

**2011 - 2012**



**Wrestling  
Officials  
Packet**

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## My Officials' Packet! Where is it?

1. Go to [www.wvssac.org](http://www.wvssac.org)
2. On the SSAC homepage look on the left side of the screen. Locate and click on the link Officials
3. Once the Officials page opens look for Officials Packets and click on the sport. Example: Football Officials Packet

## How Do I Login To The Officials' Management Page?

1. Login to the WVSSAC Website: [www.wvssac.org](http://www.wvssac.org)
2. Go to Admin Login (Located in the right-hand corner)
3. Go to Officials Login Click Here
4. Type in your Registration Number-Ex. AG1963 (No spaces, dashes or hyphens)
5. Type in your Password (Your password is your zip code for your initial/first time login)
6. Select Sport from the drop down box
7. Click on Continue
8. You will be prompted to change your password. Write it down and use it the next time you login to the SSAC website as an official
9. You will then be prompted to enter your e-mail address
10. You are now on the Officials Management Page

**NOTE:** Before you attempt to login to the Arbiter Hub (WV Central Hub Site) you must have completed the instructions listed above. **The upload to Arbiter Sports (WV Central Hub) is not instantaneous. After you have completed the instructions above, you must wait to be uploaded to the WV Central Hub Site.**

If you have more than one account (local board associations, other states, etc) with Arbiter Sports **YOU** must make sure the e-mail address and password you have entered in as an official for the WVSSAC is the same to prevent log in errors on the WV Central Hub site for your test.

## How to Log In to the WV Central Hub Site:

1. Login to the WVSSAC Website: [www.wvssac.org](http://www.wvssac.org)
2. Go to Admin Login (Located in the right-hand corner)
3. Go to Officials' Login Click Here
4. Type in your Registration Number Ex. AG1963 (No spaces, dashes or hyphens)
5. Type in your Password. (Use the password you created. Passwords are case sensitive)
6. Select Sport from the drop down box. Click on Continue
7. You are now on the Officials Management page for the WVSSAC
8. Then click on Arbiter Hub
9. Go to the Sign In Area (Located in the upper right-hand corner)
10. Enter your email address and password
11. Click Go (You will then be asked to choose which organization you want to sign into)
12. Choose Organization-WV Central Hub
13. Choose Account Type-Central Hub
14. Click on the Testing Tab
15. Look under Open Test
16. Find the appropriate test
17. Click on Take Test

**DO'S and DON'TS:**

**DO** read, follow and understand the instructions before you log in to the WVSSAC and/or WV Central Hub site on Arbiter Sports!

**DO** write down your password after you change it. They are case sensitive!

**DON'T PROCRASTINATE!**

**DON'T** use Auto Complete to remember passwords. All passwords are reset each year!

**DON'T** share your email address with other officials!

**REMEMBER:**

If you are having difficulty in logging into the WVSSAC site as an Official or the WV Central Hub site with Arbiter Sports please contact Roberta Newton or Alice Goodwin and have your instructions available.

**Part I Test Window**

Basketball-Wrestling-November 7, 2011 till November 21, 2011

Swim – October 10, 2011 till October 31, 2011

**Part II Test Window**

Basketball-Wrestling – November 28, 2011 till December 12, 2011

Swim – No Part II Test

**Deadline For Self Nomination Forms-Online**

Basketball – August 1, 2011 till December 30, 2011

Wrestling – August 1, 2011 till December 30, 2011

Swim – August 1, 2011 till February 1, 2012

**Deadline For Game Reports-Online**

Basketball-Wrestling – April 1, 2012

Swim – No Game Reports Due

**Note:** Failure to take Part I – Loss of 5 points on classification scale

Failure to take Part II – Suspension the following season

# WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



2875 Staunton Turnpike, Parkersburg, WV 26104-7219

TELEPHONE: 304-485-5494  
FAX NUMBER: 304-428-5431

E-MAIL: [wvssac@wvssac.org](mailto:wvssac@wvssac.org)  
WEB SITE: [www.wvssac.org](http://www.wvssac.org)



## BULLETIN

TO: WRESTLING OFFICIALS  
FROM: Ray Londeree, Assistant Executive Director  
DATE: August 1, 2011  
SUBJECT: 2011-12 Wrestling Season

### Enclosed you will find:

1. 2011-12 Rule Book - Case Book
2. (20) Officials Introductory Cards.
3. **Special Report Forms: Are required to be submitted on line at [WVSSAC.org](http://WVSSAC.org).**
4. 2012-13 Registration Form. To be **mailed** back to this office on or before **June 15, 2012**. Enclosed is a return verification card for your 0-1 Form. If you wish to know if we have received your Registration Form, return the verification card with postage when you send in your Registration Form by the June 15th deadline.
5. Wrestling rules clinic dates & locations.

### Important Reminders:

1. Part I Exam – Will be taken on Arbiter Web Site. See instructions in packet.
2. Part II Exam- Will be taken on Arbiter Web Site. See instructions in packet. The Part II Exam is required for all registered officials to be eligible for 2012-13 registration.
3. Attendance at a WVSSAC sponsored clinic is required for 2011-12 officiating. (Refer to Item L Additional Option for clinic attendance from the WVSSAC Official's Handbook). The Official's Handbook is found on our web site.
4. Class III officials may officiate varsity contests in wrestling.
5. All player or coach ejection's will be reported to the WVSSAC within 24 hours (MS-JV-HS). Use special report forms enclosed.

RL:rmn  
Enclosures

**2011-2012  
WRESTLING RULES CLINICS**

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>COORDINATOR</u>
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.***



# 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**
  - a. Four wrestlers will qualify for the State Tournament from each weight class of their respective region.
  - b. 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.
  - c. 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**
  - a. The WVSSAC office will select the State Tournament officials.
5. **Weigh-in**

Thursday	4:30 pm
Friday	9:30 am
Saturday	8:30 am
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:	1. Championship (AAA/AA-A)
	2. Runner-up (AAA/AA-A)
Individual:	1. Places I through 6 for each weight (each class)
	2. 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:

- |  |                           |
|--|---------------------------|
| <b>1st Session</b> - Thursday, February 23, 2012   | 6:30 PM (3-3/4 hr)        |
| (AA-A) AAA First Round Championship Bracket 8 Mats 264 Matches                             |                           |
| <b>2nd Session</b> - 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 |                           |
| <b>3rd Session</b> - 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.   |                           |
| <b>4th Session</b> - 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                              |                           |
| <b>5th Session</b> - 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
  - a. 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.
  - b. The Middle School/9th Grade weight management program is the same as previous years.
  - c. **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.**
  - d. 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

- a. 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



A - AA

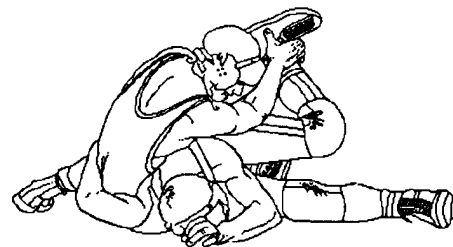
Pt. Pleasant High School

**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	_____
Total Enclosed	_____
	<b>TOTAL</b>
	_____
	_____
	<b>\$2.00</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 26104-7219



TELEPHONE: 304-485-5494  
FAX NUMBER: 304-428-5431

E-MAIL: [wvssac@wvssac.org](mailto:wvssac@wvssac.org)  
WEB SITE: [www.wvssac.org](http://www.wvssac.org)



## 2012-2013 Registration Form

Please Print Legibly

**\*\*Required Information**

**\*\*Registration Number:** \_\_\_\_\_

**\*\*Social Security Number:** \_\_\_\_\_

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

**\*\*Address:** \_\_\_\_\_

**\*\*City/State/Zip:** \_\_\_\_\_

**\*\*Home Phone:** \_\_\_\_\_ **\*\*Cell Phone:** \_\_\_\_\_

**E-Mail Address:** \_\_\_\_\_

**\*\*Select Sport: (Please complete one registration form per sport)**

_____ Football	\$42	_____ Volleyball	\$36
_____ Basketball	\$42	_____ Baseball	\$36
_____ Wrestling	\$42	_____ Softball	\$36
_____ Soccer	\$36	_____ Swim	\$32
_____ Track	\$32	_____ Tennis	No Charge

Inactive Registration: List Sport Here \_\_\_\_\_ \$10 Fee

Total Enclosed \$ \_\_\_\_\_ Check# \_\_\_\_\_

Make Check/Money Order Payable To: **WVSSAC** Registration fee is Non-Refundable.

Registration Form & Payment Are Due: June 15<sup>th</sup> of Each Year.

If Postmarked After June 15<sup>th</sup>, Please Include A \$25 Late Fee. This Includes Inactive Registrations As Well. Registrations will not be accepted after the Make-Up Clinic of the sport for which you are registering.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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## BULLETIN

### YEARLY REQUIREMENTS FOR REGISTERED OFFICIALS

1. **MUST BE A** CURRENTLY REGISTERED OFFICIAL AND **MUST BELONG** TO A LOCAL BOARD, IN ORDER TO OFFICIATE ANY SPORT. (NO OFFICIAL MAY OFFICIATE UNTIL REGISTRATION IS COMPLETE.
2. **MUST ATTEND** THE WVSSAC SPONSORED RULES CLINIC IN THE SPORT FOR WHICH HE/SHE IS REGISTERED. FAILURE TO ATTEND THE STATE CLINIC WILL CAUSE YOU TO FORFEIT REGISTRATION FEES AND SUSPEND YOU THE CURRENT SEASON IN THAT SPORT.
3. **ATTEND A MINIMUM** OF FOUR (4) LOCAL BOARD MEETINGS. FAILURE TO ATTEND THE MIMIMUM MEETINGS WILL RESULT IN SUSPENSION FOR THE NEXT FOLLOWING SEASON IN THAT SPORT.
4. **MUST TAKE NF PART I TEST ONLINE.**
5. **MUST TAKE THE NF PART II EXAM.** FAILURE TO TAKE THE PART II EXAM WILL RESULT IN SUSPENSION FOR THE FOLLOWING SEASON IN THAT SPORT.
6. **MUST SUBMIT** GAME REPORTS BY THE SPECIFIED DATES AS LISTED ON THE BACK OF THE GAME REPORTS, IN THE OFFICIALS HANDBOOK, AND IN YOUR SPORT BULLETIN.

**WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION  
OFFICIALS' HANDBOOK**

**Index**

**NOTE: It is the responsibility of every official to know the rules set forth by this office that are contained in the Officials' Handbook and to abide by those rules.**

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# WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



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## BULLETIN

TO: ALL OFFICIAL'S  
DATE: 2011-12 SPORT SEASON  
SUBJECT: INDIVIDUAL PRINT-OUT

Use this form when requesting your individual coaches ratings.

**NOTE: YOU MUST SUPPLY US WITH A SELF ADDRESSED STAMPED ENVELOPE TO RECEIVE YOUR END OF SEASON COACHES RATINGS.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

SPORT: \_\_\_\_\_

REGISTRATION NUMBER: \_\_\_\_\_

YEAR: 2011-12 SPORT SEASON

## (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.



**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 contacts 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**

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).



# 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

# WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



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## BULLETIN

**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!**