

47th ANNUAL 2013-14 CIAC WRESTLING TOURNAMENT

Sponsored by the U.S. Marines



TOURNAMENT ALERT

- Weight certification must be completed prior to competition but not before December 2, 2013.
- 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 and matches against teammates do not count for seeding purposes.)**
- **THE LAST DATE TO COUNT FOR TOURNAMENT WILL BE WEDNESDAY, FEBRUARY 12, 2014.**
- SCHOOLS SENDING WRESTLERS TO MORE THAN ONE VARSITY COMPETITION ON THE SAME DAY MUST MAINTAIN WEEKLY AND SEASONAL LIMITATIONS.

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.

PRE-SEASON COACHES MEETING – Monday, November 25, 2013 – 6:30 p.m. – CIAC Office – Room C-1

TOURNAMENT COACHES ATTIRE -- The following dress requirements are in effect for the 2014 CIAC wrestling tournament: NO jeans are permitted while a coach is in a wrestler's corner; no head wear is permitted; no shorts or sweat pants are to be worn and t-shirts as an outer garment are not permitted.

TOURNAMENT COMPETITOR'S ATTIRE -- Only CIAC member school names are permitted on uniforms; club team names, etc. are prohibited.

TOURNAMENT COACHING -- During CIAC tournament competition, a maximum of two team personnel (CIAC certified coaches representing and authorized by that school and/or non-participating contestants) will be permitted on chairs at the edge of the mat.

SCRIMMAGES -- Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports **teams will have a minimum of fourteen (14) practice days** before the date of the first scheduled competition. Sundays do not count as a day of practice. Saturdays and holidays may be used as practice days unless prohibited by local board policy or the CIAC committee on seasons limitations. An **individual athlete must participate in a minimum of ten (10) practices** prior to competition unless the athlete has been participating in a sport – for example a football player in the CIAC championship series that overlaps with a winter sport would not be required to complete ten (10) practices prior to competition.

REPORTING SCORES -- In order to ensure that standings and rankings on both the CIAC's web sites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online no more than 24 hours following the game's completion. It is highly recommended that scores are entered from the site as soon as the game ends.

Scores may be entered via the Online Eligibility Center, the "Submit Scores/Forms" option of the CIAC for Coaches" menu at CIACsports.com or the "Submit Scores" button in our CIACmobile.com mobile site. Entering scores at CIACsports.com or CIACmobile.com requires either a coaches or scorekeeper's access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school's athletic director.

SPECIAL NEEDS STUDENTS -- Coaches are reminded to inform contest officials prior to each competition of any special needs student who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.

CIAC TOURNAMENT SITE MEDIA POLICY -- The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards**, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:

1. A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.)
2. Access to electric power (shared power strip, etc.)
3. Access to wireless internet service

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on-site before the game and work to provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate site as far in advance as possible to inform them they will be at the event and discuss what arrangements will be made for working media at the site.

2013-14 NFHS WRESTLING RULE CHANGES

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|-------------------------------------|---|
| 1-1-3; 4-3-1;
4-3-6 (New) 10-1-2 | Standardized the rules language dealing with the use of electronic devices and video recording. |
| 1-4-3; 5-13; 5-17-2 | Forfeits are no longer considered as matches wrestled when considering the five matches in one day limit. |
| 4-2-1 Note (New) | Starting with the 2014-15 wrestling season, hair covers will be required to be attached to the ear guards. |
| 4-5-9 (New) | If a wrestler chooses to weigh-in with the artificial limb, the wrestler shall wear the artificial limb during competition at all times. |
| 5-1-1; 6-6-2d (New) | Added additional rules coverage for a bad time situation that involves choice of position after the two point stalling call not being given during a match. |

2013-14 Editorial and Other Changes

1-1-1; 1-1-2; 1-2-2; 1-3-4c; 1-4-2; 2-1-5 diagrams; 2-4-1; 4-5-7; 5-5-1, 2; 5-15-2a(5) (New); 5-21-1; 5-29-2; 5-30-3; 6-2-4; 7-4-1; 7-5-4; 8-1-2c; 8-2-2; 9-2-2a, b; 9-2-2o; Illustrations: 18, 26, 49, 83, 91.

2013-14 Points of Emphasis

(1) Communicable Diseases; (2) Skin Checks and Weigh-ins in Multiple-day Competitions; (3) End-of-Match Procedure; (4) Assistant Referee Responsibilities

CIAC WRESTLING TOURNAMENT RULES FOR 2014

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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 and matches against teammates WILL NOT count for seeding.
3. The 2014 CIAC Wrestling Tournament will be operated in four (4) divisions. Placement of schools has been based on the 2012-13 boy enrollment in grades 9-12. 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.

LL – 773 and over

L – 590 – 772

M – 417 – 589

S – up to 416

4. An **Open Tournament** will be held a week after the division tournaments. Open Meet participants will be composed of the top six (6) wrestlers in each weight class.
5. a. In compliance with the 2013-14 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 2013-14 season, and each wrestler must be entered in a weight class consistent with the findings of the weight control program.
 - b. **Entry fee -- \$135 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: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 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 2013-14.
11. **Medical Examination** – At the time of weighing in for all tournaments the designated on-site physician must be present to examine all contests 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 through sixth place in each Division will be the basis for drawing for the Open.

13. **Admission Prices** * **(Subject to change)**

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 21, 22, 2014
Open	February 28, March 1, 2014
New Englands	March 7, 8, 2014

15. **Tournament Sites and Starting Times**

Tournament Director – Joe Canzanella, New Haven Public Schools
School (203) 946-8493

LL -- **Trumbull High School**
Meet Director – Mike Herbst
School (203) 452-4557
Email – herbstm@trumbullps.org

L -- **Bristol Central High School**
Meet Director – Brian Archibald
Cell (860) 989-6744
Email – brianarchibald@ci.bristol.ct.us

M -- **Jonathan Law High School, Milford**
Meet Director – Bob Swan
School (203) 783-3574 / Cell (203) 641-2838
Email – rswan@milforded.org

S -- **Windham High School**
Meet Director – Pat Risley
School (860) 465-2485
Email – prisley@windham.k12.ct.us

Open -- **Floyd Little Athletic Center Fieldhouse, New Haven**
Site Director – Joe Canzanella
School (203) 946-8493

New England -- **Providence Career and Technical Center**

Starting Times – Friday – Estimated 4:00 p.m. / Saturday – Estimated 9:00 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.)

Schools sending wrestlers to more than one varsity competition on the same day must maintain weekly and seasonal limitations.

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 21, 2014, the Divisional Championships will be conducted on Saturday, February 22, 2014 starting at 12:00 Noon and Sunday, February 23, starting at 12:30 p.m.
- b. If the Divisional Championships have to be postponed on Saturday, February 22 after Friday’s session was held, the remainder of the Championship will be conducted on Sunday, February 23 – starting at 12:30 p.m. and Monday, February 24 – 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 web site – www.ciacsports.com – on or before February 15 and have a designee appear with duplicate materials, their score books 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 17	Monday	5:00 p.m.	M
February 17	Monday	7:00 p.m.	S
February 18	Tuesday	5:00 p.m.	LL
February 18	Tuesday	7:00 p.m.	L

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

a. Seeding Procedure (Protocol)

- 1) Gather the data on each wrestler – full name, overall record in all matches wrestled, points earned for winning percentage, 2013 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:
 - 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.
 - The numerator of the fraction is determined by the number of season wins.
 - 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.

- 18 Season wins earn – 1 point
- 28 or more season wins earn – 2 points

2) Placement in the 2013 State Open Tournament

Points are awarded as follows:

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

3) Placement in the 2013 Divisional State Tournament

Points are awarded as follows:

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

4) Placement in the 2013 New England Tournament

Points are awarded as follows:

1 st in New England	=	5 points
2 nd in New England	=	4 points
3 rd in New England	=	3 points
4 th , 5 th in New England	=	2 points
6 th 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 wrestler 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. **With scratches all wrestlers in bracket move up, including those with zero points.**

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 meetings on February 17, 18, 2014. 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.

23. **CIAC Late Entry Policy**

- o **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
- o 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.
- o All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

24. **Tournament Regulation 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 impacts 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.

2013-14 CIAC Wrestling Committee

Administrators

Steve Merlino, AP, Coventry High School – CH
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
John Perrucci, Thomaston High School
Ted Oczkowski, AP, Bullard Havens Tech. High School, Bridgeport

Coaches

Chris Gamble, Waterford High School – Ch
Peter Veleas, Terryville High School
Eric Misko, Farmington High School
Ernest Goodwin, Simsbury High School
John Lawless, Nonnewaug High School, Woodbury – Ex officio

Consultants

Barry Bernstein, Enfield Public Schools – CAAD
Pat Risley, Windham High School – CAAD
Brian Manzi, Berlin – Officials
Dave Nowakowski, North Stonington
Ricky Shook, Danbury High School

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
47th Annual CIAC Wrestling Tournament

2014 CIAC Wrestling Tournament Intent-to-Enter Form

This form must be submitted via the password-protected online eligibility center by December 26, 2013.

Any school that does not submit seeding information via the CIAC web site – www.ciacsports.com – on or before February 15 and have a designee appear with duplicate materials, their score books and weigh-in forms at the meeting MAY NOT be allowed to enter the tournament. A \$50 fine will be assessed for missing information.

Seeding Dates: M – February 17 – 5:00 p.m. – CIAC Office
S – February 17 – 7:00 p.m. – CIAC Office
LL – February 18 – 5:00 p.m. – CIAC Office
L – February 18 – 7:00 p.m. – CIAC Office

Divisional Tournament Dates: LL – Trumbull High School
L – Bristol Eastern High School
M – Jonathan Law High School, Milford
S – Windham High School

Divisional Dates: February 21, 22, 2014
Open Dates: February 28, March 1, 2014 (Floyd Little Athletic Center Fieldhouse, New Haven)

2013-14 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 2, 2013. **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 December 25, 2013. (It is illegal to give weight allowance prior to this date, except according to National Federation Rule 4-5-5.)

2013-14 Entry Form

(Limited to Members of the Conference)

1. Tournament Rosters / Entry / Officials – Can be submitted on the Eligibility Center or the “Submit Scores/Forms” option under the CIAC for Coaches Menu at ciacsports.com. 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 Saturday, February 15, 2014**. Any request for changes after the initial roster is submitted must be made on a “support ticket” via the online eligibility center.

Entry fee of \$135 must be mailed to 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. **Coaches are responsible for confirming the accuracy of all records prior to submission.**

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 12, 2014.**

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
CIAC Wrestling Weight Control Program

In 2013-14 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.

Three (3) 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 1-5-1, 2, 3 (page 8 NFHS Wrestling Rulebook)

Section 5 – 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, appropriate health-care professional and coach in establishing the minimum certified weight class. An ideal program would be one where an appropriate health-care 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 medical release to participate signed by an appropriate health-care professional. 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 plans 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 2, 2013 (first practice date).
2. No wrestler allowed to compete until alpha certified.
3. Two pound growth allowance is December 25, 2013 (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.
6. **MINIMUM WEIGHT CLASS PERMITTED IS NOT ADJUSTED FOR ANY WEIGHT ALLOWANCE GRANTED UNDER FEDERATION RULE 4.5.5.**

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.

Rule 1 – Sec. 5 - 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 medical release to participate signed by an appropriate health care professional. 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.

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:

106 lbs.	113 lbs.	120 lbs.	126 lbs.	132 lbs.	138 lbs.	145 lbs.
152 lbs.	160 lbs.	170 lbs.	182 lbs.	195 lbs.	220 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 MATACH. 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 for the CIAC eligibility center.
7. **Minimum weight class permitted is not adjusted for any weight allowance granted under Federation Rule 4.5.5.**

FAQ FOR CONNECTICUT WRESTLING COACHES 2013-14

Although the following items are addressed in either the NFHS Rule Book, the annual CIAC Connecticut wrestling packet or in the CIAC Handbook, these are some of the questions most commonly asked by coaches.

Part I – Weight Certification Process

1. Q. **May a wrestler be “pre-tested” for body fat?**
 - A. Yes. In fact, the CIAC web site provides a calculator which will allow you to determine body fat percentage, weekly weight loss and minimum weight class PRIOR to your wrestler being certified.
2. Q. **May a wrestler be tested for hydration and measured for body fat before practice, and then have the alpha weight recorded after practice?**
 - A. No. The three components must be administered in succession, with each component (hydration, skin fold and alpha weight) immediately following the other.
3. Q. **May a wrestler be re-certified?**
 - A. No. Once a wrestler completes the certification process and the data is submitted to CIAC, there is no appeal or recertification.
4. Q. **Does a wrestler who has a body fat less than 7% male or 12% female require a doctor to sign the appropriate CIAC form before being eligible to participate?**
 - A. Yes, that is a risk of waiting until the last minute to conduct the certifications. In addition, a “doctor’s note” is not sufficient, and once the proper form is received by CIAC, the notation is made on the official weekly weigh-in sheet.
5. Q. **Does the entire team have to be certified on the same day?**
 - A. No. Each individual wrestler must be certified before they are eligible to compete. In some cases, such as a wrestler coming off an extended football season, it may make sense to delay the certification until he is ready to compete ... as long as the certification is completed and entered prior to his participation in a match.

Part II – Minimum Weights and Minimum Weight Classes

6. Q. **If a wrestler’s minimum weight (according to the weekly descent and weigh-in sheet) is 123, and a January match is postponed due to snow to the next day (giving all wrestlers 1 additional pound), may that wrestler compete in the 122 pound weight class, if he makes weight at 122?**
 - A. No. A wrestler’s minimum weight, either by virtue of the weekly descent, or by the 7% minimum figures, determines the minimum weight class eligible, and is not increased due to additional weight allowance.
7. Q. **In January, if a wrestler’s minimum weight is 123 (according to the weekly descent and weigh-in sheet), and he weighs in at 122, is he still eligible to wrestle?**
 - A. Yes. A wrestler weighing in below his minimum weight does not preclude him from wrestling. However, it may limit him to only one weight class. For instance, in the example shown here, wrestler A weighed in at 122 pounds. However, his weekly descent (or his 7% minimum) is only 123. Therefore, he is not eligible to wrestle at 122 pounds. In addition, because his actual weigh-in weight would have allowed him to go 122 (were it not for it being below his minimum eligible weight), he is ONLY able to compete at 128. NFHS rules prevent him from wrestling at a weight class more than 1 weight above that which his weigh-in permits. Therefore, he can’t wrestle at 134.

8. Q. **Based on the data, would it be theoretically possible for a wrestler to be ineligible to wrestle?**
- A. Unfortunately, in an extreme scenario, this would be possible. If wrestler A has an alpha weight of 160, and has a very high body fat percentage, in theory, he could be losing weight at a healthy rate, but too rapidly for the 1.5% per week that is allowed. In this extreme example, if he were to weigh 142 pounds, but his minimum weight is only 147 ... he would be ineligible to compete that day (as he would be weighing in a full weight class below that which his descent chart permits).
9. Q. **May a wrestler compete at a weight class 2 or 3 weights below that which they started the season?**
- A. Yes, provided it is in accordance with the weekly descent. You may have a wrestler with a high body fat percentage who had worked their weight down through multiple weights over the course of the full season. However, be reminded that although he may be eligible to compete in an early February dual meet at weight class that is multiple weights below his alpha weight (but in accordance with the descent chart), he would not be permitted to compete in that weight class at the State Tournament unless he has at least one-third of his weigh-ins at that weight class (or below).
10. Q. **May a wrestler who makes 126 on one date then weigh-in at a later date at 138 and still drop back down to 126?**
- A. Yes, the former rule about not being able to weigh in more than 1 weight class above your minimum certified weight without being able to drop back down is no longer in place. However, it is the position of the CIAC that proper weight management would not condone this practice. Due to the fact that the NFHS rules refer to an average weekly weight loss (and not a MONITORED weekly descent) does leave the door open for potential weight fluctuations inconsistent with the intent of the rule and program. The following chart may provide some examples and clarification:

	Min. Weight For Week	Actual Weight	Allowed to Wrestle	MAY NOT Wrestle
Before December 25	137	132	138 ONLY	132 or 145
Before December 25	137	137	138 and 145	152
Before December 25	137	138.1	145 and 152	160
After Dec. 25 w/2# Allowance (138 now 140)	137	132	140 ONLY	134 or 147
After Dec. 25 w/2# Allowance (138 now 140)	137	138.1	140 and 147	154
Consecutive Days of Competition with an Additional 1 pound allowance	141	141	148 ONLY	141 or 155

Part III – Contest Limits, Off-Season and Open Mats

11. Q. **May a school send separate “A” and “B” teams to compete in two separate varsity-level events?**
- A. Yes. However, **both** contests would count toward the limits regarding no more than 2 contests per week (so in that week, there could be no other competition for that school), as well as each counting toward the maximum of 8 multi-meets (if the competitions are not a dual meet), and also toward the maximum of 18 season dates. A team may send more than 14 wrestlers to the **same individually bracketed tournament** (in an event where multiple entries are permitted from the same school), and it would not count as “double” in terms of contest limits. A school could also send an “A” and “B” team to compete in a dual meet team tournament (same date and location), but this would still count as two events for purposes of season limits. In the case of a dual meet tournament compiling a “team” of sub-varsity wrestlers from multiple schools, this would NOT count as a “second date” toward those teams providing wrestlers. This sometimes happens when an 8-team tournament has a team cancel late and the integrity of the bracket is maintained by compiling a “JV All-Star” team from multiple schools in attendance. Please note that matches against teammates in either individually bracketed or dual tournaments do NOT count toward individual records for seeding purposes.

12. Q. May a coach hold “open mats” during the off-season or pre-season?

- A. Based on the strict limitations that would only permit such to occur if all participants were from your own school, but not more than half of those taking part were members of the wrestling team (meaning that at least half of those participants are students who are not members of the wrestling team), it is very unlikely that any “open mat” meets the legal definition provided. In addition, no participants may be from other schools. If someone other than a member of the high school wrestling coaching staff is seeking to organize an “open mat”, (such as a “rec program” or a “USA Wrestling” group, it is strongly suggested that the athletic director ensure that all CIAC requirements of an open mat are being met, and that proper supervision and insurance are in place.

13. Q. May a high school wrestling coach also coach his wrestlers during the off-season, or in a “club setting” during the season?

- A. Wrestling is defined as an individual sport. Therefore, there is no acceptable number of wrestlers who are part of a high school team that may be coached by their high school coach or coaches during the off-season. The only exception is that a parent may coach their own child, and a high school coach may accompany and coach their wrestlers who may be competing in a post-season NFHS national tournament. In addition, high school wrestlers may not be coached at a private club, if the instructor is also a member of that student’s high school coaching staff. Individual lessons (one on one) are permitted, and wrestlers may attend private clubs for instruction during the season if this is IN ADDITION TO (and not in place of) their high school team practices, and provided that instruction is by someone other than a member of their own school’s coaching staff. Individual lessons are also permitted in the off-season, but may not be given by a member of that student’s coaching staff.

***Please note that the CIAC has instituted a 10-practice requirement for individual competitors prior to any participation in an interscholastic match (3 practices prior to any scrimmage), a rule that may be waived for football players coming off of post-season play. This rule, depending on your school’s particular policy, may impact athletes who are academically ineligible and regain eligibility in mid-season.

If coaches have any questions regarding any CIAC policies, please have your athletic director contact CIAC directly. While members of the CIAC Wrestling Committee may be solicited for their advice or opinion regarding policy, any official decision must come from CIAC. Wrestlers or their parents should seek answers through the proper chain of coach, athletic director and CIAC ... and should not be seeking answers directly from CIAC.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2013-14 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.

NOTE: This listing of divisions is accurate based on information as of September 2013. The listing in the packet will not be updated throughout the year as schools add or delete teams. The current listing reflecting changes made after the packet was published can be found on the wrestling page of the CIAC web site.

LL – 773 and Over Boy Enrollment (26)

Site: Trumbull High School

Bridgeport Central	923
Cheshire	798
Danbury	1468
East Hartford	836
Fairfield Prep.	896
Glastonbury	1077
Greenwich	1366
Hartford – Weaver/Hartford Public **	841
Manchester	889
Middletown – Xavier	870
Milford – Platt Tech/West Haven **	1150
New Britain	1338
New Haven Co-op	879
Newtown	905
Norwalk – Brien McMahon	793
Norwich Free Academy	1071
Ridgefield	906
Shelton	779
Simsbury	832
Southington	1009
Stamford	989
Stamford – Westhill	1039
Trumbull	1049
West Hartford – Conard	773
Westport – Staples	953
Woodbridge – Amity Reg.	844

L – 590 – 772 Boy Enrollment (26)

Site: Bristol Eastern High School

Bridgeport – Warren Harding	685
Bristol Central	681
Bristol Eastern	640
Darien	659
Fairfield Ludlowe	737
Fairfield Warde	726
Farmington	678
Groton – Fitch	593
Hebron – RHAM	615
Madison – Daniel Hand	617
Meriden – Maloney	618
Meriden – Platt	619
Middletown	674
Monroe – Masuk	620
New Canaan	629
New Milford	726
Newington	719
Norwalk	770
South Windsor	723
Southbury – Pomperaug	652
Storrs – E.O. Smith	602
Stratford – Bunnell	590
West Hartford – Wm. Hall	725
Wethersfield	617
Wilton	689
Windsor	637

**Cooperative team

M – 417 – 589 Boy Enrollment (27)

Site: Jonathan Law High School, Milford

Avon	540
Berlin	497
Bethel	502
Branford	531
Brookfield	433
Colchester – Bacon Academy	448
Danbury – Immaculate/Joel Barlow **	536
East Haven	468
East Lyme	542
Enfield – Enrico Fermi	499
Guilford	551
Killingly	440
Killingly – Ellis Tech.	417
Ledyard	465
Lyman Memorial/Windham Tech. **	443
Middletown – Vinal Tech.	450
Milford – Foran	491
Milford – Jonathan Law	466
New Fairfield	521
New London	536
St. Bernard/Norwich Tech **	472
Stratford	556
Suffield / Windsor Locks/E. Granby **	498
Torrington – Wolcott Tech.	417
Vernon – Rockville	497
Waterford	440
Woodstock Academy	514

** Cooperative Team

One member team wrestlers must be accompanied by a certified coach to all tournament competitions.

S – Up to 416 Boy Enrollment (28)

Site: Windham High School

Canton	286
Clinton – Morgan School	308
Derby	188
East Windsor	192
Enfield	380
Falls Village – Housatonic Valley	195
Granby Memorial	390
Griswold	311
Hartford – SMSA/University/ Classical **	376
Higganum – Haddam/Kill.	309
Manchester – East Catholic	339
Montville	372
Oxford	289
Plainville	370
Portland	186
Rocky Hill	345
Seymour	303
Somers	284
Stafford	218
Terryville	262
Thomaston	138
Waterbury – Holy Cross	325
Westbrook/Old Saybrook **	297
Weston	395
Windham	379
Winsted – Gilbert School Winsted – N.W. Reg.	170 372
Woodbury – Nonnewaug	353

One Member Teams (Schools with 3 or less wrestlers)

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

Ansonia	323
Ansonia – O’Brien Tech.	386
Bristol – St. Paul Catholic	194
Fairfield – Notre Dame Catholic	215
Manchester – Cheney Tech.	534
Meriden – Wilcox Tech.	438
New Britain – Goodwin Tech.	380
New Haven – Career	281
Old Lyme	235
Plainfield	371
Tolland	437
Torrington	590
Wallingford – Sheehan	437
West Hartford – N.W. Catholic	300
West Haven – Notre Dame	616

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.

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 – 115 pounds. Wrestler may wrestle no lower than the 113 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.

106 -- 113 -- 120 -- 126 -- 132 -- 138 -- 145 -- 152 -- 160 -- 170 -- 182 -- 195 -- 220 -- 285
--

These weight classes subject to a two pound growth allowance on December 25.

Physician's Signature _____ Date _____

Address _____ City/Town _____ 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

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

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

Neither the NFHS nor the NFHS 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 appropriate health-care professionals that led to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

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

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

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

This form may be reproduced, if desired and can be edited in anyway for use by various individuals or organizations. 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.

National Federation of State High School Associations
Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ____ / ____ / ____

Mark Location AND Number of Lesion(s)

Diagnosis _____

Location AND Number of Lesion(s) _____

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

Date Treatment Started: ____ / ____ / ____

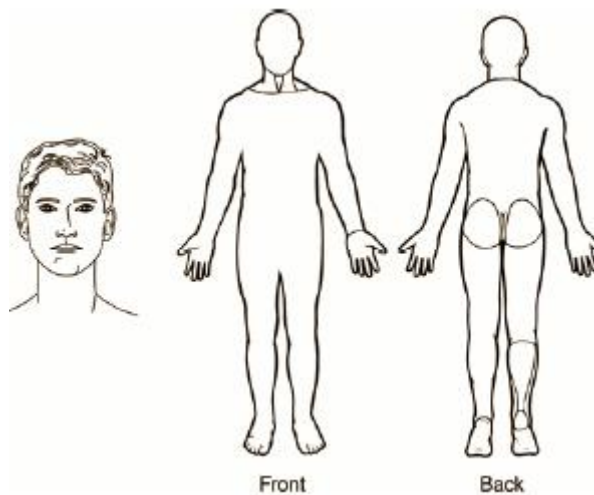
Form Expiration Date: ____ / ____ / ____

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

Provider Signature _____ Office Phone #: _____

Provider Name (Must be legible) _____

Office Address _____



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

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

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

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

Once a lesion is 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, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 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.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

1. Signs of a concussion may include (what the athlete looks like):

- Confusion / disorientation / irritability
- Trouble resting / getting comfortable
- Lack of concentration
- Slow response / drowsiness
- Incoherent / slurred speech
- Slow / clumsy movements
- Loss of consciousness
- Amnesia / memory problems
- Act silly / combative / aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless / irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate / inappropriate reactions
- Balance problems

2. Symptoms of a concussion may include (what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Over sensitivity to sound / light / touch
- Ringing in ears
- Feeling foggy or groggy

Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

PART II – RETURN TO PARTICIPATION (RTP)

– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP Protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to their medical provider.

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>
2. McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. *Clinical Journal of Sport Medicine*: May 2009 - Volume 19 - issue 3 - pp 185-200
http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
4. U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [_Http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)

Resources:

- II Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010.
<http://www.cdc.gov/TraumaticBrainInjury/index.html>
- II Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.