



WRESTLING PRE- SEASON MINUTES

Meeting took place at the CIFSDS office on Monday October 7, 2019, with the Boys Wrestling Advisory group

Discussion took place on several items. Highlights from this discussion are for your review below.

Officials Concerns/ Comments:

- ❖ **Handout given from the officials association covering the following**
 - 1. Review of CA State Rules Meeting**
 - 2. Wrestling Rules changes 2019-20**
 - 3. Rule Change for Stalling**
 - 4. Concussion protocol**
 - 5. Grooming and Skin Check protocols**
 - 6. Medical release for Wrestler to Participate (form)**
 - 7. Medical release information sheet**
- ❖ **Skin Lesion form is good for two weeks from the date of the doctor's signature**

SDCIF Office Via Ron Rogers:

- ❖ **Information on sites for divisional was given out**

- ❖ **D1 at Mission Hills, DII at Steele Canyon, DIII at Brawley, DIV at Army Navy and Masters at SW El Centro**
- ❖ **Seeding meetings will remain at Helix time has changed to 6:30 p.m. for both meetings**
- ❖ **CIFSDS will update the links from the state site for boys and girls wrestling forms including Hotel information and Hotel lodging booking for the state meet.**
- ❖ **Ron said there was still discussion going on at the state level in regards to the time for weighing in for the boys.**
- ❖ **Reminder that next year the ultra sound wand will be used and that schools and conferences should begin preparing for that.**
- ❖ **Questions about the girls' programs arose and if the state would ever consider moving the girls season to another season. After discussion is was decided to table that discussion as Ron stated they have discussed that issue at the state advisory meeting but he has no sense of any changes happening anytime soon.**
- ❖ **Ron mentioned that wrestlers with eczema and/or psoriasis can use the same signed (by a doctor) CIF Medical Release Form for the entire season.**
- ❖ **Discussion about coaches exchanging weigh-in forms prior to the match: A wrestler may be added to the official book after the match starts but the wrestler's coach will be required to show the official weigh in form to the opposing coach.**
- ❖ **Discussion also took place about the masters seeding meeting and only allowing one coach at the seeding meeting to avoid the situations that have arisen in the past with multiple coaches speaking.**

❖ **Coaches were reminded they may not compete with teams that do not qualify for their state or regional playoffs. If there is a question please contact the CIFSDS office so we can seek clarification from their state organization before you compete.**

