

2021 CIFSDS & State Wrestling Links

CIF San Diego Section Website

<http://www.cifsds.org/>

CIFSDS Boys Wrestling Page

<http://www.cifsds.org/boys-wrestling.html>

CIFSDS Girls Wrestling Page

<http://www.cifsds.org/girls-wrestling.html>

2021 Sports Health & Safety Guidelines Season 2 Sports

http://www.cifsds.org/uploads/2/3/3/6/23368454/final_wrestling.pdf

2020-2021 CIF Boys Wrestling Preseason Bulletin

https://docs.google.com/document/d/1_tCUTvIXymHv-Uf8tRDjtjURvpzxMnigqJSkyLVt2HE/edit

2020-2021 CIF Girls Wrestling Preseason Bulletin

https://docs.google.com/document/d/1pDkxwOEr-l8g9_39p-K5pyWB64LNhIvDn3xLMIGc6Nw/edit

Boys Wrestling Divisions for 2020-2021

https://docs.google.com/spreadsheets/d/1_7jilgUmgE-SXsgjnUor4vqhu9HaLmZ5UdN0fwzloLl/edit#gid=1447370546

CIF State Website

<https://cifstate.org/landing/index>

CIFSTATE Wrestling Page

<https://cifstate.org/sports/wrestling/index>

CIF Wrestling Weight Management Handbook

https://cifstate.org/sports/wrestling/assessor/CIF_Wrestling_Weight_Management_Handbook.pdf

2020-2021 Rules Update

<https://nfhs.org/sports-resource-content/wrestling-rules-changes-2020-21/>

NFHS Wrestling Skin Lesion Form

https://www.cifstate.org/sports/wrestling/skin/2019-20_NFHS_Wrestling_Skin_Lesion_Form.pdf

California Wrestling Forum

<http://forum.thecaliforniawrestler.com/>

California USA Wrestling

<https://www.ca-usaw.org/>