



ALL EVENTS



ATTEND

SPONSOR & EXHIBIT

EVENT LOGIN

Registration is now open!

REGISTER NOW

Inspiring *Bold* Innovation



June 29–July 2
San Antonio, Texas

Spark Joyful Learning



Two Premier Education Events. One Powerful Experience.

ISTELive 25 and ASCD Annual Conference 25 are being held together, giving attendees double the opportunity to connect with the brightest minds in education, explore the latest trends and solutions in edtech, and discover how to transform teaching and learning.

Registration for ISTE Live or ASCD Annual unlocks access to BOTH conferences!

LEARN MORE



CHAT WITH US



Transform Learning With Edtech!

Bring innovation to your practice as you discover edtech strategies and tools to help you meet learning goals. Return to your school ready to spark joyful learning!

[REGISTER NOW](#)

Formats That Let You Learn YOUR Way

Hundreds of how-to presentations, hands-on learning sessions, live demos, and panels will get you up to speed on the latest learning strategies and edtech trends!

[REGISTER NOW](#)

[SEND ME UPDATES](#)



CHAT WITH US

Ignite Your Inner Innovator

Build a toolkit of innovative strategies to address education's hottest topics, including:

Creativity and Curation Tools

Explore the latest resources for personalizing learning and guiding students in becoming hands-on digital creators.

Artificial Intelligence

Discover how to redesign learning for the AI-infused world we live in, and identify the skills your students need to thrive as the AI revolution continues.

[REGISTER NOW](#)

[SEND ME UPDATES](#)

ISTELive 25 Schedule at a Glance



IN-PERSON



VIRTUAL

Saturday, June 28:
Preconference activities





**Sunday, June 29: Content and
Opening Mainstage**




**Monday, June 30: Full
Conference Day 1**



Tuesday, July 1: Full Conference Day 2 

Wednesday, July 2: Full Conference Day 3 

ISTELive 24 Highlights: Innovations in ...



Experience the Excitement of ISTE Live 24!

Check out the impactful sessions, innovative technologies, and inspiring moments educators experienced at ISTE Live 24, then save your seat for ISTE Live 25 in San Antonio.

ISTELive 24 Got Rave Reviews!

Teachers, coaches, librarians, and education leaders gave ISTE Live 24 glowing reviews, calling it relevant, inspiring, and must-attend!





Unlimited Possibilities for Transforming Education

With access to hundreds of sessions at two powerhouse conferences, you'll learn alongside education trailblazers and return to your district fortified with bold strategies for learning innovation!

[REGISTER NOW](#)

[SEND ME UPDATES](#)



© 2025 International Society for Technology in Education (ISTE), All Rights Reserved.

[Privacy Policy](#) | [Do Not Sell My Personal Information](#) | [Health Data Privacy Policy](#)

ADMIN CONFERENCE

Join us for an immersive, informative conference for school and district leaders.

We will equip you with the tools you need to take your school to the next level of excellence! Throughout the 2-day experience, you will rotate through classroom observations and interactive workshops.



Concurrent workshop topics:

- Retaining and Motivating Teachers and Staff
- Fostering a Sense of Connection and Belonging, such as with the House System
- Improving Instruction to Cultivate Student Engagement and Academic Excellence
- Creating a Culture of High Expectations and Support
- Building Strong Connections and Rapport Among Staff, Students, and Parents
- Engaging Parents and Families in School Activities
- Improving Communication Among All Stakeholders
- Building School Spirit and Traditions
- Disciplining with Dignity
- Using Data Analytics in Decision Making
- Creating Safe and Supportive Environments for Students
- Improving Trust, Ownership and Accountability
- Reaching and Teaching Boys
- Implementing Effective Classroom Management Strategies
- Fostering Community Donor Outreach

We are practicing administrators— just like you— and we want to share what we have learned to help you in your role!



Sample Agenda

Day One

- 8:00 - 8:30 AM Check-in
- 8:30 - 9:10 AM Opening keynote with Ron Clark
- 9:10 - 11:30 AM Classroom observations and concurrent workshops
- 11:30 - 12:00 PM Lunch with RCA students
- 12:30 - 2:30 PM Classroom observations and concurrent workshops
- 2:30 - 3:00 PM Q&A with Ron Clark and Kim Bearden
- 3:00 - 3:30 PM Slide Certification!
- 7:00-9:00 PM Adult mixer and casino night with live band, cocktails and heavy hors d'oeuvres

Day Two

- 8:30 - 9:00 AM Opening and House Rally
- 9:10 - 11:30 AM Classroom observations and concurrent workshops
- 11:30 - 12:00 PM Lunch with RCA students
- 12:30 - 2:30 PM Classroom observations and concurrent workshops
- 2:30 - 3:00 PM Closing Ceremony with Kim Bearden
- 3:00 - 3:30 PM House cheers take place in lobby; guests may attend



The Ron Clark Academy Experience

Revolutionary Professional Development for Educators

The Ron Clark Academy is a model school and accepts visitors from all over the world. Our innovative and energetic approaches yield results, and we enjoy sharing our methods for instilling a passion for learning and helping all children achieve great levels of success.

Each week, educators visit the Ron Clark Academy to witness our dynamic and research-based teaching methods. Through classroom observations and workshops, participants in our training program learn ways to increase student engagement, ensure academic rigor, and create a climate and culture that leads to success.

Join the thousands of educators, principals, and superintendents who have already engaged in this powerful and transformative professional development experience. Be a part of the revolution!

SCHEDULE

| | | |
|--------------|--------------|------------------------------------|
| DAY 1 | 8:15-8:30am | Educator Check-in |
| | 8:30-9:00am | Welcome |
| | 9:00-12:00pm | Classroom Observations & Workshops |
| | 12:00-1:30pm | Lunch (provided) |
| | 1:30-2:30pm | Workshops |
| | 2:30-3:00pm | Q&A |
| | 3:00-4:00pm | Slide Certification |
| DAY 2 | 8:15-9:00am | Keynote |
| | 9:00-12:00pm | Classroom Observations & Workshops |
| | 12:00-1:30pm | Lunch (provided) |
| | 1:30-2:30pm | School Tour |
| | 2:30-3:00pm | Wrap-Up |
| | 3:00-4:00pm | House Cheers & Closing Ceremony |

Participants will rotate through active classrooms and staff development workshops taught by Ron Clark, Kim Bearden, and other members of the RCA faculty. All workshops take place at the Academy, and guests will have the opportunity to observe Ron Clark and other teachers in their classrooms, take a tour of the school, and get "slide certified!"

During the Ron Clark Academy Educator Training, participants learn ways to increase student engagement, ensure academic rigor, and create a climate and culture that leads to success.

Climate and Culture

The climate and culture of a school should ignite a passion for learning, provide support and encouragement, reflect high expectations for student behavior, promote parental involvement, and ensure a safe, secure environment for all.

The climate and culture of a school is something that one can feel upon entering the building, and participants in *The RCA Experience* are able to witness it firsthand in a very tangible way. Some of the programs/methods that are taught and observed include, but are not limited to, the following:

- Techniques for promoting discipline and respect, such as *The Essential 55*
- Methods for creating a sense of urgency and a standard of high expectations
- Strategies for engaging parents in the learning process
- Ways to begin the school year, from the Meet and Greet to the first days of school
- Techniques for building student confidence, respect, and enthusiasm
- Ideas for instilling a sense of tradition
- Ways to engage students with members of the community
- Tips for building a sense of school spirit and pride, such as through our house system

Rigor

A rigorous classroom is one that teaches students to understand, analyze, and synthesize complex and challenging content. Academic rigor is essential for promoting student success, and through *The RCA Experience*, educators are able to watch lessons that exemplify rigor in a variety of subjects and through a variety of methods, such as:

- Strategies for higher order questioning
- Techniques for maximizing academic learning time
- Ways to set high expectations for all learners
- Varied methods for monitoring student progress
- Methods for engaging students in academic discussions and collaboration
- Lessons that require creativity, curiosity, and problem-solving

Student Engagement

Students must be actively engaged for authentic learning to take place, and at the Ron Clark Academy, the level of student engagement is exceptionally high. Educators who participate in *The RCA Experience* are able to get a clear picture of what student engagement looks like and sounds like when they observe our classes in session. Some of the methods that promote student engagement include the following:

- Techniques for effective teacher movement
- Methods for teaching students to track the teacher and one another
- Ways to integrating music and the arts into the curriculum
- Techniques for infusing energy and passion into lesson planning and delivery
- Ideas for teaching the content creatively
- Methods for adding movement into any classroom
- Ideas for interactive, cooperative games that promote student engagement
- Techniques for keeping all students on task
- Ways to celebrate student success



ALL EVENTS



ATTEND

SPONSOR & EXHIBIT

EVENT LOGIN

Registration is now open!

REGISTER NOW

Inspiring *Bold* Innovation



June 29–July 2
San Antonio, Texas

Spark Joyful Learning



Two Premier Education Events. One Powerful Experience.

ISTELive 25 and ASCD Annual Conference 25 are being held together, giving attendees double the opportunity to connect with the brightest minds in education, explore the latest trends and solutions in edtech, and discover how to transform teaching and learning.

Registration for ISTE Live or ASCD Annual unlocks access to BOTH conferences!

LEARN MORE



CHAT WITH US



Transform Learning With Edtech!

Bring innovation to your practice as you discover edtech strategies and tools to help you meet learning goals. Return to your school ready to spark joyful learning!

[REGISTER NOW](#)

Formats That Let You Learn YOUR Way

Hundreds of how-to presentations, hands-on learning sessions, live demos, and panels will get you up to speed on the latest learning strategies and edtech trends!

[REGISTER NOW](#)

[SEND ME UPDATES](#)



CHAT WITH US

Ignite Your Inner Innovator

Build a toolkit of innovative strategies to address education's hottest topics, including:

Creativity and Curation Tools

Explore the latest resources for personalizing learning and guiding students in becoming hands-on digital creators.

Artificial Intelligence

Discover how to redesign learning for the AI-infused world we live in, and identify the skills your students need to thrive as the AI revolution continues.

[REGISTER NOW](#)

[SEND ME UPDATES](#)

ISTELive 25 Schedule at a Glance



IN-PERSON



VIRTUAL

Saturday, June 28:
Preconference activities





**Sunday, June 29: Content and
Opening Mainstage**



**Monday, June 30: Full
Conference Day 1**



Tuesday, July 1: Full Conference Day 2 

Wednesday, July 2: Full Conference Day 3 

ISTELive 24 Highlights: Innovations in ...



Experience the Excitement of ISTE Live 24!

Check out the impactful sessions, innovative technologies, and inspiring moments educators experienced at ISTE Live 24, then save your seat for ISTE Live 25 in San Antonio.

ISTELive 24 Got Rave Reviews!

Teachers, coaches, librarians, and education leaders gave ISTE Live 24 glowing reviews, calling it relevant, inspiring, and must-attend!





Unlimited Possibilities for Transforming Education

With access to hundreds of sessions at two powerhouse conferences, you'll learn alongside education trailblazers and return to your district fortified with bold strategies for learning innovation!

[REGISTER NOW](#)

[SEND ME UPDATES](#)



© 2025 International Society for Technology in Education (ISTE), All Rights Reserved.

[Privacy Policy](#) | [Do Not Sell My Personal Information](#) | [Health Data Privacy Policy](#)

products and services **Offerings for governance teams, school districts and county offices of education**

Product Summary

[SHOP \(../CSBASTORE.ASPX\)](#)

[VIEW CART \(VIEWCART.ASPX\)](#)

2025 Coast2Coast

Description

2025 Coast2Coast Federal Advocacy Trip

Join CSBA & ACSA for our fourth annual Coast2Coast Federal Advocacy Trip to Washington, D.C. to shine a light on the issues affecting the state's nearly 6 million students. California governance team members — school and county board members and superintendents — are urged to attend this three-day annual event held in our nation's Capital.

The first two days will be dedicated to educational sessions, equipping participants with the knowledge and strategies needed to effectively advocate for their districts. Attendees will have the chance to network with prominent D.C. figures, as well as engage in briefings with Capitol Hill decision-makers and influencers. This comprehensive event lays the groundwork for the trip's culminating experience: face-to-face meetings with California's congressional representatives.

Coast2Coast staff strongly discourage attendees from booking a flight back to California earlier than 6:00 p.m. ET on Wednesday, April 30, 2025. Congressional District meetings may be scheduled up until 4:00 p.m. on April 30, and therefore we do not want our registrants to miss an opportunity to meet with their representatives should their meetings get scheduled on Wednesday afternoon.

Registration capacity policy

Due to space constraints, congressional offices limit the number of constituents who can attend an in-person meeting at any one time. To ensure equitable representation from the various local educational agencies (LEAs) across California, we must cap the number of trustees or staffers from a single LEA that can attend the in-person congressional meetings during the Coast2Coast Federal Advocacy Trip.

Specifically, in Congressional Districts that include more than one LEA, each LEA is limited to a maximum of three representatives for the congressional meetings on Capitol Hill. LEAs are welcome to register as many approved participants as they would like for the overall Coast2Coast event. However, if an LEA registers more than three people, they will need to select three members from their delegation to represent the school district or county at the congressional meetings. Final counts for the number of attendees in each meeting will be determined based on the number of LEAs attending for that congressional district and how much space is available at the congressional office.

This policy allows us to provide all California LEAs the opportunity to have their voices heard directly with their congressional representatives, while respecting the capacity constraints of the congressional offices. We appreciate your understanding and cooperation in adhering to this policy.

Approved participants include: School Board Members, Superintendents, Deputy Superintendents, Directors, and Cabinet-Level Positions only (Executive Assistants do not qualify).

For more information, please visit <https://www.csba.org/Coast2Coast> (<https://www.csba.org/Coast2Coast>)

Location

Capital Hilton
1001 16th Street NW
Washington, D.C. 20036, US
Phone: (202) 393-1000

Program

Monday, April 28 – Wednesday, April 30, 2025

Please note, the optional pre-conference activity and networking event will be on Sunday, April 27.

Registration fees

Early: \$799 from Oct. 8, 2024 – Feb. 27, 2025
Regular: \$949 from Feb. 28, 2025 – April 3, 2025
Late: \$1,199 from April 4, 2025 until sold out

There is a spouse/partner rate of \$199. The spouse/partner registration fee includes a spouse/partner's ability to enjoy the welcome reception, breakfast, and break offerings throughout the conference, as well as admittance to the Tuesday evening reception. This does not include access to the program in the general session room, any breakout sessions, or ability to attend any Congressional Hill meetings.

A spouse/partner is defined as a significant other who is not affiliated with or employed by a California school district or county office of education (including board members, administrators, teachers, or staff). Co-workers or associates are not eligible to use the spouse registration category. If this registration category is used by someone other than a spouse, the registrant will be charged a full conference registration rate for that person.

Optional pre-conference activity

The Indigenous D.C. Tour is available for purchase immediately preceding the Federal Advocacy Trip on Sunday, April 27 from 10:00 a.m. to 3:30 p.m. ET. You may purchase a ticket during the registration process.

Pre-Conference Activity: \$120

Hotel information

Hotel accommodation can be booked online through a dedicated website. The single/double rate is \$309, plus taxes and fees. Please make your reservation as soon as possible. The block of rooms has a **Saturday, April 5, 2025**, reservation cutoff date. After the cutoff date, rooms may be given on a space-available basis, and the special group discount may not be available. The hotel requires a valid credit card to guarantee the reservation at the time of booking.

Please click here (<https://book.passkey.com/go/CSBA2025>) to make your hotel reservations.

Travel information

The nearest airport to the Capital Hilton is Ronald Reagan Washington National Airport. Coast2Coast staff strongly discourage attendees from booking a flight back to California earlier than 6:00 p.m. ET on Wednesday, April 30, 2025. Congressional District meetings may be scheduled up until 4:00 p.m. ET on April 30, and therefore we do not want our registrants to miss an opportunity to meet with their representatives should their meetings get scheduled on Wednesday afternoon.

Notices

Please click here ([https://www.csba.org/-/media/CSBA/Files/TrainingAndEvents/AllEvents/Coast2Coast/Notices_2025-C2C-\(2\).ashx?la=en&rev=ffe1ae1933aa4e1480c05806c928d40c](https://www.csba.org/-/media/CSBA/Files/TrainingAndEvents/AllEvents/Coast2Coast/Notices_2025-C2C-(2).ashx?la=en&rev=ffe1ae1933aa4e1480c05806c928d40c)) to view the policy. Direct all cancellation and refund requests to register@csba.org (<mailto:register@csba.org>).

Accessibility

The event is wheelchair accessible and caters to disabilities by providing reasonable accommodation. For special accommodation, please contact coast2coast@csba.org (mailto:coast2coast@csba.org) with at least 72 hours' notice to ensure availability.

Available Sessions

- 2025 Coast2Coast Federal Advocacy Trip There is a spouse/partner registration rate of \$199 for the fourth annual Coast2Coast Federal Advocacy Trip to Washington, D.C. The spouse/partner registration fee includes a spouse/partner's ability to enjoy the welcome reception, breakfast, and break offerings throughout the conference, as well as admittance to the Tuesday evening reception. This does not include access to the program in the general session room, any breakout sessions, or ability to attend any Congressional Hill meetings. A spouse/partner is defined as a significant other who is not affiliated with or employed by a California school district or county office of education (including board members, administrators, teachers, or staff). Co-workers or associates are not eligible to use the spouse/partner registration category. If this registration category is used by someone other than a spouse/partner, the registrant will be charged a full conference registration rate for that person. If you have any questions regarding your registration, please feel free to contact us at register@csba.org. \$199.00

- Optional Coast2Coast Pre-Conference Indigenous D.C. Tour Get ready to embark on an unforgettable adventure at the 2025 CSBA & ACSA Coast2Coast Pre-Conference Tour! Discover the rich heritage of Native cultures with a curated tour of Washington, D.C., highlighting Indigenous history. Begin with a visit to the National Museum of the American Indian (NMAI), home to one of the world's largest Native artifact collections, featuring exhibitions, performances, and educational programs. Next, embark on a guided driving tour of significant Indigenous sites, including Lafayette Square and the US Marine Corps War Memorial. Explore the stories of Indigenous advocacy and the historical impact and contributions like those of Ira Hayes, a Native American Marine who is recognized for his role in "Raising the Flag on Iwo Jima". This tour offers a deep dive into Native histories and their ongoing influence. Space for this exclusive tour is limited and reserved for Coast2Coast attendees. Spouses or partners may also purchase a ticket to join. Date: Sunday, April 27, 2025 Time: 10:00 a.m. – 3:30 p.m. ET Duration: The tour will take approximately 5 hours, including a short lunch break. Price: \$120 per attendee (Price does not include lunch.) Includes: Guided walking-tour of National Museum of the American Indian (NMAI), licensed tour guide, and luxury mini-coach transportation from the host hotel to tour stops. Notices: Please click here to view the policy. Direct all cancellation and refund requests to register@csba.org. Questions? Please contact us at coast2coast@csba.org. Accessibility: The event is wheelchair accessible and caters to disabilities by providing reasonable accommodation. Outdoor walking between tour stops may be required. For special accommodations, please contact coast2coast@csba.org with at least 72 hours' notice to ensure availability. \$120.00

Price: \$799.00

REGISTER

REGISTER OTHERS



California Council of School Attorneys
Education Legal Alliance

[Privacy Policy](#) | [Legal Notice](#) | [Careers](#) | [Contact Us](#)

about

[How We are Governed](#)
[Board of Directors](#)
[Executive Staff](#)
[Become a Business Affiliate](#)

products & services

[Legal Services](#)
[BuyBoard](#)

governance & policy resources

[Research and Education Policy Development](#)
[Research and Policy Briefs](#)
[District Policy Services](#)
[Education Workforce Housing](#)

training & events

[Event Calendar](#)
[Masters in Governance Program](#)



connect and share



© 2024 California School Boards Association
Tel. (800) 266-3382

[GS Technology Solutions](#)

[Business Affiliates](#)

[CSBA Store](#)

[All Products and Services](#)

[Gamut](#)

advocacy

[Legislative Advocacy](#)

[Legal Advocacy](#)

[Legal](#)

[Annual Education Conference](#)

[Governance Consultants](#)

[CSBA Golden Awards](#)

newsroom

[California Schools Magazine](#)

[CSBA Newsletters](#)

[CSBA Blog](#)

[News Releases](#)

[Advertising Opportunities](#)

Boys Wrestling Approved Sanctioned Events
2024-25 WRESTLING SEASON CALENDAR DATES

Starting Date for Interscholastic Contest: No interscholastic contest (tournament or league) may be scheduled prior to November 11, 2024.

Last League and/or Non-League Contest: The last allowable date for a league or non-league team contest is Tuesday, January 28, 2025. **Dual meet entries are due 11:00 pm Tuesday, January 28, 2025.**

Last Individual Wrestling Competition: The last day for Individual Wrestling competition is Saturday, February 8, 2025. **Wrestling Individual entries are due, Sunday, February 9, 2025.**

2024-25 WRESTLING CHAMPIONSHIPS MEET INFORMATION

Dual Meet Championships

| <u>Date</u> | <u>Division</u> | <u>Site</u> | <u>Meet Manager</u> |
|--------------------|------------------------|-----------------------|----------------------------|
| February 1 | 1 | TBD HS | TBD |
| February 1 | 2 | Centennial/ Corona HS | Aaron Cross, Head Coach |
| February 1 | 3 | Murrieta Valley HS | Daniel Kingman, Head Coach |
| February 1 | 4 | Aliso Niguel HS | Greg Colwell, Head Coach |
| February 1 | 5 | La Canada HS | Justin Luthey, Head Coach |
| February 1 | 6 | Upland HS | David Moran, Head Coach |

Schools and leagues are reminded that their dual meet champions must be decided by Tuesday, January 28, 2025, so the draw can be announced, and the championships can be begin on Saturday, February 1, 2025. Round of 16 Quarterfinals and Semifinals will be on Saturday, February 1, 2025. Championship will be at Host Site on Thursday, February 6, 2025.

Boys Individual Championships

| <u>Date</u> | <u>Division</u> | <u>Site</u> | <u>Meet Manager</u> |
|--------------------|------------------------|------------------------|-----------------------------------------------------------------------|
| February 14/15 | Central | Westminster HS | Michael Provenzano, Head Coach |
| February 14/15 | Coastal | Fountain Valley HS | Brad Woodbury, Head Coach |
| February 14/15 | Eastern | Ayala HS | Grant Brunier, Head Coach |
| February 14/15 | Inland | Great Oak HS | Anthony Califano, Athletic Director |
| February 14/15 | Northern | Mira Costa HS | Kenny Johnson, Head Coach |
| February 14/15 | Southern | Glenn HS | Monico Enriquez, Head Coach |
| February 22 | | Masters Meet Sonora HS | Dr. John Dahlem, Alan Clinton, Servite HS, Chris Rasmussen, Marina HS |

February 27/28, March 1 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 2025, 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.

GIRLS WRESTLING

**SEASON
PREVIEW**



2024





TO: CIF-SS GIRLS' WRESTLING COACHES
 FROM: RICH SHEARER, ASSISTANT COMMISSIONER
 DATE: OCTOBER 2024
 RE: **2024-25 CIF SOUTHERN SECTION GIRLS WRESTLING PREVIEW**

WELCOME TO THE 2024 - 2025 CIF SOUTHERN SECTION GIRLS 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.

TABLE OF CONTENTS

CIF-SS Wrestling Advisory Committee..... 4
Participation Requirement..... 5
Championships Meet Information 6
2023-2024 Wrestling Season Calendar Dates..... 7
Mandatory Pre-Match Weigh In Form..... 9
Assessor Certification & Weight Management Program..... 11
Body Metrics Ultrasound Device.....12
Wrestling Rules 13
Accountability Rule 15
Supervision of Athletes16
National Federation Major Rule Changes.....17
Health and Safety..... 30
Skin Health and Wrestling..... 32
Physician Release for Wrestler to Participate36
MRSA.....37

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

CIF-SS GIRLS 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 and hosting playoff sites
- ◆ Recommendations for procedural changes
- ◆ Evaluation of sports season
- ◆ Assistance to coaches and/or official's 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, members of this year's committee are:

The Girls Wrestling Advisory Committee will be responsible for forming the seeding committee to seed the girls prior to the Regional Qualifying Tournament and the CIF Girl's Championships. The CIF-SS Wrestling Protocols and Criteria will be followed by the seeding committee.

| Name | School | School Number | E-mail |
|------------------|------------------|----------------------|----------------------------------------------------------------------------------|
| Jimmie Bowers | Corona HS | 951 227-9898 | Jimmie.bowers@cnusd.k12.ca.us |
| Tim Byers | Santa Ana HS | 714.567.4900 | coachbyers@gmail.com |
| David Carrizosa | Sonora HS | 714.863.2071 | dcarrizosa@fjuhsd.org |
| Jaime Flores | Western HS | 714.220.4040 | Flores_ja@auhsd.us |
| Rob Froh | Bonita HS & | 909 971-8220 | r.froh@bonita.k12.ca.us |
| | | 626-974-6220 x803019 | rfroh@c-vusd.org |
| Randy Gonzalez | Lakewood HS | | rsgonzalez@lbschools.net |
| Jesse Jaime, Sr. | San Dimas HS | 626-343-1812 | sdladysaints@yahoo.com |
| Mike Kim | Valencia HS | 714 310-7350 | mikekimL22i@gmail.com |
| David Ochoa | Northview HS | | dochoa@c-vusd.org |
| Chris Rasmussen | Marina HS | 714 402-4207 | cerasmussen@hbuhdsd.edu |
| Luis Robles | Paloma Valley HS | 951.238.8808 | luis.robles@puhsd.org |

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, GIRLS** click **SEARCH**

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

2024-25 WRESTLING SEASON CALENDAR DATES

Starting Date for Interscholastic Contest: No interscholastic contest (tournament or league) may be scheduled prior to November 11, 2024.

Last League and/or Non-League Contest: The last allowable date for a contest is Tuesday, January 28, 2025. **Dual meet at large applications are due 11:00 pm Tuesday, January 28, 2025.**

Last Individual Wrestling Competition: The last day for Individual Wrestling competition is Saturday, February 8, 2025. **Wrestling Individual entries are due, Sunday, February 9, 2025.**

2024-25 WRESTLING CHAMPIONSHIPS MEET INFORMATION

CIF-Southern Section Dual Meet Championships

| <u>Date</u> | <u>Division</u> | <u>Site</u> | <u>Meet Manager</u> |
|--------------------|------------------------|--------------------------------|----------------------------|
| February 1 | 1 | Hillcrest High School | Ernie Ledesma, Head Coach |
| February 1 | 2 | Paloma Valley High School | Luis Robles, Head Coach |
| February 1 | 3 | Valencia/Placentia High School | Mike Kim, Head Coach |

Schools must submit Dual Team At Large entries by Tuesday, January 28, 2025, so the draw can be announced, and the championships can begin on Saturday, February 1, 2025. Round of 16 Quarterfinals and Semifinals will be on Saturday, February 1, 2025. Championship will be at Host Site on Thursday, February 6, 2025.

CIF-Southern Section Girls Individual Championships

| <u>Date</u> | <u>Region</u> | <u>Site</u> | <u>Meet Manager</u> |
|--------------------|----------------------|--------------------|------------------------------|
| February 14/15 | Central | San Dimas HS | Jesse Jaime, Sr., Head Coach |
| February 14/15 | Eastern | Corona HS | Jim Bowers, Head Coach |
| February 14/15 | Northern | Adelanto HS | Michael LaBrosse, Head Coach |
| February 14/15 | Southern | Marina HS | Chris Rasmussen, Head Coach |

Wrestlers that qualify through their Girls Individual League Finals from each weight class will participate in the Girls Individual Championships. Placers at each site qualify for the Girls CIF Southern Section Masters Meet. All coaches must present Trackwrestling Alpha Master Sheet at the time of weigh in.

CIF-Southern Section Girls Masters Meet

| <u>Date</u> | <u>Site</u> | <u>Meet Manager</u> |
|--------------------|--------------------|------------------------------------------------|
| February 21 | Sonora HS | Alan Clinton/ Chris Rasmussen/ Dr. John Dahlem |

The Girls Masters will run as (2) 16 person brackets in one day. 32 Qualifiers from the CIF-SS Girls Individual Championships in each weight class will participate. (8 from 4 divisions). The top eight from the CIF-SS Girls Masters Meet in each weight class will advance to the CIF State Girls Wrestling Championships. These will be the top 4 from each 16-team bracket.

GIRLS CIF STATE WRESTLING CHAMPIONSHIPS

| <u>Date</u> | <u>Site</u> | <u>Meet Manager</u> |
|------------------------|---------------------------------|----------------------------|
| February 27/28/March 1 | Rabobank Arena, Bakersfield, CA | Cici Robinson |

CIFSSHOME REQUIREMENTS

SCHEDULES & SCORES Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest
Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHOME (www.cifsshome.org) as well as update the scores immediately following your contests.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:

-On the left panel, click on "Teams", select "**Wrestling, Boys/ Wrestling, Girls**"

To Add a game:

- On the left panel, click on "Events", select "Add Event", choose Game under "Event Type", choose date of game under "Event Date", choose **Wrestling, Boys/ Wrestling, Girls** under "Sport", choose Varsity under "Level", type the opposing school name in "Add Opponent", choose the type of game under "Select Game Type", click on Home, Away or Neutral under "Location", choose "Start Time" Click on "Save" to add one game or "Save & Duplicate" for multiple games.

- To Submit your score:


- On the left panel, click on "Teams", select "Teams Manager", scroll down to **Wrestling, Boys/ Wrestling, Girls** and click on VR to add Varsity scores Click on "Post Result" button, enter your team's score, enter the opponent's score, result should auto populate with either "W", "L" or "T" based on the correct match score entered. If the game was a forfeit, click on the Yes box, enter the set scores in "Notes".

Make sure that your overall and team records are correct on your team page

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Wrestling coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than **FRIDAY JANUARY 24, 2025**.

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 24, 2025**.


Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

- Click on the "**Teams**" tab, click on "**Teams Manager**", click on **Wrestling, Boys/ Wrestling, Girls** "", select 

You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).

Required roster information for Wrestling, Boys/ Wrestling, Girls is: First Name, Last Name, Birth date, Year & Eligibility

(1) To ADD roster players one by one:

- Click on  and complete fields required for Wrestling.


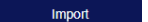
(2) To Import a Roster using an Excel sample file:

- Download the [sample file](#) and delete the "contents only".


- Copy and paste or type your roster information into the file as the contents and save the file to your computer.

- Only an excel file ([xls](#)) can be uploaded that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE. **Required Columns for Wrestling are:**

First Name, Last Name, Birth date, Year & Eligibility

- Click on to find your file,  then click  on


- To confirm the roster has been uploaded, your players' names will be uploaded in the "**Official Roster**" section.

- Click on the  next to the player's name to view each player's information.

TEAM PHOTO

Attention Athletic Directors/Coaches: It is very important that you enter your entire Varsity roster into CIFSSHome (www.cifsshome.org) no later than **FRIDAY, JANUARY 24, 2025**.

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 – MUST HAVE .500 RECORD OR BETTER

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 28, 2025 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.

2024-2025 GIRLS WRESTLING PLAYOFF GROUPINGS

Dual Wrestling Championship Divisions

Divisions formed according to CIF-SS Bylaw 3520.4

DIVISION 1

| | |
|-----------------|----------------|
| Centennial/C | Newport Harbor |
| Cerritos | Northview |
| Corona | Palm Desert |
| Downey | San Clemente |
| Hillcrest | San Dimas |
| Poly/Long Beach | Shadow Hills |
| Marina | Sultana |
| Mayfair | Walnut |
| Montclair | Warren |

DIVISION 2

| | | |
|-------------------|------------------|------------------|
| Arroyo | Etiwanda | San Marino |
| Bell Gardens | Foothill | Santa Ana |
| Canyon Springs | Hamilton | Santa Fe |
| Capistrano Valley | Hemet | Santa Monica |
| Chaffey | La Canada | Santiago/ Corona |
| Chino | La Quinta | Schurr |
| Citrus Valley | Laguna Hills | Tustin |
| Colony | Los Osos | Ventura |
| Cypress | Millikan | Villa Park |
| El Modena | Norwalk | West Covina |
| El Toro | Orange Vista | Westminster |
| Elsinore | Pacifica/ Oxnard | Yucaipa |
| Esperanza | Paloma Valley | |

DIVISION 3

| | | | | |
|-----------------|-------------------|------------------|--------------------|--------------------|
| AB Miller | Beverly Hills | Canyon/ Anaheim | Dana Hills | Faith Baptist |
| Adelanto | Big Bear | Carpinteria | De Toledo | Fillmore |
| Agoura | Bishop Amat | Carter | Desert Christian | Fontana |
| Alemanya | Blair | Cathedral City | Desert Hot Springs | Fountain Valley |
| Alhambra | Bloomington | Century | Desert Mirage | Fullerton |
| Aliso Niguel | Bolsa Grande | Chaminade | Diamond Bar | Gabrielino |
| Alta Loma | Bonita | Channel Islands | Diamond Ranch | Gahr |
| Anaheim | Bonita Vista | Chaparral | Dominguez | Ganesha |
| Antelope Valley | Brea Olinda | Charter Oak | Don Lugo | Garden Grove |
| Apple Valley | Buckley | Chino Hills | Dos Pueblos | Garey |
| Aquinas | Buena | Citrus Hill | Duarte | Glen A Wilson |
| Arlington | Buena Park | Claremont | Eastside | Glendora |
| Artesia | Burbank | Coachella Valley | Edgewood | Godinez |
| Ayala | Burroughs | Colton | Edison | Grand Terrace |
| Azusa | Cabrillo/LB | Compton | Eisenhower | Granite Hills (AV) |
| Baldwin Park | Cajon | Corona del Mar | El Dorado | Great Oak |
| Banning | Calabasas | Costa Mesa | El Monte | Harvard Westlake |
| Barstow | California | Covina | El Rancho | Heritage |
| Bassett | Calvary Chapel/SA | Crean Lutheran | Estancia | Hesperia |
| Beaumont | Calvary Chapel/ D | CSDR | Excelsior Charter | Highland |
| Beckman | Camarillo | | Fairmont SJC | Hoover |
| Bellflower | | | | |

DIVISION 3 CONTINUED ON NEXT PAGE

2024-2025 GIRLS DUAL CHAMPIONSHIP

TEAMS MUST SUBMIT AN AT LARGE APPLICATION

2024-2025 GIRLS WRESTLING PLAYOFF GROUPINGS

Dual Wrestling Championship Divisions

Divisions formed according to CIF-SS Bylaw 3520.4

DIVISION 3 CONTINUED

| | | | | |
|------------------|--------------------|----------------------|--------------------|-------------------|
| Hueneme | Lucerne Valley | Oxnard | San Bernardino | Thousand Oaks |
| Huntington Beach | Magnolia | Pacific | San Gabriel | Torrance |
| Indian Springs | Malibu | Pacifica/GG | San Geronio | Trabuco Hills |
| Indio | Mark Keppel | Palm Springs | San Jacinto | Trinity Classical |
| Irvine | Marshall | Palmdale | San Juan Hills | Troy |
| JSerra | Martin Luther King | Paramount | San Marcos | Twentynine Palms |
| John Glenn | Mater Dei | Patriot | Santa Ana Valley | University |
| Jordan LB | Mira Costa | Peninsula | Santa Barbara | Upland |
| Jurupa Valley | Mission Viejo | Perris | Santa Margarita | Valencia/P |
| JW North | Monrovia | Pioneer | Santa Paula | Valencia/V |
| Katella | Montebello | Pomona | Santa Rosa Academy | Valley Christian |
| Kennedy | Moorpark | Portola | Santiago/GG | Valley View |
| Knight | Moreno Valley | Quartz Hill | Savanna | Victor Valley |
| La Habra | Mountain View | Ramona | Segerstrom | Vista del Lago |
| La Mirada | Murrieta Mesa | Rancho Alamitos | Serrano | Vista Murrieta |
| La Puente | Murrieta Valley | Rancho Cucamonga | Sherman Indian | Webb |
| La Quinta/West | Newbury Park | Rancho Mirage | Sierra Vista | West Torrance |
| La Serna | Nogales | Rancho Verde | Silver Valley | West Valley |
| La Sierra | Norco | Redlands | Silverado | Western |
| Laguna Beach | Nordhoff | Redlands East Valley | Simi Valley | Westlake |
| Lakeside | Norte Vista | Redondo Union | Sonora | Whitney |
| Lakewood | North Torrance | Rialto | South El Monte | Whittier |
| Lancaster | Northwood | Ribet Academy | South Hills | Wilson LB |
| Lawndale | Notre Dame/R | Rim of the World | South Pasadena | Wilson/HH |
| Liberty | Nuview Bridge | Rio Mesa | South Torrance | Woodbridge |
| Littlerock | Oak Hills | Riverside Poly | St. Margaret | Workman |
| Loara | Oak Park | Roosevelt | St. Monica Academy | Xavier Prep |
| Los Alamitos | Ocean View | Rosemead | Sunny Hills | Yorba Linda |
| Los Altos | Ontario | Rowland | Tahquitz | Yucca Valley |
| Los Amigos | Orange | Royal | Temecula Valley | |
| Los Amigos | Orange Lutheran | Rubidoux | Temescal Canyon | |
| | | Saddleback | Temple City | |
| | | | Tesoro | |

2024-2025 GIRLS DUAL CHAMPIONSHIP

TEAMS MUST SUBMIT AN AT LARGE APPLICATION

CHAMPIONSHIP SITES

10/1/2024

| DIVISION | LOCATION | DATE |
|----------|---------------------------------|----------------------|
| 1 | Hillcrest High School | Saturday, February 1 |
| 2 | Paloma Valley High School | Saturday, February 1 |
| 3 | Valencia/ Placentia High School | Saturday, February 1 |

Championships will be at Host School on Thursday, February 6, 2025.



F-150



Mustang Mach-E



Bronco



Explorer

Our vehicles. Your athletes.

The Southern California Ford Dealers proudly support SoCal High School Athletics.



2024-2025 GIRLS WRESTLING PLAYOFF GROUPINGS

| Individual Wrestling Championship Divisions | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: center; background-color: #cccccc; margin: 0;">CENTRAL</p> <p>605 Almont Bay Coast View Conf. Coastal Canyon Crestview Hacienda Inland Valley Montview North Hills Valle Vista</p> | <p style="text-align: center; background-color: #cccccc; margin: 0;">EASTERN</p> <p>Big VIII Channel Empire Miramonte Mission Valley Mojave River Pioneer Rio Hondo South Valley Southwestern Sun Valley</p> |
| <p style="text-align: center; background-color: #cccccc; margin: 0;">NORTHERN</p> <p>Citrus Belt Citrus Coast Desert Empire Desert Sky Freelance Golden West Marmonte Orange Grove Conf. Palomares Suburban Valley Conf. Sunkist</p> | <p style="text-align: center; background-color: #cccccc; margin: 0;">SOUTHERN</p> <p>Baseline Del Rio Golden Ivy Moore Mountain Pass Mountain Valley Mt. Baldy Pacific Coast River Valley Sunset</p> |

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 | San Dimas High School | February 14/15 |
| Eastern | Corona High School | February 14/15 |
| Northern | Adelanto High School | February 14/15 |
| Southern | Marina High School | February 14/15 |



THE
BEST
USE
THE
BEST

GATORADE



2024-2025 CIF SOUTHERN SECTION GIRLS 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 2024/25 CIF Southern Section Blue Book. This list is NOT all-inclusive but highlights only some of the key areas.

For a girl to participate in CIF-SS Girls Wrestling they must represent a Girls Wrestling School. The school **MUST** have indicated on their sports dues invoice that they are competing in Girls Wrestling. (The school must have paid the Girls Sports Participation fee for wrestling \$100 and NWCA Membership for weight management of \$30). This would be in addition to the \$130 fee to field Boys Wrestling. Sports Dues invoices are generated in www.cifsshome.org.

Girls may only work out with students in their school regardless of the number of participants until the close of league season for post-regular season workouts (CIF-SS Rule #3408). Girls may work out with their boys wrestling team.

If there is no Girls Dual Match team, Girls may wrestle in boy's competition representing their schools until the League Finals and MAY NOT wrestle in the varsity boys individual League Finals.

There will be Girls Individual Championships. Placement in the Girls Individual Championships determines who advances to the CIF Southern Section Girls Masters Meet. **League placement will determine qualifiers to the CIF-SS Girls Individual Championships. All wrestlers will qualify for the CIFSS Girls Individual Championship through League Finals.**

There will be a CIF Southern Section Girls Dual Wrestling Championship. Schools will apply and be selected based on Dual match competition and team size. **Teams wishing to apply need to fill 7 weight classes and 5 team matches.** The goal for 2024-2025 is to have (3) Divisions for Dual Championships.

WEIGHT MANAGEMENT

All wrestling coaches **MUST** be familiar with the Mandatory Weight Management Program. You can review pertinent weight management information in the Coaches Weight Management Manual by clicking the link below. This separate publication has information on how to get your girl's initial weight assessment completed, check eligible weight classes each wrestler is qualified to wrestle in and print necessary Trackwrestling.com reports that must be presented at each competition prior to weigh-in as proof that they are complying.

[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 502). 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 competition in the CIF Southern Section will be conducted under National Federation rules, unless otherwise provided herein. Coaches are advised to review the Wrestling section of the 2024/25 CIF Southern Section Blue Book, **Article 3400, pages 201-207.**

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 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.

2024-2025 Girls Wrestling Weight Classes

The 14 weight classes are as follows:

| | | | | | | |
|---------|---------|---------|---------|---------|---------|---------|
| 100 lbs | 105 lbs | 110 lbs | 115 lbs | 120 lbs | 125 lbs | 130 lbs |
| 135 lbs | 140 lbs | 145 lbs | 155 lbs | 170 lbs | 190 lbs | 235 lbs |

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

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 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

GIRLS INDIVIDUAL CHAMPIONSHIP

ENTRY: Each League School can only enter one wrestler per weight class.

Alternates for Individual Wrestling Championships –

The brackets for each division will reflect the total number of guaranteed entries of the leagues in that division. There will no longer be a random draw for additional alternates to add wrestlers to those brackets. If a league loses an entry prior to the start of the tournament, that league can replace that entry with an alternate from that league first. If no alternate from that league is present, and the bracket size is less than 32, then the alternates from other leagues can be drawn in. Wrestlers that have a first-round bye, and win their second match, will receive two (2) advancement points for round one in addition to their second-round advancement points.

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

GIRLS DUAL CHAMPIONSHIP

Entries – All openings in the draw will be filled by At-Large teams. There will be a Girls Dual Meet Wrestling Championship. As there are no automatic qualifiers in the Girls Dual Meet Championship, At-Large teams will fill all positions in the brackets. All teams who wish to be considered for a position in the Championships must submit the required At- Large Petition Form in www.cifsshome.org by the published deadline, Tuesday, January 28, 2025, 11:00 p.m. Make sure your schedule and scores are completed and up to date to aid in the selection process. All contest results should be entered into www.cifsshome.org by Tuesday, January 28, 2025 at 11:00 p.m. (Under “teams”, “Girls Wrestling”, “Varsity”) **It is expected that each applicant will field a minimum of seven weight classes. It is expected that each applicant will have wrestled a minimum of five dual meet matches during the 2024-25 season.**

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. NOT: 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: **AD Miller** Event: **3rd ANNUAL CARTER INLAND EMPIRE OPENER** Date: **09/28/2017**

11/26/2016
1 lbs consecutive day allowance

| Weight | Name | EWC | EWV | Actual Wt. | Skin Check |
|--------|------------|-----|--------|------------|------------|
| 105 | [REDACTED] | 105 | 97.74 | _____ | _____ |
| 105 | [REDACTED] | 105 | 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 | [REDACTED] | 145 | 139.09 | _____ | _____ |
| 160 | [REDACTED] | 160 | 153.54 | _____ | _____ |
| 170 | [REDACTED] | 170 | 189.78 | _____ | _____ |

Weigh-In Time

Medical/Skin Check Completed By

Certified By Coach (name)

Certified By Administrator* (name)

* if honor weigh-in performed

Certified By Opponent Coach (name)

Referee (name)

Referee (name)

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 staffs at the start of each sport season.



RONALD W. NOCETTI, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

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

October 1, 2024

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

Dear Assessors,

The CIF is excited to announce details regarding the 2024-2025 Wrestling Weight Management Program. There are updates to share:

- The recertification process for all Assessors from the 2023-2024 season began **Monday, September 30, 2024**.
- The [recertification exam](#) is located on the **CIF STATE** website under Wrestling. The process will remain the same as last year, with the requirement of the assessor passing an exam with an 80% or better to be recertified. Assessors are given three (3) attempts to pass.
- Assessments for the 2024-2025 season will open **October 15, 2024**. Assessments must be entered into the TrackWrestling website within 72 hours of assessment. *There is no reason to take longer than 72 hours!* All wrestlers must be assessed, and appear on the coach's Alpha Roster, prior to their first competition.
- The 2024-2025 [Weight Management Program Manual](#) is available for download from the CIF State website for your review and records. **Please review this document for updates to the process prior to your recertification exam.** The forms used for assessments, appeals, and sub-7% BF were updated last season as well.

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

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

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

Ultrasound Body Composition

The **BodyMetrix™ System** brings wrestlers and coaches the latest in body fat percentage (%BF) measurement technology. Validated in a study performed at Appalachian State University⁽¹⁾ which showed that the **BodyMetrix™ System** was more accurate than calipers and when compared to previous studies more accurate than conventional bioelectrical impedance. Ultrasound measurements of %BF are not sensitive to hydration and can be performed anytime. Beyond wrestling the **BodyMetrix™ System** is now used by professional sports teams in the **NFL, NBA, MLB, NHL, and MLS**.



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

If you are interested in learning more about the **BodyMetrix™ System** please contact IntelMetrix at 925-606-7044 or email info@intelmetrix.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)

When pain gets in the way of doing what you love ...

Trust the experts at Hoag & Hoag Orthopedic Institute
Sports Medicine to get you back on the field.

Hoag & Hoag Orthopedic Institute Sports Medicine are proud
to be the Official Orthopedic & Sports Medicine Partner of the
CIF Southern Section.

**Hoag
Orthopedic
Institute.**

SPORTS MEDICINE



We are proudly founded by our premier physicians in partnership with Hoag.

© 2024, Hoag is a registered trademark of Hoag Memorial Hospital Presbyterian. All Rights Reserved.

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 two-contest suspension, and a third ejection will cause suspension for the remainder of the season.

SUPERVISION OF ATHLETES

State and Southern Section Rule 503 states:

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

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

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

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

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

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

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



Participants Now Inbounds with One Point of Contact in High School Wrestling

FOR IMMEDIATE RELEASE

Contact: Elliot Hopkins

INDIANAPOLIS, IN (April 25, 2024) — Beginning with the 2024-25 season, high school wrestlers will be inbounds with only one point of contact of either wrestler inside or on the boundary line.

This fundamental change to high school wrestling was one of six major changes impacting almost 30 rules recommended by the NFHS Wrestling Rules Committee at its April 1- 3 meeting in Indianapolis. All recommended changes were subsequently approved by the NFHS Board of Directors.

Previously, high school wrestlers were considered to be inbounds if a total of two supporting points of either wrestler were inside or on the boundary line. The two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line.

“Without increasing risk, this change eliminates the subjectivity of the out-of-bounds call,” said Elliot Hopkins, NFHS director of sports and student services and liaison to the Wrestling Rules Committee. “The change also helps officials to call ‘out of bounds’ more consistently, and it provides wrestlers, coaches and spectators a better understanding of out of bounds.”

While the **One Point of Contact** change will be noted under the definition of Inbounds in Rule 5-15, it also impacts a number of other sections in Rule 5 on Definitions, as well as Rule 6- 4-1 on Stopping and Starting the Match.

In addition to the One Point of Contact change, points awarded for a **Near-Fall** have been revised in high school wrestling. Overall, the changes simplify the points awarded based on how long the wrestler is held in near-fall criteria. The change in Rule 5-11-3 is as follows:

Two points will be awarded when near-fall criteria are held for two seconds, three points for three seconds, four points for four seconds and five points if the defensive wrestler is injured, indicates an injury or bleeding occurs after the four-point near-fall has been earned.

These changes will affect other rules including individual match scoring in Rule 9.

“The goal in wrestling is to pin the opponent,” Hopkins said. “Changing the near-fall points should motivate wrestlers to work for a fall.”

In another change in scoring rules, opportunities to earn more points will also be available when executing a **Takedown**. Beginning next season, wrestlers will be awarded three match points instead of two when securing a takedown.

The committee also approved a change regarding the **Technical Fall**. Rule 5-11-4a now states that “if a takedown or reversal, straight to a near-fall criteria creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.” The change clarifies when the technical fall has concluded in relation to the near-fall criteria being met. Hopkins said the offensive wrestler cannot be penalized appropriately after the technical fall has been earned.

In another change, the **10-Foot Circle** at the center of wrestling mats is now optional. Wrestlers now will be encouraged to “stay in the center of the mat” instead of “within the 10-foot circle.”

“The committee determined that the starting lines of a mat indicate the center of the mat and the 10-foot circle is no longer needed,” Hopkins said. “With the new mat designs that have a large mascot or logos, it gives a refreshing look to the mats. Wrestlers and officials know where the center of the mat is located without the 10-foot circle.”

Finally, the committee approved a new **Referee’s Time-Out Signal**. The signal, which is used in many other sports, is both hands/fingers pointing inward to the referee’s chest.

A complete listing of the wrestling rules changes will be available on the NFHS website at www.nfhs.org. Click on “Activities & Sports” at the top of the home page and select “Wrestling.”

2024/25 NFHS WRESTLING GUIDELINES

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

HEALTH AND SAFETY

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

The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the 2020-2021 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the "Sports Medicine" tab on the blue toolbar.

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

PHYSICAL EXAMINATION

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

CONCUSSION PROTOCOL

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

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

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

NFHS ELECTIVE COURSE/WEBINAR

This is link to a free, 20-minute webinar regarding sports related concussions provided by the NFHS. All Athletic Directors and Coaches are encouraged to take advantage of this opportunity by viewing this webinar

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

Concussion in Sports - What You Need To Know

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



WRESTLING

PROPER GROOMING AND SKIN CHECK PROTOCOLS

The following protocols and procedures are recommendations to conduct the mandated skin checks prior to a wrestler competing.

It is very important for the official to be as well versed in the recognition of skin disorders and problematic conditions. The official is sometimes the frontline and possibly the only line to help keep the condition from spreading. Education is the key for the officials, coaches and athletes to keep these problems under control.

PROTOCOLS

- Make sure the coach is with you
 - Do not touch the wrestlers when doing the skin check- it is all visual
 - Same gender male wrestlers-male official, female wrestler-female official
1. Have the athlete remove their singlet/they must have proper undergarments only
 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.

JL CUSTOM JACKETS

Official CIF Licensed Patch
& Jacket Manufacturer

- ONE STOP SHOP FOR CIF PATCHES, VARSITY LETTERS, CUSTOM PATCHES & EMBLEMS
- COMPETITIVE PRICING

- ALL ORDERS 2 - 3 WEEK TURNAROUND TIME
- BANQUET DATES GUARANTEED
- ALL PRODUCTS MADE IN THE UNITED STATES



You can design and purchase your own custom patches on our website.

To Order Call: 951-867-3200

customerservice@jlcustomjackets.com

or visit us on the web:

www.jlcustomjackets.com

7161 Old 215 Frontage Road, Moreno Valley, CA

Fax (951) 867-3277

EXCLUSIVE
DISTRIBUTOR FOR
ALL
CHAMPIONS
FINALISTS
RUNNER-UP &
ALL CIF Patches



* Prices subject to change without notice

National Federation of State High School Associations
Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ___ / ___ / ___

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: _____

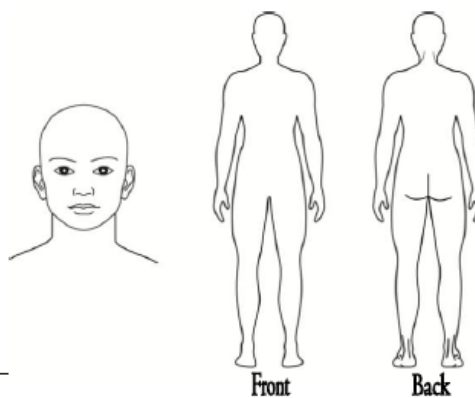
Form Expiration Date for this Lesion (Note on Diagram(s)): ___ / ___ / ___

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 three days 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 48 hours. For primary (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 should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

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

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

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

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

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

"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

"ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

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

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

Revised/Approved by NFHS SMAC - April 2015

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.

MRSA

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

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

1 – for distribution to students and parents

2 – for distribution to schools, coaches, AD and administrators.

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

MRSA Alert for Student-Athletes and Parents

MRSA Alert for Coaches

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

Resources

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

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

NFHS Position Statement: Skin Infections and Guidelines

Center for Disease Control

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

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

How to Identify MRSA - <http://cifss.org/wp-content/uploads/2016/07/MRSA.pdf>



F-150



Mustang Mach-E



Bronco



Explorer

Our vehicles. Your athletes.

The Southern California Ford Dealers proudly support SoCal High School Athletics.



CALIFORNIA INTERSCHOLASTIC FEDERATION

- SPORTS MEDICINE / SPORTS / INCLUSIVE SPORTS / PARENTS & STUDENTS
- / MEDIA CENTER / COACHES & ADMIN / SPORTSMANSHIP / GOVERNANCE / OFFICIALS / SPONSORS / MERCHANDISE
- / CIF SECTIONS / FAQ'S / ABOUT

WRESTLING

Home / CIF Notebook / 2025 Championship Ticket Information / 2025 Championship Information / 2025 Championship Handbook / 2025 Championships Hotel Room Block Information / More+

2025 CIF State Wrestling Championships

Posted: Jan 09, 2025

**Presented by
California
Correctional
Peace Officers
Association**

**Mechanics Bank
Arena,
Bakersfield**

**February 27-
March 1**



*Pairings will be made
available the evening of
Monday, February 24*

2025 Championship Information

Session I Thursday, February 27

Girls Championships begin at 9:00 a.m.

Boys Championships begin at 12:00 p.m.

Session II Friday, February 28

Consolations begin at 9:00 a.m.

Quarterfinals begin at 1:00 p.m.

We use cookies to ensure you have the best browsing experience on our website. By using our site, you acknowledge that you have read and understood our [Privacy Policy & Terms of Service](#).

I Accept

Session III Saturday, March 1

Consolations begin at 9:00 a.m.

Semifinals begin at 10:30 a.m.

Session IV Saturday, March 1

Championship Finals begin at 6:15 p.m.

Tickets/Admission Charges

Session I on Thursday, February 27 (All Day) - Adult Tickets start at \$14, and High School Students, Children 5+, Seniors 65+ start at \$10

Session II on Friday, February 28 (All Day) - Adult Tickets start at \$14, and High School Students, Children 5+, Seniors 65+ start at \$10

Session III on Saturday, March 1 (Morning and Afternoon) - Adult Tickets start at \$15, and High School Students, Children 5+, Seniors 65+ start at \$10

Session IV Finals on Saturday, March 1 (Evening) - Adult Tickets start at \$15, and High School Students, Children 5+, Seniors 65+ start at \$11

*Tickets may be purchased the day of the event or in advance via Mechanics Bank Arena Box Office and [AXS](#).

Parking

Autos \$20 - Daily

RV \$140 - Weekend (*Oversized RVs may pay higher if they take up double the # of spaces as average size.*)

Broadcast Information

[NFHS Network](#)

Hotel Information

Handbook

We use cookies to ensure you have the best browsing experience on our website. By using our site, you acknowledge that you have read and understood our [Privacy Policy & Terms of Service](#).

Share    

I Accept



FUELED BY GATORADE®



4658 Duckhorn Drive - Sacramento, CA 95834

Phone: (916) 239-4477 Fax: (916) 239-4478



Select Language

Powered by Google Translate

CIF Disclaimer Regarding the Use of Google Translate

CIF has added a link to the translation feature developed by Google Translate, a third party service which the CIF has no control over. The service provides automated computer translations that are only an approximation of the websites original content. The translations should not be considered exact and only used as rough guide. CIF does not warrant the accuracy, reliability or timeliness of any information translated by this system and will in no way accept liability for loss or harm incurred as a result to them.

CIF disclaims and is not liable for any inaccuracies or problems that may be caused by the use of Google Translate feature on our website.

Please check with your local Section and/or State CIF offices if you have any questions.

We use cookies to ensure you have the best browsing experience on our website. By using our site, you acknowledge that you have read & understood our [Privacy Policy](#) & [Terms of Service](#).

I Accept



2025 USA SPIRIT NATIONALS GUIDELINES

This packet includes event information for the **2025 USA Spirit Nationals** weekend in Anaheim, CA on **February 13 - 17, 2025**.

Activities will begin Thursday afternoon/evening in all Group Stunt divisions. **If you are competing in any group stunt divisions, please ensure you can be in Anaheim and available to compete as of Thursday, February 13th at 4:00 p.m.**

Preliminary Competition in all Show Cheer, Mascot, and Crowdleader™ Teams divisions will take place on **Friday, February 14th**. **If you are competing in any Show Cheer, Mascot, and/or Crowdleader™ Teams divisions, please ensure you can be in Anaheim and available to compete as of Friday morning, February 14th**. The earliest warm-up begins at 7:00 a.m. Preliminary schedules will be based on event registration and detailed information with order of cheer divisions will be announced closer to Nationals.

Show Cheer, Mascot, and Crowdleader™ Teams division finals and Game Day Divisions will take place on **Saturday, February 15th**.

Preliminary Competition in all Song/Pom, Song/Jazz, and Pep Flag/Short Flag divisions and Song/Pom Game Day division will take place on **Sunday, February 16th**, starting in the morning. The earliest warm-up begins at 7:00 a.m.

Song/Pom, Song/Jazz, and Pep Flag/Short Flag division finals will take place on **Monday, February 17th**, concluding by approximately 3:00 p.m.

All divisions have the potential to advance to finals, excluding Group Stunt and Game Day Divisions. However, Crowdleader™ Teams is the only Game Day Division with a prelims and finals.

Please note the above is a tentative schedule of events and is subject to change, depending upon final enrollment for Nationals and the facility requirements.

You may wish to visit the *Disneyland*® Resort during competition weekend. The *Disneyland*® Resort includes the *Downtown Disney*® District, *Disneyland*® Park, and *Disney California Adventure*® Park. The *Downtown Disney*® District offers dining, entertainment, and shopping. A theme park admission ticket is not necessary to visit the *Downtown Disney*® District. A theme park ticket and a reservation is required to visit *Disneyland*® Park, and *Disney California Adventure*® Park

If you have any questions regarding the 2025 USA Spirit Nationals event, please contact the USA office at 800-886-4872 or USACompetitions@varsity.com.

We look forward to seeing you at the 2025 USA Spirit Nationals in Anaheim!



TENTATIVE SCHEDULE OF EVENTS

THURSDAY, FEBRUARY 13

Preliminary and finals competition for Group Stunt Advanced and Group Stunt Intermediate divisions

4:00 pm – 10:00 pm

Anaheim Convention Center

ANNOUNCEMENT OF FINALISTS AND FINAL AWARDS

FRIDAY, FEBRUARY 14

Preliminary competition in all Show Cheer, Non-Tumbling, Crowdleader™ Teams and Mascot divisions

8:00 am – 11:00 pm

Anaheim Convention Center

ANNOUNCEMENT OF FINALISTS

SATURDAY, FEBRUARY 15

Finals competition in all Show Cheer, Non-Tumbling, Crowdleader™ Teams and Mascot divisions and Exhibition of 1st place performances in Group Stunt Advanced and Group Stunt Intermediate divisions

8:00 am – 7:00 pm

Anaheim Convention Center

FINAL AWARDS

Competition for Game Day Cheer divisions (excluding Crowdleader™ Teams)

8:00 am – 5:00 pm

Anaheim Convention Center

FINAL AWARDS

SUNDAY, FEBRUARY 16

**Preliminary Competition for all Song/Pom, Song/Jazz, and Pep Flag/Short Flag Divisions
Competition For Song/Pom Game Day Division**

8:00 am – 11:00 pm
Anaheim Convention Center

ANNOUNCEMENT OF FINALISTS

MONDAY, FEBRUARY 17

Final Competition for all Song/Pom, Song/Jazz, and Pep Flag/Short Flag Divisions

8:00 am – 3:00 pm
Anaheim Convention Center

FINAL AWARDS

Please note the information above is a tentative schedule of events and is subject to change depending upon final enrollment for Nationals and facility requirements. **Divisions competing on Thursday, Friday, Saturday, Sunday and Monday in 2025 are different than in 2024.**

All divisions (including Crowdleader™ Teams) have the potential to advance to finals, excluding Group Stunt and stand-alone Game Day divisions.

Group Stunt Finals take place on Thursday.

Announcement of finalists will take place for specific divisions during awards ceremonies scheduled a few times per day or only at the end of the day. This is subject to change depending upon event operational needs.

For ALL Novice divisions (including Non-Tumbling Show Cheer Novice), **30%** of the division will advance to finals with a minimum of two (2) teams advancing.

For ALL Intermediate divisions, Non-Tumbling Advanced, Crowdleader™ Teams, Song/Jazz, and Pep Flag -2 Flag divisions, and the Mascot division, **35%** of the division will advance to finals with a minimum of two (2) teams advancing.

For ALL Advanced divisions (excluding Non-Tumbling Show Cheer Advanced), **40%** of the division will advance to finals with a minimum of two (2) teams advancing.

Please note the percentage of teams advancing to finals is subject to change pending final enrollment for Nationals. Any changes made will be noted no later than the posting of the first draft performance schedule.

The USA reserves the right to combine, split, delete, and/or add divisions for Nationals and to adjust the percentage of teams advancing to finals based upon competition enrollment. The USA reserves the right to adjust days of performance, performance venues, and/or times of competition for all divisions based upon final competition

enrollment and the facility requirements.



GENERAL EVENT INFORMATION

SPIRIT NATIONALS QUALIFICATION REQUIREMENTS

NFHS Credentialing (Cheer Divisions)

Show Cheer, Group Stunt and Game Day (Cheer) Divisions: It is required that at least 75% of the cheer members competing at 2025 USA Spirit Nationals in cheer divisions must have completed the summer camp 2024 Varsity Spirit/NFHS Squad Credentialing Program.

Regional Score (All Divisions)

All Divisions, including Game Day - Prior qualification through a USA Regional competition or other sanctioned event/process is required in order to attend Spirit Nationals in any division.

Bids to Nationals are awarded to teams receiving 80% of total possible points for all cheer, group stunt and game day cheer divisions and 75% of total possible points for all song, pep flag, mascot, and game day song divisions, regardless of any penalties received.

USA CHEER – CHEER COACH, STUNT COACH DANCE COACH OR PROFESSIONAL MEMBERSHIP

In a continuing effort to better protect athletes and coaches Varsity Spirit has partnered with USA Cheer, the USA Federation for Sport Cheer. A USA Cheer Coach, STUNT Coach, Dance Coach or Professional Membership will now be required for all school coaches, choreographers, and personnel attending a Varsity Spirit cheer or dance competition to gain access to the warmup, backstage or coaches' box areas. **Each registered cheer team/program must have at least one coach with a Cheer Coach membership and must accompany the team at every competition. Additional coaches can choose to have either a STUNT Coach, Dance Coach or Professional Membership. The USA Cheer General Membership is not an acceptable membership for restricted area access. Please note that children under the age of 18 who are not competing are not allowed in the restricted areas.**

HOTEL INFORMATION

USA is happy to work with our housing partner, Team Travel Source, to provide hotel arrangements for your team. Although it is not a requirement to go through Team Travel Source to attend the event, we highly recommend this as they are experts in working with teams to meet your housing needs.

Please [CLICK HERE](#) to book hotel rooms through Team Travel Source.

DISNEY TICKETS

Additional information will be sent separately to schools registered for Spirit Nationals once it is finalized.

TRAVEL INFORMATION

The USA is working in conjunction with *ALTOUR* to arrange the most convenient flights for you at the best possible prices. They will research the cost of flights to and from the airports that are nearest to Anaheim and that will best accommodate your needs. They will then contact your school representative with possible cost and payment procedures. We advise you to contact the travel agency early as many airline rates are based on 7, 14, and 21-day advance purchases and the best fares sell out quickly. In most cases, flights are full by the end of January. In addition, working through *ALTOUR* may allow you to receive a group travel discount.

ALTOUR will work with all major airlines. **For a quote contact ALTOUR at 1-866-719-0379 or submit an on-line request at varsity@aitvl.com.**

EVENT ADMISSION – PARTICIPANTS AND COACHES

All participant wristbands will be included in the team's registration packet.

All coaches attending the event must be on a team roster. Proof of the Cheer Coach, STUNT Coach, Dance Coach or Professional Membership is required to gain access into the warmup/backstage area. A USA Cheer General Membership is not valid for access to the restricted areas. Up to two (2) complimentary event Coach/Advisor wristbands per squad will be provided.

Additional coaches above the two complimentary per squad need to purchase a coach wristband as part of the team registration. All coaches will check in at the Coach Check In and show proof of USA Cheer Membership to receive their wristband.

All personnel wishing to have access to the warmup, backstage, or coaches' box will need to check in, provide a photo ID and show proof of a USA Cheer Coach, STUNT Coach, Dance Coach or Professional Membership at event registration. **The general membership from USA Cheer does not meet this requirement. Please note that children under the age of 18 who are not competing are not allowed in the restricted areas.**

EVENT ADMISSION – FAMILY AND GUESTS

No cash admission purchases will take place on-site during the event. Admission **must be** pre-purchased for spectators. The link to purchase Spectator tickets will be available on the USA website Spirit Nationals page once we get closer to the event start date. Additional fees for online ticket purchases may apply. Please either print a copy of your confirmed admission purchase or have your smart phone available for scanning.

We highly recommend pre-purchasing your admission to the event, as purchase on-site by cash is not available and electronic purchase the day of may not be available and/or may delay your entry.

PERFORMANCE ORDER/SCHEDULES

Typically, performance order is based on the registration date. The first registration entered will be the last to perform in that division and the last registration entered will be the first to perform in that division. Adjustments may be necessary due to division/team conflicts.

If payment is not received by the deadline, then performance order will be affected and determined by when payment is received.

All teams will be given an assigned check-in and warm-up time prior to competition. Warm-up areas will vary depending on the competition location.

The contact on the registration will be emailed a tentative line up with performance times at least 2 weeks prior to the competition. These times are subject to change. The final schedule will be available by checking usa.varsity.com after 5:00 PM (PST) the Wednesday prior to the competition. As of this day, performance times usually remain the same regardless of scratches. **It is the advisor/coach's responsibility to check the schedule for accuracy of divisions, team size, etc. prior to the day of competition.**

PERFORMANCE AREA

All Show Cheer, Crowdleader™ Teams and Mascots will perform on a carpet bonded foam mat measuring 42' (front to back) x 54' (side to side). All stunts and/or tumbling must be **completed** on the mat surface. There will be a three-point deduction off your final averaged score for each infraction of this rule. Group Stunt teams will perform on carpet bonded foam mat, measuring at least 28' (front to back) x 42' (side to side) – four (4) strips. Song/Pom, Song/Jazz and Pep Flag categories/divisions will perform on a Marley, parquet, basketball court, or similar surface measuring at least 42' x 42'. Performance areas may change as a result of final registration. Warm up surfaces may differ. See page 13 for further information.

SAFETY RULES/ PENALTIES

Routines at all USA competitions must follow the NFHS Spirit Rules Book (cheer), 2024 - 25 USA High School Show Cheer and Group Stunt Division Limitations (cheer), 2024 - 25 USA Song/Pom and Pep/Short Flag General Safety Rules and the 2024 - 25 USA High School Teams Song/Pom Division Limitations.

Points will be deducted from the final team average for violations of safety rules, division limitations, and/or time limits.

For specific safety rules for divisions, as well as time restrictions, skill restrictions, and other rules, please refer to the USA website at usa.varsity.com.

MUSIC

One or several selections of music may be used in the music portion of the routine. Music rules are being followed at all USA and Varsity Brands events. Competition music must be properly licensed, and a team must be able to provide proof of licensing at any event where the music is used. If a team cannot provide proof of licensing immediately upon request, the team may be disqualified from the event. For future details visit varsity.com/music.

Music is defined as any recorded sound amplified through the competition sound system or live music played by band members with instruments for a routine.

A sound system will be provided. Speed control is not available. Music checks on the main sound system are not permitted. A representative must be present at the sound system at the time of performance.

Advisors/coaches are asked to hold onto their own music until the time of performance and to take music back following the performance.

All teams must provide their own MP3 device (or smart phone if necessary) for use on the event provided sound system. Music must be recorded at the correct tempo. Although it is not recommended due to interference that may be caused during a routine, a smart phone may be used for playing music. No cover may be on any MP3 player or smart phone so that a patch cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which a patch cord may be inserted. Note that you will need to acquire an adapter in advance if your player does not have a headphone jack. One or several selections of music may be used, if they follow the music licensing rules.

FINALS – GROUP STUNT

Group Stunt finals will take place on the same day as the preliminaries. If either Group Stunt category has 10 or more entries for preliminaries, then finals will take place with 25% of that division advancing. If either category reaches 40 entries or more for preliminaries, the category will be randomly subdivided into two groups for preliminaries (A and B or A, B, and C, etc.). 25% of each subdivided group will be selected to perform again in finals.

FINALS – TEAM DIVISIONS

All divisions (including Crowdleader™ Teams) have the potential to advance to Saturday (cheer/mascot)/Monday (song/jazz/pep flag) finals, excluding Group Stunt and stand-alone Game Day divisions.

For **All** Novice divisions (including Non-Tumbling Show Cheer Novice), **30%** of the division will advance to finals with a minimum of two (2) teams advancing. For **All** Intermediate divisions, Non-Tumbling Show Cheer Advanced, Crowdleader™ Teams, Song/Jazz, Pep Flag, and the Mascot division, **35%** of the division will advance to finals with a minimum of two (2) teams advancing. For **All** Advanced divisions (excluding Non-Tumbling Show Cheer Advanced), **40%** of the division will advance to finals, with a minimum of two (2) teams advancing.

Please note the percentage of teams advancing to finals is subject to change pending final enrollment for Nationals.

AWARDS

At the conclusion of the Group Stunt divisions, awards will be presented to the top teams. The teams receiving first place in both Group Stunt Advanced and Group Stunt Intermediate will be invited to present an exhibition performance during finals on Saturday.

At the conclusion of the Game Day divisions (excluding Crowdleader™ Teams), awards will be presented to the top teams. Trophies will be presented to 50% of the teams competing in each division. For teams placing 1st, 2nd, and 3rd, individual medallions will be given to each participant. First place teams will also receive a Nationals banner. No additional Champion gifts are awarded to individual performers for Game Day divisions. **Individual performers for 1st – 3rd place receive medallions only.**

At the conclusion of all other divisions, preliminary awards will be presented based on scores for the preliminary performances and finalists will be announced. The number of teams in the various divisions will determine the number of teams chosen to participate in the finals. Changes in the number of teams performing in prelims, up to and including the day of prelims, will impact the number of teams advancing to finals. These teams will compete again for final placement and awards. **Preliminary scores will not count toward final placement, rather they will only be used for advancing teams to finals. All finals scores will count 100% for final placement.** Scoresheets will be made available following the performances each day. A ranking of teams will be available to view following preliminaries at the event.

For the 2025 USA High School Spirit Nationals competition, trophies will be presented to 50% of the teams competing in each division. For teams placing 1st, 2nd, and 3rd, individual medallions will be given to each participant. First place teams will also receive a Nationals banner and each individual team participant will receive a National Champions gift. Game Day divisions (with the exception of Crowdleader™ Teams) are excluded from individual National Champion gifts, except for the first-place medallion.

ROSTER

Official Spirit Nationals Roster of all competing participants, alternates, and coaches must be submitted to the USA off on or before **December 20, 2024.**

RELEASE FORMS

The 2025 USA Spirit Nationals Digital Release forms need to be submitted on or before **January 24, 2025.** **All participants and any adult with a USA Cheer Coach/Dance/Professional Membership must submit a 2025 USA Spirit Nationals Digital waiver.**

REGISTRATION PACKETS

Registration packets will be available for pick-up by the authorized team representative only starting on **Thursday, February 13, 2025, at 9:00 AM.** Packets will not be mailed in advance. Individuals are not allowed to pick up portions of the registration packet. This ensures that all contents are received and accounted for by the school representative.



2025 USA SPIRIT NATIONALS PRICING/DEADLINES

ENTRANCE FEES

Competitor Entrance Fees (all competitors/alternates must purchase a competitor's entrance fee)

1st Performance (Including Crowdleader™ Teams and excluding Group Stunt and Game Day)

\$167.00 per person

2nd Performance (Group Stunt and Jazz divisions)

\$32.00 per person

Game Day Divisions

\$371.00 per division/team fee

(Including Crowdleader™ Teams when it is the 2nd performance after Show Cheer)

The team fee for the Crowdleader™ Division needs to be manually added by the USA office. For registration purposes, an Alternate is someone not taking the floor and competing in any division.

Extra Coaches Admission

\$57.00 per person

Each Team will Receive Two (2) Complimentary Coach Wristbands.

(excluding Group Stunt, Mascot and Crowdleader™ Teams, unless that is the only team competing for that school)

Additional Coach wristbands will need to be added manually by the USA Office.

DEADLINES

- **December 2, 2024** – All Spirit Nationals registrations must be entered online.
- **December 13, 2024** – to secure performance order, \$100 per participant registration deposit or payment in full must be received in the USA Office.
- **December 20, 2024** – Original Spirit Nationals Roster is due in the USA office.
- **January 19, 2025** – Deadline for division and roster changes. No refunds for participant/team cancellations after this date and full competition fees will still be due. **There are no division or roster changes after January 19, 2025.** Deadline is subject to change.
- **January 24, 2025** - The 2025 USA Spirit Nationals Digital Waiver must be submitted on or before this date.
- **January 31, 2025** – Final balance due



2025 SPIRIT NATIONALS RULES AND REGULATIONS

I) **GENERAL RULES**

The competition will follow the NFHS Spirit Rules Book (cheer), 2024 - 25 USA High School Teams Show Cheer and Group Stunt Division Limitations (cheer), 2024 - 25 USA High School Teams Song/Pom Division Limitations, 2024 - 25 USA Song/Pom and Pep/Short Flag General Safety Rules, and General Guidelines. (Available on-line at usa.varsity.com)

The competition will consist of the categories/divisions listed on the 2024 - 25 USA Spirit Competition Division Grid posted at usa.varsity.com.

Categories/divisions may be subdivided or combined at the discretion of the competition director if the total number of teams in a division warrant this. **The USA reserves the right to adjust days of performance for all divisions based upon final competition enrollment.**

An individual may not compete against her/himself in the same division/category (i.e., two Group Stunt teams). An individual may not participate on two teams within the same category type and/or divisions within a category when separated by size, stunt/tumbling limitations, or team level. [i.e., 1) Small and Large Varsity Show Cheer divisions 2) Show Cheer Novice and Show Cheer Advanced categories 3) All-Girl Cheer and Co-Ed Cheer division 4) JV Song/Pom and Varsity Song/Pom division]. The penalty for this violation will be disqualification of one of the routines. Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

Athlete Eligibility

Any team or participant proven to be in violation of the age/grade requirements for any USA competition will be subject to disqualification from that competition. Requirements are as follows:

- a) Entrants must be registered students in the school they are representing and receiving credit for schoolwork at the time of the competition.
- b) No competitor shall have received a diploma for graduation from the 12th grade.
- c) Each competitor must be under the age of 19.

Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

Routine Violations

For a list of routine violations refer to the "2024 - 25 USA Deductions Scoring System – Cheer" and the "2024 - 25 USA Rules Scoring System – Song/Pom, Song/Jazz, Pep/Short Flag, Mascot" found at usa.varsity.com.

All teams must compete in the same categories in which they qualified for Spirit Nationals through a Regional (EX: Show Cheer-Advanced, Song/Pom - Intermediate, etc.). Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

If a team qualifies two or more times for Spirit Nationals in the Intermediate or Advanced level at a Regional, then that team may not move to a lower technical division at Spirit Nationals. Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

Time Limitations

The timing of a routine will begin on the first note of music, the first vocal command (for cheer teams), or the first cheer movement, and will stop with the end of the cheer or the last note of music. Timing for prop set-up in the Mascot category will begin at the drop of the starter's hand. Set-up timing will stop when the routine begins. For the Crowdleader™ Teams division, timing begins with the first note of music for the band chant section and ends at the conclusion of the fight song section. Penalties for exceeding the total routine time limit will be deducted from the final averaged score. In Show Cheer, up to 1:45 (105 seconds) of the routine may be performed to music. In the Song/Pom categories, females must use two poms for at least half of the total routine. Please refer to the General Information for time limits in each category. (Available on-line at usa.varsity.com) **We recommend that you "time" your performance several times prior to the competition and give yourself at least five seconds of "cushion" to allow for speed variations in sound equipment.**

Judges are looking for enthusiasm and showmanship during entrances and exits. Teams are encouraged to move on and off the floor as quickly as possible. Set-ups and break-downs will be timed in the Mascot category.

Music Guidelines

- a) The USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
- b) For the most up to date music information, visit varsity.com/music-guidelines/. If you have any questions, teams should email musicinfo@varsity.com. Please periodically check the provider list for updates and changes.
- c) Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending.
- d) If your team is featured in a TV and/or virtual broadcast and uses an original composition created for your performance, your routine music will be used in the show if you also secured synchronization rights. Teams must be able to provide written documentation that synchronization rights were properly secured during registration at the event for the original routine music to be included in the show.
- e) When recording your music for the event, coaches or music editors should edit their song in a Digital Audio Workstation (DAW) and make sure that the volume of the song is at 0. Things to note: Most DAW's have a default that sets a track at -6 when a track is added. Check to see if there is a normalization process after you render or save your work.
- f) If you would like to perform your school's original fight song, you may bring a recording of your marching band playing the song. You will need to get the school's permission to use the song and recording. A letter granting permission for the cheer or dance team to use the fight song on school letterhead is enough. It should be signed by your program's administrative supervisor. Go to varsity.com/music-guidelines/ for more details.
- g) If a team does not have the required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (provided by Varsity Spirit).
- h) If a team does not have the required paperwork and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
- i) If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- j) A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
- k) Challenge Process
 - i. All music challenges must be submitted in writing to the event director.
 - ii. There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children's Research Hospital.
 - iii. Fees collected will be voided if the challenge is correct.
 - iv. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
 - v. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- l) Each team is required to have a responsible adult that knows the routine and music as a representative remain at the music station (no alternates or team members please). This representative is responsible for starting the music and stopping the music at the routine's end, or in case of technical malfunction or injury. Should an adult choose not to stay at the music station for the duration of the routine, and a malfunction occurs, the team may or may not be permitted to perform the routine again. Please hold on to your music until the time of your performance. If using an MP3, smart phone, etc. please ensure that there is no case on the device which will obstruct the jack from plugging into the sound system. Please ensure

that jacks are clean and free of any debris which may impact connectivity. Note that you may need to acquire an adapter in advance if your player does not have a headphone jack. If you are using a smart phone, please ensure that no interruptions (i.e., phone call, alarm, etc.) occur during your performance. Place the smart phone in “airplane mode,” ensure that the volume is turned up and the phone is fully charged. Interference caused by a smart phone that results in routine delay may receive an overtime or delay of contest penalty.

Video Media Policy

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, “Event Locations”). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation. Any team traveling with a video crew may be disqualified.

Logo Usage

Teams will not be allowed to use any Varsity Spirit Brand logo, the USA Logo or the Spirit Nationals logo including banners, rings, bows, t-shirts, etc. without prior approval from the USA office. However, the use of USA letters (not unique to the USA logo) will be allowed.

II) PERFORMANCE AREA

All Cheer, Crowdleader™ Teams, and Mascots will perform on a carpet bonded foam mat measuring 42’ (front to back) x 54’ (side to side). Group Stunt teams may perform on a smaller carpet bonded foam mat surface measuring at least 28’ (front to back) x 42’ (side to side) (4 strips). All stunts and/or tumbling must be performed on the mat surface. There will be a **three-point** deduction off your final averaged score for each infraction of the rule.

All Song/Pom, Song/Jazz, and Pep Flag teams will perform on a Marley, parquet, basketball court or similar type of dance floor measuring at least 42’ (front to back) x 42’ (side to side).

III) SPOTTER POLICY

Guidelines

- a) USA competition-provided additional spotters will be mandatory on the competition floor.
- b) School-based teams may provide additional spotters in rehearsal/warm-up.

“**Team Spotters**” - are part of the performing team and required as part of specific types of stunting/pyramid/tosses, etc. skills.

IV) INTERRUPTION OF PERFORMANCE

Unforeseen Circumstances

- a) If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
- b) The team will perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

Fault of Team

- a) In the event a team's routine is interrupted because of failure of the team's own equipment or personnel, the team must either continue the routine or withdraw from the competition.
- b) The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred.

Injury

- a) The only persons that may stop a routine for injury are: i) competition officials, ii) the director/advisor/coach from the team performing or iii) an injured individual.
- b) The competition officials will determine if the team will be allowed to perform later. If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred.
- c) The injured participant that wishes to perform may not return to the competition floor unless:
 - i) The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) **AND THEN** the head coach/advisor/director of the competing team.
 - ii) If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - iii) Any athlete who exhibits signs or symptoms consistent with concussion will be removed from the activity immediately and will not be allowed to participate (a) within 24 hours of the incident **AND** without first being cleared by a medical professional trained in concussion management.
- d) In addition, the advisor/sponsor/director and all the coaches attending the competition must be familiar with all federal, state and local laws applicable to such individuals and relating to such individuals' duties and responsibilities regarding the recognition and treatment of injuries.

Uniform Distractions

- a) The Legality Official, Head Judge or any other competition official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g., garment not being securely fastened/attached, straps break, pants split, etc.).
- b) Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.
- c) If an official stops the routine the penalty will vary from 3 three points to possible disqualification of the routine.

V) APPROPRIATENESS OF CHOREOGRAPHY, MUSIC, OUTFITTING

All facets of a performance or routine, including choreography, music selection, outfitting and cheer words should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Cheer words should promote school pride, honor, tradition and sportsmanship in the cheer. Cheers that are negative, insulting to other teams or the judges may reflect a lower score.

In general, performances including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution which the team represents.

Deductions will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another.

Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to profanity and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body, and/or violent acts or behavior. Removing improper language or words from a song and/or replacing them with sound effects or other words may be considered inappropriate, and deductions will be made accordingly.

Any uniform, choreography, words or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to the USA for approval prior to competing.

VI) PRELIMINARY COMPETITIONS

All divisions (Including Crowdleader™ Teams) will advance to Saturday/Monday finals if preliminary registrations warrant, excluding Group Stunt and stand-alone Game Day divisions. The judges and tournament officials have full authority to make final determination of the number of teams selected for the finals in each division.

VII) TELEVISION COVERAGE

The 2025 USA Spirit Nationals may be televised. Because of the format of the television shows not all finalist teams would be shown on the telecast, nor could the length of routine coverage be guaranteed.

VIII) HOW TO HANDLE PROCEDURAL QUESTIONS

Any questions concerning the rules or procedures of the competition will be handled exclusively by the captain or the coach/advisor of the team and will be directed only to the Competition/Venue Director or their designee. Such questions must be asked prior to the team's competition performance. Any questions concerning the performance of the team must be made to the Competition/Venue Director immediately after the performance. **Should a coach/advisor wish to lodge a formal complaint against another team in the competition for any violation of "Policies & Procedures" or competition rules, this complaint must be submitted in writing, signed, dated and presented to the Competition/Venue Director prior to any awards ceremony for which the team in question may be eligible to receive an award. It is to the discretion of the Competition/Venue Director whether investigation into the complaint will be completed prior to or after the awards ceremony.**

IX) SPORTSMANSHIP

All participants and spectators affiliated with a team must conduct themselves in a manner displaying positive sportsmanship throughout the competition. The advisor, head coach and/or captain of each team is responsible for seeing that team members, coaches, parents/guardians, and any other persons affiliated with the team conduct themselves accordingly. Unsportsmanlike conduct may include, but is not limited to, taunting, bragging, suggestive expressions/gestures, discriminatory comments/actions, approaching other teams, competition judges and/or any competition personnel with inappropriate comments, outbursts or gestures; confrontation with members of another team and/or between spectators of teams. Unruly, aggressive, or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff are also considered unsportsmanlike conduct. Cases of unsportsmanlike conduct at any time during the event are grounds to receive a 1-point penalty per occurrence, up to and including disqualification. The USA also has the right to deny entrance to or to remove an individual from the competition site. Additionally, barring a school/team and/or individual from future USA events may occur.

Payment for any damage caused by participants, parents, family and/or friends to hotel property and/or event will be the sole responsibility of the individual(s) and/or the school involved. School administration may be notified of any damage that occurs.

X) SCORES AND RANKINGS

Individual judge's score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores prior to the final results of each division being announced. Score sheets will be available **only** to advisors or coaches at the end of each day. No scores or rankings will be given over the phone. Scoring officials will only discuss the team's own routines and/or scores/deductions. Coaches/advisors may not challenge scores/deductions of other teams.

XI) APPEARANCES, ENDORSEMENTS AND PUBLICITY

All teams winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the USA office. Teams will not be permitted to use the USA and/or Varsity logos without the express written permission of the United Spirit Association. This includes usage on items such as banners, rings, T-shirts, bows, etc.

XII) INTERPRETATIONS AND RULINGS

Any interpretation of any aspect of these Policies & Procedures or any decision involving any other aspect of the competition will be rendered by the Competition Rules Committee. The Rules Committee will render a judgement to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of but is not limited to the Event Director(s), the Head Panel Judge, the Head Legality Official and the Director of Special Events (or their designee).

XIII) FINALTY OF DECISIONS

By participating in this competition, each team agrees that decisions by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable administrative or procedural review of such decisions.

Any school/team and/or individual that does not adhere to the terms and procedures in the "Policies & Procedures" may receive a penalty, up to disqualification from the competition, and automatically forfeit the right to any awards presented by the competition. In addition, the school/team and/or individual may also forfeit the opportunity to participate in any competition produced by the United Spirit Association the following season or subsequent seasons. Any fees (team and/or spectator based) associated with participation in the event will be forfeited in the event of disqualification. The USA reserves the right to deny registration to any team.



VIDEO OF STUNTS AND TUMBLING

We recommend that every team send a video of the stunts, tumbling, or other technical skills, that are choreographed in the routine that will be performed at Nationals.

It is the coach's responsibility to ensure a routine is penalty-free. Do not rely on choreographers, or prior rulings from USA, or other Varsity competitions, to be your final determination on legalities. Unfortunately, penalties are not always caught during live Regional performances. Emailing a video is the best method to avoid these oversights.

It is the policy of the United Spirit Association not to give any final rule interpretations over the phone and/or via e-mail without a video of the stunt(s) or tumbling in question.

All videos must be emailed to the USA office by **January 19, 2025**.

All videos must include the following:

1. Name of the *School* and *Division Level* in the *Subject Line* of the email.
2. Videos should be in either Windows Media Player or Quicktime formats
3. Clear, close-up view of skill(s) in question
4. Include your name, team name, USA competitive division, e-mail address and phone number in the body of the email.

Cheerleading videos should be emailed to USARules@varsity.com Song/Pom and Pep Flag videos should be emailed to USADanceRules@varsity.com.

If any of your skills are of major concern, please communicate that in the email and video that portion of the routine from different angles, so we get a complete view.

USA will contact you by **February 9, 2025**, to inform you of the results of your "safety rules" video review. If you do not hear from us by **February 9, 2025**, please call the USA office to ensure that your email was received.

If you make changes in your routine after the video has been approved, you may send a second video following the same procedure; however, all videos must be received by **January 19, 2025**. These emails will be viewed as first come, first served and all videos may not be able to be addressed before the event.

For specific cheerleading stunt and safety questions that pertain to the NFHS Spirit Rules Book, or to the 2024 - 25 High School Teams Show Cheer and Group Stunt Division Limitations please email USARules@varsity.com.

For specific song/pom, song/jazz or pep flag/short flag safety questions that only pertain to the USA Song/Pom/Jazz Pep Flag Safety Rules, or to the 2024-25 Song/Pom, Pep Flag Division Limitations please email USADanceRules@varsity.com.



Cal-HOSA State Leadership Conference Sacramento, California

March 26-29, 2025

DRAFT Agenda

| | | |
|----------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 3/25/2025 | TUESDAY | |
| | Board helps | |
| TBD | T-Shirt count | |
| TBD | packing of all the materials for registration bags/ keep pins out | Exhibit A |
| TBD | CE Room / Tab Room Set up | Room 10 & Tabs is Room 11 |
| 3/26/2025 | WEDNESDAY Night | |
| All Day | CE Headquarters | Room 10 |
| 3:00 pm – 4:00 pm | CE Meeting – LT Meeting | Room 10 |
| 4:00 pm – 5:00 pm | Conference Meeting (Board of Directors, CE, and Tabs) | Room 9 |
| 4:00 pm - 8:00 pm | HOSA Store Set-up & Headquarters | Ballroom A 1 |
| 5:15 pm – 6:00 pm | Early Bird Advisor Meeting (LT Staff) | Exhibit Hall A |
| 6:00 pm – 7:00 pm | Early Bird Registration LT & Board Members / Early Bird Registration and | Exhibit Hall A |
| 7:30 PM | Dinner Appreciation for Worker Bees | |
| 11:00 pm | Curfew | |
| 3/27/2025 | THURSDAY | |
| All Day | Courtesy Corps | Pre-Function 9-11 ask Victor if he needs a room |
| All Day | CE Headquarters - | Room 10 & Tabs is Room 11 |
| 7:30 am – 4:00 pm | Luggage Storage | |
| 7:30 am - 9:30 am | Registration (Advisor get assignments, Additional Judges needed assigned here) | Exhibit Hall A |
| 8:00 am - 4:00 pm | Headquarters will do Name Badge Re-Prints | Ballroom A 1 |
| 8:00 am - 2:00 pm | HOSA Store set-up & Headquarters | Ballroom A 1 |
| 10:30 am -11:30 am | Event Manager & Section Leader Meeting | Room 3 & 4 |
| 10:00 am – 11:00 am | Parade of President's Rehearsal | Exhibit Hall D |
| 11:00 AM - 11:45 AM | REGION MEETINGS | |
| 12:00 pm - 2:00 pm | Opening General Session * | Keynote, announce Outstanding Alumni, Outstanding Advisor, Scholarships, Exhibit Hall |
| 2:00 pm | POST Appointment times for all events | Guidebook or other app |
| 2:00 pm - 7:00 pm | HOSA Store | Exhibit A 1 |
| 2:00 pm – 7:00 pm | CE Information Booth | Roberta + Intern - Ballroom A Pre-Function |
| 2:00 pm - 9:00 pm | Anatamage Tournament - Last entry at 8:00 pm ** | Room 1 |
| 2:00 pm - 9:00 pm | Body Interact | Room 2 |
| 2:15 pm - 3:00 pm | Mandatory Advisor Meeting | Room 3 & 4 |
| 2:30 pm - 8:00 pm | Workshops | |

| | | |
|--------------------|------------------------------------------------------------------------|--------------------------------------------------------|
| 2:30 pm - 8:00 pm | Workshops | |
| 2:30 pm - 8:00 pm | Workshops | |
| 2:30 pm - 8:00 pm | Workshops | |
| 2:30 pm - 8:00 pm | HOSA Village | Kim Smith 3 & 4 |
| 2:30 pm - 7:00 pm | ATC Testing - Last Entry at 6:00 pm *** | Wes - Exhibit Hall A |
| 3:00 pm - 6:00 pm | Judge Check-in | Room 9 |
| 3:00 pm - 4:00 pm | State Officer Candidates Orientation | |
| 3:00 pm - 3:30 pm | Health Career Display Set Up | Billie Jo Exhibit Hall B |
| 3:00 pm - 3:30 pm | Medical Innovation Set Up | Simon Exhibit Hall B |
| 3:00 pm - 3:30 pm | Exploring Medical Innovation Set Up | Simon Exhibit Hall B |
| 3:15 pm - 8:00 pm | Workshops | |
| 3:30 pm - 4:30 pm | SHOWCASE - Project Display Mandatory - Points will be deducted for not | Need EM + Intern someone - 15 point deduction if |
| 4:00 pm - 8:00 pm | Forensic Science | Billie Jo/ Betty Crime Scene Room 5 & 8 - Writing |
| 4:00 pm - 6:00 pm | Extemporaneous Writing - Health Policy | Jen - Ballroom B4 |
| 4:00 pm - 6:00 pm | Mental Health Promotion Appointment Times | Tonya Room 12 & 13 |
| 4:00 pm - 6:00 pm | Emotional Well Being Appointment Times | Jun Room 14 & 15 |
| 5:00 pm - 7:00 pm | Health Career Display Round 2 Judging | Billie Jo- take display after you present Exhibit Hall |
| 5:00 pm - 7:00 pm | Medical Innovation Round 2 Judging | Simon Exhibit Hall B |
| 5:00 pm - 7:00 pm | Exploring Medical Innovation Round 2 Judging | Simon Exhibit Hall B |
| 5:00 pm - 8:00 pm | Physical Therapy | Agnes Ballroom B5 - B6 |
| 5:00 pm - 8:00 pm | Research Poster Presentation Appointment Times | Kristen - Ballroom B8 |
| 5:30 pm - 8:30 pm | Health Career Photo (Rd 2) Appointment Times | Grant 3 & 4 |
| 5:30 pm - 8:30 pm | Pharmacy Science | Travis Ballroom B1- B2 |
| 5:30 pm - 8:30 pm | Public Health Round 2 Appointment Times | Give Melissa name for Public Health contact Rob |
| 9:00 pm - 11:00 pm | Social Event - Do on Thursday night | |
| 11:30 PM | Curfew | |
| 3/28/2025 | FRIDAY | |
| All Day | Judge Check-in | Room 9 |
| All Day | Courtesy Corps | Pre-Function 9-11 ask Victor if he needs a room |
| 8:00 am - 4:00 pm | Headquarters will do Name Badge Re-Prints | Ballroom A 1 |
| All Day | CE Headquarters | Room 10 |
| 7:00 am - 9:00 am | Chapter President Breakfast | Hvatt Hotel Regency ABC |
| 7:30 am - 4:00 pm | Anatomaq Tournament ** | Room 1 Announce Top 5 |
| 7:30 am - 4:30 pm | CE Information Booth | Ballroom A Pre-Function |
| 8:00 am - 1:00 pm | ATC Testing - Last Entry at 12:00 pm *** | Wes - Exhibit Hall A |
| 8:00 am - 4:00 pm | Body Interact | Room 2 Announce Top 5 |
| 9:00 am - 4:30 pm | HOSA Store | Ballroom A 1 |
| 8:00 am - 11:00 am | Extemporaneous Health Poster (Competitors Draw) | Jen/Courtney Ballroom B7 |
| 8:00 am - 11:00 am | Job Seeking/Interviewing Appointment Times | Kristen Ballroom B5-B6 |
| 8:00 am - 11:00 am | CERT | Jon Ballroom B1-B2 Holding Room B3 |
| 8:30 am - 1:00pm | Biomedical Debate | Billie Jo - 12 & 14 16 is Holding |
| 8:30 am - 11:30 am | Biotechnology | Agnes Room 5 & 8 Holding 6&7 |
| 9:00 am - 11:00 am | Health Education (Rd 2) Appointment Times | Betty Ballroom B9-B10 |
| 9:00 am - 11:30 am | Medical Spelling (Rd 2) Spelldown | Cindi/ Tanya Ballroom B8 |
| 9:00 am - 4:00 pm | Workshops | |
| 9:00 am - 4:00 pm | Workshops | |
| 9:00 am - 4:00 pm | Workshops | |
| 9:00 am - 4:00 pm | Workshops | |
| 9:00 am - 4:00 pm | Workshops | |

| | | |
|---------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00 am - 4:00 pm | Workshops | |
| 11:30 am - 12:30 pm | Extemporaneous Health Poster - Judges | Jen/Courtney Ballroom B7 |
| 11:30 am - 1:00 pm | State Officer Candidates' Meet and Greet | |
| 12:30 pm - 3:00 pm | PSA (Rd 2) Appointment Times | Simon Ballroom B9-B10 |
| 12:30 pm - 3:00 pm | CPR/First Aid | Ballroom B1, B2, B3 Holding Room Room 6-7 |
| 12:30 pm - 3:00 pm | EMT | Jon Room 5, 8 Holding Room 6-7 |
| 12:30 pm - 3:00 pm | Life Threatening Situations | Jon Room Ballroom B4 Holding Room 6-7 |
| 12:30 pm - 3:00 pm | Healthy Living Appointment Times | Grant Ballroom B5 - B6 |
| 12:30 pm - 3:00 pm | Researched Persuasive Writing & Speaking - Appt Times | Grant Ballroom B15 & B16 |
| 1:00 pm - 3:00 pm | Prepared Speaking/Speaking Skills – Appointment Times | Kristen/Courtney Room 3 & 4 |
| 1:00 pm - 3:30 pm | Creating Problem Solving Appointment Times | Betty Writing Ballroom B8 Room 12 & 14 |
| 1:30 pm - 3:30 pm | Dynamic Decisions Appointment Times | Betty Room 13 Writing B8 |
| 8:00 pm - 9:30 pm | Friday Evening Awards Session ATC Testing, Health Science & Recognition | RECOGNITION Health Science Awards & EWBC 5:00 - 6:00 pm immediately following is the Recognition Reception (to hotel)- This will include ATC testing * all theof the year will have a special reception- ATC testing they get a ATC pin- call up top 5 and announce the top 2 |
| 11:30 pm | Curfew | |
| 3/29/2025 | SATURDAY | |
| OFF SITE | Sutter Health University | |
| 7:30 am | JUDGES Check In Offsite | Open Seating |
| 8:00 am - 11:00 am | Medical Assisting | Jennie A OR Lab 1210A and 1210B |
| 8:00 am - 11:00 am | Nursing Assisting | Jennie A 1308 and 1310 |
| 8:00 am - 11:00 am | Clinical Lab Science | Jun CR1350 & ante room |
| 8:00 am - 11:00 am | Dental Science | Agnes Breakroom & 1305 |
| 8:00 am - 11:00 am | Clinical Nursing | Jun 1304 & 1306 |
| 8:00 am - 11:00 am | Phlebotomy | Jennie A Portolla Redwoods & Emerald Bay |
| ON SITE | | Torry Pines and Big Sur Exit rooms , Calaveras and Manchester |
| 7:00 am - 9:30 am | Judge Check-in | Room 9 |
| 8:00 am - 3:00 pm | Headquarters | Ballroom A 1 |
| All Day | CE Headquarters | Room 10 |
| 7:00 am - 11:30 am | CE Information Booth | Ballroom A Pre-Function |
| 8:00 am - 3:00 pm | College and Career Expo | Have Alumni Booth for seniors to sign up - NEED |
| 9:00 am - 3:00 pm | HOSA Store | |
| 8:00 am - 11:00 am | HOSA Bowl & Foundations of HOSA Bowl | Betty / Courtney 12, 13 & 14, 1516 is Holding |
| 8:00 am - 11:00 am | Foundation of Veterinary Science | Travis Holding Room 6-7 Ballroom B4 |
| 8:30 am - 11:30 am | Community Awareness | Simon Ballroom B5-B6 |
| 8:30 am - 11:30 am | Veterinary Science | Travis Holding Room 6-7, Room 5 & 8 |
| 8:30 am - 1:00 pm | Workshops | |
| 8:30 am - 1:00 pm | Workshops | |
| 8:30 am - 1:00 pm | Workshops | |
| 8:30 am - 1:00 pm | Workshops | |
| 8:30 am - 1:00 pm | Workshops | |
| 8:30 am - 1:00 pm | Workshops | |
| 9:00 am - 12:00 pm | Sports Medicine | Travis Ballroom B1-B2, B3 Holding room 6-7 |
| 9:30 am - 1:00 pm | Workshops | |
| 11:30 am - 12:30 pm | Workshops | |

| | | |
|--------------------------|-------------------------------------------------------|----------------------------------------------------|
| 12:00 pm - 1:30 pm | Business Meeting | |
| 2:00pm - 3:00 pm | HOSA Inc Meeting | Honorary Life member, recognize 5 yrs, 10, 15, 20. |
| 5:00 PM - 5:45 PM | REGION MEETINGS | |
| 6:00 pm - 8:00 pm | GRAND AWARDS: Winners must be in attendance | Exhibit Hall D |
| 8:00 pm - 8:30 pm | ILC Meeting - Mandatory: Advisors of top five winners | Exhibit Hall D |
| 8:00 pm - 8:30 pm | New State Officer Meeting - Mandatory | Exhibit Hall D |
| 8:00 pm – 9:00 pm | Pin Sales at ILC After Meeting | Exhibit Hall D |
| 11:00 pm | Curfew | |

*** Please note the time for Opening Session - Thursday 12:00 pm - 2:00 pm**

**** Anatomage Tournament: Thursday and Friday - Registration is required
(This event is not a HOSA qualifying event - any chapter may participate at ILC)**

***** ATC Testing: Thursday & Friday - Preregistration is required
(This event is not a HOSA qualifying event - any student may participate at ILC)**