



2021-2022

WRESTLING

BULLETIN

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Review: CHSAA By-Laws do not allow for Administrators to review or hear appeals related to official's rulings, judgment calls, or

NO VIDEO REVIEW WILL BE CONDUCTED misapplication of rules.

Please note: By playing rule and By-Law, all results are considered final at the conclusion of the contest unless otherwise noted in NFHS playing rules for that sport.

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All information in this Bulletin are subject to Change at the discretion of the CHSAA office

2021-2022
CHSAA WRESTLING ADVISORY COMMITTEE

Travis Stinar, Platte Valley, Chair (1st term, 2023)
Lamont Adair, Eaglecrest (2022)
Susan Gerhart, Skyview (2022)
Jon Hoerl, Durango (2022)
Pat DeCamilis, Silver Creek (2023)
Blue Anderson, Air Academy (2023)
Matt Brown, Wray (2023)
Sandra George, Chatfield (2024)
CJ Cannell, Cedaredge (2024)
Tom LaFramboise, Eagle Valley (2024)
Jeff Buck, Cherokee Trail (2024)
Rick Jacoby, Bennett (2024)

2021-2022
CHSAA WRESTLING ADVISORY COMMITTEE MEETING
February 24, 2022

If you have suggestions, comments or concerns, they can be expressed by writing to committee Chairman, Travis Stinar (Platte Valley High School), committee members or by writing to Adam Bright, Assistant Commissioner (Abright@chsaa.org). This is an open meeting, guests are welcome to attend.



The CHSAA Sports Medicine Advisory Committee’s mission is to provide information, vision and guidance to the CHSAA while emphasizing the health, and safety of students participating in interscholastic sports and activities. For more information about the Sports Medicine Advisory Committee, [click here](#).

CHSAA Emergency Action Plan-

Every member school is required to create a venue-specific Emergency Action Plan (VEAP) for each site that the member school practices and hosts athletic contest. *[\(Please use this template that has been created for consistency\).](#)*

MAJOR BYLAW CHANGES 2021-2022

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Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws when errors are found. The most updated document can be found at [CHSAANOW.com](https://chsaa.org), then clicking on CHSAA.org, Member School Info + Tools, then Bylaws.

November 1, 2021

TO: Athletic Directors and Coaches of Schools Participating in Wrestling

FROM: Adam Bright, CHSAA Assistant Commissioner

RE: State High School Wrestling Season

I look forward to working with the Wrestling Program and coaches this upcoming season. Your dedication and attention to your programs serve as a role model for many of our other programs. Wrestling continues to improve in Colorado. First off, thank you for working thru what was an unprecedented season last year in maneuvering through all of the precautions put in place and thrust upon us. I look forward to a return to a season that more closely resembles normalcy this year.

It is important for you to re-familiarize yourself with the policies and procedures required to conduct this sport. Please take the time to thoroughly review this bulletin so you are aware of any changes made in the past year, as well as becoming familiar with Trackwrestling and the OPC so that your team meets all requirements when it comes to weight management and weigh-ins.

With a full season of competition, this should be a great year as we move towards a championship that will have all five classes together.

Thanks for all you do to make this sport an enjoyable and valuable experience for the kids and their fans. Please do not hesitate to contact this office if you have questions or require clarification of wrestling issues.

See you on the mat,



Adam Bright
Assistant Commissioner
Colorado High School Activities Association

INTRODUCTION

The following information provides an overall orientation to the 2021-2022 wrestling season. Coaches and athletic directors, however, should note that this preview serves as a supplement to the official CHSAA Handbook. Coaches are urged to review this bulletin and the CHSAA Handbook and confer with their athletic director and principal **in advance of the start of practice** to ensure there is a clear understanding of all eligibility, practice, scrimmage and playing rules.

Although some brief state tournament information is included, more detailed data will be forwarded to your school administration prior to the close of the regular season.

We cannot emphasize enough the importance of schools and coaches carefully reviewing all wrestling rules, especially those dealing with the safety of the athlete. All rules pertaining to weight classification are of particular significance. Failure to warn athletes of potential dangers in not participating properly or the proper way in which to care for equipment, could lead to serious consequences to coaches and schools.

BE CERTAIN THAT YOU HAVE ON FILE A PARENT/PHYSICIAN PHYSICAL FORM (within 356 days) FOR EACH WRESTLER BEFORE YOU ALLOW THE WRESTLER TO PRACTICE.

FURTHER, MAKE SURE EACH WRESTLER HAS A WEIGHT CERTIFICATION SHEET ON FILE WITH THE SCHOOL AND CHSAA BY PRIOR TO THEIR 1st CONTEST.

Additional questions and interpretations may be obtained from the CHSAA office (303-344-5050) through Adam Bright, Assistant Commissioner the administrator responsible for wrestling (ABright@chsaa.org). We encourage the principal or athletic director to contact the CHSAA office with questions concerning eligibility. Inquiries about match situations or rules specifically applying to wrestling should be made by the coach.

Good luck with your season. Thanks for your input, support and cooperation!

INFORMATION ITEMS:

- A. By 9:00 p.m. on Thursday night (2/10/2021), regional site directors will release a list of all seeded wrestlers by weight class to the coaches for review of accuracy and to request necessary changes prior to Friday's weigh-ins.
- B. Weight assessments may be performed beginning Monday, November 1, 2021. All wrestlers must have a completed weight assessment prior to competition.
- C. Dress Code: During the regional and state tournaments coaches are required to wear full length pants (khaki's preferred), a collared shirt or a school issued shirt with school name or logo (collar preferred) and athletic shoes or dress shoes. All apparel must be in good repair. No hats, shorts or flip-flops are permitted.
- D. Note that officials will not be present at weigh-ins for duals. Coaches will conduct weigh-ins, questions around skin and/or grooming are to be brought to the attention of the official upon arrival.
- E. Officials are not required to be at weigh-ins for tournaments. They may be compensated the weigh master fee and arrive early to conduct weigh-ins.

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WRESTLING CALENDAR DATES FOR 2021-2022

First allowable date for Weight Certification.....	Monday, November 1
Opening Day of Practice.....	Monday, November 15
First allowable Scrimmage.....	Saturday, November 20
First Contest.....	Monday, November 29
Final allowable date for Weight Certification.....	Prior to 1 st contest
Two-Pound Growth Allowance.....	Saturday, January 1
Final Day for Varsity Competition.....	Saturday, February 5
Regional Entries Due in Track Wrestling by 9 pm.....	Tuesday, February 8
Regional Criteria Submitted by 7pm.....	Wednesday, February 9
Regional Tournaments Completed by.....	Saturday February 12
CHSAA State Tournament.....	February 17-19

OPENING OF PRACTICE

As outlined in the CHSAA by-laws, formal practice is authorized to begin on **Monday, November 15th**.

There is no rule prohibiting voluntary contact between a coach and his wrestlers prior to the date, but coaches are strongly urged to check their school district's insurance coverage, which may not apply to activity outside of the CHSAA dates. **NO** practice or instruction of any type may be conducted on any **Sunday** during the school year.

Further, the accumulation of three practice days does not begin until the official opening or practice on **Monday, November 15th**.

SCRIMMAGE DATE

For the 2021-2022 season **Saturday, November 20th**.

DEFINITION: A scrimmage is the meeting of any number of individuals or teams from two or more high schools on a single date for participating under the conditions enumerated in the scrimmage rule.

FIRST CONTEST

No interscholastic contest may be held before **Monday, November 29th**.

LAST CONTEST - VARSITY MATCHES COMPLETED BY FEBRUARY 5, 2021

1. No school may schedule any of its varsity wrestlers (to be entered in the regional tournament) in a match completed after the Saturday prior to the regional tournament.
2. Matches postponed during the season must be made up by the Saturday prior to regional.

NFHS RULES CHANGES

Wrestling Rules Changes - 2021-22

<https://www.nfhs.org/sports-resource-content/wrestling-rules-changes-2021-22/>

Wrestling Points of Emphasis - 2020-21

<https://www.nfhs.org/sports-resource-content/wrestling-points-of-emphasis-2020-21/>

Rules adopted for the state of Colorado:

Following are points of emphasis wrestling coaches should review with their staffs and wrestlers in reference to CHSAA rules and regulations. This list is not all-inclusive, but highlights only key areas.

PHYSICAL EXAMINATION/PARENT CONSENT

No student shall represent his school in interscholastic athletics (practice, scrimmage, contest) until there is on file with the school administration a statement signed by his parents or legal guardian and a practicing physician certifying he has passed an adequate physical examination within the past year (12 calendar months) and is physically fit to participate in high school athletics and has the consent of his parents or legal guardian to participate.

UNCONSCIOUS ATHLETE

Please pay particular attention to National Federation Rule 8-2-4, which indicates that an unconscious wrestler must have approval from an appropriate health care professional before he/she can return to competition.

INJURY AND BLEEDING TIME-OUTS

The National Federation Rule Book, Rule 8, Section 2 Injury, ART. 1: An injured or ill contestant is entitled to a maximum injury time-out of 1½ minutes which is cumulative throughout the match, including overtime periods. Time required to treat a pre-existing medical condition or illness is also counted as injury time. There is a limit of two injury time-outs which may be permitted in any match, provided the total time does not exceed 1½ minutes. If a second injury time-out is taken during a regulation period, the opponent shall have the choice of top, bottom or neutral position on the restart.

EXCEPTIONS:

- a. If the second injury time-out is taken at the conclusion of the first period, the opponent shall have the choice at the start of the second and third periods.
- b. If the second injury time-out is taken at the conclusion of the second period, the opponent shall have the choice at the start of the third period.

- c. If the second injury time-out is taken at the conclusion of the second period, the opponent already has the choice at the beginning of the third period, the opponent would then have the added choice at the first restart after the beginning of the third period.
- d. If the second injury time-out is taken at the conclusion of the third period, the opponent shall have the choice of any one of the three starting positions at the beginning of the sudden victory period.
- e. If the second injury time-out is taken any time during the sudden victory period, the opponent shall have the choice of top, bottom or neutral position on the restart.
- f. If the second injury time-out is taken at the conclusion of the sudden victory period, the opponent shall have the choice of either top or bottom position at the start of both 30-second tiebreaker periods.
- g. If the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period, the opponent shall have the choice of either top or bottom position at the start of the second period.
- h. If the second injury time-out is taken at the conclusion of the first 30 second tiebreaker period and the opponent already has the choice at the beginning of the second 30-second tiebreaker period, the opponent would then have the added choice at the first restart after the beginning of the second 30-second tiebreaker period.
- i. If the second injury time-out occurs at the conclusion of the second 30-second tiebreaker period unless an opponent has received an unsportsmanlike conduct penalty at any time during the match, the opponent shall have the choice of top or bottom position at the start of their ultimate tiebreaker period.
- j. If the second injury time-out occurs during either of the 30-second tiebreaker periods or during the ultimate tiebreaker period, the opponent shall have the choice of top or bottom position of the restart.

A third injury time-out shall terminate the match. The opponent shall be declared the winner by default. Time required to correct illegal equipment is counted as injury time. Time used to recover and/or replace a contact lens may be charged against a contestant's injury time and count as an injury time-out if the referee determines that this disrupts the flow of the match.

Rules for blood and injury time-outs is as follows: Each wrestler may take up to two time-outs for no more than a total of 1½ minutes for injuries, throughout the match, not to include bleeding. If a second time-out is taken, the opponent will get his choice of position on the restart (he may choose up, down or neutral). If this occurs in the tie-breaker, there is no choice of neutral position (see National Federation regulation). Any bleeding can accumulate up to five minutes for time-outs to control the bleeding.

(8-2-4a, b(1), (2), (3)) Modified the rule to extend time to evaluate head, neck and cervical column injuries.– This rule allows additional time to evaluate head, neck, cervical column and/or nervous system injuries when an appropriate health-care provider is present. If one is not present, the regular injury time is used. It cannot be used for any other types of injuries.

OPTIONAL UNIFORM ITEMS

The use of arm sleeves or leg sleeves will not be authorized in the state of Colorado for high school wrestling. (These are different from elbow pads and knee pads, which are authorized for use.)

A SUMMARY OF INJURY/BLOOD TIME OUTS	
INJURY TIME • 1½ MINUTES CUMULATIVE THROUGHOUT MATCH, INCLUDING OVERTIME. • MAXIMUM OF TWO TIMEOUTS. • OPPONENT HAS CHOICE OF POSITION ON RESTART AFTER SECOND TIMEOUT. • INCLUDES SEARCHING FOR LOST CONTACT LENS. ▪ AN INJURY USED TO PREVENT BEING SCORED UPON OR BEING PINNED SHALL BE CHARGED WITH AN INJURY TIME-OUT.	BLOOD TIME • FIVE MINUTES CUMULATIVE THROUGHOUT MATCH, INCLUDING OVERTIME. • PRIORITY OVER ALL OTHER TIMEOUTS. • DOES NOT INCLUDE CLEAN UP TIME AFTER WRESTLER IS READY TO COMPETE. • IF THE BLEEDING OCCURS AS A RESULT OF UNSPORTSMANLIKE CONDUCT, ILLEGAL HOLDS OR UNNECESSARY ROUGHNESS AND THE BLEEDING CONTESTANT USES 5 MINUTES OF BLEEDING TIME, HE WILL BE THE WINNER BY DEFAULT.
RECOVERY TIME • TWO MINUTES PER INCIDENT (CAUSED BY ILLEGAL ACTION)	REFEREE'S TIME • USED FOR CORRECTION OF LEGAL EQUIPMENT MADE INOPERABLE OR ILLEGAL DURING CONTEST.

Further, please refer to the Communicable Disease Procedures shown in front of the National Federation Wrestling Rules. This gives further recommendations for the handling of blood and other body fluids.

EJECTION OF A WRESTLER

Any wrestler ejected at any time (for a dual meet, for a one-day tournament, or a multi-day tournament) by a referee for repeated unsportsmanlike acts or a flagrant misconduct will be removed from the remainder of the contest and/or multi-school event and will be ineligible for the next match, tournament or multi-school event. The playing of any ineligible will cause the school to forfeit the match in which the ineligible athlete participated. There is no appeal to this rule, and coaches are urged to review the rule with team members prior to the start of the season and provide a constant reminder as the season progresses. If the ejection occurs during a tournament, the wrestler will be ineligible for the remainder of the tournament and the next scheduled match or tournament at the level from which he was ejected. Further, the matches for which the participant has been declared ineligible will decrease the stated maximum allowable matches for the disqualified competitor (2200.12 page 82-83 CHSAA By-laws). All points previously earned by the wrestler in the tournament will be negated (Rule 8-1-6). He may

not wrestle at any level until the suspension is completed. The second ejection during a season results in a two-match suspension. A third ejection will result in a review by the Commissioner.

NOTE: A triangular, quadrangular or team tournament is considered to be one multi-school contest. As a result, if a wrestler is ejected from the first segment of a quadrangular, he is ineligible for the remainder of the triangular/quadrangular. Further, the wrestler must miss the next regularly scheduled match, multi-school event or tournament following the quadrangular.

Q1: What will be the penalty if a wrestler is ejected in the first round of a 16-team double elimination tournament?

A1: He will miss the remainder of the current tournament, plus the next tournament or regularly scheduled dual (wrestling date) meet of the same level. Further, if there is a meet of a different level before the next meet of the same level in which the wrestler was ejected, he will also miss those events. All team points earned by the wrestler in the tournament will be negated.

Q2: If a wrestler is ejected from the first segment of a triangular meet, what additional matches must the wrestler miss?

A2: The wrestler must sit out the remainder of the triangular, plus the next regularly scheduled event at the same level, and may not compete at any other level.

Q3: A wrestler is ejected from a varsity match on Friday. The school has JV meets on the next Tuesday and Wednesday, followed by a varsity meet on Thursday. Is the wrestler eligible to wrestle in the varsity meet on Thursday?

A3: No. The wrestler must sit out one date at the level from which he was ejected. During the period of ineligibility, he/she may not compete at any level.

Q4: A wrestler receives a second unsportsmanlike conduct penalty after the conclusion of his match, but before he leaves the mat. What is the penalty?

A4: One team point will be deducted, plus the wrestler will be ejected for the remainder of the dual meet or multi school event. Further, the wrestler must miss the next meet or tournament of the same level.

 **Coaches please note: If an athlete is ejected from the final event of the end of the regular season, he/she will not be eligible to compete in the regional qualifying tournament.**

EJECTION OF A COACH

If it becomes necessary for a referee to eject a coach from a meet for any reason, the coach must miss the remainder of the current event (1, 2 or 3 days) and the next two contests of the same level (as well as, all other matches of different levels during this time) and shall be placed on CHSAA probation in accordance with the policies established by the CHSAA Board of Directors (CHSAA By-law 2420(b)). This also applies to a coach who is ejected from a tournament session due to receiving two unsportsmanlike penalties during the dual meet or tournament.

QUALIFICATION OF COACHES AND ASSISTANTS

Carefully review by-law 1620 in the CHSAA Handbook regarding the qualification of coaches. Do not allow your athletes to receive instruction from anyone who does not meet the requirements established in Rule 1620. **ALL** coaches, including volunteers, must be registered with CHSAA.

SUNDAY CONTACT No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any CHSAA sanctioned activity from the student's school shall take place on Sunday at any time during the school year. (This is to include both in-season and out-of-season sports/activities.) The Commissioner may, when deemed advisable, allow postponed state level events to be played on Sunday.

Travel Exception:

Teams may travel on Sunday if they are competing in an event that ends late Saturday night. No practice or reference to wrestling may be made on the Sunday travel day.

Tournament General Information

DETERMINING WRESTLER'S WON-LOSS RECORD

We understand that gathering this information may take time. All of this data is essential to properly seed the wrestlers at the regional and STATE tournament. Please, take the necessary time to verify that this information is correct.

The overall varsity record of each wrestler entered in the regional must be entered in Track Wrestling. In addition, the wrestler's record at the weight entered should be listed.

The following matches count toward determining a wrestler's season won-loss record:

- 1) All interscholastic matches as a varsity wrestler at or above the wrestlers certified weight, up to the regional tournament.
- 2) All matches won or lost by default.
- 3) All matches won by forfeit.
- 4) All matches won or lost by forfeit due to the ineligibility of a wrestler.

Q1: Can a wrestler on a varsity team entered in a junior varsity tournament count his wins or losses on his varsity record?

A: No, because it is a junior varsity tournament.

OVERTIME PROCEDURE

The procedure for overtime is explained in the 2020-2021 National Federation Wrestling Rule 6-7-1, 6-7-2, 6-7-3. Please note the rule for stalling or simultaneous penalties for purpose of tie breaker.

****FORFEITURES**

According to National Federation Rule 5-13:

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. Forfeits do not count as matches when considering the five-match in-one-day limit.

The coach of the wrestler receiving a forfeit must have his wrestler prepared to receive the forfeit in weight class order. Forfeits cannot be given after the match of the next weight class has begun.

Forfeitures are included in the wrestler's season record, for both wins and losses.

Any wrestler that forfeits will receive a loss on their record, unless the forfeit is due to an injury, illness or 5 match limit that occurs in the current tournament.

SPOTLIGHTS

If a school uses a spotlight to highlight wrestling at home events, sufficient light must be provided (as determined by the meet referee) so that a fair contest can be conducted. This includes elimination of shadows that make it difficult to determine pins, locked hands, etc. Please cooperate with officials to make the use of spotlights a safe and fair experience for all participants.

TEAM DEFINITIONS AND INTERPRETATIONS

Q1: What is the definition of a team?

A1: A team is a competitive unit sponsored by a school, composed of at least two undergraduates of that school, under the direct supervision of a coach hired by the school district and which participates interscholastically in a representative schedule, as determined by the CHSAA Commissioner.

Q2: May a school sponsor a team for a single competitor?

A2: No.

Q3: May a school have more than one varsity team?

A3: No.

GENDER QUALIFICATION

Both boys and girls may wrestle on the school's wrestling team if a girls team or co-op is not offered. If girls wish to participate on the boys wrestling team the following matters should be addressed:

1. All contestants (male and female) shall weigh in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Any contestant, who has been authorized to wear an artificial limb, shall weigh in with the artificial limb.

REPORTING TO TABLE - READY TO WRESTLE

All wrestlers in tournaments **and** dual meets must report to the score table immediately prior to their match. In an effort to keep on schedule and the event action transpires in an even fashion; please have your athletes ready to wrestle when they report to the table. This will be the procedure at the State Tournament. Consistency during the regular season will help athletes understand this expectation. The National Federation Wrestling Book, Rule 7-3-5 now addresses this. Reporting to the scorer's table, not properly equipped, or not ready to wrestle or any equipment that is detected as being illegal after the match has started is a technical violation.

INTERSTATE COMPETITION

Because there is no longer an option to add or delete weights, all wrestling competition, whether conducted in Colorado or another state, shall be conducted according to the weights adopted by the NFHS and Colorado.

GENERAL INFORMATION/Q & A's

The CHSAA has had reports of some unusual forms of competition in wrestling. Some of these could be serious violations, which could lead to a school's wrestling program being placed on restriction. Please consider the following when scheduling competition:

1. There is no such thing as an exhibition match in wrestling. A wrestler is involved in either a JV or Varsity match. Wrestlers are limited to 10 duals and 10 days of tournaments, competition is either a Varsity or JV match.
2. A JV match against another school does not have to include all weight classes, but a team score should be tabulated.
3. **UNDER NO CONDITIONS MAY AN INELIGIBLE WRESTLER SCRIMMAGE OR COMPETE IN ANY WAY AGAINST A WRESTLER FROM ANOTHER SCHOOL.**
4. Be considerate of your fans when scheduling additional matches. They should be aware of the starting time for varsity competition.
5. Removal of the school uniform does not make the above points inoperable. To reiterate: when wrestlers from two schools meet, it is either a Varsity or JV match. Regulations concerning scrimmages are very specific.
6. **If a participant receives a forfeit in a varsity contest then wrestles against someone from a different weight class after the varsity match, the wrestler will use one match point for the forfeit and one match point for the subsequent match.**

Q1: Two schools are scheduled to compete in a dual varsity meet. In addition to having wrestlers in each of the 14 weights, each team has an additional wrestler at 152 and 182. May the additional 152 and 182-pounders wrestle?

A1: Yes. The varsity meet would consist of 14 matches. The JV "dual" would consist of two matches, one each at 152 and 189.

Q2: In a situation similar to Q2, each team has three 152-pounders. May all three wrestle?

A2: Yes. The second 152-pounder would be considered the "B" match; the third 152-pounder would be considered the "C" match.

Q4: Any match wrestled below a wrestlers certified weight may not count toward regional seeding.

A4: True

Q5: An academically ineligible student, who will become eligible in one week at the quarter, is matched against another similarly situated wrestler from another school in (a) an interscholastic scrimmage, (b) a JV match, or (c) an "exhibition" match which takes place prior to a regular meet. Is this participation legal?

A5: No in (a), (b) and (c).

Weigh-in Procedures

Coaches are required to provide the track-wrestling weigh-in form at ALL weigh-ins.

Any wrestler not listed on the weigh-in form is not eligible to weigh -in.

A copy of the signed weigh-in form must be retained by each coach to present at regionals.

WEIGH-IN FUNDAMENTALS

Dual Meets:

1. Shall be conducted a maximum of 1 hour and a minimum of 1/2 hour before the time a dual meet begins.

Particulars:

When a preliminary meet is followed by a varsity meet, the 30-minute weigh-in period for the second meet may, by mutual consent, precede the preliminary meet.

2. A contestant may step on and off the scale two times to allow for mechanical inconsistencies, but may not do anything to promote dehydration during this time.
3. Any contestant who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb.
4. Any contestant failing to make weight during the designated weigh-in time shall be ineligible for that weight class.

WEIGHT CERTIFICATION

For health and safety reasons, the state's weight control program shall **require hydration testing with a specific gravity not greater than 1.025**, which immediately precedes the body fat assessment. A wrestler that is at or below scratch weight at the time of assessment and is below 7 percent for males and 12 percent for females shall have a physician's and parent's release to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows, if wrestler is not already at scratch weight.

Example: A wrestler's minimum weight with a body fat of 6% is 113 lbs. With the approval of the physician and parent he may certify at 113 lbs. If his minimum weight would have been 113.1 or higher he would have had to certify at 120 lbs. **No appeals will be granted.**

Implementation:

Each wrestler below 7% (male) 12% (female) must have on file with the school administration prior to competition the Weight Certification sheet signed by a parent and examining physician indicating the lowest weight at which the wrestler may participate for the remainder of the season. This card may not be revised downward by a subsequent evaluation.

Optimal Performance Calculator (OPC)

Each team is required to subscribe and use the Optimal Performance Calculator, found on the "OPC Patent" tab on the team's Trackwrestling homepage. The OPC shall be used for all weight management issues, including weight certification and the printing of weigh-in sheets

the day of your weigh-in for competition. Weigh-in sheets printed early will have the wrong information listed with regard to weight descent plans and minimum allowable weight for that day.

WEIGHT CERTIFICATION QUESTIONS - ANSWERS

- Q1: May a coach weigh-in a wrestler that is not listed on the Trackwrestling weigh-in form for that day's event?
- A1: No, all eligible wrestlers must be listed on the Trackwrestling form in order to be eligible to weigh-in, no other forms are permitted.
- Q2: What happens if a wrestler competes at a weight lower than which was certified?
- A2: Those matches do not count toward regional seeding. The matches will count toward the dual/tournament day limit. Sanctions may be imposed.
- Q3: Can a wrestler be withdrawn from a weigh-in?
- A3: Yes, but only during the designated time limit of the weigh-in.
- Q4: Can a wrestler weigh in, be credited with a weigh-in, then not wrestle in that event?
- A4: Yes, as long as he is an eligible wrestler.
- Q5: (a) What is the date on which weight certification is due; (b) What is the date on which the 2-pound growth allowance is given?
- A5: (a) Prior to Competition; (b) January 1, 2022
- Q5: When should weight certification forms be completed and on file with the school?
- A5: A wrestler may not compete interscholastically until he/she has a completed weight certification on file with the school and CHSAA via trackwrestling.
- Q6: When a wrestler recertifies to a higher weight, what must be done?
- A6: The coach must not allow that individual to wrestle at a weight lower than the recertified weight. No doctor exam or parent signatures are needed when recertifying at a higher weight.
- Q7: Can a wrestler recertify at a lower minimum weight after the original certification?
- A7: No.
- Q8: Is there a 2-pound growth allowance on January 1?
- A8: Yes, but it does not permit a wrestler to recertify to a lower weight class.

WEIGH-INS

Official Representative

In some cases, weigh-ins are conducted at a time, which is very difficult for the match referee to attend. By National Federation Wrestling Rule 4-5-4, the referee, or other authorized person, shall supervise the weigh-ins." This should be a school administrator or other neutral person. For the 2022 season, CWOA referees will not oversee weigh-ins at Duals and are available via a weighmaster stipend to oversee tournament weigh-ins.

Dual Meets

Rule 4-5-1 (National Federation Wrestling Rules) states that contestants shall have the opportunity to Weigh-In, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition each day in a multiple dual meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet weigh-ins may, by mutual consent, precede the preliminary meet.

NOTE: The CHSAA has adopted no alternative weigh-in procedures. Schools or leagues may not set aside this rule.

NATIONAL FEDERATION WEIGHT CLASSIFICATIONS

Boys competition shall be divided into 14 weight classes as follows:
106-113-120-126-132-138-145-152-160-170-182-195-220-285

Girls competition shall be divided into 10 weight classes as follows:
100-105-111-118-127-136-147-161-185-215

IMPORTANT: THESE WEIGHT CLASSES APPLY TO ALL LEVELS - FRESHMAN, SOPHOMORE, JV, AND VARSITY. VARSITY CONTESTS MAY NOT DELETE OR ALTER ANY OF THE WEIGHT CLASSES.

Schools or leagues may add weights beyond those prescribed in Rule 4-4 of the National Federation rules ONLY UNDER THE FOLLOWING CONDITIONS:

1. Additional weight classes shall apply only to non-varsity competition.
2. Additional weight classes at the sub-varsity level must be below 106 pounds.
3. All National Federation and CHSAA rules related to weights shall be followed.
4. Leagues or schools may establish a minimum weight requirement for the lowest weight class wrestled.
5. League members, tournament entries, and other opponents shall be notified well in advance of competition of additional weight classes to be contested.

Q1: A school wishes to host a JV tournament using the 14 prescribed weight classes, plus an 86, 92, and 98-pound class. Is this legal?

A1: Yes. The host school, when contracting teams to enter the tournament, must notify them of the additional weights. In addition, all National Federation and CHSAA rules pertaining to weight must be followed, and a minimum weight may be established in advance for each of the additional classes.

Q2: A school wishes to add a super heavyweight (over 285 pounds) class to its JV tournament. Is this legal?

A2: No.

Q3: A varsity invitational tournament plans to offer a 95-pound class. Is this legal?

A3: No.

Q4: In a JV dual meet, the two coaches agree to have a 165-pound match. Is this legal?

A4: No.

MINIMUM WEIGHTS

There is no minimum weight for a 106-pound contestant. The minimum weight for a 285-pound contestant is 195 + in December. On or after January 2nd, must weigh 197+.

A contestant shall not wrestle more than one weight class above that class for which his actual stripped weight, at the time of weigh-in, qualifies him. Wrestlers can only qualify for two weight classes based on their actual stripped weight at the time of weigh-in.

The minimum weights do not change with consecutive days of competition, including the 285-pound, which will use 197 (including growth allowance on or after January 2) as the minimum weight on the first and second day.

If a wrestler qualifies for a weight class on the first day of a two-day tournament, he is not required to gain weight to reach the minimum weight on the second day of the tournament.

The use of sweat boxes, hot showers, whirlpools, rubber, vinyl and plastic type suits, or similar **artificial** heating devices, diuretics and/or other drugs for weight reduction purposes at any time is prohibited and shall disqualify an individual from competition.

PLEASE NOTE:

WEIGHT ALLOWANCE FOR CONSECUTIVE DAYS OF COMPETITION

Rule 4, Section 5, Article 5 states:

"When there are consecutive days of team competition, there shall be a one-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this one-pound additional allowance, a minimum of 48 hours advance notice is required for your opponents(s)."

When there are consecutive days of competition such as: (a) dual meet followed by a dual meet, (b) dual meet followed by a tournament, (c) tournament followed by a dual meet, (d) tournament

followed by a tournament, there shall be a one-pound allowance (for each consecutive day) granted over scratch weight to all wrestlers provided the proper notification is given. (Up to a maximum of 2 lbs.)

NOTE: IN ORDER FOR ALL TEAMS WHICH WILL BE AFFECTED BY THIS RULE TO KNOW WHEN ALLOWANCES WILL BE PERMITTED, IT WILL BE NECESSARY FOR TEAMS WHICH WILL BE WRESTLING ON SUCCESSIVE DAYS TO EXCHANGE SCHEDULES PRIOR TO THE BEGINNING OF THE WRESTLING COMPETITIVE SEASON. A MINIMUM OF 48 HOURS NOTIFICATION TO YOUR OPPONENT IS REQUIRED IN ORDER TO BE GRANTED THIS ONE-POUND ALLOWANCE.

The additional weight allowance **DOES** affect the maximum for the heavyweight class. A heavyweight can compete at 286 pounds on the second consecutive day of competition provided proper notification is given. (48 HOUR NOTICE OF 2 CONSECUTIVE DAYS)

Situation: Before January 2nd, if a school has a dual meet on Wednesday, a dual meet on Thursday, followed by a tournament on Friday and Saturday, what are the weight allowances for these four days of competition?

Ruling: Assuming proper notification has been given to all teams involved in the tournament, each wrestler from each team would be given a two-pound allowance for the first day of tournament competition. Therefore, as an example, all 113-pound contestants would be allowed to weigh a maximum of 115 pounds on the first day of the tournament and 115 pounds on the second day.

Note: A wrestler may only qualify to wrestle in two weight classes. Thus, a wrestler weighs 113.5 pounds for a dual match on Friday; he can wrestle either in the 120 or 126 pound weight class that day. The very same wrestler weighs 113.5 pounds on Saturday when his team wrestles in a tournament. All teams have been given proper notice of the added pound allowance for this event. On Saturday, this wrestler can participate at either 113 or 120 and not at 126.

Perhaps the best way to remember this factor is by two points:

- Wrestlers can qualify for only two weight classes and never three.
- When teams are allowed extra pounds for consecutive days of competition, every weight class grows by that same amount.

The second day of a two-day tournament would not require the wrestler to meet extra poundage because this is a continuing competition and not the start of a new event.

Example:

Weight certified	-- 145 lbs.
January 2 growth allowance	-- +2 lbs.
3 consecutive days of competition	-- +2 lbs.
Total--	4 lbs. allowance for each wrestler on the fourth day

On the fourth consecutive day of competition, a wrestler certified at a minimum of 145 pounds and who weighs 145 pounds cannot wrestle at the 140 pound (+4 lbs. = 144 lbs.) weight class. By weight certification cards, the lowest weight class in which he could wrestle is the 145 pound (145 lb. + 2 lb. = 147) weight class.

SCALE CERTIFICATION

Weigh-in scales must be certified for accuracy once each year (National Federation rule 2-4-2, page 11). The following vendors are qualified to check scale accuracy:

- Robert Raleigh, Denver, CO - (303) 594-8576
- Tony Ribaud, Pueblo West, CO - (719) 647-2279
- Hal Wiebers, Canon City, CO - (719) 275-4502
- Fairbanks Scale Company, 4850 Broadway, Denver, CO - (303) 296-1216
- Northern Colorado Scale Service, 10 Oak Ave., Eaton, CO 80615 - (970) 454-0864
- Pikes Peak Scale Service, 6220 Lupine Lane, Colorado Springs, CO 80908 - (719) 495-4229
- Western Slope Scale Service, 365 27 1/2 Road, Grand Junction, CO 81501 - (970) 243-1548

Wrestling Weight Certifications (service available in southern CO)

*IF INTERESTED Schools must call to schedule time and date

*Please choose AM or PM

*Fees: \$100.00 per school plus \$2.00 per student.

*For consistency, we suggest that the same brand of reagent strips be used as well as the same color chart to determine hydration.

*Concern has been expressed that a large number of athletes will not be able to pass the hydration test. Coaches must be sure that the athlete has been drinking sufficient water to pass the test.

*Test schedule times must be established by each individual school. As we are trying to provide a service, we will schedule on a first-come-first-serve basis.

To schedule and confirm dates, sites and times, you must contact:

Hal Wiebers
719-275-4502
Cell: 719-242-8165
346 Cedar Ridge Drive
Canon City, CO 81212
hwiebers@bresnan.net

Anthony Ribaud
719-647-2279
Cell: 719-250-5144
1037 Covered Wagon
Pueblo West, CO 81007
ribaud195@gmail.com

RALEIGH SCALE CERTIFICATION

(NORTHERN PART OF THE STATE FROM CASTLE ROCK NORTH)

Northern

WRESTLING SCALE CERTIFICATION

HAVE WEIGHTS ~ WILL TRAVEL AND CERTIFY

CALL: ROB RALEIGH: 303-594~8576
RATES: Determined by school.
PLUS MILEAGE (Mileage will be worked out according to your area, number of scales and/or number of schools)
REPAIRS: Repairs and parts are available on request. Prices will vary according to the time and/or parts required to fix the problem.
SCALES: Befour Digital Scales for sale and service.

GIVE US A CALL TO CERTIFY YOUR SCALES

COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION APPROVED

RIBAUDO & WIEBERS

(SOUTHERN PART OF THE STATE FROM CASTLE ROCK SOUTH)

southern

WRESTLING SCALE CERTIFICATION

HAVE WEIGHTS ~ WILL TRAVEL AND CERTIFY

FEDERAL TAX NUMBER 84-1156032

CALL: HAL WIEBERS: 719-275-4502
Cell phone: 719-242-8165
ANTHONY RIBAUDO: 719-647-2279
Cell phone: 719-250-5144
RATES: Determined by school.
PLUS MILEAGE (Mileage will be worked out according to your area, number of scales and/or number of schools)
REPAIRS: Repairs and parts are available on request. Prices will vary according to the time and/or parts required to fix the problem.
SCALES: Befour Digital Scales for sale and service.

GIVE US A CALL TO CERTIFY YOUR SCALES

COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION APPROVED

Wrestling Regionals

Coaches' Attire: The wrestling committee adopted the following requirements for Coaching attire during the Regional and State tournament. It is strongly suggested it be followed during the regular season as well. Coaches failing to meet these requirements in the post season will not be permitted to coach mat side.

During the regional and state tournaments coaches are required to wear full length pants (Khaki's preferred), a collared shirt or a school issued top with school name or logo (collar preferred) and athletic shoes or dress shoes. All apparel must be in good repair. No hats, shorts, flip flops or sandals are permitted.

GENERAL INFORMATION APPLYING TO REGIONAL & STATE TOURNAMENTS

RESPONSIBILITY

There are three key persons who are responsible for the maintenance of good, wholesome competitive athletics -- the school administrator, the athletic director, and the coach. If these individuals conduct themselves in a sportsmanlike manner, students and fans will follow their example.

The Board of Directors has requested the principals and coaches to observe the following rules:

1. The principal or some other school official with comparable status and authority should be in attendance whenever his school participates so that he may assist in seeing that his coaches, students and fans observe the rules of good sportsmanship.
2. The coach shall remain at the seat at mat side assigned to him and not make any display during the match. The coach's business is to coach his team and not to officiate the match. He also must set an example for his team and its followers. (Note that no one, including the coach, may be closer than ten feet to the mat and scoring area.)
3. No persons, including coaches and principals, shall go to the scoring table when matches are in progress (except as outlined in National Federation Rule 6-6-6 (page 33) or talk to the officials or judges.
4. Coaches are primarily responsible during the tournament for the conduct of their team and others who sit in their corner.

WEIGHING IN

General

ALL WRESTLERS MUST WEIGH IN AT THE START OF THE DESIGNATED WEIGH-IN TIME EACH DAY OF REGIONAL AND STATE TOURNAMENTS.

Ready to Wrestle

Wrestlers at the state tournament and regional tournaments must report to the table prior to the match ready to wrestle. From the table the wrestler will go directly to the center of the mat to begin wrestling. Please inform your athletes of this procedure.

Regional

The regional director shall notify all schools of the weigh-in schedule.

State

Weigh-ins, each day of the state tournament, shall begin as scheduled. Check-in of all contestants and weigh in must occur when called. Disqualifications will result for failure to meet deadlines.

OFFICIAL RULES

The Official Wrestling Rules, as published by the National Federation of State High School Associations, will govern, without deviation, all regular season interscholastic competition as well as the regional and state wrestling tournaments.

TEAM BENCHES

During regional and state competition, a maximum of two team personnel (coaches and/or non-participating contestants) will be permitted on chairs at the edge of the mat. Coaches shall be seated at least 10 feet from the officials' table and the edge of the mat, where facilities permit.

FLOOR AREA

In an effort to highlight the efforts of the wrestlers in competition, it is asked that the floor area at all regional and state tournament events be kept clear of all coaches and wrestlers who are not competing at that time.

Further, when you have a wrestler competing; only 2 coaches may be on the floor. Your cooperation is greatly appreciated.

By National Federation Rule 2-1-5, the mat area includes the wrestling mat and a space around it of at least 10 feet surrounding the mat, as well as the team benches and scorer's table where facilities permit. **THIS AREA SHOULD BE FREE OF SPECTATORS, PHOTOGRAPHERS AND CHEERLEADERS.**

INCLEMENT WEATHER POLICY

The following policy statements represent the general operating procedures of the CHSAA regarding post-season games/events, tournaments/conferences that are threatened by inclement weather. Circumstances not covered by this policy are left to the discretion of the CHSAA office for directions and/or discussions when deemed appropriate.

Note: Schools and individuals have the added responsibility of making alternative travel plans to contest/tournament sites based upon weather forecasts, etc. As a common factor, input and recommendations are to be sought from the Highway Patrol Division of Highways and Travel.

INDIVIDUAL COMPETITION

1. Tournaments/Conferences - In the event inclement weather prevents an individual(s) from arriving on time for a scheduled match as part of a post-season tournament, the following will apply:
 - a. In cases where less than 10% of participants are affected, the event/tournament will continue as scheduled and the individual will forfeit his/her position in the draw. When a consolation bracket is involved, the participant(s) unable to make the scheduled match will enter the consolation bracket.
 - b. If a number of participants in excess of 10% cannot be present prior to the official check-in period, but are planning to attend and contact the tournament director a minimum of four hours in advance of the tournament, the tournament director--in consultation with the CHSAA --may adjust the overall bracketing and schedule for the purpose of allowing maximum participation.
 - c. When the number of participants is 25% or more who are unable to be present, the tournament director-- in consultation with the CHSAA --shall postpone all or part of the day's contests/activities. Schedule/brackets and alternative plans shall be determined by the director-- in conjunction with the CHSAA --which may include extending the activity.

CHSAA WEIGHT CERTIFICATION FORMS

The process of maintaining records

- 1) All Weigh-ins must be entered into TrackWrestling.
- 2) Weigh-in summaries must be available for review at regional seeding meetings.

REGIONAL SEEDING

Coaches must be able to provide all weigh-in sheets and match results for every regular season event at the regional wrestling tournament.

Any matches wrestled below a wrestlers certified weight may not count toward regional seeding. This is a safety regulation and coaches may be sanctioned for failure to comply.

2021-2022 REGIONAL WRESTLING TOURNAMENT INFORMATION

PHILOSOPHY

Each regional wrestling tournament should provide a proper culminating activity for the wrestling programs of our member schools. All should provide equitable opportunities for wrestlers to qualify for the final state tournament. All should enable participating students to take advantage of the wholesome educational experiences, which are an important part of a good tournament program. Good sportsmanship should always be emphasized.

Because local recommendations are considered and because tournament rosters are sometimes the same as league membership, some school officials forget that **regional tournaments are a part of the state** tournament program. If these tournaments are to be important parts of the state program, those responsible for planning them should do everything possible to make sure they are conducted on the basis of the policies and objectives established by the CHSAA Legislative Council.

COMPLETION OF REGIONALS AND WRESTLEBACKS

All 2022 regional wrestling tournaments must be completed by Saturday, February 12.

SCHOOL ENTRIES

Each school may enter only one contestant in each weight classification. Each contestant must wrestle in regional and state competition in the weight classification in which he qualifies at the regional tournament. Regional directors must receive entries by Tuesday, February 8th at 9pm.

After rosters are submitted, a wrestler may only be replaced, not moved. Coaches are not permitted to replace wrestlers for any reason other than an injury or illness to the entered wrestler or administrative withdrawal from the tournament, such as academic ineligibility or disciplinary action taken by the school involving the entered wrestler. A wrestle-off for a position after the rosters are submitted is not a valid administrative withdrawal.

NUMBER OF REGIONAL QUALIFIERS PER WEIGHT CLASS TO STATE FOR EACH REGIONAL

Class 2A (4 regionals).....	4
Class 3A (4 regionals).....	4
Class 4A (4 regionals).....	4
Class 5A (4 regionals).....	4
Girls (# of regionals TBD).....	?

COACHES MEETING

With use of TrackWrestling, a coaches' meeting for the regional tournament is not required, but site directors may choose to hold one as needed for their tournament. What is required is that by 9:00 p.m. on Thursday night (2/10/2022), regional site directors will release a list of all seeded wrestlers by weight class **(to the coaches only, not released to the public)** for review of accuracy and to request necessary changes prior to Friday's weigh-ins. After weigh-ins, the site director will finalize each individual wrestler entered in the regional tournament on the bracket based on the seeding criteria developed by the wrestling committee and approved at the Legislative Council. Only then will brackets be released to the public.

REGIONAL SEEDING INFORMATION

As approved by the CHSAA Wrestling Advisory Committee and adopted by the CHSAA Legislative Council, schools in each region will use the seeding criteria below.

It is the responsibility of the coaches to be familiar with the seeding procedure prior to the regional seeding meeting.

SEEDING CRITERIA: ALL REGIONS

1. Returning state champion - state placer (the higher place has preference)-any previous years.
 - A. If two place winners from different weights were in the same classification (5A) and finished in the same place (2nd), the wrestler at the higher weight class has precedence.
 - B. If two place winners are from different classifications; the larger classification has precedence.
 2. Returning state qualifier. In the case of multiple state qualifiers, the following will be used as order of preference
 - A. Higher regional place
 - B. If two place winners from different weights were in the same classification (5A) and finished in the same place (2nd), the wrestler at the higher weight class has precedence.
 - C. If two place winners are from different classifications, the larger classification has precedence.
 3. Place wrestler in order (1-16) by win percentage. Once order is established use head to head criteria to move a wrestler no more than one position or seed at a time. Once placed, head to head comparisons must start at the top (#1 position) and work your way down. 15 match minimum. Wrestlers with less than 15 matches will be assessed losses to get to the 15 match minimum.
 4. Most wins
 5. Varsity win percentage at the weight the wrestler is entered in at the regional meet.
 6. Most falls
 7. Most technical falls
 8. Most major decisions
 9. Vote of coaches
 10. Coin flip
- } in overall varsity record

Questions related to the record of individual wrestler(s) should be directed to the regional tournament director at least three days prior to the seeding meeting.

Q1: If a wrestler entered in the regional tournament wrestled in a sub-varsity tournament, does the record from these matches count in the overall record for seeding purposes?

A1: No.

Q2: Does the varsity record of a varsity wrestler who has participated in a varsity tournament with junior varsity teams also entered count in his overall record?

A2: Yes.

Q3: Does the record of a junior varsity wrestler (at that time) who has participated in a varsity tournament count those matches in his overall record?

A3: Yes.

Q4: Any Matches wrestled below a wrestlers certified weight may not count toward regional seeding?

A4: True

BRACKET BYES

National Federation 2020-2021 Wrestling Rule 10-3-3, 10-3-4, 10-3-5 page 51 states:

10-3-3 When byes are required for the first round, they shall be placed by mutual consent or drawn so they are distributed evenly throughout the bracket.

10-3-4 No quarter-bracket or half-bracket shall have more than one bye in excess of its paired bracket.

A sixteen-man bracket with byes will be seeded as follows:

1. The top eight wrestlers will be placed on the bracket.
2. Byes will be placed on the bracket with higher seeds.
3. The remaining seeded wrestlers will be placed on the bracket according to their seeds.

An eight-man bracket with byes will be seeded as follows:

1. All wrestlers will be seeded.
2. The top four wrestlers will be placed on the bracket.
3. The byes will be drawn and placed on the bracket assigned to top seeds.
4. The remaining seeded wrestlers will be placed on the bracket according to their seeds.

2. Double elimination will be the required format for all regional qualifying tournaments.

3. Tournaments with nine or more teams must be a two-day event (except 5A and Girls). It is recommended that rounds one and two be on the first day and the remainder of the tournament take place on the second day. Cross bracketing will take place after the quarterfinals.

PLEASE NOTE: In a 16-man regional bracket, if the fifth-place finisher had defeated the fourth-place finisher in a previous round -or- if a fifth-place finisher and the fourth-place finisher had split in previous rounds, or they have not met, there will be a one match wrestle back to determine the state qualifier. All consolation matches and wrestle backs shall be 5 minutes in length. Wrestle backs are considered to be conducted after the close of the tournament and do not count towards team points.

DETERMINING WRESTLER'S WON-LOSS RECORD

We understand that gathering this information may take time. All of this data is essential to properly seed the wrestlers at the regional and STATE tournament. Please, take the necessary time to verify that this information is correct.

The following matches count toward determining a wrestler's season won-loss record:

- 1) All interscholastic matches as a varsity wrestler from 11/29/2021 up to the regional tournament.
- 2) All matches won or lost by default.
- 3) All matches won by forfeit.
- 4) All matches won or lost by forfeit due to the ineligibility of a wrestler.

Q1: Can an unattached wrestler in a varsity tournament who is the second person from that school, count the wins or losses from this tournament on his varsity season record?

A1: Yes.

Q2: Can a wrestler on a varsity team entered in a junior varsity tournament count his wins or losses on his varsity record?

A2: No.

LENGTH OF MATCHES

1. All regular regional championship matches shall be 6 minutes in length (2 minutes, 2 minutes, 2 minutes).
2. All consolation matches and wrestle backs shall be 5 minutes in length. (1 min., 2 min, 2 min.)

OVERTIME PROCEDURE

The procedure for overtime is explained in the National Federation Wrestling Rule Book 6-7-1, 6-7-2, 6-7-3.

OFFICIALS TABLE

Each regional director has the responsibility of securing the services of competent and experienced adults to serve as announcers, official scorers, match scorers, and match timekeepers for the regional tournament they are directing.

MEDICAL SERVICE

Proper medical services should be provided as warranted. It is the responsibility of the regional director to provide for the presence of competent medical personnel.

CHSAA recommends that medical personnel, qualified under NFHS guidelines, be present during weigh-ins for regional tournaments so that any skin conditions can be evaluated at that time.

All coaches, as well as the tournament director should be familiar with National Federation Rule 10 (Conduct of Tournaments), Section 2, Article 4, which states:

In case of injury or illness after verification or entries, the tournament director, in consultation with available medical personnel 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 for scoring purposes shall be considered by the tournament director.

THE HANDLING OF BLOOD

As in the universal precautions for health workers, you should make an effort to minimize exposure of coaches, trainers, workers and athletes to someone else's blood. It is unavoidable in some situations, especially during competition, but whenever possible, the match should be stopped to wipe up the blood spill and allow the athlete to control the bleeding before competition resumes. Blood should always be handled as a potentially infectious material and wiped up immediately. Wash the area with a diluted household bleach solution (1-part bleach to 10 parts water).

OFFICIALS

Regional Selection

All wrestling schools and regional directors will receive an electronic ballot In January to vote for regional and state officials. There will be a 1-week window to vote. The CHSAA wrestling commissioner along with 3 or 4 appointed individuals will use the voting results from each region to select regional officials. Each regional director will receive voting results from the CHSAA at the conclusion of the process.

Assistant Referees

Please note that assistant referees are to be used during the state qualifying matches only, at no additional cost.

Assistant referees at regional wrestlebacks are optional (and at no extra cost). The regional tournament committee will decide at the end of wrestling whether or not to use assistant referees for wrestlebacks.

Fees

Tournaments (per official)

8 teams	\$169 per official
9 or more teams	\$165 + \$10 per team/per official for every team over 8

.40¢ per mile round trip

\$4.00 - Breakfast)

\$5.00 - Lunch) meal reimbursement

\$6.00 - Dinner)

Lodging will be arranged for as a complimentary room or paid by the regional host as an approved tournament expense. It is expected that officials will be lodged at two officials per hotel room.

*Note 2: Tournaments with 1-4 mats shall have 1 more official than the number of mats. Tournaments with 5-7 mats shall have 2 more officials than mats. Incorrect staffing of a tournament according to this format will result in paying the assigned officials an additional fee amount. The amount will be an even distribution of what should have been paid for the correct number of assigned officials.

REGIONAL AWARDS

Team Plaques - 1st place, 2nd place
Individual Ribbons - Places 1-4

**Please note: Regional tournaments may compete for only four places.
Medals may not be awarded at regional tournaments.**

VIDEOTAPING REGULATION

The Regional Tournament Director is authorized by the CHSAA Commissioner to grant or deny requests from schools or individuals to videotape regional tournament action.

1. Filming for commercial purposes is prohibited.
2. Videotaping may be done only in the designated area, as determined by the regional host.

FINANCIAL REGULATIONS

The principal of each school participating in the regional wrestling tournaments shall be responsible to see that prescribed procedures pertaining to the operation of the regional tournament, as outlined in this bulletin, are followed. If the principal so desires, this responsibility may be delegated to a member of his/her staff.

The regional tournament host school will account for the revenue from the tournament, pay all expenses for the tournament, and complete the financial report which will be e-mailed to the regional directors. In regional wrestling tournaments of all divisions, the receipts will be divided as follows:

In wrestling, the host school will receive 20% of the gross receipts; the CHSAA will receive 20% of the adjusted gross receipts. After expenses have been paid for each regional tournament, the participating schools will divide the remainder of the net proceeds, according to the mileage (round trip), meal, and lodging allowances as approved by the Tournament & Playoff Finance Committee. If the net proceeds are not enough to pay each school's expenses according to the formula, the expenses will be prorated on a percentage basis.

CONCESSIONS AND PROGRAMS

Where concessions and programs are involved in a playoff contest, the profit or loss from such enterprises shall not be included as part of the financial report. The home school reserves the right to handle the programs and concessions as a separate venture and need not share the profit nor expect the CHSAA or visiting school to share in any loss.

If you are planning to sell t-shirts, please contact the Kukulski Brothers at 480.921.1975 or programs@kukulskibrothers.net as we have a corporate contract with them that will enable us to order t-shirts at a reduced amount. If selling t-shirts, regions must use Kukulski Brothers.

ADMISSION PRICES

Regional Tournaments

The following are **MINIMUM** admission prices, which may be charged for regional tournaments:

Per Session Admission

Pre-school -----	no charge
Students (K-12) & Senior Citizens (60 +) -----	\$6.00
General Admission -----	\$8.00

All-Session Passes (Minimum of 3 Sessions)

Students(K-12) & Senior Citizens (60+)	\$15.00
General Admission (Adults).....	\$20.00

CLASS 2A

2A			
WEST (R1)	SOUTH (R2)	NORTH (R3)	EAST (R4)
2. *Buena Vista	1. Centauri	3. Wray	4. Highland
7. Mancos	8. Meeker	6. Cedaredge	5. *Rocky Ford
10. John Mall	9. *Crowley County	11. Peyton	12. Wiggins
Hayden	Dolores Huerta	*Sedgwick/Fleming	Rye
Olathe	Monte Vista	Byers	Las Animas
Dove Creek	Del Norte	Merino	Fowler
North Fork	Center	Yuma	Swink
Norwood	Sargent	Limon	Ellicott
Platte Canyon	Sierra/Centennial	Burlington	Holly
Ignacio	Colo D&B	Akron	County Line
Rangely	Custer County	Lyons	Calhan
Dolores	Hanover	Clear Creek	Baca County
North Park	Mountain Valley	Gilpin County	La Veta
Soroco	Sanford	Holyoke	Kiowa
West Grand	Lotus	Stratton	Simla
Nucla	Trinidad	Loveland Classical	Miami-Yoder
		Dayspring Christian	Golden View Classical
BUENA VISTA	DEL NORTE	WRAY @ NJC	ROCKY FORD @ OJC

CLASS 3A

3A			
WEST (R1)	SOUTH (R2)	NORTH (R3)	EAST R4)
3. Moffat County	1. Eaton	2. *Mullen	4. Severance
6. *Gunnison	8. Weld Central	7. Valley	5. Platte Valley
11. Pagosa Springs	9. Sterling	10. Jefferson	12. Fort Lupton
Alamosa	*Res. Christian	Bennett	*Woodland Park
Bayfield	Berthoud	Strasburg	Florence
Grand Valley	Brush	Elizabeth	Classical Academy
Rifle	University	Fort Morgan	James Irwin
Salida	Middle Park	Holy Family	CO Springs Christian
Delta	Estes Park	Faith Christian	La Junta
Coal Ridge	Conifer	Denver West	Lamar
Manitou Springs	Englewood	JF Kennedy	Pueblo Central
Steamboat Springs	Sheridan	Abraham Lincoln	Sierra
Basalt	Skyview	Alameda	Lutheran
Cortez		Arvada	St. Mary's HS
Summit			
GUNNISON	BRUSH	HOLY FAMILY	SIERRA

CLASS 4A

4A

WEST (R1)	METRO (R2)	NORTH (R3)	EAST (R4)
2. *Falcon	3. Pueblo County	4. Pueblo East	1. Cheyenne Mtn
7. Broomfield	6. Mesa Ridge	5. Roosevelt	8. Erie
10. Loveland	11. Discovery Canyon	12. Windsor	9. Thompson Valley
15. Lewis Palmer	14. Palisade	13. Greeley Central	16. *Canon City
Vista Ridge	*Skyline	*Mead	GJ Central
Pueblo West	Evergreen	Frederick	Liberty
Durango	Riverdale Ridge	Wheat Ridge	Widefield
Harrison	Denver South	Greeley West	Coronado
Pueblo South	Bear Creek	Longmont	Palmer Ridge
Pueblo Centennial	Littleton	Northridge	Sand Creek
Montrose	Denver North	Mountain View	Air Academy
Eagle Valley	Standley Lake	Silver Creek	Mitchell
Battle Mountain	Vista Peak	Niwot	Palmer
Glenwood Springs	Gateway	Golden	Thomas Jefferson
	George Washington		
BROOMFIELD	DISCOVERY CANYON	MEAD	CHEYENNE MOUNTAIN

CLASS 5A

5A

WEST (R1)	SOUTH (R2)	NORTH (R3)	EAST (R4)
Pomona	*Ponderosa	*Monarch	Adams City
Cherokee Trail	Grandview	Chaparral	Brighton
*Thornton	Poudre	ThunderRidge	Pine Creek
Mountain Vista	Fort Collins	Prairie View	Fruita Monument
Grand Junction	Regis Jesuit	Columbine	Douglas County
Rangeview	Legacy	Ralston Valley	Legend
Rock Canyon	Lakewood	Fairview	Overland
Eaglecrest	Chatfield	Fountain-Ft Carson	Cherry Creek
Denver East	Rocky Mountain	Northglenn	Far Northeast
Castle View	Aurora Central	Arvada West	*Arapahoe
Highlands Ranch	Boulder	Heritage	Doherty
Rampart	Horizon	Smoky Hill	Fossil Ridge
Hinkley	Centaurus	Mountain Range	Valor
	Westminster		
CHEROKEE TRAIL	TBD	TBD	FRUITA MONUMENT

Officials

REGISTERED OFFICIALS

All varsity matches and tournaments shall be officiated by Colorado Wrestling Officials Association officials registered with the CHSAA. It is recommended that officials registered with the CHSAA referee all matches below the varsity level. In order to deviate from the above, special permission must be secured prior to the contest from the CHSAA office.

OFFICIALS' FEES

<u>ACTIVITY</u>	<u>2012-13 to 2015-16</u>	<u>2016-17 to 2017-18</u>	<u>2020- 2021</u>	<u>Current 2021- 2022</u>		
WRESTLING (1 official)						
Dual Meet						
Varsity	\$56	\$57	\$61.20	\$62.42		
Sub-varsity	\$42	\$43	\$46.92	\$47.86		
Sub-varsity in conjunction with a varsity con.						
All matches over 14 for varsity/sub-varsity	\$4/\$3	\$4/\$3	\$4.59/ 3.06	\$4.68/ 3.06		
Dual Meet Tournaments-Per Day-Per site-Per Official. See Note ½ of this Dual Meet sec.						
First two Duals Meets						
Varsity	\$112	\$114	\$122.40	\$124.85		
Sub-varsity	\$ 84	\$ 86	\$93.84	\$95.72		
Each Additional Dual Meet(3, 4, 5,etc)						
Varsity	\$46	\$47	\$51	\$52.02		
Sub-varsity	\$35	\$36		\$40.58		
*Note 1: Tournaments (Non-Dual/Bracketed) will pay \$4/match for any matches officiated after a period of 8 hours. The 8-hour period will begin with the published scheduled start time for the tournament. The total amount of fees paid after an 8-hour period shall be distributed evenly between all officials working the tournament. Furthermore, it will be required to have an additional "weight master". Weight masters will be compensated a \$37.50 stipend in addition to all customary fees associated with the approved fee schedule. *Note 2: Tournaments with 1-4 mats shall have 1 more official than the number of mats. Tournaments with 5-7 mats shall have 2 more officials than mats. Incorrect staffing of a tournament according to this format will result in paying the assigned officials an additional fee amount. The amount will be an even distribution of what should have been paid for the correct number of assigned officials.						
Varsity						
Triangular(non-dual/bracketed)	\$146	\$147	\$153	\$156		
Quadrangular(non-dual/bracketed)	\$146	\$147	\$153	\$156		
5 teams(bracketed)	\$99	\$100	\$105	\$107		
6 teams(bracketed)	\$123	\$124	\$129	\$132		
7 teams(bracketed)	\$144	\$145	\$151	\$154		
8 teams(bracketed)	\$159	\$160	\$166	\$169		
9 or more teams bracketed	\$159 + \$10 per team/per official for every team over 8 (2010-2014) \$160 + \$10 per team/per official for every team over 8 (2014-2016) \$162+ \$10 per team/per official for every team over 8 (2020-2021) \$165+ \$10 per team/per official for every team over 8 (CURRENT)					
Sub-varsity						
Triangular(non-dual/bracketed)	\$95	\$96	\$101	\$101		
Quadrangular(non-dual/bracketed)	\$95	\$96	\$101	\$102		
5 teams(bracketed)	\$79	\$80	\$88	\$88		
6 teams(bracketed)	\$96	\$97	\$102	\$104		

7 teams(bracketed)	\$108	\$109			\$116		
8 teams (bracketed)	\$119	\$120			\$128		
9 or more teams (bracketed) \$119 + \$7 per team/per officials for every team over 8 (2010-2014) \$120 + \$7 per team/per official for every team over 8 (2014-2016) \$125+ \$7 per team/per officials for every team over 8 (CURRENT)							

In excess of 16 teams-Tournaments having in excess of 16 teams entered may negotiate a flat fee with the individual official for services to be provided.

INDIVIDUAL MILEAGE BUFFER

No mileage will be paid to an official whose town of residence is 20 miles or closer to the host school. Full mileage (including first 20 miles) will be paid to officials who travel over 20 miles. This does not apply to the metro area officials described above that receive the \$6 travel stipend.

NATIONAL FEDERATION WRESTLING RULES

All matches -- regular season through state -- shall be wrestled under the 2021-2022 National Federation rules. Please be aware that neither a league nor competing schools have the authority to modify rules.

Please pay particular attention to the National Federation Wrestling Rules Changes shown in the NFHS Rule Book and the Comments on Rules section of this bulletin.



WRESTLING

SCORERS AND TIMERS INSTRUCTIONS

THE OFFICIAL SCORER shall be seated at the scorer's table and is responsible for: (a) recording points scored by each contestant when signaled by the referee; (b) circling the first point(s) scored in the regulation match; (c) recording the wrestler who makes the choice at the start of the second and third periods and the position of the wrestlers at the start of the second and third periods including overtime; (d) constantly checking with the visiting team's scorer; (e) immediately advising the match time-keeper when there is any disagreement regarding the score and advising the scoreboard operator or assistant scorers of the correct score during each match; (f) recording the completion time of matches; and (g) presenting the referee with the scorebook at the end of a dual meet for verifying of team scores and signature.

THE ASSISTANT SCORERS are responsible for recording points earned by each individual wrestler during the course of the match

and circling first point(s) scored in the regulation match. As points are earned in a dual meet, a running team score shall be kept following each individual match.

THE MATCH TIMEKEEPER is responsible for: (a) keeping the overall time of the match; (b) recording the accumulated time-outs for injury and blood time; (c) monitoring recovery time; (d) notifying the referee of any significant situation when the match is stopped, or for disagreement by official scorer and timekeeper, or when requested by a coach to discuss a possible error; (e) assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period; and (f) when a visual clock is not available, calling the minutes to referee, contestants and spectators and displaying with visual cards the number of seconds remaining in the last minute of the period at 15-second intervals.

SCORING SYMBOLS

In order to provide better consistency in keeping individual match scores, the NFHS Wrestling Rules Committee has adopted a set of scoring symbols to be used by scorekeepers.

Properly used, the symbols will provide both coaches and referees a running account of the match being scored. It is important that scorers use only these authorized symbols.

T2 – Takedown R2
– Reversal E1
– Escape
N2 – Near fall
N3 – Near fall (5 seconds)
N4 – Near fall (as a result of injury or bleeding)
Sw – Stalling Warning
S – Stalling
TV – Technical Violation
P – Illegal Hold/Maneuver or
– Unnecessary Roughness
RO – Ride-out
C – Caution
C1 – Points Earned
– After 2nd Caution

CMw – Coach Misconduct Warning
CM – Coach Misconduct
W – Warning
FS – False Start
UCM – Unsportsmanlike Conduct
– Match Point
UCT – Unsportsmanlike Conduct
– Team Point
FMC – Flagrant Misconduct
F – 1:38 Fall
TF – 4:25 Technical Fall
For – Forfeit
Def – Default
DQ – Disqualified
Dec – Decision

MD – Major Decision
▲ – Selects Up
▼ – Selects Down
= – Selects Neutral
OT – Overtime
SV – Sudden Victory
TB – Tiebreaker
UTB – Ultimate Tiebreaker
IT – Injury Time
IT – (= ▲ ▼)
choice after
2nd injury
Time-out
BT – Blood
HNC = Head, Neck, Cervical Column

Scorekeepers shall circle the first point(s) scored in the regulation match, including overtime.

Revised 2020

PENALTY CHART

	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Illegal Holds/Maneuvers	7-1	No	} 1 Pt.	1 Pt.	*2 Pts.	Disqualify
Technical Violations	7-3	No				
Stalling* (plus opponent will have choice of position on the next restart)	7-6	Yes				
Unnecessary Roughness	7-4-1	No				
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No				
Not Reporting to Scorer's Table Properly Equipped	8-1-1	No				
False Start or Incorrect Starting Position	8-1-3		Following two cautions there is a 1-point penalty for each subsequent infraction			
Coach Misconduct (during the match)	5-5 6-6-6 7-5-4 8-1-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
Unsportsmanlike Conduct - Contestants (not during the match), Coaches and Other Team Personnel	7-4-2 7-5-3 8-1-4	No	Deduct 1 Team Point	Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		

	Rule	Warning	First Penalty
Flagrant Misconduct - Contestants	7-4-3 8-1-6	No	Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated.
Flagrant Misconduct - Coaches and Other Team Personnel	7-5-5 8-1-3 8-1-6	No	Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.
Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform	7-3-5 8-1-1		Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time.

Summary of Technical Violations

Going out of Wrestling Area (Fleeing) (7-3-1)
 Grasping Clothing, Etc. (7-3-2)
 Interlocking Hands (7-3-3)
 Leaving Wrestling Area Without Permission (7-3-4)
 Reporting to the Scorer's Table Not Properly Equipped or Not Ready to Wrestle (7-3-5)

Note 1 — Disqualification due to technical violation, illegal hold/maneuver, stalling, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments.

Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.

Note 2 — Points for unnecessary roughness, grasping clothing, locking hands or fleeing the mat are awarded in addition to points earned.



NFHS OFFICIAL WRESTLING SIGNALS

1. Starting the Match



2. Stopping the Match



3. Time-Out



4. Start Injury Time



5. Start Blood Time Out



6. Start Recovery Time



7. Stop Blood/Injury/Recovery Time



8. Neutral Position



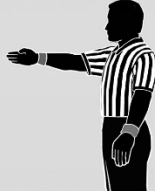
9. Indicates No Control



10. Out-of-Bounds



11. Indicates Wrestler in Control – Left/Right Hand



12. Defer Choice



13. Potentially Dangerous – Left/Right Hand



PlayPic® PlayPics courtesy of *Referee* magazine.



NFHS OFFICIAL WRESTLING SIGNALS

14. Stalemate 	15. Caution – False Start or Incorrect Starting Procedure 	16. Stalling – Left/Right Hand 	
17. Interlocking Hands or Grasping Clothing 	18. Reversal 	19. Technical Violation 	
20. Illegal Hold 	21. Near-Fall 	22. Awarding Points – Left/Right Hand 	23. Unsportsmanlike Conduct – Left/Right Hand 
24. Flagrant Misconduct – Left/Right Hand 	25. Coach Misconduct – Left/Right Hand 	26. Unnecessary Roughness – Left/Right Hand 	27. Default Technical Fall Disqualification 

PlayPic® PlayPics courtesy of *Referee* magazine.



Start Head, Neck, Cervical Injury Evaluation Time.

CHSAA OFFICIALS EVALUATION CARD

NOTE TO COACHES: A coach may now evaluate officials online through the CHSAANOW web site:

1. Log on to: www.chsaanow.com select the activities tab
2. Select Winter Sports and Wrestling
3. Click on the small white colored Info tab

You may fill out the card online.

Your completed evaluation card will be sent to Tom Robinson, CHSAA Assistant Commissioner.



COLORADO WRESTLING
OFFICIALS ASSOCIATION

Wrestling Officials Wanted!!!

The Colorado Wrestling Officials Association is currently seeking wrestling officials for the upcoming season. If you know of a current wrestler, past wrestler, or parent interested in giving back to the sport of wrestling, please direct them to www.cwoa.us.

GUIDELINES TO REDUCE THE INCIDENCE OF SKIN DISEASES IN WRESTLING

The following guidelines are not meant to be all inclusive of what may need to be done to prevent skin diseases from occurring in wrestling. They provide practical suggestions that, when implemented, should help reduce the incidence of skin diseases occurring among high school wrestlers. Some of the guidelines go above and beyond what would normally need to be done to prevent skin infections from occurring. In instances where some wrestlers, or an entire team, seem to be extremely susceptible to skin diseases the more extreme guidelines may prove to be very worthwhile. Many coaches are currently implementing all, or most, of these guidelines. Others may be utilizing only selected ones. Whatever the case, ***restricting wrestlers with skin lesions from participation and keeping a clean wrestling environment are the keys to reducing the incidence of skin infections.***

GENERAL GUIDELINES

Clean wrestling mats daily, preferably within one hour of practice or competition, using a disinfectant cleaner. Allow mats to air dry before using.

Wash wall mats with disinfectant on a regular (1-2 times weekly) basis.

Wipe weight room benches with disinfectant after use and/or prior to the next day's use.

Launder towels, practice gear, and uniforms after each use. ***Don't allow any wrestler into the practice room without clean practice gear.***

Wipe head gear and shoes with disinfectant after each practice.

Do not allow wrestlers to share any item of practice gear.

Require each wrestler to shower using deodorant soap after each practice and contest.

Have each wrestler supply their own bar of deodorant soap, and shampoo. Dispensers for liquid soap are another option to reduce the need for common bars of soap.

As an additional precaution, athletes with acne problems may wish to use astringent pads (Stridex) to clean their face/neck after showering.

Open the doors to the wrestling room and use fans to lower the heat and humidity each night. ***Proper ventilation is very important to destroy disease-causing bacteria.***

Do not allow athletes to use common towels, for any reason, during practice or competition.

Neoprene sleeves and supports should be wiped with disinfectant after every use and allowed to air dry.

Wrestlers should keep their finger nails trimmed short to avoid scratching themselves or someone else, as any opening in the skin increases the risk of infection.

Wrestlers should maintain their natural immunity to all diseases by eating healthy foods and getting adequate rest. They may also wish to take a one-a-day multi-vitamin.

Coaches should visit with wrestlers, and their parents, about how to recognize and prevent the most common skin diseases.

Wrestlers who have been susceptible to skin diseases in the past may want to visit with their family physician regarding preventative oral medication, which may be available.

GUIDELINES FOR WRESTLERS WHO HAVE A SKIN DISEASE

Wrestlers with any signs of a skin disease should be withheld from practice until a medical diagnosis and clearance is obtained.

Wrestlers having any signs or symptoms of a skin disorder should be sent to a doctor immediately.

If a wrestler with a skin disease has current written permission from a physician to participate, the affected area should be covered with an occlusive (water resistant) dressing or a gauze pad with a water resistant covering on at least one side. This reduces the risk of infecting others.

Wrestlers having lesions from a skin disease on their face or neck should launder their pillowcase on a daily basis.

Wrestlers with any signs of a skin disease should wash their hands frequently to avoid contaminating themselves, or others.

Wrestlers with skin diseases should be made aware that contact they have with others during the school day, outside the wrestling room, may spread the disease to others.

RECOMMENDATIONS FOR THE PREVENTION OF SKIN DISEASES

1. Become familiar with, and post, the ***skin disease chart*** in the wrestling locker room.
2. ***Make information about skin diseases available to parents and wrestlers*** before the season or early in the season.
3. ***Disinfect wrestling mats on a daily basis.*** Remove any blood with an approved cleaner or with a solution of water and household bleach.
4. To reduce the risk of infections entering the body, ***treat all abrasions and small cuts with anti-bacterial ointments*** such as Bacitracin, Neosporin, or Polysporin.
5. ***Cleanse each wrestlers clothing and equipment on a daily basis.*** This includes shoes and headgear.
6. ***Locker room areas should be disinfected on a daily basis.***
7. ***Wrestlers should shower after each practice with a deodorant soap*** such as Dial or Safeguard.

Communicable Skin Disease (National Federation Rule 4-2-3)

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.

General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, and abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

Other Communicable Diseases

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Infectious Disease and Blood-borne Pathogens" and "Skin Disorders" sections contained in the NFHS Sports Medicine Handbook.

Key Points from NWCA Skin Infection Webinar

Three Things That Causes Common Skin Infections Fungus, Bacteria and Viruses

Fungus

A fungus is a simple life form that lives as a parasite on its host. The air is constantly filled with fungus spores that are floating around hoping to land on an agreeable surface.

The name for a fungal infection is mycoses and the fungus Tinea causes a fungal infection on the skin. The types of Tinea that we are concerned with are more annoying than dangerous.

Fungal infections can be spread to other athletes by skin-to-skin contact or from infected clothing, equipment, shower floors, damp clothing and towels that have been allowed to sit, unlaundered, in your locker.

Bacteria

Bacteria are everywhere on earth, living in every environment imaginable. The vast majority of bacteria are good, and humans could not survive without them. For the most part, if bacteria are not beneficial, they are easily handled by our body's immune system. Unfortunately, some bacteria are bad and a few are really bad.

The bad bacteria we're talking about today are Staph and Strep. One species of Staph, we'll call it Staph-A, or Staphylococcus Aureus, is a particularly nasty microbe that is responsible for many infections from pimples to pneumonia. The crazy thing is that 20%-30% of us have populations of Staph A on our skin or in our noses and it doesn't cause any problems. The same is true of Strep, or Streptococcus. We think of Strep as the bacteria that cause Strep Throat, a serious illness that, if not treated, can lead to more dangerous illnesses that can permanently damage our bodies. Strep also causes skin infections.

If you have Staph or Strep living on you but you're not sick, you are said to be colonized. If you are sick, then you are described as infected.

The trouble with Strep and Staph starts when they go where they don't belong-like into our bloodstream. This usually happens when they enter the body by penetrating the first line of defense, the skin, usually through a hair follicle, wound or incision, and the battle is on.

Viruses

Viruses are much smaller than bacteria and many scientists don't even consider them to be living things. They are bits of genetic material that can't grow or reproduce on their own; they need to invade a host cell. Each virus can only infect a specific group of cells. It attaches itself to the cell's membrane and breaks through.

Like fungi and bacteria, viruses are everywhere. They are responsible for many infections and diseases

The biggest viral threat to athletes is Facial Herpes, (Herpes Simplex 1 or HSV1). It is related to, but different than, Sexual Herpes (Herpes Simplex 2, or HSV 2).

National Wrestling Coaches Association. (2008). Preventing Skin Infections: A Guide for Athletes, Coaches and Parents [Webinar]. Retrieved from <http://www.nwcaskinprevention.com/webinar/low/home.asp>

Fungal Skin Infection Diseases

Ringworm

Ringworm, is spread to other athletes by skin-to-skin contact or from infected clothing, equipment or towels. It is very contagious. Ringworm forms a distinctive red ring surrounded by a less flaky, red, itchy area. Over weeks the ring slowly enlarges. Ringworm can show up anywhere on the body.

If you have ringworm you will not be able to participate if it is active. Your athletic trainer may give you the OK after three days of treatment with an anti-fungal medication and keeping the lesion covered with a bandage. You will probably have to continue the treatment for 2 weeks.



Ring Worm
(*tinea corporis*)

Athletes Foot and Jock Itch

Jock Itch and Athletes Foot are less serious. They are contracted from shower floors, damp clothing and towels that have been allowed to sit, unlaundered, in your locker.

You can avoid jock itch and athletes' foot by washing your body, especially your feet, groin and areas where clothes or gear are tight fitting. Wear flip-flops in public showers, pools and locker rooms. Also remember to wipe off surfaces of exercise equipment with a clean towel.



Athlete's Foot
(*Tinea pedis*)

Photo ourhealthnetwork.com. 2006

Please keep in mind that this information is not intended to replace a medical evaluation for any skin disorder. These are only guidelines. Always seek the advice of your athletic trainer, team physician, sports medicine physician, dermatologist or a knowledgeable physician when any skin condition presents itself. If you think that you have any of these symptoms, be responsible; don't try to hide them--this would put others at risk. With proper diagnosis and treatment, contagious skin infections don't have to sideline athletes.

We want to stress two points here: one, if you are careful you can greatly reduce your chances of getting one of these. And two, see your athletic trainer or doctor immediately if you think you're coming down with something. The sooner you start treatment the sooner you can return to practice and competition.

National Wrestling Coaches Association. (2008). Preventing Skin Infections: A Guide for Athletes, Coaches and Parents [Webinar]. Retrieved from <http://www.nwcaskinprevention.com/webinar/low/home.asp>

Bacterial Skin Infection Diseases

Folliculitis

Folliculitis is a common, but very contagious, condition caused by staph that has infected a hair follicle. This can happen anywhere on the skin, but most commonly on the neck, thighs, buttocks, armpits or beard. It starts as a sore, red area as your body fights the infection. As the battle rages, pus forms, causing a lump that develops a yellowish tip that could grow into a large bump or boil. See a doctor, and don't pop it, as that will spread the infection.



Folliculitis

Impetigo

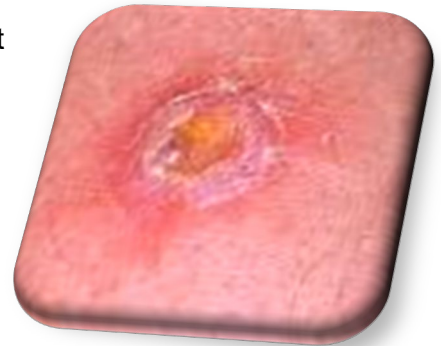
Impetigo is a serious bacterial infection that can be caused by either Staph or Strep. It originates as a small pimple or red spot that grows into a blister, called a lesion, with a red base. After a few days the lesions break open, ooze fluid and form a thick, honey-colored crust. The lesions spread, oozing fluid and crusting over. The sores scab over and heal without scarring. It is very contagious.



Impetigo

MRSA

MRSA is Impetigo that is caused by a particularly nasty strain of Staph that we call Staph A or Staphylococcus Aureus, the "SA" of MRSA. The MR stands for Methicillin Resistant, which means that common or traditional drugs used to fight Staph won't work and it will spread quickly through your body. If you start getting red spots, especially around the nose or mouth, or what looks like a pimple--in other words, a bump with pus, but not confused with acne pimples-- under a piece of equipment like a kneepad, see your athletic trainer, dermatologist or doctor immediately, because it can be much worse in 24 hours.



MRSA

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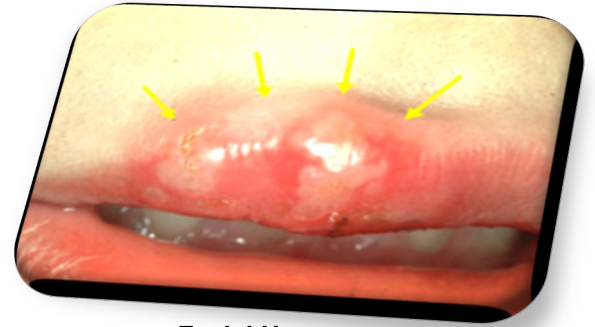
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Viral Skin Infection Diseases

Facial Herpes, (Herpes Simplex 1 or HSV1)

When a Herpes virus penetrates the skin it causes an initial infection, which can cause a fever or flu-like symptoms including a sore mouth or sore throat. Sometimes painful blisters can form on the tongue and gums and on or around the lips. Untreated, these can last for up to 14 days. After the initial infection it travels up the nerves to a spot near the spine where it lives for the rest of the host's life. The host cannot get rid of it. From time to time, which may be weeks, months or even years, something triggers the virus back into action, causing it to travel back down the nerve and creating an outbreak of cold sores, blisters or other symptoms near the site of the original infection. The person is very contagious at this point. In fact, they are infectious days before the outbreak of sores or possibly when there are no symptoms. The outbreak lasts for a week or so, and then it's up the nerve again to sit and wait.



**Facial Herpes,
(Herpes Simplex 1 or HSV1)**

Herpes is spread through contact with the open blisters and saliva. Athletes can be contagious if their bodies are shedding the virus and they rub their skin against others. There is no medicine to cure you of Herpes--once you get it you have it forever. The best you can do is manage it with the help of your doctor.

Recurrent Infection Phase

Having any of these conditions doesn't have to permanently sideline you from sports. You just have to be smart, thorough and considerate of your fellow athletes. Work with your doctor, dermatologist or athletic trainer and they will get you back in competition as soon as it is healthy and safe.

The first signs of a recurrent infection are tingling, burning or itchy feeling in the skin often accompanied by a headache or achy joints, which can last from 2 to 48 hours. This is known as the prodrome.

Next are swelling and the development of a number of fluid-filled blisters around the lips or nose.

This is followed by the formation of a cluster of intensely painful blisters, often around the head, face, neck and upper body area. The blisters burst, releasing highly contagious fluid, leaving fluid-filled sores. The virus is spread by contact of the fluid with skin, clothing or equipment. Skin to skin contact is the primary method of spreading.

Finally, the sores dry out, scab over and heal within a couple of weeks.

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BLOOD CLEAN UP PROCEDURES

It is the responsibility of the home site to provide a blood clean up person. Further, this process should be clarified with the match official before the contest

1. DEVELOP A MIXTURE IN A SPRAY BOTTLE OF APPROXIMATELY 1 PART BLEACH TO 100 PARTS WATER.
2. USE DISPOSABLE PAPER TOWELS.
3. TO EXPEDITE THE PROCESS, HAVE A DESIGNATED INDIVIDUAL READY AT ALL TIMES WITH GLOVES ON BOTH HANDS.
4. WHEN BLOOD IS FOUND ON THE MATS, THE OFFICIAL SHOULD MOTION TO THE DESIGNATED BLOOD CLEAN UP PERSON AND THEN DIRECT THEM TO THE BLOOD ON THE MAT.
5. ONCE THE BLOOD HAS BEEN REMOVED, THE PAPER TOWELS SHOULD BE PLACED IN A RECEPTACLE DESIGNATED FOR BLOOD CLEAN UP.
6. AFTER EACH BLOOD CLEAN UP, THE BLOOD CLEAN UP PERSON SHOULD REMOVE THE GLOVES (WITHOUT TOUCHING THE BLOOD!) AND PLACE THEM IN THE BLOOD CLEAN UP RECEPTACLE.
7. NEW GLOVES SHOULD IMMEDIATELY BE PUT ON BY THE BLOOD CLEAN UP PERSON IN ORDER TO PREPARE FOR THE NEXT INCIDENT.
8. ONLY PEOPLE WITH PROTECTIVE GLOVES SHOULD REMOVE BLOOD OR OTHER BODY FLUIDS FROM THE MAT.

NFHS MEDICAL RELEASE FORM FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School 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.

NFHS MEDICAL RELEASE FORM (WRESTLER WITH SKIN LESIONS)

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

Revised/Approved by CHSAA SMAC – November 2018

ORGANIZATIONS PLAN TO REDUCE HERPES GLADIATORUM OUTBREAKS THROUGH EARLIER DIAGNOSIS AND TREATMENT

American College of Sports Medicine and National Federation of State High School Associations to address
widespread infection among athletes in high school wrestling programs

INDIANAPOLIS - The American College of Sports Medicine (ACSM) and the National Federation of State High School Associations (NFHS) are collaborating to conduct a timely and thorough review of high school wrestling health and safety guidelines, addressing one of the most common infections caused by athletic activity: herpes gladiatorum. Herpes gladiatorum (HG), a virus that causes skin lesions on the body, is highly contagious through personal contact during wrestling practice and competition. Prevention techniques are the focus of this collaboration, since early and accurate detection and comprehensive treatment, rather than mat and equipment cleanliness, are increasingly recognized as more effective in containing and minimizing the risk of exposure.

Young athletes at risk of developing HG are typically wrestlers who engage in the lock-up position, which places the face, neck, and arms of the opposing wrestlers in close contact. Lesions indicative of the skin disorder generally occur on the face, neck, and arms as a result, accompanied by symptoms such as inflamed skin rash, sore throat, general malaise, fever, and the appearance of clustered vesicles, which are small fluid-containing elevations of the skin.

ACSM and NFHS, the rule-making governing body for high school sports, will work to ensure that medical professionals more closely monitor systemic signs or symptoms to diagnose and treat herpes simplex virus-1 (HSV-1), the virus precursor for HG, and require the swift withdrawal of wrestlers from participation until a diagnosis can confirm or rule out infection. In smaller schools and districts with limited athletic personnel, ACSM and NFHS will provide educational resources for coaches, who are often the first and most efficient individual to screen wrestlers for suspicious skin conditions. Further, the organizations will work with athletes, coaches, and athletic trainers to emphasize that mat disinfection and personal cleanliness, while important, may reduce but will not prevent the types of outbreaks seen in the upper extremities of the body.

A clinical evaluation appearing in the November issue of *Medicine & Science in Sports & Exercise®*, the official scientific journal of ACSM, calls for a review of standards to address numerous outbreaks that have occurred among high school wrestlers in the past 13 years. Specifically, the author studied and tracked an outbreak involving 19 high schools during a 1999 Minnesota state high school wrestling tournament. This outbreak demonstrated extensive transmission can occur in a short period of time, as wrestlers on seven out of nine teams, and ultimately 61 wrestlers and three coaches contracted HG. Based on this clinical evaluation, preventative factors, including increased vigilance to potential misdiagnosis by individual's physicians who may not understand how the viral infection develops and spreads, are recommended as key to avoiding and controlling future outbreaks.

ACSM members will work within NFHS networks to develop opportunities for qualified and certified healthcare providers to implement early detection and rapid diagnosis efforts on local levels. This will enhance on-site screenings and skin checks, provide an educational mechanism to culture samples from suspicious skin lesions, and develop a protocol for promptly removing questionable individuals from participation, as well as prescribing a course of treatment before allowing return to play.

"These outbreaks gave us solid and viable information to help governing bodies assess guidelines for youth sports," said William O. Roberts, M.D., ACSM president-elect. "Team physicians, researchers, and the institutions that support them know that health education and disease prevention is like technology-there are always better answers out there. ACSM and NFHS are dedicated to looking forward to ways to protect young athletes and supply coaches and trainers with the information they need to avoid future occurrences in this sport."

The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world. More than 20,000 International, National, and Regional members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

NOTE: *Medicine & Science in Sports & Exercise®* is the official journal of the American College of Sports Medicine, and is available from Lippincott Williams & Wilkins at 1-800-638-6423. For a complete copy of the research paper (Vol. 35, No. 11, pages 1809-1814 or to speak with a leading sports medicine expert on the topic, contact the Communications and Public Information department at 317-637-9200 ext. 127 or 117. Visit ACSM online at www.acsm.org.

NFHS Issues Alert Concerning an Infectious Skin Disorder in Contact Sports

CDC Warns Against Resistant Staph Strain

The Centers for Disease Control has issued a report on methicillin-resistant staphylococcus aureus, or MRSA, which is leading to potentially severe skin disorders in competitive sports. For more information, Please save this page or visit www.cdc.gov/ncidod/hip/aresist/mrsa.htm or call (800) 893-0485.

Methicillin-Resistant Staphylococcus aureus Infections Among Competitive Sports Participants: Colorado, Indiana, Pennsylvania and Los Angeles County, 2000-03.

Although outbreaks of methicillin-resistant Staphylococcus aureus (MRSA) usually have been associated with health-care institutions, MRSA is emerging as a cause of skin infections in the community. This report summarizes several reported clusters of skin and soft tissue infections associated with MRSA among participants in competitive sports and identifies possible risk factors for infection (e.g., physical contact, skin damage and sharing of equipment or clothing). The findings underscore: 1) the potential for MRSA infections among sports participants; 2) the need for health care providers to be aware that skin and soft tissue infections occurring in these settings might be caused by MRSA; and 3) the importance of implementing prevention measures by players, coaches, parents and school and team administrators.

Fencers:

In February 2003, the Colorado Department of Public Health and Environment was notified by a local health department about a cluster of MRSA infections among members of a Colorado fencing club and their household contacts. After club leaders reported five cases of infection to the local health department, all members (n = 70) of the fencing club were asked to complete a questionnaire that included questions about infections and possible risk behaviors such as sharing of clothing or equipment. A total of 62 (89 percent) fencers responded to the survey. No additional cases were identified from the survey. A confirmed case of MRSA infection was defined as signs and symptoms of an infection (e.g., fever, pus, swelling or pain) during July 2002 to February 2003 in a fencer or household contact of a fencer from whom MRSA was cultured from a clinical isolate. A probable case was defined as skin or soft tissue infection during the outbreak period in a fencer or household contact of a fencer from whom no clinical culture was obtained.

Three confirmed and two probable cases were identified; one patient was a household contact. Median age of patients was 31 years (range: 11-51 years); three (60 percent) were female. One patient had paraspinal myositis with bacteremia and was hospitalized for 11 days. The other four patients reported one to six abscesses each, located on the legs or thighs (n = four), abdomen (n = three), axilla (n = one), buttocks (n = one), hand (n = one), and behind the knee (n = one). Three (60 percent) patients were hospitalized and received intravenous antimicrobial therapy. Two of the patients with confirmed cases reported recurrent infections for which they received antimicrobial therapy and made multiple health care visits before their wounds were cultured. All patients have recovered.

Pulsed-field gel electrophoresis (PFGE) testing was performed on isolates from two patients; an isolate from one of the patients with a confirmed case was not available. The PFGE patterns from both were indistinguishable.

Facilities at the fencing club included changing rooms and practice areas. No showers were available. Although none of the fencers with infections reported sharing clothing, masks, and weapons, such sharing was common among team members. In addition, fencers

wear a sensor wire under their clothes to record when they have been touched by an opponent's weapon. Interviews with club members indicated that these wires were shared routinely and had no routine schedule for cleaning. No other common sources of exposure outside of the fencing club were identified.

Club members, coaches, and administrators were instructed in MRSA transmission control measures. These included: 1) increased hand hygiene; 2) showering with soap after every practice or tournament; 3) covering cuts and abrasions with a bandage until healed; 4) laundering personal items such as towels and supporters after each use; 5) cleaning or laundering shared athletic equipment such as pads or helmets at least once a week but ideally after each use; 6) establishing a routine cleaning schedule for the sensor wires; and 7) consulting a health care provider for wounds that do not heal or appear infected. No further infections have been reported.

Football players and wrestlers:

Clusters of MRSA infection among sports team participants were identified during September 2000 in Pennsylvania and during the fall and winter of 2002-03 in Indiana and Los Angeles County, California. Affected persons included college and high school-aged football players and wrestlers; the numbers of infected members per team ranged from two to 10 players. During September-October 2000, CDC assisted the Pennsylvania Department of Health in an investigation of an outbreak of MRSA culture-positive skin and soft tissue infections among 10 members of a Pennsylvania college football team, seven (70 percent) of whom were hospitalized. All isolates from the Pennsylvania athletes had indistinguishable PFGE patterns. Several possible risk factors for infection were identified, including skin trauma from turf burns and shaving and sharing of unwashed bath towels.

In September 2002, the Los Angeles County Department of Health Services investigated two cases of MRSA skin infection among members of a college football team. Both patients were hospitalized; one received surgical debridement and skin grafts. Isolates from the two players had indistinguishable PFGE patterns. Team players reported frequent skin trauma and reported covering wounds approximately half of the time. In addition, health department staff identified the potential for spread through shared items such as balms and

In January 2003, the Indiana Department of Health was notified of two wrestlers on a high school team who had MRSA skin infections diagnosed. Neither patient was hospitalized, and isolates were not available for PFGE testing. The two players were in different weight groups and had never wrestled each other, suggesting that transmission could have occurred through sharing items rather than direct contact. No other common exposures were identified.

Reported by: N Gantz, MD, Hospital A; H Harmon, MPH, J Handy, County A Health Dept, Colorado; K Gershman, MD, Colorado Dept of Public Health and Environment. J Butwin, MSN, Indiana State Dept of Health. L Mascola, MD, Los Angeles County Dept of Health Svcs, Los Angeles County, California. A Weltman, MD, R Groner, Pennsylvania Dept of Health. Div of Applied Public Health Training, Epidemiology Program Office; Div of Healthcare Quality Promotion, National Center for Infectious Diseases; A Cronquist, M Kainer, N Lee, EIS officers, CDC.

Editorial note:

Outbreaks of community-associated MRSA (CA-MRSA) occur in various populations, including children attending child care, prison inmates and men who have sex with men (1-3). This report demonstrates that CA-MRSA has the potential to spread and cause outbreaks among players of competitive sports, including those sports that involve little skin-to-skin contact among players, such as fencing. Physicians should be aware of the potential for MRSA infections in sports participants when evaluating patients and making treatment decisions. As demonstrated by this cluster of MRSA infections among fencers, patients with recurrent MRSA infections might make multiple health care visits before a wound culture is obtained. Recurrence of infections might be avoided if physicians obtain cultures more routinely when athletes have infected wounds.

Transmission of *S. aureus*, for both susceptible and antimicrobial resistant strains, usually occurs through close contact with a person who has either a draining lesion or asymptomatic carriage of *S. aureus*. Although the investigations described in this report did not determine the roots of MRSA transmission definitively, three factors might have contributed to transmission in these outbreaks. First, competitive sports participants might develop abrasions and other skin trauma, which could facilitate entry of pathogens. Even in sports with less direct contact, protective clothing can be hot and might chafe skin, resulting in abrasions and lacerations. Fencers reported developing skin rashes frequently under protective clothing. Second, some sports for which MRSA infections have been reported involve frequent physical contact among players (e.g., football and wrestling). *S. aureus* and other skin flora can be transmitted easily from person to person with direct contact. Third, sports such as fencing have limited skin-to-skin contact but require multiple pieces of protective clothing and equipment, which often might be shared. The use of shared equipment or other personal items that are not cleaned or laundered between users could be a vehicle for *S. aureus* transmission. Previous outbreaks of staphylococcal skin infection have been reported among wrestlers and rugby and football players (4--7). In these outbreaks, risk factors have included skin trauma (4,7) and contact with lesions of other players (7). The findings in this report, particularly the cluster of MRSA infections among participants in a sport with little skin-to-skin contact, suggest that sharing equipment or personal items also might facilitate MRSA transmission. Although none of the fencers reported sharing equipment or clothing items, their use of shared sensor wires was not assessed specifically.

Maintaining good hygiene and avoiding contact with drainage from skin lesions of other players are the best methods for preventing spread of staphylococcal skin infections. Guidelines for preventing skin infections among sports team participants should be followed (6--10). All persons associated with competitive sports teams, including players, coaches, teachers, parents, and administrators, can help prevent sports-related skin infections and should be aware of prevention measures (Box). Sports team administrators should be encouraged to provide facilities and equipment necessary to promote good hygiene, such as clean facilities and adequate supplies of soap and towels. Coaches and parents should encourage good hygiene among players, and they should be taught to administer proper first aid, practice appropriate hand hygiene, and implement a system to ensure adequate wound care and to cover skin lesions

appropriately before play. Players should be encouraged to practice good hygiene, avoid sharing towels or other personal items, and inform coaches about active skin infections.

References:

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9. Howe WB. Preventing infectious disease in sports. *The Physician and Sportsmedicine* 2003;31:23--9.
10. National College Athletic Association. Wrestling rules and interpretations: Appendix D. Indianapolis, Indiana: National College Athletic Association, 2002.

STATE TOURNAMENT

STATE TOURNAMENT INFORMATION

- ❖ A final State Tournament Update will be available for those schools with wrestlers who qualify for state. The regional directors will distribute an envelope that contains: weigh-in information, parking locations, tournament schedule, etc. One parking pass for the tournament will be available in this packet.
- ❖ Brackets will be available on the CHSAA Website (www.chsaanow.com) after 5 pm on Sunday, February 13, 2022.
- ❖ State Tournament ticket sales will be updated as Covid19 Variances are updated.
- ❖ There will be an additional service charge, per ticket, for all tickets ordered on-line.
- ❖ **Parking is not controlled by CHSAA.**
- ❖ Finally, please be advised that the CHSAA does not receive any revenue from concessions, parking, facilities tax or ticket service charges.

STATE CHAMPIONSHIP TOURNAMENT INFORMATION

STATE ENTRIES

The regional director officially reports regional wrestling tournament results via TrackWrestling. These results are used to ensure accurate information for state wrestling tournament participants. **Coaches are responsible to ensure that regional participant personal information (name, grade and record) is accurate!**

IF A WRESTLER FAILS TO MAKE WEIGHT OR FAILS TO APPEAR AT THE STATE TOURNAMENT WEIGH-IN, A BYE WILL EXIST AND THE BRACKET WILL NOT BE OTHERWISE CHANGED.

STATE TOURNAMENT BRACKET SEEDING

The state tournament brackets will be seeded by the following procedures:

In all classes, wrestlers will be seeded into the bracket using a criteria based on points for previous state placing. Once Points have been determined, the criteria will be as follows: 1) Cumulative state points 2) Overall win percentage this season 3) Head to head this season 4) Coin Flip

Champ	6 pts.	Example: A regional champion was a 4th place state finisher as a sophomore, a 2nd place state finisher as a junior. He would have 8 points toward seeding for the state tournament.
2nd	5 pts.	
3rd	4 pts.	
4th	3 pts.	
5th	2 pts.	
6th	1 pt.	

SUBSTITUTIONS FOR QUALIFIERS UNABLE TO WRESTLE

If a qualifier is unable to participate, the individual who finished 5th in your regional tournament may be entered. The CHSAA office (303-344-5050) should be notified immediately if a qualifier is unable to enter the state tournament.

The DEADLINE FOR ENTERING ALTERNATES IS 3:00 P.M. ON TUESDAY, FEBRUARY 15, 2022. THERE ARE NO EXCEPTIONS.

PARKING FOR TEAMS

The negotiated contract will permit school buses only to park at no cost. All other team vehicles (vans, suburban's, cars, etc.) must pay the required regular parking fee as set by the Ball Arena.

All schools that have individuals that qualify are entitled to one parking pass, which will allow in and out privileges for the tournament. The CHSAA has purchased these passes to help schools ease parking problems. Please do not ask for additional parking passes, since we have purchased a limited number there are no extras.

The cost for parking and concessions are set in the contract. The CHSAA receives no income from concessions or parking.

TEAM PACKETS

Team packets containing brackets and passes may be picked up the day of the tournament. A packet pick-up form must be completed and given to the workers when packets are picked up. Specific information on location and time will be included in the state qualifier packet received at regionals.

TEAM ENTRANCE

All personnel entering at the team entrance must have a pass. Floor passes will not be honored for admission. Tickets for all coaches, managers and participants will be punched for each admission, including all weigh-ins and must be visible at all times for admission to the coach-wrestler seating areas. Each punch will be good for one entry per session - no pass outs will be allowed.

TEAM WARM-UP

Warm-up areas will be provided.

FLOOR PASSES/WRISTBANDS

Each school will be given floor passes and wristbands for use during the tournament. **Each person MUST wear the floor pass AND the wristband to be permitted onto the Arena Floor . These passes are not transferable**

1-3 qualifiers – 2 floor passes
4-6 qualifiers – 3 floor passes
7-9 qualifiers – 4 floor passes
10 + qualifiers – 5 floor passes

COACH/COMPETITOR PASSES FOR ENTRY

Each school competing in the state tournaments will be furnished punch passes based on their particular classification (i.e., Class 5A-4A - number of competitors + 6; Class 3A-2A and Girls - number of competitors + 5).

COACH AND COMPETITOR SEATING

TBD

CHEERLEADER ENTRY

TBD

DOCTORS AND TRAINERS

Doctors and trainers will be provided by the CHSAA.

OFFICIALS

Selection

Officials will be selected and assigned by the CHSAA office.

Assistant Referees

Assistant referees will be used only in all sessions.

If you know of an official who has performed in an exemplary manner, shown a good knowledge of the rules, and/or acted with good professionalism, please nominate this official to work the post season by responding to the officials voting survey that is sent in January.

STATE AWARDS

Team Trophy -- 1st place

Team Plaques - 2nd place

Individual Medals -- Places 1-6 in each weight classification.

Note: Wrestlers will receive medals during the championship session immediately following the match in the next highest weight class. All wrestlers are expected to appear in uniform or team warm-ups for the medal presentation. No Hats Allowed.

AWARDS PICTURES

Designated Photographers will be the sole photographer on the floor taking pictures of all awards presentations. Pictures may be purchased.

VIDEOTAPING REGULATIONS

Videotaping on the floor level (in the wrestling area) is prohibited for parents and spectators. Coaches can videotape from the mat corner for their matches only.

1. Videotaping from the spectator area is permitted. No permission from the CHSAA is needed.
2. Filming for commercial purposes is prohibited.
3. Equipment should be self-contained and require no electrical hook-up.

MEMO

Pay close attention to the weigh in times for state. Make sure you are on time for weigh in each day.

Sportsmanship Protocol at all CHSAA Contests and Activities

1. National Anthem-When the National Anthem is played or the Pledge of Allegiance is recited, students, fans, coaches and players should stand at attention, remove hats and face the flag.

2. Cheerleaders/Fans/Spectators

- It is recommended that there be positive cheers only.
- Only cheerleaders may use megaphones.
- All patrons must wear shirts and shoes. Face painting is allowed.
- Cheer and tumbling routines must be in front of your team's student body. Routines that spill onto the area of the opposing team are prohibited.
- Cheer squads may perform under the basket area outside the free vertical lane lines at all times.

3. Banners

- One cloth or vinyl banner may be used, but must be sanctioned by the game management, principal, and/or athletic director before the contest. Note: Some facilities, including venues used for CHSAA playoffs, may not allow any banners. Paper banners are not allowed at CHSAA sponsored playoff events. The words and graphics on banners must be positive: i.e. "beat", "outscore", "conquer", etc.; Negative banners: i.e. "kill", "maim", "scalp", etc., will be confiscated and may result in no future use of banners.

- Banners must not block the view of others.

4. Noisemakers

- All artificial noisemakers are prohibited. This includes: cowbells, drums, whistles, horns, plastic clackers, thunder sticks, etc. Exception: bleacher kicking is permitted if the facility management allows it.
- An air horn or cannon may be used on the field and only if supervised by a school designee. It should never be disruptive to the playing of the game and used only during dead ball periods at the end of playing action.
- No musical instruments and/or amplified music, including drums, shall play while the game clock is running or when a 'live-ball' situation is applicable by rule, whether the game is indoor or outdoor. This includes fanfares, drum rolls, etc. The only time the game, once started, is not "in progress" is during a timeout or intermission. This applies to the use of outdoor, in-gym, or in-arena sound systems and public address announcements. The announcer is an integral member of game administration and is a reporter of information not necessarily obvious to spectators. Great care must be exercised to see that neither team gains an advantage from announcements over the public address system. Announcers are not "play-by-play" announcers.
- There shall be no amplified instruments at any CHSAA playoff events.

5. A list of acceptable and unacceptable behaviors can be found in the Game Management and Sportsmanship Expectation Guide included in your school box.

CHEER FOR YOUR TEAM AND NOT AGAINST THE OPPONENT!!



CHSAA

Colorado High School Activities
Association

SUBMIT FORM TO:

EMAIL:

ADAM BRIGHT

abright@chsaa.org

SAMANTHA ROGERS

srogers@chsaa.org

ADDRESS:

14855 E. SECOND AVE

AURORA, CO 80011

OR

AT STATE TOURNAMENT

COACHES SERVICE AWARD WRESTLING

YEARS OF SERVICE (CIRCLE ONE OR WRITE IN YEARS): 20 30 40 ____

NOMINEE INFORMATION

NOMINEE FULL NAME: _____

SCHOOL: _____

NOMINEE ADDRESS: _____

SCHOOL INFORMATION

SCHOOL NAME: _____

SCHOOL ADMINISTRATOR AND TITLE: _____

SCHOOL ADDRESS: _____

This program is earmarked for any member of your wrestling staff, who cumulatively has years of service (20,30, 40 or more) related to the areas of wrestling coaching in Colorado.

If you have served as a wrestling coach or have a coach on your staff who has coached wrestling for (20,30, 40 or more) or more years, please complete this form and mail to the CHSAA office. Presentations will be made at the state wrestling tournament.

Positions held by the nominee (please list in chronological order from earliest to latest date):

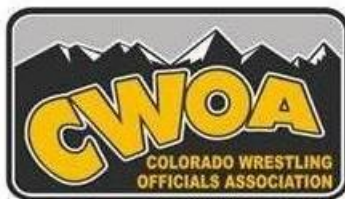
1. _____
Position School Years of Service

2. _____
Position School Years of Service

3. _____
Position School Years of Service

4. _____
Position School Years of Service

DATE: _____



Weigh-In Responsibilities

Officials are no longer required to conduct dual meet weigh-in. It is the responsibility of the host administration to conduct weigh-in in compliance with Rule 4-5 of the NFHS Rules Book. Tournament hosts may choose to conduct weigh-in, in compliance with Rule 4-5 of the NFHS Rules Book, or may choose to have the referee's conduct weigh-in by paying a \$37.50 Weigh Master stipend to each official present for weigh-in.

For weigh-in not conducted by the referee(s):

Coaches are to document the actual weights of the opposing team on the official weigh-in sheet. Coaches are to sign the opposing teams weigh-in sheet confirming the accuracy of all recordings and entries.

Coaches, or another authorized person, are to perform grooming and skin checks in accordance with standards identified in Rule 4-2 of the NFHS Rules Book. All non-conforming grooming issues must be brought into compliance prior to the offending wrestler reporting to the scorer's table for his/her first competition of the event. All suspected skin conditions must be brought to the attention of the referee upon his/her arrival at the host site.

All grooming deficiencies, and suspected skin conditions, identified by the referee after a wrestler properly reports to the scorer's table will be penalized as a Technical Violation for reporting not ready to wrestle (Rule 7-3-5).



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Mention CHSAA Wrestling