandatory Weight Management Program. You can review pertinent weight management information in the Coaches Weight Management Manuel by clicking the link below. This separate publication has information on how to get your girl's initial weight assessment completed; check eligible weight classes each wrestler is qualified to wrestle in and print necessary Trackwrestling.com reports that must be presented at each competition prior to weigh-in as proof that they are complying.

**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 502). 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 2026/27 CIF Southern Section Blue Book, **Article 3400, pages 205-211**.

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

## Girls Wrestling Weight Classes

The 14 weight classes are as follows:

| | | | | | | |
|---|---|---|---|---|---|---|
| 100 lbs | 105 lbs | 110 lbs | 115 lbs | 120 lbs | 125 lbs | 130 lbs |
| 135 lbs | 140 lbs | 145 lbs | 155 lbs | 170 lbs | 190 lbs | 235 lbs |

**Number of Days of Practice - 3400 Statewide Modification** –
**3400 A**. Each individual student, not a member and participant of a fall sports team shall have at least ten days of practice before the student can compete in a meet or tournament.
**3400 B**. 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.

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

**PENALTY FOR EXCEEDING THE 40 MATCH LIMIT**
**If an athlete goes over the prescribed 40 match limit, the athlete shall be ineligible for any further competition for the season.**

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

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

**Blue Book Rule 3402 – OFFICIAL WEIGH-IN**
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.

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

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

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

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

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

**Approved by CIF Federated Council starting in 2013-14 season:**
**Bylaw 3403 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

## GIRLS INDIVIDUAL CHAMPIONSHIP

**ENTRY:** Each League School can only enter one wrestler per weight class.

**Alternates for Individual Wrestling Championships –**
**The bracket for each division will reflect the total number of guaranteed entries of the leagues in that division; alternates will only be admitted into the field if the number of wrestlers in the bracket is BELOW the number of guaranteed entries**. If a league's qualifier fails to pass weigh-ins or grooming on Friday, the alternate **FROM THAT LEAGUE** will be admitted to the field, so long as they weighed in and passed grooming. If that league's alternate is unavailable, then a random wrestler will be selected from all alternates at that weight. As such, it is imperative that alternates be present for weigh-ins and grooming.

## GIRLS DUAL CHAMPIONSHIP

**Entries – All openings in the draw will be filled by At-Large teams**. There will be a Girls Dual Meet Wrestling Championship. As there are no automatic qualifiers in the Girls Dual Meet Championship, At-Large teams will fill all positions in the brackets. All teams who wish to be considered for a position in the Championships must submit the required At- Large Petition Form in www.cifsshome.org by the published deadline, Tuesday, January 26, 2027, 11:00 p.m. Make sure your schedule and scores are completed and up to date to aid in the selection process. All contest results should be entered into www.cifsshome.org by Tuesday, January 26, 2027 at 11:00 p.m. (Under "teams", "Girls Wrestling", "Varsity") It is expected that each applicant will field a minimum of seven weight classes. It is expected that each applicant will have wrestled a minimum of five dual meet matches during the 2026-27 season.

## PRE-MATCH WEIGHT-IN

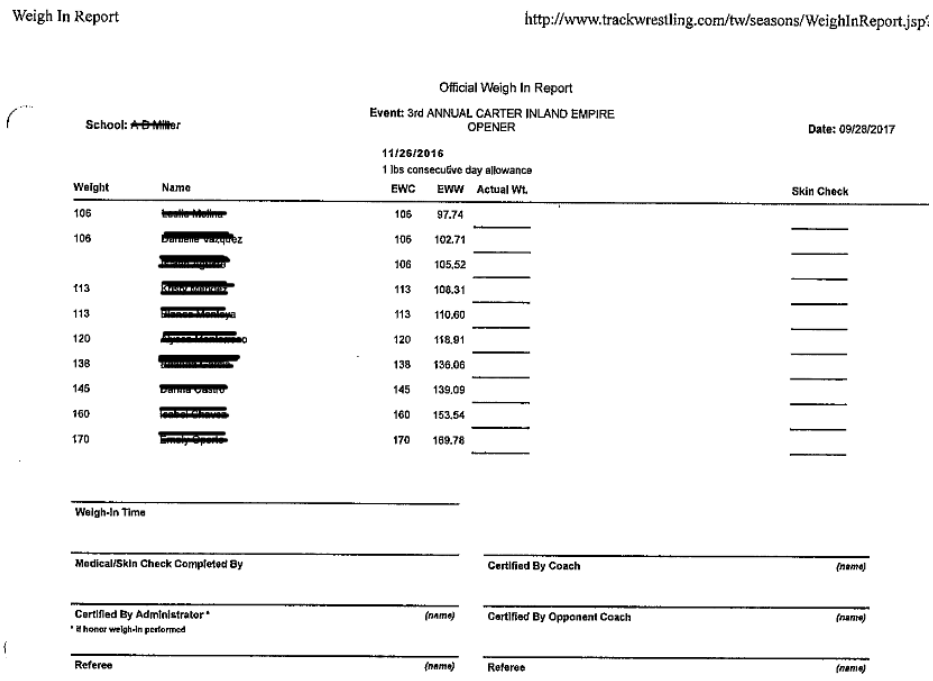
**MANDATORY AT EVERY DUAL AND INDIVIDUAL TOURNAMENT**
All athletes need to be skin checked and receive sign off on the **Pre-Match Weigh-In Form**. The Official conducting the skin check will sign the bottom of the form verifying that the skin check was performed. If a coach/team shows up without the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

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. NOT: You can use CTRL + P to open a print dialogue.

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

## Pre-Match Weigh-In Form SAMPLE below:



Weigh In Report http://www.trackwrestling.com/tw/seasons/WeighInReport.jsp?

Official Weigh In Report

School: A-B Miller

Event: 3rd ANNUAL CARTER INLAND EMPIRE OPENER

Date: 09/28/2017

11/26/2016

1 lbs consecutive day allowance

| Weight | Name | EWC | EWW | Actual Wt. | Skin Check |
|---|---|---|---|---|---|
| 106 | [redacted] | 106 | 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)

* if honor weigh-in performed

Certified By Opponent Coach (name)

Referee (name)

Referee (name)

# ACCOUNTABILITY RULE

**Without question, <u>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.</u>**

How serious is such an action?

<u>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.</u>

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.

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

# THE BEST USE THE BEST

GATORADE



RONALD W. NOCETTI, EXECUTIVE DIRECTOR
CALIFORNIA INTERSCHOLASTIC FEDERATION
CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • (916) 239-4477 • CIFSTATE.ORG

**October 1, 2024**

**To: 2024-2025 Wrestling Weight Management Program Assessors**
**Re: 2024-2025 Recertification**

Dear Assessors,

The CIF is excited to announce details regarding the 2024-2025 Wrestling Weight Management Program. There are updates to share:

- The recertification process for all Assessors from the 2023-2024 season began **Monday, September 30, 2024.**
- 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 recertified. Assessors are given three (3) attempts to pass.
- Assessments for the 2024-2025 season will open **October 15, 2024**. Assessments must be entered into the TrackWrestling website within 72 hours of assessment. *There is no reason to take longer than 72 hours!* All wrestlers must be assessed, and appear on the coach's Alpha Roster, prior to their first competition.
- The 2024-2025 Weight Management Program Manual is available for download from the CIF State website for your review and records. **Please review this document for updates to the process prior to your recertification exam.** The forms used for assessments, appeals, and sub-7% BF were updated last season as well.

The Ultrasound Wand device (**BodyMetrix**) was approved by the CIF for use in replacement of the discontinued Tanita Scale in 2020. Information about purchasing the device is located on the CIF website as well.

- Instructions for using the BodyMetrix device for assessments can be found in the Weight Management Program Manual on the CIF STATE website.
- The Tanita Scale is no longer approved for assessments this season. **ONLY the BodyMetrix US Wand is approved.**
- There is no need to assess hydration any longer. Please refer to the rationale and new policies in the Weight Management Program Manual.

If you have questions, please contact the State Head Master Assessor, Chase Paulson, MS, ATC at cpaulson@wvusd.org.

BodyMetrix™ By IntelaMetrix®

# Ultrasound Body Composition

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




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

If you are interested in learning more about the **BodyMetrix™ System** please contact IntelaMetrix at 925-606-7044 or email info@intelametrix.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)

# DUTIES OF THE PRINCIPAL

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

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

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

# SUPERVISION OF ATHLETES

State and Southern Section Rule 503 states:
No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506. (Additionally, refer to Rule 123.) <u>The supervisor must remain in attendance at all times.</u>

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, <u>DOES NOT</u> 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, <u>IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION</u>.

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.

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS

# Key Change in High School Wrestling Rules Focuses on Reducing Injury Risk

**FOR IMMEDIATE RELEASE** Contact: Elliot Hopkins

INDIANAPOLIS, IN (October 7, 2026) — In an effort to minimize risk of injury in high school wrestling, a revision in the leg block or cut-back maneuver was recommended by the NFHS Wrestling Rules Committee at its April 6-8 meeting in Indianapolis.

This revision to Rule 7-1-5n of the NFHS Wrestling Rules Book was one of eight changes recommended by the committee – all of which were subsequently approved by the NFHS Board of Directors.

Although the leg block/cut-back maneuver already was an illegal move, the committee added "when leaving the feet and using the foot or leg to 'cut out' an opponent's leg, to include from the rear-standing position."

Elliot Hopkins, director of sports and student services and editor of the NFHS wrestling rules, said the committee added language about leaving the feet to help ensure that this move is not attempted because of the significant risk of injury.

In other rules changes, near-fall criteria language was added to the Technical Fall section in Rule 5-11. In Rules 5-11-2c and 5-11-4b, the following statement was approved: "If the near fall creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate."

"This change defines when a technical fall shall be awarded and eliminate any confusion between a pinning situation and near-fall criteria," Hopkins said. "It also will make the technical fall consistent with the takedown or reversal that creates the 15-point advantage."

Two changes were approved regarding equipment and uniforms. While wrestlers cannot wear wristbands, sweatbands, bicep bands or arm sleeves that do not contain a pad, they now will be able to wear leg sleeves that do not contain a pad. Since wrestlers are allowed to wear tights on both legs, the committee agreed that wearing leg sleeves would be no different.

In addition, effective July 1, 2027, the school's name, school nickname, school logo, school mascot, weight classification and/or the wrestler's name are permitted on the uniform top and/or bottom. Aside from the wrestling-specific terms, this is standard language approved for all NFHS sports rules publications.

The final changes approved by the committee included another option for conducting dual meets and a revision in the Technical Violation section. In Rule 1-2-2 regarding dual meets, the

committee approved an option of conducting dual meets in order of lowest weight classes to the heaviest classes.

In Rule 7-3-3 regarding technical violations, “arm” was replaced with “extremity.” The committee noted that locking hands and including a leg in the clasp around the trunk of the body is the same as locking hands with an arm included.

A complete listing of the wrestling rules changes will be available on the NFHS website at www.nfhs.org. Click on the “Activities & Sports” at the top of the home page and select “Wrestling.” The print version of the 2025-26 Wrestling Spirit Rules Book will be available for purchase in July at www.NFHS.com, and the digital version will be available in the same timeframe via NFHS Digital at www.NFHS.org.

According to the most recent NFHS High School Athletics Participation Survey, spirit is the sixth-most popular sport for boys with 291,874 participants in 11,149 schools nationwide. In addition, 64,257 girls are now competing in the sport at 7,138 schools.

## 2026 - 2027 Wrestling Rules Changes

**1-2-2:** Dual Meet

**1-5-1, 2 —** Modified a minimal body fat percentage for female wrestlers.

**4-2-6 —** Clarified a comprehensive description of an intraoral mouth and tooth protector.

**4-5-1 —** Modified the process of weighing-in contestants.

**5-24-4b —** Clarified when a certain potential stalling situation hold is applied on the edge of the mat.

**5-28-3, 8-2-7 —** Modified the definition of recovery time.

**7-6-3 —** Clarified four additional elements of stalling.

**1-4-3, 5-3-1-5, 10-3-1-5 —** Modified how the use of byes affects bracketing in tournaments, round robin, pool play and scramble events.

**Referee Signals Additions:**
**Official Wrestling Signals –** Clarified how to signal stalling when the opponent is pushed out of bounds.

**Official Wrestling Signals –** Clarified how to signal stalling when opponent is pulled out of bounds.

**Official Wrestling Signals –** Clarified how to signal stalling when opponent is backing out of bounds.

**Official Wrestling Signal** – Clarified how to signal when wrestling action is continuing after going out of bounds.

## 2026/27 NFHS WRESTLING GUIDELINES

1 Contestants shall have the opportunity to weigh in shoulder-to-shoulder or by team(2) 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. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected, continue through the weight classes, wrap around to the 106-pound weight class and end immediately upon the completion of the highest weight class preceding the random draw selected 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. Tournament weigh-in may proceed by teams(s) with the lowest weight to the highest and end immediately upon the completion if the highest weight class. 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 multiple scales are available, a contestant may step on and off the first scale two times to allow 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, weight loss or weight gain 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 1. (Approved February 1997 Federated Council; also see NFHS Wrestling Rules Book 4-4-1 and 4-4-4.)

## HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.
The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the “Sports Medicine” tab on the blue toolbar.
Additional resources can be found at www.cifstate.org under the “Sports Medicine” tab on the white toolbar

## PHYSICAL EXAMINATION

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

# CONCUSSION PROTOCOL

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

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

**NFHS ELECTIVE COURSE/WEBINAR**
This is link to a free, 20-minute webinar regarding sports related concussions provided by the NFHS. All Athletic Directors and Coaches are encouraged to take advantage of this opportunity by viewing this webinar
http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000
**Concussion in Sports - What You Need To Know**

# STEROID PROHIBITION

All schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.
NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

# SUDDEN CARDIAC ARREST PROTOCOL

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

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

Answer: the "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).
**Mandatory CIF Concussion Information Form Must be signed by parent and student athlete**

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

**Return to Play Protocol Form** **Required Form if student athlete is diagnosed with a concussion**
http://cifss.org/wp-content/uploads/2016/07/ReturnToPlayConcussionProtocol.pdf

**Mandatory Sudden Cardiac Arrest Form** **Must be signed by parent and student athlete**
http://cifss.org/wp-content/uploads/2016/07/Heart.pdf

**Medical Release Form – Wrestlers Skin**
http://cifss.org/wp-content/uploads/2016/07/Doctor-Clearance-Form-Skin.pdf

# WRESTLING

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

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

Situation #1 All boys dual meet or tournament, skin checks can be conducted by a male official, medical personnel or administrator, with the athletes in appropriate undergarments.
Situation #2 All girls dual meet or tournament, skin checks can be conducted by a female official, medical personnel or administrator with the athletes in appropriate undergarments.
Situation #3 Boys and Girls mixed dual meet or tournament, skin checks can be conducted by a female or male official, medical personnel or administrator with the athletes in their school issued competition uniform fully in place

.

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

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

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

## Skin Health and Wrestling

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

**Some practical suggestions include:**

- Have your team shower and wash with antibacterial soap like Dial after each practice. Kids should not share bars. If kids are bashful, have them shower in their shorts. Dandruff shampoo can help to counteract ringworm.

- Keep your mats clean. Use a powerful soap like KenClean Plus. Read the instructions. Try to leave a good amount of the material on the mats wet and allow it to air dry. This lets the chemicals do their work.

- Do not mix bleach and soap/mat cleaner. They counteract each other.

- Use clean materials every time you wash the mats. Use clean dry towels. If you use mops, make sure that they have a chance to completely dry between uses, preferably in the sun. If you

use one of the new “bucketless mops”, get multiple cleaning heads to use in a rotation.

- Sunlight helps to kill microorganisms. Keep shades and blinds open. If you get a chance to let a mat bake in the sun on a pool deck for a bit, it can help.

- Use an electric leaf blower to clean the mat of hair and dirt before you wash it. A broom can do this but not as efficiently and easily.

- Get a chemical sprayer backpack and fill it with the proper mix of mat cleaner and water. After sweeping (or blowing) the debris off the mats, simply spray on the solution and allow it to air dry.

- Keep mats in good repair. Cuts and holes in the mats can allow organisms to grow inside the mats.

- Have the kids clean their shoes before they get on the mats or perhaps make them put the shoes on the edge of the mats.

- Keep your room ventilated. Humidity and moisture foster the growth of organisms.

- Some products put onto the skin can help protect wrestlers. KenShield is a popular skin protection foam for use before wrestling. AQtiv PURE alcohol free hand and body skin cleanser can be used after wrestling to destroy organisms (info at http://miqropure.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!

## MASTER’S ENTRY FEE

Schools that have Master’s Qualifier(s) are responsible for the entry fee. Fees are: $30/ Master’s Qualifier. Once your league notifies you that a player or players from your school have been selected to represent your league at the Master’s Meet, it is the responsibility of your school to pay the entry fee. If a school should withdraw from the Meet before the posted deadline, the Alternate school from that league will be required to pay the fee. The entry fee must be received in the CIF-SS office before participation in the assigned Meet. No fees will be refunded if an athlete withdraws. Fees are to be paid through cifsshome.org or via school check made payable to CIF Southern Section. No fees will be collected on site at Masters.

# 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. Have the athlete remove their singlet/they must have proper undergarments only
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 MEDICAL RELEASE FORM
# FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The California Interscholastic Federation Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin conditions. The NFHS Sports Medicine Advisory Committee (SMAC) conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another wrestler. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS SMAC presumes to dictate to professionals how to practice medicine. Nor is the information on this form meant to establish a standard of care. The NFHS SMAC does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also believes that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and appropriate health-care professionals that led to the research into this subject and to the development of this form.

**GOALS FOR ESTABLISHING A WIDELY USED FORM:**

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.

2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.

3. Establish guidelines to help minimize major differences in management among appropriate health-care professionals who are signing "return to competition forms". Consistent use of these guidelines should reduce the likelihood wrestlers catching a skin disease from participation and suffering from inequalities as to who can or cannot participate.

4. Provide a basis to support appropriate health-care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health-care professional who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.

**IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:**

1. Each state association needs to determine which appropriate health-care professional can sign off on this form.

2. Inclusion of the applicable NFHS wrestling rule so appropriate health-care professionals will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.

3. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should mitigate the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.

4. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health-care professional.

5. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.

6. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

**Revised/Approved by NFHS SMAC - April 2019**

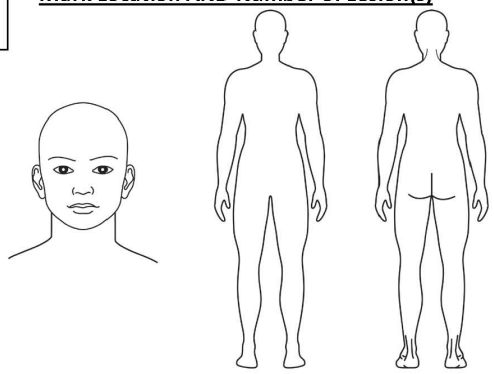
**California Interscholastic Federation**
**Sports Medicine Advisory Committee (SMAC)**

## MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name (Must Be Legible): _____ Date of Exam: ____ /____ /____

It is my medical opinion that the skin condition (s) is:
☐ COMMUNICABLE OR ☐ NON-COMMUNICABLE
Diagnosis:_____ 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 72 hours 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 72 hours. For a 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 before return to wrestling 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 biooclusive and wrestle immediately.

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

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

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

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

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

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

**Revised/Approved by NFHS SMAC – April 2019**

# CIF-SS PROTOCOL 2026-2027
# COACHES ADMINISTERING SKIN CHECKS

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

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

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

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

## *SPECIFIC PROTOCOL IN COACHES CONDUCTING SKIN CHECKS*

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

# 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

How to Identify MRSA - http://cifss.org/wp-content/uploads/2016/07/MRSA.pdf

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