

2023.-2024



HIGH SCHOOL

WRESTLING

COACHES

PACKET

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TO: High School Wrestling Coaches
FROM: Dan Comer, Assistant Executive Director
DATE: October 2023-2024 Wrestling Season
SUBJECT:

Coaches Rule Books 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.

Coaches packets are online.

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.
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 varsity matches. You may use Class I, II, or III officials. (No inactive, suspended, or non-registered officials allowed)
4. Hair Rule:
If a wrestler chooses to wear a hair cover it must legally attach to the headgear as designed by the manufacturer per NFHS regulations.
5. Team and Participant Limit:
A wrestling team is limited to eighteen (18) weigh-ins per season, exclusive of the state duals qualifier and state duals tournament as well as the state regional and state tournament. Duals count as ½ weigh-in, and triangular and quadrangular matches count as one.
Middle School - Sixteen (16) weigh-ins.
6. Weight Certification: Refer to Weight Management Procedure and Assessment Form.
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, Neck, and Cervical Collar 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.
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, physician assistant or nurse practitioner 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.
15. 2023-24 Weigh-in procedures and times are on page 33.
16. Coaches Dress Code: It is strongly recommended that wrestling coaches dress in a professional manner during matches.
17. Coaches be sure your rosters are entered on the Trackwrestling system prior to assessors entering individual data.
18. Coaches need to enter each wrestler's weigh-ins in Trackwrestling after each competition.

2023-2024 WRESTLING RULES CLINICS

DATE	LOCATION	TIME	COORDINATOR
Oct. 8	Interpreters' Clinic WVSSAC	9:00 a.m.	Dan Comer
Oct. 8	WVSSAC	2:00 p.m.	Dan Comer
Oct. 10	Spring Mills H.S.	6:00 p.m.	Glenn Simpson
Oct. 11	Frankfort H.S.	6:00 p.m.	Jay Hesse
Oct 13	WVU Coliseum	5:00 p.m.	Kyle Bratke
Oct. 16	Woodrow Wilson H.S. Beckley	6:00 p.m.	Andrew Pinnick
Oct. 17	George Washington H.S.	6:00 p.m.	Jim Crawford
Oct. 23	Wheeling Park H.S.	6:00 p.m.	Chris Daugherty
Oct. 24	Robert C Byrd H.S.	6:00 p.m.	Eric Post
Oct. 25	Huntington H.S.	6:00 p.m.	Bruce Senior
Oct. 26	WVSSAC Office *Make-up Clinic	6:00 p.m.	Dan Comer

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.

2023-2024

WRESTLING ASSESSOR TRAINING

No Assessor Trainings are scheduled for 2023-2024.

Coaches should make sure they contact a certified assessor as soon as possible. If Assessor training is needed, email dan.comer@wvssac.org

2023-24 NFHSWRESTLING RULES CHANGES

1-4-3 SECTION 4 REPRESENTATION: ART. 3 . . .Exception: No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than ~~five~~ six matches (championship or consolation), excluding forfeits in any one day of ~~competition~~, ~~excluding forfeits in any one day of competition.~~ ~~Exception: No wrestler shall wrestle in more than six matches (championship or consolation) excluding forfeits in any one day of a tournament conducted by the state high school association for qualification to the state high school championships or the championships themselves.~~

Rationale: With the rule change to allow six matches in post-season events after experiments were conducted by state associations last year, and there was no reported increase of injuries. Allowing six matches during the regular season events is a normal progression and will be monitored throughout the season.

1-4-4 SECTION 4 REPRESENTATION:

ART. 4 . . . No contestants shall wrestle in two consecutive matches with less than a ~~45-minute~~ 30-minute rest between matches. The conclusion time of each match shall be recorded. **Rationale:** The sentiment is that the recovery time of 30-minutes is adequate rest between matches and is of the opinion that since there is no peer-reviewed data to suggest any additional risk for using a 30-minute rest/recovery time. This is a reasonable rule modification.

1-4-7 (NEW) SECTION 4 REPRESENTATION:

ART. 7 . . . No contestant shall wrestle in more than 10 matches in a two-consecutive day period.

Rationale: The rule to allow 6 matches in a day was more for meet management on one-day tournaments and is not to allow more matches in a season.

3-1-1 SECTION 1 REFEREE:

ART. 1 . . . The referee's uniform consists of a short sleeved knit shirt, with alternating black and white 1-inch stripes; or gray with black pinstripes, or an event provided shirt common to all referees at that event, full length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/ gym shoes ~~without colored highlights.~~ Shoes with white or gray trim are allowed. The referee shall be neatly attired and have other accessories, including a colored disk, a black lanyard and black whistle, red and green armbands, and a kit to conduct the random draw. The red armband shall be worn on the left wrist and the green armband on the right wrist.

Rationale: Allowing the referee's shoes to have trim gives them more options and opportunity to find more comfortable shoes and does not hinder the appearance of the official.

4-1-1 a, 4-1-1b SECTION 1 WRESTLERS' UNIFORM:

ART. 1 . . . A legal uniform consists of: a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet may be worn with full-length form-fitted tights ~~with stirrups~~. The one-piece singlet shall be school issued

NOTE: Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage.

Rationale: The tights worn by wrestlers today are compressed and form-fitting reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent. By removing the stirrups requirement wrestlers will not have to use tape at the ankles or wear long socks to hide the lack of stirrups while wearing full-length tights. b. compression shorts or shorts designed for

wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, button or pockets. A suitable undergarment, which completely covers the buttocks and groin area shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued. Compression shorts or shorts designed for wrestling may be worn with full-length form-fitted tights.

c. Remains the same.
Rationale: For consistency, either uniform style is available for full-length tight-fitting tights usage.

4-2-1 SECTION 2 WRESTLERS' APPEARANCE AND HEALTH: ART. 1 . . . Facial hair is permissible. Trimmed to a length so that the skin is visible for skin checks is allowed. Facial hair that does not allow for skin a check to be performed, as determined by the referee or a designated, on-site appropriate health care professional overseeing the skin checks, shall be immediately trimmed to within the guidelines. A wrestler may not compete until the facial hair is trimmed and the skin check is completed. Hair control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the wrestler or the opponent are allowed. A wrestler's hair may be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site. Wrestlers that do not meet the requirement shall wear a face mask. All legal hair covers and face masks will be considered as special equipment.

Rationale: It is important to be cognizant about skin disease and keeping all involved safe. If there are any questionable areas on or around the face, we would inquire with the wrestler about a physician's note or get input from the on-site approved health-care professional (AHCP) if one is present. If there is no on-site AHCP and no note, then we would deny the wrestler the opportunity to compete. The length of the facial hair does not have any influence on the referee's decision.

5-13, 10-2-4 and 10-2-5 SECTIONS 13 and 2 FORFEIT/MEDICAL FORFEIT:

It shall be considered a forfeit when the opponent, for any reason fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. It shall be considered a medical forfeit when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the Tournament Director.

Rationale: The term medical forfeit will better describe that the forfeit was due to injury or illness that occurred during the tournament. A medical forfeit would not count against the wrestler's record.

SECTION 2 ENTRIES

ART. 4 . . . In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default, ~~or~~ forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.

Rationale: By using a medical forfeit, it will clearly define that the wrestler was not able to report to the match due to injury or illness. Like regular forfeits the wrestler would not take a loss on their record.

ART. 5 . . . A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is deemed a medical forfeit because of an injury or illness which occurred during the tournament. Rationale: There is confusion when choosing an injury default versus a forfeit in tournament situations. Rule 5-7 defines a default when one of the competitors is unable to continue wrestling for any reason. Rule 5-13 defines a forfeit when the opponent, for any reason, fails to appear for a match. Using medical forfeit versus an injury default will better define when a wrestler shows a loss on their record. A default counts as a loss a forfeit does not.

5-15-2a SECTION 15 INBOUNDS:

Change: a. When down on the mat, the usual points of support are:

the knee(s)

the side of the thigh

the buttocks

the hand(s)

the head

foot/feet

Rationale: Feet are regularly supporting the wrestler's weight during the match while on the mat. We allow a wrestler's feet to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat it will create more clarity and consistency for the wrestlers, coaches and officials. No higher rates of injury will occur with this addition.

6-5-2 SECTION 5 END-OF-MATCH PROCEDURE:

ART. 2 . . . The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand or raise the color wristband of the winning wrestler on their (referee's) arm or have the winning wrestler raise their own arm. ~~wrestler's hand.~~

Rationale: Wrestling remains the only sport where it is required for the official to touch the student athlete as part of the post match/game procedure. There truly is no need for adult officials to contact the student athletes unless the health and safety of the athlete is in jeopardy. During the pandemic we adopted a number of protocols to help avoid the transmission of the disease, one of those was to no longer raise the hand of the wrestler, rather raise the color wristband of the wrestler who won, this was very successful and widely liked among officials. This is the end of match procedure would still indicate the winner and alleviate the requirement of the official from touching the athlete.

WVSSAC Weight Management Program

In compliance with the NFHS weight management program, the WVSSAC has restructured the weight management program for all high schools in the state. We will utilize the National Wrestling Coaches Association's (NWCA) On-Line Weight Management Program.

The primary purpose for this program is to insure the future and safety of scholastic wrestling programs in West Virginia. The program is designed to assist in avoiding harmful weight reduction practices.

Each wrestler will be screened by an assessor for hydration level of the body and body fat.

All wrestling coaches should incorporate a nutritional component on proper dieting and food-intake for daily consumption, which the new NWCA program will provide.

The weight assessment must take place from the Monday of week 20 to the Monday of week 31. All wrestlers must be assessed by a certified assessor prior to competing in a match. Any violation of the assessment procedure or weight management program during the season MUST be reported to the WVSSAC office.

Hydration Assessment

Specific gravity assessment of the urine will determine whether a candidate may participate in the skinfold measurement process. If the wrestler has a specific gravity level greater than 1.025g/ml, he/she may NOT be assessed for body fat composition. It is up to the assessor to determine the procedure for collecting urine samples and administering the urine specific-gravity test, utilizing current dated reagent strips. This will eliminate any falsification of results.

The proper sequence of the assessment procedure is (1) the urine test, (2) weigh the wrestler, (3) the Skinfold test. Keep in mind, if the wrestler fails the urine test, he/she must wait 24 hours to be retested. The wrestler can only be weighed and assessed for body fat composition upon passing the urine test.

Skinfold Assessment

Those meeting the specific hydration requirement will proceed to the area where they will be weighed and the skinfold assessment for body fat composition will be administered. The assessor should have total control of this area so that accurate readings are determined and properly recorded. Again, the wrestler must be allowed confidentially regarding his recorded information.

Calculations on NWCA website will determine each wrestler's Optimum Performance weight and at which weight class he or she can wrestle.

Appeal Process

An athlete has 14 days after the Alpha Master Recording Date to appeal his/her skinfold measurements or calculations one time only. At that point, it MUST be approved by the WVSSAC. If the appeal is accepted by the WVSSAC, the appellant must have a "hydrostatic weigh-in" at West Virginia University or Marshall University at his/her expense. The hydrostatic weigh-in determines the ultimate assessment standard for body fat percentage. Results obtained by this assessment are final. The athlete, family, school, or coach may NOT appeal further. The athlete or school is responsible for all costs associated with the appeal process.

A wrestler may compete during the appeal process, but no weight class lower than his initial assessment minimum weight class.

Minimum Wrestling Weight

After being assessed for the minimum wrestling weight, the first time an athlete can weigh-in at their minimum weight they must make base weight. They may not weigh-in at their minimum weight class until the date indicated by the Alpha Report. Once a wrestler has reached their alpha date from that point on the athlete must have 50% of their weigh-ins at the lowest weight class that they intend to wrestle at the regional tournament. **NOTE:** If a wrestler's alpha date is January 15th, from that point he/she must weigh-in 50% of their weigh-ins at the minimum weight. In other words, with the same January 15th alpha date, the wrestler cannot wait until the last weigh-in of the season before regionals or the day of regionals to make their alpha minimum weight, after the wrestler has weighed in the previous 10 weigh-ins at a higher weigh class on and after the alpha date.

The Assessors

The assessors will consist of professionals in the following areas: Registered Nurse, License Practical Nurse, MD, DO, CD, Advanced Registered Nurse Practitioner, Physical Therapists, Physicians Assistant, NATA or Certified Athletic Trainer, EMT, Paramedic, Exercise Physiologists, and Certified Dietician.

Assessors will demonstrate the highest professional and ethical conduct relative to performing assessments on our young wrestlers in West Virginia. Assessors must record assessment data on the NWCA website within 48 hours after performing the assessment for each team and retain individual raw data for two years.

WVSSAC certified and registered assessors are expected to conduct themselves in a manner such that there will be no question about their ethics and positive contribution to the participants in the sport of wrestling.

The School's Responsibility

It is the school's responsibility to contact an approved assessor(s). It is recommended that the school contact one assessor if 20 or less wrestlers are involved or two assessors if there are more than twenty wrestlers on the team. The school must have the following available at the time of the skinfold assessment:

1. An annually certified scale.
2. Skinfold data forms.
3. Two school officials (teacher, A.D., or school administrator) who will:
 - a. Assist with obtaining height and weight of each wrestler.
 - b. Assist with recording of data.
4. Urine Specimen Cups.
5. The charge for is mileage (.31 per mile) and five dollars for each wrestler assessed.
(Note: An assessor cannot charge the high school where he works.)

Miscellaneous Weight Management Matters

The following are matters which the coach must be well aware of during the season:

1. The two-pound allowance will be given after December 25th.
2. A transfer student may be assessed and compete only if he/she can meet the 12-day practice requirement. Note, if the wrestler was competing in wrestling at the school from where he/she was transferred, he/she has fulfilled the 12-day practice requirement.
3. All coaches must present the team Alpha Report at each competition.

4. If a wrestler is assessed with less than 7% Body Fat for males or less than 12% for females, but passed the urine hydration test, he/she must compete at the nearest higher weight class (e.g., If such a wrestler's assessment weight is 107 pounds, he/she must compete at the 113-pound weight class or higher.)
5. All weigh-ins MUST be held at the site and day of the competition unless authorized by the WVSSAC Office.
6. Any student that joins the team late (e.g., injury, sickness, eligibility, etc.) MUST be assessed by the Monday of week 31 and meet the 12-day practice requirement before being able to compete.

Concluding Remarks

All high school coaches will receive a detailed WVSSAC Weight Management document in the materials sent to them prior to wrestling season. It is imperative that each coach read this document very carefully for full understanding of the new WVSSAC Weight Management Program.

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WVSSAC WEIGHT MANAGEMENT PROGRAM FOR WRESTLER ASSESSMENT

The primary purpose for this program is to insure the future and safety of scholastic wrestling programs in West Virginia. The program is designed to assist in avoiding harmful weight reduction practices.

Components

The program consists of two components:

1. The nutrition education handout for Coaches (Appendix A) and the NWCA On-Line nutrition program.
2. The in-service training for Assessors

Nutrition Education Program

All wrestling coaches should incorporate a nutritional component on proper dieting and food-intake for Daily Consumption.

The In-service Training for Assessor Candidates

This training program for assessors will be offered to professionals in the following areas: Registered Nurse, License Practical Nurse, MD, DO, DC, Advanced Registered Nurse Practitioner, Physical Therapists, Physicians Assistant, NATA or State Certified Athletic Trainer, EMT, Paramedic, Exercise Physiologist, and Certified Dietician.

Trained Assessors will be expected to demonstrate the highest professional and ethical conduct relative to performing assessments on our young wrestlers in West Virginia. WVSSAC registered assessors are expected to conduct themselves in a manner such that there will be no question about their ethics and positive contribution to the participants in the sport of wrestling.

BODY COMPOSITION

The human body can be represented as composed of at least two components:

1. Lean Body Mass (LBM) – the muscle and bone mass predicted to be in the body.
2. Body Fat (BF) – essential and non-essential fat storage predicted to be in the body.

Prediction of Body Composition

Below is a brief description of the two techniques to be used by the WVSSAC:

1. **Skinfold Assessment (SFA):** SFA is based on the relationship between subcutaneous fat and its inverse relationship to body density. After passing the hydration specific gravity component, the subject is measured at a predetermined site to assess the thickness of the skin and the subcutaneous fat deposition. Males must have no less than 7% body fat and females must have no less than 12% body fat.
2. **Hydrostatic Weighing (HSW):** HSW involves the submersion of an Individual to determine the subject's under water weight which is used along with the weight on land to calculate the body density. It utilizes the concept that muscle mass and fat mass have specific known densities relative to water.

Note: At this initial stage of the WVSSAC Weight Management Program, the Tanita TBF – 300WA Scale to determine body fat will NOT be utilized. However, for future discussion, Appendix B describes the use of the scale.

Skinfold Assessment Terminology

The use of skinfold assessment in the process of determination of body composition requires the following standardization of terminology:

1. **Total Body Weight (TBW)** – weight of the body on a certified, calibrated scale.
2. **Body Density (BD)** – the mass of the body per unit of volume. (Note: The fat free component is assumed to have a density of 1.100gm/cm³. The mass of fat is considered to be about .90 gm/cm³.)
3. **Percent Body Fat (%BF)** – the proportion of total body weight that is fat weight and expressed as a percentage: $\%BF = (TBW - LBM) / (TBW) \times 100$.
4. **Lean Body Mass (LBM)** – the weight of the lean tissue of the body such as muscle, bone, and blood. The weight of the body without fat weight: $LBM = TBW - FW$.
5. **Fat Weight (FW)** – the weight of the fat tissue of the body: $FW = TBW \times \%BF$.
6. **Minimum Wrestling Weight (MWW)** – the lowest weight class at which a wrestler may compete, determined to be no lower than 7 % body fat for males and no lower than 12 % body fat for females in WVSSAC Wrestling Weight Monitoring Program.

Note: There will be a variance of 2 % of lowest weight determined by the Optimum Performance Calculator regarding body fat.

WVSSAC Skinfold Assessment Program

A key to the success of the WVSSAC assessment program is the ability to standardize the assessment procedures and the calculations to determine minimal weight.

Standard Instrumentation

1. The Lange Skinfold Caliper is the only accepted instrument for body fat assessment. Tape measure for site location, especially during training and practice for site identification.
2. Felt pen (preferably washable ink) for site identification.
3. Certified/calibrated scale to determine total body weight (TBW) at same time as skinfold assessment.

Site Selection and Identification

The subject should be standing in an anatomical position with the skin for potential skinfold sites exposed. All measurements are obtained on the right side of the body. Triceps, Subscapular, Abdominals will be measured for males. Tricep and Subscapular for females. The definitions are as follows:

Triceps – Measured vertically in the midline of the posterior aspect of the upper arm, over the triceps muscle, midway between the lateral acromion process of the scapula and the inferior margin of the olecranon process of the ulna. Elbow is flexed to identify the landmarks but extended and relaxed to elevate skinfold.

Subscapular – Measured on a diagonal axis, left shoulder to right hip, one centimeter below the inferior angle of the scapula. The site is angled infero-laterally about 45-degrees in the natural cleavage line of the skin. It may be necessary to have the subject place their arm behind the back to make the anatomical features more prominent. The arm is returned to the relaxed anatomical position for the measurement procedure.

Abdominals – Measured vertically, the site is located 3 centimeters lateral to the midpoint of the umbilicus and 1 cm inferior to the umbilicus. The subject must stand erect with weight on both feet, relax the abdominal wall musculature and breathe normally during the assessment procedure.

Reference: *“Anthropometric Standardization Reference Manual”* (HK)

Standardized Assessment Procedure

In an attempt to insure valid and reliable assessment of skinfold widths following general measurement techniques should be employed. These techniques are general in that they are applied to all skinfold site assessments. The subject's skin should be dry. Measurements should not be taken immediately after a workout or when the subject is overheated. This may be an ever present problem because some of the wrestlers may be attempting to take part in rapid weight reduction through exercise just prior to the assessment. This should not be allowed! In addition, the process requires that each wrestler to pass a urine test for hydration prior to the skinfold assessment.

There is no substitute for practice and experience as an assessor. Quality in-service participation is a must. In doing so, one must:

1. Palpate the sites to familiarize both assessor and subject with the area to be measured.
2. Elevate the double fold of skin and the subcutaneous fat with the thumb and index finger of the left hand 1 cm above or adjacent to the measurement site.
3. Become familiar with the width of the thumb and index finger as well as the perpendicular approach to site assessment prior to the elevation of each specific skinfold site.
4. The fold should be lifted in such a manner as to have two parallel sides.
5. The long axis should be parallel to the natural cleavage lines of the skin.
6. Measure with caliper in right hand with scale in a position to avoid parallax error.
7. Measure midway between the body surface and the bulbous crest of the skinfold.
8. Caliper jaws are placed to measure the thickness of the skinfold perpendicular to its long axis.
9. Caliper pad measurement surface should be in contact with the skinfold for 2 to 4 seconds.
10. Record to the nearest .5 mm and obtain (through rotation of sites) three measures with no more than a .5 mm difference.
11. Record three measures for each site for males (3 sites) and females (2 sites).

WVSSAC Assessment Procedures

Time Period for Measurement

The weight assessment must take place from the Monday of week 20 to the Monday of week 31. All wrestlers must be assessed prior to competing interscholastically.

Note: Any violation of the assessment procedure or weight management program during the season MUST be reported to the WVSSAC office.

The School's Responsibility

It is the school's responsibility to contact an approved assessor(s). It is recommended that the school contact one assessor if 20 or less wrestlers are involved or two assessors if there are more than twenty wrestlers on the team. The school must have the following available at the time of the skinfold assessment:

1. An annually certified scale.
2. Skinfold data forms (or inform the assessor to bring them – Appendix C).
3. Two school officials (teacher, A.D., administrator) who will:
 - a. Assist with obtaining height and weight of each wrestler.
 - b. Assist with recording of data.
4. Urine Specimen Cups.
5. The charge for is mileage (.31 per mile) and five dollars for each wrestler assessed.
(Note: An assessor can not charge the high school where he works.)

Hydration Requirement

Specific gravity assessment of the urine will determine whether a candidate may participate in the skinfold measurement process. If the wrestler has a specific gravity level greater than 1.025g/ml, he/she may NOT be assessed for body fat composition. It is up to the assessor to determine the procedure for collecting urine samples and administering the urine specific-gravity test, utilizing current dated reagent strips. This will eliminate any falsification of results.

In practice, the wrestler must partially fill the cup with urine. (He/she must be allowed privacy during this procedure.) A reagent strip will be immersed in the urine, pulled out, and read horizontally to determine the specific gravity of the specimen. As previously noted, if the wrestler passes the specific gravity test, he/she may then be evaluated for body fat composition. If the wrestler fails the specific gravity test, he/she must wait 24 hours to be retested for specific gravity and can only be assessed for body fat composition upon passing the urine specific gravity test.

The proper sequence of the assessment procedure is (1) the urine test, (2) weight the wrestler, (3) the Skinfold test. Keep in mind, if the wrestler fails the urine test, he/she must wait 24 hours to be retested. The wrestler can only be weighed and assessed for body fat composition upon passing the urine test.

Skinfold Assessment

Those meeting the specific hydration requirement will proceed to the area where they will be weighed and the skinfold assessment for body fat composition will be administered. The assessor should have total control of this area so that accurate readings are determined and properly recorded. Again, the wrestler must be allowed confidentiality regarding his recorded information.

The following are points of emphasis:

1. Measure each site (right side) and record in the boxes of the data form for each wrestler (Appendix C).
 - a. Rotate through each site and record values.
 - b. Record three measurements to the nearest .5 mm for each site (3 for males and 2 for females).
 - c. Only the Assessor shall fill in the data sheet for errors and omissions after all subjects have been evaluated.
 - d. Incomplete data will result in return of all data forms for the team.
2. Check form to be certain it is complete and accurate.
3. Take forms with you and submit data into the Optimum Performance calculator.
4. Calculations on NWCA website will determine each wrestler's Optimum Performance weight.

Appeal Process

An athlete has 14 days after the Alpha Master Recording Date to appeal his/her skinfold measurements or calculations one time only. At that point, it MUST be approved by the WVSSAC.

If the appeal is accepted by the WVSSAC, the appellant must have a "hydrostatic weigh-in" at West Virginia University or Marshall University at his/her expense. The hydrostatic weigh-in determines the ultimate assessment standard for body fat percentage. Results obtained by this assessment are final. The athlete, family, school, or coach may NOT appeal further. The athlete or school is responsible for all costs associated with the appeal process.

A wrestler may compete during the appeal process, but no weight class lower than his initial assessment minimum weight class.

Revision of Minimum Wrestling Weight

After being assessed for the minimum wrestling weight, the first time an athlete can weigh-in at their minimum weight they must make base weight. They may not weigh-in at their minimum weight class until the date indicated by the Alpha Report. Once a wrestler has reached their alpha date from that point on the athlete must have 50% of their weigh-ins at the lowest weight class that they intend to wrestle at the regional tournament. NOTE: If a wrestler's alpha date is January 15th, from that point he/she must weigh-in 50% of their weigh-ins at the minimum weight. In other words, with the same January 15th alpha date, the wrestler cannot wait until the last weigh-in of the season before regionals or the day of regionals to make their alpha minimum weight, after the wrestler has weighed in the previous 10 weigh-ins at a higher weigh class on and after the alpha date.

Miscellaneous Weight Management Matters

1. The 2-pound allowance will be given after December 25th. Wrestler must weigh in and wrestle at minimum weight before receiving 2-pound allowance.
2. A transfer student may be assessed and compete only if he/she can meet the 12-day practice requirement. Note, if the wrestler was competing in wrestling at the school from where he/she was transferred, he/she has fulfilled the 12-day practice requirement.
3. All coaches must present the team Alpha Report at each competition.
4. If a wrestler is assessed with less than 7% Body Fat for males or less than 12% for females, but passed the urine hydration test, he/she must compete at the nearest higher weight class (e.g., If such a wrestler's assessment weight is 107 pounds, he/she must compete at the 113-pound weight class or higher.)
5. All weigh-ins **MUST** be held at the site and day of the competition.
6. Any student that joins the team late (e.g., injury, sickness, eligibility, etc.) **MUST** be assessed by the Monday of week 31 and meet the 12-day practice requirement before being able to compete.

WVSSAC Assessor Candidate Application Form

Name: _____

Address: _____

Affiliation (School) _____

Phone Numbers: Home: _____

Business: _____

Cell: _____

E-Mail: _____

Educational Level / Degree: _____

Present Position: _____

Note: To be eligible you must be a Registered Nurse, License Practical Nurse, MD, DO, DC, Advanced Registered Nurse Practitioner, Physical Therapists, Physicians Assistant, NATA/State Certified Athletic Trainer, EMT, Paramedic, Exercise Physiologist, and Certified Dietician. Assessors cannot be a paid or volunteer wrestling coach at any WVSSAC participating school.

NFHS MEDICAL RELEASE FORM

FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee (SMAC) conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another wrestler. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS SMAC presumes to dictate to professionals how to practice medicine. Nor is the information on this form meant to establish a standard of care. The NFHS SMAC does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also believes that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and appropriate health-care professionals that led to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among appropriate health-care professionals who are signing "return to competition forms". Consistent use of these guidelines should reduce the likelihood wrestlers catching a skin disease from participation and suffering from inequalities as to who can or cannot participate.
4. Provide a basis to support appropriate health-care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health-care professional who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Each state association needs to determine which appropriate health-care professional can sign off on this form.
2. Inclusion of the applicable NFHS wrestling rule so appropriate health-care professionals will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should mitigate the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
4. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health-care professional.
5. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
6. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired, and can be edited in anyway for use by various individuals or organizations. It may also be modified and used for sports other than wrestling. In addition, the NFHS SMAC would welcome comments for inclusion in future versions, as this form will be reviewed yearly, and modified as needed.

Revised/Approved by NFHS SMAC - April 2018

National Federation of State High School Associations
Sports Medicine Advisory Committee
MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____ Date of Exam: ____/____/____

Diagnosis _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s)

Medication(s) Used to Treat Lesion(s):

Date Treatment Started: __/__/__ Time: _____

Form Expiration Date for this Lesion (Note on Diagram(s)): ____/____/____

Earliest Date the Wrestler May Return to Participation: ____/____/____

Provider Signature _____ Office Phone #: _____

Provider Name (Must Be Legible) _____

Office Address _____

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for 72 hours is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 72 hours. For a (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment before return to wrestling should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm on scalp or skin): Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: Upon treatment with curettage and hyfrecator, may cover with bioocclusive and wrestle immediately.

Note to Appropriate Health-Care Professionals: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

“ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”

“ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition.”

"ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is considered non-contagious, it may be covered to allow participation.

DISCLAIMER: *The National Federation of State High School Associations (NFHS) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.*

Revised/Approved by NFHS SMAC - April 2018

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.

TO: Wrestling Coaches and Wrestling Officials
FROM: Dan Comer, Assistant Executive Director
DATE: October 2023
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 participants must be a primary concern.

Please review your copy of Dr. B.J. Anderson *The Mat Doc Skin Infection Pocket Reference*. This reference guide helps wrestling personnel evaluate skin infections. Please go to www.thematdoc.com if you need a replacement copy.

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.

ATTENTION:

The mandatory WVSSAC Herpes Reporting Form is located on the WVSSAC website under Forms/Download Farms. A school is required to submit the form and verify that they have informed any school that they have competed against in the previous 8 days prior to diagnosis.

When in doubt, sit them out!

WVSSAC Herpes Reporting Form

One or more members of the Middle/High School wrestling team has been diagnosed with herpes simplex. Date of diagnosis.

Please Note:

1. List all the teams that you have competed against within the 8 days prior to diagnosis.
2. You must provide verification that you have notified all schools your athletes have had contact with during this time period.
3. This form must be on file in the WVSSAC office within 2 working days of the diagnosis.

Questions, please contact the WVSSAC office (304) 485-5494.

Date	School	Tournament	Date of Communication	Date of Verification	Select form of Verification	Name of Contact
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	
					<input type="checkbox"/> Email <input type="checkbox"/> Telephone	

Principal Signature

**WVSSAC State Wrestling Tournament
Ticket Information**

Passes Issued for The State Tournament:

1-5 wrestlers - 2 Coaches Passes

6 or more wrestlers - 3 Coaches Passes

Each coach must be present and show his WVSSAC coaching card to receive their state tournament pass. Team doctors, trainers, video personnel and Mat Girls may purchase a pass at the back door. **Please do not ask for additional passes.**

School _____ Date _____

Administrator _____ Title _____

Signature

State Wrestling Tournament Coaches Passes Requested

Coaches Names

Extra Coaches (\$45.00 each)

Extra Student (\$35.00)

_____	_____
_____	_____
_____	_____

Make check payable to Huntington High School and mail to:

William Archer
510 9th Avenue
Huntington, WV 25701

(Must be mailed before February 1st.)

WVSSAC
Regional Wrestling
Championships 2023-2024
Seeding Criteria

1. Head to Head
2. Common Opponent
3. Previous Season High School State Placer (Higher Place gets Higher Seed)
4. One season removed from previous season High School State Placer (Higher Place gets Higher Seed)
5. Previous Season Regional Champion
6. Current Season Varsity Win Percentage to Date (*Must have 10 Matches Minimum*)
7. Previous Season High school State Qualifier
8. High School State Qualifier one season removed from previous season
9. If tied and the wrestlers competed head-to-head, most recent win gets Higher seed

PAIRINGS FOR STATE WRESTLING TOURNAMENT

The following will be the three choices to be used to draw the brackets for the state Wrestling Tournament. This will not be done until regional results have been reported. The coaches committee will rank the top two wrestlers in each weight class using the regional seeding criteria. Three pills will be drawn. Any conflicts with the 1 and 2 rankings will be resolved by going to the next order of the pill that was drawn in that weight class.

key: C – Champion	R – Runner-up	T – Third	F – Fourth	1, 2, 3, 4 – Region
PILL 1				
Weight Class [106, 126, 144,165, 215]	Weight Class [113, 132, 150, 175, 285.]	Weight Class [120 138, 157, 190]	Weight Class [106, 126, 144,165, 215]	Weight Class [113, 132, 150, 175, 285.]
C - 1	C - 1	C - 1	C - 1	C - 1
F - 2	F - 4	F - 4	F - 2	F - 3
R - 3	R - 2	R - 2	R - 3	R - 4
T - 4	T - 3	T - 3	T - 4	T - 2
C - 2	C - 4	C - 4	C - 2	C - 3
F - 1	F - 1	F - 1	F - 1	F - 1
R - 4	R - 3	R - 3	R - 4	R - 2
T - 3	T - 2	T - 2	T - 3	T - 4
C - 3	C - 2	C - 2	C - 3	C - 4
F - 4	F - 3	F - 3	F - 4	F - 2
R - 1	R - 1	R - 1	R - 1	R - 1
T - 2	T - 4	T - 4	T - 2	T - 3
C - 4	C - 3	C - 3	C - 4	C - 2
F - 3	F - 2	F - 2	F - 3	F - 4
R - 2	R - 4	R - 4	R - 2	R - 3
T - 1	T - 1	T - 1	T - 1	T - 1
PILL 2				
Weight Class [106, 126, 144,165, 215]	Weight Class [113, 132, 150, 175, 285]	Weight Class [120 138, 157, 190]	Weight Class [106, 126, 144,165, 215]	Weight Class [113, 132, 150, 175, 285]
C - 1	C - 1	C - 1	C - 1	C - 1
F - 4	F - 3	F - 3	F - 4	F - 2
R - 2	R - 4	R - 4	R - 2	R - 3
T - 3	T - 2	T - 2	T - 3	T - 4
C - 4	C - 3	C - 3	C - 4	C - 2
F - 1	F - 1	F - 1	F - 1	F - 1
R - 3	R - 2	R - 2	R - 3	R - 4
T - 2	T - 4	T - 4	T - 2	T - 3
C - 2	C - 4	C - 4	C - 2	C - 3
F - 3	F - 2	F - 2	F - 3	F - 4
R - 1	R - 1	R - 1	R - 1	R - 1
T - 4	T - 3	T - 3	T - 4	T - 2
C - 3	C - 2	C - 2	C - 3	C - 4
F - 2	F - 4	F - 4	F - 2	F - 3
R - 4	R - 3	R - 3	R - 4	R - 2
T - 1	T - 1	T - 1	T - 1	T - 1
PILL 3				
Weight Class [106, 126, 144,165, 215]	Weight Class [113, 132, 150, 175,285.]	Weight Class [120 138, 157, 190]	Weight Class [106, 126, 144,165, 215]	Weight Class [113, 132, 150, 175,285.]
C - 1	C - 1	C - 1	C - 1	C - 1
F - 3	F - 2	F - 2	F - 3	F - 4
R - 4	R - 3	R - 3	R - 4	R - 2
T - 2	T - 4	T - 4	T - 2	T - 3
C - 3	C - 2	C - 2	C - 3	C - 4
F - 1	F - 1	F - 1	F - 1	F - 1
R - 2	R - 4	R - 4	R - 2	R - 3
T - 4	T - 3	T - 3	T - 4	T - 2
C - 4	C - 3	C - 3	C - 4	C - 2
F - 2	F - 4	F - 4	F - 2	F - 3
R - 1	R - 1	R - 1	R - 1	R - 1
T - 3	T - 2	T - 2	T - 3	T - 4
C - 2	C - 4	C - 4	C - 2	C - 3
F - 4	F - 3	F - 3	F - 4	F - 2
R - 3	R - 2	R - 2	R - 3	R - 4
T - 1	T - 1	T - 1	T - 1	T - 1

STATE CHAMPIONSHIP PROGRAMS

GOAL: *To provide a quality program for all championship events*
WHAT: *State Wrestling Program*

DEADLINE: Monday, February 20, 2024 at 1:00 pm

Login as the School Administrator (www.wvssac.org) and Update the Information Below:

1. Update the Eligibility Certificates Online
2. Update Your School Information/Head Coaching Information/Roster Information
3. Update your Wrestling Schedule Online
4. **Remember what you enter online is what will be printed in the championship program, so please make sure you have reviewed this information for accuracy. This will be the school's responsibility.**

Items that need to be emailed by to anna.brown@wvssac.org the deadline listed above:

1. Team Picture
2. Head Coach's Picture
3. Team Page Sponsor (*Team Page Sponsor refers to the person/s or business/organization that is going to pay for the team page. Example: a local business, booster club etc.*) If no sponsor is provided the school will be listed and invoiced for the team page
4. Ad-The Ad is about the size of a business card
5. Team Page-Cost - \$125.00-Make Checks Payable to WVSSAC and Mail to Address Below

Submit all the required information before **1:00 pm on Monday, February 20, 2024**

Late submissions will not be included in the program!

Mail payment Attn: Anna Brown
and a copy of the WVSSAC
Invoice to: 2875 Staunton Turnpike
 Parkersburg, WV 26104
 Phone (304) 485-5494
 Email: anna.brown@wvssac.org

COACHING REMINDERS

Practice: Team members must have 12 practices on 12 separate days - 5 days sports specific if participating in another sport during the same sports season. A student must have 5 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. (Must be on or after May 1st.)

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 that exceeds \$100.00 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.*

This is not a comprehensive listing.

§127-2-13. Practice.

13.1. Only students enrolled and eligible to be listed on the eligibility certificate for that sport in the specific member school are allowed to participate in that school's practices. Exceptions - Rules 127-2-3.2, 127-2-3.5 and 127-2-13.6. (Revised 2012-13)

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.a. on 5 SEPARATE days before participating in an interscholastic scrimmage.

13.4.b. on 12 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.

13.4.c A student athlete who is absent from practice with their team for non-medical reasons, not under a doctor care, for more than fourteen consecutive days must have the required (12) separate practice days before resuming participation in a contest. Students participating in football must follow the practice progression as set forth in Rule 127-3-23. (revised 2011-12)

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 12 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 five separate days of sport specific practice in the second sport.

13.8. Students participating in a sport(s) in one season must have practiced 12 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 five 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.a. 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.b. 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.c. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. The coach, student, or bench personnel ejected by an official will also be suspended in additional contest(s): the suspension will be assessed based upon ten (10) percent of the allowed regular season contests or post season progression in a playoff tournament 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 an individual is 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. In accordance with rule 127-3-15.3, an individual ejected by an official may not appeal that ejection, or any subsequent suspension that is a consequence of the ejection by an official.

3.7.c.1. 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.

3.7.c.2. 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.

3.7.c.3. 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.d. 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.e. 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.f. 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.g. 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.a. *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.b. *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.c. *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.d. *Fine.* A fine may be levied by the Executive Director.

3.9.e. Each of these sanctions (Warning, Probation, suspension and Fine) may be imposed or levied separately, or in a combination of one or more sanctions.

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. However, disciplinary action imposed by an official, including disciplinary action that is a consequence of a decision by an official, such as a suspension for an additional game or games as a consequence of an ejection, is governed by rule 127-3-15.3 and is not subject to appeal.

3.11 *Review of Ejections*. Disciplinary action imposed by a contest official, including disciplinary action that results in a suspension for an additional game or games as a consequence of an ejection, is not subject to appeal pursuant to Rule §127-6. However, if the individual ejected believes the ejection was improper, he/she may request a review of the ejection by his/her principal. If the principal believes there is merit in the requested review, the principal shall complete and submit the WVSSAC Ejection Review Form within 24 hours or the next business day of the ejection to the Executive Director of the WVSSAC. If a review is properly requested, the WVSSAC will review the officials' special report, the WVSSAC Ejection Review Form, and such other information as the WVSSAC deems appropriate. Upon review, the WVSSAC Executive Director or the designated Assistant Director will either sustain the ejection and any consequent suspension(s), or will determine the ejection was improper and void any consequent suspension(s). A decision by the WVSSAC upon reviewing an ejection is not subject to appeal pursuant to Rule §127-6.

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

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.

2023-24 WEST VIRGINIA STATE TOURNAMENT WEIGH-IN PROCEDURE

1. Wrestlers may check their weight up to 20 minutes prior to the official weigh-ins starting each day. Coaches should tell all wrestlers to try to use the restroom prior to skin checks starting.
2. All wrestlers must be present in the designated skin check/weigh-in area at the start of the skin check/weigh-in period each day:

Weigh-ins will start promptly at the designated times below. Wrestlers will be lined up on the mats according to their weight and by school classification. A runner will take four weight classes to the weigh-in/skin check rooms at a time. All weigh-ins and skin checks will be conducted using NFHS procedures. Wrestlers with a current communicable skin disease form must present it to the official performing skin checks. Any wrestler suspected of being contagious with or without a form will immediately be examined by the on-site physician(s) prior to being permitted to weigh-in.

Weigh-In Schedule	Skin Check & Weigh-Ins
Thursday	4:30 pm
Friday	9:30 am
Saturday	8:30 am

Note: Weigh-ins will start with the 106 pound weight class and continue until the last 285 pound wrestler has weighed in. If a wrestler is not present for his/her weight class weigh-in, he/she will be disqualified from the state tournament. The state tournament committee will make the final decision on any unusual weigh-in situations that may arise.

3. All wrestlers will remain in the skin check area until they are moved to the weigh in area. Once the skin check process starts for each classification all weight loss/gain methods shall cease.
4. Any wrestler that does not pass skin checks will not be permitted to weigh-in.
5. Weigh-ins will start with the 106 pound weight class and continue through the 285 pound weight class.
6. If a wrestler is overweight he/she will immediately step off and right back on the same scale. Should the wrestler still be overweight he/she may try each available scale in the weigh-in area ONCE. Should a wrestler remain overweight he/she will be disqualified from the tournament.
7. Once each weigh class finishes weighing in and the next consecutive weight class starts no wrestler from the previous weight class(es) will be allowed to weigh in thus disqualifying any wrestler that did not weigh in with his/her weight class.
8. After the last 285 pound wrestler has weighed in for each classification weigh-ins will officially be closed.
9. Should extenuating circumstances arise the state wrestling tournament committee will have the final decision. Shall a team be granted permission to weigh-in each wrestler may attempt to make weight O