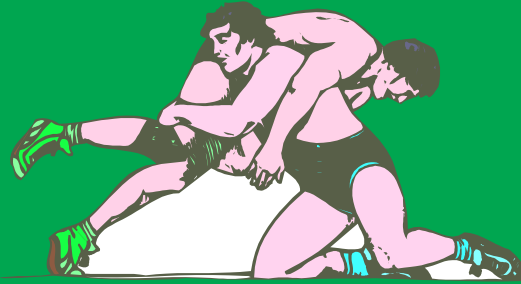


**2011 - 2012**



**Middle School  
Wrestling  
Coaches  
Packet**

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# WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



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## BULLETIN

TO: Middle School Wrestling Coaches  
FROM: Ray Londeree, Assistant Executive Director  
DATE: September 2011  
SUBJECT: 2011-2012 Wrestling Season

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Coaches' Packets are mailed to all varsity high school and middle school coaches. If your high school also sponsors a ninth grade wrestling team, that coach may request a packet from this office. **Note** - this is for a high school ninth grade team only. Please share this information with the ninth grade coach.

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### Important Reminders:

1. Please be advised that the required Coaches'/Officials' Rules Clinics will be held at various locations (see enclosed sheet). **It is mandatory for all head coaches to attend one of the State Rules Clinics. If your school is not represented at said clinic, there will be a \$50.00 fine assessed. The sport program will be suspended if the head coach fails to attend the State Rules Clinic and the \$50.00 assessed fine is not paid.**
  - a. **The clinic attendance requirement will not be granted if the coach or representative is late in excess of ten (10) minutes.**
2. The November issue of *The Interscholastic* will have specific information regarding the wrestling program.
3. Use only WV registered officials for matches. You may use Class I, II, or III officials. (No inactive, suspended, or non-registered officials allowed)
4. **Hair Rule:**
  - a. Any wrestler wishing to compete with hair longer than collar length must use some type of bathing cap or device to keep hair up. Also, if an individual has facial hair, it must be covered with a face mask. In either case, the OFFICIAL is to insure that these regulations are followed.
5. **Middle School** - Sixteen (16) weigh-ins; sixteen matches.
6. **Weight Certification:** Refer to 2011-2012 *The Interscholastic* Weight Program and Certified Weight Permit Forms.
7. **Eligibility Certificates** are due online no later than the date of the first contest according to the standardized calendar. **Failure to submit eligibility certificates will result in a \$25 fine and forfeit of all contests played.**
8. **WVSSAC Rule 127-2-13 Practice** – Refer to *WVSSAC Rules & Regulation Handbook*.
9. **Mouth Guard Policy for Wrestling** - The use of mouth guards is recommended for all practices and contests and required for athletes wearing braces.

10. **Head and Neck Trauma Guidelines** – Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. The appropriate health care professional will determine when a concussed athlete may return to participation.
11. **Injury/Participation Procedure at WVSSAC Championship Events** - Medical personnel (athletic trainers) will have the jurisdiction concerning the return of a player to competition after an injury. If a parent refuses to follow the determination of the authorized person, a release form must be signed.
12. Coaches are responsible for discussing the Bench Clearing Rule and Ejection Policy with all other coaches and players prior to the first contest.
  - a. **Rule 127-4-3.7 Code for Interscholastic Athletics** - Coaches are hereby notified to carefully review this rule with special emphasis on 3.7.3.
13. The WVSSAC actively promotes good sportsmanship in all of our sport programs. We encourage you to promote good sportsmanship by informing parents and athletes of the importance of supporting this concept. Please encourage your school principal and school to participate in the Sportsmanship Award Program.
14. **Communicable Skin Disease Policy for Regional and State Tournaments**
  - a)The Communicable Skin Disease Form must be used and shown to the official.
  - b) The form is only valid for a maximum of 7 days.
  - c)At regional and state tournaments, a doctor will review the Communicable Skin Disease Forms and examine each athlete. This authorized doctor has the authority to override the form if the skin condition is deemed a safety or health factor.
  - d) Wrestling mats shall be sanitized after each session.
  - e)This issue will be emphasized at the State Rules Clinics.

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**2011-2012  
WRESTLING RULES CLINICS**

<b><u>DATE</u></b>	<b><u>LOCATION</u></b>	<b><u>TIME</u></b>	<b><u>COORDINATOR</u></b>
Oct. 9	Interpreters' Clinic Parkersburg (WVSSAC)	9:00 a.m.	Ray Londeree
Oct. 9	Parkersburg South H.S.	4:00 p.m.	Rick Leach
Oct. 10	Woodrow Wilson H.S. Beckley	6:00 p.m.	Eric Dillon
Oct. 11	Hampshire	6:30 p.m.	Erino Leone
Oct. 12	Hedgesville	6:00 p.m.	Ron Allen
Oct. 18	Capital	6:00 p.m.	Clinton Giles
Oct. 19	Huntington H. S.	6:00 p.m.	Bruce Senior
Oct. 24	Wheeling Park H. S.	6:30 p.m.	Dwaine Rodgers
Oct. 25	Liberty (H) H.S., Clarksburg	6:00 p.m.	Steve Gibson
Oct. 27	*WVSSAC Office *Make-up Clinic - \$10.00 Fee	6:00 p.m.	Ray Londeree

**SCHOOLS:** The **Head Coach** shall be **required** to attend any sports rules clinics which are sponsored by this Commission in his/her coaching assignment. Schools failing to have a head coaching position filled at the time of the clinic will be required to have a school representative present at the rules clinic. An individual can only represent one school unless he/she is head coach at both schools. In a 9-12 school, both the varsity and 9th grade coach are required to attend. Failure to have a representative at one of the above clinics will result in a \$50.00 fine.

***The clinic attendance requirement will not be granted if the coach or representative is late in excess of 10 minutes.***

### **§127-3-31. Wrestling (Boys).**

31.1. Rules: Wrestling rules published by the National Federation of State High School Associations are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

31.2. Organized Team Practice: Organized team practice will begin on Monday of Week 20 and the first contest may be played on Wednesday of Week 22.

31.3. Length of Season: The wrestling season will end for each team or individual at tournament elimination.

31.4. Maximum Team Contest: A wrestling team will be permitted to have 18 matches exclusive of regional and state tournaments.

31.4.1. Dual, triangular and quadrangular matches count as one. Matches in which five or more schools participate count as two.

31.5. Scrimmages: Two wrestling scrimmages with another high school may be conducted. See Glossary.

31.6. Individual students of a team must have practiced on 14 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest.

31.7. A student may accept awards only in WVSSAC sanctioned events during the season of that sport. These awards must be consistent with the items specified in the Awards Rule. Students may accept only this same type of award in non-sanctioned events outside the sport season.

31.8. *Middle School/9th Grade* - The above will apply for Middle School/9th Grade with the following adaptations:

31.8.1. Organized Team Practice: Organized team practice will begin on Monday of Week 19 and the first contest may be played on Wednesday of Week 22.

31.8.2. Middle school/9th grade school teams may have 16 matches including tournaments sanctioned by the WVSSAC.

31.8.3. Middle school/9th grade teams are permitted one (1) scrimmage under the same conditions as a high school.

31.8.4. Middle school/9th grade season will be completed by Saturday of Week 33.



# 2011-12 WRESTLING PROGRAM

ALL TOURNAMENT DIRECTORS ARE REMINDED TO READ THE DIRECTOR'S MANUAL BEFORE ANY PREPARATIONS ARE MADE FOR A TOURNAMENT. The necessary forms or reports that must be filed with the WVSSAC office can be found with the instructions for each sport.

2011-12 High School Wrestling Dates		
Season Starts	Mon. of Wk. 20	November 14
1st Contest Held	Wed. of Wk. 22	November 30
Regional	Week 33	February 18
State	Week 34	February 23-25
Middle School/9th Grade Dates		
Season Starts	Monday of Wk. 19	November 7
1st Contest Held	Wed. of Wk. 22	November 30
Season Ends	Saturday of Wk. 33	February 18

## I. GENERAL INFORMATION

### A. Weight Management Program Policy and Procedures

**Note: The Sports Medicine Committee recommended and the Board of Directors approved the recommendation that assessors/doctors use the following skin fold allowance when completing the Certified Minimum Weight Permit Form:**

<b>7% High School Boys</b>	<b>9% Jr. High Boys</b>
<b>12% High School Girls</b>	<b>14% Jr. High Girls</b>

- There will be a two-pound growth allowance after December 24th. A wrestler who competes for the first time at a lower weight class before or after December 24th must make base weight at the site of the competition during the official weigh-in. However, he or she can compete at the next higher weight class after making base weight at the lower weight class.
- For weight management/assessment information refer to WVSSAC Weight Management Program policy and procedure. Information was mailed in the coaches packet and can be accessed on-line at [www.wvssac.org](http://www.wvssac.org).
- After being assessed for minimum wrestling weight, the first time an athlete wrestles at their minimum wrestling weight, they must make base weight. They may not weigh-in at their minimum weight until the date indicated by the Alpha Report. **Note: If a wrestler's Alpha date is January 15th, from that point on he must weigh-in 50% of his matches at his minimum weight. In other words, with the same Alpha date, he can't wait until the last match of the season before regionals to make alpha minimum weight, after he's wrestled the other 10 matches at a higher weight on and after alpha date.**
- High schools must have information on-line with The NWCA Optimal Performance Calculator Program by December 23rd. High schools that do not have information on-line by December 23rd will be fined \$50.00.

### B. Weighing In

- Contestants shall have the opportunity to weigh in, shoulder-to-shoulder, one hour before the time a dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, the weigh-in period for the second meet may, by mutual consent, precede the preliminary meet. **The weigh-in shall be conducted at the dual meet site.**
- The referee or other authorized persons (e.g., both coaches from the participating schools, athletic directors, school administrators, or tournament personnel) shall supervise the weigh-in for dual meets or tournaments.
- Contestants shall weigh in at the tournament site two hours before the first session each day. NOTE: The tournament officials shall establish the weigh-in time.
- When there are consecutive days of team competition, there shall be a one pound additional allowance granted each day for all wrestlers. In order to be granted this one-pound additional allowance, a minimum of 48 hours advance notice is required for your opponent(s). A wrestler must make base weight at least once to get any weight allowance. All wrestlers must weigh-in each day of the event. No more "night before" weigh-ins.

- A contestant who is to represent his/her school in a tournament shall be named by weight class prior to the conclusion of the weigh-in.
- All contestants, including heavyweights, shall weigh in wearing no more than an athletic supporter for males and pants and bra for females. Any contestant who has been authorized to wear an artificial limb shall weigh in with the artificial limb.
- Coaches must have in their possession their team's NWCA "Alpha Report" at all competitions.**  
**Duals, Tris & Quads - Coaches must exchange NWCA generated Weigh-In Reports with opposing coaches.**  
**Multi-Team Competitions: All coaches are to submit their NWCA-generated Weigh-In Report to the Tournament Director. The Director will return copies of all schools' Weigh-In Reports to each coach at the end of the competition. Failure by coach to provide weigh-in reports will result in their team not being permitted to participate.**

- Weigh-in guidelines for dual meets, triangulars, quadrangulars, and regular tournaments. All wrestlers must be present at the beginning of the weigh-in period. Exceptions must be approved by the meet administrators as being valid, having nothing to do with weight-loss purposes.

When weighing in, if a wrestler does not make weight on his first attempt, he must immediately step on the scale a second time. Should the wrestler still not make weight, he may immediately weigh-in ONCE on any other scales used for the weigh-in. If he does not make weight, he must move up or not wrestle. A wrestler may use the restroom prior to his weight class weighing in with official approval and supervision by authorized personnel.

**Important Note:** In reference to multiple dual meet tournaments, if a team does not wrestle until 2 p.m., it will weigh-in at noon (the two-hour limit before a team competes). Should a team want to weigh-in with teams who are weighing in earlier, it can. However, a team can only weigh-in during one weigh-in period, either its assigned time or an earlier weigh-in time.

- When being weighed in, the wrestler will stand erect facing the scales. Also, this area will be closed for efficiency in handling the weigh-ins.
- Female wrestlers will weigh-in just prior to or after the male wrestlers. A female attendant will conduct the weigh-in. If another certified set of scales is available in the facility, the female weigh-in may occur at the same time as the male contestants.
- Any wrestler making base weight after December 24th must make base weight at the site of the competition during the official weigh-in. The official will sign the team's Alpha Report form with the exact weight noted.

### C. It is strongly recommended that wrestling coaches dress in a professional manner during contests.

## II. RULES AND REGULATIONS

- The following fourteen weight classifications are to be used in all high school meets: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285.
- A school must have participated in a minimum of six (6) interscholastic matches in order to be eligible to enter the Secondary School Activities Commission tournament series.
- Each participant is limited to eighteen (18) weigh-ins per season exclusive of the regional and state tournaments. A wrestling team will be permitted to have eighteen (18) matches/weigh-ins exclusive of regional, and state tournaments. Dual, triangular and quadrangular matches count as one. Matches in which five or more schools participate count as two matches for schools and 2 weigh-ins for a participant.
- Each wrestler must participate in fourteen (14) practice ses



sions on fourteen (14) separate days (exclusive of the day of a meet) before he/she participates in a regular season match.

- E. The Wrestling Rules as published by the National Federation of State High School Associations, and as further modified by the Secondary School Activities Commission, shall govern all wrestling meets.
- F. A certified or authorized coach/individual shall be in each participant's corner during the match.
- G. Officials must enforce the rule of proper uniform for participants.
- H. A wrestler shall not lower his singlet strap(s) anywhere in the gymnasium facility where it can be observed by the public. All other rules regarding the uniform shall be complied with. This means no caps, hats, etc.
- I. The use of mouth guards is **recommended** for all practices and contests and **required** for athletes wearing braces.
- J. **The wrestlers shall shake hands and the referee shall declare the winner by raising his hand.**
- K. For any tournament exceeding one day weigh-in, NFHS rules will be followed. **No more "night before" weigh-ins.**
- L. Coaches seating during the match - **Rule 2, Section 2, Articles 1, and 2** shall be enforced.
- M. Officials are to follow National Federation rules and procedures in all penalty situations.
- N. **Hair and Facial Hair Rules** - Any wrestler wishing to compete with hair longer than collar length must use some type of bathing cap or other device to keep the hair up. Also, if an individual has facial hair, it must be covered with a face mask. In either case, the "official" is to insure that these are taken care of in a proper manner.
- O. Guidelines for Varsity and Junior Varsity Teams
  - 1. Schools may have a varsity and junior varsity squad.
  - 2. In tournament competition, schools entering a junior varsity team may enter more than one participant in each weight class.
- P. **The overtime period shall be followed by two 30-second Tiebreaker Periods if needed. Also, an Ultimate 30-second Tiebreaker will determine the match if needed.**

### III. TOURNAMENTS

#### A. Regional Tournaments

1. Prior to the regional tournament, a meeting of coaches shall be held to determine the seeding of the wrestlers.
2. Changing Weight Classes After the Seeding Meeting.  
The time of verification of entries for the regional tournament will be decided prior to the beginning of the seeding meeting. A vote will be taken by the coaches and should a tie occur the tournament director will break the tie.
3. Seeding procedure will be established by coaches prior to the beginning of the regional meeting. Coaches should be prepared to defend their records with documentation.
4. Any wrestler who loses in the championship bracket shall participate in the consolation bracket. There will be six (6) place winners at the regional tournament. If any state-qualifying place winner is penalized for flagrant misconduct or injured (prior to the state's required 48-hour notification period), all other place winners will move up one place.
5. At the pre-regional meeting, possible expenses should be discussed with all schools involved.
6. **Regional Tournaments:**
  - a. One day tournament - one to ten teams may be on predetermined regional date.
  - b. Two day tournament - eleven or more teams - must be on February 17, 18, 2012. **(However, on or before regional seeding meeting, if it can be determined that a wrestler will not exceed allowed number of matches, their tournament shall be held on one day.)**
7. Officials for the regional tournament will be appointed by the director. Must be Class I or II. **There must be at least one Class I official at all regionals.**
8. Guidelines for video taping will be set by the tournament director.
9. Awards:  
Regional: The WVSSAC will provide Regional Championship plaques. The regional director will reimburse the WVSSAC for

the plaques (waived for 2011-2012 season). Other awards may be presented at the discretion of the regional director and participating schools.

10. Admission: Admission to regional tournaments will be \$6.00 for adults and \$5.00 for students.
11. Regional Requirements:
  - a. Scoreboard - Must be visible to public and display scores of all teams entered.
  - b. Brackets - Posted and updated regularly for fans and participants to view.

#### CLASS AAA

##### Region I

Site: Parkersburg South High School  
 Director: Rick Leach, AD, Parkersburg South High School  
 Schools: Brooke, Wheeling Park, John Marshall, Morgantown, University, Parkersburg South, Parkersburg

##### Region II

Site: Hedgesville High School  
 Director: Ron Allen, AD, Hedgesville High School  
 Schools: North Marion, Fairmont Sr., East Fairmont, Preston, Hedgesville, Martinsburg, Musselman, Jefferson, Washington, Hampshire

##### Region III

Site: Ripley High School  
 Director: Jimmy Frashier, AD, Ripley High School  
 Schools: Bridgeport, Robert C. Byrd, Buckhannon-Upshur, Elkins, Lewis County, Nicholas County, Woodrow Wilson, Greenbrier East, Ripley, Capital, Riverside, Princeton

##### Region IV

Site: Cabell Midland High School  
 Director: Jack DeFazio, AD, Cabell Midland High School  
 Schools: Huntington, Cabell Midland, Nitro, Saint Albans, George Washington, Spring Valley, Hurricane, Lincoln County, Winfield, Logan, South Charleston

#### CLASS AA-A

##### Region I

Site: Tyler Consolidated High School  
 Director: Ryan Walton, AD, Tyler Consolidated High School  
 Schools: Oak Glen, Weir, Madonna, Wheeling Central, Cameron, Magnolia, Tyler Consolidated, Clay-Battelle, St. Marys, Williamstown, Ritchie County, Bishop Donahue, Parkersburg Catholic

##### Region II

Site: Braxton County High School  
 Director: Lynn Stalnaker, AD, Braxton County High School  
 Schools: Liberty (H), Lincoln, South Harrison, Braxton County, Grafton, Philip Barbour, Petersburg, Frankfort, Keyser, Berkeley Springs, Moorefield

##### Region III

Site: Shady Spring High School  
 Director: Deanna Massey, AD, Shady Spring High School  
 Schools: Webster County, Richwood, Greenbrier West, Fayetteville, Oak Hill, Meadow Bridge, Liberty (R), Shady Spring, Independence, Wyoming East, Bluefield, PikeView, Midland Trail, River View, Mingo Central

##### Region IV

Site: Point Pleasant High School  
 Director: Kerri Lewis, AD, Point Pleasant High School  
 Schools: Wirt County, Wahama, Ravenswood, Calhoun County, Pt. Pleasant, Roane County, Sissonville, Herbert Hoover, Clay County, Poca, Buffalo, St. Joseph Central

#### B. State Tournament

1. **Site, Date** - The State Wrestling Tournament for both classes will be held at the Huntington Civic Center, February 23, 24, and 25, 2012. Bill Archer will serve as Tournament Director.



## 2. Qualifiers

- Four wrestlers will qualify for the State Tournament from each weight class of their respective region.
- As the regionals will be advancing the first four contestants, the fifth and sixth place finishers should stay active in case of injury, illness, etc.
- Notification should be given as soon as possible to the State Tournament Director if a qualifier is not going to be able to compete. If adequate time allows for the next eligible athlete to be present for weigh in, all entries of that region and that weight will be moved up and the next eligible wrestler will be entered.

3. **Pairings** - State tournament pairings will not be released until after the regional tournament.

## 4. Officials

- The WVSSAC office will select the State Tournament officials.

5. **Weigh-in**

Thursday	4:30 pm
Friday	9:30 am
Saturday	8:30 am

**Note:** Weigh-ins start with 106 pounders and continue until 285 pounders have been weighed-in. If a wrestler is not present for his weight class weigh-in, he is disqualified from the state tournament. The state tournament committee will make the final decision on any unusual weigh-in situations that might arise.

6. **Video Taping** - Individuals will be permitted to tape at the State Tournament. One area will be set aside for video taping. Video cameras will not be permitted outside this area. Each school will be permitted to video tape mat-side during the championship match.

7. **Reimbursement** - Refer to the Reimbursement Schedule.

8. **Coach Ejection** - An ejected coach/participant will sit out the remainder of the State Tournament and meet further requirements of the ejection policy.

## 9. Awards

- Team:
- Championship (AAA/AA-A)
  - Runner-up (AAA/AA-A)
- Individual:
- Places I through 6 for each weight (each class)
  - Outstanding Wrestler (chosen by vote of coaches) AAA/AA-A

## 10. Admission Prices:

- Adults - (General Admission) \$8.00
- Adult Book Tickets - \$40.00
- Students - (General Admission) \$7.00
- Student Book Tickets - \$35.00

## 11. Passes Issued for the State Tournament

**State Tournament passes will be issued based on the information provided by the school administration. A form will be provided to administrators for their signature.**

4-7 wrestlers - One extra pass

8 or more wrestlers - Two extra passes

Each coach must be present and show his WVSSAC coaching card to receive their state tournament pass. Team Doctors, trainers, video and Mat Girls can either use one of the extra passes above or purchase a pass at the back door. **Please do not ask.**

## 12. Time Schedule:

- 1st Session** - Thursday, February 23, 2012 6:30 PM (3-3/4 hr)  
(AA-A) AAA First Round Championship Bracket 8 Mats 264 Matches
- 2nd Session** - Friday, February 24, 2012 8 Mats 11:30 A.M. (6 hrs)  
(AA-A) AAA Quarterfinals, Championship Bracket 112 Matches  
1st and 2nd Round Consolation Bracket 224 Matches  
1st Round Consolations will be wrestled simultaneously with the

Championship Quarterfinals

**3rd Session** - Friday, February 24, 2012 7:30 P.M. (1-3/4 hr)  
(AA-A) AAA Semi-Final Championship Matches 4 Mats 56 Matches  
3rd Round Consolation Matches 4 Mats 56 Matches  
3rd Round Consolation will be wrestled simultaneously with the Championship Semi-Finals.

**4th Session** - Saturday, February 25, 2012 10:30 A.M. (4 hrs)  
(AA-A) AAA Semi-Final Consolation Round 4 Mats 56 Matches  
(AA-A) AAA Consolation Finals for 3rd & 5th Places 56 Matches

**5th Session** - Saturday, Feb. 25, 2012 6:00 P.M. (3-1/2 hr)  
(AA-A) AAA Championship Finals 2 Mats 28 Matches

**Sponsorship and Rights:** The WVSSAC is the sponsoring organization for all state tournaments. The WVSSAC reserves all rights in regard to the management of these tournaments, the sale of any items at the tournament site, and any audio or visual reproductions of the events. Any sale, distribution or reproduction of clothing, souvenirs, pictures or other items without the expressed written consent of the WVSSAC is strictly prohibited. Pictures for media or school yearbooks are to be used for these purposes only.

## IV. JR. HIGH/MIDDLE SCHOOL WRESTLING REGULATIONS

### WEIGHT CLASSES

The Wrestling Coaches' Committee recommended and the Board of Directors approved the following weight classes for Middle School/9th Grades starting with the 2007-08 season:

78 lb. Class	110 lb. Class	145 lb. Class
84 lb. Class	116 lb. Class	155 lb. Class
90 lb. Class	123 lb. Class	171 lb. Class
95 lb. Class	128 lb. Class	190 lb. Class
102 lb. Class	135 lb. Class	Heavyweight - Max. 285

### 1. Certified Minimum Weight Permit Forms

**Note:** For both middle school and 9th grade

- As of December 24th, there will be a two-pound growth allowance for all wrestlers. A wrestler who competes for the first time at a lower weight class before, on or after December 24th must make base weight at that match. However, he/she does not have to compete at that weight class for the match.
- The Middle School/9th Grade weight management program is the same as previous years.
- After the Certified Minimum Weight Permit Forms have been properly completed, coaches are to keep on file. The school is to file the Certified Minimum Weight Permit Verification Form to the WVSSAC office postmarked no later than December 23.**
- Schools that do not have the Certified Minimum Weight Permit Verification Forms postmarked to the WVSSAC office by December 23 will be fined \$50.

### 2. Length of Matches

First Period	-	1 Minute
Second Period	-	2 Minutes
Third Period	-	2 Minutes

### Overtime Period and Tiebreaker

- The overtime period shall be followed by two 30-second Tiebreaker Periods if needed. Also, an Ultimate 30-second Tiebreaker will determine the match if needed.



- 3. Each wrestler must participate in 14 organized practices on 14 separate days before participating in a scheduled match.
  - 4. Each wrestler must wear ear protectors, fingernails must be trimmed, and hair style must conform to National Federation Rule Book.
  - 5. A one and one half (1-1/2) minute "injury time" will be allowed for an injured wrestler. A wrestler unable to participate at this time shall default.
  - 6. No artificial weight loss device may be used.
  - 7. Each wrestler shall weigh-in in the presence of a certified official.
  - 8. Physical Examination and Parental Consent is required.
  - 9. Each boy or girl is limited to sixteen (16) weigh-ins per season. Dual, triangular and quadrangular meets count as one match each. Meets in which five or more schools participate count as two matches and 2 weigh-ins for wrestlers.
  - 10. The Middle School/9th Grade wrestling programs will still utilize the Certified Minimum Weight Permit Forms. They must continue to weigh-in at their certified minimum weight 50-percent of their matches. Should they weigh-in two weight classes above their certified minimum weight, the wrestlers would then be recertified at the next higher weight. After being certified, wrestlers cannot ask to be certified a second time.
- 2-1-3 The boundary line is now inbounds.
  - 3-1-3 Administrative duties of meet referees have been clarified.
  - 3-1-13 The location of the referee during injury, blood or recovery time-outs has been clarified.
  - 4-4-1 Wrestling weight classes revised. This change will take effect with the 2011-12 season.
  - 6-2-2 Revisions were made for disqualification in dual-meet competition.
  - 7-1-5r Figure 4 Around the Head is now an illegal hold/maneuver.
  - 8-2-1c (NEW) Revisions were made in second injury time-out.
  - 11-1-1 (NEW) New rule added on starting time for weigh-ins for dual-meet/team-formatted tournaments.
  - 11-1-2 (NEW) New rule added on verifying entries for dual-meet/team-formatted tournaments.
  - 11-1-3 (NEW) New rule added on team points for dual-meet/team-formatted tournaments.
  - 11-1-4 (NEW) New rule added on weigh-ins and substitutions for dual-meet/team-formatted tournaments.
  - 11-1-5 (NEW) New rule added for dual-meet/team-formatted tournaments dealing with participation.
  - 11-2-1 (NEW) New rule added on team scoring in dual-meet/team-formatted tournaments.
  - 11-2-2 (NEW) New rule added on flagrant misconduct during dual-meet/team-formatted tournaments.
  - 11-2-3 (NEW) New rule added on tie-breaking for dual-meet/team-formatted tournaments.

**2011-12 EDITORIAL CHANGES**

1-1-1; 1-1-2; 1-1-3 (NEW); 1-1-4; 1-2-1; 1-2-2; 1-3-4; 1-3-5; 1-4-5; Equipment Guidelines – Rule 2 and 4; 2-1; 3-1-12; 4-2-3; 4-2-4; 4-3-1; 5-9; 5-15-1; 5-18; 5-19-5; 5-25-2; 8-1-2c; Penalty Chart; 10-1-1; 10-2-4; PHOTOS 6, 11, 12-34, 58 (NEW), 84-88.

**2011-12 POINT OF EMPHASIS**


1. Concussion Recognition and Management
2. Communicable Diseases
3. Injury Time-outs
4. Coach/Referee Conference

**MAJOR WRESTLING RULES CHANGES FOR 2011-12**

- 1-3-1 (NEW) New definition for individually bracketed tournaments.
- 1-3-2 (NEW) New definition for dual-meet or team-formatted tournaments.
- 1-3-3 (NEW) New definition for a tournament that combines both a dual meet or team format with an individually bracketed format.

**2010-2011 State Wrestling Champions**

**AAA**  
**Parkersburg South High School**



State Winner

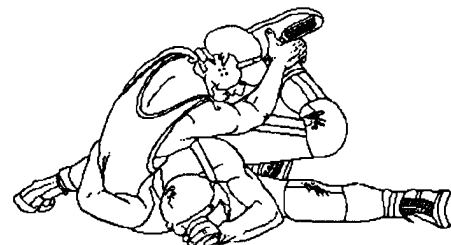
**A - AA**  
**Pt. Pleasant High School**

**TICKET ORDER FORM FOR WRESTLING TOURNAMENT**

**Mail To:** Mr. Bill Archer, Principal, State Tournament Director  
519 9th Avenue  
Huntington, WV 25701

Please send the following tickets for the State Wrestling Tournament series:  
(Tickets will be mailed in early February)

Tickets for Principals	_____
Coaches, Adults @ \$40.00	_____
Student Tickets @ \$35.00	_____
Handling Fee \$2.00	_____
<b>Total Enclosed</b>	<b>_____</b>



**TICKET ORDERS MAY BE SUBMITTED AT ANYTIME. ORDERS WILL BE MAILED FROM THE STATE TOURNAMENT DIRECTOR STARTING FEBRUARY 14.**

**Mail Tickets To:**

Name \_\_\_\_\_

School \_\_\_\_\_

Address \_\_\_\_\_

City/Zip Code \_\_\_\_\_

For Office Use Only

Order Received \_\_\_\_\_

Order Filled \_\_\_\_\_

**WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION  
2875 STAUNTON TURNPIKE - PARKERSBURG, WV 26104  
MIDDLE SCHOOL / 9th GRADE ONLY -  
WRESTLING CERTIFIED MINIMUM WEIGHT PERMIT FORM**

STUDENT \_\_\_\_\_ SCHOOL \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_  
Month Day Year

Recommendations for skin fold allowances are: 9% Middle/9th Grade Boys 14% Middle/9th Grade Girls

**PHYSICIAN'S RECOMMENDATION**

I recommend that the student designated above should not be allowed to wrestle in any weight classification less than the listed classification circled herewith:

Jr. High School: 78 84 90 95 102 110 116 123 128 135 145 155 171 190 285

Date Examined \_\_\_\_\_  
\_\_\_\_\_  
Signature of Physician

**NOTE TO PHYSICIAN AND PARENTS:**

The purpose of this report is to prevent undue weight reduction for competitive purposes, which reduction might jeopardize the physical well-being of the student. During the wrestling season, which extends to approximately March, the student should eat and drink normally and gain weight regularly and consistently even though in training and participating in wrestling activities.

Once this Certified Minimum Weight Permit form has been completed, it cannot be changed by modification nor by a second examination.

**PARENT'S RECOMMENDATION**

I have read the above recommendation by the physician. I request that the student indicated be limited to:(check one)

\_\_\_\_\_ The certified minimum weight classification recommended by the physician\*

\_\_\_\_\_ Not less than \_\_\_\_\_ pound weight classification\*

\* The higher of the two weight classification is the certified minimum weight allowed

DATE \_\_\_\_\_  
\_\_\_\_\_  
Signature of Parent

**BASE WEIGHT VERIFICATION**

**(For use by coach after 12/23 only)**

If a wrestler has not made base weight at his/her Certified Minimum Weight (recorded above) prior to the December 23 deadline, base weight must be verified the first time the wrestler weighs in at his Certified Minimum Weight or at any weight class lower than previously being weighed in.

Actual Weight \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_  
Referee's Signature \_\_\_\_\_  
Reg. No. OR

\_\_\_\_\_  
Authorized Person's Signature \_\_\_\_\_  
Position \_\_\_\_\_  
School Affiliation

**NOTE TO SCHOOL OFFICIALS**

Each student participating in wrestling must successfully pass the required physical examination prescribed by the Commission and submit the Wrestling Certified Minimum Weight Permit Form properly signed by both the physician and the student's parent before he engages in any interschool wrestling.

This form will be completed, retained by the school, and **taken to all regular season meets**. The Wrestling Certified Minimum Weight Permit Verification Form must be completed by the school and **returned to the WVSSAC office by December 23**.

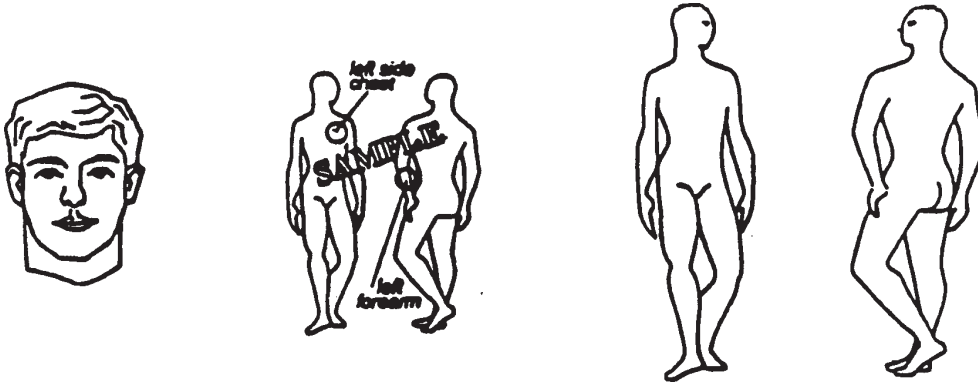


# COMMUNICABLE SKIN DISEASE FORM

ALL MEMBER SCHOOLS are required to process the Communicable Skin Disease form listing the name, grade, and school of any wrestler that desires to return to competition after having been diagnosed as having a communicable skin disease or is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable.

-----  
 Please describe skin condition of \_\_\_\_\_, enrolled in  
(name of wrestler)  
 grade \_\_\_\_\_, and a pupil of \_\_\_\_\_ School.

1. Indicate the specific location(s) of the suspected skin condition on the figures below and describe its location(s) (examples: behind right ear; left hand between thumb and index finger).



2. Describe the approximate size and color of the above condition (examples: about the size of a nickel, red in color; about two inches in diameter, blotchy red).

\_\_\_\_\_  
 \_\_\_\_\_

3. Technical name of skin condition (diagnosis): \_\_\_\_\_

4. Do you believe the skin condition is contagious or harmful to others? YES NO  
circle one

If yes, is the skin condition under current therapy or has it been treated? YES NO  
circle one

5. If contagious, on what date will the wrestler's participation no longer be harmful to his opponent(s):  
 \_\_\_\_/\_\_\_\_/\_\_\_\_?

6. The authorization to return to competition expires on \_\_\_\_/\_\_\_\_/\_\_\_\_.  
 (Only valid for a maximum of 7 days)

Print Physician's Name \_\_\_\_\_ License No. \_\_\_\_\_

Print Physician's specialty area \_\_\_\_\_

Print Physician's address \_\_\_\_\_  
 \_\_\_\_\_

Print physician's telephone number ( ) \_\_\_\_\_

Physician's signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**(Form can be overridden at the Regional and State tournaments by an authorized physician.)**



## COACHING REMINDERS



**Practice:** Team members must have 14 practices on 14 separate days - 7 days sports specific if participating in another sport during the same sports season. A student must have 7 days of practice if coming from one sports season into the next sports season without interruption of school days. Only students enrolled in the specific member school and a member of team is allowed to practice. Rule 127-2-13.

**Sunday Contests:** Contests or practice on Sunday is prohibited. Practice refers to any group or individual meeting to view films or activity associated with the activity of that sports season. Rule 127-3-14.

**Physical Exam:** Team members must have Athletic Participation/Parental Consent/Physician's Certificate form completed and on file before beginning practice. Rule 127-3-3.

**All-Star Competition:** Any student completing athletic eligibility at the end of current school year because of age or completion of semesters of eligibility may play in one (1) all-star game upon conclusion of the season without loss of eligibility for balance of year. Rule 127-3-4.

**Awards:** Team members can accept awards from school sponsoring a sanctioned event or the school. Wearing apparel, championship rings, equipment, athletic goods are prohibited from any source. Rule 127-3-5.

**Out of Season Coaching:** Coaches may not promote, initiate, organize, supervise or participate in out-of-season events involving students of the same sport as the grade level coaching assignment and preceding grade level except as specified in Rules 127-3-7.2 and 127-3-7.3. Rule 127-3-7.7.

**Amateur:** Any team member competing for money, receiving any award or prize of monetary value that has not been approved by the WVSSAC, capitalizing on athletic fame or signing a professional playing contract in that sport is prohibited. Rule 127-2-11.

**Participation as Ineligible:** Any student who participates as ineligible may forfeit eligibility for up to 365 days. Rule 127-2-12.

**Non-School Participation:** Participation is limited to school teams only with a few exceptions in individual sports provided the school principal approves and no school contests/activities are missed. Participation includes but is not limited to, practice, fund raising, team pictures, tryouts, etc. Rule 127-2-10.

**Sanctioning and Travel:** A member school shall not enter a contest, tournament, or competition which requires sanctioning until it is approved 30 days prior to the event. Rule 127-3-16.

For complete details regarding the above regulations and those governing team memberships, scholarship, undue influence, age, semester, etc. refer to the **Rules & Regulations Handbook** or at [www.wvssac.org](http://www.wvssac.org).

*This is not a comprehensive listing.*

**§127-2-13. Practice.**

13.1. Only students enrolled in the specific member school are allowed to participate in that school's practices. Exceptions - Rules 127-2-3.2 and 127-2-3.5.

13.2. The frequency and length of practice is at the discretion of each member school.

13.3. Member schools of the WVSSAC may practice on any day of the year with the exception of Sunday practice. Rule 127-3-14.2 further clarifies Sunday practice.

13.4. Individual players of a team must have practiced

13.4.1. on 7 SEPARATE days before participating in an interscholastic scrimmage.

13.4.2. on 14 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest. The following sport(s) is exempted from the provisions of this rule: golf.

13.5. A student shall not be permitted to engage in interscholastic practice until that student has filed with the principal a completed Athletic Participation/Parental Consent/Physician's Certificate Form. Rule 127-3-3 further explains this required form.

13.6. A student academically ineligible may begin practicing 15 school days immediately prior to the date of regaining full eligibility. (All other ineligible students may not practice.)

13.7. If a student has established eligibility in a sport requiring 14 separate days of practice and is continuing to participate in that sport or no school days have lapsed from one sport to another sport in a same season, the student may participate in another sport of the season after completing seven separate days of sport specific practice in the second sport.

13.8. Students participating in a sport(s) in one season must have practiced 14 separate days, exclusive of the day of a contest, to be eligible to participate in a sport in the next season with the following exception: the student has continued to practice or participate in tournament play without an interruption of school days. The student must complete seven separate days of sport specific practice in the second sport.

## (Ejection Rule / Bench Clearing)

## 127-4-3 Code for Interscholastic Athletics

3.7. *Statement of Policy.* Insofar as unsportsmanlike actions by students, school administrators, officials, coaches, faculty members, and spectators are concerned, the identical items under the Sportsmanship Rule along with the following guides will be referred to by the WVSSAC:

3.7.1. The school whose coach behaves in a manner likely to have adverse influence on the attitudes of students or spectators may be provided with the choice of taking disciplinary action against that coach or having the entire school disciplined by the WVSSAC.

3.7.2. Any student who in protest lays hands or attempts to lay hands upon an official may be declared ineligible by the principal or by the WVSSAC for up to one year. Any student who strikes an opponent, coach, or a spectator during or following an athletic event may be declared ineligible by the principal or the WVSSAC for a specified period of time up to one year, depending on the seriousness of the act.

3.7.3. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. They will also face suspension in additional contest(s); the suspension will be assessed based upon ten (10) percent of the allowed regular season contests for each sport. Any tenth of a percentage from .1 to .4 will be a suspension equal to the whole number of the percent. Any tenth from .5 to .9 will be an additional contest added to the whole number. The suspension will include the number of indicated contests in that sport and at that level and all other sport contests in the interim at any level. A second ejection will result in the doubling of the suspension assessed for the first ejection. If they are ejected for a third time during the same sport season, the individual will be suspended from participating or coaching for 365 calendar days from the date of ejection.

a. Any coach, player or bench personnel who has been ejected shall not be permitted to attend any contest(s) during said suspension. He/she shall not be affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after said contest. He/she is not permitted to be in sight or sound of said contest venue. Regular practice or team meetings not affiliated with a contest are permitted.

b. If suspensions are imposed to a student or bench personnel at the end of the sport season and no contest remains, the suspension is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next WVSSAC sponsored sport.

c. Any coach suspension that cannot be enforced during the sport season in which the ejection occurs will be enforced at the beginning of the next season of that same sport.

3.7.4. In case of spectators physically molesting an official, administrator, coach, or student, the school may be given one of two options: 1) file charges against the offender (s) or 2) accept discipline from the WVSSAC. Any person found guilty of W.Va. Code §61-2-15(a) Assault, Battery on Athletic Officials, while these individuals are working or as a result of working an athletic contest, shall be banned from all WVSSAC athletic events for a minimum of 365 days from the date of being found guilty. The school filing charges shall notify the WVSSAC of the incident and outcome of any legal action.

3.7.5. The school that does not lend complete cooperation in the host school's effort to promote the spirit of good sportsmanship may be disciplined by the WVSSAC.

3.7.6. A coach may be considered as committing unsportsmanlike conduct if they make degrading remarks about officials during or after a game either on the field of play, from the bench, or through any public news media, argues with officials, or goes through motions indicating dislike for a decision, protests the decision and actions of officials pertaining to the game during and after the contest, or detains the official on the field of play following a game to request a ruling or explanation of some phase of the game. If a coach feels he/she has a legitimate criticism of a penalty call or a request for a rule interpretation, such criticism or request should be made in the privacy of the coach's office or the official's quarters and should be made in a courteous manner.

3.7.7. A student or team attendant shall not leave the bench area, team box area, or their designated off-field area during a game or contest other than during that time permitted by game or contest rules. A coach shall not leave the bench area, team box area, or the designated off-field area during a game or contest other than during that time permitted by game or contest rules unless a student altercation is taking place and the official requests assistance. Violation of this rule shall cause the coach, student, or team attendant to be immediately ejected from the contest, team penalized according to game or contest rules and that coach, student, or team attendant will not be eligible to participate in the next contest as outlined in §127-4-2.3.

3.8. Procedure. Unsportsmanship action must be reported in detail to the WVSSAC. A copy of the complaint must also be filed with the principal of the school involved. Each principal involved shall report such information or answers to the report as they deem appropriate. Upon receipt of all reports, the Executive Director and/or the Board of Directors of the WVSSAC shall investigate and adjudicate such reports in accordance with the powers afforded in §127-1-8.6 and 8.7 and §127-1-12.2 and 12.3 of the Constitution. Penalties up to and including suspension of member schools may be made in accordance with §127-4.

3.9. The following defines the different types of disciplinary action which may be assessed for violation of any WVSSAC rule by a member school, administrator, coach, athlete or contest official:

3.9.1. *Warning.* A warning may be given by the Executive Director or Assistant Executive Director. It is official notice that an inexcusable, unethical, or unsportsmanship action has occurred, is a matter of record, and that such an occurrence must not be repeated.

3.9.2. *Probation.* Probation is a much more severe type of warning and may be expressed two ways: 1) a school, coach, student, or team attendant on probation is told that further violations will lead to a fine or suspension; and/or 2) a school on probation is on conditional WVSSAC membership but may engage in its regular schedule, sanctioned events, and all WVSSAC tournament play, providing a program is filed with the Executive Director of the WVSSAC indicating measures to be taken to alleviate this problem which caused the school to be placed on probation.

3.9.3. *Suspension.* A school/coach suspended from the WVSSAC may not meet in interscholastic competition of any kind with a WVSSAC member school or a school that is a member of another state associated with the National Federation of State High School Associations.

3.9.4. *Fine.* A fine may be levied by the Executive Director. It may be levied in addition to a warning, probation, or suspension.

3.10. *Appeals.* All cases involving disciplinary action against member schools, coaches, students, team attendants, or officials may be protested in accordance with §127 6.



# WVSSAC

## Return to Play (RTP) Protocol

An athlete removed from a contest that shows signs/symptoms of a concussion shall be immediately evaluated by an appropriate health care professional. If no appropriate health care professional is available, the athlete shall not be allowed to RTP.

When the athlete is evaluated by the appropriate health care professional, if it is determined the athlete has suffered a concussion, the athlete shall not be permitted to RTP the same day as the concussion. If it is determined by the appropriate health care professional that the athlete did not suffer a concussion, the athlete may be returned to play as deemed appropriate by the health care professional.

RTP shall be delayed until athlete is asymptomatic and has undergone a progression of tests to determine if they are able to RTP.

The progression shall follow: (Neuro-cognitive testing is recommended if deemed appropriate by the appropriate health care professional.)

- No activity with complete physical and cognitive rest
- Light aerobic exercise (less than 70% of maximum heart rate)
- Sport specific exercise (drills specific to the athlete's sport)
- Non-contact training drills (more intense sport drills with no contact from other players)
- Full contact practice (following medical clearance)
- Return to Play (normal game play)

If any symptoms occur during the progression, the athlete should drop back to the previous level and try to complete that level after 24 hour rest period.

## Appropriate Health Care Professional

- Medical Doctor (MD)
- Doctor of Osteopathy (DO)
- Doctor of Chiropractic (DC)
- Advanced Registered Nurse Practitioner (ARNP)
- Physician Assistant (PA-C)
- Registered Certified Athletic Trainers (ATC/R)

Approved Board of Directors 5/06/10

rk:Sports Medicine/Return to Play



## A Parent's Guide to Concussion in Sports

### What is a concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

### Concussion Facts

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girl's lacrosse, girl's soccer, boy's lacrosse, wrestling and girl's basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

### What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache
Is confused about what to do	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	

### What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to "diagnose" a concussion, as that is the job of a medical professional. However, you

must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing.

### **When in doubt, sit them out!**

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department immediately.

### **When can an athlete return to play following a concussion?**

After suffering a concussion, **no athlete should return to play or practice on that same day.** Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in both Oregon and Washington to pass laws stating that **no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she are allowed to return to play in games or practices.** The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

**Step 1:** Light exercise, including walking or riding an exercise bike. No weight-lifting.

**Step 2:** Running in the gym or on the field. No helmet or other equipment.

**Step 3:** Non-contact training drills in full equipment. Weight-training can begin.

**Step 4:** Full contact practice or training.

**Step 5:** Game play.

**If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.**

### **How can a concussion affect schoolwork?**

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization. In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

## What can I do?

- Both you and your child should learn to recognize the “Signs and Symptoms” of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season’s sports.

## Other Frequently Asked Questions

### **Why is it so important that an athlete not return to play until they have completely recovered from a concussion?**

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

### **Is a “CAT scan” or MRI needed to diagnose a concussion?**

Diagnostic testing, which includes CT (“CAT”) and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete’s story of the injury and the health care provider’s physical examination.

### **What is the best treatment to help my child recover more quickly from a concussion?**

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

### **How long do the symptoms of a concussion usually last?**

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

### **How many concussions can an athlete have before he or she should stop playing sports?**

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

### **I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?**

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics.

In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.

Some of this information has been adapted from the CDC’s “Heads Up: Concussion in High School Sports” materials by the NFHS’s Sports Medicine Advisory Committee. Please go to [www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm) for more information.

If you have any further questions regarding concussions in high school athletes or want to know how to find a concussion specialist in your area please contact Michael C. Koester, MD, ATC and Chair of the NFHS Sports Medicine Advisory Committee at [michael.koester@slocumcenter.com](mailto:michael.koester@slocumcenter.com).

**April 2010**

The WVSSAC strongly recommends that all coaches/officials complete the free NFHS Concussion Course at [www.nfhslearn.com](http://www.nfhslearn.com)

# Concussion in Sports - What You Need to Know

## Ordering Information at [www.nfhslearn.com](http://www.nfhslearn.com)



### Steps to access the FREE course:

1. Go to [www.nfhslearn.com](http://www.nfhslearn.com)
2. Sign in with your e-mail and password if you have previously registered.
3. If you need to register, it will only take a couple of minutes. All users at [www.nfhslearn.com](http://www.nfhslearn.com) must be registered with a unique e-mail address and password.
4. Toward the upper left-hand part of the screen, you will see the "Click to Access This Free Course" for "**Concussion in Sports — What You Need to Know.**"
5. You can order licenses as an individual to take the course yourself OR you can purchase courses in bulk if you intend to distribute the courses to others (there is a limit of 99 licenses per any one order).
6. Note: You will need to click on "Save" once you have put the course(s) in your cart and before you can proceed to Checkout.
7. As you go through the process you will see that you are using the "purchasing process" that is standard for NFHS Coach Education courses. You are not being charged anything for the Concussion courses. You do have the ability to order other courses at the same time, and you will be asked for payment for those.
8. You can then start the course if you ordered as an individual or begin distributing the licenses if you ordered in bulk.
9. If necessary, refer to the form regarding distributing bulk licenses. It can be found in the Locker Room at [www.nfhslearn.com](http://www.nfhslearn.com).

**The online concussion course is offered at no cost to the user.** Once you have finished, you will be added to the database as having completed the course. The name of the individual completing the course will appear in the "Coach Search" feature as having completed this course along with any other courses completed at [www.nfhslearn.com](http://www.nfhslearn.com).

# RECRUITING REGULATIONS

If a coach is contacted by a student, his/her parents, or anyone else regarding a student athlete transferring to his/her district, the coach shall refer the individual(s) to a school administrator in the district immediately. A coach cannot discuss the matter with the student or anyone else for that matter and should not even listen when the subject is brought up concerning students transferring to his/her school. School coaches working or coaching in outside school leagues and camps should be warned that a potential problem exists if a student later enrolls at the school where the coach is employed. The school administrator, after being notified by the coach that a prospective student athlete has approached the coach about possibly playing for his/her school team, should contact the WVSSAC office immediately. Seriously or jokingly telling a student that you would like for that athlete to play for you or your team shall be considered recruiting. Rules regarding individuals who engage in recruiting shall not be restricted specifically to school personnel.

Approved by the Board of Appeals  
October 1998

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## GUIDELINES FOR SUSPENDED COACH/PLAYER

A coach or player who is ejected from a contest shall be suspended for the remainder of the game, match, meet or contest. An ejected coach shall exit the playing arena (out of sight and sound of the venue) as well as the team and bench areas. If there is not another person hired by the board of education to coach that sport or a professional from that school present to take his/her place, the contest shall be forfeited. Because of supervision and liability, an ejected athlete shall sit on the bench and shall not cause nor participate in any further problems. Furthermore, a coach or player shall not be permitted to attend subsequent contests of the suspension. He/she shall not be formally affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after the contest, wearing a uniform, or sitting in the bench or team area. Regular practice or team meetings not affiliated with a contest will not fall under this policy.



## SPECTATOR SUPPORT INFORMATION FOR TOURNAMENTS

The following sport support information is provided for each specified sport. **ONLY** those items marked with "Yes" are allowed during tournament play (sectional, regional, and state). It is recommended that schools follow these regulations during regular season play.

Vocal cheering and support from team bench areas are encouraged; however, the items indicated on this page are for use by spectators. Schools must stress **GOOD SPORTSMANSHIP** when allowing any item to be used. All items must be for support of your team and not directed against the opponent.

Legend: BSK Basketball      CC Cross Country      SB Softball      TE Tennis      WR Wrestling  
 BB Baseball      FB Football      SC Soccer      TR Track & Field  
 CH Cheer      GO Golf      SW Swimming      VB Volleyball

SPORT	BSK	BB	CH	CC	FB	GO	SB	SC	SW	TE	TR	VB	WR
Apparel Required Upper/Lower Body Garments	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Balloons	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Banners on wall/stadium	No	No	No	No	No	No	No	No	No	No	No	No	No
Confetti/Paper debris	No	No	No	No	No	No	No	No	No	No	No	No	No
Hand-held Signs (one holder)	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING APPROPRIATE SIZE AND SIGN MESSAGE.</b>													
Laser Pointer	No	No	No	No	No	No	No	No	No	No	No	No	No
Miniature sports balls thrown to crowd	No	No	No	No	No	No	No	No	No	No	No	No	No
Noise makers (Horns, cow bells, bells, buzzers, clickers, or any artificial or mechanical noisemakers)	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No
<b>TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING WHAT IS CONSIDERED AN ARTIFICIAL OR MECHANICAL NOISE MAKER.</b>													
<b>IF RULES SPECIFY NOISE MAKERS WHICH MAY NOT BE USED.</b>													
Opening Prayer/Invocation	No	No	No	No	No	No	No	No	No	No	No	No	No
Paper banners for team to run through	Yes *	Yes	N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pom pons (w/o sticks) Spirit Towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Recorded/taped Music over amplifying system Only pregame or halftime	Yes *	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
School bands (pep), pregame, during time-outs, halftime, and post-game	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Air Horns	No	No	No	No	No	No	No	No	No	No	No	No	No
Cannons & Muskets	No	No	No	No	No	No	No	No	No	No	No	No	No
50-50 Drawing	No	No	No	No	No	No	No	No	No	No	No	No	No
Reserve Seating State Only	No	No	No	No	No	No	No	No	No	No	No	No	No

\* Not Permitted at State Tournament



## **NFHS GUIDELINES ON HANDLING CONTESTS DURING LIGHTNING DISTURBANCES**

### **National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)**

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

#### **Proactive Planning**

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
  - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Guidelines for Lightning Safety" section contained in the NFHS Sports Medicine Handbook.

**Reviewed and Approved in October 2010**



**WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION  
2875 STAUNTON TURNPIKE, PARKERSBURG, WV 26104**

## **BODY FLUID HANDLING PROCEDURES**

### **PURPOSE**

The West Virginia Secondary School Activities Commission has adopted this policy in an effort to minimize the possibility of transmission of any infectious disease during a high school athletic practice or contest. The policy primarily addresses blood-borne pathogens such as Hepatitis B virus and the Human Immunodeficiency Virus (HIV). However, it also discusses common-sense precautions against the spread of less serious contagions such as the Influenza virus and the Common Cold virus. Much of this policy has been written with contact sports such as football, wrestling, and basketball in mind. However, it is applicable for all sports.

### **BLOOD-BORNE PATHOGENS**

Blood-Borne pathogens such as Hepatitis B and HIV are serious infectious diseases which are present in blood as well as other bodily fluids; such as semen, vaginal secretions and breast milk. While there are a number of other such blood-borne diseases, Hepatitis B and HIV are the most commonly known.

Hepatitis B is a virus which results in a dangerous inflammation of the liver. Its victims suffer long-term consequences and reoccurrences, and the disease can be deadly if not treated. HIV is the virus that causes Acquired Immunodeficiency Syndrome (AIDS), which weakens the immune system, thus making a person susceptible to infections their immune systems would normally fight off.

The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as the eyes, ears, nose, and mouth to contaminated blood is not known. However, evidence would suggest it is extremely low. In fact, the possibility of contracting HIV in this manner is much less than the possibility of contracting Hepatitis B and other blood-borne viral infections.

Therefore, student athletes, coaches, and officials must understand that while it is possible for HIV to be transmitted by blood from one individual to another through an open wound or a mucous membrane, the probability is very low. However, since the chance of this occurring is not zero, the appropriate precautions should be taken to ensure no transmission can occur.

### **PRECAUTIONS AGAINST TRANSMISSION OF BLOOD-BORNE PATHOGENS**

The proper handling of body fluid spills should be a concern of teachers, coaches, officials, and student athletes. All concerned individuals must be aware that any time there is blood and/or other body fluids present, there is the possibility of an infectious disease being present. However this possibility can be nearly eliminated if the following precautions are observed.

#### **General Procedures:**

- 1) Wear latex or vinyl disposable exam gloves before making contact with body fluids during care, treatment, and cleaning procedures.
- 2) Discard gloves after each use.
- 3) Wash hands after handling any body fluids, whether or not gloves are worn.
- 4) Discard disposal items in plastic lined containers with lids. Close bags and discard daily.
- 5) Do not reuse plastic bags.
- 6) Use disposable items to handle body fluids whenever possible.
- 7) Use paper towels to pick up and discard any solid waste materials such as vomitus and feces.

### Procedures for Activities:

- 1) All athletes must cover any open wound.
- 2) Student athletes should treat and cover their own wounds whenever possible.
- 3) When administering first aid, disposable rubber gloves should be worn. A different pair of gloves should be worn for each treatment administered.
- 4) If an individual gets someone else's blood on his/her skin, the area should be washed with soap and water and wipe the area with disinfectant, such as isopropyl alcohol.
- 5) If a student athlete begins to bleed during activity, play must be stopped, the student athlete who is injured removed, and any potentially contaminated surfaces cleaned using a disinfectant. The surface should be wiped with clean water.
- 6) Any student athlete that is removed must have the wound covered and the bleeding stopped, prior to returning to contest.
- 7) Any individual who has treated a wound or cleaned a contaminated surface should wash his/her hands with soap and warm water.
- 8) A student athlete should take a shower using a liberal amount of soap and warm water following the contest.
- 9) Towels, which are used by athletes, coaches, or officials should not be used to clean off any potentially contaminated surfaces.
- 10) All soiled linens such as towels and uniforms should be washed in hot water and in a detergent containing bleach, if possible.
- 11) If a coach or an official gets blood on them they should first wash the area with warm water and soap, and then wipe the area with a disinfectant such as isopropyl alcohol.
- 12) All coaches, athletes, and officials should practice good hygiene. Towels, cups, and water bottles should not be shared.
- 13) Keeping locker rooms and other areas well ventilated and clean can also help in preventing other air-borne contagions from being transmitted.

### REFERENCES

St. Joseph's Hospital, Sports Medicine Staff, Parkersburg, WV.  
West Virginia Chapter of the American Academy of Family Physicians, Sports Medicine Committee.  
"Blood-Borne Pathogens in the Health Care of the Athlete," The First Aider, Fall 1992, Vol. 62, No.1.  
"Infectious Disease Policy of the Florida High School Activities Association." 8-8-92.  
"Routine for Handling Body Fluids," Michigan High School Association.

**Policy Adopted by the Board of Directors**

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# WAYS TO PREVENT SKIN INFECTIONS: A PLAYER'S GUIDE



## ***Cover Cuts & Sores!***

***With a bandaid or wrap before you play***



## ***Wash Up!***

**With soap and hot water**



## ***Don't Share!***

**Towels, clothes or personal items**



## ***Show & Tell!***

**Show cuts & sores  
to your coach**



## ***Be Prepared!***

**Learn first aid for cuts  
& sores**



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# MEASURES FOR PREVENTING STAPHYLOCOCCAL SKIN INFECTIONS AMONG SPORTS PARTICIPANTS

## Centers for Disease Control Recommendations for School Athletic Teams



1 Cover all wounds. If a wound cannot be covered adequately, consider excluding players with potentially infectious skin lesions from practice or competitions until the lesions are healed or can be covered adequately.



2 Encourage good hygiene, including showering and washing with soap after all practices and competitions.



3 Ensure availability of adequate soap and hot water



4 Discourage sharing of towels and personal items (e.g., clothing or equipment).



5 Establish routine cleaning schedules for shared equipment.



6 Train athletes and coaches in first aid for wounds and recognition of wounds that are potentially infected.



7 Encourage athletes to report skin lesions to coaches and encourage coaches to assess athletes regularly for skin lesions.



# WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



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## B U L L E T I N

**TO:** Wrestling Coaches and Wrestling Officials  
**FROM:** Ray Londeree, Assistant Executive Director  
**DATE:** September 2011  
**SUBJECT:** Skin Infections Awareness

It is the responsibility of wrestling coaches and officials to ensure that no wrestler participates while suffering from a skin infection/communicable disease. The health and well being of all participates is a primary concern.

The WVSSAC is providing all wrestling coaches and officials with a copy of Dr. B.J. Anderson *The Mat Doc Skin Infection Pocket Reference*. This reference guide will help wrestling personnel evaluate skin infections.

**The Communicable Skin Disease Form** is required for any wrestler desiring to return to competition after having a communicable skin disease or is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable. This form must be completed in its entirety and signed by a physician before an official or coach allows an athlete to participate with a skin condition. This procedure refers to practice and all competition.

If there is any doubt or question regarding a skin condition the athlete must be removed from practice/competition until cleared by a physician.

**When in doubt, sit them out!**

# **West Virginia Department of Health and Human Resources**

## **Information for the Public -**

### **Methicillin Resistant *Staphylococcus aureus* (MRSA)**

#### **What is *Staphylococcus aureus*?**

*Staphylococcus aureus*, or Staph, is a bacteria that lives on the skin or in the nose of healthy people. Occasionally, staph can cause infections of the skin, bloodstream, lungs, bones, joints, heart, or almost any part of the body.

#### **What is methicillin resistant *Staphylococcus aureus* (MRSA)?**

MRSA (pronounced 'mursa') is a type of staph that has become resistant to some common antibiotics. This means that an infection with MRSA is more difficult to treat.

#### **Where are staph and MRSA found?**

Staph and MRSA may be found on the skin or in the nose. About 30 to 50% of people may carry the staph bacteria on their skin without getting ill.

#### **How common is MRSA?**

In many communities, including some in West Virginia, MRSA is now the most common cause of skin infections due to 'staph.' According to some studies, 1 to 10% of people now carry MRSA in their nose or on their skin.

#### **Who is most at risk for staph infections?**

While anyone can get an infection with staph, certain persons are more at risk. These people include diabetics, people on dialysis, persons who use injection drugs, people who have recently had surgery, and persons with chronic diseases such as cancer. Staph infections are also more common in persons who have a tube going into their body (such as a urinary catheter or intravenous (IV) catheter).

MRSA infections are more likely in persons who have recently received antibiotics or recently been in a hospital or nursing home. In the last few years, MRSA infections have also been identified in persons outside of hospitals. Cases of MRSA disease in the community are associated with recent antibiotic use, sharing contaminated items, active skin disease, and living in crowded settings. Outbreaks have occurred on sports teams, in jails or military units, camps and even hospital wards. Community associated MRSA infections are usually skin infections; however, severe illness can also occur.

## **Are staph and MRSA infections treatable?**

Yes, staph infections are treatable. Skin infections can usually be treated with oral antibiotics. MRSA infections are usually treatable, but they may be more difficult to treat. The doctor will have to get a laboratory test to tell the difference between MRSA and staph.

## **How are staph and MRSA spread?**

Staph and MRSA can spread among people by close physical contact. Spread may also occur by touching objects, such as towels, sheets, clothes, work-out areas and sports equipment contaminated by the skin of a person with MRSA or staph.

## **How can I prevent staph or MRSA infections?**

- Keep your hands clean by washing thoroughly with soap and water. Alcohol-based hand cleansers also help.
- Keep cuts and wounds clean and covered with a dressing until healed. Avoid contact with other peoples= wounds.
- Avoid sharing towels, clothing, sports equipment, deodorant, cosmetics and other personal items.
- Only take antibiotics if you really need them. Antibiotics do not work for a cold, the flu or other viral infections. When a doctor prescribes antibiotics, take them as directed.