

**ARTICLE 320
WRESTLING**

**Bylaw 3213: Wrestling Weight Management – moved to Blue Pages
(Approved April 2016 Federated Council)**

3200. DAYS OF PRACTICE

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

3201. 40-MATCH RULE

A wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the CIF State Wrestling Championships (in most situations this would be the league wrestling tournament). Forfeits do not count towards the 40-match maximum. Matches wrestled in any tournaments or competitions held prior to the first qualifying tournament will count towards the 40-match maximum.

EXCEPTION: Any matches wrestled in a Section Team Dual Championship tournament will not count as part of the 40-match maximum.

PENALTY: Violation of Article 3201 will result in the following sanctions:

- A. If an athlete goes over the prescribed 40 match limit, the athlete shall be ineligible for any further competition for the season. In addition, the Section may impose the following additional sanctions:
 - (1) The final season record will be reduced by at least one (1) 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 matches allowed for the following year in that sport;
 - (5) Repeated violation may result in suspension of membership in the CIF.

(Approved October 2001 Federated Council/Revised November 2009 Federated Council)

3202. WEIGH-INS

- A. All CIF member schools must follow all National Federation rules and procedures concerning weigh-ins.
 - (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 or 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.
- B. California provides 14 weight classes per NFHS rules and the two (2) pound growth allowance to each weight class on January 15.
- 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.
- E. The use of laxatives, emetics, excessive food and liquid restriction, self-induced vomiting, hot rooms, hot boxes, saunas and steam rooms is prohibited for any purpose. The use of diuretics at any time is prohibited. Regardless of the purpose, the use of vapor-impermeable suits (e.g. rubber or rubberized nylon) or any similar devices used solely for dehydration is prohibited. Artificial means of rehydration (i.e. intravenous hydration) are also prohibited. Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation would result in suspension for the remainder of the season.

(Revised May 2010 Federated Council)