

We had our CIF meeting today, below are the updates that need to be sent out. Can you please send this out to all the wrestling coaches in NCS? There are no changes to the number of qualifiers per section.

- Rest time between matches reduced from 45 minutes to 30 minutes.

- Matches in 1 day for ANY tournament has been changed from 5 to 6 matches. Last season this was for qualifying tournaments only. However they added that you cannot have more than 10 matches in a 2 day span (If I have 6 matches day 1, I can only have 4 matches day 2).

- Tights do not need to have stirrups on the bottom.

UPDATED WEIGHT CLASSES

CIF STATE BOYS WRESTLING REGULATIONS

BOYS

106 pounds 132 pounds 157 pounds 215 pounds

113 pounds 138 pounds 165 pounds 285 pounds

120 pounds 144 pounds 175 pounds

126 pounds 150 pounds 190 pounds

GIRLS

100 pounds 120 pounds 140 pounds 190 pounds

105 pounds 125 pounds 145 pounds 235 pounds

110 pounds 130 pounds 155 pounds

115 pounds 135 pounds 170 pounds