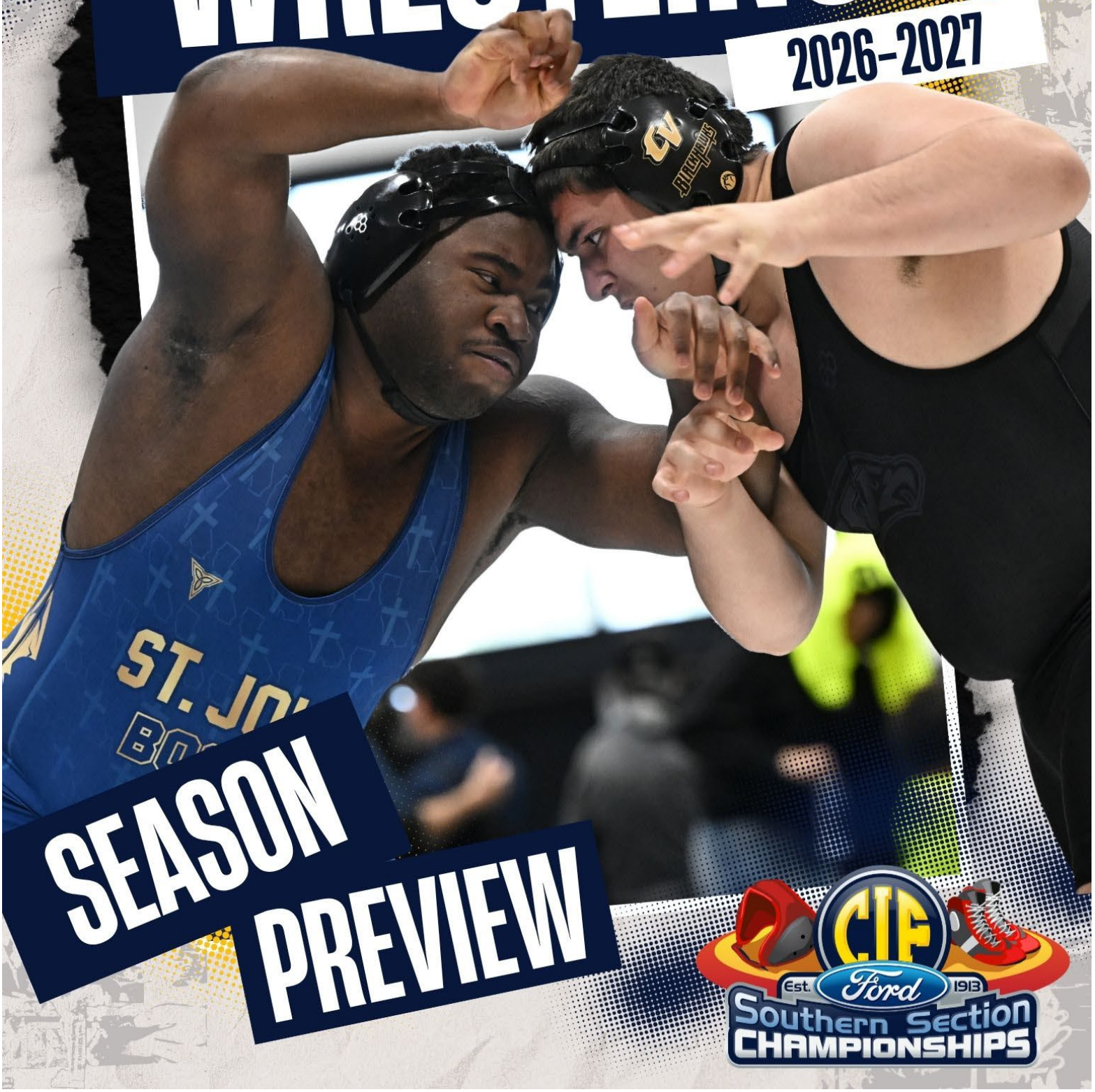
CIF SOUTHERN SECTION

WRESTLING

2026-2027



SEASON PREVIEW

CIF Ford Est. 1913 Southern Section CHAMPIONSHIPS



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CIF Ford Est. 1913 Southern Section CHAMPIONSHIPS

TO: CIF-SS BOYS' WRESTLING COACHES
FROM: JOE HOGGATT, ASSISTANT COMMISSIONER
DATE: OCTOBER 2026
RE: 2026-27 CIF SOUTHERN SECTION BOYS' WRESTLING PREVIEW

WELCOME TO THE 2026 -2027 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@vvuhsd.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
Nikko Cataline. Roosevelt HS	(951) 738-2100	nikko.cataline@cnusd.k12.ca.us
Ryan Faintich, Peninsula HS	(314) 922-4094	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@hbuhsd.edu
Chris Rasmussen, Marina HS	(714) 402-4207	cerasmussen@hbuhsd.edu
Brad Woodbury, Fountain Valley	714 206-0859	bwoodbury@hbuhsd.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

2026-27 WRESTLING SEASON CALENDAR DATES

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

Last League and/or Non-League Contest: The last allowable date for a league or non-league team contest is Tuesday, January 26, 2027. **The dual meet entries are due by 11:00 pm on Tuesday, January 26, 2027**.

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

2026-27 WRESTLING CHAMPIONSHIPS MEET INFORMATION

Dual Meet Championships

Date	Division	Site	Meet Manager
January 30	1	TBA	TBA
January 30	2	Centennial/ Corona HS	Aaron Cross, Head Coach
January 30	3	Western HS	Jaime Flores, Head Coach
January 30	4	Damien/La Verne HS	Anthony Vena, Head Coach
January 30	5	La Canada HS	Justin Luthey, Head Coach
January 30	6	Lakewood HS	Randy Gonzalez, Head Coach

Schools and leagues are reminded that their dual meet champions must be decided by Tuesday, January 26, 2027, so the draw can be announced, and championships can begin on Saturday, January 30, 2027. Round of 16 Quarterfinals and Semifinals will be on Saturday, January 30, 2027. The championship will be at Host Site on Wednesday February 3, 2027 and Thursday February 4, 2027.

Boys Individual Championships

Date	Division	Site	Meet Manager
February 12/13	Central	Sonora HS	Dave Carrizosa, Head Coach
February 12/13	Coastal	Roosevelt HS	Nikko Cataline, Head Coach
February 12/13	Eastern	Fountain Valley HS	Brad Woodbury, Head Coach
February 12/13	Inland	Upland HS	David Moran, Athletic Director
February 12/13	Northern	Moorpark HS	Roy Garcia, Head Coach Richard Carrillo, Head Coach
February 12/13	Southern	Great Oak HS	Anthony Califono, Athletic Director
Friday, February 19		**Masters Meet @ Sonora HS**	Alan Clinton, Servite HS, Chris Rasmussen, Marina HS Dave Carrizosa, Sonora HS
February 25-27	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 2027, 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.


THE BEST USE THE BEST
GATORADE
GATORADE
FROST
COOL
THIRST QUENCHER
GLACIER CHERRY

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 FRIDAYJANUARY 22, 2027.
Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
- Click on the **"Users"** tab, click on "**User Manager**", click on the + in the upper right-hand corner to add Coaches and Assistant Coaches.
Enter the information requested on the "Add School User" page. Choose "Active" to provide the coach with access to CIFSSHome or "Inactive" for directory purposes only. Choose Yes or No to give the coach access to all sport, click **Submit**.
Choose the applicable options on the Assign Coach to Team page, click Save or Add Another to add additional coach(s).

VARSITY TEAM INFORMATION (ROSTERS)
Attention Athletic Directors/Coaches: It is very important that you enter your entire Varsity roster into CIFSSHome (www.cifsshome.org) no later than FRIDAY, JANUARY 22, 2027.
Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
- Click on the **"Teams"** tab, click on "**Teams Manager**", click on **Wrestling, Boys/ Wrestling, Girls** "", select
You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).
Required roster information for Wrestling, Boys/ Wrestling, Girls is: First Name, Last Name, Birth date, Year & Eligibility
(1) To ADD roster players one by one:
- Click on + Add Players One by One and complete fields required for Wrestling.
(2) To Import a Roster using an Excel sample file:
Download the sample file **and** delete the "contents only".
Copy and paste or type your roster information into the file as the contents and save the file to your computer.
Only an excel file (xls) can be uploaded that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.
Click on to find your file, Choose File then click Import on
- To confirm the roster has been uploaded, your players' names will be uploaded in the "**Official Roster**" section.
- Click on the ✎ next to the player's name to view each player's information.

TEAM PHOTO
Attention Athletic Directors/Coaches: It is very important that you enter your entire Varsity roster into CIFSSHome (www.cifsshome.org) no later than FRIDAY, JANUARY 22, 2027.
Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
- Click on the **"Teams"** tab, click on "**Teams Manager**", click on **Wrestling, Boys/ Wrestling, Girls** "", select
You can UPLOAD your TEAM PHOTO in the "Team Info" tab

AT LARGE APPLICATION –
Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Dual Wrestling. The At Large Application is to be submitted by your school no later than TUESDAY, JANUARY 26, 2027 NO LATER THAN 10:00 P.M.
Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:
-On the left panel, click on the "Forms" tab, select "At Large Petition", Select "Wrestling" from the drop down menu, then click "Add"
Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large Petition will be created.

TEAMS ARE REQUIRED TO PRESENT ALPHA SHEETS AT ALL MATCHES.

2026-2027 BOYS WRESTLING PLAYOFF GROUPINGS

Divisions formed according to CIF-SS Bylaw 3520.4

KEY

Not Fielding Team

Dual Wrestling Championship Divisions

DIVISION 1/2

Canyon Springs	Palm Desert
Centennial/C	Paloma Valley
Chaparral	Roosevelt
Chino	Servite
Esperanza	South Torrance
Etiwanda	St. John Bosco
Fountain Valley	Sultana
Hesperia	Temecula Valley
Lakeside	Trabuco Hills
Mayfair	Valencia/V
Northview	Victor Valley
	Walnut

DIVISION 3

Aliso Niguel	El Dorado	Pacifica/ O
Alta Loma	El Toro	Poly/ Long Beach
Arroyo	Highland	San Clemente
Ayala	La Mirada	San Dimas
Bishop Amat	La Quinta/LQ	Santa Ana
Bonita	La Serna	Santa Fe
Calabasas	Laguna Hills	Santiago/ C
Calvary Chapel/ SA	Los Alamitos	South Hills
Camarillo	Lutheran/ Orange	Villa Park
Chaminade	Millikan	Warren
Coachella Valley	Murrieta Valley	Western
Corona	Newport Harbor	Westminster
Downey	Norco	Woodbridge
Eisenhower	North, JW	Yucaipa

DIVISION 4

Alemany	Moreno Valley
Anaheim	Nordhoff
Barstow	North Torrance
Beaumont	Norwalk
Brea Olinda	Oak Hills
Burbank	Paramount
Cajon	Patrio
Capistrano Valley	Peninsula
Carter	Quartz Hill
Cerritos	Ramona
Chino Hills	Rancho Cucamonga
Citrus Valley	Rim of the World
Corona del Mar	Royal
Cypress	San Marino
Damien	Santa Monica
Dos Pueblos	Shadow Hills
El Modena	Simi Valley
Heritage	Sonora
Hillcrest	Temescal Canyon
Huntington Beach	Upland
Los Osos	Valencia/ P
Marina	Valley View
Marshall	Ventura
Mission Viejo	West Torrance
Montclair	West Valley
Moorpark	Yorba Linda

DIVISION 5

Adelanto	Glenn	Redlands East Valley
Agoura	Grande Terrace	Redondo Union
Alhambra	Great Oak	Rio Mesa
Apple Valley	Harvard-Westlake	Rosemead
Beckman	Hemet	Rowland
Bell Gardens	Hueneme	Sant aMargarita
Beverly Hills	Indio	Santa Barbara
Buena	Irvine	Santa Rosa Acad
Cabrillo/ LB	JSerra	Savanna
Canyon/A	King, ML	Schurr
Chaffey	Knight	Serrano
Colony	La Canada	Sierra Vista
Colton	La Habra	Sunny Hills
Costa Mesa	Laguna Beach	Tahquitz
Crespi	Lancaster	Tesoro
Dana Hills	Murrieta Mesa	Thousan Oaks
Desert Mirage	Northwood	Trinity Classical Acad
Diamond Bar	Notre Dame/ R	Troy
Diamond Ranch	Ocean View	Tustin
Elsinore	Orange Vista	University
Fontana	Oxnard	Vista Murrieta
Foothill	Pacifica/GG	West Covina
Garden Grove	Poly/ Riverside	Wilson/ LB
Glendora	Rancho Mirage	Yucca Valley
	Redlands	Zavier Prep

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

2026-2027 BOYS WRESTLING PLAYOFF GROUPINGS

Divisions formed according to CIF-SS Bylaw 3520.4

Dual Wrestling Championship Divisions

DIVISION 6

Arrowhead Christian	Crean Lutheran	Jordan	Oak Park	Sherman Indian
Antelope Valley	CSDR	Jurupa Valley	Ontario	Silver Valley
Aquinas	Del Sol	Katella	Orange	Silverado
Arlington	De Toledo	Kennedy	Pacific	South El Monte
Artesia	Desert Christian	La Puente	Palm Springs	South Pasadena
Azusa	Desert Hot Springs	La Quinta/W	Palmdale	St. Francis
Baldwin Park	Dominguez	La Sierra	Perris	St. Margaret
Banning	Don Lugo	Lakewood	Pioneer	St. Monica Academy
Bassett	Duarte	Lawndale	Pomona	Temple City
Bellflower	Eastside	Liberty	Portola	Torrance
Big Bear	Edgewood	Littlerock	Providence/Burbank	Twentynine Palms
Blair	Edison	Loara	Rancho Alamitos	Valley Christian
Bloomington	El Monte	Los Altos	Rancho Verde	Village Christian
Bolsa Grande	El Rancho Magnolia	Loyola	Rialto	Vista del Lago
Buckley	Estancia	Lucerne Valley	Rubidoux	Webb
Buena Park	Excelsior Chrarter	Malibu	Saddleback	Westlake
Burroughs/R	Faith Baptist	Magnolia	Sage Hill	West Ranch
California	Fillmore	Mark Keppel	San Bernardino	Whitney
Calvary Chapel/D	Fullerton	Mater Dei	San Gabriel	Whittier
Carpinteria	Gabrielino	Miller, AB	San Gorgonio	Wilson/HH
Cathedral City	Gahr	Mira Costa	San Jacinto	Workman
Century	Ganesha	Monrovia	San Jacinto Vly Aca.	
Channel Islands	Garey	Montebello	San Juan Hills	
Charter Oak	Godinez	Mountain View	San Marcos	
Citrus Hill	Granite Hills/Apple Va	Newbury Park	Santa Ana Valley	
Claremont	Hamilton	Nogales	Santa Paula	
Compton	Hoover/G	Norte Vista	Santiago/GG	
Covina	Indian Springs	Nuview Bridge	Segerstrom	10.7.2026

DIVISION	LOCATION	DATE
1	TBA	Saturday, January 30
2	Centennial/Corona High School	Saturday, January 30
3	Western High School	Saturday, January 30
4	Damien/La Verne High School	Saturday, January 30
5	La Canada High School	Saturday, January 30
6	Lakewood High School	Saturday, January 30

Championships will be at Host School on Wednesday and Thursday, February 3 & 4, 2027.

2026-2028 BOYS WRESTLING PLAYOFF GROUPINGS

Individual Wrestling Championship Divisions

CENTRAL	COASTAL	EASTERN
Crestview	Big VIII	Desert Empire
Desert Sky	Channel	Empire
Gateway	Desert Valley	Mission
Mid Cities	Inland Valley	Miramonte
Moore	Mojave River	Montview
Mountain Valley	Mountain Pass	Skyline
San Andreas	North Hills	Sunset
South Valley	Pacific View	Valle Vista

INLAND	NORTHERN	SOUTHERN
Baseline	Alliance	Agape
Freelance	Arroyo	Citrus Belt
Golden	Bay	Citrus Coast
Hacienda	Coastal Canyon	Coast View
Marmonte	Golden West	Mt. Baldy
Metro	Ivy	Orange Grove Conference
Pioneer	Palomares	Pacific Coast
Sunkist	River Valley	Southwestern
Trinity		

10.26.2026

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

CHAMPIONSHIP SITES

DIVISION	LOCATION	DATE
Central	Sonora High School	February 12/13
Coastal	Roosevelt High School	February 12/13
Eastern	Fountain Valley High School	February 12/13
Inland	Upland High School	February 12/13
Northern	Moorpark High School	February 12/13
Southern	Great Oak High School	February 12/13
MASTERS MEET	Sonora High School	Friday, February 19

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

Blue Book Rule 1212.7 Regional Wrestling Tournament Exception – A regional wrestling tournament must request a minimum of 20% of the total number of officials needed to staff the event from the host school's assignment area. They may request additional officials from other assignment areas. For 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 bracket for each division will reflect the total number of guaranteed entries of the leagues in that division; alternates will only be admitted into the field if the number of wrestlers in the bracket is BELOW the number of guaranteed entries. If a league's qualifier fails to pass weigh-ins or grooming on Friday, the alternate **FROM THAT LEAGUE** will be admitted to the field, so long as they weighed in and passed grooming. If that league's alternate is unavailable, then a random wrestler will be selected from all alternates at that weight. As such, it is imperative that alternates be present for weigh-ins and grooming.

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.

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.) <u>The supervisor must remain in attendance at all times.</u>

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:
A. Certificated personnel
B. Certified Coaches (certified credentialed coaches)
C. Non-certificated temporary coaches (certified walk-on coaches.)

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

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

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

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

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) Saturday, January 30, 2027, for first 3 rounds.
   Championships at host school site Wednesday February 3, 2027 and Thursday February 4, 2027.
   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.

MASTER'S ENTRY FEE

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

PRE-MATCH WEIGHT-IN

MANDATORY AT EVERY DUAL AND INDIVIDUAL TOURNAMENT

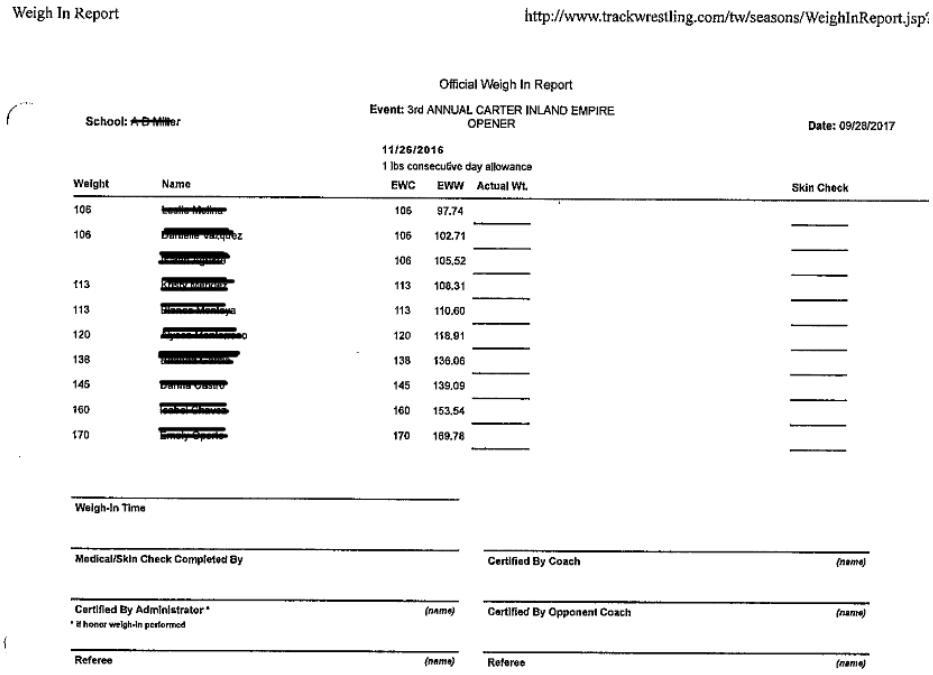
All athletes need to be skin checked and receive sign off on the Pre-Match Weigh-In Form. The Official conducting the skin check will sign the bottom of the form verifying that the skin check was performed. If a coach/team shows up without the Pre-Match Weigh-In Form, they will be unable to compete.

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: ~~A D Miller~~ Event: 3rd ANNUAL CARTER INLAND EMPIRE OPENER Date: 09/28/2017

11/26/2016

1 lbs consecutive day allowance

Weight	Name	EWC	EWW	Actual Wt.	Skin Check
106	~~Isaac Molina~~	106	97.74		
106	[redacted]	106	102.71		
	[redacted]	106	105.52		
113	[redacted]	113	108.31		
113	[redacted]	113	110.60		
120	[redacted]	120	118.91		
138	[redacted]	138	136.06		
145	~~Danna Casso~~	145	139.09		
160	~~Isaac Chavez~~	160	153.54		
170	~~Emily Ojeda~~	170	169.78		

Weigh-In Time

Medical/Skin Check Completed By

Certified By Administrator * (name)

* if honor weigh-in performed

Referee (name)

Certified By Coach (name)

Certified By Opponent Coach (name)

Referee (name)

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

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

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

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NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS

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

FOR IMMEDIATE RELEASE Contact: Elliot Hopkins

INDIANAPOLIS, IN (October 26, 2026) — In an effort to minimize risk of injury in high school wrestling, a revision in the leg block or cut-back maneuver was recommended by the NFHS Wrestling Rules Committee at its April 6-8 meeting in Indianapolis.

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

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

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

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

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

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

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

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

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

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

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

2026-2027 Wrestling Rules Changes

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

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

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

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

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

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

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

Referee Signals Additions:

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

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

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

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

2026/27 NFHS WRESTLING GUIDELINES

1 Contestants shall have the opportunity to weigh in shoulder-to-shoulder or by team(2) at the tournament site a maximum of two hours before the first session of each day. (NFHS Wrestling Rules Book 4-5-2).

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

3. California provides 14 weight classes per NFHS rules and the two-pound growth allowance to each weight class on 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 heath care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

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

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

Concussion in Sports - What You Need To Know

STEROID PROHIBITION

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

SUDDEN CARDIAC ARREST PROTOCOL

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

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

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

Mandatory CIF Concussion Information Form Must be signed by parent and student athlete
http://cifss.org/wp-content/uploads/2016/07/ConcussionInformationSheet.pdf

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

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

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

WRESTLING

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

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

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

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

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

Weigh Ins

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

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

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

Skin Health and Wrestling

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

Some practical suggestions include:

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

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

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

- Use clean materials every time you wash the mats. Use clean dry towels. If you use mops, make sure that they have a chance to completely dry between uses, preferably in the sun. If you use one of the new “bucketless mops”, get multiple cleaning heads to use in a rotation.

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

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

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

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

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

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

- Some products put onto the skin can help protect wrestlers. KenShield is a popular skin protection foam for use before wrestling. AQtiv PURE alcohol free hand and body skin cleanser can be used after wrestling to destroy organisms (info at http://miqropure.com). It can be used as a sort of “waterless shower” at a tournament.

- Real showers with proper soap immediately after wrestling are the best protection!

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 2026-2027
COACHES ADMINISTERING SKIN CHECKS

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

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

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

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

SPECIFIC PROTOCOL IN COACHES CONDUCTING SKIN CHECKS

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

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

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

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

GOALS FOR ESTABLISHING A WIDELY USED FORM:

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

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

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

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

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

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

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

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

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

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

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

Revised/Approved by NFHS SMAC - April 2019

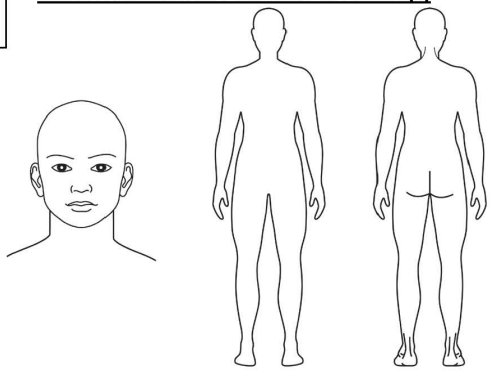
California Interscholastic Federation
Sports Medicine Advisory Committee (SMAC)

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

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

It is my medical opinion that the skin condition (s) is:
☐ COMMUNICABLE Diagnosis:_____ OR ☐ NON-COMMUNICABLE Diagnosis:_____

Mark Location AND Number of Lesion(s)



Location AND Number of Lesion(s): _____

_____

Medication(s) Used to Treat Lesion(s): _____

_____

Date Treatment Started: ____ /____ /____ Time: _____

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

Earliest Date the Wrestler May Return to Participation: ____ /____ /____

Provider Signature: _____ Office Phone #: _____

Provider Name (Must Be Legible): _____

Office Address: _____

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

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for 72 hours is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 72 hours. For a first episode of Herpes Gladiatorum, wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment before return to wrestling should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm on scalp or skin): Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: Upon treatment with curettage and hyfrecator, may cover with biooclusive and wrestle immediately.

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

> *"**ART. 3** . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."*
>
> *"**ART. 4** . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."*
>
> *"**ART. 5** . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."*

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

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

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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

MRSA Symptoms and Causes - Click HERE to view

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