

# 2012-2013

## PROGRAM OF WRESTLING



**NYSPHSAA**



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## INTRODUCTION

The NYSPHSAA's 2012-2013 Wrestling Program booklet has been designed to assist school personnel, athletic administrators and coaches, in understanding and complying with all rules and regulations. It is not intended to serve as a substitute for the NYSPHSAA Handbook or NFHS Wrestling Rulebook. Please refer to the NYSPHSAA 2010-2012 Handbook for all other sport and eligibility standards and the NFHS Wrestling Rulebook, Casebook and Manual for sport related rules.

## SPORT SAFETY

### EQUIPMENT

All safety equipment (headgear etc. including orthodontics) must be worn at all practices as well as competitions. Effective January 2012: NYSPHSAA Executive Committee granted a waiver to the Headgear taping rule. Straps and chinstraps may be taped to allow for better fit of the headgear: however, no taping is allowed on the ear section of the headgear.

### SKIN DISEASE

NFHS Rule 4-2-3: If a participant is suspected of having a communicable skin disease, the coach shall provide current written documentation.

NYSPHSAA requires the original signed copy of the two-sided form entitled *NYSPHSAA PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)*. This form must be signed by a M.D. or a D.O. for the wrestler to be eligible to participate. Photocopies are not acceptable. In situations where a section requires that all skin forms are to be filed with the Sectional Chairman or their designee, the Chairman/designee should receive a copy of the form. The original is to stay with the coach at all times.

In tournament situations, skin checks are to be performed on each day of wrestling competition.

## NYSPHSAA WRESTLING WEIGHT CONTROL PLAN

### WEIGHT CERTIFICATIONS

The NYSPHSAA Wrestling Minimum Weight Certification Procedure must be followed by all high schools sponsoring wrestling. The Wrestling Minimum Weight Certification Program School Manual outlining the approved procedure is sent to all Athletic Directors prior to the start of the wrestling season. Note: The manual includes the Appeal Procedure and any newly approved protocols.

Based on 7% body fat for males and 14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA approved assessor and must occur within 14 days (exclusive of Sundays and school closing for holidays or emergencies) from the first day of the season in the Section.

Assessments must be performed at the centralized assessment sites for all wrestlers. Only the refractometer shall be used to test hydration.

- a. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. NFHS Rule 4-4-3
- b. The minimum weight in which a contestant may compete will be determined by a NYSPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. In conjunction with the NWCA, a minimum weight will be established for each wrestler. At no time may they participate at a weight class lower than their approved minimum weight.
- c. A contestant shall be prohibited from wrestling within a weight classification more than one class above his/her actual weight. NFHS Rule 4-4-2
- d. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season. (May 2008)
- e. A Parents' Awareness Form for the wrestling minimum weight certification is required to be signed by the parent/guardian and the student and kept on file by the school athletic director (May 2008).
- f. All NYSPHSAA Approved Assessors must enter the certification results into the National Wrestling Coaches Association (NWCA) database where Minimum Weights and team rosters will be generated. Wrestlers must be tested and entered into the database prior to competition.
- g. The NFHS 1.5% Weight Loss Rule has been waived by NYSPHSAA. (May 2007)

### **Waivers:**

Any wrestler who comes out for the team after the team's certification day, must apply for a waiver. Waivers are **not** granted to fall athletes who miss the certification process and deadlines due to participation in NYSPHSAA Fall championship events.

A wrestler cannot begin to practice until the waiver is approved. The approval date of the waiver starts the 14-day clock for certification. (Aug. 2011)

### **APPEAL PROCEDURE**

A wrestler may appeal his/her skinfold measurements or calculations. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE.

NOTE: Beginning with the 2011-2012 season, hydrostatic testing has been eliminated from the appeal process.

Appeals must be performed by an Assessor appointed by the Section Consultant. The assessor will use the **actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.**

### *The appeal process is:*

If the wrestler is dissatisfied with the results of the skinfold and minimum weight determination, the wrestler is remeasured by the assessor appointed by the Section Consultant. Measurements must be within 3 days of the original date of measurement. When conducting an appeal, the assessor will use the **actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.** The urinalysis must be repeated and passed. The wrestler may choose which measurement to accept (the original or the second measurement).

The Section Consultant will input the results of the appeal on the National Wrestling Coaches Association website.

**NOTIFY YOUR SECTIONAL WRESTLING COORDINATOR OF ALL APPEALS.**

### **WEIGHT CLASSES**

The following weight classes are required: 99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285 for all dual meets and tournaments.

The approved Weight Certification Procedure will certify a wrestler for a weight. Wrestlers may only compete in a weight class equal or above their certified weight.

### **GROWTH ALLOWANCES**

Each wrestler must make scratch weight for every contest prior to 12/25. NYSPHSAA will grant a 2 lb. growth allowance for each weight class on December 25th (NFHS Rule 4-4-Article 4). This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of 99 lbs., 106 lbs., 220 lbs. and 285 lbs. for the 7th and 8th graders who have successfully completed the selection classification process. It may now be possible for certain wrestlers with certified minimum weights originally above the original scratch weights to now wrestle at the new weight classes. Example: Minimum Weight Certification was 108 lbs. This wrestler could not wrestle at 106 lb. weight class (prior to 12/25) but can now wrestle at 108 lb. weight class (after 12/25). At no time can a wrestler wrestle at a weight below their certified minimum weight.

Note: Additional pounds added for dual meets or tournaments due to back to back competitions, inclement weather, etc. Do not permit a wrestler to compete at a different weight class. However, after the December 25 growth allowance, a wrestler may adjust the weight class accordingly.

Prior to 12/25, a wrestler may only wrestle at these weight classes: 99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285.

Situation 1: A wrestler certified at 139 lbs. cannot wrestle at the 138 lb. weight class and must move up to the 145 lb. weight class.

Situation 2: A wrestler certified at 139 lbs. Due to back to back competitions an extra pound is granted for a contest. The wrestler cannot wrestle at the  $138+1 = 139$  lb. weight class but must move up to 145 lb. weight class.

After 12/25 Growth Allowance, now a wrestler may only wrestle at these weight classes: 101, 108, 115, 122, 128, 134, 140, 147, 154, 162, 172, 184, 197, 222, 287.

Situation 1: A wrestler certified at 139 lbs. can now wrestle at the  $138+2 = 140$  lb. weight class.

Situation 2: A wrestler certified at 141 lbs.. Due to back to back competitions an extra pound is granted for a contest. The wrestler cannot wrestle at the  $138+2+1 = 141$  lb. weight class but must move up to the 147 lb. weight class.

## MAXIMUM NUMBER OF POINTS

The maximum number of points a wrestler will be permitted is established by the NYSPHSAA. For 2011-2012 the maximum points permitted shall be 20 points. A contestant may not exceed the maximum number of points during the regular season.

### 1. Individual Points

a. A dual meet will be assessed one point. Each match (forfeit or exhibition match) is counted as 1 point toward the individual's maximum points. Under extenuating circumstances (postponements due to inclement weather, school cancellations), a school may request permission from the Section Coordinator to wrestle two dual meets in one day (2 points), with a limitation of two per season.

b. Tournaments will be assessed two points. Only six tournaments are permitted. Of the six permitted tournaments, a maximum of 2 two-day dual meet tournaments will be allowed.

### 2. Penalty

If an athlete exceeds the maximum points permitted at any time during the regular season, the individual athlete will be ineligible for the remainder of the season.

If the individual exceeds the maximum points in a dual meet competition, the team will forfeit the match, the individual will lose by forfeit, but the individual performances of all the other matches would stand. If the individual exceeds the maximum points in a tournament competition, the team will earn zero team points, the individual will lose all matches competed in by forfeit, but the individual performances of all the other matches would stand. NYSPHSAA HANDBOOK.

### 3. Section Tournaments

Sectional Individual Tournaments and Sectional Dual Meet Tournaments are not considered part of the regular season and do not count as points towards the maximum number of points permitted.

### 4. Forfeit

A forfeiture is considered a contest.

## **CLARIFICATION of MAXIMUM NUMBER OF POINTS**

The following examples will assist in understanding how points are assessed in a variety of circumstances.

**NOTE:** Wrestling twice in a dual meet: A wrestler may compete two times in a regular two-team dual meet in the following situations: There must be a 45 minute rest between matches (with the exception of a wrestler who has earned a forfeit) and the wrestlers may only wrestle one weight class higher **than the weight class qualified for at the weigh-in.**

**Forfeits:** A wrestler from Team A accepts a forfeit from Team B. The Team A wrestler may wrestle an exhibition match with a Team B member.

*Points:* Team A Wrestler: One point for the forfeit and one point for the exhibition match.

*Points:* Team B Wrestler: One point for the exhibition match.

**Extra wrestlers:** A wrestler from Team A wrestles a match vs. Team B wrestler.

Team B has a second wrestler weighed in at this weight (or one weight class higher). The Team A wrestler may wrestle an exhibition match with the other Team B wrestler.

*Points:* Team A Wrestler: One point for the first match and one point for the exhibition match.

*Points:* Team B Wrestler: One point for the exhibition match.

**Two Exhibition Matches:**

*Points:* Team A Wrestler: Two points for the exhibition matches.

*Points:* Team B Wrestler: Two points for the exhibition matches.

## **COMPETITION**

### **COIN TOSS**

Effective with the 2010-2011 season, the starting weight class will still be drawn and then follow the Federation Rule and have the pre-meet disc toss for choice of odd/even matches in dual meets.

### **DUAL MEETS**

**Double-Dual Meet:** Three (or more) teams compete, with each team wrestling a dual meet against two of the other teams at the same site. Each individual is charged 2 points toward the maximum number of points permitted.

**Triangular Meet:** Three teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged 2 points toward the maximum number of points permitted.

**Quadrangular Meet:** Four teams compete, with each team wrestling a dual meet against each of the other three teams at the same site. Each individual is charged 1 point for each match wrestled toward the maximum number of points permitted.

## **INDIVIDUAL TOURNAMENTS**

Each individual is charged 2 points toward the maximum number of points permitted. Each of the formats listed below count as one of the six allowed tournaments.

If multiple entries are permitted in the following types of tournaments, the tournament director must declare that either all individuals will be scored or team scores will not be tallied.

**Bracketed Individual Tournament:** Individuals are placed in a bracket, with the winners advancing to a championship and losers competing in a wrestleback consolation bracket to determine individual placement.

**Pooled Individual Tournament:** Wrestlers are placed in pools. Each wrestler competes against every other wrestler in their pool to determine the rank of the individuals in each pool. Individuals from each pool wrestle against the same-ranked individuals from the other pool to determine final individual placement.

**Round-Robin Individual Tournament:** Each individual wrestles against every other individual in the weight class. Individual placements may be determined by win/loss record, or by a predetermined tie breaking criteria.

**Combined Individual Tournament:** Tournament directors have the option of combining any of the above formats. Each weight class in the tournament could be contested differently. When this type of tournament is conducted, team scoring should not include advancement points (only place points and bonus points should be calculated at each weight class).

## **DUAL MEET TOURNAMENTS**

Each individual is charged 2 points toward the maximum number of points permitted. Each of the formats listed below count as one of the six allowed tournaments. Maximum of 2 two-day dual meet tournaments for the individual is permitted.

**Bracketed Dual Meet Tournament:** Teams are placed in a bracket with the winning teams advancing to a championship. Losing teams may compete in a consolation bracket to determine team placement.

**Pooled Dual Meet Tournament:** Teams are placed in pools. Teams compete in dual meet competition against every team in their pool to determine the rank of teams in each pool. Teams from each pool wrestle against the same-ranked team(s) from the other pool(s) to determine team placement.

**Round-Robin Dual Meet Tournament:** Each team wrestles a dual meet against other teams in the tournament, not to exceed 5 bouts per day. Team placements may be determined by win/loss record or by a predetermined tie breaking criteria.

**NOTE:** Any school wishing to conduct a tournament with a unique format (not listed above) shall apply to the NYS Wrestling Committee prior to their fall meeting for approval. The Wrestling Committee must receive NYSPHSAA Executive Committee approval for the format to be used in the upcoming season.

## WEIGH – IN PROCEDURES

**WEIGH-IN ATTIRE:** Competitors will be required at weigh-ins to wear a suitable undergarment that completely covers the buttocks and the groin area. Boxers, briefs, compression shorts or swim suits are acceptable. Singlets, cut-off shorts or basketball shorts will not be allowed. In addition, for female competitors the suitable undergarment must also cover the breasts. One piece swimsuits, singlets will not be acceptable for female contestants.

**FEMALES:** When a school has a female competitor, there is an obligation to communicate with their opponent prior to their arrival. The NFHS procedures for female weigh-ins shall be followed. The rule states “the Referee, or other authorized person of the same gender shall supervise the weigh-ins”. With the increase in female participants, the NFHS Rules Committee has clarified the fact that a like-gender officials or authorized persons shall weigh in contestants which includes the weight check, hair rule conformity and communicable disease checks.

The following procedure is suggested: It is the responsibility of a school having a female squad member to notify opponents that a situation will arise whereby special accommodations and an authorized female shall be needed to verify the weight of a female participant(s) in private. If the host school cannot or does not wish to provide someone to monitor the weigh in, it is the responsibility of the female's school to bring a person with team to handle that responsibility. (National Federation).

### HONOR WEIGH-INS

Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. In the event that one team has school on a school day and the opponent does not, Honor Weigh-Ins are allowed. Honor Weigh-Ins on non-school day dual meet wrestling matches are **not** allowed. Each wrestler who makes the scratch weight at the weigh-in to be conducted prior to the school's first scheduled academic instruction period on the day of the match is permitted an allowance of 3 pounds at the matside weigh-in. A wrestler not making the scratch weight at the early weigh-in **will not** be permitted the 3 pounds allowable and must make scratch weight at the matside in order to compete. The weight written down on the morning honor weigh-in sheet locks the wrestler into a weight class for that day. Weigh-in administrators should **not** write down a weight on the honor weigh-in sheet if the wrestler does not make weight. That wrestler, and any wrestlers, who were not present for the honor weigh-in, must make scratch weight if they weigh-in at matside. In the event that a competition is postponed or cancelled, the honor weigh-in is not an official weigh-in, and therefore does not count towards the 50% rule.

### WEIGH-INS FOR DUAL MEETS

NFHS Rule 4-5-Articles 1, 2, 3 are replaced by the following in NYS: Contestants of the same gender shall have the opportunity to weigh-in, shoulder-to-shoulder, wearing no more than a suitable undergarment a maximum of 1 hour and a minimum of a half hour before the time a dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, the 30 minute weigh-in period for the second meet may, by mutual consent, precede the preliminary meet. The weigh-in period shall extend no longer than 30 minutes and shall be conducted at the dual meet site. The referee or other authorized person of the same gender as the contestant shall supervise the weigh-ins.

## **WEIGH-INS FOR TOURNAMENTS**

NFHS Rule 4-5-Articles 1, 2, 3 are replaced by the following in NYS: Contestants of the same gender shall weigh-in at the tournament site wearing no more than a suitable undergarment a maximum of two hours and a minimum of a half hour before the first session. The tournament manager shall establish the weigh-in time within the maximum and minimum time period. The referee or other person of the same gender as the contestant shall supervise the weigh-ins. Weigh-ins for the second day of a tournament must be conducted on the second day, following the same time limits as the first day. Weigh-ins at the conclusion of the first day are not allowed. When a dual meet tournament lasts 2 days, the weigh-in will be treated the same as a regular tournament. The weigh-in on day one locks a wrestler into a weight class. A wrestler who does not make weight on day two, may not move up to the next weight class, and is scratched from the tournament.

## **MINIMUM WEIGHTS**

Minimum weights are only required for selectively classified wrestlers. A wrestler must weigh **in excess of 91 lbs.** for the 99 lb. weight class, **96 lbs.** for 106 lb. weight class, **185 lbs.** for 220 lb. weight class and **210 lbs.** for 285 lb. weight class. Minimum weights **MUST** be met and **RECORDED** at the matside weigh-in. If the wrestler does not make the minimum weight at the morning honor weigh-in, the morning weight should not be recorded. The minimum weight must be exceeded at the matside weigh-in for the match to count toward the 50% rule. A wrestler who exceeds the minimum weight at the honor weigh in, is not eligible. Students in grades 9 through 12 do not have to make minimum weights.

## **ADDITIONAL POUNDS**

Under no circumstances may coaches agree to grant an extra pound(s) with the following exceptions:

- a. A 1 lb. allowance is granted when schools have back to back competitions. (In a tournament situation if just one team in the tournament has back to back competitions, then all teams in the tournament get the extra pound. 48 hours notice is required to get the extra pound). NFHS Rule 4-5-5
- b. A 1 lb. allowance is granted when a competition is postponed for one calendar day for reasons beyond the control of the participating school(s) or if one teams practice (the day before a competition) is cancelled due to school policy (Example: Superintendent cancels after school activities due to weather). In these situations, the other school should be made aware of the extra pound as soon as the first school learns of the cancellation, 48 hours notice is not required. In the case of a tournament, a tournament director grants all the teams in the tournament an extra pound because one of the teams entered is wrestling a dual meet the day before the tournament. The dual meet the day before the tournament is cancelled (bad weather, etc). All teams in the tournament still get the extra pound. NFHS Rule 4-5-5
- c. The maximum allowance to be granted is two (2) lbs. A third consecutive day of competition would grant this 2 lb. allowance to the schools involved. A fourth and fifth consecutive day would require the 2 lb. allowance to carryover. The allowance would never go to 3 lbs. over.  
Example: After December 25th the 2 lb. growth allowance is in effect:  
Dual Meet Tuesday: 101 lbs.,

Dual Meet Wednesday:  $101+1=102$  lbs.,  
Dual Meet Thursday:  $102+1=103$  lbs.,  
Tournament Friday: All teams in the tournament at 103 lbs., 2nd day of  
Tournament on Saturday: 103 lbs. Since the maximum allowance is +2;  
that would mean NO EXTRA POUND for a second day of a 2-day  
tournament (if the tournament began on Friday with +2). The +2  
would carry over from the first day. NFHS Rule 4-5-5

#### **Back-to-Back Matches** (example):

Tuesday: Regularly scheduled Dual Meet Team A vs Team B: +0 for the dual meet.  
Wednesday: Regularly scheduled Dual Meet Team A vs Team C: +1 for the dual meet.  
Thursday: Regularly scheduled Dual Meet: Team C vs Team D: +2 for the dual meet.

**Post-Season Wrestling Tournaments:** (namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition) do not allow for the extra pound on the first day (if a team happened to wrestle the day before). If the post season tournament is a two-day event, the extra pound will be given for the second day. Example: First day must be  $99+2=101$  lbs. (can never start at 102), Second day would be  $101+1=102$  lbs. (can never be 103 lbs.).

#### **PENALTIES FOR ALLOWING UNAUTHORIZED ADDITIONAL POUNDS**

Should a Sectional Chairman become aware of two teams allowing an extra weight allowance for any other reason, not specifically covered by the Additional Pound section above the following procedures will apply:

Dual Meet: The teams will both forfeit the dual meet. The weigh-in sheet will be used to determine which individual wrestlers receive forfeit wins and losses. Each individual wrestler who accepted the extra pound will receive a loss on their individual records. Any individual wrestler who did not take the unauthorized extra pound will not be penalized. Their individual match performance will stand.

Tournament: If a tournament allowed an unauthorized additional pound, all teams who had at least one wrestler accept the unauthorized pound will be receive a team score of zero. The tournament weigh-in sheets will determine which wrestlers accepted the unauthorized pound and their matches will be forfeited. The eligible place winners will be adjusted accordingly.

#### **50% RULE**

50% of the weigh-ins during the season must be at the minimum weight a wrestler will wrestle during the state tournament and post season qualifiers. An official weigh-in counts towards the 50% rule whether an athlete competes or not, as long as the wrestler is eligible to compete and has made weight at both the honor (a.m.) weigh-in (if used) and the mat side (p.m.) weigh-in, or the mat side (p.m.) weigh-in if the honor (a.m.) weigh-in is not used.

- a. The 50% rule applies to a wrestler's total weigh-ins and not their actual bouts wrestled. Example: A wrestler weighs in 14 times for 14 different contests but actually only wrestles in 8 of the 14 contests. The wrestler must have made weight at the desired post season weight class 7 (or more) times (which is 50% of 14 actual weigh-ins) not 4 times (50% of the 8 contests actually wrestled).

- b. A wrestler who is **not eligible** to wrestle (academics, skin infection, etc.) cannot weigh in.
- c. In addition, it is not encouraged for a varsity wrestler to attend a JV match just to weigh-in, with no intention to wrestle, just to count the weigh-in towards their 50%.

### **PROCEDURE FOR WEIGH-INS AND 50% RULE WHEN:**

1. Two duals are allowed on the same day due to end of season make up's. Permission from the Sectional Chairman must be granted. A limit of two per season.

School day:

Teams A, B, and C do honor weigh-ins at their schools.

Team A wrestles vs. Team B after school.

Both teams get the 3 lb. allowance at matside weigh-in.

Team A then travels to Team C for the second match.

Team A does not have to re-weigh, they must provide the weigh-in sheet from the dual meet with Team B. Team C weighs in one hour prior to scheduled start time (with an administrator) with the 3 lb. allowance.

50% Rule: This is one weigh-in so it only counts as one weigh-in towards the 50% rule.

Weekend:

Team A travels to Team B and conducts a matside weigh-in.

Team C conducts an honor weigh-in at the same scheduled time as the Team A/B weigh-in.

Note: Honor weigh-ins are not normally allowed for weekend matches. This is a special circumstance due to the make-up match.

Team A then travels to Team C for the second match.

Team A must provide their weigh-in sheet. Team C must have a matside weigh-in.

50% Rule: This is one weigh-in so it only counts as one weigh-in towards the 50% rule.

2. Entering a 2-day: Dual Meet Tournament: When a dual meet tournament lasts 2 days, the weigh-in will be treated the same as a regular tournament. The weigh-in on day one locks the wrestler into a weight class. If the wrestler does not make weight on day two, the wrestler may not move up to the next weight class. The wrestler is scratched from the tournament.

50% Rule: The weigh-in on the first day would count towards the 50% rule even if the wrestler does not participate as the wrestler made weight and was eligible to wrestle.

3. Entering a 2-day: Individual Tournament: When an individual tournament lasts 2 days, the weight class the wrestler weighs in at, on the NYS weigh-in form, shall be the weight counted towards the 50% rule. The wrestler may wrestle at that weight or move up one weight class. Should the wrestler opt

to go up one weight class, the wrestler would not have to make weight at the lower weight class shown on the weigh in sheet on the second day because they are not entered at that weight.

**50% Rule:** As with the 2-day dual meet tournament (above), the weight class weighed in at on the NYS weigh-in form on the first day of a tournament counts towards the 50% rule. You do not have to make weight twice in the same tournament for it to count towards 50% of your weigh-ins.

4. A wrestler is overweight for a tournament weigh-in:  
Individual tournament: A wrestler enters an individual tournament at a weight class (125 lbs.), gets on the scale and is overweight. They do not wrestle in the tournament.

**50% Rule:** The wrestler may not count that weigh-in as a weigh-in for 132 lbs. towards the 50% rule because they did not wrestle in the tournament.

Dual meet tournament: If the wrestler in the above example was entered in a dual meet tournament, the wrestler could count the weigh-in for 132 lbs. for the 50% rule if they are entered in the tournament as one of the eligible 132 wrestlers for their school. The coach will decide on a meet by meet basis if the wrestler will be used. It may be possible the wrestler does not actually compete, but since they were eligible to compete in the tournament they may count the weigh-in. Even though they get to count the weigh-in, they are NOT charged the 2 points for tournament because they did not compete.

5. When Weigh-in is Out of State and 99 lbs. is not contested:  
A wrestler is entered in an out-of-state tournament where the 99 lb. weight class is not contested. The wrestler weighs in at 99 lbs. recorded on the NYS weigh-in sheet but wrestles up at 106 lb. weight class. The weigh-in counts towards the 50% rule at 99 lbs.

6. Schools are cancelled:  
(Snow days are treated like competitions with respect to extra pounds)

**Situation 1: Back to Back Duals – Snow Day – Tournament**

Wednesday: Regularly scheduled Dual Meet: +0 for the dual meet.

Thursday: Regularly scheduled Dual Meet: +1 for the dual meet.

Friday: Snow Day (No school)

Saturday: Tournament: All teams get +2 allowance

**Situation 2: Snow Day – Dual – Tournament**

Wednesday: Snow day (or schools cancelled) (Day 1),

Thursday: Teams who had school closed on Wednesday (Day 1) who have dual meets on Thursday (Day 2) will get +1 for the dual meet.

Friday: If any of the teams with the dual meets from Thursday (Day 2) then enter a tournament on Friday (Day 3): All teams in the tournament are at +2

Saturday: If the tournament is a 2-day tournament, the allowance remains at +2 (No allowance can ever exceed +2)

Situation 3: Dual – Snow Day – Tournament  
 Thursday: Regularly scheduled Dual Meet: +0 for the dual meet.  
 Friday: Snow Day (No school)  
 Saturday: Tournament: All teams get +1 allowance

Situation 4: Dual – Dual – Tournament Snowed Out – Tournament  
 Thursday: Regularly scheduled Dual Meet: +0 for the dual meet.  
 Friday: Regularly scheduled Dual Meet: +1 for the dual meet.  
 Saturday: Regularly scheduled Tournament Postponed due to weather.  
 Sunday: Tournament: All teams get +2 allowance

Situation 5: Dual – Tournament Snowed Out – Tournament  
 Friday: Regularly scheduled Dual Meet: +0 for the dual meet.  
 Saturday: Regularly scheduled Tournament Postponed due to weather.  
 Sunday: Tournament: All teams get +1 allowance

Situation 6: Tournament – Tournament – Dual – Dual  
 Sunday: Due to make-ups: Teams enter in a one-day Sunday tournament.  
 Monday: Some of the teams who wrestled on Sunday are then entered in a Monday-Holiday tournament.  
 All teams in the Monday tournament are at +1.  
 Tuesday: Many of the teams from the Monday tournament are scheduled to wrestle dual meets on Tuesday which would be at +2.  
 Wednesday: Some of those same schools are also scheduled to wrestle again on Wednesday. The +2 remains in effect for the Wednesday duals as you can never go above +2.

Note: If Tuesday is a snow day and all schools are closed. Teams that were in the Monday tournament and closed on Tuesday would still get the +2 for the Wednesday dual meets.

Situation 7: Weekday match cancelled (due to reasons beyond school's control: weather, transportation etc.)

If a team does an honor weigh-in in the morning and their opponent does not show up for the afternoon or evening match (due to reasons beyond their control: weather, transportation etc), the honor weigh-in does not count.

Situation 8: Interrupted Duals: A dual meet is interrupted due to a situation beyond either teams control (Example: a power failure).

The dual meet should be made up the next day if both schools are available. If either school has a conflict it should be made up on a date agreeable to the schools involved.

The dual meet will pickup from the end of the point of interruption. Bouts in progress will be restarted.

If the dual meet can be made up:

The weigh-in sheet from the original match will continue to act as the official weigh-in sheet (as it locks the wrestlers into a weight class for this competition).

A column should be added for the wrestlers that need to compete on the makeup day.  
Normal rules for honor weigh-in's and granting additional pounds shall be followed.

If the dual meet cannot be made up:

The original weigh-in sheet shall count for the 50% rule. All individual results of the bouts wrestled shall be counted.

Each league can rule independently on the outcome of the dual meet. NYS will not mandate the outcome. Examples could be:

- The dual meet could be entered as a "No Contest" with respect to the team score regardless of the score at the time it was interrupted.

- If one team had already clinched the dual meet, the bouts yet to be wrestled will be entered as "no contests" and the team score shall be counted.

- If no team had yet to clinch the dual meet, there will be no final team dual meet score and no team winner or loser.

7. Teams that do not show up for a dual meet:

Situation 1: Meet is not wrestled and no weigh-in occurs:

In situations where a team does not show up for a dual meet, the weigh-in is not conducted and the match does not occur:

The team available to wrestle the dual has one of two choices:

Choice 1: Schools involved agree to treat the meet as a "no contest". No team or individual records are affected. No points are charged.

Choice 2: Schools involved agree to treat the meet as a "forfeit" A win and a loss is added to each team's record. One individual wrestler at each weight class receives a win by forfeit or loss by forfeit over the other team (not a win over an individual's name). One point is charged to these individuals 20 point maximum. The contest does not count towards the 50% rule as no weigh in occurred.

Situation 2: Meet is not wrestled (not due to school closing) and honor weigh-in occurs:

In situations where a team does not show up for a scheduled match (not related to school closing or transportation problems) as they just do not want to wrestle the match.

The team that was in compliance to wrestle the dual has one of two choices:  
Choice 1: Schools involved agree to treat the meet as a "no contest". No team or individual records are affected. No points are charged. The weigh-in does not count towards the 50% rule. Each team may reschedule another match with another team on a different date.

Choice 2: Accept a dual meet win by forfeit over the other team. Each team adds either a win or a loss to each their teams record. One individual wrestler at each weight class receives a win by forfeit or loss by forfeit over the other team (not a win over an individual's name). One point is charged to their 20 point maximum. For the weigh-in to count towards the 50% rule, a matside weigh-in must occur. The matside weigh-in and weigh-in sheet must be signed by someone (other than the coach) who is qualified to supervise morning honor weigh-ins.

Situation 3: Meet is not wrestled (due to school closing), and honor weigh-in occurs:

In situations where a team does not show up for a scheduled match because of conditions beyond their control (weather/transportation problems):

If the meet will be rescheduled:

The weigh-in does not count towards the 50%, no team or individual records are affected and no points are charged.

If the meet will not be rescheduled:

The meet will be treated as a “no contest”. The weigh-in **does not count** towards the 50%, no team or individual records are affected. Coaches need to be aware that this situation could cost an individual wrestler the ability to meet their 50% rule. Every effort needs to be made to reschedule the meet to avoid this situation.

## WRESTLING FORFEITURES

Note: A wrestler who receives a forfeit does not have to wait the required 45 minutes before their next match. (Dec. 2010)

### INELIGIBLE WEIGHT CLASS

After a dual meet is wrestled, it is found out that a team used a wrestler at a weight lower than his/her certified weight (or at a weight above the State minimum weight (Example: 8th grader weighs 85 pounds and wrestles at the 99 lb. weight class and does not meet the 91 pound minimum), the team forfeits the dual meet and the wrestler takes a loss on his/her record. The won/loss records of the other wrestlers who wrestled in the dual meet are not affected and the results of their individual bouts stand. (NYSPHSAA Handbook - Penalties)

If, while a dual meet is in progress, it is discovered that an ineligible wrestler has competed, the dual meet becomes a forfeit. However, the meet will be wrestled to its conclusion so that the win/loss records of the other wrestlers who competed in the dual meet are not affected.

The following is provided to assist administrators and coaches to appropriately deal with forfeitures. Procedures for recording W/L Records:

### **Dual Meet:**

Situation 1: A team has multiple wrestlers weighed in at a weight class. When it comes time to produce a wrestler to compete at that weight class, the coach decides to forfeit the match.

Record as follows:

*Winner:* Earns a win by forfeit over the school (but not over any specific opponent).

*Loser:* There is no loser in this scenario, so no individual wrestler would take a loss on their record.

### **Tournament-Winners Bracket:**

Situation 2: A wrestler who is entered on the bracket sheet never takes the mat but forfeits to their opponent in the winner's bracket.

Record as follows:

*Winner:* Earns a win by forfeit over the school and the name of the wrestler who forfeited.

*Loser:* The wrestler who forfeited takes a loss on their record against the school and name of the opponent they forfeited to.

*Seeding:* Wins and losses count for seeding but wins and losses by forfeit do NOT count as head to head wins.

### **Tournament-Consolation Bracket:**

Situation 3: The same wrestler who forfeited in Situation #2 is now placed into the consolation bracket of the same tournament where they never take the mat and forfeit to their next opponent again.

Record as follows:

*Winner:* Earns a win by forfeit over the school and the name of the wrestler who forfeited.

*Loser:* The wrestler who forfeited takes another loss on their record against the school and name of the opponent they forfeited to.

### **Tournament-2nd Day:**

Situation 4: A wrestler who advanced on the bracket to the second day of a tournament does not make weight, becomes injured, or cannot compete and must forfeit on Day #2. Although they never take the mat:

Record as follows:

*Winner:* Earns a win by forfeit over the school and the name of the wrestler who forfeited.

*Loser:* The wrestler who forfeited takes a loss on their record against the school and name of the opponent they forfeited to in each and every round of the second day.

Note: If a wrestler had advanced to a semifinal (in a tournament that places the Top 6) the wrestler would receive 3 losses on their record: One for the semi, one for the consolation semi and a third for the consolation final for 5th/6th. They would place 6th in the tournament.

### **Tournament-Pre-Seeded:**

Situation 5: Many tournaments are pre-seeded and brackets are prepared prior to weigh-ins. If a wrestler is removed from the tournament at the final coaches scratch meeting (prior to printing the brackets for the head scorekeeper) because they failed to make weight, were injured at practice, missed the bus, or cannot compete for some other reason, proceed as follows:

The wrestler who cannot compete should be entered as a Bye. The tournament director can leave the Bye where it falls or re-draw the bracket.

Note: Once the scratch meeting has ended, the brackets are official and the wrestler is now entered in the tournament. Should a wrestler then decide not to compete (injured during warm up etc) they must now take losses over the names of all wrestlers they were scheduled to wrestle against. These scheduled opponents would take forfeit wins over the name of the wrestler who dropped out.

*Process for Sectional Tournaments:*

Most Sections pre-draw the brackets. If a wrestler slated to wrestle one of the Top seeds decides not to show up the seeded wrestler should not get a Bye but instead earn a forfeit. Earning a Bye could easily have an impact on the Sectional team scoring as the top seeded wrestlers could lose opportunities of getting bonus points for pins/TF etc. Sectional Chairmen should announce prior to the start of their seeding meetings if the "no-shows" will be counted as Byes or Forfeits. If counted as forfeits:

*Winner:* Earns a win by forfeit over the school (but not over any specific opponent). Unless the bracket is re-drawn (perhaps because the wrestler who scratched was a seeded wrestler and the seeds are being rotated): In this situation the wrestler may now get

a different first round match or even a bye.

*Loser:* The wrestler who forfeited does not take a loss on their record as they never actually entered the tournament.

### **Tournament-Sixth bout of the day:**

Situation 6: A wrestler is not allowed to compete in a consolation round match because if they wrestle their next bout it would be their 6th match of the day. This would put the wrestler over the allotted 5 bouts per day.

Record as a “no contest”:

*Winner:* The wrestler who is eligible to wrestle (who has not exceeded their 5 bout limit) earns the higher place.

*Loser:* The wrestler would exceed the 5 bout limit: takes the lower place.

Note: If both wrestlers are not eligible to wrestle the consolation bout, the lower place points are split between the two teams involved and both earn the lower place. Ex: Split the points for 6th place only. Do not add the 5th and 6th place points and split them. There is no 5th place wrestler. If a 6th bout of the day is wrestled, the penalty for an ineligible wrestler, as described in the NYSPHSAA Handbook, would apply. In addition, the violation must be reported to the Sectional Chairmen, who must then report it to their Athletic Council for a determination if further action is required.

### **Tournament-Individual Round Robin:**

Situation 7: In a round robin pooled tournament, a weight class is short one or more entry(s) due to a team(s) not having a representative(s) at that weight class. The missing entries become BYES and not forfeits.

Record as follows:

*Winner:* Earns a bye in each round they were scheduled to wrestle a school without an entry.

*Loser:* There is no loser as no wrestler was entered in the weight class.

### **Tournament-Individual Round Robin:**

Situation 8: In a round robin pooled tournament, a wrestler who is on the bracket sheet in one of the pooled weight classes must forfeit (without taking the mat) because they are removed from the tournament by the on-site trainer or medical staff due to an injury that does not allow them to compete further. However, if the reason for forfeiting was not mandated by the on-site trainer or medical staff, then all matches forfeited are losses and they would take additional losses for each time they were scheduled to wrestle and did not. (This could result in the wrestler going 0 and 10 for the tournament.)

Record as follows:

*Winner:* Earns a win by forfeit over the school and the name of the wrestler who forfeited.

*Loser:* The wrestler who forfeited takes a loss on their record against the school and name of the opponent they forfeited to. If the wrestler who did not compete and just took a loss is unable to compete in any remaining matches, they will take additional losses for each time they were scheduled to wrestle and did not. With the following restriction: The number of losses cannot exceed 2 losses if they have not reached the medal round (if they did reach the medal round the number of losses cannot exceed 3).

### **Tournament-Individual Round Robin:**

Situation 9: In a round robin pooled tournament, a weight class is short an entry due to a team not having a representative. Another team enters a “JV” or “extra” Varsity

wrestler in the weight to fill the bye. But this wrestler never actually wrestles; they are entered but will forfeit all of their matches.

Record as follows:

*Winner:* Earns a win by forfeit over the school and the name of the “extra” wrestler who forfeited.

*Loser:* The “extra” wrestler who forfeits each round takes a loss on their record against the school and name of the opponent they forfeited to each round that they do not wrestle. This “extra” wrestler must count the tournament as one of their 6 tournaments and it will cost them 2 points towards their 20 point maximum.

Tournament-Flagrant Misconduct Removal:

Situation 10: A wrestler is removed from a tournament for Flagrant Misconduct. The deduction of team points is three plus all points earned in the tournament by that wrestler. With respect to won/loss records: Even though team points and points earned from that individual are being deducted because of the flagrant misconduct, the previous matches still count because the bracket does not change.

Record as follows:

Winner by DQ: Flagrant Misconduct: Earns a win by DQ over the school and the name of the wrestler who was just disqualified.

Loser by DQ: Flagrant Misconduct: The disqualified wrestler takes a loss against the school and name of the wrestler they were wrestling at the time of the DQ. All wins and losses earned in the tournament prior to being disqualified are not erased and count on their won/loss record. Any other wrestlers who faced the disqualified wrestler prior to their disqualification will have the wins and losses stand.

Example: In an 8-person bracket, Wrestler A won their quarter and semifinal match would be 2-0 going into the finals match. The two matches are completed and the results count with respect to win-loss records. If the flagrant misconduct happens during the finals, it would be a loss for Wrestler A and a win for Wrestler B. Scoring: Deduct three team points and remove all previous teams points earned in the tournament by Wrestler A.

## SECTIONAL COMPETITION

### ELIGIBILITY FOR SECTION SPONSORED COMPETITION

Participation in a minimum of six (6) contests is required to be eligible for Sectional competition. Therefore, a wrestler must compete (exhibition, forfeit, varsity/JV match) and be charged with six (6) points towards their maximum number of points. The six required contests must be held on six different dates.

**REPRESENTATION:** *To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. Wrestlers must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule.*  
*NYSPHSAA HANDBOOK.*

Section sponsored tournaments (Sectional Individual or Sectional Dual meet tournaments) are not considered part of the regular season and do not count as contests towards the six required contests for eligibility.

To enter into the Sectional Tournament an NWCA District Report form must be printed and signed by every wrestler and coach prior to the start of the post season qualifier seeding meeting. All Varsity results for individual wrestlers must be entered into the NWCA database prior to the post season seeding meetings.

## **NYSPHSAA STATE CHAMPIONSHIPS**

### **AT-LARGE QUALIFIERS**

At-large competitors will be selected to fill the byes in the tournament. This format allows for multiple entries from each section. The procedure and timeline for determining the at-large competitors for the season will be posted on the NYSPHSAA website and sent to Sectional Chairmen for distribution to wrestling coaches and Athletic Directors prior to the start of the wrestling season.

### **NYS TOURNAMENT SEEDING**

The procedure and timeline and mechanics for seeding the NYS tournament will be included on the NYSPHSAA website and sent to Sectional Chairmen for distribution to wrestling coaches and Athletic Directors prior to the start of the wrestling season. The NYSPHSAA Wrestling Committee maintains the authority to make adjustments in tournament seeding, through the appeal process, when the purpose and objective of the seeding procedure has not been met.

Previously scheduled matches or make-up matches held after the Sectional tournament would count for seeding. No other individual record or statistic forms are permitted.

## MODIFIED

**Game Conditions:** See chart, 2010-2012 NYSPHSAA Handbook.

1. A contestant (or team) may participate in competitions not to exceed 12 points during their season. Points assessed through competitions are as follows:
  - a) 1 Point Meets are any competitions where a wrestler or wrestlers compete in one or two bouts.
  - b) 2 Point Meets are any competitions where a wrestler or wrestlers compete in 3 bouts.
2. No contestant (or team) can accumulate more than 8 points out of the maximum 12 points allowed via 2 point contests.
3. No contestant (or team) can accumulate more than 3 points per week.
4. There shall be no competition between wrestlers with an age difference of more than 24 months.
5. At least 2 nights shall elapse between contests.
6. The time periods for bouts shall be as follows:
  - a) If a contestant competes in only one bout per contest, the time periods are:  
Program 1: Three 1 and 1/2 minute periods  
Program 2: 1st Period - 1 minute  
2nd and 3rd Periods - 1 and 1/2 minutes
  - b) If a contestant competes in two or three bouts per contest, the time periods will be either: (1) Three 1 minute periods, or (2) 1st Period: 1 minute; 2nd and 3rd Periods: 1 1/2 minutes. There must be a 45 minute rest period between bouts.
  - c) With Section approval, a sudden victory overtime period shall be permitted in modified wrestling. Wrestlers must start in the standing position, and the period shall not exceed 30 seconds. (May 2010)
7. Weight Control:
  - a) The Physical Education Director shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established weight class except as indicated under (b).
  - b) No attempt at weight reduction before the official weigh-in is permitted except by written permission from the parents and a written recommendation of a physician. Once a wrestler is established in a weight class, weight reduction and participation in a lower weight class is permitted only under a doctor's authorization and with the parent's permission.
  - c) A squad list, indicating the established weight classes for each team member as well as birth dates and ages, shall be sent to all opposing schools.
  - d) Wrestlers participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.
8. Weigh-ins on the day of a dual meet shall be established by the Section Athletic Council.
9. For multi-school contests, refer to Modified General Eligibility Rule #10.

### **Game Rules (Program 1)**

1. **Weight Classes:** the official weight classes for competition are: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 140, 148. For schools having only 7th and 8th grade students a 155 lb. weight class may be optional. Optional classes may be 74, 165 and unlimited classes with contestants competing weighing within 10 pounds of each other. Minimum weight for the 74 lb. weight class is 67 lbs.
2. **Honor Weigh-In:** The procedures described in the Wrestling Weight Control Plan shall be followed. (2010-2012 NYSPHSAA Handbook)
3. There is no limit to the total team bouts in a contest.
4. **Scoring:** Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

### **Game Rules (Program 2)**

1. **Weights:** Weight class is listed first, variance second: 70-80 lbs. (4 lbs.); 80-90 lbs. (4 lbs.); 90-100 lbs. (3 lbs.); 100-110 lbs. (3 lbs.); 110-120 lbs. (3 lbs.); 120-130 lbs. (2 lbs.); 130-140 lbs. (3 lbs.); 140-150 lbs. (5 lbs.); 150-160 lbs. (5 lbs.); heavier weights (as much as 8 lbs.).  
*Variance:* The variance listed above permits a contestant to compete against a contestant who is either in a lower or upper weight group. As long as both wrestlers stay within the variance listed. (ie. a wrestler in the 70-80 lbs. group who weighs 78 lbs. can compete with a wrestler in the 80-90 lbs. weight group as long as the heavier wrestler does not weigh more than 82 lbs.)
2. **Matching wrestlers:** Both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.
3. There is no limit to the total team bouts in a contest.
4. **Scoring:** Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

# NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

## WRESTLING MINIMUM WEIGHT ASSESSMENT

### PARENTAL AWARENESS FORM

The appropriate and healthful control of body weight for wrestlers has been a concern of athletes, coaches, athletic trainers, school physicians, and parents for a number of years. Approximately one-third of wrestlers have used inappropriate weight loss procedures to obtain a lower body weight for wrestling. Regardless of the educational information from national, state and local athletic organizations, unhealthy weight loss procedures continued. Medical concerns for the wrestlers, and the success of other state associations' programs to determine minimum wrestling weight, resulted in the NYSPHSAA governing board approving a Wrestling Weight Certification Program in April 1996. This action was taken after fifteen years of review and study by the Association, which involved the Safety and Research Committee and the NYSPHSAA Wrestling Committee.

The NYSPHSAA Wrestling Minimum Weight Certification Program became mandatory for all member high school wrestling programs, commencing with the 1997-98 wrestling season. The Program is based on two components, assessment of wrestlers to establish a minimum weight at which each athlete will be allowed to compete and nutrition education to promote healthy eating patterns and improved athletic performance.

Schools must follow the provisions of the Wrestling Minimum Weight Certification Program for all wrestlers in varsity and junior varsity programs. Minimum wrestling weight is based upon 7% body fat for males and 14% for females. **The minimum wrestling weight is not established as the athlete's best weight, but rather the minimum weight at which the athlete will be allowed to compete.**

#### STEPS OF PROCESS: Urinalysis, Body Weight, Skinfolts

1. Wrestler will provide a sample of urine to test for hydration. If the specific gravity of urine is above 1.025, testing cannot continue and testing must be rescheduled after 24 hours has lapsed.
2. Wrestler will be weighed on a digital scale.
3. Wrestler will have sites marked on his body with a marker and have skinfolts raised to determine body fat percentage.

Minimum weight assessment, including urinalysis, may be completed only by health care professionals who have successfully completed the NYSPHSAA's Wrestling Minimum Weight Assessor's Workshop. An athlete found to have cheated in the hydration test process will be ineligible to compete in wrestling for the season.

#### APPEAL PROCEDURE:

A wrestler may appeal his/her skinfold measurements or calculations. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). Appeal procedures must be completed prior to any competition. **ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE.** The appeal must be completed three days after the date of the original assessment. ***Student/Athlete will have a choice between the original assessment result or the appeal result. There is no longer step 2 of the appeal process (Hydrostatic testing).***

*I, the parent/guardian of \_\_\_\_\_, have read the information above and I am aware of the minimum weight assessment process.*

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Student-Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

*Failure to have a signed copy on file does not excuse the student-athlete from the assessment process and/or related penalties. The School's Athletic Director is to keep a copy on file until the season is completed.*



## NYSPHSAA PHYSICIAN RELEASE WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a physician release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee 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 NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine 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 student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably 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, physician's assistants, and nurse practitioners 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 cannot participate.
4. Provide a basis to support physician, physician assistant, or nurse practitioner decisions on when a wrestler can or cannot participate. This should help the physician, physician assistant, or nurse practitioner who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve a student athlete who never wins a match or the next state champion with a scholarship pending.

### IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Each state association needs to determine which health-care professional can sign off on this form. **For NYSPHSAA member schools an appropriate health care provider is defined as a licensed physician, physician assistant, or nurse practitioner.**
2. Inclusion of the applicable NFHS wrestling rule so physicians, physician assistants, and nurse practitioners will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. 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.
4. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician, physician assistant, or nurse practitioner visit.
5. 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.
6. 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.

*You may find a full size copy of this form on [www.nysphsaa.org](http://www.nysphsaa.org)*



**WRESTLING COMMUNICABLE SKIN DISEASE FORM  
PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

Name: \_\_\_\_\_

Date of Exam: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

School: \_\_\_\_\_

Mark Location AND Number of Lesion(s)

Diagnosis \_\_\_\_\_

Location AND Number of Lesion(s) \_\_\_\_\_

Medication(s) used to treat lesion(s): \_\_\_\_\_

Date Treatment Started: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

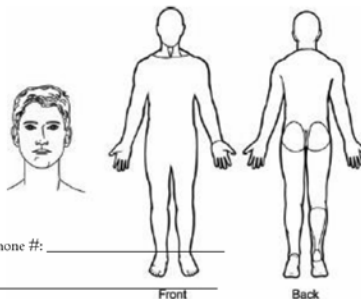
Form Expiration Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Earliest Date may return to participation: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Physicians Signature \_\_\_\_\_ Office Phone #: \_\_\_\_\_

Physician Name (Printed or Typed) \_\_\_\_\_  
(M.D. or D.O.)

Office Address \_\_\_\_\_



**Note to Physician, Physician Assistant, Nurse Practitioner:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS 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 not considered contagious, it may be covered to allow participation.

**For NYSPHSAA member schools an appropriate health care provider is defined as a licensed physician, physician assistant, or nurse practitioner.**

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, CA-MRSA (Community Associated Methicillin Resistant *Staphylococcus Aureus*) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

**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 or full five days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions (ringworm scalp, skin):** Oral or topical treatment for 72 hours on skin and 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:** 24 hours after curettage.

NYSPHSAA Approved August 2012

*You may find a full size copy of this form on [www.nysphsaa.org](http://www.nysphsaa.org)*

# Learn from the top names in wrestling!

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(Athletes can attend Sunday for only \$25.00)

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### 2012 INSTRUCTORS/CLINICIANS:

#### **MATT AZEVEDO**

Head Coach, Drexel University

- Coached 16 All-Americans (Cornell & Cal Poly)
- 2008 US Open Champion/  
7X US Open Place-Winner
- 3X NCAA qualifier

#### **JEFF BUXTON**

Head Coach, Blair Academy

- 2012 High School National  
Championship team
- Nine-Time National Champions
- Lifetime Achievement Award  
Recipient from USA Wrestling

#### **KYLE DAKE**

3X NCAA Champion, Cornell

- First Wrestler in history  
to win 3 NCAA titles in  
3 different weight classes.
- 4th Place 2012 Olympic Trials

#### **MATT LACKEY**

Head Assistant Coach,  
University at Buffalo

- NCAA Champion / 3X All-American  
(University of Illinois)
- Big 10 Male Athlete of the Year
- US Open Place-Winner

#### **DONNY PRITZLAFF**

Assistant Coach,  
University of Michigan

- 2X NCAA Champion /  
4X All-American
- World Bronze Medalist

#### **BRAD BRUHN**

Head Coach, SUNY-Cortland

- 18 All-Americans/  
One National Champion
- Six Top-20 Team Finishes
- 140 Wins Over Ten Years

#### **MARTY NICHOLS**

Head Coach, Ithaca College

- Coached 35 All-Americans/  
35 NWCA Scholar All-Americans
- Ten Top-20 Team Finishes
- NCAA Finalist

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