

CIF SOUTHERN SECTION | GIRLS INDIVIDUALS WRESTLING



# PLAYOFF BULLETIN



2025-2026

# INDIVIDUAL WRESTLING



TO: CIF-SS ATHLETIC DIRECTORS/GIRLS WRESTLING COACHES

FROM: JOE HOGGATT, CIF SOUTHERN SECTION ASSISTANT COMMISSIONER  
ROB FROH, INDIVIDUALS QUALIFYING SERIES TOURNAMENT DIRECTOR

RE: 2026 CIF SOUTHERN SECTION REGIONAL QUALIFYING VARSITY TOURNAMENTS

DATE: JANUARY 23, 2026

## **DIVISIONAL CHAMPIONSHIPS**

On Friday, February 13 and Saturday, February 14, 2026 four Divisional Championship meets will be conducted for the purpose of determining the 2025-26 CIF Southern Section Individual Wrestling Champions, as well as Masters Meet qualifiers. Meet information regarding these sites, Meet Managers, league assignments, ticket prices, etc. are listed on the following pages.

### **CENTRAL DIVISION – 39 ENTRIES**

SAN DIMAS HIGH SCHOOL  
800 W. Covina Blvd., San Dimas  
Jesse Jaime, Sr, Meet Manager

| No. | League                | Qualifiers |
|-----|-----------------------|------------|
| 1.  | 605                   | 4-2        |
| 2.  | Almont                | 7-4        |
| 3.  | Bay                   | 5-3        |
| 4.  | Coast View Conference | 10-5       |
| 5.  | Coastal Canyon        | 5-3        |
| 6.  | Crestview             | 9-5        |
| 7.  | Hacienda              | 5-3        |
| 8.  | Inland Valley         | 8-4        |
| 9.  | Montview              | 7-4        |
| 10. | North Hills           | 5-3        |
| 11. | Valle Vista           | 6-3        |

(8 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-12-26  
MEETING LOCATION: San Dimas HS

4:00pm Seeding Committee Meeting (No Coaches)  
7:00 pm sharp Seedings Released to Coaches

### **EASTERN DIVISION – 37 ENTRIES**

ROOSEVELT HIGH SCHOOL  
7447 Scholar Way, Eastvale  
Nikko Cataline, Meet Manager

| No. | League         | Qualifiers |
|-----|----------------|------------|
| 1.  | Big VIII       | 6-3        |
| 2.  | Channel        | 8-4        |
| 3.  | Empire         | 9-5        |
| 4.  | Miramonte      | 6-3        |
| 5.  | Mission Valley | 7-4        |
| 6.  | Mojave River   | 6-3        |
| 7.  | Pioneer        | 5-3        |
| 8.  | Rio Hondo      | 5-3        |
| 9.  | South Valley   | 4-2        |
| 10. | Southwestern   | 6-3        |
| 11. | Sun Valley     | 7-4        |

(8 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-12-26  
MEETING LOCATION: Room B102

4:00pm Seeding Committee Meeting (No Coaches)  
7:00 pm sharp Seedings Released to Coaches



**NORTHERN DIVISION – 39 ENTRIES**

ADELANTO HIGH SCHOOL

15620 Joshua Road, Adelanto 92301

Michael LaBrosse, Meet Manager

| No. | League                     | Qualifiers |
|-----|----------------------------|------------|
| 1.  | Citrus Belt                | 6-3        |
| 2.  | Citrus Coast               | 5-3        |
| 3.  | Desert Empire              | 6-3        |
| 4.  | Desert Sky                 | 8-4        |
| 5.  | Freelance                  | 1          |
| 6.  | Golden West                | 5-3        |
| 7.  | Marmonte                   | 7-4        |
| 8.  | Orange Grove Conference    | 10-5       |
| 9.  | Palomares                  | 6-3        |
| 10. | Suburban Valley Conference | 9-5        |
| 11. | Sunkist                    | 10-5       |

(8 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-12-26

MEETING LOCATION: ROOM A115

4:00pm Seeding Committee Meeting (No Coaches)

7:00 pm sharp Seedings Released to Coaches

**SOUTHERN DIVISION - 38 ENTRIES**

MARINA HIGH SCHOOL

15871 Springdale Street, Huntington Beach 92649

Chris Rasmussen, Meet Manager

| No. | League          | Qualifiers |
|-----|-----------------|------------|
| 1.  | Baseline        | 6-3        |
| 2.  | Del Rio         | 5-3        |
| 3.  | Golden          | 8-4        |
| 4.  | Ivy             | 9-5        |
| 5.  | Moore           | 7-4        |
| 6.  | Mountain Pass   | 5-3        |
| 7.  | Mountain Valley | 4-2        |
| 8.  | Mt. Baldy       | 6-3        |
| 9.  | Pacific Coast   | 8-4        |
| 10. | River Valley    | 5-3        |
| 11. | Sunset          | 7-4        |

(8 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-12-26

MEETING LOCATION: 243

4:00pm Seeding Committee Meeting (No Coaches)

7:00 pm sharp Seedings Released to Coaches

**DATES AND TIMES****Spectator ticket redemption will begin at 9:30 a.m. each day****FRIDAY, February 13, 2026 (All times are approximate)**

Coaches and Wrestlers Registration (Mandatory)

8:00 a.m.

Weigh-in and grooming (**All wrestlers must be present**)

9:00 a.m.

Coaches' Meeting

10:30 a.m. - 11:00 a.m.

First Round (6 Mats) Any pigtail matches

11:00 a.m. - 2:30 p.m.

Championship Second Round/ Cons. 1<sup>st</sup> Round (6 Mats)

2:30 p.m. - 6:00 p.m.

Consolation Second Round (6 Mats)

6:00 p.m. - 7:30 p.m.

Championship Quarterfinals/ Cons. 3<sup>rd</sup> Round (6 Mats)

7:30 p.m. - 9:30 p.m.

**SATURDAY, February 14, 2026 (All times are approximate)**Weigh-in and grooming (**All wrestlers must be present**)

9:00 a.m.

Consolation Fourth Round (6 Mats)

11:00 a.m. - 12:00 p.m.

Championship Semifinals/ Cons. 5<sup>th</sup> Round (6 Mats)

12:00 p.m. - 1:30 p.m.

Consolation Semifinals (4 Mats)

1:30 p.m. - 2:15 p.m.

Parade of Champions

2:15 p.m. - 2:25 p.m.

(Consolation 7th, 8th, 5th, 6th, 3rd and 4th)

CHAMPIONSHIP FINALS (4Mats)

2:30 p.m. - 5:00 p.m.

**With the permission of the CIFSS Office the Meet Manager can move up scheduled events**

# LEAGUE ENTRY INSTRUCTIONS – TRACK WRESTLING

## Entering League Results for CIF Individual Tournaments

- ❖ All League Meet Managers will receive an email that brings them directly to a spreadsheet for their league. Simply enter the names of the wrestlers in the appropriate fields.

The link should bring you to your league.

- ❖ In the next two columns, select the Grade and School of the wrestler from the dropdown menus.

- ❖ Be sure to include Alternates. If there are less qualifiers than there are slots for that weight class, leave the name fields blank and then select "No Qualifier" from the dropdown menu in the School Column.

If your boys and girls league finals have the same Meet Manager, he or she will receive two separate links (one for boys and one for girls).

**Please Note:** By NFHS Rule 4-5, there will be no weigh-in at the conclusion of Friday's competition. All weigh-ins must take place on the day of competition, a maximum of 2 hours before the competition begins. This is the same weigh-in procedure that will be in place at the Masters Meet and State Championships.



## WEIGH-IN AND GROOMING CHECK

Each coach is expected to be present to identify his or her wrestlers during weigh-ins to prevent misunderstandings and/or mistakes. Grooming will be checked prior to weigh-ins. Weigh-ins will be conducted by female weight masters whenever possible. They will check conformance as required by the National Federation Rule Book. **All wrestlers must be present in the weigh-in area at the beginning of weigh-ins and are not allowed to leave until their weigh-in is completed.** All weigh-ins will begin with the 100 lb. weight class and proceed in order up to the 235 lb. class. When all wrestlers for a weight class have had the opportunity to weigh-in and the next class is called, that weight class is closed. The two-pound growth allowance will be in effect.

A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration are prohibited.

(NFHS Wrestling Rules Book 4-5-3.)

It is the responsibility of the head coach to verify that his wrestlers are properly groomed and equipped to wrestle. Before they arrive at the tournament, they should examine their wrestlers and their equipment to make sure of the following things:

1. Their nails are clipped short and smooth
2. Their hair is cut properly, braided, or have a hair cover that is attached to the wrestler's headgear
3. They bring a mouthpiece to protect both their top and bottom teeth if they have braces
4. Their laces are properly tied, secured in an acceptable fashion (Velcro strap, tape, double knotted).
5. Headgear should provide adequate protection and have no tape or crossed straps.
6. If there are any questionable skin conditions, they should start treatment and bring the correct form signed by a doctor. ...Final decision on skin questions will be made by designated Tournament Doctor/Meet Director.

***NOTE: Female contestants choosing to wear a form-fitted compression shirt, whether as part of a two-piece uniform or under a one-piece singlet, shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure. ( NFHS Rules Book 4-1-1c)***

## WEIGH-IN ATTIRE

***The CIF Southern Section mandates that all wrestlers weigh-in wearing their school issued competition uniform fully in place***

***A reminder that Track Wrestling Program is different for girls in reference to minimum body fat of 12% for females.***

## WEIGHT CLASSES

The following weight classes will be in effect for the CIF Girl's Championship Meet:

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

Note: The 2-pound growth allowance will be used in accordance with the National Federation Wrestling Rules.

### AUTOMATIC ENTRIES PER WEIGHT CLASS

A 32-person bracket will be used whenever possible with no more than one entry per weight class per school. Should more than 32 wrestlers qualify in a given weight class, tournament management will expand selected weight class bracket.

**This Southern Section Girl's individual Wrestling Championship Tournament is a Varsity Qualifying Tournament for the CIF Southern Section Girl's Wrestling Masters Meet Tournament, which will take place on Saturday, February 21<sup>st</sup> at Sonora High School.**

**The top 8 wrestlers in each weight class will qualify from the Girls Individual CIF-SS Championship Tournament to the CIF-SS Girls Masters Meet.**

**The top 8 wrestlers from each weight class of the CIF Southern Section Girls Masters Meet will qualify for the Girl's State Invitational Tournament on February 26 – February 28 at the Mechanics Bank Arena in Bakersfield, CA.**

### LEAGUE ENTRIES

The manager of each league wrestling tournament will be furnished with an official link to enter results. An example is shown on the previous page. League entry deadline is **SUNDAY, FEBRUARY 8, 2026 at 5:00 P.M.**

### ENTRY FEE

There will be no entry fee charged for the Southern Section Girls Individual Championship Meet.

**ALL WRESTLERS MUST HAVE PROOF OF CIF WRESTLING MANAGEMENT WEIGHT ASSESSMENT (TRACK WRESTLING ALPHA MASTER REPORT).**

### **DRAW – All 4 Championships will be Double Elimination Format**

Per existing rule, 4-team leagues will be guaranteed 2 entries, 5-6 team leagues will be guaranteed 3 entries and leagues with 7-8 teams or more will be guaranteed 4 entries and 9 or more teams will be guaranteed 5 entries into the C.I.F. Southern Section Individual Wrestling Championships. **The brackets for each division will reflect the total number of guaranteed entries of the leagues in that division.**

A qualifying event for approved freelance schools will be held, as necessary, on Saturday, January 31, 2026 and hosted at a site TBD. Eligibility of freelance participants must comply with Bylaw 3510 and have participated in 50% of the allowable matches. (20 for wrestling)

### CIF STATE WRESTLING CHAMPIONSHIPS

This 2025-26 CIF State Championship will be a 32-person double elimination tournament. The CIF Southern Section will have EIGHT (8) entries. Therefore, the top EIGHT (8) qualifiers from the Southern Section Girl's Masters Meet will be entered in the State Tournament. Under the one-day format instituted for 2026 the top 4 finishers in each 16 person bracket will advance to the state tournament, a total of **8**. The CIF State Wrestling Championships will be held at Mechanics Bank Arena in Bakersfield, CA on Thursday, February 26<sup>th</sup>, Friday, February 27<sup>th</sup>, and Saturday, February 28<sup>th</sup>, 2026.



## **WRESTLING SEEDING WILL BE DONE BY COMMITTEE ONLY**

Seeding will be done by a seeding committee made up of League Representatives and members of the CIF Wrestling Advisory Committee. A Short Tournament organizational meeting will be held for coaches at 7:00 PM to discuss tournament procedures and announce the seeded wrestlers. **The decisions of the seeding committee will be final.**

The seeding committee will meet at 4:00 pm. Thursday, the week of the individual divisional meet. The Tournament director will be responsible for selecting an individual to run the committee seeding meeting. The Tournament Director and the Seeding Director will meet with the CIF-SS administrator in charge of wrestling the Tuesday prior to the seeding committee meeting to discuss the proper procedures for running the seeding meeting.

The seeding committee will be made up of:

- Tournament Director
- Seeding Meeting Director
- One representative from each league
- Members of the CIFSS Advisory Committee

The seeding committee will have the responsibility of seeding each weight class based on information shared on paper from each league representative. Wrestling Advisory Committee members will assist in this process.

The seeding committee will follow the stated CIFSS seeding criteria.

All coaches are responsible for having in the hands of their league representative's pertinent information for their individual wrestlers immediately after the league finals to include prior results of who has beaten whom, State placement, CIFSS placement, tournament results and total records. It is the responsibility of that league representative to see that his league wrestlers are appropriately seeded.

At 7:00 p.m., there will be a general meeting of "all coaches" where tournament information will be shared along with the seeds. Any seeding "anomalies" that need to be corrected will be done at that time by the Seeding Director.

### **ALTERNATES**

The manager of each league finals meet will provide for the selection of alternates from his league for representation at the divisional finals meet. No alternates will wrestle unless their names are listed (league finals managers only are responsible for alternates). Each alternate should be notified of the time schedule for the divisional finals meet, and plan to be present, in case they are called upon to wrestle. Should an opening occur after the league entries are submitted, that opening will be filled from the alternate list submitted by that league. Alternates will only be included if there is room in the bracket of 32.

### **FORFEIT RULE**

If a wrestler forfeits or fails to show for a championship or third-place match in any of the divisional meets, the winner will be given his choice of accepting either first or second place, or third or fourth place. This decision must be made at the time of the forfeit and so indicated to the Divisional Meet Manager. This procedure will also be used in the Masters Meet.

## **SEEDING PROCEDURES**

These criteria, developed and supported by the C.I.F. Southern Section Wrestling Coaches Advisory Committee, are to be followed in order. When conflicts arise, they are to be resolved by a vote of the League Representatives. The Seeding Director is responsible for all final seeding decisions.

1. Criteria for seeding...
  - a. Most recent head-to-head competition
  - b. A returning State placer
  - c. A returning State qualifier (placed in the C.I.F.-SS Masters Meet 1<sup>st</sup> thru 8<sup>th</sup>)
  - d. A returning C.I.F.-SS place winner (1<sup>st</sup> thru 8<sup>th</sup>)
  - e. A wrestler with the best overall “representative” record against quality opposition.

**Note: Coaches need to be able to provide verification of their wrestler’s results to their league representatives.**

### **Voting Procedure**

1. When there is considerable disagreement, argument or otherwise, the League Representatives should vote. This vote would follow a two-minute presentation by League Representatives.
2. The Seeding Director will make an arbitrary seeding, with the assistance of the Advisory Committee as a starting point for seeding.
3. A short “orderly” discussion will follow and League Representative, will decide each seed.
4. No more than 8 wrestlers per weight will be seeded. The remaining positions will be by draw. Where possible leagues will be separated.
5. Alternates will weigh-in along with qualifiers. The first alternate from each league will take the place of a qualifier in his league who does not make weight or is a no show. If a qualifier is overweight, injured, etc., and there is no alternate present from that league, there will be a random draw of other league alternates to fill that spot.
6. If a seeded wrestler does not show up, then each seeded wrestler will move up, and the bracket will remain the same, unless there is inter-league conflict, at which time the non-seeded wrestlers will be drawn again.
7. The Seeding Director has the power to make final seeding decisions.

The purpose of these criteria is to **be sure that best wrestlers are seeded appropriately**. When there is considerable consensus on who is number one, i.e., the number #1 rated wrestler in the State (Cho’s TCW rankings), who has totally dominated their opponents but did not place in State or CIFSS the prior year due to his grade, then “reason” should prevail.

Refer to **SCENARIOS** section in the Committee Meeting Seeding procedures for specific rulings.

### **MATCH COUNT**

NFHS Rule 1-4-3 states that “No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than five matches, excluding forfeits, in any one day of competition.” ***Exception: No wrestler shall wrestle in more than six matches (championship or consolation), excluding forfeits, in any one day of a tournament conducted by the state high school association for qualification to the state high school championships or the actual championships.***



## AWARDS

The following awards will be presented at each championship tournament on Saturday, February 14, 2026.

1. Individuals: Engraved CIF-SS medals for all wrestlers placing first, second, third, fourth, fifth, sixth, seventh and eighth in each weight division.
2. MVP for lower weight levels 100-130 and upper weight levels 135 to heavyweight.
3. Participation Certificates: The template for the Participation Certificates can be downloaded from our website. [www.cifsshome.org](http://www.cifsshome.org) Go to "Awards" tab on the left toolbar

## COACHES

During the tournament competition, a maximum of two team coaches will be permitted to sit in the restricted area. Facilities permitting, coaches shall be seated at least ten feet from the official's table and the edge of the mat.

## SCHOOL ADMISSION - PRELIMS AND FINALS

Each team will be permitted a total of 4 wristbands for coaches and other designated personnel, this does not include participants. School personnel over the maximum of 4 **must purchase tickets**; this includes managers, statisticians, cheerleaders, bus drivers, etc.

## ADMISSION PRICES

### CIF SOUTHERN SECTION WRESTLING CHAMPIONSHIPS

#### FRIDAY, FEBRUARY 13, 2026

\$14.00 Adults

\$7.00 High School Students (with I.D.)

\$7.00 Children (3 - 13)

#### SATURDAY, FEBRUARY 14, 2026

\$14.00 Adults

\$7.00 High School Students (with I.D.)

\$7.00 Children (3 - 13)

CIF Courtesy Cards and Press Credentials will be honored at this event.

**PARKING** Parking lots are located at school sites.

## POST SEASON WORKOUTS

Female wrestlers who qualify for CIF post-season championship competition will be permitted to workout with female students from other high schools who have also qualified for the Girl's Southern Section Championship Tournament (Monday, February 9<sup>th</sup>, 2026).

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

*Answer: Wrestlers who qualify for post-season regional competition will be permitted to workout following the close of League Qualifying Tournament with students from other schools who have qualified for individual championship competition*

# 2024-2026 GIRLS INDIVIDUALS WRESTLING LEAGUES/SCHOOLS/DIVISIONS

## CENTRAL DIVISION - 39 Entries

### Qualifiers

#### 2 605

Artesia  
Cerritos  
Glenn  
Pioneer

#### 4 ALMONT

Alhambra/Alhambra  
Bell Gardens  
Bishop Amat  
Mark Keppel  
Montebello  
San Gabriel  
Schurr

#### 3 BAY

Mira Costa  
Peninsula  
Redondo Union  
Santa Monica  
South Torrance

#### 5 COAST VIEW CONF

Beckman, Arnold  
Aliso Niguel  
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

#### 5 CRESTVIEW

Brea Olinda  
Canyon/A  
Cypress  
El Dorado  
Esperanza  
Foothill  
Sonora  
Sunny Hills  
Villa Park

### Qualifiers

#### 3 HACIENDA

Alta Loma  
Colony  
Los Altos  
**San Dimas**  
South Hills

#### 4 INLAND VALLEY

Arlington  
Citrus Hill  
Heritage  
Moreno Valley  
Poly/ Riverside  
Rancho Verde  
Valley View  
Vista Del Lago

#### 4 MONTVIEW

Azusa  
Baldwin Park  
Duarte  
Garey  
Nogales  
Sierra Vista  
Webb

#### 3 NORTH HILLS

EL Modena  
La Habra  
Pacifica/GG  
Troy  
Yorba Linda

#### 3 VALLE VISTA

Charter Oak  
Covina  
Northview  
Rowland  
West Covina  
Wilson/HH

## EASTERN DIVISION - 38 Entries

### Qualifiers

#### 3 BIG VIII

Centennial/Corona  
**Corona**  
King, Martin Luther  
Norco  
Roosevelt, Eleanor  
Santiago/Corona

#### 4 CHANNEL

Buena  
Dos Pueblos  
Oxnard  
Pacifica/Oxnard  
Rio Mesa  
San Marcos  
Santa Barbara  
Ventura

#### 5 EMPIRE

Fullerton  
Garden Grove  
Costa Mesa  
Laguna Hills  
Santa Ana  
Segerstrom  
Tustin  
Valencia  
Westminster

#### 3 MIRAMONTE

Bassett  
Edgewood  
Ganesha  
La Puente  
Pomona  
Workman

#### 4 MISSION VALLEY

Arroyo  
El Monte  
Gabrielino  
Marshall/Pasadena  
Mountain View  
Rosemead  
South El Monte

### Qualifiers

#### 3 MOJAVE RIVER

Apple Valley  
Burroughs/Ridgecrest  
Hesperia  
Oak Hills  
Serrano  
Sultana

#### 3 PIONEER

Beverly Hills  
Lawndale  
North Torrance  
Torrance  
West Torrance

#### 3 RIO HONDO

Burbank  
Hoover/Glendale  
La Canada  
Monrovia  
San Marino

#### 3 SOUTH VALLEY

CSDR  
Hamilton  
Nuvview Bridge  
San Jacinto Vly Acad  
Santa Rosa Academy

#### 3 SOUTHWESTERN

Chaparral  
Great Oak  
Murrieta Mesa  
Murrieta Valley  
Temecula Valley  
Vista Murrieta

#### 4 SUN VALLEY

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



# 2024-2026 GIRLS INDIVIDUALS WRESTLING LEAGUES/SCHOOLS/DIVISIONS

## NORTHERN DIVISION - 39 Entries

### Qualifiers

#### **3 CITRUS BELT**

Beaumont  
Cajon  
Citrus Valley  
Redlands  
Redlands East Valley  
Yucaipa

#### **3 CITRUS COAST**

Channel Islands  
Fillmore  
Hueneme  
Nordhoff  
Santa Paula

#### **3 DESERT EMPIRE**

La Quinta/La Quinta  
Palm Desert  
Palm Springs  
Rancho Mirage  
Shadow Hills  
Xavier Prep

#### **4 DESERT SKY**

##### **Adelanto**

Barstow  
Big Bear  
Excelsior Charter  
Granite Hills  
Silver Valley  
Silverado  
Victor Valley

#### **1 FREELANCE**

Del Sol  
Lutheran/ Orange  
St. Paul

#### **3 GOLDEN WEST**

Buena Park  
Godinez  
Katella  
Kennedy  
Ocean View

### Qualifiers

#### **4 MARMONTE**

Agoura  
Chaminade  
Calabasas  
Harvard-Westlake  
Newbury Park  
Thousand Oaks  
Westlake

#### **5 ORANGE GROVE CONF**

Anaheim  
Estancia  
Loara  
Magnolia  
Orange  
Saddleback  
Santa Ana Valley  
Santiago/GG  
Savanna  
Western

#### **3 PALOMARES**

Ayala  
Bonita  
Claremont  
Diamond Bar  
Glendora  
Walnut

#### **5 SUBURBAN VLY CONF**

Bellflower  
Dominguez  
Downey  
Gahr  
La Mirada  
Mayfair  
Norwalk  
Paramount  
Warren

#### **5 SUNKIST**

Arrowhead Chr Acad  
Bloomington  
Carter  
Colton  
Eisenhower  
Fontana  
Grand Terrace  
Notre Dame/Riv  
Rialto  
Rim of the World  
San Geronio

## SOUTHERN DIVISION - 38 Entries

### Qualifiers

#### **3 BASELINE**

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

#### **3 DEL RIO**

California  
El Rancho  
La Serna  
Santa Fe  
Whittier

#### **4 GOLDEN**

Antelope Valley  
Eastside  
Highland  
Knight, Pete  
Lancaster  
Littlerock  
Palmdale  
Quartz Hill

#### **5 IVY**

Canyon Springs  
Hemet  
Hillcrest  
Lakeside  
Liberty  
North. J.W.  
Orange Vista  
Paloma Valley  
Perris

#### **4 MOORE**

Cabrillo/ Long Beach  
Compton  
Jordan  
Lakewood  
Millikan  
Poly/Long Beach  
Wilson/Long Beach

#### **3 MOUNTAIN PASS**

Elsinore  
San Jacinto  
Tahquitz  
Temescal Canyon  
West Valley

### Qualifiers

#### **2 MOUNTAIN VALLEY**

Indian Springs  
Miller, A.B.  
Pacific  
San Bernardino

#### **3 MT. BALDY**

Chaffey  
Chino  
Diamond Ranch  
Don Lugo  
Montclair  
Ontario

#### **4 PACIFIC COAST**

Irvine  
Laguna Beach  
Northwood  
Portola  
Rosary Academy  
St. Margarets  
University  
Woodbridge

#### **3 RIVER VALLEY**

Jurupa Valley  
La Sierra  
Norte Vista  
Patriot  
Ramona/Riverside  
Rubidoux

#### **4 SUNSET**

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

2/3/2026

# ***GIRLS INDIVIDUAL WRESTLING***

## Central Division

### **SAN DIMAS HIGH SCHOOL**



#### Parking Information:

FRIDAY, FEBRUARY 13 Parking will be on Cypress Street between the purple and white circles as well as Covina Blvd yellow circle. After 3:30 p.m. on Friday and all day Saturday parking is the red circle area. There will be a charge for school lots. **DO NOT PARK at Lone Hill Middle School, they will tow.** Please do not disturb office or classes.

**SEEDING MEETING  
HELD IN ROOM**

**NO BBQ/HEATERS  
GAS OR FIRE  
ON CAMPUS**



# ***GIRLS INDIVIDUAL WRESTLING***

## **Eastern Division**

### **ROOSEVELT HIGH SCHOOL**



**SEEDING MEETING  
HELD IN ROOM B102**

**NO BBQ/HEATERS  
GAS OR FIRE  
ON CAMPUS**



# ***GIRLS INDIVIDUAL WRESTLING***

## **Northern Division**

### **ADELANTO HIGH SCHOOL**



**GYM is located in Building A**

#### **Parking Information:**

1. Parking: teams and spectators in autos can park in the student lot with solar panels and by the football field
2. Buses must park by the Baseball Field

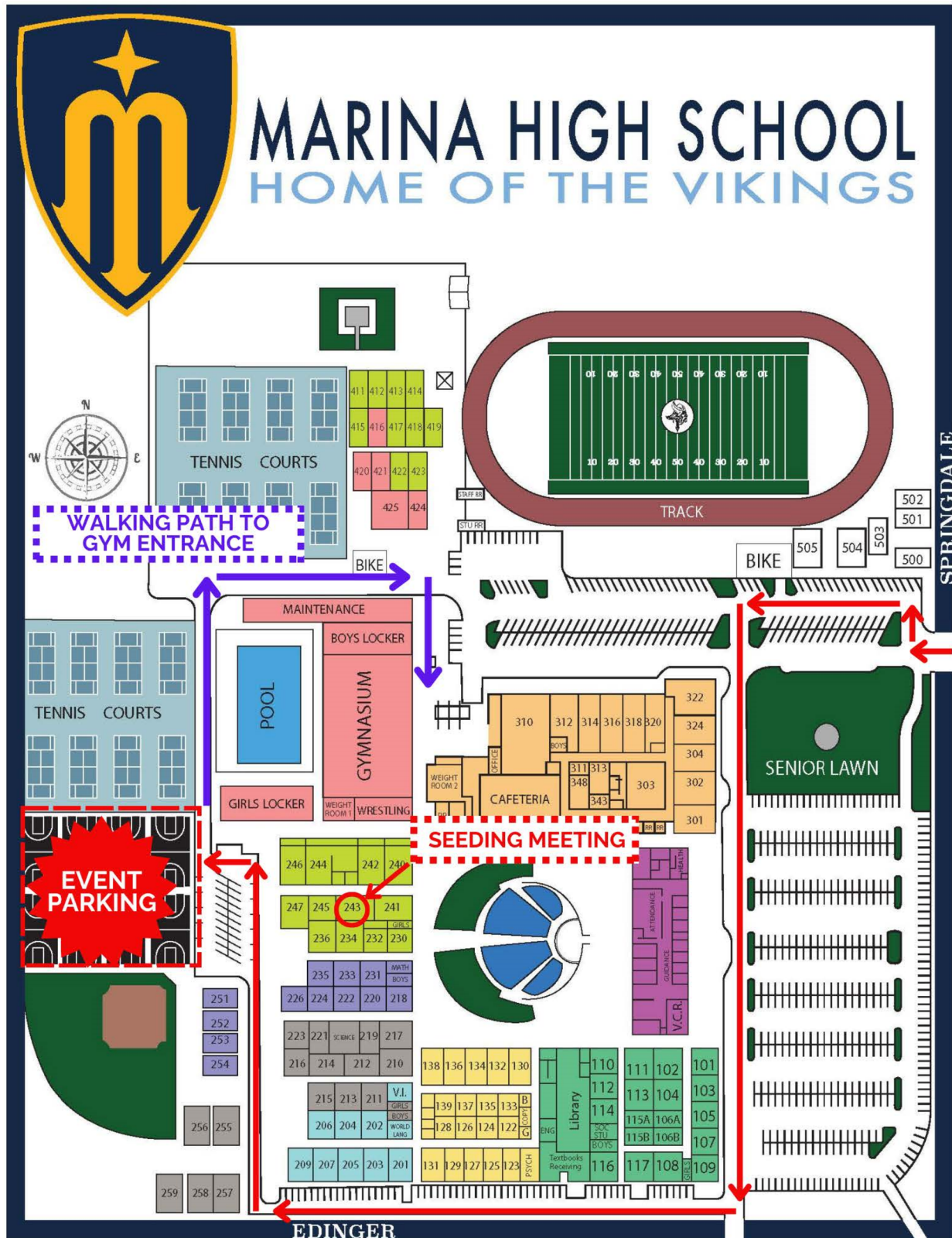
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GAS OR FIRE  
ON CAMPUS**

**SEEDING MEETING WILL BE HELD IN ROOM A115**



# ***GIRLS INDIVIDUAL WRESTLING***

## **Southern Division**



**SEEDING MEETING  
HELD IN ROOM 243**

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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](http://www.cifsshome.org)) as well as update the scores immediately following your contests.

Log in @ [www.cifsshome.org](http://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](http://www.cifsshome.org)) no later than **FRIDAY JANUARY 23, 2026**.

Log in @ [www.cifsshome.org](http://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](http://www.cifsshome.org)) no later than **FRIDAY, JANUARY 23, 2026**.

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

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

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

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

(1) To ADD roster players one by one:


- Click on  and complete fields required for Wrestling.

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


Download the [sample file](#) and delete the "contents only".

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

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

Click on to find your file,  then click  on


- To confirm the roster has been uploaded, your players' names will be uploaded in the "Official Roster" section.

- Click on the  next to the player's name to view each player's information.

### TEAM PHOTO

**Attention Athletic Directors/Coaches:** It is very important that you enter your entire Varsity roster into CIFSSHome ([www.cifsshome.org](http://www.cifsshome.org)) no later than **FRIDAY, JANUARY 23, 2026**.

Log in @ [www.cifsshome.org](http://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 27, 2026 NO LATER THAN 10:00 P.M.**

Log in @ [www.cifsshome.org](http://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.**

**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.



**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: \_\_\_\_\_

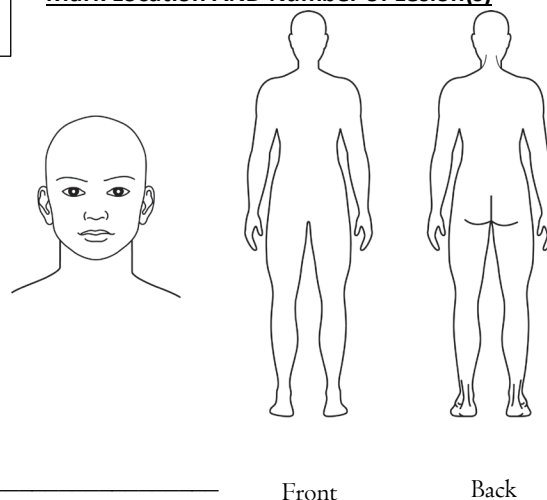
Form Expiration Date for this Lesion (Note on Diagram(s)): \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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 bioocclusive and wrestle immediately.

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

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

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

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

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

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



# **WRESTLING**

## **PROPER GROOMING AND SKIN CHECK PROTOCOLS**

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

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

### **PROTOCOLS**

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

## **CIF-SS PROTOCOL 2025-2026**

### **COACHES ADMINISTERING SKIN CHECKS**

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

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

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

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

#### **SPECIFIC PROTOCOL IN COACHES CONDUCTING SKIN CHECKS**

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

**If a questionable skin condition is found, have that wrestler see the trainer immediately or seek medical advice. Utilize the CIF Skin Lesion Clearance Form when appropriate.**

# Skin Health and Wrestling

At the 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!



## 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](http://www.hibigeebies.com/sports) click on education materials

MRSA Warning Signs - [Click HERE to view](#)



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