

CIF SOUTHERN SECTION | BOYS WRESTLING



SEASON PREVIEW



2025 - 2026



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TO: CIF-SS BOYS' WRESTLING COACHES

FROM: JOE HOGGATT, ASSISTANT COMMISSIONER

DATE: OCTOBER 2025

RE: **2025-26 CIF SOUTHERN SECTION BOYS' WRESTLING PREVIEW**

WELCOME TO THE 2025 -2026 CIF SOUTHERN SECTION BOYS WRESTLING SEASON!

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

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

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



CIF-SS BOYS WRESTLING ADVISORY COMMITTEE

The advisory committee is comprised of coaches from their respective sport and an administrator from the CIF-SS. Some of the duties of this committee are as follows:

- ◆ Meetings
- ◆ Recommendations for playoff sites
- ◆ Recommendations for procedural changes
- ◆ Evaluation of sports season
- ◆ Assistance to coaches and/or Officials' organizations
- ◆ Liaison between coaches and CIF-SS
- ◆ Assist with management of championship meets

If you have any suggestions or questions, we urge you to use this excellent channel of communication and pass it along to one of the committee members. We will be meeting on a regular basis during the current wrestling season and your items will become part of our agenda. For your reference, the members of this year's committee are:

Name	Cell Phone	E-Mail
Arnold Alpert, Temecula Valley HS	(951) 695-3974	aalpert@tvusd.k12.ca.us
Ibee Atalla, Servite HS	(562) 760-8507	coachibee@yahoo.com
Bobby Bellamy, Northview HS	(909) 969-6590	bbellamy@c-vusd.org
CT Campbell, Victor Valley HS		ccampbell@vvusd.org
Richard Carrillo, Royal HS	805.404.9764	Richard.carrillo@simivalleyusd.org
Alan Clinton, Servite HS	(714) 318-7466	aclinton@servitehs.org
Greg Colwell, Aliso Niguel HS		gacolwell@capousd.org
Aaron Cross, Centennial/ Corona HS	(714) 225-5385	aaron.cross@cnusd.k12.ca.us
Monico Enriquez, Glenn HS		Menriquez21@yahoo.com
Ryan Faintich, Peninsula HS		ryanfaintich@gmail.com
Jaime Flores, Western HS	714.488.3317	Flores_ja@auhsd.us
Rob Froh, Bonita HS	626.483.1971	r.froh@bonita.k12.ca.us
Jason Lowe, Canyon Springs HS	(951) 333-6700	jlowe@mvusd.net
Mike Provenzano, Westminster HS	(714) 791-5354	mprovenzano@hbusd.edu
Chris Rasmussen, Marina HS	(714) 402-4207	cerasmussen@hbusd.edu
Brad Woodbury, Fountain Valley	714 206-0859	bwoodbury@hbusd.edu

APPROVED SANCTIONED EVENTS

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

Sanctioned Events download directions:

click on **GOVERNANCE TAB**, click on **SANCTIONED EVENTS**,
select **WRESTLING, BOYS** click **SEARCH**

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

2025-26 WRESTLING SEASON CALENDAR DATES

Starting Date for Interscholastic Contest: No interscholastic contest (tournament or league) may be scheduled prior to November 10, 2025.

Last League and/or Non-League Contest: The last allowable date for a league or non-league team contest is Tuesday, January 27, 2026. **The dual meet entries are due by 11:00 pm on Tuesday, January 27, 2026.**

Last Individual Wrestling Competition: The last day of the Individual Wrestling competition is Saturday, February 7, 2026. **Wrestling Individual entries are due, Sunday, February 8, 2026.**

2025-26 WRESTLING CHAMPIONSHIPS MEET INFORMATION

Dual Meet Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
January 31	1	Centennial/ Corona HS	Aaron Cross, Head Coach
January 31	2	Temecula Valley HS	Lyndon Campbell, Head Coach
January 31	3	Western HS	Jaime Flores, Head Coach
January 31	4	La Canada HS	Justin Luthey, Head Coach
January 31	5	Simi Valley HS	Chad Davidson, Head Coach
January 31	6	Lancaster HS	Jose Alvarez, Head Coach

Schools and leagues are reminded that their dual meet champions must be decided by Tuesday, January 27, 2026, so the draw can be announced, and championships can begin on Saturday, January 31, 2026. Round of 16 Quarterfinals and Semifinals will be on Saturday, January 31, 2026. The championship will be at Host Site on Thursday, February 5, 2026.

Boys Individual Championships

<u>Date</u>	<u>Division</u>	<u>Site</u>	<u>Meet Manager</u>
February 13/14	Central	Westminster HS	Michael Provenzano, Head Coach
February 13/14	Coastal	Fountain Valley HS	Brad Woodbury, Head Coach
February 13/14	Eastern	Canyon Springs HS	Jason Lowe, Head Coach
February 13/14	Inland	Great Oak HS	Anthony Califano, Athletic Director
February 13/14	Northern	Moorpark HS	Roy Garcia, Head Coach
			Richard Carrillo, Head Coach
February 13/14	Southern	Glenn HS	Monico Enriquez, Head Coach
Friday, February 20	Masters Meet @ Sonora HS		Alan Clinton, Servite HS, Chris Rasmussen, Marina HS Dave Carrizosa, Sonora HS

February 26-28 State Meet Mechanics Bank Arena, Bakersfield Alan Paradise

Freelance: If needed, those schools identified as freelance will be notified of the date and location of the freelance qualifying meet to participate in the individual championships.

Continuing for 2026, The Boys Masters Meet will run as (2) 16 person brackets. The top 5 in each bracket will advance to the CIF State Boys Wrestling Championships.



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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 **(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) 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.**

2025-2026 BOYS WRESTLING PLAYOFF GROUPINGS

Divisions formed according to CIF-SS Bylaw 3520.4

Dual Wrestling Championship Divisions

DIVISION 1

Canyon Springs
Centennial/C
Esperanza
Fountain Valley
Lakeside
Mayfair
Northview
Palm Desert
Serveite
St. John Bosco

DIVISION 2

Calvary Chapel (SA)
Camarillo
Chaminade
Chaparral
Chino
Etiwanda
Hesperia
Murrieta Valley
Newport Harbor
Norco
Paloma Valley
Roosevelt

Royal
San Clemente
Sultana
Temecula Valley
Trabuco Hills
Valencia/V
Victor Valley
Villa Park
Walnut
Yucaipa

DIVISION 3

Aliso Niguel
Arroyo
Ayala
Bonita
Cajon
Capistrano Valley
Citrus Valley
Corona del Mar
Cypress
El Dorado
El Toro
Great Oaks
Highland
Laguna Hills
Los Alamitos

Millikan
Oak Hills
Poly/ Long Beach
Quartz Hill
Rancho Cucamonga
Rim of the World
San Marino
Santa Fe
Santiago/ Corona
South Torrance
Ventura
Warren
West Valley
Western

DIVISION 4

Adelanto
Alemany
Beaumont
Brea Olinda
Cerritos
Coachella Valley
Corona
Damien
Diamond Bar
Dos Pueblos
Downey
Eisenhower
Huntington Beach
Irvine
John Glenn
JW North
La Canada
La Habra
La Mirada
La Quinta
La Serna
Martin Luther King
Moorpark
Norwalk
Pacifica/ Oxnard
San Dimas
Santa Ana
South Hills
Temescal Canyon
Vista Murrieta
West Torrance
Westminster
Yorba Linda

DIVISION 5

AB Miller
Agoura
Alhambra
Alta Loma
Anaheim
Barstow
Beckman
Bellflower
Bishop Amat
Buena
Burbank
Cabrillo/LB
Calabasas
California
Canyon/ Anaheim
Carter
Chaffey
Charter Oak
Chino Hills
Colony
Costa Mesa
Crespi
Dana Hills
El Modena
Elsinore
Foothill
Fullerton
Garden Grove
Glendora
Godinez

Harvard Westlake
Hemet
Hillcrest
Hueneme
Indio
Laguna Beach
Lakewood
Liberty
Los Altos
Los Osos
Magnolia
Marina
Marshall
Mater Dei
Mira Costa
Mission Viejo
Montclair
Montebello
Murrieta Mesa
Newbury Park
North Torrance
Northwood
Notre Dame/R
Ocean View
Orange Lutheran
Oxnard
Pacific
Paramount
Patriot
Peninsula

Perris
Portola
Ramona
Rancho Mirage
Redlands East
Rialto
Rio Mesa
Riverside Poly
Rosemead
Rowland
San Geronio
San Marcos
Santa Ana Valley
Santa Barbara
Santa Monica
Santa Rosa
Savanna
Segerstrom
Serrano
Shadow Hills
Simi Valley
Sonora
Sunny Hills
Tahquitz
Tesoro
Thousand Oaks
Trinity Classical
University
Upland
Valencia/P

Valley View
West Covina
Wilson LB
Woodbridge
Yucca Valley

2025-2026 BOYS WRESTLING PLAYOFF GROUPINGS

Divisions formed according to CIF-SS Bylaw 3520.4

Dual Wrestling Championship Divisions

DIVISION 6

Antelope Valley	Compton	Grand Terrace	Mountain View	Santiago/GG
Apple Valley	Covina	Granite Hills (AV)	Nogales	Schurr
Aquinas	Crean Lutheran DNF	Hamilton	Nordhoff	Sherman Indian DNF
Arlington	CSDR	Heritage	Norte Vista	Sierra Vista
Artesia	De Toledo DNF	Hoover	Nuview Bridge	Silver Valley
Azusa	Desert Christian DNF	Indian Springs	Oak Park DNF	Silverado
Baldwin Park	Desert Hot Springs	J. Serra	Ontario	South El Monte
Banning	Desert Mirage	Jordan LB	Orange	South Pasadena DNF
Bassett	Diamond Ranch	Jurupa Valley	Orange Vista	St. Francis DNF
Bell Gardens	Dominguez	Katella	Pacifica/GG	St. Margaret DNF
Beverly Hills	Don Lugo	Kennedy	Palm Springs	St. Monica Acad DNF
Big Bear	Duarte	Knight	Palmdale	Temple City DNF
Blair DNF	Eastside	La Puente	Pioneer	Torrance
Bloomington	Edgewood	La Quinta/West	Pomona	Troy
Bolsa Grande DNF	Edison	La Sierra	Rancho Alamitos DNF	Tustin
Buckley DNF	El Monte	Lancaster	Rancho Verde	Twentynine Palms DNF
Buena Park	El Rancho	Lawndale	Redlands	Valley Christian DNF
Burroughs/R	Estancia	Littlerock	Redondo Union	Village Christian
Cabrillo	Excelsior Charter	Loara	Rubidoux	Vista del Lago
Calvary Chapel/D	Faith Baptist DNF	Los Amigos DNF	Saddleback	Webb
Carpinteria DNF	Fillmore	Lucerne Valley	Sage Hill DNF	Westlake
Cathedral City	Fontana	Malibu DNF	San Bernardino	Whitney
Century DNF	Gabrielino	Mark Keppel	San Gabriel	Whittier
Channel Islands	Gahr	Monrovia	San Jacinto	Wilson/HH
Citrus Hill	Ganesha	Moreno Valley	San Jacinto Vly Aca	Workman
Claremont	Garey		San Juan Hills	Xavier Prep
Colton			Santa Margarita	
			Santa Paula	

9/30/2025

In the sport of Boys Dual Wrestling, only league champions will be guaranteed automatic entry into the playoffs

DIVISION	LOCATION	DATE
1	Centennial/C High School	Saturday, January 31
2	Temecula Valley High School	Saturday, January 31
3	Western High School	Saturday, January 31
4	La Canada High School	Saturday, January 31
5	Simi Valley High School	Saturday, January 31
6	Lancaster High School	Saturday, January 31

Championships will be at Host School on Thursday, February 5, 2026.

2024-2026 BOYS WRESTLING PLAYOFF GROUPINGS

Individual Wrestling Championship Divisions

CENTRAL

Desert Empire
 Empire
 Freelance
 Golden
 Mission Valley
 Orange Grove Conf.
 San Andreas
 Trinity

COASTAL

Hacienda
 Marmonte
 Mission
 Montview
 River Valley
 Suburban Valley Conf.
 Sunkist
 Sunset

EASTERN

Channel
 Cross Valley
 Desert Sky
 Ivy
 Palomares
 Pioneer
 Rio Hondo
 Sun Valley

INLAND

Coast View Conf.
 Del Rio
 Inland Valley
 Mountain Valley
 Mt. Baldy
 North Hills
 Southwestern
 Valle Vista

NORTHERN

Almont
 Bay
 Citrus Belt
 Citrus Coast
 Coastal Canyon
 Crestview
 Moore
 South Valley

SOUTHERN

605
 Baseline
 Big VIII
 Golden West
 Miramonte
 Mojave River
 Mountain Pass
 Pacific Coast

BLUE BOOK RULE 3514 - League guaranteed entries, Individual Division Championships

4 team leagues = 2 entries

5-6 team leagues = 3 entries

7 or 8 team leagues = 4 entries

9 or more team leagues = 5 entries

9/4/2025

DIVISION

LOCATION

DATE

Central

Westminster High School

February 13/14

Coastal

Fountain Valley High School

February 13/14

Eastern

Canyon Springs High School

February 13/14

Inland

Great Oak High School

February 13/14

Northern

Moorpark High School

February 13/14

Southern

Glenn High School

February 13/14

MASTERS MEET

Sonora High School

Friday, February 20

2025/26 CIF SOUTHERN SECTION WRESTLING GUIDELINES

Wrestling coaches should review the following key points with their assistants and participants. These points are with regard to the rules and regulations set down in the 2025-26 CIF Southern Section Blue Book. This list is NOT all-inclusive but highlights only some of the key areas.

Coaches Weight Management Manual Link [CLICK HERE to view](#)

Principal's Responsibility - The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members. Ineligible students shall not compete as representatives of the school in any CIF contest (Rule 503). In CIF competition, no person shall be permitted to participate as an unattached athlete, or an unofficial entrant. (See Rule 600 G (1)).

Wrestling Rules - All wrestling competitions in the CIF Southern Section will be conducted under National Federation rules, unless provided herein. Coaches are advised to review the Wrestling section of the 2025-26 CIF Southern Section Blue Book, **Article 3400, pages 205-211.**

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

- A. It is a multiple day tournament.
- B. It must include a minimum of 50 contracted participating schools
- C. Participating schools must come from a minimum of 5 different sections.
- D. Participating schools must come from a minimum of 6 different wrestling officials' assignment areas throughout the state of California.

Boys Weight Classes:

106 lbs	113 lbs	120 lbs	126 lbs	132 lbs	138 lbs
144 lbs	150 lbs	157 lbs	165 lbs	175 lbs	190 lbs
215 lbs	285 lbs				

Alternates for 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.

Thursday Night Seeding Meetings for Individual Wrestling Championships – In an effort to save time and money for our schools, we will conduct our seeding meetings for the Individual Wrestling Championships on the Thursday night before the tournament begins on Friday morning. We hope this will be a benefit to all wrestling coaches.

Number of Days of Practice - 3400 Statewide Modification –

3400 A. Each individual student, not a member and participant of a fall sports team, shall have at least ten days of practice before the student can compete in a meet or tournament.

3400 B. Each individual who completes the regular season in a fall sport shall have at least five days of practice before the student can compete in a meet or tournament.

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

PENALTY FOR EXCEEDING THE 40 MATCH LIMIT

If an athlete goes over the prescribed 40 match limit, the athlete shall be ineligible for any further competition for the season.

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

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

Blue Book Rule 3402: Official Weigh-In

- A. All CIF-member schools must follow all National Federation rules and procedures concerning the weighing in of wrestlers.

(1) Violation of NFHS rule 4-5-5 will result in the following sanction: the host school will not be allowed to host any tournament for the following year and cannot financially benefit from any other tournament for that year. In addition, the Section may impose the following additional sanctions:

- a. The hosting school is placed on probation.
- b. Reduction of maximum number of matches.

(Revised May 2010 Federated Council; see NFHS Wrestling Rules Book 4-5-5)

- B. California provides 14 weight classes per NFHS rules and the two (2)-pound growth allowance to each weight class on January 1.
(Approved February 1997 Federated Council: Also see NFHS Wrestling Rules Book 4-4-4)

- C. **Each coach is required to bring his/her team's Pre-Match Weigh-In form to all competitions including the CIF State Wrestling Championships.**
PENALTY: Failure to comply will result in the entire team being ineligible to compete and charged with forfeiture.

- D. **Each wrestler is required to weigh in with his/her Pre-Match Weigh-In form at all competitions up to and including the competition that begins the CIF State Championship qualifying series.**
PENALTY: Failure to comply will result in the wrestler being ineligible for that competition.
(Revised May 2006 Federated Council)

- E. The use of laxatives, emetics, excessive food and liquid restriction, self-induced vomiting, hot rooms, hot boxes, saunas and steam rooms is prohibited for any purpose. The use of diuretics at any time is prohibited. Regardless of the purpose, the use of vapor-impermeable suits (e.g. rubber or rubberized nylon) or any similar devices used solely for dehydration is prohibited. Artificial means of rehydration are also prohibited. Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation would result in suspension for the remainder of the season.

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

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

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

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

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

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

Bylaw 3403 CIF STATE BLUE PAGES III.A, D and F

PENALTY: Failure to adhere to these bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament, then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual

ACCOUNTABILITY RULE

Without question, the most serious breach within the realm of our programs presents itself when an individual coach removes a team from the playing facility prior to the conclusion of a contest.

How serious is such an action?

It has been the position of the CIF-SS Executive Committee to expect the Principal of the school concerned to relieve the coach from his/her assignment for the balance of that season.

When one considers the focal point is to involve as many student athletes in our programs as possible, we lack accountability to those considered the heart of our organization, not to mention the officials, the entire student body, the district, and the community. Each individual contest, regardless of the sport, lasts but a few minutes. The damaging results from such an occurrence are timeless.

Administrators are urged to review this situation, and the potential consequences, with their staff at the start of each sport season.

DUAL MEET WRESTLING CHAMPIONSHIPS

- 1) Dual meet wrestling championships will be conducted in 6 divisions, with divisions grouped based on competitive equity.
- 2) Size of Bracket, Date of Tournament, Format of Tournament
 - a) A maximum of 16 teams
 - b) Two-day tournament, same Saturday, January 31, 2026, for first 3 rounds.
Championships at host school site Thursday, February 5, 2026.
 - c) Single Elimination.
- 3) League Champions
 - a) Guaranteed entry for League Champions. Each league will be guaranteed one entry for their League Champion only. The expectation is that the league champion will compete in the Dual Championships.
- 4) At-Large Process
 - a) At-Large Teams will fill any open positions in the brackets, up to a maximum of 16 teams. Teams who wish to be considered for an at-large position in the bracket must submit the required At-Large Petition Form to the C.I.F.-SS Office by the published deadline.
 - b) Criteria to Select At-Large Teams has been developed by the Wrestling Coaches Advisory Committee. Here is the criteria that will be used...
 - 1) Head-to-head competition of teams under consideration – 4 points
 - 2) Overall strength of the league from which the team is entered – 1 point
 - 3) Overall win-loss record in Dual Meet competition only – 1 point
 - 4) Strength against common opponents in Dual Meet competition only – 1 point
 - 5) Strength of schedule (Dual Meet and Individual Tournaments) – 2 points
 - c) Who Will Form the At-Large Selection Committee?
 - 1) Selected members of the Wrestling Coaches Advisory Committee.
- 5) Seeding
 - a) We will seed the Top 4 teams. These seeding rules we now use will apply. When possible, teams from the same league will be in opposite halves of the draw. If we have 3 teams from the same league, when possible, they will not meet until the semifinals, etc.
- 6) Byes
 - a) Byes in the draw, if applicable, will be given to the top seeds in descending order. If there is one bye, it will go to the #1 seed, if two byes, #1 and #2 seeds will get them, etc. Also, to save time and money, teams who receive a bye in the First Round will be allowed to weigh-in a maximum of two hours before they wrestle, they do not have to weigh in two hours before the First Round.
- 7) Tournament Timeline
 - a) The tournament will begin with weigh-in at 9:00 a.m. and the First Round of wrestling beginning at 11:00 a.m. Depending on the size of bracket in each division, the Tournament Director at each site will have the option to adjust the timeline for each succeeding round of the tournament, accordingly, providing wrestlers have the required amount of rest time between matches.

PRE-MATCH WEIGHT-IN

MANDATORY AT EVERY DUAL AND INDIVIDUAL TOURNAMENT

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

Directions for how to generate a Pre-Match Weigh-In Form:

1. Log onto www.trackwrestling.com
2. Click on the event you wish to create a weigh in form for and then click "Weigh-Ins" or click the blue scale icon next to an event.
3. Click the (Add Weigh In) Button
4. Select the wrestlers, verify or edit the date, add weight allowance if necessary and then click (Add). NOTE: - hold the CTR or SHIFT button to select multiple wrestlers.
5. Use the drop-downs in the "Wrestling" column to change the weight class if necessary and click (Save Form)
6. Click the (Print) button to print the weigh in form to take to the weigh in. NOTE: You can use CTRL + P to open a print dialogue.

TEAMS ARE REQUIRED TO PRESENT ALPHA SHEETS AT ALL MATCHES.

Pre-Match Weigh-In Form SAMPLE below:

Weigh In Report

<http://www.trackwrestling.com/tw/seasons/WeighInReport.jsp>

Official Weigh In Report					
School: Andover		Event: 3rd ANNUAL CARTER INLAND EMPIRE OPENER			Date: 09/28/2017
11/26/2016 1 lbs consecutive day allowance					
Weight	Name	EWG	EWV	Actual Wt.	Skin Check
106	Isabelle Melino	106		97.74	_____
106	Daniela Vazquez	106		102.71	_____
	Isabelle Melino	106		105.52	_____
113	Daniela Vazquez	113		106.31	_____
113	Isabelle Melino	113		110.60	_____
120	Isabelle Melino	120		118.01	_____
138	Isabelle Melino	138		136.06	_____
145	Daniela Vazquez	145		139.09	_____
160	Isabelle Melino	160		153.54	_____
170	Isabelle Melino	170		169.78	_____

Weigh-In Time _____	
Medical/Skin Check Completed By _____	Certified By Coach _____ (name)
Certified By Administrator* _____ (name) * If honor weigh-in performed	Certified By Opponent Coach _____ (name)
Referee _____ (name)	Referee _____ (name)



RONALD W. NOCETTI, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • (916) 239-4477 • CIFSTATE.ORG

September 22, 2025

To: 2024-2025 Wrestling Weight Management Program Assessors
Re: 2025-2026 Recertification

Dear Assessors,

The CIF is excited to announce details regarding the 2025-2026 Wrestling Weight Management Program. There are updates to share:

- The recertification process for all Assessors from the 2024-2025 season will begin **Monday, September 22, 2025**.
- The 2025-2026 [Weight Management Program Manual](#) is available for download from the CIF State website for your review and records. **Please review this document for updates to the process prior to your recertification exam.**
- The forms used for assessments, appeals, and sub-7% BF were updated in 2023-2024 as well.
- The [recertification exam](#) is located on the **CIF STATE** website under Wrestling. The process will remain the same as last year, with the requirement of the assessor passing an exam with an 80% or better to be recertified. Assessors are given three (3) attempts to pass.
- Assessments for the 2025-2026 season will open **October 15, 2025**. Assessments must be entered into the TrackWrestling website within 72 hours of assessment. *There is no reason to take longer than 72 hours!* All wrestlers must be assessed, and appear on the coach's Alpha Roster, prior to their first competition.

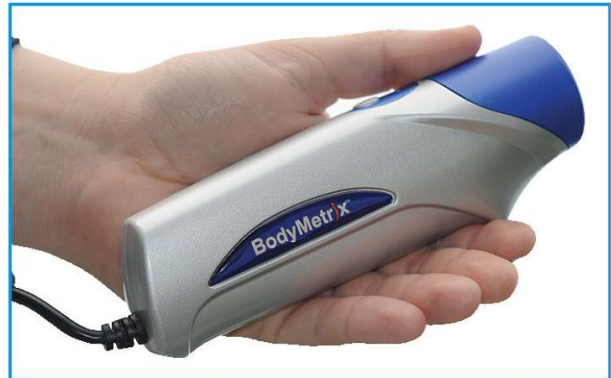
The Ultrasound Wand device ([BodyMetrix](#)) was approved by the CIF for use in replacement of the discontinued Tanita Scale in 2020. Information about purchasing the device is located on the CIF website as well.

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

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

Ultrasound Body Composition

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



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

If you are interested in learning more about the **BodyMetrix™ System** please contact IntelaMetrix at 925-606-7044 or email info@intelamatrix.com. To get more information or purchase the special high school wrestler-science package go to <http://www.bodymetrixwr.com/>.

** Evaluation of Ultrasound in Assessing Composition of High School Wrestlers, Alan C. Utter and Marion E. Hager, Official Journal of the American College of Sports Medicine 943(2008)*

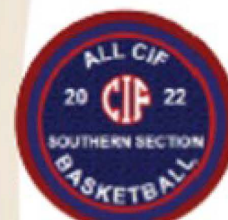
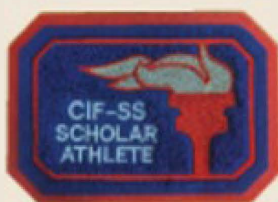
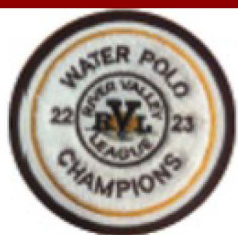


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DUTIES OF THE PRINCIPAL

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

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

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

SUPERVISION OF ATHLETES

State and Southern Section Rule 503 states:

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

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

- A. Certificated personnel
- B. Certified Coaches (certified credentialed coaches)
- C. Non-certificated temporary coaches (certified walk-on coaches.)

(It should be noted that schools representing the same DISTRICT may send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. **GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS. This also applies to parents who are the student's private coach but are not under contract to the member school.**

PLEASE NOTE, THIS RULE WAS REVIEWED BY BOTH THE STATE CIF OFFICE, IT'S GENERAL COUNCIL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 503, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.



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

FOR IMMEDIATE RELEASE

Contact: Elliot Hopkins

INDIANAPOLIS, IN (September 29, 2025) — In an effort to minimize risk of injury in high school wrestling, a revision in the leg block or cut-back maneuver was recommended by the NFHS Wrestling Rules Committee at its April 6-8 meeting in Indianapolis.

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

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

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

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

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

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

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

The final changes approved by the committee included another option for conducting dual meets and a revision in the Technical Violation section. In Rule 1-2-2 regarding dual meets, the committee approved an option of conducting dual meets in order of lowest weight classes to the heaviest classes.

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

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

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

2025-2026 Wrestling Rules Changes

1-2-2: Dual Meet

ART. 2 . . . Competition in dual meets shall be conducted by random draw of weight classes, or lowest weight to heaviest. In multi-dual events, the sequence determined by the draw will be followed for that day's subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round. The following procedure shall be used for the optional random draws:

- a. The random draw shall take place immediately preceding weigh-ins.
- b. The referee or other authorized person shall supervise the random draw.
- c. Subsequent matches will follow in sequential order.

Rationale: The NFHS already permits states to select from three different weight class categories. This proposed change aligns with that flexibility, allowing states to choose how to determine the starting weight class for dual meets. Just as states currently can select a weight class category, they should also have the option to start duals at the lowest weight class and proceed sequentially, while remaining compliant with NFHS rules.

4-1-2: Wrestlers' Uniform

ART. 2 . . . Effective July 1, 2027, the school's name, school nickname, school logo, school mascot, weight classification and/or the wrestler's name are permitted on the uniform top and/or bottom. Any manufacturer logo/trademark/reference that appears on the wrestling uniform, including legal hair covering can be no more than 2 1/4 square inches with no dimension more than 2 1/4 inches and may appear no more than once on each item of uniform apparel. No additional manufacturer's logo/trademark/or promotional reference shall be allowed on the wrestling uniform.

Rationale: This is a universal rule adaptation by every NFHS Rules Committee to be uniformed for every NFHS rule publication.

4-3-5: Special Equipment

ART. 5 . . . Wrestlers shall not wear wristbands, sweatbands, bicep bands or leg or arm sleeves that do not contain a pad during a match.

Rationale: We allow wrestlers to wear tights on both legs and that is no different than a sleeve on one leg. Requiring a pad on these sleeves serves no purpose other than more equipment monitoring for the officials. Manufacturers produce knee sleeves that are just the same and add a separate knee pad, and it has no negative effect on the opponent. Requiring a pad in leg sleeves is unnecessary.

5-11-2c; 5-11-4b: Technical Fall

ART. 2 . . . A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer. (Photos 5-6)

a.- b. Remain the same.

c. A near fall is ended when the defensive wrestler gets out of a pinning situation. The referee must not signal the score for a near fall until the situation is ended and only one near fall shall be scored in each pinning situation, regardless of number of times the offensive wrestler places an opponent in the near-fall position criteria during the pinning situation. If the near-fall creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.

d.- i. Remain the same.

Rationale: This rule change would define when a technical fall shall be awarded and eliminate any confusion between a pinning situation and near-fall criteria.

ART. 4 . . . A technical fall occurs when a wrestler has earned a 15-point advantage over the opponent, however;

a. if a takedown or reversal, straight to a near-fall criteria creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.

b. once the technical fall has been earned, the offensive wrestler cannot lose the match. If a near-fall creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.

Rationale: This rule change will clarify when a match shall be stopped to award the technical fall. By adding the near-fall to this rule it will make consistent with the takedown or reversal that creates the 15-point advantage.

7-1-5n: Illegal Holds/Maneuvers

n. leg block (cut-back) when leaving the feet and using the foot or leg to "cut out" an opponent's leg, to include from the rear-standing position.

Rationale: This rule change seeks to clarify language regarding the leg block or "cut-back". When applied the move/maneuver can cause significant injury to the defensive wrestler lower extremities. Other rules code language clarifies it as illegal when you leave your feet, NFHS language does not.

7-3-3: Technical Violations

ART. 3 . . . Interlocking or overlapping the hands, fingers or arms around the opponent's body (with or without an extremity arm included) or both legs by a wrestler in the advantage position, unless the opponent has all the weight supported entirely by the feet or has lifted the opponent off the mat or the opponent has met near-fall criteria, is a technical violation and the penalty point(s) shall be awarded in addition to points earned. (When bringing your opponent to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.) (Photos 103-106)

Rationale: Locking hands and including a leg in the clasp around the trunk of the body is the same as locking hands with an arm included.

Official Wrestling Signals:

(#3) Remove Officials' Time-out signal.

Rationale: It is an irrelevant signal, that the high school wrestling community does utilize to signal time-out.

(#9) Change direction of arrows in Indicate No Control to left and right instead of circular.

Rationale: Clarification. The circular motion is incorrect.

(#21) Modify the existing three-finger in the near-fall signal – the three fingers should be signaled like the "OK" sign.

Rationale: This was the recommendation from the NFHS Wrestling Officials Sub-Committee. The goal was to remove signals that are no longer used and clarify the proper signal mechanics being used nationwide.

2025/26 NFHS WRESTLING GUIDELINES

- 1 Contestants shall have the opportunity to weigh in shoulder-to-shoulder or by team(2) at the tournament site a maximum of two hours before the first session of each day. (NFHS Wrestling Rules Book 4-5-2).
- 2 For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected, continue through the weight classes, wrap around to the 106-pound weight class and end immediately upon the completion of the highest weight class preceding the random draw selected weight class. When all wrestlers for a weight class have had an opportunity to weigh-in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by teams(s) with the lowest weight to the highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in that scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited. (NFHS Wrestling Rules Book 4-5-3.)
3. California provides 14 weight classes per NFHS rules and the two-pound growth allowance to each weight class on May 1. (Approved February 1997 Federated Council; also see NFHS Wrestling Rules Book 4-4-1 and 4-4-4.)

HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the 2025-2026 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the "Sports Medicine" tab on the blue toolbar.

Additional resources can be found at www.cifstate.org under the "Sports Medicine" tab on the white toolbar

PHYSICAL EXAMINATION

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

CONCUSSION PROTOCOL

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

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

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

NFHS ELECTIVE COURSE/WEBINAR

This is link to a free, 20-minute webinar regarding sports related concussions provided by the NFHS. All Athletic Directors and Coaches are encouraged to take advantage of this opportunity by viewing this webinar <http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

Concussion in Sports - What You Need To Know

STERIOD PROHIBITION

All schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

SUDDEN CARDIAC ARREST PROTOCOL

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

Question: What is meant by “licensed health care provider?”

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

Mandatory CIF Concussion Information Form Must be signed by parent and student athlete

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

Return to Play Protocol Form Required Form if student athlete is diagnosed with a concussion

<http://cifss.org/wp-content/uploads/2016/07/ReturnToPlayConcussionProtocol.pdf>

Mandatory Sudden Cardiac Arrest Form Must be signed by parent and student athlete

<http://cifss.org/wp-content/uploads/2016/07/Heart.pdf>

Medical Release Form – Wrestlers Skin

<http://cifss.org/wp-content/uploads/2016/07/Doctor-Clearance-Form-Skin.pdf>



WRESTLING

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

Skin Checks

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

Situation #1 All boys dual meet or tournament, skin checks can be conducted by a male official, medical personnel or administrator, with the athletes in appropriate undergarments.

Situation #2 All girls dual meet or tournament, skin checks can be conducted by a female official, medical personnel or administrator with the athletes in appropriate undergarments.

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

Weigh Ins

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

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

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

Skin Health and Wrestling

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

Some practical suggestions include:

- Have your team shower and wash with antibacterial soap like Dial after each practice. Kids should not share bars. If kids are bashful, have them shower in their shorts. Dandruff shampoo can help to counteract ringworm.
- Keep your mats clean. Use a powerful soap like KenClean Plus. Read the instructions. Try to leave a good amount of the material on the mats wet and allow it to air dry. This lets the chemicals do their work.
- Do not mix bleach and soap/mat cleaner. They counteract each other.
- Use clean materials every time you wash the mats. Use clean dry towels. If you use mops, make sure that they have a chance to completely dry between uses, preferably in the sun. If you use one of the new "bucketless mops", get multiple cleaning heads to use in a rotation.
- Sunlight helps to kill microorganisms. Keep shades and blinds open. If you get a chance to let a mat bake in the sun on a pool deck for a bit, it can help.
- Use an electric leaf blower to clean the mat of hair and dirt before you wash it. A broom can do this but not as efficiently and easily.
- Get a chemical sprayer backpack and fill it with the proper mix of mat cleaner and water. After sweeping (or blowing) the debris off the mats, simply spray on the solution and allow it to air dry.
- Keep mats in good repair. Cuts and holes in the mats can allow organisms to grow inside the mats.
- Have the kids clean their shoes before they get on the mats or perhaps make them put the shoes on the edge of the mats.
- Keep your room ventilated. Humidity and moisture foster the growth of organisms.
- Some products put onto the skin can help protect wrestlers. KenShield is a popular skin protection foam for use before wrestling. AQtiv PURE alcohol free hand and body skin cleanser can be used after wrestling to destroy organisms (info at <http://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!



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.

PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations (NFHS) has developed a release form as a suggested model you may consider adopting for your state. The medical advisory committee to the NFHS 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. 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 medical advisory committee nor the NFHS presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The medical advisory committee 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 feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead 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 students-athletes should be protected from contacting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestler to participate as soon as it reasonable 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 physicians who are signing "return to competition forms". Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or can not participate.
4. Provide a basis to support physician decisions on when a wrestler can or can not participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve "Joe Blow who never wins a match" or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Inclusion of the applicable NFHS wrestling rule so physicians will understand that covering a lesion is not an option that is allowed by rule.
2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize 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.
3. Inclusion of a "bodygram" with front and back views (and facial view) should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict.
4. 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.
5. 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.

This form may be reproduced, if desired and can be edited in anyway for use by various individuals or organizations. In addition, the medical advisory committee for the NFHS would welcome comments for inclusion in future versions as this will continue to be a work in progress.

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.



CIF MEDICAL RELEASE FORM FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)



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

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

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among appropriate health-care professionals who are signing "return to competition forms". Consistent use of these guidelines should reduce the likelihood wrestlers catching a skin disease from participation and suffering from inequalities as to who can or cannot participate.
4. Provide a basis to support appropriate health-care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health-care professional who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Each state association needs to determine which appropriate health-care professional can sign off on this form.
2. Inclusion of the applicable NFHS wrestling rule so appropriate health-care professionals will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should mitigate the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
4. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health-care professional.
5. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
6. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

Revised/Approved by NFHS SMAC - April 2019

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

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

☐ 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: _____

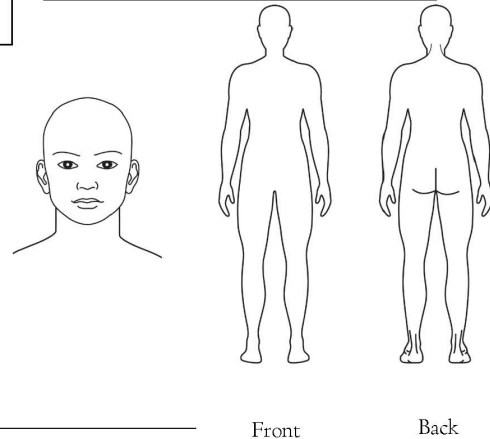
Form Expiration Date for this Lesion (Note on Diagram(s)): ____/____/____

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.

Revised/Approved by NFHS SMAC – April 2019

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](#)

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