

43rd ANNUAL CIAC WRESTLING TOURNAMENT

Sponsored by the U.S. Marines

TOURNAMENT ALERT

- Weight certification must be completed prior to competition but not before November 30, 2009
- 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 10, 2010.**

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

Monday, November 23, 2009 – 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.

TOURNAMENT COACHES ATTIRE

The following dress requirements are in effect for the 2010 CIAC wrestling tournament: NO jeans are permitted while a coach is in a wrestler's corner; no head wear is permitted; no shorts are to be worn and t-shirts as an outer garment are not permitted.

CIAC WRESTLING TOURNAMENT RULES FOR 2010
Sponsored by U.S. Marines

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 2010 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 2008-09 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 -- 795 and over	M -- 406 - 593
	L -- 594 - 794	S -- up to 405

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 2009-10 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 2009-10 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 AT AWARDS CEREMONY TO RECEIVE AWARDS.**
9. **Team Scoring** -- Will be according to National Federation Rule Book.
10. **Rules** -- All bouts will be governed by the National Federation Rules for 2009-10.
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 in the round of 16 will wrestle back.**

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) | \$8.00 |

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 19, 20, 2010 |
| Open -- | February 26,27, 2010 |
| New Englands -- | March 5, 6, 2010 |

15. **Tournament Sites and Starting Times**

Tournament Director: John Lawless, Nonnewaug High School, Woodbury
School (203) 263-2186 / Home (860) 274-2631 / Cell - (203) 910-9759

LL - Shelton High School

Meet Director - John Niski
School (203) 922-3014 x 529

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 - Sport and Medical Science Academy (SMSA)

Meet Director - Marc Terillo
(860) 695-9186

Open - New Haven Athletic Center Fieldhouse
Site Director - Joe Canzanella -- School (203) 946-8493

New England - New Haven Athletic Center Fieldhouse
Site Director - Joe Canzanella -- School (203) 946-8493
Tournament Director - John Lawless -- School (203) 263-2186
Home (860) 274-2631 / Cell (203) 910-9759

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.)

In multi-dual events, the sequence determined by the draw will be followed for that day's subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of 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 19, 2010, the Divisional Championships will be conducted on Saturday, February 20, 2010 starting at 12:00 Noon and Sunday, February 21, starting at 12:30 p.m.
- b. If the Divisional Championships have to be postponed on Saturday, February 20 after Friday's session was held, the remainder of the Championship will be conducted on Sunday, February 21 -- starting at 12:30 p.m. and Monday, February 22 -- 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 14	Sunday	11:00 a.m.	S
February 14	Sunday	1:00 p.m.	M
February 14	Sunday	3:00 p.m.	L
February 14	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, 2009 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 TOWARD SEEDING RECORDS (See 18.a.3.). 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. (Note: All matches count, including tournament matches.

5. Re-rank the weight class.
6. Implement Section F. of the seeding criteria.

b. To Earn Points

1. To earn points for season record the following must be done.
 - a. Determine season record percentage by forming a fraction whose denominator equals the number of season matches. If a wrestler has wrestled in less than twelve season matches the denominator cannot be less than twelve.
 - b. The numerator of the fraction is determined by the number of season wins.
 - c. To find the season record percentage, divide the fraction numerator by the denominator.

Example A: 23 season matches, won 19, lost 4

The fraction $\frac{19}{23}$ 82.6 season record percentage

Example B: 7 season matches, won 6, lost 1

The fraction $\frac{6}{12}$ * 50 season record percentage

* Cannot be less than 12

For season record, percentage points are awarded as follows. NOTE: Only varsity matches may be used to determine season record percentage.

100% in 12 or more matches	- 12 points	70 - 74.9%	- 6 points
95 - 99.9%	- 11 points	65 - 69.9%	- 5 points
90 - 94.9%	- 10 points	60 - 64.9%	- 4 points
85 - 89.9%	- 9 points	55 - 59.9%	- 3 points
80 - 84.9%	- 8 points	50 - 54.9%	- 2 points
75 - 79.9%	- 7 points	40 - 49.9%	- 1 point
		BELOW 39.9%	- 0 points

* All percents rounded off to nearest tenth

- d. 18 SEASON WINS EARN -- 1 POINT.
28 OR MORE SEASON WINS EARN -- 2 POINTS

2. Placement in the 2009 State Open Tournament

Points are awarded as follows:

1st in State Open	= 5 points
2nd in State Open	= 4 points
3rd in State Open	= 3 points
4th, 5th in State Open	= 2 points
6th in State Open	= 1 point

3. Placement in the 2009 Divisional State Tournament

Points are awarded as follows:

1st in Division	= 4 points
2nd in Division	= 3 points
3rd in Division	= 2 points
4th, 5th in Division	= 1 point
6th in Division	= ½ point

4. Placement in the 2009 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 – Most Wins – 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 14, 2010. 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.

2009-10 CIAC Wrestling Committee

Administrators:

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 Gaydos, 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
43rd Annual Interscholastic Wrestling Tournament

2010 CIAC Wrestling Tournament Intent-to-Enter Form

This form must be submitted via the password-protected online eligibility center by December 31, 2010

Seeding Dates: S -- February 14 -- 11:00 a.m.	Tournament Sites: LL -- Shelton High School
M - February 14 -- 1:00 p.m.	L -- Bristol Central High School
L -- February 14 -- 3:00 p.m.	M -- Windham High School
LL -- February 14 -- 5:00 p.m.	S -- SMSA, Hartford

Divisionals: February 19, 20, 2010

2009-10 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 November 30, 2009. **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, 2010. (It is illegal to give weight allowance prior to this date, except according to National Federation Rule 4-5-5.)

2009-2010 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 11, 2010.** Entry fee of \$125 must be mailed to Michael H. Savage, Executive Director, CIAC, 30 Realty Drive, Cheshire, CT 06410
Seeding point errors of a typographical nature will only be changed at the discretion of the tournament director, at the seeding meeting.
 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 10, 2010.**
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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 2009-10 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.

1. Certification Date – The earliest date to set the alpha weight is November 30, 2009 (first practice date).
2. No wrestler allowed to compete until alpha certified.
3. Two pound growth allowance is January 1, 2010 (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. 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
2009-2010 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 -795 and over boy enrollment (26)

SITE: Shelton High School

Bridgeport Central	1116
Bridgeport - Harding	835
Cheshire	850
Danbury	1363
East Hartford	982
Fairfield Prep.	917
Glastonbury	1049
Greenwich	1422
Manchester	1008
Middletown - Xavier	890
Milford-Platt Tech / West Haven **	1165
New Britain	1532
New Haven Co-op **	914
Newtown	847
Norwalk - Brien McMahon	852
Norwich Free Academy	1203
Ridgefield	903
Shelton	848
Simsbury	832
South Windsor	847
Southington	1042
Stamford	823
Stamford - Westhill	1126
Trumbull	988
Westport - Staples	896
Woodbridge - Amity Reg.	841

L - 594 - 794 boy enrollment (26)

SITE: Bristol Central High School

Bristol Central	773
Bristol Eastern	608
Darien	622
East Lyme	611
Fairfield Ludlowe	660
Fairfield Warde	613
Farmington	686
Groton - Fitch	676
Hartford - Bulkeley	751
Madison - Daniel Hand	630
Meriden - Maloney	613
Middletown	669
Monroe - Masuk	701
New Canaan	617
New Milford	775
Newington	770
Norwalk	765
Southbury - Pomperaug	718
Storrs - E.O. Smith	594
Stratford - Bunnell	626
West Hartford - Conard	707
West Hartford - Wm. Hall	794
Wethersfield	633
Wilton	659
Windsor	742
Woodstock Academy	600

M -- 406 - 593 boy enrollment (30)

SITE: Windham High School

Avon	543
Berlin	518
Bethel	487
Branford	571
Brookfield	517
Colchester - Bacon Academy	479
East Haven	505
Enfield	460
Enfield - Enrico Fermi	584
Guilford	541
Hartford - Weaver	583
Hebron - RHAM	578
Killingly - Ellis Tech.	412
Ledyard	449
Manchester - Cheney Tech	491
Meriden - Platt	571
Middletown - Vinal Tech.	432
Milford - Foran	473
Milford - Jonathan Law	487
Montville	408
New Fairfield	513
New London	481
Plainville	448
Redding - Joel Barlow	469
Stratford	484
Torrington - Wolcott Tech.	492
Vernon - Rockville	558
Waterbury - Holy Cross	406
Waterford	474
Windham	475

S -- Up to 405 boy enrollment (31)

SITE: SMSA, Hartford

Canton	281
Clinton - Morgan School	285
Danbury - Immaculate	208
Derby	227
East Granby	121
East Windsor	212
Falls Village - Housatonic Valley	276
Granby Memorial	396
Griswold	380
Hartford - Classical	149
Hartford - University/SMSA **	293
Higginum - Haddam/Killingworth	373
Killingly	362
Lebanon - Lyman Memorial	273
Manchester - East Catholic	374
Old Saybrook / Westbrook **	358
Oxford	223
Portland	179
Rocky Hill	392
Seymour	385
Somers	282
Stafford	257
Suffield	402
Terryville	294
Thomaston	183
Uncasville - St. Bernard	185
Weston	379
Windham RVT	341
Winsted - Gilbert School	196
Winsted - N.W. Reg.	367
Woodbury - Nonnewaug	390

One Member Teams

(Those schools with 3 or less wrestlers)

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

Ansonia	363
Ansonia - O'Brien Tech.	352
Beacon Falls - Woodland	414
Ellington	389
Stamford Academy	77
Tolland	462
Torrington	636
Wallingford - Sheehan	493
W. Hartford - Northwest Catholic	301
W. Haven - Notre Dame	679
Washington - Shepaug Valley	175

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

2009-10 WRESTLING TOURNAMENT FORMS LISTING

All tournament forms must be submitted via the online eligibility center section of the CIAC web site located at <http://www.casciac.org/elig/eligibility.cgi>. This area of the site requires the school's user name 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.

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.

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

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

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

Goals for Establishing a Widely Used Form:

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

Important Components for an Effective Form:

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

This form may be reproduced, if designed and can be edited in any way for use by various individuals or organizations. In addition, the NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.