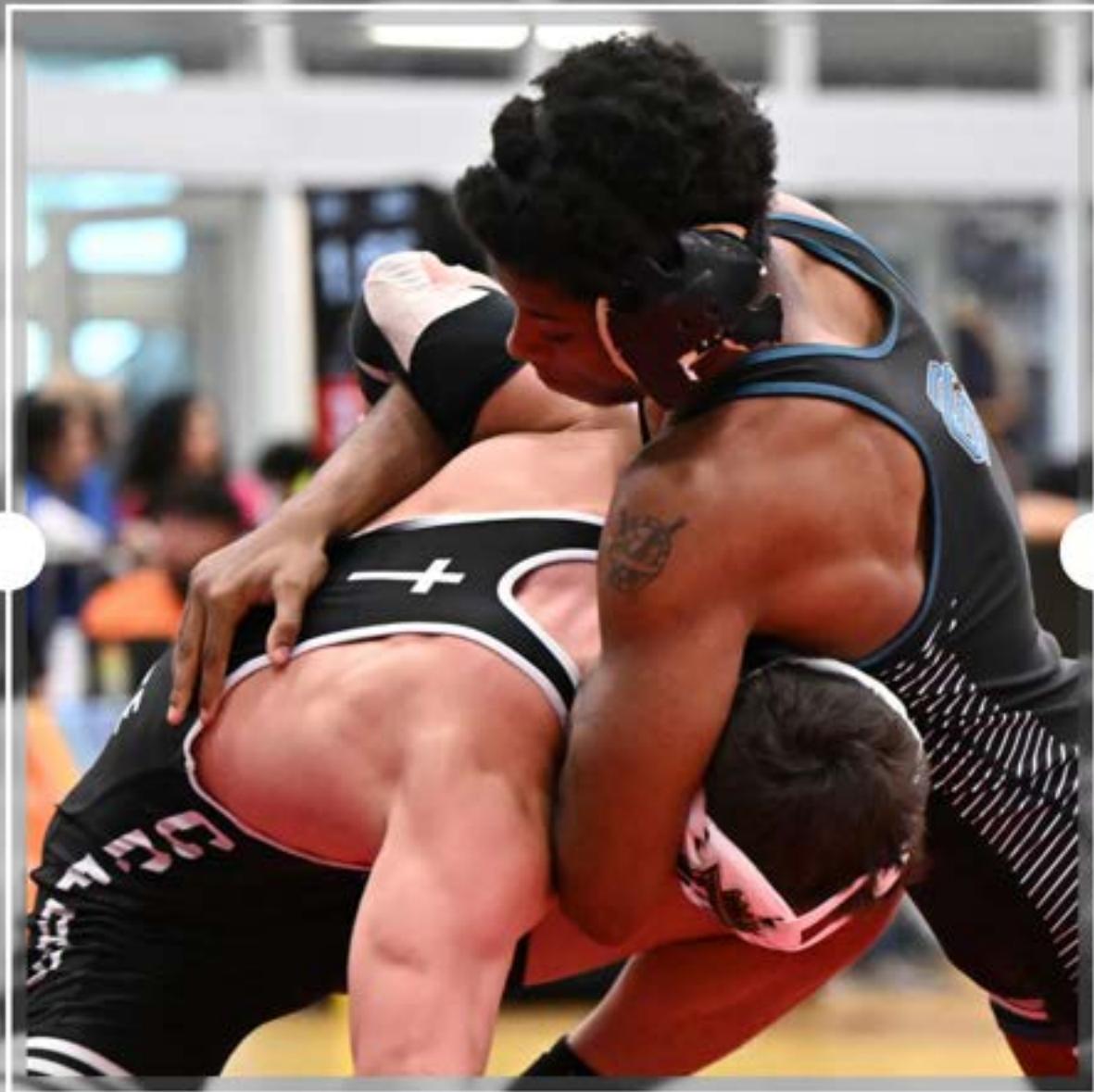


CIF SOUTHERN SECTION | BOYS INDIVIDUALS WRESTLING



PLAYOFF BULLETIN



2025 - 2026

INDIVIDUAL WRESTLING



TO: CIF-SS ATHLETIC DIRECTORS/WRESTLING COACHES
FROM: JOE HOGGATT, CIF SOUTHERN SECTION ASSISTANT COMMISSIONER
RE: 2025-26 CIF SOUTHERN SECTION INDIVIDUAL WRESTLING CHAMPIONSHIPS
DATE: JANUARY 23, 2026

DIVISIONAL CHAMPIONSHIPS

On Friday, February 13 and Saturday, February 14, 2026, six divisional championship meets will be conducted for the purpose of determining the 2025-2026 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.

TEAMS ARE REQUIRED TO PRESENT ALPHA SHEETS AT ALL MATCHES.

CENTRAL DIVISION - (28 ENTRIES)

WESTMINSTER HIGH SCHOOL
14325 Goldenwest Street, Westminster 92683
Michael Provenzano, Meet Manager

No.	League	Qualifiers
1.	Desert Empire	6-3
2.	Empire	9-5
3.	Freelance	1
4.	Golden	8-4
5.	Mission Valley	7-4
6.	Orange Grove	10-5
7.	San Andreas	6-3
8.	Trinity	6-3

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-12-26
LOCATION: FACULTY CAFETERIA

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

COASTAL DIVISION (28 ENTRIES)

FOUNTAIN VALLEY HIGH SCHOOL
17816 Bushard Street, Fountain Valley 92708
Brad Woodbury, Meet Manager

No.	League	Qualifiers
1.	Hacienda	6-3
2.	Marmonte	5-3
3.	Mission	5-3
4.	Montview	7-4
5.	River Valley	6-3
6.	Suburban Valley	9-5
7.	Sunkist	6-3
8.	Sunset	7-4

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-12-26
LOCATION: ROOM 105

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

EASTERN DIVISION - (27 ENTRIES)

CANYON SPRINGS HIGH SCHOOL
23100 Cougar Cyn Rd, Moreno Valley 92557
Jason Lowe, Meet Manager

No.	League	Qualifiers
1.	Channel	8-4
2.	Cross Valley	4-2
3.	Desert Sky	5-3
4.	Ivy	9-5
5.	Palomares	6-3
6.	Pioneer	5-3
7.	Rio Hondo	6-3
8.	Sun Valley	7-4

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-12-26
Location: FRONT OFFICE CONF ROOM

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

NORTHERN DIVISION - (27 ENTRIES)

MOORPARK HIGH SCHOOL
4500 N. Tierra Rejada Rd, Moorpark 93021
Roy Garcia/Richard Carrillo, Meet Manager

No.	League	Qualifiers
1.	Almont	6-3
2.	Bay	5-3
3.	Citrus Belt	6-3
4.	Citrus Coast	5-3
5.	Coastal Canyon	5-3
6.	Crestview	9-5
7.	Moore	7-4
8.	South Valley	5-3

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-12-26
Location: Moorpark High School

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

INLAND DIVISION - (26 ENTRIES)

GREAT OAK HIGH SCHOOL
32555 Deer Hollow Way, Temecula 92592
Anthony Califano, Meet Manager

No.	League	Qualifiers
1.	Coast View	10-5
2.	Del Rio	5-3
3.	Inland Valley	8-4
4.	Mountain Valley	4-2
5.	Mt. Baldy	6-3
6.	North Hills	5-3
7.	Southwestern	6-3
8.	Valle Vista	5-3

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-12-26
Location: Great Oak High School

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

SOUTHERN DIVISION - (25 ENTRIES)

GLENN HIGH SCHOOL
13520 Shoemaker Avenue, Norwalk 90650
Monico Enriquez, Meet Manager

No.	League	Qualifiers
1.	605	5-3
2.	Baseline	6-3
3.	Big VIII	6-3
4.	Golden West	6-3
5.	Miramonte	6-3
6.	Mojave River	6-3
7.	Mountain Pass	5-3
8.	Pacific Coast	7-4

(5 QUALIFY, EACH WEIGHT, TO MASTERS)

SEEDING MEETING: THURSDAY 2-12-26
Location: Glenn High School

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

TEAMS ARE REQUIRED TO PRESENT ALPHA SHEETS AT ALL MATCHES.

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)	11:00 a.m. - 2:30 p.m.
Championship Second Round/ Cons. 1 st 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 rd Round (6 Mats)	7:30 p.m. - 9:30 p.m.

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 Master's Meet and State Championships.

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 th Round (6 Mats)	12:00 p.m. - 1:30 p.m.
*Consolation Semifinals (4 Mats)	1:30 p.m. - 2:15 p.m.
*Note: May keep 6 mats and do 7 th /8 th	

Parade of Champions (Consolation 7th, 8th, 5th, 6th, 3rd and 4th)	2:15 p.m. - 2:25 p.m.
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

Please Note:

- 1) The format for the Evening Session will be to wrestle the Seventh Place, Fifth Place, Third Place and First Place matches on 4 mats at the same time.
- 2) The Finals will be wrestled in order from 106, 113, 120, etc. There will not be a random draw prior to the Finals to determine the order.
- 3) This year we will wrestle a seventh and eighth place finisher for seeding purposes next year. Seventh and eighth place finishers will not receive medals and cannot be used as alternates. They will be recognized at the awards ceremony.

All matches will be 2-2-2 minute periods, except for consolation matches, which will be 1-2-2. Since all times are approximate, it is the responsibility of the athlete to be at the match.

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

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.

	Weight	Group	First Name	Last Name	Grade	School	League	Place	CIF Division
1	106	CIF Qualifier	John	Doc	12	Trinity	1	Coastal	
2	106	CIF Qualifier			12	Trinity	2	Coastal	
3	106	CIF Qualifier			12	Trinity	3	Coastal	
4	106	Alternate			12	Trinity	4	Coastal	
5	113	CIF Qualifier			12	Trinity	1	Coastal	
6	113	CIF Qualifier			12	Trinity	2	Coastal	
7	113	CIF Qualifier			12	Trinity	3	Coastal	
8	113	Alternate			12	Trinity	4	Coastal	
9	120	CIF Qualifier			12	Trinity	1	Coastal	
10	120	CIF Qualifier			12	Trinity	2	Coastal	
11	120	CIF Qualifier			12	Trinity	3	Coastal	
12	120	Alternate			12	Trinity	4	Coastal	
13	126	CIF Qualifier			12	Trinity	1	Coastal	
14	126	CIF Qualifier			12	Trinity	2	Coastal	
15	126	CIF Qualifier			12	Trinity	3	Coastal	
16	126	Alternate			12	Trinity	4	Coastal	
17	132	CIF Qualifier			12	Trinity	1	Coastal	
18	132	CIF Qualifier			12	Trinity	2	Coastal	
19	132	CIF Qualifier			12	Trinity	3	Coastal	
20	132	Alternate			12	Trinity	4	Coastal	
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									
32									
33									
34									
35									
36									
37									
38									
39									
40									
41									
42									
43									
44									
45									
46									
47									
48									
49									
50									
51									
52									
53									
54									
55									
56									
57									
58									
59									
60									
61									
62									
63									
64									
65									
66									
67									
68									
69									
70									
71									
72									
73									
74									
75									
76									
77									
78									
79									
80									
81									
82									
83									
84									
85									
86									
87									
88									
89									
90									
91									
92									
93									
94									
95									
96									
97									
98									
99									
100									
101									
102									
103									
104									
105									
106									
107									
108									
109									
110									
111									
112									
113									
114									
115									
116									
117									
118									
119									
120									
121									
122									
123									
124									
125									
126									
127									
128									
129									
130									
131									
132									

The link should bring you to your league.

- ◆ 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.

	Weight	Group	First Name	Last Name	Grade	School	League	Place	CIF Division
1	106	CIF Qualifier	John	Doc	12	Trinity	1	Coastal	
2	106	CIF Qualifier			12	Trinity	2	Coastal	
3	106	CIF Qualifier			12	Trinity	3	Coastal	
4	106	Alternate			12	Trinity	4	Coastal	
5	113	CIF Qualifier			12	Trinity	1	Coastal	
6	113	CIF Qualifier			12	Trinity	2	Coastal	
7	113	CIF Qualifier			12	Trinity	3	Coastal	
8	113	Alternate			12	Trinity	4	Coastal	
9	120	CIF Qualifier			12	Trinity	1	Coastal	
10	120	CIF Qualifier			12	Trinity	2	Coastal	
11	120	CIF Qualifier			12	Trinity	3	Coastal	
12	120	Alternate			12	Trinity	4	Coastal	
13	126	CIF Qualifier			12	Trinity	1	Coastal	
14	126	CIF Qualifier			12	Trinity	2	Coastal	
15	126	CIF Qualifier			12	Trinity	3	Coastal	
16	126	Alternate			12	Trinity	4	Coastal	
17	132	CIF Qualifier			12	Trinity	1	Coastal	
18	132	CIF Qualifier			12	Trinity	2	Coastal	
19	132	CIF Qualifier			12	Trinity	3	Coastal	
20	132	Alternate			12	Trinity	4	Coastal	
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									
32									
33									
34									
35									
36									
37									
38									
39									
40									
41									
42									
43									
44									
45									
46									
47									
48									
49									
50									
51									
52									
53									
54									
55									
56									
57									
58									
59									
60									

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).

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.**

DRAW – All 6 Divisions 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 CIF Southern Section Individual Wrestling Championships. **The brackets for each division will reflect the total number of guaranteed entries of the leagues in that division. There will no longer be a random draw for additional alternates to add wrestlers to those brackets.** If a league loses an entry prior to the start of the tournament, that league can replace that entry with an alternate from that league first. If no Alternate from that league is present, then the alternates from other leagues can be drawn in. Wrestlers that have a first round bye, and win their second-round match, will receive two (2) advancement points for round one in addition to their second-round advancement points.

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)

WEIGH-IN AND GROOM CHECK – OFFICIALS WILL BE PRESENT AT ALL WEIGH-INS

Each divisional meet will conduct weigh-ins and grooming check at 9:00 a.m. on Friday, February 13, and on Saturday, February 14 at 9:00 a.m. **All wrestlers must be present at the weigh-in area at the beginning of weigh-ins.** All weigh-ins will begin with the 106 lb. class and progress in order up to the 285 lb. 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. Each coach is expected to be present to identify his wrestlers during weigh-in to prevent misunderstandings and/or mistakes. Grooming will be checked prior to weigh-in. Each wrestler is to have his hand stamped after making weight/grooming. The 2-pound weight allowance will be in effect.

ENTRY FEE

No entry fee will be charged to member schools.

ELIGIBILITY LIST

Once you have completed the Team Roster information, the Eligibility Form requirement will be satisfied. **Please make sure this is completed prior to the first playoff competition.**

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

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 Wrestling 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 member 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 representatives the 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 Master’s 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 1st thru 9th)
- d. A returning C.I.F.-SS place winner (1st thru 8th)
- 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.

COACHES

CIF-SS rules state that during tournament competition, a maximum of two (2) team coaches will be permitted to sit in the restricted coach's area. Facilities permitting, coaches shall be seated at least 10 feet from the official's table and the edge of the mat. The coach must have a coach's badge to be in the mat area or to enter through the participant's entrance. Mat maids, other participants, spectators, or other coaches violating this rule may be asked to leave the gym.

PROTESTS

By action of the CIF Council at its March 1983 meeting, protests of playoff contests involving National Federation Rules will not be entertained following the conclusion of the contest. Coaches may direct questions to the officials, as they pertain to a possible misapplication of the rules, in accordance with the National Federation Rules governing that sport. No protest may be carried forth once the contestants have left the mat area. Coaches are encouraged to carry a National Federation Wrestling Rule Book with them for all playoff contests. Schools will still have the opportunity to protest a contest in accordance with Southern Section Rules 1110 and 1111, as they pertain to the use of ineligible players, or violations of any CIF-SS rule, in connection with the contest.

OFFICIALS

Officials for all Divisional Championships, and the Masters Meet, will be assigned from the Commissioner's office.

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, and sixth in each weight division.
2. MVP for lower weight levels 106-144 and upper weight levels 150 to heavyweight.
3. Participation Certificates: The template for the Participation Certificates can be downloaded from our website. www.cifsshome.org Go to "Awards" tab on the left toolbar.

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

1. 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.

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 23, 2026**.

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 23, 2026**.

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  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  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) no later than **FRIDAY, JANUARY 23, 2026**.

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 27, 2026 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.**

2024-2026 BOYS INDIVIDUAL WRESTLING LEAGUES/SCHOOLS/DIVISIONS

CENTRAL DIVISION - 28 ENTRIES

Qualifiers

3 DESERT EMPIRE

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

5 EMPIRE

Calvary Chapel/SA
Costa Mesa
Fullerton
Garden Grove
Laguna Hills
Santa Ana
Tustin
Valencia/ Placentia
Westminster

1 FREELANCE

Del Sol
St. Paul
Trinity Classical

4 GOLDEN

Antelope Valley
Eastside
Highland
Knight
Lancaster
Littlerock
Palmdale
Quartz Hill

Qualifiers

4 MISSION VALLEY

Arroyo
El Monte
Gabrielino
Marshall
Mountain View
Rosemead
South El Monte

5 ORANGE GROVE

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

3 SAN ANDREAS

Aquinas
Carter
Colton
Fontana
Notre Dame/ Riv
Rialto

3 TRINITY

JSerra
Lutheran/ Orange
Mater Dei
Santa Margarita
Servite
St. John Bosco

COASTAL DIVISION - 28 ENTRIES

Qualifiers

3 HACIENDA

Alta Loma
Colony
Los Altos
San Dimas
South Hills

3 MARMONTE

Agoura
Calabasas
Newbury Park
Thousand Oaks
Westlake

3 MISSION

Alemany
Bishop Amat
Chaminade
Crespi
Harvard-Westlake

4 MONTVIEW

Azusa
Baldwin Park
Duarte
Garey
Nogales
Sierra Vista
Webb

Qualifiers

3 RIVER VALLEY

Jurupa Valley
La Sierra
Norte Vista
Patriot
Ramona
Rubidoux

5 SUBURBAN VLY

Bellflower
Dominguez
Downey
Gahr
La Mirada
Mayfair
Norwalk
Paramount
Warren

3 SUNKIST

Arrowhead Christian
Bloomington
Eisenhower
Grand Terrace
Rim of the World
San Gorgonio

4 SUNSET

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

2024-2026 BOYS INDIVIDUAL WRESTLING LEAGUES/SCHOOLS/DIVISIONS

EASTERN DIVISION - 27 ENTRIES

Qualifiers

4 CHANNEL

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

2 CROSS VALLEY

Big Bear
Excelsior Charter
Lucerne Valley
Silver Valley

3 DESERT SKY

Adelanto
Barstow
Granite Hills
Silverado
Victor Valley

5 IVY

Canyon Springs
Hemet
Hillcrest
Lakeside
Liberty
North, JW
Orange Vista
Paloma Valley
Perris

Qualifiers

3 PALOMARES

Ayala
Bonita
Claremont
Diamond Bar
Glendora
Walnut

3 PIONEER

Beverly Hills
Lawndale
North Torrance
Torrance
West Torrance

3 RIO HONDO

Burbank
Hoover
La Canada
Monrovia
San Marino
Village Christian

4 SUN VALLEY

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

INLAND DIVISION - 26 ENTRIES

Qualifiers

5 COAST VIEW

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

3 DEL RIO

California
El Rancho
La Serna
Santa Fe
Whittier

4 INLAND VALLEY

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

2 MOUNTAIN VLY

Indian Springs
Miller, A.B.
Pacific
San Bernardino

Qualifiers

3 MT. BALDY

Chaffey
Chino
Diamond Ranch
Don Lugo
Montclair
Ontario

3 NORTH HILLS

Brea
Foothill
Pacifica/ GG
Sunny Hills
Troy

3 SOUTHWESTERN

Chaparral
Great Oak
Murrieta Mesa
Murrieta Valley
Temecula Valley
Vista Murrieta

3 VALLE VISTA

Charter Oak
Covina
Northview
Rowland
West Covina
Wilson/HH

2024-2026 BOYS INDIVIDUAL WRESTLING LEAGUES/SCHOOLS/DIVISIONS

NORTHERN DIVISION - 27 ENTRIES

Qualifiers

3 ALMONT

Alhambra
Bell Gardens
Mark Keppel
Montebello
San Gabriel
Schurr

3 BAY

Mira Costa
Peninsula
Redondo
Santa Monica
South Torrance

3 CITRUS BELT

Beaumont
Cajon
Citrus Valley
Redlands
Redlands East Valley
Yucaipa

3 CITRUS COAST

Channel Islands
Fillmore
Hueneme
Nordhoff
Santa Paula

Qualifiers

3 COASTAL CANYON

Camarillo
Moorpark
Royal
Simi Valley
Valencia/Valencia

5 CRESTVIEW

Cypress
El Dorado
Esperanza
Sonora
Villa Park
Canyon
Yorba Linda

La Habra
EL Modena

4 MOORE

Cabrillo/ Long Beach
Compton
Jordan
Lakewood

Millikan
Poly/Long Beach
Wilson/Long Beach

3 SOUTH VALLEY

CSDR
Hamilton
Nuview Bridge
San Jacinto Vly Acad
Santa Rosa Academy

SOUTHERN DIVISION - 25 ENTRIES

Qualifiers

3 605

Artesia
Calvary Chapel/D
Cerritos
Glenn
Pioneer

3 BASELINE

Chino Hills
Damien
Etiwanda
Los Osos
Rancho Cucamonga
Upland

3 BIG VIII

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

3 GOLDEN WEST

Buena Park
Godinez
Katella
Kennedy
Ocean View
Segerstrom

Qualifiers

3 MIRAMONTE

Bassett
Edgewood
Ganesha
La Puente
Pomona
Workman

3 MOJAVE RIVER

Apple Valley
Burroughs/R
Hesperia
Oak Hills
Serrano
Sultana

3 MOUNTAIN PASS

Elsinore
San Jacinto
Tahquitz
Temescal Canyon
West Valley

4 PACIFIC COAST

Irvine
Laguna Beach
Northwood
Portola
St. Margaret's
University
Woodbridge

1/29/2026

BOYS INDIVIDUAL WRESTLING

Central Division

WESTMINSTER HIGH SCHOOL

**SEEDING MEETING WILL BE HELD
IN THE FACULTY CAFETERIA**



**FRIDAY PARKING
8AM - 2PM**

BOYS INDIVIDUAL WRESTLING

Central Division

WESTMINSTER HIGH SCHOOL



SATURDAY PARKING

BOYS INDIVIDUAL WRESTLING

Eastern Division

CANYON SPRINGS HIGH SCHOOL



There are three parking locations (all locations highlighted in yellow):

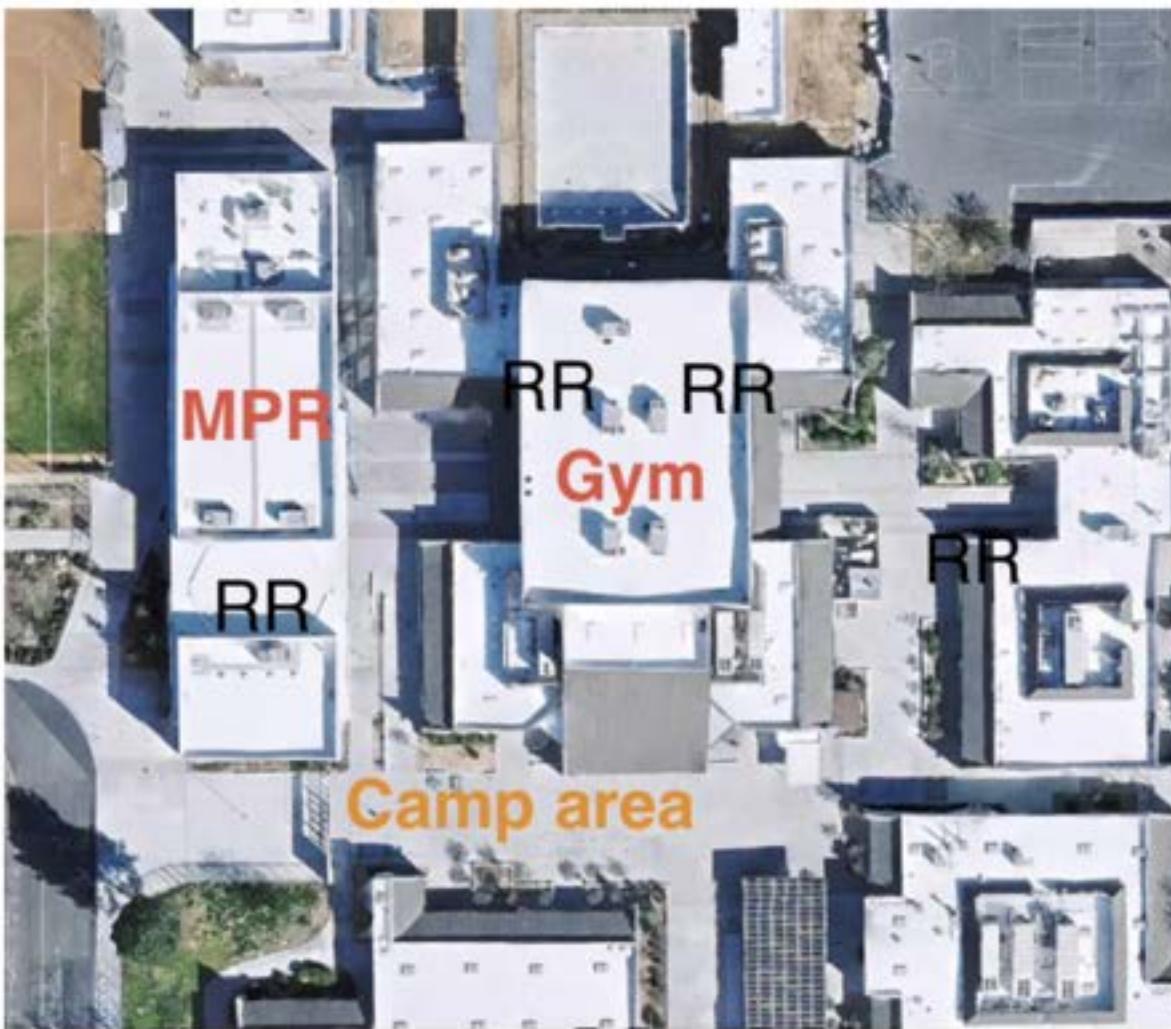
1. Turn onto Cougar Canyon and make a left at the bottom of the hill to enter the "Student Lot" which is closest to the MPR and GYM
2. Turn onto Cougar Canyon and make a right at the bottom of the hill to enter the "Staff Lot"
3. If both the student and staff lot are full we have overflow parking available by continuing down Pigeon Pass and making a right at OLD LAKE. You will turn into Vista Heights Middle School and continue down the access road near the wash. This will take you to parking lot near Westbluff Park. Park and use the walkways in the park to enter the school near the tennis courts.

**SEEDING MEETING WILL BE HELD
IN FRONT OFFICE CONFERENCE ROOM**

BOYS INDIVIDUAL WRESTLING

Eastern Division

CANYON SPRINGS HIGH SCHOOL



RR= Restroom Locations (non-porta-potty restrooms):

1. Mens and womens located in covered lunch area outside of the gym and MPR
2. Mens and womens located inside the gym
3. Mens and womens located on the East end of campus outside of the gym

CAMP AREA:

- Please note that we need to keep emergency routes clear and we cannot have any camps set up directly in front of the gym or MPR. Please set up your camps in the area designated on the map and keep an alley open for school golf carts that may need to respond to injuries or other emergencies.

**SEEDING MEETING WILL BE HELD
IN FRONT OFFICE CONFERENCE ROOM**

BOYS INDIVIDUAL WRESTLING

Coastal Division

FOUNTAIN VALLEY HIGH SCHOOL



Staging is outdoors: Teams **MUST** bring their own eazy ups

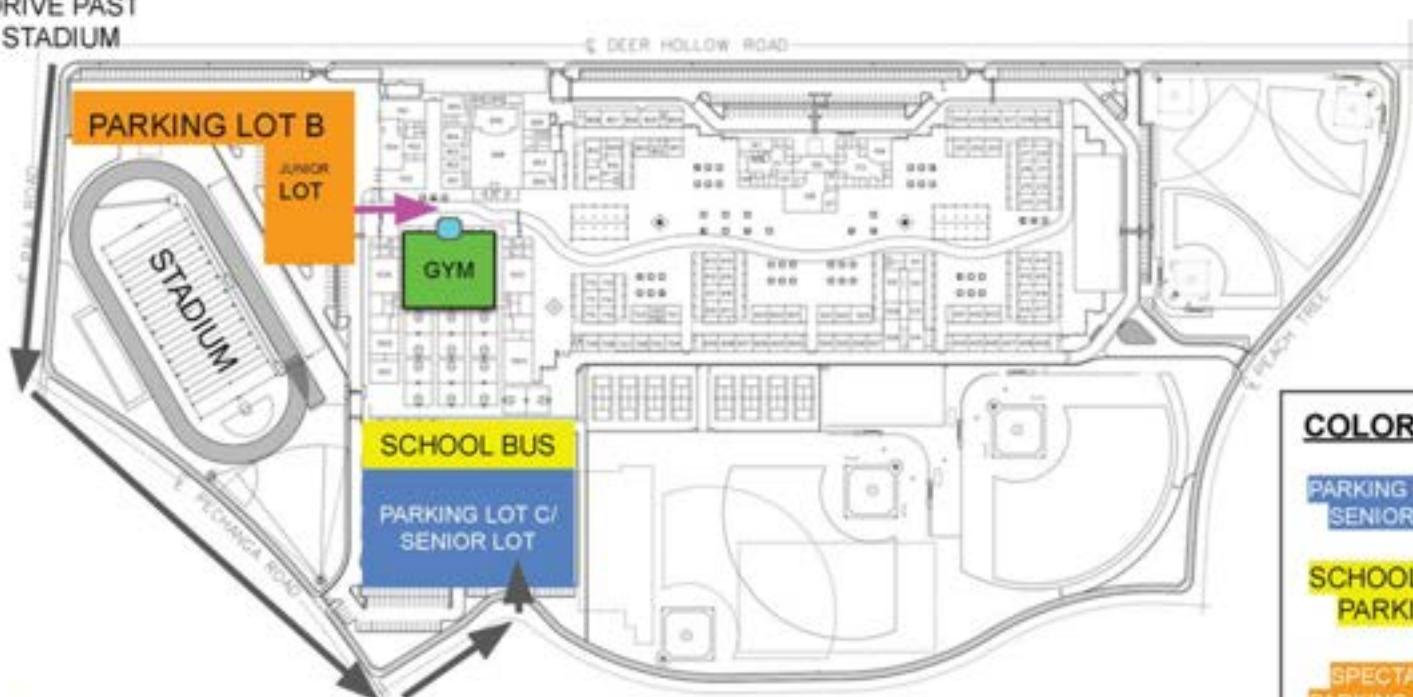
SEEDING MEETING WILL BE HELD IN ROOM 105

BOYS INDIVIDUAL WRESTLING

Inland Division

GREAT OAK HIGH SCHOOL

DRIVE PAST
STADIUM



COLOR KEY

PARKING LOT C/
SENIOR LOT

SCHOOL BUS
PARKING

SPECTATOR
PARKING LOT B/
JUNIOR LOT

ENTRANCE



Great Oak Gymnasium Events

BOYS INDIVIDUAL WRESTLING

Northern Division

MOORPARK HIGH SCHOOL

FRIDAY ONLY

From 7 am - 4pm All spectators, wrestlers and coaches must park in designated lots only. Do not park in any staff/student lot marked in red.



Team Camp Area

We must keep emergency routes clear and cannot have any camps set up on the concrete surrounding the entire gym. Please set up your camps in the area designated on the map and keep an alley open for school golf carts that may need to respond to injuries or other emergencies. Absolutely NO BBQ / GRILL / PETS allowed!

FRIDAY PARKING

There are two main parking locations (highlighted in yellow):

From Tierra Rejada Rd, turn onto Mountain Trail St. towards the school. The "Gym" lot is available on the left as well as street parking along Mountain Trail (pay attention to any restrictions on the street). Other parking lots are located by the stadium and park. If parking near the stadium, proceed through the stadium visitor entrance and follow the signs.

SEEDING MEETING WILL BE HELD IN ROOM K-3

BOYS INDIVIDUAL WRESTLING

Northern Division

MOORPARK HIGH SCHOOL



SATURDAY PARKING

There are two main parking locations (highlighted in yellow):

From Tierra Rejada Rd, turn onto Mountain Trail St. towards the school. The "Gym" lot is available on the left as well as street parking along Mountain Trail (pay attention to any restrictions on the street). Other parking lots are located by the stadium and park. If parking near the stadium, proceed through the stadium visitor entrance and follow the signs.

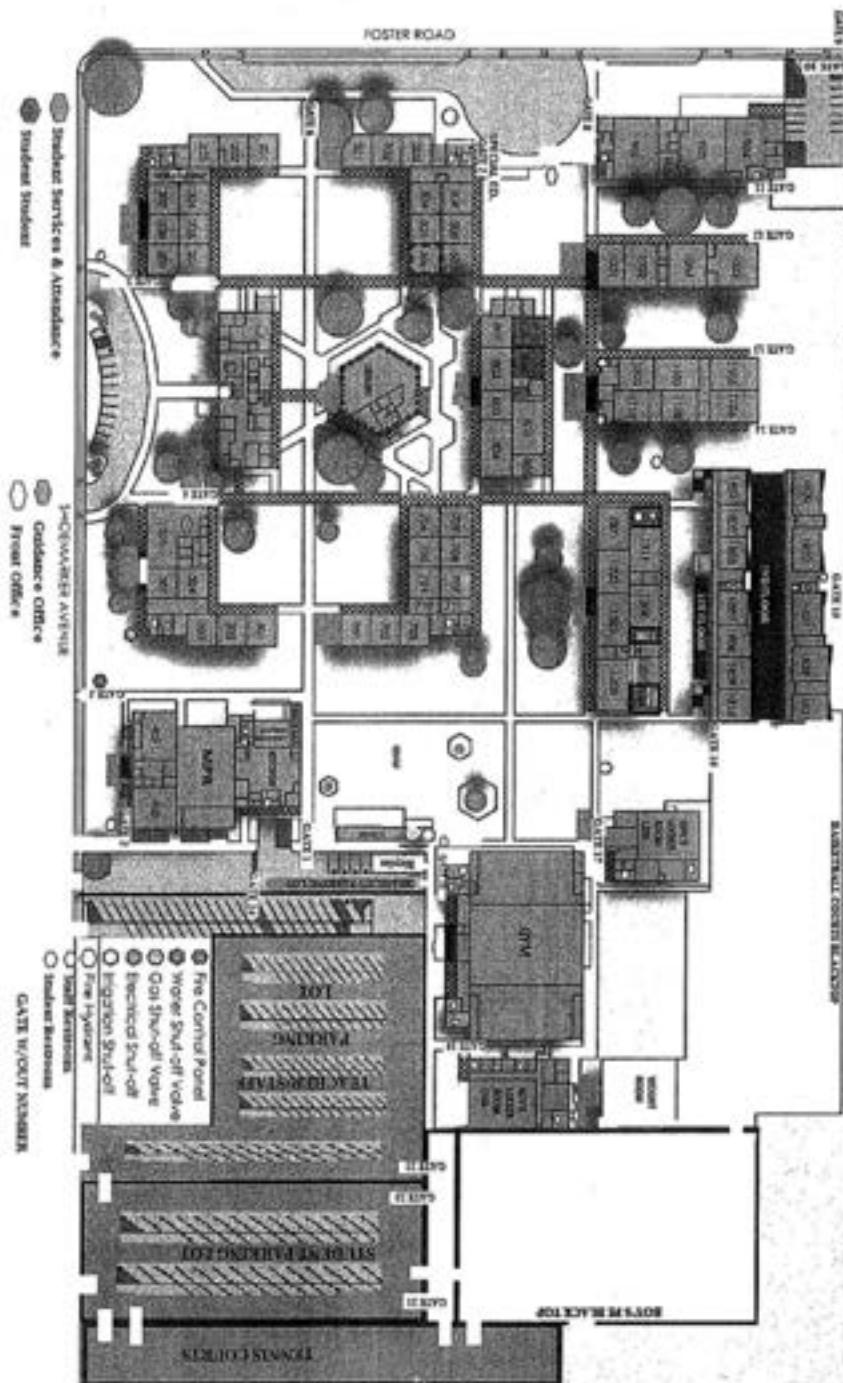
Absolutely NO BBQ / GRILL / PETS allowed!

**SEEDING MEETING WILL BE HELD
IN ROOM K-3**

BOYS INDIVIDUAL WRESTLING

Southern Division

GLENN HIGH SCHOOL



SEEDING MEETING WILL BE HELD IN ROOM

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://migropure.com>). It can be used as a sort of "waterless shower" at a tournament.
- Real showers with proper soap immediately after wrestling are the best protection!



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.



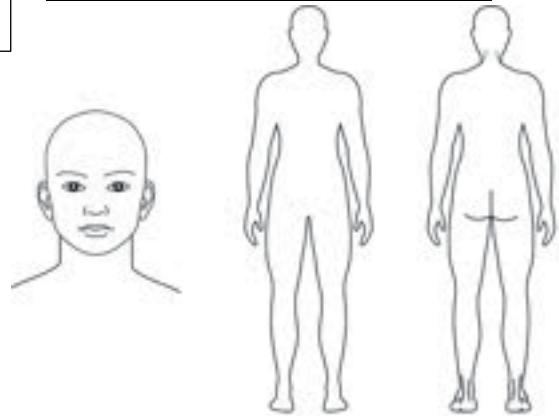
California Interscholastic Federation Sports Medicine Advisory Committee (SMAC)

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

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

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 Name (Must Be Legible): _____

Office Address: _____

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

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 biocclusive 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 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.

MRSA

MRSA (methicillin-resistant staph aureus) is a type of staph infection that is resistant to many common antibiotics and, in cases where treatment is needed, can be very difficult to treat. Staph bacteria are one of the most common causes of skin infections in the United States. Most of these skin infections are minor (such as pimples and boils) and can be treated without antibiotics, but occasionally serious infections require treatment. In the last few years, there have been a number of cases where these bacteria have spread among members of sports teams. Recently, this issue is making headlines as MRSA can have serious and deadly ramifications if not dealt with immediately.

Attached are two "Alerts" that were completed by the State CIF Sports Medicine Committee regarding MRSA.

- 1 – for distribution to students and parents
- 2 – for distribution to schools, coaches, AD and administrators.

There are several good web sites that have posters FOR DOWNLOADING. Some sites are promoting "products" that can be purchased, but I think the education information provide/contained outweighs the implied endorsement at this time.

[MRSA Alert for Student-Athletes and Parents](#)

[MRSA Alert for Coaches](#)

Athletic Management – not pushing any specific product – downloadable PDF posters (sports med committee followed these examples for Alerts)

Resources

There are several good web sites that have posters FOR DOWNLOADING. Some sites are promoting "products" that can be purchased, but I think the education information provide/contained outweighs the implied endorsement at this time.

[Skin Infections and MRSA Information](#) - These documents from the California Department of Public Health (CDPH) were designed to educate and alleviate fears generated by staph reports.

[NFHS Position Statement: Skin Infections and Guidelines](#)

[Center for Disease Control](#)

A company selling – but some educational materials that can be downloaded under educational resources.

Educational material at www.hibigeebies.com/sports click on education materials

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