



Francisco Navarro, Oakland Section Commissioner

★★ OAKLAND SECTION ★★

OAKLAND SECTION OFFICE - 1011 UNION STREET - OAKLAND, CA 94607 - (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

WRESTLING

The purpose of the sport of wrestling in the Oakland Section is to provide student-athletes with a disciplined and challenging environment that promotes physical strength, mental toughness, and personal accountability. Wrestling is a highly individual sport that builds character through one-on-one competition, while also fostering a strong sense of camaraderie and respect among teammates and opponents. It teaches valuable life skills such as perseverance, focus, and resilience, helping students grow both athletically and personally. Through participation in wrestling, athletes gain confidence, learn the importance of hard work and preparation, and represent their schools with determination and pride within the greater Oakland community.

TEAMS COMPETING: Castlemont, Fremont, McClymonds, Oakland HS, Oakland Tech, Skyline

Pre-Season Meeting - Monday, January 5, 2026

1st Day of Practice - Monday, November 10, 2025

1st Allowable Contest - Monday, November 10, 2025

Sit Out Period - Friday, December 19, 2025

1st OAL Contest - Wednesday, January 7, 2026

Post Season Meeting - Wednesday, February 4, 2026

Section Championship - Saturday February 7, 2026

Girls NCS - Friday & Saturday, February 20 & 21, 2026

CIF State - Thursday - Saturday, February 26 - 28, 2026

CIF STATE WRESTLING CHAMPIONSHIPS

**Thursday-Saturday, February 26 – 28,
2026 Dignity Health Arena, Bakersfield**



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WEIGHT CLASSES - California will follow the National Federation weight classes below:

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	

ENTRIES - The State Federated Council rules governing entries per Section are as follows:
CS – 10-; CCS – 4; LACS – 1; NCS – 2; NS – 2; OS – 1; SJS – 5; SDS – 4; SFS – 1; SS - 10
*SDS will fill any voids left vacant by the Oakland Section

CIF STATE GIRLS WRESTLING REGULATIONS

WEIGHT CLASSES - California will follow the weight classes below:

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	

ENTRIES - The State Federated Council rules governing entries per Section are as follows:
CS – 5; CCS – 4; LACS – 2; NS – 2; NCS – 3; SJS – 5; SDS – 3; SS - 8

CIF WRESTLING WEIGHT MANAGEMENT PROGRAM

The establishment of a certified minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high schools. Participation in the CIF Wrestling Weight Management Program will be mandatory and binding for all CIF interscholastic wrestlers. No wrestler may compete until he/she has completed the required body composition assessment. The CIF will utilize the Optimal Performance Calculator as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling.



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For all initial assessments, the Ultrasound Wand will be the only methods utilized to determine each wrestler's body fat percentage. The BodyMetrix Ultrasound system does not require hydration testing. Only measurements taken by persons who have successfully completed the CIF Assessor Certification Workshop will be valid. Schools will receive a list of CIF Certified Assessors. It is the responsibility of the school to contact an assessor from this list and arrange a time to have its wrestling squad assessed or attend a Section sponsored regional testing clinic. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the Optimal Performance Calculator and it appears on the school's Pre-Match Weigh-In Form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.

1% Variance: The formula incorporated by the optimal performance calculator for assessment data for CIF wrestlers will automatically include a 1% variance of the wrestler's body weight at the certified minimum weight. (Example: If a male wrestler's minimum body weight at 7% is 150, the program will indicate that 148.5 lbs. is the certified minimum for that wrestler).

The lowest weight class at which a wrestler may compete will be determined as follows:

- a. If the certified minimum weight, at 7% or 12% body fat, is exactly that of one (1) of the adopted weight classes, that weight shall be the wrestler's minimum weight class;
- b. If the certified minimum weight, at 7% or 12% body fat, is greater than one (1) of the adopted weight classes but lower than the next higher weight class, the next higher weight class shall be the wrestler's minimum weight class.

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.

(Revised May 2013 Federated Council)

Time Period for Assessments

(1) No wrestler may compete until he/she has participated in an initial assessment and his/her name and data are included on the school Pre-Match Weigh-In Form and Alpha Master Report.

(2) Assessments may begin on October 15 of each school year. Wrestlers may be measured any time on or following this date and no later than January 15 to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.

a. Hardship Exceptions

Appeals may be submitted to the Section office for the following two (2) exceptions only:

(i) Assessment Exception One (1): A student under doctor's care may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student's release from the doctor.



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be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student becoming scholastically and/or residentially eligible.

A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all other appeal options allowed within this policy.

School Responsibilities for the Measurement Process

- (1) It is the school's responsibility to contact and contract with a CIF Certified Assessor from list provided by the CIF or attend a Section sponsored regional testing clinic.
- (2) Schools choosing to contract with a CIF Certified Assessor will be required to have available at the time of assessment:
 - a. Assessment Data Forms.
 - b. Two (2) adults (teacher, AD, parent(s)/guardian(s)/caregiver, etc.) who will:
 - (i) Assist with measuring height (in feet and inches);
 - (ii) Assist with the recording of data;
- (3) Ultrasound assessments shall not be conducted by any active wrestling coach at any level.

Wrestlers Below 7% or 12% Body Fat

Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below 7% may request a waiver in order to establish a certifiable wrestling weight class if a physician attests that the athlete is naturally at his sub-7% body fat level. In the case of a female wrestler, a waiver may be requested if the athlete is naturally at her sub-12% body fat. A waiver form must be signed by a physician, a parent(s)/guardian(s)/caregiver, the principal and the head wrestling coach. The completed waiver form must be mailed or faxed to the appropriate Section office. Wrestlers may not compete at their waiver weight class until the completed waiver form, with all four (4) required signatures, has been received by the appropriate Section office. The waiver weight class is valid for one (1) season only and expires March 15 of each year. The sub-7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight class at the time of initial assessment.

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.

(Revised May 2013 Federated Council)

Growth Allowance

- (1) The NFHS Wrestling Rules provide a two (2) pound growth allowance on January 1 of each wrestling season.



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- (1) An average weight loss limit per week of 1.5% of body weight at the time of initial assessment has been established. A season-long weight loss plan will guide each wrestler's weight loss during the season.
- (2) The weight loss plan shall determine in which weight class(es) a wrestler may compete each week.
- (3) A wrestler is ineligible to compete in a weight class below the lowest eligible weight class defined by the weight loss plan before the proper amount of time has passed to achieve the weight class.

NOTE:

- a. A wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor (NFHS Rule 4-4-2);
- b. If a wrestler weighs in one (1) weight class below his/her lowest allowable weight class per his/her Pre-Match Weigh-in Form, he/she is eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two (2) weight classes listed for that day on his/her Pre-Match Weigh-In Form.
- c. If a wrestler weighs in two (2) or more weight classes below his/her lowest allowable weight class per his/her Pre-Match Weigh-In Form, he/she is ineligible to wrestle in any weight class at that competition.
- d. If a wrestler weighs in at a weight class higher than his/her allowable weight classes per his/her Pre-Match Weigh-In Form, he/she may wrestle in compliance with NFHS Rule 44-2; a wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor.

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.

(Revised May 2013 Federated Council)

Appeal of Assessment Results

- (1) Any athlete may appeal his/her initial assessment results one (1) time by reassessment. In order to utilize the results of an appeal, the school must receive notification from the Section Office prior to allowing the challenging athlete to compete.
- (2) The steps of the appeal process are as follows (Step 1 may be bypassed and only Step 2 utilized):

STEP 1: The athlete shall repeat the assessment as described in the regulation.

- a. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of the initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.



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b

- c. Reassessment may be done by Ultrasound assessment.

PENALTY: A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

STEP 2: If dissatisfaction with the results remains, the wrestler may choose Bod Pod assessment to determine body fat percentage. Results obtained at this step are final: the athlete, family, school or coach may not appeal further.

- a. The Bod Pod assessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8–14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.
- b. Bod Pod facilities must be approved by the CIF State Office; the proper form shall be filed with the Section Office.
- c. Bod Pod assessment must be conducted before the wrestler participates in interscholastic competition.

PENALTY: A wrestler who competes in a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

Costs

- (1) All costs incurred for initial assessment, appeal process, nutrition education program, and Optimal Performance Calculator are the responsibility of the school or parent(s)/guardian(s)/caregiver.
- (2) Charges for ultrasound assessment conducted by a CIF Certified Assessor may not exceed \$10 per wrestler.
- (3) CIF Certified Assessors are permitted to charge mileage at the CIF-adopted rate or a minimum service fee of \$50 whenever travel is required to a location at which fewer than six (6) subjects are to be assessed on any given date.

Training the Assessor

- (1) Persons eligible to be trained as CIF Certified Assessors shall be medical practitioners (e.g., physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physicians assistants, nutritionists, health educators, exercise physiologists) or other persons approved by the CIF. Under no circumstances may an active wrestling coach be a certified assessor.
- (2) Training and certification of CIF Certified Assessors will be conducted by CIF Master Assessors under the direction of the State CIF.
- (3) The assessor will attend a training session and annual update certification.



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accuracy of his/her measurements.

- (5) The assessor certification training will consist of a minimum of two (2) hours of training (classroom and practical training).
- (6) A certification training fee will be charged to each assessor candidate attending the training program.
- (7) Recertification
 - a. The CIF State Office will conduct annual recertification clinics for a minimum of one (1) CIF Head Master Assessor from each Section. Recertified Head Master Assessors will then conduct recertification clinics for CIF Master Assessors within each local Section.
 - b. CIF Master Assessors will conduct all recertification training programs for CIF Certified Assessors.
 - c. Recertification of CIF Certified Assessors will require a minimum of one (1) hour training.
- (8) Data Collection
 - a. The CIF will provide the reporting forms.
 - b. The assessor will conduct Ultrasound measurements.
 - c. The assessor will be responsible for posting all wrestler data to the TRACKWRESTLING website within 72 hours after the initial assessment is made.

(Revised May 2006 Federated Council/Revised May 2007 Federated Council)

Procedures for skin checks and weigh ins.

A. Skin Checks

(1) Prior to weigh ins all wrestlers will be examined for possible contagious skin conditions.

(2) 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.

(3) 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.

(4) 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.

B. Weigh Ins

(1) Prior to any competition all wrestlers will weigh in, in accordance with NFHS rules with the following exceptions:

(2) All boys and girls will have the opportunity to weigh in shoulder to shoulder within the same timeframe for a dual meet or tournament.



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fully in place.

(4) The weigh ins can be conducted by either a male or female administrator/coach/official.

(5) 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.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.