

ARTICLE 310
WRESTLING

3100. DAYS OF PRACTICE

- A. Each individual student not a member and participant of a fall sports team shall have at least 10 days of practice before the student can compete in a meet or tournament.
- B. Each individual who completes the regular season in a fall sport shall have at least five (5) days of practice before the student can compete in a meet or tournament.

3101. 40-MATCH RULE

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)

3102. SECTION MODIFICATIONS

- A. CIF Sections may conduct their championship and qualifying tournaments in one day, provided such tournaments do not exceed a 16-person bracket plan.
- B. No school, league or CIF Section shall deviate from the official wrestling rules except as indicated above.

3103. WEIGH-INS

- A. All CIF-member schools must follow all National Federation rules and procedures concerning the weighing in of wrestlers.
- B. California provides 14 weight classes per NFHS rules and the two (2)-pound growth allowance to each weight class after January 15.
(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 NWCA 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 NWCA 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 (i.e. intravenous hydration) 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.

3104. CIF WRESTLING WEIGHT MANAGEMENT PROGRAM

The establishment of a certified minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high schools. Participation in the CIF Wrestling Weight Management Program will be mandatory and binding for all CIF interscholastic wrestlers. No wrestler may compete until he/she has completed the required body composition assessment.

The CIF will utilize the NWCA Optimal Performance Calculator as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling.

A. Establishing Certified Minimum Weights

- (1) For all initial assessments, Bioelectrical Impedance will be the only method utilized to determine each wrestler's body fat percentage. Refractometers will be utilized to determine hydration levels through analysis of urine. Only measurements taken by persons who have successfully completed the CIF Assessor Certification Workshop will be valid. Schools will receive a list of CIF Certified Assessors. It is the responsibility of the school to contact an assessor from this list and arrange a time to have its wrestling squad assessed or attend a CIF Section sponsored regional testing clinic. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the NWCA Optimal Performance Calculator and it appears on the school's NWCA Pre-Match Weigh-In Form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.
- (2) 1% Variance: The formula incorporated by the NWCA for assessment data for CIF wrestlers will automatically include a 1% variance of the wrestler's body weight at the certified minimum weight. (Example: If a male wrestler's minimum body weight at 7% is 150, the program will indicate that 148.5 lbs. is the certified minimum for that wrestler).
- (3) The lowest weight class at which a wrestler may compete will be determined as follows:
 - a. If the certified minimum weight, at 7% or 12% body fat, is exactly that of one of the adopted weight classes, that weight shall be the wrestler's minimum weight class;
 - b. If the certified minimum weight, at 7% or 12% body fat, is greater than one of the adopted weight classes but lower than the next higher weight class, the next higher weight class shall be the wrestler's minimum weight class.

B. Time Period for Assessments

- (1) No wrestler may compete until he/she has participated in an initial assessment and his/her name and data are included on the school NWCA Pre-Match Weigh-In Form and Alpha Master Report.
- (2) The specific gravity of the urine, as determined by a refractometer analysis, will determine whether a candidate may participate in an assessment on any date. A specific gravity result of less than or equal to 1.025 is required in order to participate in the body fat assessment. Any wrestler not passing the urine specific gravity test must wait a minimum of 24 hours in order to be retested.
- (3) Assessments may begin on October 15 of each school year. Wrestlers may be measured any time on or following this date and no later than January 15 to establish a minimum wrestling weight. All wrestlers,

including those coming out late, must have their minimum wrestling weight established prior to competing.

a. Hardship Exceptions

Appeals may be submitted to the CIF Section office for the following two exceptions only:

- (i.) Assessment Exception One: A student under doctor's care may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student's release from the doctor.
- (ii.) Assessment Exception Two: A student who becomes eligible after January 15 may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student becoming scholastically and/or residentially eligible.

- (4) A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all other appeal options allowed within this policy.

C. School Responsibilities for the Measurement Process

- (1) It is the school's responsibility to contact and contract with a CIF Certified Assessor from the list provided by the CIF or attend a CIF Section sponsored regional testing clinic.
- (2) Schools choosing to contract with a CIF Certified Assessor will be required to have available at the time of assessment:
 - a. Bioelectrical Impedance Assessment Data Forms.
 - b. Plastic collection cups to conduct urine specific gravity tests.
 - c. Two adults (teacher, AD, parent, etc.) who will:
 - (i.) Assist with measuring height (in feet and inches);
 - (ii.) Assist with the recording of data;
 - (iii.) Assist with urine specific gravity testing.
- (3) Bioelectrical Impedance assessments shall not be conducted by any wrestling coach at any level.

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D. Wrestlers Below 7% or 12% Body Fat

Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below 7% may request a waiver in order to establish a certifiable wrestling weight class if a physician attests that the athlete is naturally at his sub-7% body fat level. In the case of a female wrestler, a waiver may be requested if the athlete is naturally at her sub-12% body fat. A waiver form must be signed by a physician, a parent, the principal and the head wrestling coach. The completed waiver form must be mailed or faxed to the appropriate CIF Section office. Wrestlers may not compete at their waiver weight class until the completed waiver form, with all four (4) required signatures, has been received by the appropriate CIF Section office. The waiver weight class is valid for one (1) season only and expires March 15 of each year. The sub-7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight class at the time of initial assessment.

E. Growth Allowance

- (1) The NFHS Wrestling Rules provide a two-pound growth allowance on January 15 of each wrestling season.

F. Weight Loss Per Week

- (1) An average weight loss limit per week of 1.5% of body weight at the time of initial assessment has been established. A season-long weight loss plan will guide each wrestler's weight loss during the season.
- (2) The weight loss plan shall determine in which weight class(es) a wrestler may compete each week.

- (3) A wrestler is ineligible to compete in a weight class below the lowest eligible weight class defined by the weight loss plan before the proper amount of time has passed to achieve the weight class.

- NOTE:
- a. A wrestler shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor (NFHS Rule 4-4-2);
 - b. If a wrestler weighs in one weight class below his/her lowest allowable weight class per his/her NWCA Pre-Match Weigh-in Form, he/she is eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two weight classes listed for that day on his/her NWCA Pre-Match Weigh-In Form.
 - c. If a wrestler weighs in two or more weight classes below his/her lowest allowable weight class per his/her NWCA Pre-Match Weigh-In Form, he/she is ineligible to wrestle in any weight class at that competition.
 - d. If a wrestler weighs in at a weight class higher than his/her allowable weight classes per his/her NWCA Pre-Match Weigh-In Form, he/she may wrestle in compliance with NFHS Rule 4-4-2; a wrestler shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor.

G. Appeal of Assessment Results

- (1) Any athlete may appeal his/her initial assessment results one time by reassessment. In order to utilize the results of an appeal, the school must receive notification from the CIF Section Office prior to allowing the challenging athlete to compete.
- (2) The steps of the appeal process are as follows (Step 1 may be bypassed and only Step 2 utilized):

STEP 1: The athlete shall repeat the assessment as described in the regulation.

- a. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the CIF Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of the initial assessment. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.
- b. Data shall be recorded on the Bioelectrical Impedance Assessment Data Form.
- c. Reassessment includes hydration and Bioelectrical Impedance assessment.
- d. **PENALTY:** A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

STEP 2: If dissatisfaction with the results remains, the wrestler may choose Bod Pod assessment to determine body fat percentage. Results obtained at this step are final: the athlete, family, school or coach may not appeal further.

- a. The Bod Pod assessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted

by the CIF Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, days 8–14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.

- b. Bod Pod facilities must be approved by the CIF State Office; the proper form shall be filed with the CIF Section Office.
- c. Bod Pod assessment must be conducted before the wrestler participates in interscholastic competition.
- d. PENALTY: A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

H. Costs

- (1) All costs incurred for initial assessment, appeal process, nutrition education program, and NWCA Optimal Performance Calculator are the responsibility of the school or parent.
- (2) Charges for Bioelectrical Impedance assessment conducted by a CIF Certified Assessor may not exceed \$10 per wrestler.
- (3) CIF Certified Assessors are permitted to charge mileage at the CIF adopted rate or a minimum service fee of \$50 whenever travel is required to a location at which fewer than six (6) subjects are to be assessed on any given date.

I. Training the Assessor

- (1) Persons eligible to be trained as CIF Certified Assessors shall be medical practitioners (e.g., physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physicians assistants, nutritionists, health educators, exercise physiologists) or other persons approved by the CIF. Under no circumstances may an active wrestling coach be a certified assessor.
- (2) Training and certification of CIF Certified Assessors will be conducted by CIF Master Assessors under the direction of the State CIF.
- (3) The assessor will attend a training session and annual update certification.
- (4) The assessor will participate in a random sample test to substantiate the quality and accuracy of his/her measurements.
- (5) The assessor certification training will consist of a minimum of two (2) hours of training (classroom and practical training).
- (6) A certification training fee will be charged to each assessor candidate attending the training program.
- (7) Recertification
 - a. The CIF State Office will conduct annual recertification clinics for a minimum of one (1) CIF Head Master Assessor from each CIF Section. Recertified Head Master Assessors will then conduct recertification clinics for CIF Master Assessors within each local CIF Section.
 - b. CIF Master Assessors will conduct all recertification training programs for CIF Certified Assessors.
 - c. Recertification of CIF Certified Assessors will require a minimum of one (1)-hour training.
- (8) Data Collection
 - a. The CIF will provide the reporting forms.

- b. The assessor will conduct all Bioelectrical Impedance measurements.
- c. The assessor will provide the supplies to conduct the urine specific gravity test.
- d. The assessor will be responsible for posting all wrestler data to the NWCA web site within 72 hours after the initial assessment is made.
- e. Failed urine tests will not be reported to the CIF.

(Revised May 2007 Federated Council)