

NFHS Wrestling Rules Questions & Answers and Interpretations

(updated 2-5-10)

Wrestling Questions & Answers

2-5-10

Q.: I know there is a 1/2 pound weight loss limit per day in order to go down a weight class in wrestling. My question is can a wrestler gain more than a 1/2 pound a day in order to go up 2-3 weight classes? Example: A wrestler weighs in at 119 on Dec. 29. On Jan. 1 (7 days later) he weighs in at 127.5 in order to wrestle 130 or 135. Can a wrestler gain more than a 1/2 pound per day in order to do this?

A.: **The only reference to weight gain in our WIAA Winter Season Regulations is in the appeal process. Therefore, after minimum weight is determined, a wrestler may wrestle at weights above their minimum. Keep in mind that the maximum weight loss is one-half pound per day after weigh-ins for matches. If your athlete weighs in at a heavier weight, they will be limited to the one-half pound per day weight loss to wrestle at a lower weight.**

Q.: Just wanted to get clarification before our guys make a move. Scenario: Dual meet this Thursday (tomorrow) next dual meet is a week away (Thursday) and there is a tournament the Saturday after the 2nd Thursday dual meet. Is max weight loss from Thursday to Thursday 3.5 lbs. or 4 lbs.? If 4 lbs., is there another pound to drop from Thursday to the Saturday tournament – total of 5 lbs. from Thursday to the following Saturday?

A.: **If the wrestler did use the .5 lb./day weight loss to make weight on the first Thursday, then he may lose 3.5 lbs. for the following Thursday. If he did not use the .5 lb./day weight loss on the first Thursday, then he may now lose 4 lbs. for the following Thursday. The same applies for the Saturday after the 2nd Thursday. If he already used the .5 lb./day to make wt. on that Thursday he may gain one additional lb. for Saturday. If he did not use it on Thursday, then he may gain an additional 1.5 lbs. for Saturday.**

Q.: Wrestling rules question: No practice/school due to weather, Thursday 1/7; Dual meet, 1/8 (wrestlers get extra one pound); tournament, 1/9 – wrestlers do or do not get another pound?

A.: **They are limited to a maximum of one pound for successive days of wrestling regardless of the number of successive events or number of schools involved. In your example, it remains as one pound total and NOT one pound for each event (two pounds).**

Q.: In addition to the NFHS rule book and case book, where can an official find resource information regarding officiating high school wrestling?

A.: **Go to the WIAA Web site, wiaawi.org, and log on to the officials section of the site and click on wrestling. At the bottom of the page you will find a section called "Resource Information" that covers a variety of topics. Some of the topics include, conducting a weigh in, using an assistant referee, and reporting to the mat. These learning tools have been created by officials for officials.**

Q.: With the upcoming post season tournaments rapidly approaching, are there any guidelines available for officials regarding conducting seeding meetings and the actual seeding of wrestlers?

A.: **Officials can again log onto the wrestling officials section of the WIAA Web site and toward the top of the page there is a section entitled "Tournament Information." Underneath that title you will find "Tournament Officials Supplemental Information." This has been recently updated and will greatly aid you in running a seeding meeting as well as understanding how track wrestling is used in seeding**

wrestlers.

Q.: At a weigh-in at a recent tournament, a clothing item was found under an electronic scale. Does this have any effect on the accuracy of the scale?

A.: **It most certainly does! It is important that the balance is placed on a hard/flat surface and that it is not resting on anything but the floor. Clothing items, and sometimes even being placed on a carpeted surface can significantly alter the accuracy and consistency of a scale. It is important that officials check under all scales prior to every weigh in to make sure that there is nothing underneath it but a flat floor. As an educational experience, we cannot and will not tolerate individuals challenging the integrity and honesty of our sport.**

Q.: I recently had a match where a team was going to forfeit. The second team's coach pulled a wrestler who had weighed in and not wrestled (JV or varsity) from the stands in street clothes. Told him to change into his uniform and get the forfeit. I told him that as long as he was weighed in and on the roster, he could report in his uniform for the forfeit. Is that correct? Do wrestlers have to remain in the bench area during a dual?

A.: **You are correct. As long as he weighed in and is weight eligible for that weight class, there is no rule that prevents this from taking place. As you indicated he must be in full uniform to accept the forfeit - there is no rule that says they have to remain on the bench or the mat area during the dual.**

Q.: If the referee has counted one second for a near fall and the official must stop the match for defensive blood/injury/illegal hold or technical violation, USC, or unnecessary roughness, how many points does the offensive wrestler get?

A.: **The offensive wrestler will get two points for the imminent NF, and any additional penalty points if they occurred. A great way to remember it is: If the offensive wrestler has earned 0 (NF is imminent), he gets two. If he has earned two points (2-4 second NF) he gets three, if he has earned three points (five second NF) he gets four. He gets these points regardless of when the match is stopped. For example: The period ends, wrestlers go out-of-bounds, etc. Try to get the idea of stoppage out of our vocabulary. The logic for getting these points regardless of when stopped is because the defensive wrestler more than likely benefited from the infraction, no matter how insignificant, therefore, the extra NF point is warranted and always awarded.**

Q.: The defensive wrestler is in a near fall situation for two seconds when he pokes the eyes of offensive wrestler and the offensive wrestler responds by swearing at the defensive wrestler. What points are earned?

A.: **The match will be stopped upon hearing the swearing and the offensive wrestler will earn three points for the near fall and one point for the unnecessary roughness (poking eyes). The defensive wrestler will be awarded one point for the USC. Wrestlers will resume the referee's position and be restarted.**

Q.: Could you make some comments about the use of the legs when it comes to stalling?

A.: **The use of legs has its place in wrestling as an effective means of scoring. However, it can easily be used to stall. Emphasis is being made to eliminate stalling with the use of legs. For this reason, the burden to wrestle aggressively and score with the legs is generally put on the top wrestler. A good rule of thumb would be that the first time the legs are put in and there is minimal or no effort put forth to gain NF points or a fall, a stalemate would be called. The official should remind the offensive wrestler that if he puts them in again and does the same thing, or something similar, he may be warned for stalling. If this occurs again, call a stalemate and more than likely you will warn the wrestler at that time. The rule says "if used repeatedly." It is a judgment call by the official whether or not to warn on the 2nd or 3rd offense. Keep in mind that if the defensive wrestler creates a stalemate with action like clamping down on the top man's arms so he can't improve, he will be warned or penalized using the same idea "if used repeatedly" (refer to pg. 86 in case book).**

Clarification - Counting Byes

Byes are always counted as wins if you win your next bout. However, the bye has **not** been counted as one of your five bouts which you are allowed to wrestle on that day. If you win by a **default or a forfeit that does count** as one of your allowed five, but we have **not** counted byes in the past. The logic is that in a bye, no one was ever entered into the tournament for that wrestler to compete against, therefore the wrestler should not be penalized. With a default or forfeit, someone was entered and they had to withdraw due to injury or illness. This is an important interpretation especially in large tournaments that only last one day. This of course means that an athlete could come out of a one day event with a 6-0 record. The WIAA stance is they do not get involved with how schools count individual wins and losses, as long as they abide by the five exposure limit.

Reminders:

Additional one pound weight allowance will be given on February 1.

Special re-weigh provision via hydrostatic weighing or DXA – Deadline is January 29, 2010.

Last date for skinfold measurements – All skinfold measurements must be entered into the Trackwrestling system by noon on Tuesday, February 9, 2010.

Please review the Wrestling Season Regulations for further clarification of the above reminders and additional season information.

Q.: If there is an emergency and a team could not practice the night before a meet, can a one pound allowance be agreed to? With the weather reports around here it is likely we may not have school on Wednesday so is this allowable?

A.: **If school is cancelled, the school requesting a one pound must contact the head coach, athletic director, and/or principal personally. They are not to leave a message. There is a maximum of one pound.**

Q.: I had a wrestler receive a flagrant misconduct at a tournament last weekend. He was unable to wrestle the rest of the day and he lost all his placement points. The reason I'm writing this email is to find out if he is ineligible to wrestle this Thursday. I can't find it in the rule book. It states that the contestant is eliminated from further competition for the remainder of the dual meet, multiple school event or tournament and no team points can be earned in an individual tournament. I need to know if he is eligible for our dual this week.

A.: **In the WIAA Handbook (page 39) under Article VII - Health and Behavior/Compliance, Section 3 – Flagrant or Unsportsmanlike Conduct and/or Assault on an Official: A. A student, disqualified from a contest for flagrant or unsportsmanlike conduct, is suspended from interscholastic competition for no less than the next competitive event (but not less than one complete game or meet). Your wrestler will have to be suspended for the next contest (whether a dual meet or tournament).**

Q.: Wrestler A is wrestling in the 215# finals and wins in the closing seconds. In his excitement he rips his head-gear off and it slips out of his hand and slams to the mat. The wrestlers shake hands and the ref leans into wrestler A and tells him that he can't do that. The wrestler walks away assuming that he had been warned. Nothing was said to the coaches. After the tournament finished and the score was tallied, wrestler A's team should have won by half a point but lost by half a point. Wrestler A's coach asked one of the officials who did not ref the match what happened and they informed the coach that Wrestler A had been penalized one point for unsportsmanlike conduct. Is this the proper call and procedure? Is the team, wrestler, coach, anyone supposed to be made aware that there was a penalty called?

A.: **Since I was not present at the tournament, I cannot speculate on the procedures followed. However, the NFHS and WIAA has a Point of Emphasis this year: Post match celebrations are becoming more**

demonstrative and staged. Not only does the excessive celebration reflect badly on the sport, it increases the likelihood of retaliatory actions by the losing wrestler. Referees should move quickly after a match to get in proximity to the wrestlers, especially the winner, to discourage excessive celebrations. Referees should also be well versed in the rules pertaining to unsportsmanlike conduct in such situations. Coaches should emphasize to their athletes that good sportsmanship is expected from all and that excessive celebrations will not be tolerated. In this situation, the official should have informed the wrestler and/or the coach of the unsportsmanlike conduct and penalty. If another unsportsmanlike would have occurred the wrestler would have been disqualified for the rest of the tournament. In addition, you only have 30 minutes after the posting of scores to correct an error in scoring.

Q.: I have been doing some more research and I saw in one of the Q and A that if a wrestler does a backflip as time expires that it is a match point not a team point, so what is the difference if a headgear is slammed before they shake hands? Isn't this still during the match and should be a match point? In order to take a team point instead of a match point what needed to be called? Can you tell me where to look and see where it says that a backflip is a match point and a slammed headgear is a team point?

A.: Here is the explanation: A **backflip**, rule 7-1-5w, is an illegal maneuver and has nothing to do with excessive celebration. It is usually performed when a wrestler does a backflip to get out of a single leg take-down. It was put in as an illegal maneuver last year to prevent potential injury due to the backflip. Refer to the NFHS Case Book, pg 44, rule 7-1-5 situation K. If a wrestler performs a gymnastic maneuver that is referred to as a "backflip" after the match is over, it is a team point for unsportsmanlike conduct (excessive celebration). Again, nothing to do with the illegal hold known as a "backflip." A match is concluded when a fall occurs, end of third period, official blows the whistle to end the match, etc. (not the handshake). If this same maneuver was performed prior to the conclusion of the match, it would be a match point (USC - excessive celebration). Refer to rule 5-31-2 or rule 7-4-2 in regard to **throwing headgear**. "Throwing ear guards or any equipment" is unsportsmanlike conduct. There is no difference between slamming headgear to the mat or throwing. If this occurs after the match has concluded, it is a team point. During the match, a match point. Refer to the NFHS Case Book rule 7-4-2 pg. 48 situation C, D, E. Read all these situations and it will verify what I have said within this paragraph.

Q.: I am one of the skinfold measurers. I have an athlete who continues to fail the hydration test (5-6 fails), he states that he is trying to drink more water but still fails. The coach stated he is a wrestler that will not cut weight, whatever he weighs he will wrestle at. He was wondering if either there is another type of testing he could do (refractometer? though, if he fails the dipstick, I assume he will fail the refractometer) or if there is any other way around it so his athlete can compete. He is only a JV wrestler so the competing is just for the wrestler, not a team need. What, if any, are our options?

A.: We do not have an alternative. Best advice would be for the athlete to seek medical advice on the possible cause of the hydration failure. There may be some underlying medical cause.

Q.: Hypothetical situation: Female shows up to the scorer's table with a sports bra beneath the singlet. My understanding is that this is one point TV and 90 second injury time. However, we don't want her to strip in front of public like a boy can. Is it reasonable to give her some more time so she doesn't have to choose between defaulting the match or embarrassing herself in public? I think so, but wondering what others think. This could happen because a lot of refs in my area don't enforce this rule. My interpretation would be 90 seconds to get the t-shirt and show it to me. Then go change in the bathroom so she doesn't strip in public.

A.: It sounds like the official did not take care of his pre meet duties. When you have a female contestant it is imperative to touch base with that female prior to competition to examine her uniform/appearance/hair cover etc. Good preventative officiating. A sports bra may be permissible if the uniform was a female cut singlet. If not, of course we need a legal t-shirt under the singlet. However, if the female does report to the table in illegal attire, the rule applies no differently to her than it does to males. A technical violation (one point), a time out, some time recorded. I agree that she must obtain a legal t-shirt and put

it on in a secluded hallway/locker room/bathroom, etc. As was indicated, 90 seconds is what is allowed. This topic should be brought up at your local association meeting and get all members aboard on the proper way to address female wrestlers.

Q.: In the offensive starting position, the referee allows the wrestlers to get set in the proper sequence but starts the match without saying "set." Is the official required to declare bad time and restart the contestants if the coach challenges the fact that the referee did not follow the rule on starting the wrestlers?

A.: **No, bad time will not be declared and there will be no restart. The intent of the rule is to prevent rolling starts and not to give a coach an opportunity to get a restart based upon what took place following the start. The official should make every effort to always enforce the correct sequence, followed by "set," pause, whistle. Coaches should remind officials that they are forgetting the "set" if this is taking place.**

Q.: No school Wednesday, cancelled band concert, re-scheduled band concert for Thursday, same night as wrestling match. Do we have to draw for a starting weight or can we start at 103? Starting at 103 will allow two of our heavier wrestlers the opportunity to participate in both.

A.: **Here is the option available: Upon mutual agreement, draw for the starting weight (as rule indicates) and allow the two heavier wrestlers to wrestle the first two matches, then begin at the drawn weight. The choice in the second period of those two wrestlers will be the same as determined in the pre-meet coin toss (as if they were wrestling in the sequence based upon the starting weight class). A side note: Wrestlers in these situations must be inserted at the beginning of the match, or at the end, but not somewhere in the middle.**

Q.: I am wondering if an athlete is allowed to wrestle with a hard splint covering their fingers, hand, and wrist. Is it allowed as long as there is a 1/2 inch of closed-cell padding on the splint?

A.: **The legality of all equipment, including mats, markings, uniforms, and special equipment, pads and taping, shall be decided by the referee. There is not a limit as you have described which is a football rule.**

Q.: Wrestler A has a pinning combination on Wrestler B. The hold is legal and tight. The referee has counted five for a three point NF. As the time goes on the referee determines Wrestler B is in some distress. The referee stops the match and awards a four point NF. Wrestler B never cries out and is not at all injured and the hold continued to be totally legal. It is my opinion based upon what I have read that the referee was correct in stopping the match but incorrect in awarding a four point NF for a cry out. I believe that the referee can stop the match to protect a wrestler as potentially dangerous situation and award three NF points. The points did not affect the result of the match nor am I angry at the official, I just believe he made an incorrect rule application and would hate to see it when it did affect an outcome.

A.: **We have to ask why did the referee stop the match? If he stopped the match because he thought that it was a potentially dangerous situation, then a three point near fall would be awarded. If however, the match was stopped because the referee felt the wrestler was hurt or in "distress" (as was pointed out), then it would be a four point near fall, a charged time out to the wrestler, and some injury time recorded. It is strictly a judgment call (one of many made during a match) made by the official at the time it happened. I don't believe it was unfair to give the four point near fall, based on the fact that he was taken off his back when apparently injured. If wrestling had been allowed to continue, he could have been pinned. So taking the wrestler off his back and awarding four points, may have been the best scenario for the defensive wrestler.**

12-18-09

Q.: My coach is under the assumption if school is canceled (inclement weather) the day before a meet, and we

cannot practice due to board policy, the wrestlers would be given one pound for the match on Thursday. He could not locate this in the winter manual.

A.: The head coach, principal or AD of the other schools must be notified in a personal contact (email or voice mail is not acceptable). A maximum of one pound would be allowed. NFHS Rule Book: page 17, rule 4-5-5. Note, WIAA wrestling season regulations, p. 44 - Wisconsin allows a maximum of 1 lb. for consecutive days of competition.

Q.: My head wrestling coach wanted me to check on the rule for wrestlers that was talked about at the rules meeting. When school is canceled do wrestlers get an additional pound only for the next school day (if there is a meet scheduled) or for the next scheduled meet that week?

A.: The allowance is made only if the meet is the next day. If there is a meet on the day school is closed due to weather and practice can not be held and the meet is rescheduled for the next day – one pound may be given. If school is closed due to weather on the day preceding a meet and practice can not be held, one pound may be given in accordance with the rules. If school is closed on Mon. or Tues. (for example) and the meet is not until, Thurs. or Fri., no allowance is made. For the new rule; in order for allowance to be given the cancellation must be on the day immediately preceding competition. Lastly, during the regular season, regardless the number of consecutive days of competition the max allowance for consecutive days of competition and growth allowance is one pound. Example: A wrestles B on Thurs. B wrestles C on Friday. On Sat. A, B and C are all in same tourney. Max allowance remains one pound. 103 can become 104 – at most. (until Dec., Feb. and Mar. growth allowance is provided) The only exception to the one pound allowance is in the WIAA State tournament.

Q.: If a Tuesday wrestling match is postponed due to the cancellation of school and it is rescheduled for Thursday, do the schools still get an additional one pound allowance?

A.: No. It must be rescheduled the next day (consecutive days) in order to take advantage of the additional 1 pound allowance.

Q.: If school is canceled on Friday due to school policy, and that school has a Saturday tournament, will all teams involved in the tournament get the one pound additional allowance?

A.: Yes, if all teams involved in the tournament are properly notified. If not – No.

Q.: Every year I send my JV/varsity reserves to a varsity dual meet tournament. It is a weaker varsity tournament and a good chance for my JV kids to get some matches against varsity level competition. I have two varsity starters (brothers) who missed two varsity tournaments and a dual because of a family trip. Because of this, they will only participate in 11 of our 14 dates. Can they wrestle in this meet, or would that be considered a 15th date for our team? If they can go, can I count the matches on their regional records. I read that if either team considers it a varsity match, it can be counted. Am I correct on this?

A.: If a school sponsors administrative approved (key) programming at the varsity, JV, reserve and frosh level (etc.). Each of those programs can schedule up to the maximum allowed number of competitions. Example: 14 varsity competitions; 14 JV competitions; 14 varsity reserve meets. A wrestler might wrestle at all three levels....as long as they do not exceed their individual maximums. It is not uncommon for good/strong wrestling programs to enter their reserves into a number of varsity level events, since there simply aren't a lot of reserves programs and opportunities out there yet. The pitfalls arise, when a school does not actually have approval for a reserve program, and simply schedules 15 or 16 varsity meets and then claims no wrestler will exceed their allotted exposure. That's where the 14 max violations occur. JV and varsity reserve meets ought to be clearly and separately scheduled from the varsity schedule.

Q.: I have a question regarding the date printed on the printout received from the WIAA minimum weight program. I know of a wrestler that was 5.5 pounds over his target weight on the day of his skinfold test. The date on the card from the WIAA indicating his first eligible date to wrestle at that weight is eleven days out from the

testing date. It is my understanding that the testing date can be included in the half pound per day rule. So why does the WIAA date not include it? For example: If he was 5.5 pounds over on the date of the test, Nov. 16 then his first eligible date should be Nov. 26 because he can lose a half pound on the day of testing. He can also include the day of competition, but would not be able to include it for the next competition. Correct?

A.: The testing date is not included (as the minimum weight is calculated) and the first half pound is to the next day. The difference from the test day to the next day allows a half pound loss. The first day for the new weight is the 12th day.

Q.: A wrestler has taken the first hydration and skinfold measurements and also did an appeal skinfold. Both came back very close to a certain weight class. So, we are thinking of trying the DXA scan in Madison. Is a wrestler allowed to compete prior to the DXA scan?

A.: I would need more information from your minimum weight printout. On page 46 of the season regulation, the DXA scan or Underwater has two parts. In (a) once a wrestler competes, they cannot use the DXA. In (b) if their parental permission minimum weight is within two pounds, then they can do the DXA or Underwater up to 15 days before regional (January 29, 2010).

Q.: At our association meeting an official brought up a question about a school having a 16-team tournament on Jan. 9, 2010, with approx. 10 teams. Now does a wrestler count his byes as wins? If he does, then he will have too many matches for that day! If byes count as wins...therefore, it is a match!

A.: The correct response would be: Byes are always counted as wins if the wrestler wins his next bout (which means it counts as a match). If one wrestler has had five matches that day and the other wrestler four (and they are scheduled to wrestle each other), the wrestler with four wins by forfeit. If they both have had five matches, then they share the place points.

Q.: Reading the Case Book I'm wondering when is there a one minute rest before wrestling when there is bad time? Sometimes there is no rest and sometimes there was. Where do I find this in the book. I've read rule 6-6-2 but am still confused.

A.: You can find information about bad time in the wrestling section under resources in the Officials Center on the WIAA Web site at: www.wiaawi.org. You can also find other useful information. <http://www.wiaawi.org/officialscenter/wrestling/badtime.pdf>

Q.: Lets say a kid weighed 172.75 on a Tuesday skinfold. Half pound a day rule puts him at 171.25 for Friday correct? If so, can he still weigh in at 171 and just not wrestle at 171 that night? Also, is there a minimum weight for 103? I have a kid that weighs about 80 pounds.

A.: Wednesday would be 172.25, Thursday, 171.75, and Friday 171.25. Yes he could weigh in at 171, but would not be eligible to wrestle at that weight. There used to be a minimum for 103, but that rule is no longer in existence – not for quite some time.

Q.: Could you please clarify a couple question I have about wrestling. For the body fat test appeal, a wrestler's skin fold test results gives a minimum weight of 175 with parent permission which is not within the 2 lbs. of 171. Question 1 – can this wrestler do the under water weighing option as long as it is done before his first match? Question 2 – deals with number of matches and wrestling matches. How does the WIAA view high school wrestlers wrestling at college opens? I see several wrestled at the Stevens Point Open and there is also a tournament at Concordia College.

A.: Question One = Yes, not after first competition. Question Two = Before season no problem. Not after the season started.

Q.: Can a wrestler wear any type of non-hinged elbow brace? Or a brace that would restrict hyperextension of the elbow?

A.: This is a judgment by the official. Any equipment which does not permit normal movement of the

joints and which prevents one's opponent from applying normal holds shall not be permitted. The following rule references would apply 3.1.5, 4.3.1, and 4.3.4: the Case Book situations which pertain to that are 4.3.1a page 15 and situation 4.3.4 page 16.

2-13-09

Q.: Have a situation for you from a recent tournament: Wrestler A in the neutral starting position false started going across and ran into wrestler B's knee area and now that wrestler is hurt. The on mat official called the caution for the false start but didn't know what to do now and started the injury timeout. I was there and he asked me about what rule applies and I indicated it now changes from a caution to unnecessary roughness and the two minute recovery time begins with a match point being awarded to the injured wrestler B. Where I am not sure, is what do we do with the charged caution for the the original false start? Does that stay on the score sheet as well? Questioning because later in the match the same wrestler A false started again and would have been his third caution and a match point being awarded?

A.: Refer to page page 59 situation 8-2-2 in the case book. If you feel that it was strictly a false start and no unnecessary roughness or unsportsmanlike conduct then it would be scored as a caution and you would run injury time. If you feel that there was a USC or UR then a penalty would result and then use recovery time. It is a judgement call by the official in regard to what to call. How to score it? My opinion is no matter what determination is made by the official, it is still a false start, and a caution will be recorded in the official scorebook. If the official determined it was a UR, then a caution would be recorded and it would be followed by a penalty point for the UR.

Q.: Some confusion between coaches and officials...can you clarify how many minutes rest a wrestler MUST have?

A.: Page 9, NF Wrestling Rules 1-2-3: No wrestler shall wrestle in two consecutive matches with less than 45 minute rest between... Also see: WIAA Winter Season Regs p.44 State Assoc. Regs – I. For any matches at any level scheduled for 4 minutes or less, a 30 min. recovery is required.

Q.: We have a wrestling tourney tomorrow and with most schools not having school Thursday or Friday are we to allow two extra pounds or stay at the 1?

A.: Of course, we are presently operating under the Dec. 25 two lb. GA. (103 is now 105) In addition, NF Rule 4-5-5 (p. 20 NF wrestling Rules) now provides a one pound GA if/when practice and/or competition can not be held due to school closing and the subsequent applications of school policy against practicing and/or competing. You must then also be aware of WIAA provisions that address GA. Winter Season Regulations, p. 44 – c, under State Assoc. Regulations identifies that in Wisconsin, regardless the number of 'consecutive days' of competition – or in this case, school closings, the maximum allowed total GA is one pound. Bottom line, the most that 103 could be tomorrow, Sat. Jan. 17, is 106. Next additional, state-wide GA comes on Feb. 1.

Q.: In the 30 second overtime periods (not sudden victory) if wrestler A chooses down can wrestler B indicate neutral to the ref giving A a 1 point lead and then wrestling continue? This question came up in discussion between several officials.

A.: Regardless of regulation and/or overtime yes, that is one of the options available to the offensive wrestler as long as a 1 one point escape is awarded.

Q.: What is the proper meaning of "odds and evens" when you flip the disk at the pre match meeting of team captains and coaches? I always understood it as: If you are odds that means you report first and have choice for the odd matches. Now the problem arises. We were starting at 135 pounds, we chose odds and at the end of the first period the ref gave the choice to the other team. I stopped him and said we had odds and this is the first

match - thus odd. He said no! He said that 103 is the first match and is odd, 135 is the sixth match and is even, so they get choice. I could not believe he said it, but did not want to further slow down the match.

A.: Please show the official p. 32 of the NF Wrestling Rule Book; 6-2-2 In part it reads: " Match choices are determined by random draw. The first match selected is odd.

Q.: I have a question that came up last night at our wrestling match in regards to the wrestlers participation release form. Can the form be signed by a physician's assistant and is that acceptable?

A.: No. the form indicates it is to be signed by an MD and/or DO.

Given all the emotion that swirls around skin and release forms, I am not inclined to vary from the identified, required signatures.

1-16-09

Q.: A question was raised at the Bi-State Classic during weigh-ins. The head official said if they find a wrestler that is suspected of a skin infection we need to have a MD on site to have them look at the wrestler. Our trainers said they read the rule that we didn't have to have one on-site. Can you tell me what the ruling is on this?

A.: I understand what both the officials and your trainer were trying to explain. See if this helps - There have been changes to the skin condition rule. The changes to rule 4-2-3 do not require a physician to be on site. But they do provide that if an official has concerns about a skin condition the wrestler must have the paper form with him and present it to the official at the weigh-in. A wrestler is no longer able to leave the weigh in and get a form from an emergency room doc. If there is a tournament physician, on-site, the student could be seen on site immediately after weighing in and if cleared, would be allowed to compete. The rule does not 'require' a doc be provided on site. Some might consider it to be advantageous if one is present in order that a kid might be seen. On the other hand, if kids and coaches keep on top of their skin and forms and come prepared, it should not be necessary to add the expense of a MD to an event. What's changed is that a wrestler can no longer leave a site to be checked out, but if there's a Doc on site, the student could be examined, on-site.

Q.: I have a question about a wrestling tournament. We have a team coming from Minnesota who has an 8th grader wrestling varsity. We've been told that WI rules are that only high school wrestlers can participate. Is that true? Would it make a difference if the parents signed a release of some sort? This boy has been wrestling varsity for the team last year and this year and will be very disappointed to miss participating with his team only because of his age. (After all, it is to his disadvantage to wrestle, it's not like he's 20 - he's 13!)

A.: MN schools are expected to follow their state's rules. Their rules allow middle school students to wrestle at the sr. high level. Our rules do not/have not ever prevented WIAA members from competing against MN schools and whoever they have on their teams. If you look at ROE. Art. I, Sect. 4, it provides that you may not let your students compete against another – *member's* – students in grade eight and below. We put that wording together specifically to accommodate our many members who regularly compete across the border, to have as smooth sailing as possible when competing. I would add that to the best of my knowledge, most our our members who regularly compete v. a MN school – do allow their guests to abide by their state's provisions. You may allow the student to compete – if that's what you wish to do.

Q.: Something interesting occurred at our wrestling dual meet last night. Many teams video tape their wrestlers wrestling – this is something that I do myself. However, it was brought to my attention that last night there was a manager on the opposing bench that was video taping me – the opposing coach. I don't think that there are any rules regarding this, but I wanted your opinion of this practice. I understand trying to get a competitive edge, but something just doesn't seem right about this. Does this fall under the realm of ethics?

A.: A first. You are correct in that I have no awareness of any rule which would specifically prohibit the videotaping of an opposing coach. If there was, I'm not sure one could enforce the taping that would then

go on from in the stands, unknown to you or event management. I am unable to think of any compelling reason to video tape an opposing coach other than to steal signs/signals, try to intimidate and/or distract, or to blackmail? Arguably, all of the above mentioned observations might be categorized as at least, unsporting. I ran your question by a coaching colleague and here's his reaction: In all of my coaching experience from high school, collegiate to international wrestling I can not tell of a single time that taping an opposing coach was even discussed. The speed of action in wrestling would make reading an opposing coaches signals obsolete to the time it would take to react to them. The only reason I could imagine this would happen was to observe a coaches actions or sportsmanship. If this is the case to involve students is unacceptable. Moreover this is something that should be done by administration through observation and evaluations.

Q.: Could you verify if I made the correct call on the following situation? Wrestler A takes down wrestler B and two points were awarded and a few seconds later wrestler A locks his hands and I signaled the locked hands, A unlocks his hands and then wrestler B goes into a switch and when the switch is almost completed; A then locks his hands again and pulls him into him so that wrestler B goes flat onto his belly. I then stopped the match and blew the whistle and then awarded one penalty point for the first locked hands and then a second penalty point for the second locked hands. The theory is I did not stop it on the first locked hands is because wrestler B was still on his hands and knees and moving forward. Then he unlocked his hands, and I didn't stop it because he wasn't down. I didn't feel action was over yet. When he went into the switch and was moving forward, then he locked his hands a second time and pulled him down. The two points were awarded because I felt this was two separate incidents. When the match was all over with, the coach of wrestler A approached me and started to argue with me that I had to show him the rule on the incidents that happened that night. I feel that he was inappropriate in his tone of voice and should not have been done. I went to the locker room and then found the ruling on the first penalty point given but could not find the rule for the second point. The rule is #4 page 14 in the case book 4.2.1 situation D.

A.: It sounds to me as if you acted within the context of the rules on both matters. Judgment is clearly recognized as being a key part of this situation. I have brought this question to the master interpreters, just to confirm my response. Their perspectives and comments are included here: 1) The call is correct. It is a matter of judgment as to whether or not there was significant action to keep the match going or stopping and awarding the point for locked hands. 2) Strictly a judgment call, but you could have a fairly lengthy scenario where you could have two or three situation calls where you could award multiple technical violations in one sequence, but.... hopefully there would be a situation in which the ref would stop the match and award points before we get to two or three locked hands, etc. 3) Multiple locked hands in one given situation is rare but can happen. It was referenced in the case book in the past but not for several years. Sometimes an official allows a situation to "go too far." Meaning he should have stopped it earlier when the situation ended and before another began, now he is faced with a difficult / controversial call. To say the official is wrong would be unfair. Rapid / continuous wrestling can quickly evolve into a situation that could lead to this call being made. 4) The lock hands should be stopped and penalty awarded if there is no reversal or escape imminent. If points are imminent wrestling will continue and more than one penalty can be awarded.

Q.: I have a question on losing the half pound a day rule. Two cases and in both cases we are going under the assumption that the first day has not been counted before to get down to weight. Case Number #1: A wrestler weighs 114.5 on Tuesday and intends to wrestle 112 on Saturday. Five days at a half a pound a day equals 2.5 pounds he is fine to go. Case Number #2: A wrestler weighs 115 on Tuesday and would like to wrestle on Saturday. Five days at a half a pound a day means he can weigh 112.5 on Saturday. Now this is where the question is. Another school has a match on Friday night thus everyone gets an extra pound which means 112 pounders may now weigh 113. Can this individual wrestle at 112 on Saturday as the half a pound says he can get to 112.5? My interpretation is that no he is not eligible because he could not make 112 scratch, but there was questions by the kids as if he could. #3 – Now the other question is that after Christmas when kids get an extra two pounds

the weight classes change to be 114 for 112 and the half pound a day if the individual can weigh 114 he is eligible to wrestle that weight class.

A.: #1) Correct (assuming the wrestler is eligible for 112, of course). #2) You are incorrect. Again, so long as this wrestler is in fact eligible for 112 based on original minimum weight determination and now for this day, 112 has become 113 due to GA, we would not require the student to lose additional weight in order to be eligible for a weight class he has been approved for. #3) NO. Not unless the wrestler has been approved as a 112 pounder by skinfold or appeal procedures. In order to be eligible for 112 the wrestler's lowest weight must be 112 or less on their skinfold printout. If the lowest weight your example/wrestler could go was 114, (making him a 119 pounder), then after Christmas when two pounds makes 112 – 114, then arguably your wrestlers minimum weight goes from 114 to 116. A wrestler is not ever able to wrestle at a weight class lower than what his minimum predicted weight printout identifies and approves him to compete at. Please see Winter Season Regs, p. 47 # 6-note. A 119 pounder can never wrestle in the 112 weight class. Lastly, for a wrestler who has established their minimum weight before Christmas, they are allowed to claim growth allowance after 12/25 without ever making scratch weight. For wrestlers whose measurements occur after 12/25, they must make scratch weight one time in order to claim GA in subsequent competition.

Q.: We have a double dual tonight with six conference teams. Can a wrestler wrestle JV and one of the varsity matches?

A.: As I understand this scenario, each opponent represents a separate dual meet competition (regardless of whether the event has been counted as a multi date or individual dual(s) date). So long as a wrestler: does not compete against the same school at both the JV and varsity level in the same day; does not exceed the five match individual limit on any single day; gets the 45 minutes of recovery between all matches; and meets all other National Federation and WIAA requirements as an eligible competitor, I see no obvious reason that would prohibit a wrestler from competing as a JV in one dual and then as a varsity competitor in the other. My hope would be that such maneuvering would be based on providing increased opportunity for kids to wrestle - and not so someone can simply accept a forfeit.

Q.: At our Monday association meeting we came to agreement regarding wrestlers reporting to the mat in tournaments (invitationals), we agreed not to check any wrestlers in at the scorer's table until both wrestlers showed up. This will avoid any problems you might experience with the wrestler that checked in and is waiting for his opponent to show up. With the new expectation of the wrestler reporting directly to the center circle and related penalties, this should eliminate any potential problems. I talked it over with another official and they are also going to do the same in their area. Might be worth passing on if you think it is a good idea.

A.: Excellent idea! Thanks for sharing it.

12-12-08

Q.: When we calculate the "days to weight " based on the weight they weigh-in at for the body fat test, we don't count the day of the initial weigh-in and skinfold, correct? This is different than how things work during the season with being able to count the day you weigh-in for competition. I think some coaches get confused by this. I think we don't count the body fat weigh-in date because it is the first time they weigh-in that season. The reason we count the day they weigh-in during the season is because that day can count 1 time and as long as they are not using that day to make weight that day, they can use it to lose a pound for the next competition.

A.: Your understanding is correct. The date of skinfolding is establishing our baseline. Up to that point we are not able to know how much weight a wrestler may have gained or lost. Our experience suggests many wrestlers have attempted to be as trim as possible. Last time this was discussed there was no support for the process to afford an additional half pound drop.

Q.: I have a question regarding hydration testing for wrestling. We usually have our school nurse do the hydra-

tion test and trainer do the body fat tests. This year our school nurse is unavailable the night we are doing our tests. My wife is a registered nurse who is willing to do the hydration tests. Would she be able to do it or is that some kind of a conflict of interest having the head coaches wife do the hydration tests. I just want to check before we go ahead and do it I would hate to have to redo them. There is no reference to this in the regulations.

A.: While the guidelines for who can perform the hydration tests are quite liberal and there is nothing in the text which would specifically prohibit your wife, an RN, from performing the hydration test, I would discourage it. In my opinion it is too critical a part of the minimum weight determination process to have it, you and your wife be made vulnerable to the assertions of suspicion. That's my opinion. The final call will be up to your school's administration. Ultimately, school administration is responsible for determining the eligibility of all their athletes.

Q.: My head wrestling coach wanted me to check on a new rule for wrestlers that was talked about at the rules meeting. When school is canceled do wrestlers get an additional pound only for the next school day (if there is a meet scheduled) or for the next scheduled meet that week?

A.: The allowance is made only if the meet is the next day. If there is a meet on the day school is closed due to weather and practice can not be held and the meet is rescheduled for the next day – one pound may be given. If school is closed due to weather on the day preceding a meet and practice can not be held, one pound may be given in accordance with the rules. If school is closed on Mon. or Tues. (for example) and the meet is not until, Thurs. or Frid., no allowance is made. For the new rule; in order for allowance to be given the cancellation must be on the day immediately preceding competition. Lastly, during the regular season, regardless the number of consecutive days of competition the max allowance for consecutive days of competition and growth allowance is one pound. Example: A wrestles B on Thurs. B wrestles C on Friday. On Sat. A, B and C are all in same tourney. Max allowance remains one pound. 103 can become 104 – at most. (until Dec., Feb. and Mar. growth allowance is provided) The only exception to the one pound allowance is in the WIAA state tournament.

Q.: If a Tuesday wrestling match is postponed due to the cancellation of school and it is rescheduled for Thursday, do the schools still get an additional one pound allowance?

A.: No. It must be rescheduled the next day (consecutive days) in order to take advantage of the additional 1 pound allowance.

Q.: If school is canceled on Friday due to school policy, and that school has a Saturday tournament, will all teams involved in the tournament get the one pound additional allowance?

A.: Yes, if all teams involved in the tournament are properly notified. If not – No.

Q.: The school center web site lists the following: October 20 - Deadline for wrestling scale certification. Does this mean our scales have to be certified by this date or before we use them for a weigh-in? I don't recall ever seeing this before.

A.: Scales must be recertified prior to being used for skinfolding. As you know, beam scales must be certified each year. Digital scales every 3 years. Skinfold measuring can begin on the 20th. Bottom line is if the scale needs recertification, it must be done prior to conducting your skinfold sessions.

Q.: In the interpretation meetings, we addressed REPORTING TO THE SCORER'S TABLE READY TO WRESTLE. A question was asked - "could a wrestler report to the table and go directly to the mat (inside the circle) and stay at the edge of the 28 foot circle and have a conversation with his coach as long as he was within the circle?" My immediate reaction would be "no"- that would be stalling. After reading the recently released NFHS rule interpretations (situation 4 -comments), the expectation is that the wrestler must report to the center of the mat and not go back to the corners. To me, having a conversation at the edge of the circle is "not the center" of the mat. Do you agree?

A.: The center of the mat is very specific text; not general. Leave the table and report to the mat ready to wrestle. Get lined up – let's go!

Q.: What happens if a wrestler does a back flip immediately after the buzzer goes off ending the 3rd period?

A.: This is considered part of the match. The back flip is an illegal hold and the opponent will get one match point for the illegal hold.

Q.: I received a question from a parent regarding the use of breathing strips over the nose. The only problem I see is that they may come off during competition. I see no safety issue or performance enhancing issue but would like your official position (I have never seen them used).

A.: The NFHS interpretation on the breathing strips for the nose is that they would fall under Rule 4-3 - Special Equipment, and would be considered legal special equipment. If allowed, I do not endorse stopping the match for replacing the strip. Make that clear before starting. If they come off, just throw them away. No time-out taken. Don't stop the match for that.

Q.: The new uniform rule 4-1-5 "uniform as intended with no modification" ie, "taping straps so the singlet fits the puny kid." We have a very hefty kid whose singlet is way too tight, so the Home Ec Dept. sews extensions in the straps so he can breathe. Do we just tell him to "suck it up" or let it go? Consistent?

A.: It is not our desire to see a youngster unable to participate due to this rule. However, we do not consider it to be an unreasonable rule. The first, best way to avoid problems and disappointment is that schools and coaches should be prepared to properly equip their teams. If schools have an emergency they should contact the WIAA in advance and seek a uniform waiver. There is some precedent for providing temporary relief in an emergency.

Q.: What is the procedure for measuring the inseam of a singlet? We have old singlets from a previous team that we would like to use for a "throwback" meet.

A.: The measurement must meet minimum standards when it is being worn by the wrestler – minimum of 4" inseam. Bottom line. It's an 'appearance' rule.

Q.: We have a young man who would like to wrestle. He wears two prosthetic legs. Do we need doctor approval? Can he wrestle with the prosthetics? Would they be a safety hazard? Can he wrestle without them? We have not encountered this before, so are unclear of the procedure.

A.: The WIAA does allow use of prosthetic devices to be worn in competition in accordance with the rules of the given competition. Rule 4-3-2 allows a state to authorize the use of artificial limbs, which in its opinion are no more dangerous to competitors than the corresponding human limb and do not place an opponent at a disadvantage. In addition, Rule 4-3-1 requires that all equipment that is hard and/or abrasive must be covered and padded and allow for normal movement of the joints. Also, it must not prevent an opponent from applying normal holds. All pads must be tight fitting/snug to the limbs - loose pads are prohibited. With that being said, it would be legal for a wrestler to wrestle with a prosthetic limb(s) if it met the above criteria. This rule does not require doctor approval for the athlete to compete, but it may be in the best interest of the athlete and the school to do so. I would suggest that several pictures of the athlete with the artificial limbs be sent to the WIAA. One picture perhaps of just the limbs, one of the athlete with the limbs in place, and one with all the appropriate padding which would cover all hard and/or abrasive areas of the limbs. Keep in mind that even though the WIAA would approve the limbs, the athlete must pass inspection by the mat official at each and every contest. The official always has the final decision if the limbs meet the above restrictions (this may vary from official to official) on whether the athlete may compete on that given day. Regarding weigh in – Rule 4-5-7 requires that if an athlete intends to wear the artificial limb(s) while wrestling, he must weigh-in with the limb(s). The limbs would not have to be padded at the time of the weigh in, but of course would have to pass inspection ASAP after the WI. If the limb(s) are not on at the time of weigh in, he may not wrestle with them on. If the athlete does not intend to wear the artificial limbs and weigh-in is a problem without limbs attached to the athlete, he may be held by another wrestler, jump on the scale and then subtract the weight of the other wrestler. If the wrestler weighs in with the limbs and later decides not to wear them, this is permitted by rule.

Q.: Quick clarification needed – June 2008 summary of recommendations stated that JV wrestlers can participate in 8 multi and 6 duals, but it is not stated that way in the winter regs book – which do I go by? Does adding the double dual or triple dual mean their total will be over 7 duals? I am not a wrestling expert obviously. My coach wants to add another tournament, but it could only be a double dual or triple dual – correct?

A.: The new text is intended to provide that you can schedule an 8th tournament, either individual or team event. AND – include other JV teams in all your varsity dual evenings, in order to see that there was adequate competition for JV kids. In the past you could only bring in additional JV teams to 2 or 3 of your dual meets.

2-8-08

Q.: After the 125 lb. match, I returned to the score's table. Green had choice for the 130 lb. match. A wrestler from green came up and gave his name. It turned out that this was the 145 lb. wrestler. I asked, do you have a

130 lb. wrestler, which they did. I had the 130 lb. wrestler check in and he received a forfeit. There were forfeits at 135 and 140. The 145 lb. wrestler checked in for the 145 lb. match. I wrestled the match while the coach from the red team looked for the rule on checking in. After the 145 lb match, the coach from the red team cited Rule 6.2.2. If the letter of the rule is enforced, the 145 lb. wrestler who reported at the time of the 130 lb match is ineligible to wrestle at that weight class causing a double forfeit at 130 lbs. He would further not represent his team at 145 lbs. I purposely wrestled the matches so any corrections would be correctable. I feel the spirit of the rule refers to wrestlers that are eligible for that weight class. I have told both coaches that I would submit this issue to WIAA in hope that you will review this issue within the 24 hour window. The winning team will remain the same regardless of the decision. The record of the 145 lb. wrestler could be an issue. In my opinion, I don't believe the coach knew his 145 lb. wrestler was at the table. I believe that this wrestler thought he was the next wrestler from his team to wrestle and forgot that the 130 lb. wrestler had not wrestled yet. The roster had the correct 130 lb. wrestler and the 145 lb. wrestler at 145 lb. slot.

A.: Will forward the responses I received from the masters (below). Their responses are self-explanatory and consistently supportive. My thoughts on this matter took a different direction, focused more on the coaches - their roles and responsibilities for the events you were handed and have handled so well. There are dimensions of this which remain disturbing, but not being present, those concerns might exist more in my thoughts about the matter than they were actually present at the competition. 1) The official handled it very well. He should be complemented for his rulings. The situation can be found in the case book under rule 6.2.2. situation C. The coach should be aware of this. 2) The official is exactly right, the wrestler was not eligible for that weight, so he goes back to the bench and can wrestle at the weight he is eligible. Rule 6:2:2 "The referee can correct errors without penalty to the contestants." This rule specifically addresses the situation described. If the wrestler was weight eligible and his name was in the scorebook at that weight class, then you have a different scenario. But that is not the case!

Q.: Clarification - A wrestler who is qualified to wrestle 140. He weighs in on Jan. 8 at 147. I want to make sure he can weigh in at 142 on Jan. 17. I also would assume he could not weigh 141.9, correct?

A.: If your wrestler was able/allowed to 'count' 1/8 into this weight loss – and be 146.5 on 1/8 – then YES, he could be 142 by/on 1/17. If he needed to lose weight in order to be eligible to compete on 1/8, then the 'count' would need to begin on 1/9. And the most he could lose would be 142.5 on the 17th. You would need to have one or two weigh-ins prior to 1/8 available – to protect yourself. On your last 'assumption' (could not weigh 141.9), last year I would have told you – yes/you're correct. Be CLEAR; this is an area we are going to be reviewing at the end of this season. I have come to understand there is mixed understanding/interpretation of how the half pound max. wt. loss may be applied/understood in the scenario you describe. We have determined the most liberal interpretation is afforded for this season – prior to review. As a result, your last assumption is incorrect – So long as this wrestler is eligible for 140 wt. class and would not NEED or be required to exceed the allowed half-pound per day weight loss to make the 140, he is eligible for the 140 weight class – even if he lost a 'little more' as the 141.9 example you give, provides.

Q.: Can a wrestler who is not medically cleared to wrestle weigh in?

A.: See Winter Season Regs, p. 43 8-b. Also Sr. High Handbook, p. 39 – Art. VII, Sect. 1 A. If a student does not have a physical on file – they may not even practice. If a student is not eligible to wrestle – for any reason – they are not allowed in uniform, to warm up or to weigh in.

Q.: I ran into a situation the other night concerning scale certification. A Thursday night triple dual (three teams) and it was time to start weigh-ins. I checked the scale for the sticker signifying certification and it had none. The only other scale present was broken (according to the home team) and weighed in 4 pounds light. It was obvious and confirmed that the scale was new but they could not find the papers (certification) that came with the scale. I talked with all coaches there and asked them if they had a problem weighing in on that scale and of course one of them said it was "OK, if all my kids make weight." I told the coaches we were going ahead with the weigh-ins and informed the home team that I would be contacting you at WIAA. Was that decision the correct

one? Hated to cancel the meet and send everyone home. Input please. The home coach just prior to starting wrestling found the certification papers. I asked him to keep that handy for the rest of the season and/or attach a copy of it to the scale bottom.

A.: My immediate reaction to your note was – “well-done” ! So you will see by the exchanges I’ve included from the masters, the well-done sentiment remains/persists – right up to and including the directions to the host school and the notification of this office. There were numbers of elements revealed by your comments (though not necessarily elaborated on) that allowed this to be clearly seen as exercising good judgment – within the scope of NF 3-1 - as opposed to being viewed as arbitrary and reflecting poor judgment/decision making. Master 1) Sounds like good judgment was used by the official in regard to the uncertified scale. My only concern might be someone intentionally bringing one out of "hibernation" if they were having weight problems that day. But if we require all officials to report uncertified scales to the WIAA, then a paper trail can be established and you can see if any pattern develops over a season or a period of years. If a school knowingly does not have their scale certified (perhaps already reported to WIAA), it should be their responsibility to ask the visiting school(s) to bring their digital with them if they have one. There should be no excuse for not using a certified scale a second time during a given season. Master 2) The official handled it very well. The objective is to have the competitors to wrestle. Use the best scale possible. Schools with scales not certified should be reported to the WIAA.

Q.: We had a wrestler do an appeal via DXA on January 10 that allows him to wrestle at a lower weight class than the initial body composition test. My question is: Does our wrestler have to make scratch weight for his new weight class?

A.: Yes – the recertification for a ‘new weight class’ is treated as if he was measured the first time – after growth allowance (Dec. 25).

1-18-08

Q.: I did the weigh-in, junior varsity, and varsity for this match. There were only 8 or 9 JV matches with a number of the kids wrestling multiple matches. The coaches set up the match in the following way: 3 matches of JV, 7 matches of varsity, 3 more JV, the last 7 matches of varsity, and then 2 or 3 JV matches at the end. Both coaches were in total agreement. Their rationale was to give the JV kids rest time. I questioned the sequence, suggesting to do the JV at the start and end of the varsity. In the end I didn’t make an issue of it and did it their way. I now know I was wrong and should have pushed the issue. It was a very lopsided varsity dual. What are your thoughts?

A.: NF rules provide a dual meet begins with the weight class drawn and proceeds through the weight classes. JV and/or other exhibition may occur prior to/precede the varsity – or, more JV and/or exhibition following. WIAA rules further provide that neither coaches or officials acting independently, or in agreement – may set aside the adopted rules. Other than 3x2 minute periods might have been used – to lessen prescribed rest time. Please provide the names of the schools involved and I will follow up with them.

Q.: I have another question pertaining to underwater weighing. I have a wrestler who is considering the underwater weighing appeal option. He is within 2-pounds of 112 with parental permission; consequently, he is eligible for underwater weighing. Here is my question: If he waits until January, does he have to make scratch weight for his first match? He was originally measured in October.

A.: Yes. For extents and purpose, if he changes weight class - he is in effect being approved/certified for the first time at an all new weight class after Dec. 25.

Q.: Can you ask an official to have your opponent wipe off if they are really sweaty?

A.: No. Have reviewed rule and case text and can not find any clear/direct authority to allow a coach or wrestler to make the request. Though I do believe the referee is afforded enough elasticity w/in the rule - whereby if the official judged one wrestler to be disadvantaged as a result of unusual perspiration - to the extent it would be akin to having applied a slippery substance - you may direct the wrestler to wipe down

at routine stopping points in the match. I would not entertain or allow the opposing coach or wrestler to request or dictate that you require the opponent to towel dry. Sweating is natural/normal and is going to be an inseparable part of wrestling.

Q.: At a tournament this weekend, the following conversation took place between an official, wrestler and his coach. The official suspected the wrestler was wrestling without an undergarment under his approved singlet, so the official asked the wrestler what was being worn under the singlet. The wrestler responded nothing. The official began to explain to the wrestler the need to wear a suitable undergarment under the singlet, when the coach got involved in the conversation and asked to be shown in the rule book where it was stated this must occur. That is when I was asked as the lead official for the day to get involved, I basically told the coach the same thing at that point that a suitable undergarment was required under the singlet. He asked where is that in the rule book, I told him under wrestlers uniform information, rule 4.

A.: Your sense, recollection and response were all correct. The NFHS interpretation has never changed when the Rules Committee revised the language on undergarments a few years ago. A wrestler is still required to wear a suitable undergarment under the singlet. The only thing that the Rules Committee addressed dealt with the undergarment if it extended below the singlet. By editorial oversight this fact was not made obvious in current rule books but will be corrected in future. A suitable undergarment is still required.

Q.: We have a young man who would like to participate in a big tournament on Jan 28. We did not schedule the event on our calendar. We have 7 multi-school events scheduled. Looking at the regulations, we can exceed that if they are multi-dual events, but must count them towards the 14 dual limit, depending on one of the events whether it was formatted as multi-duals, or a regular tournament. I have to check, but either way, it appears it would put us over the limit, as we have only scheduled tournament type events due to the number of kids we have participating...just three (3). The question is this: Can he go to the tournament unattached? With his parents? He wants badly to go, but we don't have a coach to send with him even if we were under the limits. He wants to sit out another event to go...but I don't want to start that as a precedent, and don't perhaps think I can anyway...based on scheduled events.

A.: Simple answer would be 'no.' If this would be able to be accommodated within your season maximums, a school coach would be required to be present. And – participating in this competition 'unattached' – could result in a violation of the non-school competition rule (ROE Art. VI, Sect. 1-A – p. 37) and if so – would render the student ineligible the rest of this season, including WIAA tournament eligibility (keep in mind that the season maximums are 14 total 'events'... not more than 7 of them may be multi school events – except/unless double duals/triple duals are counted as 2 – or 3 of your allowed 7 dual meets.) There was something about the way you wrote the 14 dual meets as if there could be that many meets above/beyond or in a addition to your multi events – that prompted me to hesitate for a moment.

Q.: A wrestler takes a forfeit in the varsity match at a certain weight class - can he also wrestle a JV/exhibition match following the conclusion of the varsity dual? My response was that I didn't think that this was permissible, as the wrestler should either wrestle varsity (whether a forfeit or a match) or JV/exhibition.

A.: Answer NO. Your 'sense' is correct. See winter season regulations, p. 42, #7b and NF Rule 1-2-1 through 1-2-4 (related).

Q.: We are trying to complete our wrestling schedule for next year. If we have a double dual, with two teams from the Great Northern and two teams from the Wis. Valley Conf. meeting at one site. Can we count that as two dual meets or do we have to count it as a multi-team event?

A.: Winter Regs - p. 42, 6a. Based on your description I count 4 participating teams - total. Are you only wrestling 2 of the other three- or each of the other three? You can count the event - either as one (1) of your 7 multi exposures OR - you may otherwise also count it as 2 (or 3) separate dual meets of your 7 possible duals.

Q.: A wrestler had tinted goggles (I discussed why this is not allowed in football). This wrestler had the goggles attached to his headgear. Without seeing this I felt the most important factor would be the ease or difficulty to remove headgear and goggles in case of head or neck injury and of course whether this posed a danger to the opponent. Your thoughts?

A.: **You are correct. The final determination would primarily be based on whether the goggles presented an unacceptable exposure to opponent AND could be removed without needless manipulation of any other equipment or body part..in order to do a pupil exam should the wrestler be rendered unconscious.**

Q.: One of my boys broke his nose. What are the WIAA guideline for protective nose gear such as a "Mueller Nose Guard Mask Protector 440501"?

A.: **A face mask may be worn. Special Equipment 4-3 (page 18 - NF Wrestling Rules). Braces may be allowed within the rules. In a nut-shell - speaking broadly/generally of special equipment - special equipment may not limit/restrict range of motion, may not provide advantage or disadvantage (bulky) or present potential risk of injury - either hard or abrasive to either wrestler. Any and all non-required equipment must be examined and approved by on-mat official. He must have the final say. By all means, have your kid strapped up and ready and get him to the official - early.**

12-21-07

Q.: When a wrestler has a pre-existing medical condition that requires intravenous fluids on a regular basis, can he compete if administered the day of the competition?

A.: **Based only on this, I cannot give a simple yes or no. This should be addressed in advance of competition with WIAA – would require input from WIAA Medical Advisory as well as specific details from primary care physician.**

Q.: Can the opponent of a wrestler that uses 5 minutes of blood time default the match?

A.: **Yes. The rule says you may default to your opponent “at any time”.**

Q.: May a wrestler report to the table, check in, and then default the match?

A.: **Yes. Again, the rule says you may default “at any time”.**

Q.: If you get your skinfold test after Dec. 25, what growth allowances do you get before you wrestle your lowest predicted weight?

A.: **You get all growth allowances at all weights above your lowest predicted weight. You will need to make scratch weight the first time you weigh in at your lowest predicted weight class.**

Q.: When should the seeding meeting start at regionals?

A.: **Immediately following the weigh-in. We are allowing schools to declare their entries prior to the start of the seeding meeting, so it is in our best interest to start the meeting immediately.**

Q.: At regional competition, may the host school run off a copy of the weigh-ins and distribute it prior to the seeding meeting?

A.: **Yes, if this practice does not delay the onset of the seeding meeting.**

Q.: Does a wrestler have to wear a mouth guard to cover the braces, or may he wear a “snap on” plastic cover that snaps onto the braces?

A.: **If the snap on plastic cover adequately covers the braces, this should be legal. However, it must be**

examined and approved by the referee.

Q.: If a wrestler spits out the mouth guard, what are the referee's options?

A.: **More than likely the first time this occurs the referee will call a time out when there is insignificant action. He will encourage the wrestler to keep it in his mouth at all possible. If it happens again, it could be considered to be delaying the match, which of course would be called as stalling.**

Q.: If the defensive wrestler gets in a referee's position and the offensive wrestler now indicates he wants to start in a neutral position. What is the call?

A.: **The first time this occurs it will more than likely be a caution and the referee will honor his request. Inform the wrestler that he must make a decision before the defensive man resets. If this happens again it could be considered stalling and perhaps in some situations even unsportsmanlike conduct.**

Q.: When is the offensive wrestler able to choose the neutral position?

A.: **Think of it this way. Anytime a wrestler could choose the optional start, he may also choose neutral. Off course, the defensive wrestler will be awarded 1 point for an escape.**

Q.: If a wrestler does not weigh in on day 1 of the team state tournament, may he weigh in on day 2?

A.: **Yes - Review Wrestling Season Regulations regarding Team State on p. 64, which provide that rosters may be changed from one weigh-in to the next during this tournament series.**

Q.: At an out-of-state multiple event, some teams from other states weigh in at 12:00 noon and the competition begins that evening. May we weigh in shoulder to shoulder with the other teams or must we wait to 1-2 hours prior to competition?

A.: **National Federation and WIAA rules governing weigh-ins require they be conducted in accordance with rule 4-5-2 (one to two hours prior to competition in a dual meet/tournament). There is no waiver of this provision.**

Q.: When awarding a takedown at the edge of the mat, do you award the takedown to the potential scoring wrestler if he has control around the ankles of the defensive wrestler and finishes with his toes in bounds?

A.: **Your guideline should be: If you would award that as a takedown in the 10 foot circle, then it is a takedown. In the situation you described, it would not be a takedown. Control is established when the scoring wrestler has control around the knees or above the knees. That means his arms must be approximately at the knees, or at least the scoring wrestlers shoulders forced against the knees. For example, arms may be wrapped around mid calf, but finishes with shoulders at knee level with force against the knees. This is supported by pictures 12-14 in the NFHS rule book.**

Q.: Is there a time period that the DXA body scan skinfold test has to be done after the second skinfold for a wrestler. In the rules it says 14 days for the second skinfold after the first skin fold. However, it doesn't say anything about time for the DXA body scan. Also, is there a maximum or minimum of a 1/2 pound gain/loss per day also from the time of the skinfold to the DXA body scan?

A.: **DXA 'rules' are the exact same as for underwater weighing. If done as part of appeal process must be within the 14 days and wrestler may not have competed. If access comes as result of special re-weigh, those rules hold true. Same as in ALL other circumstances - either skinfold appeal and/or weigh-in for competition - wrestler may not lose more than .5 lb./day (or gain more than same - for appeal).**

Q.: I have a wrestler who is taking his ACT test this upcoming Saturday, on which we also have a wrestling tournament. Is it WIAA okay, if he would come to the tournament late? This would require him to weigh-in after the "official weigh-in" was done. He thinks he would be at the tournament around noon. Please let me know if this is permissible.

A.: There is considerable precedent for allowing a student to arrive ASAP after such scenarios as you describe above – and to be allowed to weigh-in individually...immediately upon arrival. **KEYS:** So long as there is no objection from any participating teams/host/coaches, and so long as there is no indication of manipulation/abuse/circumvention of the rule. We in this office and the wrestling coaches as well as officials have generally supported the idea of wanting kids to compete under such circumstances. If host ‘OK’s’ this, to create awareness, they should alert head of officials, make plans for athlete to be transported...officials can be prepared/notified to address weigh-ins. Host should also alert other schools. Would be most appropriate for this to be discussed/approved, etc., by AD’s.

Q.: At the beginning of the 2nd or 3rd period can a wrestler signal the "optional" start and the official just start the wrestlers on their feet... or can this new rule only be applied once a period has begun and there is some sort of break in the action... out-of-bounds, stalling, etc.?

A.: If at the start of the 2nd or 3rd period, the wrestler with choice chooses the down position. Can his opponent signal the neutral position to the referee? Yes, the referee will signal the neutral position and then award one point and start the period with both wrestlers in the neutral position. Use this as a guideline. Anytime the offensive wrestler could choose the optional start, then he may also choose "neutral." Off course, the defensive wrestler will then be awarded 1 point escape.

Q.: Is it against the WIAA rules to video tape a high school wrestling match. (Two other schools than the team my son is on.)

A.: WIAA rules are silent in this area. Thus it is not prohibited. Just the same, it is the sort of thing which can trigger irrational/emotional response/reaction, nonetheless. This potential for emotional fires can be stemmed somewhat by being addressed with your school's AD. He may want to touch base with other member schools in advance to let them know your coming. Also if/when video is used to same-day scout the 'next opponent' it would disqualify the wrestler - as video scouting the same day is prohibited. Good question to ask in advance.

Q.: Our wrestlers took the skinfold test on Thursday, November 29. After entering the data and looking at the results, I have a question regarding the first date of eligibility. Let me explain my question this way: Say we have a wrestler who weighed 126 the day of the skinfold and his minimum weight class is 125. My assertion is that he should be eligible for 125 THE NEXT DAY since he can lose 1/2 pound the day of the skinfold (after his weight was recorded) and 1/2 pound the next day. Track/wrestling would report his earliest date of eligibility as 2 days from the skinfold date. The reason I ask is that some of our kids would be eligible for a weight class on the Saturday of our first tournament (Dec. 8) if my assumption is correct. According to Track/wrestling, they would not be eligible until the next day. To me, it seems like a similar situation to the end of the season situation where a wrestler can drop 4 pounds between conference and regionals.

A.: Given the unknowable amount of weight loss which often precedes the skinfold day - we DO NOT begin the count on the day of assessment - always Day 1 is the day following and the days to being eligible are determined from that day - the day after the test.

Q.: I have a wrestler who would like to appeal his first measurement. Unfortunately, it is past the 14 days for a remeasurement. I looked into the underwater weighing procedure to see if that was an option. Unfortunately, the rules state: If being underwater weighed as provided in the minimum weight appeal process, to appeal the original skinfold measurement, the only prerequisite is that the underwater re-weigh must be done before the wrestler’s first competition. Once a wrestler competes, they are no longer able to access underwater weighing as part of the appeal process (another deadend). I then read the next paragraph entitled "Underwater Re-weigh via Special Re-Weigh Provision. It states: Underwater Re-weigh via Special Re-Weigh Provision: Only wrestlers, who with parental permission are within two (2) pounds of a lower weight class as determined by their original skinfold measurement and minimum weight projection printout may be hydrostatically re-weighed at any time during the season, up to 15 days prior to regionals (January 25, 2008), whether the athlete has competed or not.

I believe this option is open to my wrestler. So here is my question--my wrestler's body fat with parental permission was 127-pounds. If I'm interpreting the rules right--that means he is within 2-pounds of 125 with parental permission; consequently, he can do an underwater weighing anytime prior to Regionals. Is my assumption right?

A.: If your figures are correct - so is your interpretation that the wrestler could compete at 130 and still be underwater weighed up until 1-25-08.

Q.: I was writing to inquire about the rule change made for wrestlers with braces. (4-2-5 NEW - Each contestant who has braces or has a special orthodontic device on his or her teeth, shall be required to wear a tooth and mouth protector.) We have a wrestler on our team who has both upper and lower braces in his mouth. He has been fitted for a mouthpiece, but has an extremely hard time breathing during practices and matches when his mouthpiece is in. We had our first competition last night and he came off the mat in a panic, claiming he couldn't breathe. I guess my question is; is this a common complaint with this rule change? And is there anything that can be done for this? I realize this is early in the season, but I'm curious as to what I should suggest the rest of the way. Could you email me any help that you would suggest?

A.: Understandable - the difficulty breathing. Find a rubber/plastic, moldable mouth piece that is hinged in the back...so it will stay in place on both upper and lower braces - but open when the mouth opens. If I were coaching and could find no other options, I would experiment with a couple varieties of inexpensive football-style, moldable mouth guards and first fit one on the lower teeth - working hard to suction a secure fit. Then one on the upper teeth. I might shave a little of the thickness away from the top/bottom bite surface areas - in attempting to get a little more comfort. I might even try putting two on simultaneously and biting together and fitting while still moldable. But before you go to the basement work shop, do a little checking around. There are mouth guards out there with either a hinge and/or a formed/built in air way. Dave Miller at All-American Wrestling has some options. 888-285-2228.

Q.: What is the regulation on inviting other JV teams to compete prior to a varsity dual? For example, if I'm hosting a dual, and neither team's JV wrestlers match up, can I invite other teams to bring their JV's to provide opportunities for the JV kids to wrestle?

A.: Please see Winter Season Regulations - p.44, State Association Regulations - i.

Q.: If a wrestler skinfolds and has a 7% of 108.0 and a 5% of 106.0, that qualifies him to wrestle at 112. When the wrestlers receive the additional pounds (growth allowance) in January and February, would that wrestler be able to wrestle 103 with parental permission? (His 5% weight of 106) Also, when the wrestler is given a pound allowance for multiple days of competition, if it allows him to weigh 106, would he be allowed to compete in the 103 (106) weight class?

A.: No. A wrestler is never able to be eligible for a weight class they do not qualify for based on minimum weight procedures - as a result of growth allowance. Using your example: When 103 becomes 106 - your wrestler is expected to be weighing (and is not eligible below) 109. Everybody is expected to grow. Also see Winter Season Regs. p. 47, #6 NOTE.

Q.: Question 100 on the rule test says, "Failure to verify entries by a stipulated deadline or by the completion of weigh-ins shall result in disqualification from a tournament." According to the rule book, this answer is true. It is my understanding that in Wisconsin, we have until the seeding meeting begins to verify entries. Is my understanding correct?

A.: Your understanding is correct, our - 'stipulated deadline' is up to / prior to the seed meeting beginning. Remains a 'true' answer.

Q.: I have a question about the weigh-in procedure when wrestling in MI. We are located in northern WI and often wrestle with MI teams. In the past it was simple; when we wrestle there we follow their rules and when they come here they follow our rules. Now it seems as if the new rule will make it impossible to wrestle across

the border. For example we wrestle at one particular tournament and have done so for years. As a MI school they have Friday night weigh-ins for Saturday tournaments. There are only 3 WI teams in this tournament and the MI schools are not going to do Saturday morning shoulder to shoulder weigh-in. We have no choice but to follow their rules or drop out of the tournament. This is a great tourney for my wrestlers as we get to see many MI teams and wrestlers that we do not see anywhere else in the season. I feel that this rule needs to be reevaluated and justified. I am looking for guidance as to how we can follow the WI rule yet participate in MI tournaments. We have many MI teams that participate in our wrestling invite and they have never objected to Saturday morning shoulder to shoulder weigh-ins. How do I handle this situation?

A.: When I have spoken with other MI hosts, I have explained to them they should provide you an opportunity to weigh in the day/morning of the event within the hour or two as is prescribed by the National Federation wrestling rules - which our membership has chosen to abide by and adhere to.

Q.: We schedule each year a wrestling invite on the third weekend in January. This year, it is January 18/19. The question comes in regards to weight allowances. Since our tournament is after Christmas, it is our understanding that we should give a 2 lb. growth allowance. In addition, we have a number of teams who will wrestling on Thursday prior to our event, so they should get a 1 lb. allowance in addition for a total maximum of 3 lbs. Is that correct? With our tournament going into Saturday, would they then be eligible for 1 additional for a 2 lb. consecutive days of wrestling allowance, giving a 4 lb. allowance on Saturday, or does it max out at 3 lbs.?

A.: On Dec. 25, 103 becomes 105, e.g. and so on. WIAA rules provide that teams may receive a maximum total of 1 lb. allowance for successive days of wrestling. See, Winter Season Regulations, p. 44 – State Assoc. Regulations, c. In your example you ‘max out’ at 3 lbs.

2-9-07

Q.: We are having an "Alumni Night" on Thursday for our dual. Is it ok if our wrestlers are each wearing different singlets? Our varsity wrestlers were going to each wear different singlets from years past.

A.: I am not able to identify anything within the NF Wrestling rules which would clearly prohibit this. Unlike some other team sports where the text clearly indicates participants must be identically and ‘uniformly’ attired – that requirement is not present in wrestling uniform text 4-1-1. Advice – Alert visiting school – make sure not a surprise to them. Alert contest official – in advance...no surprises. Double check all singlets to be certain they meet 100% all other requirements of ‘legal’ singlet as outlined Rule 4-1.

Q.: I have a wrestler who’s been wrestling 135-140 all season. He would like to drop to 130 at conference his skinfold says 130 is his minimum weight with parental permission and the skinfold was taken before Christmas. He has parental permission and the way I read it in the season regulations he would only have to make scratch weight if the skinfold was taken after Christmas? So with the 2# growth allowance he would only have to drop to 132 for the 130# weight class and he is still eligible correct? I just don't want to misinterpret anything like last season!! And no, he would not be losing any more than .5 lb. per day.

A.: Your understanding - as stated above, appears accurate and correct. But keep in mind, if a student uses the special reweigh provision after Dec. 25, the wrestler will need to make scratch weight prior to obtaining growth allowance. This is considered a ‘new’ weight certification test.

Q.: We were wondering with division three wrestling one round on Thursday, if the sectional champions that do not wrestle that round have to weigh-in that day.

A.: In a word - 'YES.' Have had some considerable discussion/deliberation on the topic...and ALL D2-D3 qualifiers will need to weigh in on Thursday – even if they are not competing on Thursday.

Q.: I have coached our team members that we will shake the opposing coach hand (along with the entire team)

at the conclusion of the dual meet. During several dual meets opposing wrestlers come across to shake my hand at the end of each bout. Because we are doing this at the conclusion it is not necessary to cross the mat at the conclusion of each individual match. This was a point of emphasis in the past to remind teams of this policy. Our spectators have asked me why our team members don't do this. I do feel it is good sportsmanship to shake the hand of opposing coach and team at the end of the dual, but not necessarily at end of individual bouts. This practice seems to delay match procedures and preparation for the upcoming bout. What is the policy/guideline for this practice. Would I be out of place asking the opposing coach to defer from hand shakes until the end of the match?

A.: The only requirement for hand shaking are as outlined in the NFHS Wrestling rules. 6-3-3 and 6-5-2. The end of match procedures are the only one I can seem to recall having made a WIAA point of emphasis on - several years back now. Beyond what is required by rule, there is no 'WIAA' position on this.

Q.: Had a situation which doesn't seem to fit any specific rule, but it happens. We are in the ultimate tie-breaker, bottom man is trying to escape and top man is obviously trying not to let him do that. Stalling in the ultimate tiebreaker is a bit different, in that the top man is motivated to hold on. In this case, bottom man tried a switch...unsuccessful...then he tried to stand, which he did...top man put him back to the mat...bottom man then tried to slide forward...top man loosened his grip and slid down....he first had one leg then both....below the knees...bottom man never stopped moving ...never stopped kicking and moved off the mat....time expired. In regulation, with time not being a problem, the bottom man might have stopped moving and I would have either called stalemate or stalling. In the ultimate tie breaker, things are a bit different....I would have called stalemate, except there was no break in the action. Bottom man's movements were constant and steady...top man's responses were constant and steady....when holding both legs. He did not bury his head between them but continued his efforts to maintain control. The result – I called nothing. In self-evaluating with another official, he suggested I might have called a stalemate, but that is difficult to do if both wrestlers are active, active that is within their stated goals during that ultimate tie breaker situation. Any guidance you can offer?

A.: Advice - ?? The essential characteristic of the ultimate tie-breaker is Control ... of the opponent – is it maintained? Really difficult without ‘seeing’ and that’s not designed to be a cop-out. As I thought about and talked about this scenario the one thing that I kept coming back to is – what the difference might be between wrestling for/to - ‘control’ vs. just hanging-on? I believe there is a difference when a wrestler is controlling, countering an opponent, vs. having ‘lost control’...and no one is in control. In my minds eye I could see a difference, but must admit – it might be a little more difficult to see in real-time. Most of the feedback I received reflects that sentiment, ultimately all agreeing it goes to judgment. Most have indicated it might have been OK/appropriate to call a stalemate...but also recognize, tough call as site-unseen. Will share what I have: 1. It seems he could have called stalemate if he determined that action, while not completely static, wasn't going anywhere. His non call also may have been appropriate since they were still in motion. 2. The official could have called a stalemate if the offensive wrestler stayed down on the legs. However, no call may have been an acceptable call. 3. You almost have to be there and see what took place, but I can make a comment. When the offensive wrestler dropped below the knees and hung on, you may have been justified in calling a stalemate. I would think that if he were in that position for 5-8 seconds you could call a stalemate and give the defensive wrestler a fresh start. Sounds like 'control wrestling' other then described above. There is a great deal of judgment when considering stalling in the ultimate TB. Keep in mind that a stalemate call is not a penalty - it just gives a fresh start!

1-19-07

Q.: My son is an 8th grade wrestler and he has very poor vision. He would like to have prescription goggles made for wrestling. Is this allowed?

A.: There have been considerable changes and improvements made in some lines of sport vision goggles in recent years. Some of these have been looked at quite carefully and closely by wrestling officials and

wrestling rule writers - and have been allowed to be worn in wrestling competition. If considering this, I recommend you do a bit of research first. Get a couple of sample frames.. and have your high school coach seek out a veteran official in your area - and if you wish, take some digital photos and email them here - before you order/purchase. **DO NOT ASSUME THAT 'ANY' FRAME - BECAUSE IT IS PRESCRIBED - WOULD BE ALLOWED.** One of the product lines I have seen at National Rule meetings has been called 'eyegogs' (as best as I recall, off hand). Most who have seen this line have agreed it would likely cause no more concern for injury to an opponent - due to hard/sharp edges - then a typical head gear and early reports appear to indicate it has held up to the rigors of the sport and afforded minimal risk to the wearer, as well. Please do understand that the final determination on whether - or not - to allow non-required equipment such as eye wear - will always rest with the contest official.

Q.: Do you foresee the WIAA approving the new singlet design (2 piece) in the very near future? The reason I am asking is that my team is in line for new uniforms and we have a seven year rotation.

A.: **As this is a NF rule, I forwarded your question to the NFHS. Their response: "At this time, I do not believe that the NFHS wrestling Rules Committee will approve this two piece uniform style like the NCAA currently allows."**

Q.: Say a wrestler is ineligible to wrestle 285 until December 28 of this year because when he did his skinfolds, he was over 300 pounds and a wrestler can only lose half a pound a day. If the wrestler was already down to 285 because of working out hard and eating healthy, can he wrestle exhibition matches on JV or could he even wrestle a JV tournament where there are no established weight classes because guys are just grouped together according to closest weight?

A.: **NO. the earliest the student is eligible to wrestle is - as you identify, 12/28. Prior to that date he is not eligible.**

Q.: I noticed at a recent dual match that one of the teams wrestlers were rubbing lotion on their legs before their matches. Isn't this a lubricant? Shouldn't these wrestlers' have been disqualified or is this OK? One of the coaches from the opposing team told me as well after the dual that it was a white lotion in a "Lubriderm" bottle. I was just checking into it for him. He has been asking me about it, and since I am just starting out refereeing high school matches this year, I would like to know. I wasn't the ref that night, just a spectator.

A.: **Here's a response from a veteran official - If I were the official and was suspicious of the nature of what was in the container - I would request to inspect it. Read the label, put some on your skin and see what you think. There are a number of anti-bacteria lotions/creams out there. It is becoming more common to use these creams due to the concerns about ring worm and other contagious skin conditions. A name doesn't always mean much - "Lubriderm" by name doesn't make it illegal. If the coach suspects that the skin is being "slippery," etc., because of the cream - tell the official of your concerns so he can do a proper inspection and make an immediate decision.**

Q.: I had one of my wrestlers go to Madison to get hydrostatic weighed. My question is if the wrestler is sub. 7 percent after the test results , do you still calculate subtracting the 2 percent parent permission? Here is my question in a numbers form. My wrestler weighs 114 # and passes the urine specific gravity test. He then, after being hydrostatic weighed is at, let's say 6.99 percent body fat. Does the wrestler get 1.99 percent for parent permission? Example (114 # / 1.99 percent = 111.7314 #.) If not, I would think to be on the safe side the wrestler should weigh in at 112#.

A.: **MW is calculated at 7 percent body fat regardless of body fat. Therefore, a wrestler with less than 7 percent is calculated up to a MW at 7 percent body fat. Parental permission does apply to all (regardless of body fat level). The answer to the question "if the wrestler is sub 7 percent after the test results, do you still calculate subtracting the 2 percent parent permission?" is yes. However, it is important to know that MW is calculated up to 7 percent prior to applying parental permission. The 7 percent Committee discussed this a few years ago and decided that parental permission should apply to all (6.99 or 7.01 percent**

fat).

Q.: Just want to clear up what is probably my misunderstanding. There are two distinct situations in which a wrestler might be hydrostatically re-weighed. It was my impression that in both those cases, the wrestler's original weight (weight recorded at original skinfolds test) was used in determining what his 7 percent minimum would be. We just had a wrestler come back from getting hydrostatically tested (he was within two pounds of his lower weight class) and his body fat came back the same, but the test said he could go to the lower weight class (I'm assuming because he weighed 3 pounds less the second time around). Now I am thinking as follows: If you are under the appeal process (must be completed within 14 days of original) they use your original weight to calculate your 7 percent minimum. If you qualify for the special re-weigh provision, they use your new weight to calculate your 7 percent minimum and disregard your old weight. Is this correct?

A.: **A wrestler's original skinfolds weight is used in the calculation on a skinfolds appeal as well. Hydrostatic weighing is a completely separate process, where the calculations are done using the wrestler's weight as recorded at the time of the hydrostatic test.**

Q.: I have encountered situations about near fall points on the out-of-bounds line. Some coaches argue that there is an official NFHS interpretation that you can give points on the line, but not a pin, while there has been a previous WIAA interpretation that no points or a pin can be awarded if the wrestlers scoring area is out-of-bounds. Which interpretation seems to be correct, because the confusion comes when it comes down to out of state schools coming to wrestle here in WI (IL teams)?

A.: **Received this response from the masters: 1. The supporting points of the defensive man when he is in a near fall situation are his shoulders and/or his scapula. If both shoulders and/or both scapula are in bounds then near fall points or a fall may be scored. (On or over the line is considered out-of-bounds.) 2. The interpretation has always been (to my knowledge) no pin or points when over the line. I have never seen this other interpretation.**

Q.: In an overtime situation, wrestler A takes down wrestler B and proceeds into a pinning situation. Wrestler B starts swinging his arms and makes contact with wrestler A on the side of his head. I stopped the match so wrestler A does not retaliate. I then awarded the match to wrestler A because of the takedown and then gave an unsportsmanlike conduct to wrestler B (it was not a flagrant act), and deduct a team point. 1) Is this the correct procedure or should I have given wrestler A a 2 near fall, and 1 point stoppage, and 1 penalty point for unsportsmanlike conduct? (All those points do nothing for the individual score). In my mind, technically, the match was over after the takedown. 2) If a wrestler does not earn a pin during regulation match time- why should he be awarded team points for a pin in overtime?

A.: **Here's what we were able to come up with...and most agree on: If wrestler A takes his opponent directly to his back in the sudden victory period, wrestling always continues and ends when the defensive wrestler comes out of the near fall situation or a fall occurs. If you are forced to take the defensive wrestler off his back as was described in the situation, then one of two things should take place. 1 - The offensive wrestler is awarded two points for the takedown, 2-4 points for the near fall (depending on how long the criteria was met/imminent, etc.) and one match point for the unsportsmanlike or unnecessary roughness act. No team points would be deducted, as this occurred during the match. Refer to rule 5-18-2, the match is not over until the overtime ends. As was described in this situation, the match was still in progress. 2 - Anytime you take a wrestler off his back due to repeated unsportsmanlike conduct or repeated unnecessary roughness - you should consider flagrant misconduct as one of your options. I really don't understand your second question. As described above, you have to give the offensive wrestler the opportunity to pin his opponent if he takes him directly to his back in the sudden victory period.**

Q.: If an athlete injury defaults at an individual tournament, are those injury default(s) considered losses? Second question: If an athlete in a tournament forfeits due to injury or illness, are those counted as losses? If an athlete in a tournament forfeits not due to injury or illness, are those counted as losses? Additional situation: If an ath-

lete injury defaults at an individual tournament, are their team points earned to that point kept or eliminated completely? If an athlete forfeits due to injury at an individual tournament, are their team points earned to that point kept or eliminated completely? If an athlete forfeits not to injury or illness at an individual tournament, are their team points earned to the point kept or eliminated completely?

A.: My first reaction is that anytime someone 'counts a win' - someone else must count a loss. Or an alternative would be - simply, don't count a win that did not come as a result of head to head competition. With respect to 'points earned' prior to forfeiting; See NF Rule 9-2-3 (p. 47). In part it reads: "...in Tournaments ... Points are awarded as earned. Place points already earned shall be deducted in case of forfeit (other than injury) or disqualification from the tournament..." There are also several case examples starting on p. 57; 9-2-3 A, B, C.

Here's more on this topic:

Q.: If an athlete injury defaults at an individual tournament, are those injury default(s) considered losses? Second question: If an athlete in a tournament forfeits due to injury or illness, are those counted as losses? If an athlete in a tournament forfeits not due to injury or illness, are those counted as losses? Additional situation: If an athlete injury defaults at an individual tournament, are their team points earned to that point kept or eliminated completely? If an athlete forfeits due to injury at an individual tournament, are their team points earned to that point kept or eliminated completely? If an athlete forfeits not due to injury or illness at an individual tournament, are their team points earned to the point kept or eliminated completely?

A.: My thoughts on the win/loss record due to default/forfeits: I always thought that if a wrestler starts wrestling and then injury defaults during the match, that always counted as a loss. A forfeit, where the wrestler never steps on the mat, no wrestling occurred - that never was considered in the win/loss record for the athlete who forfeited. It was, however, considered as a win for the athlete that was awarded the forfeit.

12-22-06

Q.: Sometime ago on the wrestling forum, there was a question about byes. I've always entered a bye as a win only when it was in the championship bracket. This agrees with what the old WIAA regional form used to say. According to the forum, track/wrestling awards any bye followed by a win with two wins. I went onto the WIAA school site recently and noted that this year's individual seeding info states the following in bold: "All byes in the championship bracket or consolation bracket received during regular season tournaments will count as wins if the wrestler won his next match in the bracket." Did this just change this year?

A.: NO... In fact hasn't changed in my tenure – which is now entering the 9th season.

Q.: Our wrestling team has a young man out for wrestling this year who is well under 100 lbs. I thought there used to be a minimum weight for the 103 lb. weight class, but couldn't find it in the rule book.

A.: There used to be, but that rule is no longer in existence – not for near quite some time.

Q.: I have a young man that is weighing in around 104-105 on a regular basis. He skinfolded and his results state that he can only go 112. He wants to wrestle at 103. Obviously he is a lean young man but his minimum weight (with parental permission) was stated as 104. I know we can opt for the dunk-tank but can we have him re-pinned? His last date for appeal is Dec. 5. I looked up on page 46 in the Winter Regulations and it says that it needs to be done within 14 days and that it needs to be the same measurer. Is there anything that I need to be aware of?

A.: You have all the facts correctly identified as outlined on p. 46, winter season regulations.

Q.: I have a question regarding the 1/2 pound per day. Is it an eight-day week or a seven-day week? What I mean is if I weigh 130 on Thursday, then can I weigh 126 the following Thursday...or is it 126.5? Could you point to

where I can find the ruling?

A.: The fundamental question I receive, mostly comes up between the Saturdays at conference tournament and regional tourney; can a wrestler lose 3.5 or 4 pounds from Saturday to Saturday? The response is always that you need to go back at least one weigh-in prior to the first Saturday in order to determine if the wrestler needed to lose a half pound in order to be eligible to compete on that conference tourney. Saturday. If so, then the new count begins on Sunday and the wrestler may only lose 3.5 pounds. Remember - a wrestler can lose .5 lb. each day, but no day may be counted/used twice. So, if I needed to count the first Saturday in order to make weight to wrestle that same day, the count for the next event begins the following day. Now, if going back a weigh-in or two prior to the conf. tournament (e.g.), if the wrestler did not need to count that Saturday toward making weight for that day's event, then losing the half pound on Sat. and each day up to and including the next Saturday of regionals, becomes a 4 pound loss from Sat. to Sat. So the answer is the same for your question, using Thursday to Thursday. You will need to document whether the wrestler needed to 'count' the first Thursday in dropping down in order to make weight and be eligible on that first Thursday in order to know if he could drop 3.5 or 4 lbs for the next Thurs. Again – Remember - You can count each calendar day for losing a half pound BUT – no day can be used/counted twice.

Q.: It is currently snowing and blowing pretty hard here right now. If by some chance the meet tonight would get cancelled, would our multi-dual meet tomorrow still be eligible for the one-pound allowance since we stated in our tournament information that we were scheduled to wrestle tonight, thereby allowing for everyone to have a one-pound allowance?

A.: Yes. There is precedent for that relief.

Q.: We have a wrestler that the first day he can wrestle 171 is on 12/10. We have a tournament on 12/9 which the wrestlers get an extra pound at. Would my wrestler be eligible to wrestle in the 171 pound weight class because he could make 172 pounds on 12/8 based on the 1/2 day rule.

A.: Yes. So long as student is eligible for the weight class based on skinfold measurement printout.

Q.: We have a dual match on Thurs., Dec. 7, another dual match on Fri., Dec. 8 and a tournament on Saturday. Is it correct and appropriate to advise the host team that we have three events in a row and acknowledge a two-lb. allowance at Saturday's weigh-in so they can advise the other teams involved at the tournament?

A.: Answer is "NO". Max growth allowance during regular season for consecutive days of competition is one pound. Please review Winter Season Regulations (recommend reading entire wrestling info). But, this particular regulation is found on p. 44 within State Association Regulations, 'c.' This is an adaptation that has pre-dated my arrival to this office. I might speculate it has been the rule here in Wisconsin for perhaps 20 years or more. It is different then the National Federation rule for consecutive days of wrestling. The State tournament does allow a pound/day for consecutive days competitions - where there is a much more uniform and controlled environment.

Q.: One of our wrestlers had received a deep thigh bruise from football. The school trainer has cleared him to wrestle but recommends some sort of protection. Would it be legal for him to wear a football girdle with one thigh pad in to protect his injury? Does it need to be on a skin disorder sheet to show where the injury is? The student's parent will be taking him to the doctor today.

A.: Some additional padding could be allowed and not necessarily present a problem. Coach and trainer need to review NF wrestling rule 4-3 (Rule book p.18). Also See WIAA Medical Policy Procedure manual p. 23 for matrix of permissible auxiliary equipment (also on our home page wiaawi.org). Same matrix was included in coaches pre-season meeting material. Suggest not a girdle but alternative padding of another variety over bruise. However, if on-mat official inspects and approves - his word will be final on what ever protection you come up with. Coach and wrestler should present situation and proposed special equipment/treatment to official upon reporting to site.

Q.: I just wanted to know if it is legal for an athlete to have a tattoo showing.

A.: **In wrestling we advise coaches and officials to look upon them the same as a poster. If not appropriate for the classroom, if insulting, offensive, in bad taste - cover it!**

Q.: A uniform sold by matman has three stars up the side, the largest is bigger than logo requirements. The stars are similar to the star used in the starter logo. Our concern is the stipulation that allows one manufacture logo that is no more than 2 1/4 square. Would a star that resembles a company logo cause the uniform to be illegal. If it is not manufactured by a company that has a star in the logo would the uniform meet uniform regulations?

A.: **So, instead of 'stripes' - or other variety of 'trim' or contrast, this uniform has stars up the side, and they are not the manufacturer's emblem/logo. Out of hand and from what you describe, I see nothing in the rules which would prohibit this 'style' so long as its 'cut' conformed with requirements.**

Q.: The newest trend in wrestling uniforms are a two piece uniform from Brute. Last year they were approved for use by the NCAA, but they were not approved by the National Federation. My question is have they been approved for high school use this year?

A.: **The NFHS Wrestling Rules do not allow for the two piece wrestling uniform.**

Q.: I was reading through the wrestling questions in the latest WIAA Bulletin and I have a question. The question I am referring to is the one about the injury time-out and the fact that it was a head or spine injury. The question was does the wrestler get his or her choice because of the second time-out rule. I was under the impression that Wisconsin has our own adaptation to this rule that states any head or spine injury is not counted as the second time-out and that this stands by itself with four minutes of injury time. I think that a certified trainer or doctor has to be present to give this ruling. We had this come up last season in a conference finals match and the wrestler took his second time-out but it was a spine injury and we were not given choice of position because of this rule/adaptation in Wisconsin. This brings up another question. When a wrestler has two head or spine injuries in one match they must stop the match and the wrestler has to default. My question is who determines when it is a head or spine injury? In the match I was referring to before, the first injury was a head injury but it was not recorded as such. The wrestler hit his head on our wrestlers hip and got very dizzy and he used over one minute of injury time. The second injury should have stopped the match because of the second head or spine time-out. My concern is that who is responsible to rule on this and make the call? I was unaware of the adaptation and did not ask the official if the first time-out was ruled a head injury. If he had said yes the match would have been stopped and our wrestler would have won. Just looking for some clarification on the proper ruling.

A.: **Here was my thinking in offering that interpretation: In considering this scenario, the initial 'adaptation' for head and neck – was - to not penalize a wrestler in the area of loss of injury TIME, and/or remaining injury time, and/or to potentially have a hasty/dangerous return due to running out of injury time. This adaptation has been around WIAA a long time, well in advance of other more recent NF rule changes in/around this area within the rules. I did not consider the accommodation of/for this special, WIAA head/neck cervical injury time (in order to more accurately determine the safe return to wrestling) - to also automatically justify setting aside or ignoring the fact that this event might also be the second injury time out – and as a result, ‘my wrestler’ should by rule, have choice on re-start following a second injury TO. ‘I’ve already let your kid have a full four minutes and he hasn’t lost ANY of his injury time...if this is the second injury T/O for your kid – why shouldn’t my kid get the choice on the re-start? What’s wrong with that ? I don’t offer the explanation as a ‘challenge,’ but as explanation of my thinking. On your second question, I suspect the ruling was that the special four min. head/neck injury time was not used/invoked in the scenario you describe. It might have been technically, a head injury – but not evidently of a serious nature as to require using the special head/neck time and as such was appropriately treated no different then a stinger or tweaked ankle. If/when special four min. head/neck injury TO has been invoked, you are correct that a second head/neck stoppage results in terminating the match.**

Q.: I am a high school athletic trainer, and I have quite a few wrestlers with skin infections. I have a few questions about guidelines for wrestlers and return to participation, after skin infections, i.e., ring worm, impetigo, etc. I know in the past I have seen MD forms, however, I do not currently have one in my possession. I can not remember how long, and what meds, etc. I had a parent call me this morning and her son I guess has impetigo, did not see a MD, but wrestled last night, without the coach knowing about the impetigo. Who is responsible to skin checks, is it not the referee? Can you please send me any / as much information as possible. Also what does the WIAA recommend for mat cleaning.

A.: You can find good discussion on skin and wrestling in our Medical Policies and Procedure Manual. The on-mat official has 'final say' on all skin condition matters. The WIAA does not have an official 'statement' on mat cleaning. School districts are required by state law, to provide safe environments and safe facilities. In doing so, most will develop their plan to include mat cleaning...and in those districts where there might not be a developed protocol, or are crunched financially, the best coaches will likely sanitize the mats before and after each practice. In so far as a parent, coach or wrestler – knowingly exposing another to infectious disease, is not something they should be 'casual' about. The courts are consistently holding 'mom' and infected wrestlers responsible, accountable - and liable – for not disclosing.

Q.: Where are we in regard to head / neck / cervical column and / or nervous system injuries when medical personnel are present? Do these time outs count as one of the 2 time outs allowed to a wrestler?

A.: As in the past years since this Wisconsin adaptation has originated, when certified medical personnel are present, they have the jurisdiction to extend the allowed time limit to a maximum of four minutes so they can properly evaluate the injury. In the past, we have not counted these as an injury time out or recorded the time. A second injury of this nature required the contestant to default. During a recent meeting with the Wisconsin master interpreters it was determined that all injury time-outs, regardless if they were head / neck / cervical column / or nervous system injuries would count as one of the two allowed time outs for each contestant. However, the time used to attend that type of injury would in no way affect time used or available for other types of injuries. In other words, the time out would be recorded as a time out, but no time would be recorded. For example, if a head injury occurred in first period that would be the first time out. If an unrelated injury occurred in a latter period that would now be the second time out and the wrestler would have 1.5 minutes available for that injury. If a third time out was used latter in the match, the match would be defaulted. As in the past, if a second occurrence of head / neck / nervous system injury occurred in the same match, this would require a wrestler to default the match. After the second time out, the opponent always gets choice on the restart. This revised interpretation of the rule will take effect immediately.

Q.: May a referee call a stalemate in lieu of stalling when the offensive wrestler is "hanging on" in tiebreaker one and tiebreaker two of the overtime?

A.: No. The stalemate call for "hanging on" by the offensive wrestler is reserved for the ultimate tiebreaker, not tiebreaker one and tiebreaker two. Keep in mind that "control wrestling" should not be considered stalling in the ultimate tiebreaker. In the ultimate tiebreaker, if the offensive wrestler goes to a maneuver to hang on again, not control wrestling, then stalling should be called.

Q.: When both wrestlers are penalized an equal number of points in a sudden victory period of an overtime, will the match be stopped, points awarded, the period be terminated, and now go directly to tiebreaker one and two?

A.: No. This rule has been deleted in both the NFHS rule book and case book. The October 27, edition of the Bulletin indicated that 6.7.2 situation B on page 40 of the case book should be deleted. The NFHS determined that with the new overtime format that you would wrestle the entire sudden victory period even though both wrestlers are penalized an equal number of points.

Q.: What happens if a warning for stalling or a caution is given in period one and is not recorded by the official scorekeeper?

A.: This is a recording error and like all recording errors, must be corrected prior to the start of the next period. We realize that these errors are unique in that they are not shown on the scoreboard by an increase in score. However, we cannot arbitrarily and selectively correct some errors and not others. Coaches, head scorer, visiting team scorer, and officials must work together by constantly communicating to make sure such errors are reduced or eliminated. **Tip: One school has had their shop class cut out a 'W' and 'C' and painted one side red, the other green and have them at the scorer's table to indicate the call has been acknowledged. This helped coaches and officials and saved time. Easy to do!**

Q.: What are your thoughts about a wrestler shaking hands with opposing coaches after their match is completed?

A.: Shaking hands with opposing coaches is considered by many to be adding insult to injury. Things are often said by the wrestler or coach that should not be said and are considered unsportsmanlike in nature. The official is attending a multitude of other duties and is not aware nor has time to monitor what is said / how it is said / watch the body language, etc. Contestants shake hands during the face off, before their bout, after the bout, and at the end of the dual. That should be enough. It certainly is not a NFHS rule that you cannot do this, but it is the opinion of many officials and coaches that it should not be done.

Q.: If a wrestler has been penalized three times during a match for illegal holds, and the official scorekeeper records them all as a one point penalty, would a fourth penalty in a succeeding period result in disqualification or a two point penalty because of the previous error?

A.: Disqualification - Four penalties, not counting starting position, would result in disqualification regardless of the recording error. The error has nothing to do with the fact that the wrestler exceeded the maximum of the three that are allowed.

Q.: If medical personnel are present, can recovery time be extended to four minutes to attend to head, neck, cervical, nervous system injuries?

A.: Yes - Both injury time and recovery time can be extended to attend this type of injury. Keep in mind if the wrestler continues to wrestle, if this type injury occurs again the match is over. If it occurred due to a legal maneuver, the wrestler must default. If it occurs due to an illegal maneuver, he wins by default.

12-8-06

Q.: 1) Our school will be competing in wrestling as a JV team, no varsity. Do the athletes still need skinfold tests? 2) Can a coach in anyway dictate appearance (beards, long hair, etc.) of his/her athletes?

A.: 1) Yes. 2) Typically, yes - though would recommend that 'team rules/requirements' be approved by district admin. - if not your school board. These should be in writing and provided to students/parents early on. Might also run them past legal counsel. Also, wrestling rule 4-2 has very specific grooming requirements.

Q.: I have a young man who claims he is legally blind. He has wrestled his freshmen and sophomore years without accommodations, but has asked for accommodations this year. I want to make sure the correct procedures are followed, in case his imparity is questioned. Per our conversation, I will ask the athlete to supply a written document from a doctor stating he is legally blind. I will also be awaiting information from the WIAA on what other steps we will need to take. If this athlete is deemed eligible for accommodations, I would like to inform competing schools of his condition before the day of the competition. If there is a procedure for this notification I would appreciate you making me apprised of it.

A.: Thanks for your patience. Received an excellent response from the interpreters - which I concur with. Eyesight changes over time / being legally blind doesn't necessarily mean that they can't see at all. Explain at coaches meeting that you have a legally blind individual and if they need/request documentation - pres-

ent it at that time. No further explanation will be necessary. Hope this will help. Be prepared with necessary documentation. Be prepared to wrestle in accordance with 6-2-4 for the entire season and tournament series. It should not be an on/off accommodation, requested vs. some opponents and not others.

Q.: If a wrestler's second time out is a head or neck with medical personnel present: Does his opponent get choice of position? I was asked at a meeting and wasn't sure.

A.: **Yes. Issue isn't that a trainer was or wasn't present...or that the injury time was extended to 4 min. Essence of what's relevant is that second injury t/o was used and opponent has choice on re-start.**

Q.: I am a former head wrestling coach. I am trying to "coach" the new person and he and I disagree on one matter. So I need a clarification please. The disagreement is this. I told him that your predicted minimum weight according to the skinfold test has to be exactly on a weight (or below). That you cannot use growth allowance in the predicted minimum weight for wrestlers. For example: a wrestler's predicted minimum weight is 113. Therefore his lowest weight class allowed is 119 not 112 with weight allowance. The new coach thinks that the weight allowance is included when predicting the minimum weight for wrestlers.

A.: **Your understanding is correct. You may never use growth allowance to qualify for a weight class that your predicted minimum weight does not qualify you for. Another way to look at it. Take your 113 lb wrestler – When 112 wt. class becomes 114 lb. on Dec. 25, the 113 lb wrestler's lowest min. wt. becomes 115. You may also advise coach to review winter season regulations, p. 45, L1-b2.**

2-10-06

Q.: Is there any suitable way for laces to be secured other than tape or the purchased covers that are often used. I had a coach tell me that his understanding was if the laces were double knotted this was permissible and I told him that I did not agree and they must be secured by tape or a cover of some type. Who is correct?

A.: **In Wisconsin we have not altered our expectation/interpretation that laces be secured with a wrap of tape and/or the velcro covers, or contained securely by the shoes themselves. Bit of history: When the rule was first changed, taping was the only acceptable option and was required by NF interpretation. The next year or so the velcro covers came out and were approved. The same year or the next, the shoe design began changing to zippers being approved... and/or lace covers/enclosures. Given the first beginnings of this campaign, the NF has editorially "softened" its once clear directive/interpretation that laces were to be taped. The text of the rule now simply says "laces shall be secured in an acceptable fashion"... in some states that may be a double knot. We have not changed our initial requirement for taped or otherwise covered by a separate sheath or by the shoe itself. We have NOT approved the double knot and we have not heard any requests to do so. Just to be certain, I double checked with the "master's" and they reaffirmed that in their areas, it's still taped or covered, as well.**

Q.: I have a quick question regarding a wrestler that just skin folded this week. He weighed in on Monday at 151 and may wrestle 152 on Thursday. Since he has not weighed in yet this year he has to make scratch weight of 152. Next weekend he wants to wrestle 145, does he have to make the 145 scratch weight for that as well or does he get to weigh 148? His 7% body fat states that he can wrestle 140. His predicted minimum weight is 140 and parent permission is 137.

A.: **The wrestler can use growth allowance at 145 & 152 if he wishes. He needs to make scratch weight at 140 one time, before he could claim it for that wt. class.**

Q.: Is there a minimum weight a wrestler has to be to wrestle at 112? For example, if a wrestler weighs 85 pounds - could they wrestle 112? I know this isn't likely but lets say they are just throwing them in there to collect a forfeit. I couldn't find anything in the rule book so I thought I would ask.

A.: **A wrestler is eligible for the weight class their actual body weight allows them to compete at - and the**

next wt. class higher. Technically, an 85 pounder could wrestle 112.

Q.: If I want a kid to wrestle 145, does he have to weigh 135.1 or 137.1? Would it make a difference if they receive an extra pound for a Saturday tournament? Would they then have to weigh 138.1?

A.: 1) **137.1 after Dec. 25th.** 2) **Yes, 138.1 for consecutive days of wrestling allowance.**

Q.: Our conference wrestles all their duals on three dates, with all schools wrestling at the same site each date. They have five wrestling schools. On a given date, Team A (host school) wrestles Team B, Team C then wrestles Team D, and finally Team A wrestles Team E. Since this is not intended to be a multiple team meet, do we jump one weight class on the second and third dual? I would assume we do not advance one weight class to start the second dual since neither team wrestled in the first dual, but would advance one weight class to start the third dual since team A wrestled the first match of the evening. Correct interpretation?

A.: **My interpretation would be that since this is not a dual meet tournament, rather just a series of separate dual meets...you should draw the starting weights as you would for each individual dual...there is no "automatic roll." A new/separate draw and starting weight for each dual competition.**

Q.: A coach has asked me if it would be ok to not have his wrestlers introduced individually as traditionally done before a dual meet. Instead, he would like to recognize all team members similar to the way some football coaches are now doing. I assume this would be ok. If the other coach still wanted his wrestlers introduced they would just step to the center of the mat and not shake hands with their opponent. Correct?

A.: **There is no rule requirement for "introductions." The team who is introduced individually could just take a step or two forward...no real need to go to center mat. The team being introduced as a group ought to be doing so with approval of school administration and ought to be communicating their "thing" to a host school in advance. In HS wrestling the introduction and handshake are "traditional" and expected. To simply not participate or to "surprise" an opponent with this idea will most certainly contribute to the potential of raised sportsmanship issues.**

Q.: I have a question about the answer to this situation that appeared in the Dec 16, 2005 Bulletin (Vol 6). The situation in the question addresses that the offensive wrestler has locked hands throughout the whole situation. In the answer it is addressed that the offensive wrestler releases the locked hands but re-grasps later. If the offensive wrestler maintains locked hands throughout the whole situation as he returns the defensive wrestler to the mat, does this constitute two infractions?

A.: **Here's some of the discussions we've had since the Dec. 16 Bulletin. Hope it's helpful. I agree with the first response. I might have connected the wrong response to one of my e-mail questions and didn't catch it. 1) Dave - Read your response to the locked hands in the Bulletin and thought what you said was 100% accurate. I read the question and thought that your response may not have directly answered the question. The question indicated that the hands were never unlocked from the time the defensive man did a stand up to the time he returned to the mat. Because they were never unlocked I believe there was only one locked hands in that situation. Had he unlocked his hands and locked them again, as in your response, then there would be two separated locked hands. At least this is how our association has been dealing with that situation. 2) Dave: Regarding the locked hands situation in the wrestling questions in the Dec. 16 issue of WIAA bulletin. This is the situation where the wrestler was penalized two points for one violation. Keep in mind I have not officiated in a number of years, and the rule may have changed but I don't think so. One of the most frequent officiating mistakes I see in my travels around the state is the enforcement of the locked hands rule. If the bottom man starts a move and the top man illegally locks hands, the bottom man is allowed to complete his move if he can. He is not allowed to wrestle until he scores before the penalty is enforced. I see officials walk around with their hands locked for 15-20 seconds, before stopping the action. That is not what the rule is meant to do. If the official had stopped the match when the wrestler was returned to the mat, there would be no question. By allowing the bottom man to start another move (even though it was the same move), the official had misapplied the rule. Even though the match was allowed to continue, the top man only committed one violation, not two. If he had an illegal head scissors, and the bottom man sat out and stood up before it was broken, there is only one penalty. The same is true with locked hands. 3) Regarding the second interpretation above: Agree with him to a degree. You do allow the wrestler to either attempt an escape or reversal with a continuous move. It is obviously a judg-**

ment situation, but if the offensive wrestler takes defensive wrestler back to the mat I would stop the match and award the defensive wrestler a point for a TV by the offensive wrestler. However, I disagree with this interpretation when you equate the ILLEGAL head scissors with LOCKED HANDS, which is a TV --- those are two different animals. You stop the match immediately when you have an illegal hold, unless the defensive wrestler is on his back. Again, in the case of TV (locked hands) you allow the defensive wrestler a reasonable amount of time (judgment) to either escape or reverse.

1-20-06

Wrestling Questions & Answers

Q.: I witnessed the poorest acts in wrestling this past weekend. The acts were repeated headbutts (three times) that occurred during one match. The wrestler that was being headbutted was on my team. The headbutter was called twice for unsportsmanlike conduct but the ref still missed another headbutt. That evening my wrestler told a doctor that he felt "stupid" and had a headache. A concussion test was performed on the following Monday and he was diagnosed with a concussion. I have still yet to get the full report from the doctor, but the offending wrestler might have seriously hurt my athlete. I was completely disgusted after the match because I know the offending wrestler did that on purpose. He was not trying to do an offensive move whatsoever. Moreover, I ran into another coach after this match who told me that this wrestler was known for that type of wrestling. We have film of the match and I think you should view it. From that experience, if an opposing wrestler ever rams his head into my kid like that again I am pulling my kid from the match to prevent a serious injury.

A.: I have carefully read your note. I regret hearing your perspective on your experience. I accept your communication as coming from a genuine sense of concern and frustration. My response is intended to be helpful - and respectful of your concern. 1. WIAA rules require that school administration shall be responsible for the conduct of coaches, spectators and athletes - at all times. Your school's AD as well as your opponent's is being made aware of your concern. I anticipate they will follow up with you. 2. You do not provide the name of the official. We have not received a report from that individual. 3. After your own AD has reviewed your video, he may choose to forward it to the AD of your opponent, for his review and awareness. Your AD may also determine it to be appropriate to include our office. 4. I have made several officials aware of your allegation for their - general awareness. There are indeed, certain wrestling styles which are not acceptable - and when appropriate, must be penalized if not corrected. Again, school administration holds first-line responsibility for the conduct of their school's coaches and athletes. It is also appropriate for school administrators and coaches to be aware that the courts are becoming increasingly sensitive to behaviors in sport competition - which they are more frequently determining to fall out-side the range of a "reasonable assumption of risk". Such behaviors are being determined by the courts to be "assault". 5. It would be appropriate for you to speak with your administration with respect to the SCHOOL'S EXPECTATION FOR "PULLING" A TEAM OR ATHLETE FROM COMPETITION. Keep in mind - in at least ONE RESPECT - it's not "YOUR" team. It is the SCHOOL's team. Your high school's had wrestling for a long time now. I would not like to see you take action you presume to have authority or a "moral responsibility" to take and come to find out - there is not support - or justification for "pulling a team". The school's that have done/allowed those things generally find the programs placed on probation. There are appropriate and responsible ways to address concerns. The sport arena is charged with adrenaline and emotion - don't compound one problem or mistake by creating another.

Q.: I am confused about something with having a wrestler hydrostatically tested. In the winter regulations it states this: a) The minimum weight appeal process (see p. 46, D.) or b) special reweigh provision. Wrestlers who with parental permission are within two (2) pounds of a lower weight class as determined by their original skin-fold measurement and minimum weight projection printout may be hydrostatically re-weighed at any time during the season, prior to January 22, 2006, whether the athlete has competed or not. Then down further it states

this: Step 1 may be by-passed and only Step 2 performed (underwater weighing). The only prerequisite for using underwater weighing to appeal an original minimum weight measurement is that the underwater re-weigh must be done before the wrestler's first competition. Once a wrestler competes they are no longer able to access hydrostatic weighing as part of the appeal process. Our wrestler is within 2 pounds of a lower weight class and has competed. One rule states he can be tested even if he competed. The other states he can't get tested because he competed. Which one is it?

A.: If your wrestler was w/in 2 lbs (including parental permission) based on his original SF measurement - he could wrestle at his approved weight and still be underwater weighed up until Jan. 22. You are failing to grasp the important fundamental and significant differences between the APPEAL PROCESS..(which is available to every single wrestler in the state...whether they are 20 lbs. away or), and the SPECIAL REWEIGH OPPORTUNITY - which is not available to any/every wrestler - but only to those who are within 2 lbs. As a result you are reading them as contradictions and failing to see them as two distinctly different and separate provisions of our rule. The Min. Weight program has always had an appeals process. It has not changed. It is as you see it on p. 46-47 of the Winter Season Regs. This review/double check - process allows each/every wrestler to validate the original skinfold measurement. The SPECIAL RE-WEIGH opportunity came into effect just approx. 5 years ago. In 2000 we began hydration testing. We found that in a few instances, athletes had over-hydrated, ended up missing a lower wt. class by a pound or two (perhaps due to "drinking 4 gallons of water" - before taking the hydration test). By mid year, many of these kids were struggling to make weight.

So the following year, we implemented the special re-weigh provision. It's not available to each and every kid in the state, only those whose initial SF measurements might have been unusually influenced by over-hydration. IMPORTANT: Now, please carefully review the text of Winter Season Regulations...again. (p.45, #2 - b.) Important to UNDERSTAND the difference between the special re-weigh opportunity as described and the APPEAL Process (p. 46-47 # 6).

Q.: My opponent has taken his 2nd injury time-out during the first period, I now have the choice of ----- top bottom or neutral during the 2nd, 3rd and top, bottom or defer in the tie breaker. We couldn't find any reference to the overtime as the rules state that the overtime period will start in the neutral position. We did get some info when we first went to the tiebreaker. If the 2nd time out occurs prior to the end of the 3rd period, during the 1st --- 2nd --- or during the 3rd, does the option apply or do we start neutral?

A.: Overtime (and tie breaker) is an extension of the "regular match" ...all fundamental rules/ "basics" apply..including, up/down neutral.. In overtime. Tie breaker becomes the exception - with respect to starting position..neutral not an option. See Rule Ref. 6-7-2 (pg. 34) and Case 8-2-1F(pg.56 - "Comment."

Q.: Our 145 pounder from last year has a totally torn ACL. He has the clearance he needs. He has a brace with a pad over it. He has wrestled one match since. Is there a way to get some type of clearance saying the brace is safe for wrestling? We didn't have any problems but I would think every official may be different on it. Would you be in agreement if I have a high ranking official fill something out saying he has seen the brace and considers it safe?

A.: Having an official examine the brace and how you have your wrestler wrapped and the appropriate excerpt from the WIAA Medical Policies and Procedures Manual (Non Required Equipment matrix, p. 24) and the text of NF Rule 4-3-1 - certainly couldn't hurt. I can not say that these steps/precautions would "bind" another official from excluding its use. Each time the wrestler appears, the brace and how the athlete is wrapped and strapped - must be examined ... and an official the "authority" to rule on the special piece of equipment. But, can your preparedness have potential positive dividends - of course.

Q.: I have a varsity wrestler who broke a bone in his hand and will need it to be in a cast for about 4-6 weeks. The cast runs from the mid-forearm to the middle of his fingers. The parents want to know if it is possible/legal to wrestle with a cast on his hand if it is adequately padded? If not, would it be legal if it were a soft cast? Or is this something that a referee would need to look at and make a judgement call on?

A.: No. See NF Rules p.18, 4-3-1.

Q.: Every year I send my JV/varsity reserves to a varsity dual meet tournament. It is a weaker varsity tournament and a good chance for my JV kids to get some matches against varsity level competition. I have two varsity starters (brothers) who missed two varsity tournaments and a dual because of a family trip. Because of this, they will only participate in 11 of our 14 dates. Can they wrestle in this meet, or would that be considered a 15th date for our team? If they can go, can I count the matches on their regional records. I read that if either team considers it a varsity match, it can be counted. Am I correct on this?

A.: **If a school sponsors *administrative approved* (key) programming at the varsity, JV, reserve and frosh level (etc.). Each of those programs can schedule up to the maximum allowed number of competitions. Example: 14 varsity competitions; 14 JV competitions; 14 varsity reserve meets. A wrestler might wrestle at all three levels....as long as they do not exceed their individual maximums. It is not uncommon for good/strong wrestling programs to enter their reserves into a number of varsity level events, since there simply aren't a lot of reserves programs and opportunities out there, yet. The pit falls arise, when a school does not actually have approval for a reserve program, and simply schedules 15 or 16 varsity meets and then claims no wrestler will exceed their allotted exposure. That's where the 14 max violations occur. JV and varsity reserve meets ought to be clearly and separately scheduled from the varsity schedule.**

Q.: Rule question: Wrestler comes onto mat wearing rubber bracelets. Do I call injury time-out and penalize the coach 1 team point, or is this just a technical violation and award 1 point to the opponent before the match starts. The only place I quickly found reference is in rule 5-28-1-f. In past years I would have called the time-out and penalized the coach. So, this came as a surprise to me.

A.: **Tech. Violation and injury Time out. With respect to the rubber bracelets at the reporting table, there's a part of me that likes the # 3 response...but, it opens the door for the opposing coach to get after the official - for selective application - bias. Can't go there. Certainly, the wrestler and coach ought to know and prevent this. Really is no good explanation for the kid to report w/rubber bracelets on....*none*. Thoughts from some friends: 1) If the wrestler comes to the mat not properly equipped or ready to wrestle, or any equipment is detected as being illegal after the match has started, it is a technical violation and 1 match point will be presented to his opponent (rule 7-3-7). Rule 8-2-1 also states that time to correct illegal equipment (rubber bracelets) is counted as injury time. So the individual will be assessed a time out as well as time needed to remove the bracelets will be recorded (some time must be recorded). Unsportsmanlike conduct will not be assessed against the head coach. This penalty was deleted by the NFHS in 2004-05. 2) The rule regarding penalizing the coach no longer applies --- it was changed last year. The wrestler would be charged with an injury time out and penalized for a TV. Rule reference is 8-1-1. 3) I would say "take off the rubber bands and let's wrestle." 4) I feel reporting with bands is illegal - TV plus injury time-out. This should be covered at weigh-in or locker room meeting. No point deducted from coach. Not penalizing will get the official in trouble if questioned by the opposing coach. Hope this helps.**

Q.: I have a wrestler who body fat tested for the 125 pound weight class. He is now weighing in at 119 consistently without cutting any weight. Is there any way he can wrestle 119 without getting hydrostatically tested in Madison?

A.: No, there isn't.

Q.: We had the following situation at a recent tournament: the scorekeeper and official accidentally checked in the wrong wrestler, and the wrestler was one weight class heavier. Three min. of the match was wrestled before someone realized the problem. In the rule book it only covers for dual meets where there would be a forfeit. In this particular incident what we did was pull the incorrect wrestler off the mat, gave the correct wrestler a 45-min. rest and brought the correct opponent out to wrestle. I would appreciate your input into this. I was not the mat official at the time. I'm not sure of the situation but I don't think the scorekeeper or the official announced their names and checked them in properly at the time. It was my decision as officials conversed and decided to give the 45 min. rest period and get the correct two wrestlers out there to wrestle. From that point on the offi-

cialists checked each wrestler at the particular table. There were seven mats operating at the time. Sometimes this is difficult for coaches to be in charge because of so many mats going on. When you have 14 wrestlers and at most 30 coaches. Going back to the rule book it states only for duals. If they were checked in properly and still the same thing occurred would it be a forfeit in a tournament? And would the wrong wrestler be able to compete at this correct weight class?

A.: I'm going to proceed, not knowing exactly the way the tournament was run - with respect to the table officials' culpability on this one...or the coaches, or even the wrestlers. There were a number of "break-downs" contributing to the situation that resulted. After reading both the wrestler's names aloud, "*Alright gentlemen, we're wrestling the "160" wt. class"* "Is that Correct" ? Said by the official, loud enough for all to hear - and for the official - to have been acknowledged by both wrestlers and the table. Might have prevented. But, that's not where we're at. Ultimately this one is going to rest - primarily, with the on-mat official. He has final authority and responsibility for the contest...allowed the wrestlers to begin. I would consider 3-1-12 the basis from which the referee would correct this mistake (I am assuming there was no intent to deceive/unsporting quality to this - on the part of the coach or wrestler.) In the absence of any unsporting component, it is appropriate for the official to meet the unexpected in the "spirit of fair play" to correct mistakes, etc. In that light, I think the situation you describe was "corrected" in the most appropriate manner possible. Especially "good call" - to require 45 min. recovery. Here's another perspective: The logic behind the questions is confusing. Proper check in procedure should eliminate this problem. If the wrong wrestler still ends up on the mat, even after following proper procedure, then their must have been some type of communication problem. Perhaps one wrestler acknowledged that he was the individual on the bout sheet but wasn't. Maybe a hearing problem, noise in the gym, etc. In that case they would probably handle it exactly the way they did. I see no value in someone being deceptive and intentionally misrepresenting himself or team. So unless the official feels that the wrestler was deliberate in his actions, the official(s) in that situation reacted appropriately. If there was a deliberate attempt to deceive, then it would be flagrant misconduct on that individual.

Q.: Had an incident where an athlete defaulted a match because the trainer determined that he should not continue. The coach and athlete made quite a scene at the time and the athlete ended up being penalized for USC. The ATC made the recommendation to the coach and the athlete that he should not continue wrestling for the duration of the tournament. When the next round came, the athlete showed up and did wrestle. The injury did not involve consciousness, but the coach deliberately went against the wishes of the ATC by allowing his wrestler to compete in the next round. I would think that it is within the intent of the rule that the CAT or EMT can rule that an individual can not continue a match as well as rule that they cannot continue to wrestle at any future matches in that event. What are your thoughts?

A.: If the trainer left it up to the athlete and coach and did not make a firm determination i.e., *could continue or, could not continue*, that contributes to where we're at with this, and muddies it a great deal for all involved. If it's up to the student, we know and expect the student will want to go ahead. Kids are indestructible - we all know that.* As an administrator, I consider it the responsibility of the event medical staff to look after the best interests of the participants - and for the host school's interests - in event of that "worst case" scenario. You are correct in that there is plenty of text within the WIAA's Medical Policies as well as the NF wrestling rules which provide the support for the trainer - to act with the authority to match their responsibility...and if a trainer says "No coach, Johnny's done for the day," Johnny better be done for the day - and the trainer will always be supported, here. See: WIAA Medical Policies & Procedures, pages 11-12 for Return to Competition guidelines, and NF 8-2-5 (we addressed "medical staff" last year and clearly an LAT would be considered more than legitimate "medical staff" at an event such as this) and see Case, 8-2-5. As you know, both these references provide that, "*If a physician/medical staff determines an injured wrestler should not continue, even though consciousness is not involved, they shall not be over-ruled.*" It doesn't get much plainer than that. It is also only appropriate - to further identify: A1-g(1) Note: "*The official may overrule a coach, licensed athletic trainer, or physician that decides to allow an athlete to continue. He may not however over rule a coach, licensed athletic trainer, or physician*

that decides an athlete should not continue." ...That's considerable authority, too. As you have described this, the wrestler and coach made a choice which was made available to them to make...by virtue of it coming as a "recommendation." Having said that, I consider it to be *extremely ill advised and of questionable judgement/decision making* for a **coach** to act contrary to recommendations of trained medical professionals. Both as a coach and as an AD, I took the LAT/ATC's opinion as "the gospel and the law." As far as I was/am concerned, the athlete's well being was/is always more important than any game. Not everyone comes from the same set of experiences and values...as perhaps you and I do. It appears there may have been a number of things gone awry here that might be better/more clearly communicated in the future.

Q.: I believe there is a mistake in the weight allowance procedure of a tournament on our schedule that goes against WIAA policy. After receiving the two pound Christmas allowance they are allowing 1 pound on each of the two days (for a whopping 4 lbs). The one pound for an Illinois team wrestling on Wednesday I understand but I believe the 2nd pound for the second day goes against WIAA regulations. Isn't the only time a 2nd pound is granted is at the state meet?

A.: **You are correct. See Winter Season Regulations, p. 44-c. This is one of the Association regulations made by Don Herrmann. Hasn't changed in many years. One pound...regardless the number of teams/regardless number of days of successive competition. The only exception to this is the State Finals.**

Q.: We have another wrestler who wishes to be underwater weighed. His original skinfold measurement stated he could go down to 124 lbs. We did not do the appeal but he wishes to be underwater weighed because now that the season is going his weight has naturally dropped to 123-124 and he wants the option to go to 119 lbs, especially at the end of the season when the weight goes to 122. But his original skinfold says he can only go to 125 lbs. I am now concerned his pinch test was in fact inaccurate. Can we underwater weigh him to see what the results will be? What can we do? This is a very good wrestler who is now on JV and we are going to have an open spot at 119 in a couple of weeks. This would result in our team being more competitive as well which will result in better competition for everyone.

A.: **If this student has wrestled either JV or varsity, there is no provision for him to be underwater weighed any longer. If a wrestler is hoping to be underwater weighed via the APPEAL PROCESS - (which is available to all wrestlers) - the caveat is that it must be performed before a wrestler competes. Your Winter Season Regulations - p. 46-47, #6 (step 2) address the Appeal Process and underwater weighing. If there is ever a concern it ought to be registered immediately. Credibility is diminished when raised, de-facto. Most coaches contact us about discrepancies, immediately upon receiving their printouts.**

Q.: I have a question about weigh-ins for multi-duals. If we were to have a multi-dual during the week do we have to have a shoulder to shoulder weigh-in, or can we have a noon time home school weigh-in where the AD's fax the results of the weigh in to each school?

A.: **Shoulder to shoulder...as outlined in the NF Rulebooks.**

Q.: I read the info in the season regulations but I do not know if I completely understand it. If you could answer this question it would help. If I had a wrestler take the skinfold test and then did the regular appeal can I still have him underwater weighed? I really feel that the season regulations need to be rewritten about this issue. Also the info regarding this needs to be put in one place and clearly explained. It seems like there are two sets of regulations for the same procedure.

A.: **Not sure how to write it a whole lot plainer/better. There are two avenues to access underwater weighing. They have critically important differences - for very different reasons. First - the Appeal Process - which any/every single wrestler can take advantage of... the caveat with underwater weighing as part of the APPEAL process is that the wrestler may not have competed - if they wish to be underwater weighed. Second - there is a SPECIAL RE-WEIGH OPPORTUNITY AVAILABLE TO ONLY THOSE WRESTLERS WHO - BASED ON ORIGINAL SKINFOLD AND WITH PARENTAL PERMISSION ARE WITHIN 2 LBS OF THE NEXT LOWER WT CLASS. This was put into place 5 years ago - after**

initiating hydration testing and finding a goodly number of wrestlers who once into their season were considerably underweight...we felt (perhaps) due to over hydrating to pass hydration test. It is not an avenue available to any/every wrestler. Just those who meet the specifications outlined above. This select group of wrestlers may compete at their print-out weight and still be underwater weighed - later on.

Q.: Regarding proper attire for female wrestlers - Is it okay if their sports bra shows or must they wear a T-shirt when wearing a female singlet? Is that the same as having spandex shorts showing on the leg?

A.: **I do not want this stuff to lead to a disqualification and to absurd rulings for disqualification over a bra strap sort of scenario. I am inclined to say that if a female singlet is worn with undergarment, that is sufficient.**

12-16-05

Q.: I am an licensed athletic trainer and we were discussing blood time. Does it stop when the blood stops or does the time stop when blood has stopped AND you cover the athlete with band-aids, etc.

A.: **Blood time stops when the bleeding has been stemmed, the wound bandaged/treated, the head gear on and the wrestler is "ready to wrestle". Then clean up time begins.**

Q.: Is headgear required for practice?

A.: **The rules written by the National Federation are for "competition." No question, wrestling headgear are required to be worn in competition. How a school allows their practices to be conducted - in this respect, - is up to them. There is not a rule requirement that head gear be worn in practice. (Just good common sense - it should seem.)**

Q.: I have a JV dual on a Monday night, and the next day I have a varsity/JV dual. Since the J.V. squad is wrestling and there is a possibility that 1 or more individuals will wrestle varsity while others wrestle JV will there still be a 1 pound allowance. I would think everyone would get the 1 pound allowance because of the JV dual, but since the varsity is not wrestling the first night, I wasn't sure.

A.: **Any allowance would be at the JV level - only. That's where the consecutive days of competition is taking place.**

Q.: Our wrestling coaches were wondering if there is a min. weight level for wrestlers. We have a light weight wrestler who wishes to wrestle at 103 lbs. We can't seem to find anything in the rule book about what the min. weight level is for that class. Could you please let us know if there is a certain weight the wrestler must be to compete in that class?

A.: **There used to be a minimum weight for wrestling the lowest weight class - that requirement disappeared quite some time ago. But simple answer is that now, there isn't a minimum weight required in order to compete at 103.**

Q.: Our school currently has five girls wrestling on the boys team. I am looking for a rules interpretation on girls participating in open all female tournaments in neighboring states during the wrestling season. Does the decision that was made last year to allow them to compete in girls tournaments during the season and count this toward their individual total allowed competitions also hold true for tournaments that are held outside of Wisconsin, or does it only pertain to contests in the state?

A.: **The basic interpretation would not change based on the location of the tournament. However, an out-of-state competition may require some additional clearance. See Senior High handbook, p. 27 - Letter F, 1-6.**

Q.: I have two wrestlers who did not challenge their caliper test initially. However, now their practice weight is

taking them to the next lower weight class but are unable to compete because of the initial caliper lowest allowed weight. Can I have them hydro tested and if they are allowed, get them to the next lowest weight possible? For example, I have a 119 pounder that is practice weighing (weight before practice) at 114. His caliper results will only allow 114 with parental permission, but he wants to try for 112 via hydro testing.

A.: 1. IMPORTANT: Carefully review the text of Winter Season Regulations, p. 45, #2 - b. Important to UNDERSTAND the difference between the special re-weigh opportunity as described and the APPEAL Process (p. 46-47 # 6). If your wrestlers are eligible for underwater weighing - either via the special re-weigh option or the appeal procedure you may contact our office to obtain the phone numbers and other information.

Q.: We recently had our officials association meeting and had an opportunity to view the wrestling rules DVD. During the viewing of the DVD it was stated that the wearing of Under Armor t-shirt would be legal. We have a few questions: 1. A single manufacturers logo is allowed if it doesn't exceed 2 1/4 in. square. Several Under Armor shirts have logos front and back. Legal? 2. Under Armor shirts come in several styles: long sleeve, short sleeve, sleeveless. Which one is legal, only the short sleeve? 3. Single solid color only. Does it need to match the singlet?

A.: 1) No, turn the shirt inside out. 2) Yes. Must have sleeves and they must be short sleeves. Seems the NF rule book quite clearly states "short sleeves." 3) Best way is to be sure there is a need/reason the shirt must be worn. It must be approved by the referee. It is not something for the coach or athlete to determine on their own.

Q.: I have a question about a rule involving locked hands. We had a situation this year in which our wrestler was in the top position. The defensive wrestler did a stand up. My wrestler locked hands and returned him to the mat, but his hands remained locked. The official signaled locked hands and the defensive wrestler stood up again, so wrestling continued. My wrestler returned him to the mat again. His hands remained locked through both stand-ups. Our wrestler never released his hands and re-locked. The official penalized him twice for locked hands. I questioned the call because my wrestler never unlocked his hands. The official said because he stopped two stand-ups with the locked hands, it is two penalties. I have since asked several referees about this situation. I have gotten several different answers. Could you please clarify this for me?

A.: **Wrestler A is in control. He locks hands and referee signals. Wrestler B is working to complete a reversal. Wrestler A releases the locked hands but re-grasps later as situation is still fluid. Call: This is two separate violations and should be penalized twice. Rationale: Offensive wrestler who locks hands will be penalized one pt. when situation ends whether defensive wrestler scores or not. If there would be no penalty for the second violation, he would in essence stop the defensive from scoring by another illegal action. Once locked hands is signaled it is a "free move" for the defensive wrestler but not for the offensive wrestler. Correct call.**

Q.: This past weekend a coach came up to me to tell me what the call was on a particular move. We disagreed - Surprise, a coach and official disagreeing. So here we go - In the referees position the top wrestler reaches around the head and under the arm and locks hands-technically a head lock position-however it is not a pinning hold and not in the neutral position. Is this locked hands or a legal head lock? Same scenario - the wrestler reaches across the back for a far arm head lock, is this legal? There is a move called a seatbelt, I think, where the offensive wrestler hooks the near leg, with his inside leg and then uses a near arm head lock and rips the defensive wrestler back. NOW, if the offensive wrestler does not hook the leg, is that a pinning combination/move or is it locked hands?

A.: **Here are a couple of responses from the veterans: 1) If I am visualizing each situation correctly, I see nothing wrong with anything that happened. A head and arm (headlock) is a legal hold regardless if used in a neutral position, a pinning combination, or from any offensive or defensive position. We are of course assuming the arm is encircled at or above the elbow. It could be considered potentially dangerous, because all headlocks could fall into that category. But if the maneuver is not restricting breathing/circulation or**

is not performed with excessive force (unnecessary roughness), it is nothing but good aggressive wrestling. Hope this helps out. 2) I basically agree with what has already been offered. The only concern that I can see is that the referee seems concerned with whether it is a pinning comb and that is not a concern unless the offensive wrestler is locked below the elbow. The situation has been around for some time.

Reminder: In concert with the wrestling coaches advisory and wrestling officials:

It has been a WIAA point of emphasis this year to see that female wrestlers legally attired for competition. This means a female cut singlet shall be worn, or a legal T-shirt is required if wearing a male cut singlet. If you have female wrestlers be certain they will be allowed to compete by having them legally attired when they report to the scorer's table.

11-11-05

Q.: A wrestling coach told me there was a new rule that enabled a wrestler to receive a forfeit at one weight and still wrestle at the next weight. I have been able to find nothing to verify this. Is this just wishful thinking, or is there a new rule?

A.: Not in a dual meet. No such rule change. I can only imagine this must've been part of a conversation misunderstood or only partially heard. In a multi dual event, it would be possible for a wrestler to receive a forfeit at (e.g.) 112 and then by rule be able to wrestle at "the next weight higher" 119 in the next dual of the tournament. But that's the only way that comes to my mind. I think the text of 1-2-2 and even more specifically, 1-2-4, "A wrestler shall not accept a forfeit in one weight class and compete in another class." is pretty clear, even for me. About the only "change" (and it really wasn't changed - but clarified) referencing forfeits is in 1-2-2 and that just clarifies that a forfeit "counts" as one of the wrestler's 5 exposures in a given day.

Q.: We are having a JV tournament in early December. To help the bracketing process, we would like to have the teams weigh their wrestlers the night before the meet, and fax their individual rosters and weights to us. We are having over 20 teams, and this will certainly speed up the process. In the past JV tournaments we have split the kids up close to weight, not exact weight, and by ability. My question here is, can we have the kids weigh the night before the tournament, and the coaches email or fax the information to us on the night before? We will then have the individual referee's meet with each team the morning of the tournament to do individual team inspections for skin conditions, hair, nails, etc.

A.: Sorry, the simple answer to your question is "no". Weigh-ins must be conducted as prescribed within National Federation rules. Rule ref. 4-5-2 (p.19) provides that weigh-ins be conducted shoulder to shoulder, a maximum of 2 hours before a tournament. 4-5-1 prescribes weigh-ins 1 hour before a dual meet or multi dual (unless preceded by a preliminary competition) e.g., "JV" precedes the varsity meet. You might secure preliminary information from participating teams/schools in advance, for better pre-planing and organization so teams know where to report, where to dress and where scales are located, etc., but the actual weigh-in must be as outlined above.

Q.: I have a wrestler who on December 10 will be taking his ACT at the school we are wrestling at for a tournament. I have checked times and he will be ready (done with testing) at the start of the tournament which has a later start time. My question is: Can we weigh him in earlier at the same school so he can participate? I have been at tournaments where this has been done and I know the referee's and the coaches had no problem with it.

A.: Weigh him in when he arrives after taking the test. This way he is weighed in by a licensed official and does not have "advantage" of additional time to "energize" before competition. If he is not cutting a great deal of weight this should not be a problem for the athlete. You have two options for seeding purposes in an invitational format. 1. Seed him as if he made weight, if he doesn't show up or doesn't make weight then his opponent will get a forfeit. 2. Handle it exactly the way you handle it when a wrestler has made weight but is going to get "paper work" for a skin condition. Seed the weight class two ways. With the

individual in the tournament and then again with the individual not in the tournament. You are now ready just in case he does or does not wrestle/show up. Our recommendation would be #2. With the first option you may run into a problem with where to put byes if the weight class is not "full."

12-13-04

Q.: I would like to get new Cliff Keen Tornado headgear for my wrestlers. Based on pictures of the headgear, there appears to be some potentially abrasive edges. I don't want to get headgear that could lead to injuries for my wrestlers. Has there been any complaints or concerns over this new headgear?

A.: **The Tornado has been approved by the NFHS. There are a number of WIAA wrestlers who wear it. You are also correct to recognize it's plastic edges. It has been a head gear that has raised questions in the minds of some officials and in a few instances it has not been allowed by the on site official (not real often). Ultimately, all required and "permitted" equipment is up to the discretion and judgement of the contest official.**

Q.: If a wrestling team were to have three consecutive days of competition, would they get one pound allowance for the second day and another pound (making two total) for the third day. Or just one pound for each day two and day three? We have this situation and I have told one pound each day, but I think the rule on page 17 Rule 4, Section 5, Art. 5 says "one pound granted each day for all wrestlers."

A.: **You've found an area where the WIAA for many years has adopted their own, more conservative regulation then the National Federation's. Please see the Winter Season Regulations, p. 43. Under State Association Regulations see letter "c". There was considerable history and rationale provided as to why this rule came to be what it is in Wi. Largely due to difficulty, confusion and the timely informing for all participating schools, etc., but long and short of it is that you might wrestle 5 days in a row.....Monday, Tues., etc., through Friday. At Saturday's event, 119 is still just able to be 120. One pound for consecutive days, max. in total. Exception noted is the WIAA's State Finals.**

Q.: I recently had my boys skinfold tested and have a question regarding the results of two wrestlers. One wrestler has a predicted minimum weight class of 135 at 7%. With parent permission he is eligible to weigh 132. The second wrestler has a predicted minimum weight class of 140 at 7%. With parent permission he is eligible to weigh 137. My question is this, after the two pound growth allowance in Dec./Jan. are both wrestlers eligible for the next lower weight class pending parent approval? Wrestler one at the 132 lb. minimum weight could wrestle at 130 lb. and wrestler two at the 137 lb. minimum could wrestle at 135 lb.?

A.: **Simple answer is, "no". A wrestler is never able to use growth allowance to qualify for a weight class that he is not eligible for based on his original minimum weight determination. (Obviously, if an appeal resulted in him being allowed to compete at a lower weight class that's a different matter.) If my wrestlers are expected to need to grow, so are yours. Keep in mind that when 130 becomes 132, your wrestler must weigh 134...I'm sure you get the idea.**

Q.: I am going to request a copy of the skinfold testing of all teams and their last two weigh in sheets for all teams that we wrestle this year and will also have ours available for the competition. Any problems with this?

A.: **You have the right to ask, per p.47, #7 of Winter Season Regulations. I don't have a problem with it.**

Q.: In regards to athletes not eligible. I know that athletes that are not academically eligible can not even step on the scale but apparently some teams in the area have been having athletes injured & told by a doctor that they can not wrestle for X number of days, not being eligible because of a violation of rules (either school or those of the coach), etc., stepping on the scale to bluff their being eligible for the competition. Is this permissible for a team to use such strategy to lock in an opposing wrestler to pick up a forfeit?

A.: **NO. If a wrestler is not able to compete, should a match present itself, they are not able to step on the scale. See Winter Regs, p. 42, 8b. "If not eligible to compete for ANY other reason....."**

Q.: A young man wrestles 175.5 on Nov. 30. Is he eligible for 171 on Dec. 9? What is the most that he can weigh on Nov. 30 to be eligible for 171 on Dec. 9?

A.: In your example you have 10 calendar days. The question is whether the wrestler can lose 4.5 or 5 lbs in those 10 days. The only way to know for certain will be to look back on previous weigh in sheets, or alpha printout sheet. By virtue of the fact the wrestler was 175.5 I will make some assumptions/guesses: He had to wrestle 189 on Nov. 30. At 175.5 he probably did not need to lose weight in order to compete at 189 that day...so he could still use/count the 30th for dropping 1/2 pound. Based on that assumption he could loose up to 5 lbs. by Dec. 9.

Q.: We have two young ladies wrestling. Can one of our wives or another adult female do the weigh in? Does the home school have to provide a female for weigh in or can we have our own?

A.: One of your own certainly can do weigh-ins both home and away. If the host school "insists" on their designated person, I'd respect that. You might still allow your adult to accompany. When a visiting team is known to have female competitors, it is a reasonable courtesy for the host school to provide a competent adult female to weigh in their guest/female wrestlers. If the host school is not informed, or poorly organized and they have not planned/prepared to weigh in your wrestler, then you should be prepared to provide the adult female designee, yourself.