

42nd ANNUAL CIAC WRESTLING TOURNAMENT

Sponsored by the U.S. Marines

TOURNAMENT ALERT

- * Weight certification must be completed prior to competition but not before December 1, 2008.
- * Each wrestler is required to have at least 33% of his weigh-ins during the season at or below the minimum weight he will wrestle during the state tournament series. Quad match equals one weigh-in. The maximum number of weigh-ins is 18.
- * **League tournament matches and weigh-ins shall not be included into CIAC tournament information. (Prep school matches do not count for seeding purposes.)**
- * **THE LAST DATE TO COUNT FOR TOURNAMENT WILL BE WEDNESDAY, FEBRUARY 11, 2009**

WEIGHT CERTIFICATIONS

Schools should be aware that a wrestler's weight certification date will be the date his/her information is submitted via the online system. If a school does its measurements on a Friday but does not enter the information until the following Tuesday, the certification date will be on the Tuesday and the allowed weight loss timetable will start in the week containing the Tuesday. Remember that being certified on any day in a week counts the same as far as the timetable is concerned, so if measurements are done early in a week it will allow for more time to have them entered without negatively affecting athletes ability to lose weight.

WEIGH-IN FORM

CIAC HAS DEVELOPED A NEW VERSION OF THE WEIGH-IN FORM ONLINE WHICH HAS THE ATHLETE'S NAME PRE-PRINTED ALONG WITH THEIR ALLOWED MINIMUM WEIGHT FOR THE WEEK. **A COPY OF THE APPROPRIATE WEEK'S FORM MUST BE BROUGHT TO EACH MEET BY THE COACH OF THE PARTICIPATING SCHOOLS.**

REQUIRED PRE-SEASON MEETING

Tuesday, November 18, 2008 – 7:00 p.m. – at the CIAC Office, Cheshire

Failure to have representation at this meeting will result in a \$25 fine and a letter will be sent to the school administration.

CIAC WRESTLING TOURNAMENT RULES FOR 2009
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1. Only institutional members of the Conference may enter these tournaments.
2. Matches with non-member Connecticut secondary schools will not be considered in the seeding. Matches with out-of-state schools who are NOT members of their state association WILL NOT count for seeding.
3. The 2009 Wrestling Tournament will be operated in four (4) divisions. Placement of schools has been based on the boy enrollment in grades 9-12 as shown in 2007-08 membership. The criteria used by the Wrestling Committee are as follows:

The Wrestling Committee will form four divisions (LL, L, M, S) based upon the number of actual entries the year before.

Wrestling Divisions:	LL -- 809 and over	M -- 403 - 571
	L -- 572 - 808	S -- up to 402

4. An **Open Tournament** will be held a week after the division tournaments. Open Meet participants will be composed of the top four (4) wrestlers in each weight class, with alternates determined in the following manner:

First alternate will be the fifth place winner from the school classification of the replaced wrestler.

Second alternate will be fifth place winners of other classifications.

Third alternate will be sixth place winner from the school classification of the replaced wrestler.

Fourth alternate from all other sixth place winners.

5. a. In compliance with the 2008-09 National Federation Rule Book each wrestler shall be required "to establish his certified weight via a state association weight control program." **DETAILED INSTRUCTIONS OUTLINING THE CONNECTICUT WEIGHT CONTROL PROGRAM ARE INCLUDED WITH THIS TOURNAMENT INFORMATION.**
 - b. Wrestlers who have not been weight certified by the CIAC weight control program are ineligible to participate in interscholastic wrestling meets or tournaments.
 - c. **Weight Class in State Tournament** -- Each wrestler is required to have at least 33% of his weigh-ins during the season at or below the minimum weight he will wrestle during the state tournament series.
 - d. Overall records of wrestlers and only meets with Conference member schools or eligible out-of-state schools are to be counted for seeding purposes for divisional tournaments. Out-of-state eligible schools must be members of their state athletic association and must be approved by their state department of education, and follow National Federation Rules.
6. a. To be eligible to compete in the divisional tournaments each school team must have competed in at least **eight (8)** varsity meets during the 2008-09 season, and each wrestler must be entered in a weight class consistent with the findings of the weight control program.
 - b. **Entry fee \$125 per team.** If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the "Generate Tournament Invoice" link under the wrestling options in the password-protected online eligibility center.
7. Competition during the regular season, state tournaments, and the New England Tournament, will be held in the following weight classes: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285.

IN DIVISION AND OPEN CHAMPIONSHIP MEETS, WRESTLERS MUST WEIGH-IN EACH DAY OF COMPETITION.

8. **Awards** -- Medals will be awarded in each Division Tournament and in the Open to the first, second, third, fourth, fifth and sixth place winners in each class. Plaques will be given to the winning team and the second place team in each Division and the Open Tournament. Medalists must be present to receive awards. All awards not received at the championship may be picked up at the CIAC office.
9. **Team Scoring** -- Will be according to National Federation Rule Book.
10. **Rules** -- All bouts will be governed by the National Federation Rules for 2008-09.
11. **Medical Examination** -- At the time of weighing in for all tournaments the designated on-site physician must be present to examine all contestants for communicable diseases and shall disqualify any contestant who in his/her judgment will endanger other contestants. **The physician's decision is irrevocable.**

Rule 4-2-4 reads as follows: If a physician is present at the site of a match, he or she may overrule the diagnosis of a previous physician, who had indicated, in writing, that an apparent skin condition was not communicable.

Rule 8-2-5 reads as follows: If a physician/medical staff person determines that an injured wrestler should not continue, even though consciousness is not involved, he or she shall not be overruled.

12. **Seeding** -- The CIAC Tournament Director will be responsible for seeding all entries. **Losers on Friday in the round of 16 will wrestle back on Saturday.**

The entry list for the Open which notes first, second, third and fourth in each Division will be the basis for drawing for the Open. Fifth and sixth place winners will be alternates.

13. **Admission Prices** --

Children Five (5) and under –	Free
Senior Citizens (Age 65 and older) –	\$5.00
Students (Grades 1-12)	\$5.00
Adults (All others not in the above categories)	\$7.00

Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.

14. **Tournament Dates** --

Division Finals	--	February 20, 21, 2009
Open	--	February 27, 28, 2009
New Englands	--	March 6, 7, 2009

15. **Tournament Sites and Starting Times**

Tournament Director: John Lawless, Nonnewaug High School, Woodbury
School Telephone (203) 263-2186

LL - Trumbull High School
Meet Director - Mike Herbst
School (203) 452-4557 / Home (203) 261-6383
E-mail: Herbstm@trumbullps.org

L - Bristol Central High School
Meet Director - David Greenleaf
School (860) 584-7735 x 124 / Home (860) 589-2938

M - Windham High School
Meet Director - Pat Risley
Work (860) 465-2485 / Home (860) 228-8106

S - St. Bernard High School, Uncasville
Meet Director - Dave Nowakowski
School (860) 848-1271 / Cell (860) 705-2629

Open - Hillhouse High School Fieldhouse
Site Director - Joe Canzanella -- School (203) 946-8493

New England - Hillhouse High School Fieldhouse
Site Director - Joe Canzanella -- School (203) 946-8493

Starting Times -- Friday -- Estimated 4:30 p.m. / Saturday -- Estimated 9:15 a.m.

16. **Multi-team Meets Include** -- Tri, quads and tournaments -- the maximum number of multi-team meets permitted per season is eight (8). (Conference/league tournaments do not count.)

When multi-dual meet competition is held, the first weight class to be competed in, the subsequent dual shall be one greater than the starting weight from the previous round.

17. **Postponement Schedule** -- Check CIAC web page and local radio, TV and newspapers

Divisional Championships

- a. If the Divisional Championships have to be postponed on Friday, February 20, 2009, the Divisional Championships will be conducted on Saturday, February 21, 2009 starting at 12:00 Noon and Sunday, February 22, starting at 12:30 p.m.
- b. If the Divisional Championships have to be postponed on Saturday, February 21 after Friday's session was held, the remainder of the Championship will be conducted on Sunday, February 22 -- starting at 12:30 p.m. and Monday, February 23 -- starting at 5:00 p.m.
- c. The Open Championship postponement format will be the same days, of course being one week later.
18. **Seeding Criteria** -- Seeding for all divisions will take place at the CIAC Office, Cheshire on the following dates. **Any school that does not submit seeding information via the CIAC website -- casciac.org -- on or before February 12 and have a designee appear with duplicate materials, their scorebooks and weigh-in forms at the meeting MAY NOT be allowed to enter the tournament. A \$50 fine will be assessed for missing information.**

February 15	Sunday	11:00 a.m.	S
February 15	Sunday	1:00 p.m.	M
February 15	Sunday	3:00 p.m.	L
February 15	Sunday	5:00 p.m.	LL

COACHES OR THEIR DESIGNEE MUST BE PRESENT AT THE SEED MEETING.

- a. **Seeding Procedure (Protocol)**
1. Gather the data on each wrestler -- full name, overall record in all matches wrestled, points earned for winning percentage, 2008 State Tournament Placement Points, and if applicable -- 1 point for having 18 wins or 2 points for having 28 or more wins. **LEAGUE TOURNAMENT EVENTS DO NOT COUNT. SCHOOLS NOT MEMBERS OF THEIR STATE ASSOCIATION WILL NOT COUNT. NON-SANCTIONED WEIGHT CLASSES DO NOT COUNT.**
 2. Total up points earned by each competitor and rank all wrestlers based strictly on points.
 3. Break ties as outlined in Section c-1, c-2, or d. NOTE: ALL MATCHES COUNT INCLUDING TOURNAMENT MATCHES.
 4. Award a half point to any wrestler who has defeated an opponent ranked higher by at least two seeds. This is explained in full in Section E.
 5. Re-rank the weight class.
 6. Implement Section F. of the seeding criteria.

4. Placement in the 2008 New England Tournament

Points are awarded as follows:

1st in New England	= 5 points
2nd in New England	= 4 points
3rd in New England	= 3 points
4th, 5th in New England	= 2 points
6th in New England	= 1 point

c. To Break Ties of Wrestlers who have Earned a Point or Points

1. When there is a two-way tie implement step 1, if this does not break the tie implement step 2, if this does not break the tie implement step 3, etc.

Step 1 – Head to Head (any and all matches including tournaments)
Step 2 – Number of Higher Ranked Opponents Beaten
Step 3 – Actual Season Record Percentage
Step 4 – Number of Wins
Step 5 – Coin Toss

2. When there is a multiple tie (more than two) implement step 1, if this does not break all who are tied, implement step 2 for those still tied, if this does not break all who are tied implement step 3 for those still tied, etc.

Step 1 -- 1 point for each of higher ranked opponents beaten
Step 2 -- Actual Season Record Percentage
Step 3 -- Number of Wins
Step 4 -- Coin Toss

- d. Seed the weight class for all wrestlers **with points** -- Award a half (.5) to each and every wrestler who has defeated an opponent who is ranked higher by at least two seeds. Ex. Wrestler #8 defeated #6 and #3. Wrestler 8 earns an additional point. Ex. Wrestler #8 has defeated #7. Wrestler #8 receives no points, to earn points it must be two seeds higher. After this has been completed re-seed the weight class. This will be done only once.

- e. After a weight bracket is seeded, any wrestler who has defeated the next higher seeded wrestler during the season will interchange places with that wrestler. A wrestler moving up may interchange again if the next higher wrestler was beaten during the season. This may be repeated as warranted. Repeat this process until you have gone through the bracket once. This process will start at seed one and work down. (If a wrestler has beaten a wrestler more than one place higher the interchange may not take place.)

Zero points wrestlers who have defeated someone that is already seeded with points will be placed at the front of all the zero point wrestlers. They will receive .5 points for each wrestler on the bracket beaten and be seeded before zero point wrestlers.

- f. Wrestlers who have **zero points** will all be seeded by winning percentage. In the case of a two-way tie a coin toss will decide. In the case of a multiple tie, wrestlers will be drawn for position and placed in descending order in the bracket.
- g. **REPLACEMENT WRESTLERS** - once a wrestler is seeded in a weight class the wrestler must wrestle in that weight class and may not change weight classes. A replacement wrestler with points will be grouped with those wrestlers having the same point total but will be placed last in this group. A zero point replacement wrestlers will be drawn unless there are more than one zero point replacement in which case placement will be by lot for the last positions.
- h. Once replacement wrestlers have been seeded, all in the bracket bump up accordingly.

19. **Weigh-Ins**

Weigh-ins at all regular season matches must be according to National Federation rules. This will permit all competitors the option of wrestling one weight class above the class for which the CERTIFIED weight qualifies the wrestler. Weigh-ins at CIAC tournaments will be according to National Federation rules. **WRESTLERS MUST WEIGH-IN ON ALL DAYS OF COMPETITION.**

20. **Final Matches**

All final matches of divisional and open championships will be ordered by a random draw.

21. **State Open**

The four divisional champions will be seeded according to state tournament placement points earned up to the divisional seed meeting on February 15, 2009. Seeding will be conducted by CIAC Tournament Director.

22. **Tobacco Products**

Tobacco products, in any form, for participants and coaches are prohibited from all regular season and CIAC matches.

2008-09 CIAC Wrestling Committee

Administrators:

Dennis Siegmann, Northeast Middle School, Bristol - Chair
Brien Brown, AP, Enrico Fermi High School, Enfield
Steve Merlino, AP, Windham High School
Bob Swan, AP, Jonathan Law High School, Milford
Fred Ashton, AP, Windham Tech High School
Ross Sward, AP, Norwich Free Academy
Pierre Joseph, AP, Weaver High School, Hartford
Mike Goydos, AP, Newington High School

Coaches:

Pat Risley, Windham High School - Ch
Peter Veleas, Terryville High School
Ricky Shook, Danbury High School
Eric Misko, Farmington High School
John Lawless, Nonnewaug High School, Woodbury

Consultants:

Jim Day, Berlin High School - CAAD
Brian Manzi, Berlin - Officials
Dave Nowakowski, No. Stonington

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
42nd Annual Interscholastic Wrestling Tournament

2009 CIAC Wrestling Tournament Intent-to-Enter Form

This form must be submitted via the password-protected online eligibility center by January 1, 2009.

Seeding Dates: S -- February 15 -- 11:00 a.m.	Tournament Sites: LL -- Trumbull High School
M - February 15 -- 1:00 p.m.	L -- Bristol Central High School
L -- February 15 -- 3:00 p.m.	M - Windham High School
LL -- February 15 -- 5:00 p.m.	S -- St. Bernard High School

Divisionals: February 20, 21, 2009

2008-09 Weight Control Data Form

The weight control data form must be submitted via the password-protected online eligibility center prior to competition. First available date to enter data is December 1, 2008. **No wrestler may compete until alpha certified.** This form will be used as the official weigh-in form.

Two pound growth allowance will be given January 1, 2009. (It is illegal to give weight allowance prior to this date, except according to National Federation Rule 4-5-5.)

2008-2009 Entry Form

(Limited to Members of the Conference)

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1. Prior to the seed meeting the meet results and tournament roster must be completed and submitted via the password-protected online eligibility center -- **no later than Thursday, February 12, 2009.** Entry fee of \$125 must be mailed to Michael H. Savage, Executive Director, CIAC, 30 Realty Drive, Cheshire, CT 06410
Seeding changes will only be for correction of errors.
 2. Report all matches won or lost with member schools. (NOTE: To qualify a team must have participated in a minimum of eight (8) varsity meets against CIAC member schools. Only the first two matches against the same opponent will be counted towards the minimum qualifying number of matches.) **The last date to count for tournament qualification is February 11, 2009.**
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CIAC LATE ENTRY POLICY

- **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control**
- Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

TOURNAMENT REGULATIONS VIOLATIONS

If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impact the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

TO: CIAC Member Schools with Wrestling Teams
FROM: CIAC Wrestling Committee
RE: Weight Control Program - Wrestling

In 2008-09 the CIAC Wrestling Weight Control Program, which is to determine each wrestler's minimal weight, will consist of three components. The minimal weight for each wrestler must be determined prior to competition.

The three components requiring data to be recorded at the same time in this order:

1. Specific Gravity -- which will determine whether a wrestler is or is not dehydrated. (**Must pass to proceed to Step 2.**)
2. Skin Fold -- which will determine a wrestler's percent of body fat.
3. Alpha Weight -- which will determine a wrestler's actual weight on the day of testing.

Four (4) enclosures are included in this information packet.

Enclosure #1 -- The three components
Enclosure #2 -- Skin fold questions and answers
Enclosure #3 -- Weight classes -- questions and answers

Data form via the password-protected online eligibility center

WEIGHT CONTROL

Rule 1-3-1, 2, 3 (Page 10 NFHS Wrestling Rules)

Section 3 – Weight-Control Program

Art 1 Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, physician and coach in establishing the minimum certified weight class. An ideal program would be one where a medical professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than seven percent for males or 12 percent for females.

Art 2 For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a physician's release to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

Art 3 The state's weight-control program shall require each wrestler to establish a certified minimum weight and prohibit recertification at a lower weight during the season.

Notes

1. Certification Date – The earliest date to set the alpha weight is December 1, 2008 (first practice date).
2. No wrestler allowed to compete until alpha certified.
3. Two pound growth allowance is January 1, 2009 (not before).
4. Coaches must download the weekly weight reduction chart upon completion of data entry. **This form will be used as the official weigh-in form.**
5. Any wrestler assessment below 7% male, 12% female must have a physician's release to participate. This must be sent to CIAC and presented at weigh-ins.

WRESTLING WEIGHT CONTROL PROGRAM
THE THREE COMPONENTS

NOTE It is recommended that a trained team of three professional adults be used to collect data, each one having full responsibility for one of the components. It is also strongly recommended that the school nurse or a certified trainer may conduct the specific gravity component since it involves the handling of a body fluid. School wrestling coaches may not conduct any of the components. All components must be conducted consecutively.

COMPONENT #1 -- Specific Gravity (Data must be collected first)
 (Test must be passed before proceeding to Component #2 and #3)

- A. Each wrestler to be tested individually, to prevent urine exchange.
- B. Wrestler must fill test tube with urine.
- C. A float urinometer will be immersed in the urine to determine if the wrestler's urine has a specific gravity higher than 1.025.
- D. A "fail" is to be recorded in the appropriate column on the data form if the specific gravity is higher than 1.025.
- E. A "pass" is to be recorded in the appropriate column on the data form if the specific gravity is 1.025 or lower.

COMPONENT #2 -- Fat Analysis (Data to be collected immediately after specific gravity has been passed.)

- A. Measure and record scapular skin fold before the abdominal skin fold. Scapular Skin Fold is a diagonal fold at the inferior angle of the scapula. Run left index finger down vertebral edge of subject's right scapula until you reach the inferior angle. Lift skin and fat beneath using left index finger and thumb, while index finger is on top of fold. Caliper is to be held in the right hand with thumb and trigger of the caliper down, so gauge is facing left in a visible position. Take skin fold measurement by placing caliper 1 cm. from thumb and index finger. At least two measurements must be taken. If second measurement is not the same after re-grasping fold, take a third measurement by re-grasping and use the average. Record measurement in the appropriate column on the data form.
- B. Abdominal Skin Fold is a horizontal fold one inch from umbilicus on subject's right side. (Your left) Index finger of left hand is placed on top of fold with thumb underneath. The caliper is placed 1 cm. from index finger and thumb holding fold. The caliper is held in the right hand with thumb and trigger of caliper down so gauge is facing left in a visible position. At least two measurements must be taken. If second measurement is not the same after re-grasping fold, take a third measurement by re-grasping and use the average. Record measurement in the appropriate column on the data form.
- C. A wrestler's percent of body fat may be determined by using chart. (Enclosure #6) The wrestler's percent of body fat is indicated on the chart where the scapula skin fold measurement and abdominal skin fold measurement intersect. Body fat in excess of 7% for male and 12% for female will permit a weight reduction equal to the percent of excess for this component.

Art 2 For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a physician's release to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

COMPONENT #3 -- Body Weight (Data to be collected immediately after fat analysis is completed.)

- A. Record weight of wrestler to the nearest one tenth pound.

Enclosure #2

SKIN FOLD -- QUESTIONS AND ANSWERS

The following questions and answers are intended to be of help in understanding the skin fold component.

1. **Question**-- How should fingers be held to take skin folds?

Answer -- For scapula and abdominal skin folds the left index finger and thumb are held with the long axis of the thumb and finger parallel with the body and the skin fold. Index finger on top.

2. **Question** -- How do I know if I'm taking too much skin and fat in the skin fold?

Answer -- Observe the skin between finger and thumb. If you see puckering (wrinkles on the skin) you are holding finger and thumb too far apart when starting the grasp. The skin should be smooth during and after the pinch and while measuring.

3. **Question** -- How many times should I measure each skin fold?

Answer -- At least twice. Release and remove calipers and fingers from fold each time. If measurements are not the same when re-grasping fold, take a third measurement by re-grasping, and use the average.

4. **Question** -- Is it easier to measure on lean wrestlers?

Answer -- Yes. On those near 7% male / 12% female fat measurements will be very consistent, and these are people we're most concerned for.

Enclosure #3

WEIGHT CLASSES -- INFORMATION

1. Competition shall be divided into 14 weight classes as follows:

103 lbs.	112 lbs.	119 lbs.	125 lbs.	130 lbs.	135 lbs.	140 lbs.
145 lbs.	152 lbs.	160 lbs.	171 lbs.	189 lbs.	215 lbs.	285 lbs.

2. **ALPHA WEIGHT** is the weight registered on the scale when the wrestler is proceeding through the weight certification program.

3. **MINIMUM WEIGHT** is the lowest permissible weight for the wrestler. The formula, using the results of the specific gravity component, the body fat component and the actual body weight must be used to determine the **MINIMUM WEIGHT**.

4. **CIAC REGULATIONS**

a. **CIAC MEMBER SCHOOL WRESTLERS NOT WEIGHT CERTIFIED WITH THE DATA SUBMITTED VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER -- ARE INELIGIBLE TO WRESTLE IN AN INTERSCHOLASTIC HIGH SCHOOL MATCH. DOING SO WILL CAUSE THE TEAM TO FORFEIT THE ENTIRE MATCH.**

b. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan will be determined after all data is entered via the CIAC web site.

5. Weight certification must be completed prior to any competition.

6. Coaches must download and bring to the meet the weigh-in form for the current week from the CIAC Eligibility Center.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2008-2009 WRESTLING TOURNAMENT DIVISIONS

If you have a team which is not listed, contact the CIAC Office (203) 250-1111 for placement. -- If you are listed below and no longer have a team, please contact the CIAC office. / ** Co-op team

LL –809 and over boy enrollment (27)

SITE: Trumbull High School

Bridgeport-Harding /Central / Bassick **	1811
Cheshire	859
Danbury	1390
East Hartford	1014
Fairfield Prep.	893
Glastonbury	1022
Greenwich	1404
Hartford Public	820
Manchester	1007
Middletown - Xavier	897
Milford-Platt Tech / West Haven **	1228
New Britain	1616
New Haven - Cross / Hillhouse / Career **	1157
Newtown	857
Norwalk - Brien McMahon	852
Norwich Free Academy	1160
Ridgefield	854
Shelton	895
Simsbury	841
South Windsor	861
Southington	1092
Stamford	901
Stamford - Westhill	1148
Trumbull	1001
Westport - Staples	908
Windsor	816
Woodbridge - Amity Reg.	816

M -- 403 - 571 boy enrollment (29)

SITE: Windham High School

Avon	535
Berlin	566
Bethel	511
Brookfield	540
Colchester - Bacon Academy	522
East Haven	547
Enfield	485
Enfield - Enrico Fermi	568
Granby Memorial	416
Guilford	563
Hebron - RHAM	531
Killingly - Ellis Tech.	406
Ledyard	492
Manchester - Cheney Tech	483
Middletown - Vinal Tech.	429
Milford - Foran	458
Milford - Jonathan Law	522
Montville	403
New Fairfield	501
New London	448
Plainville	480
Redding - Joel Barlow	470
Seymour	421
Storrs - E.O. Smith	571
Stratford	471
Torrington - Wolcott Tech.	415
Vernon - Rockville	565
Waterford	482
Windham	516

L – 572 - 808 boy enrollment (27)

SITE: Bristol Central High School

Branford	586
Bristol Central	782
Bristol Eastern	616
Darien	595
East Lyme	632
Fairfield Ludlowe	660
Fairfield Warde	593
Farmington	718
Groton - Fitch	684
Hartford - Bulkeley	763
Hartford - Weaver	645
Madison - Daniel Hand	640
Meriden - Maloney	679
Meriden - Platt	591
Middletown	665
Monroe - Masuk	712
New Canaan	645
New Milford	806
Newington	791
Norwalk	797
Southbury - Pomperaug	715
Stratford - Bunnell	678
West Hartford - Conard	715
West Hartford - Wm. Hall	790
Wethersfield	614
Wilton	650
Woodstock Academy	577

S -- Up to 402 boy enrollment (29)**SITE: St. Bernard High School, Uncasville**

Canton	278
Clinton - Morgan School	304
Danbury - Immaculate	234
Derby	230
East Windsor	229
Falls Village - Housatonic Valley	290
Griswold	377
Hartford - Classical	126
Hartford - University	205
Higganum - Haddam/Killingworth	376
Killingly	372
Lebanon - Lyman Memorial	276
Manchester - East Catholic	394
Oxford	144
Portland	180
Rocky Hill	385
Somers	278
Stafford	259
Suffield	390
Terryville	304
Thomaston	205
Uncasville - St. Bernard	198
Waterbury - Holy Cross	396
Westbrook/Old Saybrook **	321
Weston	390
Windham RVT	315
Winsted - Gilbert School	202
Winsted - N.W. Reg.	375
Woodbury - Nonnewaug	383

One Member Teams

(Those schools with 3 or less wrestlers)

The following one person teams would compete with their respective divisions - by size.

Ansonia	381 (S)
Ansonia - O'Brien Tech.	354 (S)
Beacon Falls - Woodland	423 (M)
Bolton	129 (S)
Coventry	291 (S)
Cromwell	269 (S)
East Granby	135 (S)
East Hampton	275 (S)
Ellington	394 (S)
Fairfield - Notre Dame	291 (S)
Guilford	563 (L)
Hartford - Sports & Medical Science	172 (S)
New Britain - Goodwin Tech.	265 (S)
Old Lyme	231 (S)
Putnam	183 (S)
Tolland	430 (M)
Torrington	664 (L)
Wallingford - Sheehan	496 (M)
W. Hartford - Northwest Catholic	307 (S)
W. Haven - Notre Dame	671 (L)
Washington - Shepaug Valley	194 (S)

**ONE MEMBER TEAM WRESTLERS MUST BE
ACCOMPANIED BY A CERTIFIED COACH TO ALL
TOURNAMENT COMPETITIONS.**

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
 PHYSICIAN'S CLEARANCE FORM
 WRESTLER BELOW BODY FAT ALLOWANCE

Any **male wrestler** whose body fat percentage at the time of initial assessment is below 7% must obtain in writing a licensed physician's clearance stating that the athlete is naturally at this sub-7% body fat level. In the case of a **female wrestler**, written physician's clearance must be obtained for athletes who are sub-12% body fat. A physician's clearance is for one season duration and expires March 15 of each school year.

Note: The sub-7% male or sub-12% female who receives clearance may not wrestle below his/her initial assessment scratch weight.

Wrestler's Name: _____ Grade: 9 10 11 12
 School: _____ Class: LL L M S

Data Review: Date of initial assessment ____ / ____ / ____ Body fat % _____

Initial assessment alpha weight _____ lbs.

Examining Physician: Enter data below at time of athlete's evaluation

Date ____ / ____ / ____ Weight _____ lbs

Circle "A" or "B"

- A. The wrestler named has received clearance to participate at a wrestling weight class not lower than his/her weight at the time of initial assessment, which is below the 7% (male) or 12% (female) minimum body fat allowance. Example: Alpha weight 110 pounds: 7% weight 114 pounds. Wrestler may wrestle no lower than the 112 pound weight class.
- B. The wrestler named is advised to wrestle at a weight which meets or exceeds the 7% or 12% body fat minimum requirement. The wrestler named has been given permission to participate at a weight not lower than the National Federation weight classification circled on the chart below which cannot be less than the alpha weight listed. This permission is valid from November through March 15 of the current school year.

103 – 112 – 119 – 125 – 130 – 135 – 140 – 145 – 152 – 160 – 171 – 189 – 215 – 285

These weight classes subject to a two pound growth allowance on January 1.

Physician's Signature: _____ Date _____

Address _____ City _____ Zip _____

Parent Signature _____ Date _____

Parent Signature _____ Date _____

NOTE: This form is the only document accepted as a "Physician's Clearance." Copies of this form shall be attached to your Alpha Master and provided to opponent coaches and included with State Championship qualifying event entry materials.

Fax a copy of this form to the CIAC (203) 250-1345

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

To the Physician:

The Connecticut Interscholastic Athletic Conference has instituted the Wrestling Weight Management Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to his or her competitive season.

Each wrestler's body fat and lean body mass is measured by an MPA certified assessor using skinfold calipers. A minimum weight is then calculated at 7% body fat for males and 12% for females.

Your patient was assessed during the pre-season as less than 7% body fat (for males) or 12% body fat (for females). The athlete is requesting that he or she be allowed to wrestle at his or her present weight – (alpha weight at initial assessment). Because this weight is less than 7% (for males) or 12% (for females) body fat, guidelines require permission from the athlete's personal physician. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally at a lower percent body fat.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his or her growth curve. Based on the patient's history and your exam, determine if his or her present weight is compatible with normal growth and development and good health, and indicate your assessment on the reverse side of this memo.

National Federation of State High School Associations
Sports Medicine Advisory Committee

PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ____ / ____ / ____

Diagnosis _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: ____ / ____ / ____

Form Expiration Date: ____ / ____ / ____

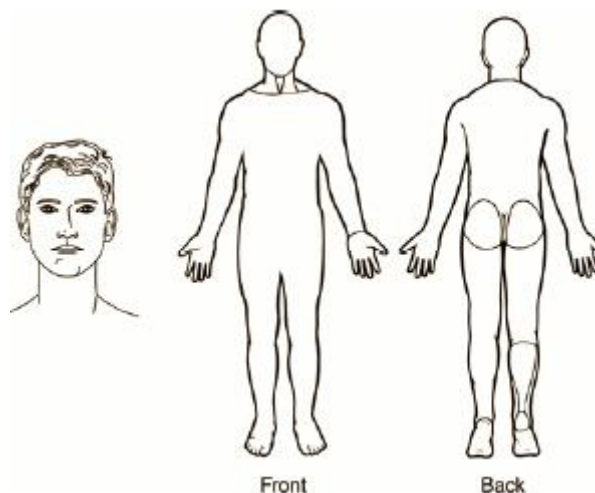
Earliest Date may return to participation: ____ / ____ / ____

Provider Signature _____ Office Phone #: _____

Physician Name (Printed or Typed) _____

(M.D. or D.O.)

Office Address _____



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

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

"ART. 4 . . . If a designated on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition."

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

Once a lesion is not considered contagious, it may be covered to allow participation.

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

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or five full days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

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

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

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

Molluscum Contagiosum: 24 hours after curettage.

Revised/Approved April 2008

WRESTLING TOURNAMENT FORMS LISTING

All tournament forms must be submitted via the online eligibility center section of the CIAC website located at <http://www.casciac.org/elig/eligibility.cgi>. This area of the site requires the school's username and password for entry.

Worksheets for collecting the information needed to submit the online forms can be found on the following pages. These worksheets are intended for giving to coaches to provide information for submission to the school officials who will be filing the information online. Under no circumstances will printed forms be accepted in lieu of submissions via the eligibility center.

The following forms must be submitted for the sport of wrestling:

1. Intent to Enter
2. Weight Control Data Form *
3. Tournament Roster *
4. Meet Scores *&

* For these forms, you may find it easier to print out a copy of the actual web form, instead of using the worksheet, since the web form will be filled in with your eligible players and/or game schedule. Any form in the online eligibility center can be printed without being submitted.

& If schools choose to do so, they may set up access codes which allow coaches to enter game results without having the main school eligibility center password. Access codes can be set up in the online eligibility center by selecting the appropriate option from the "Administrative Actions" menu. Once the code is setup and the schedule is entered in the eligibility center, results may then be entered at http://www.casciac.org/scripts/submit_scores.cgi.

CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

FORM: Weight Control Data Form

MENU: Wrestling → Submit Weight Control Data Form

INFORMATION REQUIRED:

1. Wrestler Data

Name of Wrestler	Passed Specific Gravity	Scapula Skin Fold Meas.	Abdominal Skin Fold Meas.	Percent of Body Fat	Alpha Body Weight
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					
21.					
22.					
23.					
24.					
25.					

Specific Gravity Coordinator:

Body Fat Coordinator:

Body Weight Coordinator:

This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center. Under no circumstances will printed forms be accepted in lieu of online submissions.

CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

FORM: Wrestling Tournament Roster

MENU: Wrestling → Submit Tournament Roster

INFORMATION REQUIRED:

		Weight			CIAC	CIAC	N.E.
		Class	Won	Lost	Div.	Open	Finish
						Finish	Finish
						Last	Last
						Year	Year
						(if top 6)	(if top 6)
Wrestler	Wrestler					Last	Last
						Year	Year
						(if top 6)	(if top 6)
Varsity		103					
		112					
		119					
		125					
		130					
		135					
		140					
		145					
		152					
		160					
		171					
		189					
		215					
		285					
Alternate							

Coach:
Principal:
Athletic Director:

Home Telephone:
Home Telephone:
Home Telephone:

This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center.
 Under no circumstances will printed forms be accepted in lieu of online submissions.

CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

FORM: Wrestling Match Results

MENU: Wrestling → Submit Results

INFORMATION REQUIRED:

Date MM/DD/YYYY	Varsity Opponents	Scores Won	Scores Lost
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
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22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			

Principals Name:

Athletic Director Name:

Head Coach Name:

Home Phone:

Home Phone:

Home Phone:

School Phone:

School Phone:

School Phone:

This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center.
Under no circumstances will printed forms be accepted in lieu of online submissions.