

56th ANNUAL 2022-23 CIAC WRESTLING INFORMATION

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TOURNAMENT ALERT

- Weight certification must be completed prior to competition but not before November 28, 2022. (See changes regarding appeal process.)
- Each wrestler is required to have at least 33% of their weigh-ins during the season at or below the minimum weight they will wrestle during the state tournament series. Quad match equals one weigh-in. The maximum number of weigh-ins is 18.
- **New for 2022-23: Conference tournament matches before February 9, 2023 and out-of-state matches vs competitors from all New England states and New York WILL be counted for seeding records. Prep school matches and matches against teammates do not count for seeding purposes, as well as non-sanctioned weight classes, i.e., 98 pounds). The only additional exception is for any wrestler who has more than two (2) losses against the same opponent. *In Flo results, simply mark those matches as non-varsity. NOTE: Conference tournaments conducted after February 9 do NOT count toward weigh-ins, as it is not included in season limitations.***
- **THE LAST DATE TO COUNT FOR TOURNAMENT WILL BE THURSDAY, FEBRUARY 9, 2023.**

ALERT – IMPORTANT CHANGE TO PACKET

Due to CIAC regulations that REQUIRE conference tournaments to count toward season limitations if conducted prior to the LAST DATE TO COUNT, please note the following change to the packet. This is necessary as numerous schools have already scheduled 18 dates or 8 multis based on previous rules, exclusive of conference tournaments. Therefore, the possible implementation of extending the last date to count will be postponed until the 2023-24 season.

The last date to count will now be Thursday, February 9, 2023.

If your conference tournament occurs AFTER this date:

- 1) Tournament DOES NOT count toward season limits (18 dates and 8 multis).
- 2) Tournament DOES NOT count toward seed records (in Flo, event and matches must be marked as “non-varsity”).
- 3) Tournament DOES NOT count toward weigh-in requirements of 1/3 at minimum lowest weight class that may be entered for CIAC tournament series.

If your conference tournament occurs prior to February 9, 2023:

- 1) Tournament MUST BE COUNTED within seasonal limitations (18 dates and 8 multis) and meet all the requirements listed in Section B of the CIAC Handbook (below in bold letters).
- 2) Tournament results DO count toward season records (in Flo, event and matches will be checked as “varsity”).
- 3) Tournament DOES count toward weigh-in requirements of 1/3 at lowest weight class (please note that although the conference tournament may be a two-day event with NFHS rules requiring a second day weigh-in, the EVENT counts as 1 weigh-in, as well as 1 MULTI-EVENT in terms of season limits).

B. League tournament games will count for CIAC tournament qualification under the following conditions:

- 1) **Game(s) must be included in the maximum regular season game limitations for the sport.**
- 2) **Game(s) must be listed on the regular season schedule submitted to the CIAC in accordance with the timelines established by CIAC sports committee. Those contests should be identified by the title of the tournament in which the team may qualify.**

- 3) Game(s) must be played prior to the last day established by the CIAC for tournament qualifications.
- 4) Game(s) played as a third contest with another team during the regular season will not count for tournament purposes.

C. League tournament games will not count for tournament qualifications under all other conditions.

- ***ALL TICKET SALES FOR CIAC TOURNAMENT GAMES WILL BE SOLD AND REDEEMED VIA DIGITAL TICKETING.***
- SCHOOLS SENDING WRESTLERS TO MORE THAN ONE VARSITY COMPETITION ON THE SAME DAY MUST MAINTAIN WEEKLY AND SEASONAL LIMITATIONS FOR TEAMS AND WRESTLERS.

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.

MEDICAL RELEASE FORM FOR WRESTLER TO PARTICIPATE WITH SKIN LESION – The form expires fourteen (14) days after the earliest date the student may return to participate. If the post-season tournament falls on day 14, the note is good for the entire event.

MANDATORY PRE-SEASON COACHES MEETING – Thursday, November 17, 2022 – 6:30 p.m. – CIAC Office – Room C-1. Due to space limitations, head coaches only please. If head coach is unable to attend, an assistant coach may represent your school. (Presentation on Flo Wrestling)

TOURNAMENT COACHES ATTIRE -- The following dress requirements are in effect for the 2023 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 and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.

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 on the day of the event as soon as possible following the game's completion. **Results must also be entered in the Flo Wrestling portal, as that data will be used for seeding purposes.**

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.

STUDENTS WITH SPECIAL NEEDS -- Coaches are reminded to inform contest officials prior to each competition of any student with special needs 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.

UNMANNED AERIAL SYSTEMS AT CIAC-SANCTIONED EVENTS – The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any person(s) at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

2022-23 NFHS WRESTLING RULE CHANGES

4-1-1a Note Clarified what a female wrestler shall wear as an undergarment when wearing a one-piece singlet.

- a. A one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet may be worn with full-length tights with stirrups. The one-piece singlet shall be school issued.
NOTE: Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage.

4-1-1c Note Clarified what a female wrestler shall wear as an optional additional undergarment when wearing a one-piece singlet or a two-piece uniform to ensure complete coverage.

- c. A form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail; the form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued.
NOTE: Female contestants choosing to wear form-fitted compression shirt, whether as part of a two-piece uniform or under a one-piece singlet, shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure.

4-1-3 Clarified the penalty if shoelaces become untied and/or if the shoe(s) comes off.

Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles, if laces are visible, they shall be secured in an acceptable fashion. If the shoelaces come untied or shoe comes off, the penalty would be an automatic stalling call.

4-2-1 Modified that facial hair is allowed if the skin is visible for the referee or appropriate health care professional to conduct a skin-check. In addition, clarity was provided with hair-control devices and hair adornments.

Facial hair trimmed to a length so that the skin is visible for medical examinations is allowed. Facial hair that does not allow for a proper medical examination to be performed, as determined by an appropriate health care professional overseeing medical examinations, shall be immediately trimmed to within the guidelines. A wrestler may not compete until the facial hair is trimmed and the medical examination is completed.

Hair control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the wrestler, teammates or opponents are allowed. A wrestler may contain his/her hair in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.

Wrestlers that do not meet the requirement shall be required to wear a face mask. All legal hair covers and face masks will be considered as special equipment.

Rationale: Several member state associations successfully piloted a facial hair experiment during each of the last two seasons. There have been zero issues reported to those state associations. The pilot was supported by the respective state associations' Sport Medicine Advisory Committees (SMAC) whose members work as physicians at the wrestling championships. Members did not experience difficulty in performing skin checks. Throughout the experiment, it has also been pointed out that wrestlers have not been required to shave their heads, and the elimination of this requirement would modernize the language and mirror current practice. The hair rule change language is in every NFHS rulebook for consistency with rules that allow hair-control devices and hair adornments.

4-5-7 Clarified what required undergarment(s) a female wrestler shall wear during weigh-in.

All contestants shall weigh-in wearing a legal uniform (4-1-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure. For female contestants wearing a compression shirt under a one-piece singlet in order to comply with the definition of a legal uniform (4-1-1). If the compression shirt is part of the legal uniform, the contestant shall weigh-in wearing the compression shirt. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.

Rationale: To address numerous reported incidents of officials telling female contestants that ALL females are required to wear a compression shirt under their singlet in addition of wearing a sports bra, we believe the wrestling community is in need of clarification for both notes.

5-24-6d New Clarified the penalty if shoelaces become untied and/or if the shoe(s) comes off.

It is stalling when either wrestler:

- a. Repeatedly grasps or interlocks around one leg of the opponent to prevent scoring; or
- b. Delays the match. This includes straggling back from out-of-bounds, unnecessarily changing or adjusting equipment or delay in assuming the starting position on the mat; or
- c. Repeatedly creates a stalemate situation to prevent an opponent from scoring.
- d. Shoelaces become untied, or shoe comes off.

5-27-1e, f Modified the various types of technical violations.

These are the types of technical violations. Each is penalized without warning as outlined in Rule 7-3:

- a. Intentionally going out of the wrestling area or forcing an opponent out of the wrestling area to avoid imminent scoring situation.
- b. Grasping of clothing, mat or ear guards.
- c. Interlocking or overlapping the hands, fingers or arms.
- d. Leaving the wrestling area without referee's permission.
- e. Reporting to the scorer's table not properly equipped, ready to wrestle or any equipment that I detected ad being illegal after the match has started.

7-3-5 Clarified what constitutes a technical violation when reporting to the table.

Reporting to the scorer's table, not properly equipped, or not ready to wrestle, or any equipment that is detected as being illegal inoperable after the match has started is a technical violation.

7-6-6d Clarified the penalty if shoelaces become untied and/or if the shoe(s) comes off.

It is stalling when either wrestler:

- a. Repeatedly grasps or interlocks around one leg of the opponent to prevent scoring; or
- b. Delays the match. This includes straggling back from out-of-bounds, unnecessarily changing or adjusting equipment or delay in assuming the starting position on the mat; or
- c. Repeatedly creates a stalemate situation to prevent an opponent from scoring; or
- d. Has shoelaces that become untied or shoe comes off.

8-1-1 Clarified the penalty is shoelaces become untied and/or if the shoe(s) comes off.

Any contestant not reporting to the scorer's table not properly equipped or not ready to wrestle is a technical violation. A wrestler with greasy substance on the body or uniform, improper grooming, objectional pads and braces, illegal equipment, illegal uniform or any equipment that is detected as being illegal after the match has started shall be disqualified if not removed or corrected within the 1½ minute injury time. Penalties for shoe and shoelace violations, would not be subject to injury time, and would be penalized as stalling only after the match has started.

8-1-2g Exception Clarified when the referee would not stop the match when indicating an infraction.

When indicating an infraction, the referee shall stop the match with the following exceptions:

- a. Warning or penalizing the defensive wrestler for stalling (except when a two-point stall is awarded);
- b. Warning or penalizing the stalling in the neutral position (except when a two-point stall is awarded);
- c. Warning or penalizing the defensive wrestler for stalling or a technical violation when the defensive wrestler is on their feet (regardless of the position/location of the offensive wrestler) (except when a two-point stall is awarded);
- d. In a pinning situation, to penalize the defensive wrestler;
Exception: When the situation has concluded, the referee shall stop the match, signal and verbally announce the infraction and award points earned.
- e. Locked hands or grasping of clothing by the offensive wrestler while the defensive wrestler is attempting an escape or reversal;
Exception: The referee shall stop the match when it is obvious the defensive wrestler will not complete an escape or reversal. If the defensive wrestler is successful with the escape or reversal, the match shall not be stopped to award points.
- f. Grasping the clothing by the wrestler being taken down when a takedown is imminent.
Exception: The referee shall stop the match when it is obvious that the takedown will not be completed. If the takedown is successful, the match shall not be stopped to award points.
- g. **Exception:** Related to stall calls including the two-point stall call, as shown in items a-f above. The match would not be stopped to warn or penalize for stalling, including a two-point stall. If the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situation.

8-1-4 Modified how warnings and penalties are awarded for stalling as it relates to shoelaces becoming untied and shoe(s) coming off.

Warnings and penalties for stalling are cumulative throughout the match and are penalized independent of the progressive penalty chart. On the first offense the wrestler will receive a warning. The opponent of the offender will be awarded one match point on the second and third offense. The match shall be stopped on the fourth offense and the opponent shall be awarded two points and given choice of position. A fifth offense shall result in disqualification.

Exception: Related to stall calls including the two-point stall call, as shown in items a-f above. The match would not be stopped to warn or penalize for stalling, including a two-point stall. If the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situations.

Stalling Penalty Chart The match would not be stopped to warn or penalize for stalling, including a two-point stall. If the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situations.

Rationale: The penalty to issue a technical violation and use one of two injury time outs is too severe for a shoe to become untied or coming off. A more prudent penalty would be correcting the infraction by issuing a stalling call. These rules are in support of the change.

2022-23 Wrestling Points of Emphasis

- Sportsmanship
- Illegal, Harmful Holds and Maneuvers
- Uniforms

Upcoming Implementation Date for Rule Change – Wrestler’s Uniform – Wrestling Ear Guards – Any manufacturer’s logo/trademark/reference that appears on the ear guards cannot be larger than 2¼ square inches with no dimension being larger than 2¼ inches and may appear no more than once on each protective ear cup on the ear guards. No additional manufacturer’s logo/trademark/reference, promotional or advocacy references shall be allowed on the wrestling ear guards. Effective July 1, 2022.

CIAC WRESTLING RULES INFORMATION FOR 2023

1. Only institutional members of the Conference may enter these tournaments.
2. Matches with non-members of state association schools will not be considered in the seeding (i.e. "Prep schools"). Matches with out-of-state schools from New England and New York WILL count for seeding. Matches against teammates (in events that allow double-entries) WILL NOT COUNT.
3. The 2023 CIAC Wrestling Tournament will be operated in four (4) divisions. Placement of schools has been based on the 2021-22 boy enrollment in grades 9-12 and the actual entries the year before. **A listing of tournament divisions is available on the wrestling page at ciacsports.com.**

LL – 706 and over

L – 566 - 705

M – 380 - 565

S – up to 379

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 2022-23 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. **UNCERTIFIED WRESTLERS MUST NOT COMPETE, INCLUDING ANY WRESTLER WHO IS APPEALING INITIAL CERTIFICATION (See below). INELIGIBLE WRESTLERS MAY NOT COMPETE.**
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 they will wrestle during the state tournament series. Any and all weigh-ins for varsity competitions do count, except conference tournament.
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 2022-23 season, and each wrestler must be entered in a weight class consistent with the findings of the weight control program.
b. **Entry fee – One person teams - \$100.00. Teams with four or more wrestlers - \$100 per team plus \$10.00 for each wrestler entered as well as each alternate entered. Teams will be permitted to enter a maximum of fourteen wrestlers and fourteen alternates – maximum per team \$300.00. All those above the twenty-eight wrestlers and alternates permitted will pay the normal admission fee. Entry must be mailed to CIAC, 30 Realty Drive, Cheshire, CT 06410.**

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.

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.**

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.

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.
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 2022-23.
11. **Medical Examination** – At the time of weighing in for all tournaments the designated on-site health-care professional 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 health-care professional's decision is irrevocable. (Health Care Professionals – A.R.P.N., Physician's Assistants, M.D.'s, D.O.'s)

Rule 4-2-4 reads as follows – 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.

Rule 8-2-5 reads as follows – A designated, on-site, appropriate health-care professional who determines a wrestler should not participate, shall not be overruled.

12. **Admission Prices** * (Per day) (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)	\$10.00
Military in uniform or with ID	Free

All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.

13. **Tournament Dates**

Division Finals	February 17, 18, 2023
Open	February 24, 25, 2023
New Englands	March 3, 4, 2023

14. **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 17, 2023, the Divisional Championships will be conducted on Saturday, February 18 and Sunday, February 19. Times TBA.

- b. If the Divisional Championships have to be postponed on Saturday, February 18 after Friday’s session was held, the remainder of the Championship will be conducted on Sunday, February 19 – starting at 12:30 p.m.
- c. The Open Championship postponement will be the same format as the divisional.

15. **Tournament Sites and Starting Times**

- LL -- **Trumbull High School**
Meet Director – Mike King
Cell – (203) 610-2084
Email – kingm@trumbullps.org

- L -- **Guilford High School**
Meet Director – Bob Swan
Cell – (203) 641-2838
Email – rswan@east-haven.k12.ct.us

- M -- **TBA (Possibly Bristol Eastern or Jonathan Law)**
Meet Director –
Cell –
Email –

- S -- **Killingly High School**
Meet Director – Dave Nowakowski
Cell – (860) 705-2629
Email – nowakowski@sbcglobal.net

- Open -- **Floyd Little Athletic Center Fieldhouse, New Haven**
Meet Director – Dave Nowakowski
Cell – (860) 705-2629
Email – nowakowski@sbcglobal.net

Open Starting Time – Friday – Estimated 3:00 p.m. / Saturday – Estimated 9:00 a.m. (Times subject to change)

New England -- **Providence, RI**

16. **Multi-team Meets Include** – Tri, quads and tournaments – the maximum number of multi-team meets permitted per season is eight (8).

Schools sending wrestlers to more than one varsity competition on the same day must maintain weekly and seasonal limitations, except for the “elite” exception.

If the tournament sponsor considers the tournament varsity level, all participants must consider it a varsity competition.

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.

If a dual meet or a multi-meet is cancelled because of weather, participants in that cancelled meet may reschedule a dual meet or a multi-meet, and the rescheduled event may be against any CIAC member school, or other states association wrestling teams.

17. Elite High School Programs / Individual Wrestlers

- a. A coach is permitted to send up to four (4) “elite” level wrestlers to an elite tournament two times during the season. Teams are permitted to attend a total of two elite tournaments.
- b. A wrestler may attend an elite level tournament while the remainder of the team attends either a dual meet or a multi-meeting at the same time.
- c. All team members and teams must abide by weekly, seasonal and multi-event limitations currently required by the CIAC for the sport of wrestling. While simultaneous events attended by the same school (i.e. up to 4 wrestlers at an elite event and the rest of the team at a different tournament) will only count as 1 event toward weekly, season and multi-limits for the TEAM, each event counts toward weekly and seasonal limits for the individuals.
- d. In order to be considered an “elite level tournament”, the contest needs to have a minimum of sixteen teams competing from a minimum of three states and must be a NFHS sanctioned competition.
- e. Connecticut wrestlers in all tournaments must continue to follow NFHS match limitations.
- f. For CT state seeding purposes, results from these “elite tournaments” will NOT count toward seed records (simply uncheck the varsity box in Flo results for your wrestler). The only exception will be that matches against other New England and NY wrestlers WILL count toward seeding.
- g. All tournament competition must be completed before any wrestler is permitted to compete in another event.
- h. All wrestlers in all events must be accompanied by a coach in possession of a State of Connecticut coaching permit and approved by the school district, with approval of coach, athletic director and principal.

18. **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.

Seeding Criteria – Seeding for all divisions will take place at the CIAC Office, Cheshire on the following dates. **Any school that does not register their athletes into their respective Flo tournament online and submit seeding information between 6:00 a.m. and 8:00 p.m. on Monday, February 13 and have a designee appear with duplicate materials, their score books and weigh-in forms at the seed meeting MAY NOT be allowed to enter the tournament. A \$50 fine will be assessed for missing information. Coaches must still enter their tournament roster into CIAC via the online portal, as this ensures eligibility of all entrants, determines the team entry fee and gets the wrestlers’ names on tournament t-shirts and apparel. The CIAC roster may be submitted early – you do not need to wait until February 13 as needed for Flo – via the CIAC web site – www.ciacsports.com .**

Tuesday, February 14	5:00 p.m.	M
Tuesday, February 14	7:00 p.m.	S
Wednesday, February 15	5:00 p.m.	LL
Wednesday, February 15	7:00 p.m.	L

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

19. **2022-23 CT Wrestling Seeding Criteria** – This method is intended to reward strength of schedule and the defeating of quality opponents, while diminishing the value of forfeit wins and wins over opponents with lower win percentages. There is a slightly reduced value that limits rewarding a team scheduling an extremely high number of matches. All seed points will be automatically calculated through the Flo database. Please be sure to “uncheck” the “varsity” box for any matches that do not count for seeding. This includes:

- 1) Matches against teammates in multiple entry events (uncheck results for both your wrestlers).
- 2) Matches against any “Prep” schools who are not part of their state association.
- 3) Matches in tournaments at non-sanctioned weight (i.e. 99 pounds).
- 4) Individually bracketed tournament “forfeit” losses (“defaults” count as a loss, and “medical forfeit” is not a high school result option).
- 5) Any losses beyond the first two (2) to a single opponent (such that only the first 2 losses count, so going 0-4 against 1 opponent will only count as 2 losses. Only the losing wrestler will uncheck the results after the first 2 losses. All the wins of opposing wrestler will count for their record).
- 6) Matches in any “elite tournament” exception (See item 17 for details), but these are out-of-state tournaments where you are bringing 1-4 wrestlers, and not your entire team, and seeing competition from multiple states, (you must count any results against other NE and NY wrestlers you may face in such events). Matches against any wrestlers from states other than New York and New England.
- 7) **Conference tournaments conducted after February 9, 2023.**

Please note that for 2022-23, conference tournament events DO NOT count toward seeding or season limits if conducted after February 9.

- a. **Base Points** – Base points are simply determined by (# of wins) x (winning percentage) with maximum # of wins for calculating purpose capped at 12. Therefore, an undefeated wrestler (i.e. 29-0) would earn 12 base points (12 wins x 1.0), while a 15-15 wrestler would earn 6 points (12 wins x 0.5 win pct), and a 20-10 wrestler would earn 8 points (12 wins x 0.67 win pct). Maximum wins capped at 12 in an attempt to reduce the benefit of over-scheduling, as well as allowing for possible snow or medical cancels or other factors that may reduce total number of possible competitions.
- b. **Place Points** – State tournament place points have been increased to maintain their prior relative value to the “base points” (Divisional States 6-5-4-3-2-1 for 1st through 6th, State Open and New England 12-10-8-6-4-2 for 1st through 6th). Maximum place points for returning NE/Open/Div Champion would be 30 points (12+12+6).
- c. **Net Points** – For Net Points, add wrestler’s base points to place points (i.e. the undefeated wrestler above who was 2nd at class divisional and 4th at Open would have 12 base points plus 13 place points for a total of 25 Net Points). The maximum Net Points would be 42 (12 base points plus 30 place points). A wrestler who is 20-10 and was 3rd at prior year’s class meet would have 12 Net Points (8 base plus 4 place).
- d. **Win Points** – Additional win bonus points are earned for each victory over Connecticut opponents, based on 12% of each defeated opponent’s “net points”. A maximum of the 12 “best” wins will be used to determine win points, with the highest bonuses earned counted first. Therefore, having 30 wins, but beating 12 wrestlers with winning records would earn more “win points” than a wrestler with 30 wins for whom 17 were forfeits and 8 were against sub-.500 wrestlers. Win bonus points would range from 0 points (for a forfeit or a victory vs an opponent with 0 wins) up to approximately 4 points for beating a State Open champ/NE finalist with only 1 loss. An “average” win over a .500 wrestler is worth between 0.5 to 1 point and a win over a “quality” wrestler who is a returning state place winner with a high win percentage worth around 2 points. In the example above, a 20-10 wrestler who was 3rd at state meet would generate 1.44 points if defeated by your wrestler. Wrestlers only receive “win points” for 12 highest win point victories, so as not to unfairly reward overscheduling of matches. Win points (from 1.0 to 2.0) can also be earned for countable matches against out-of-state opponents if they placed in their previous season’s state tournament as follows (and these out-of-state points must be entered manually into Flo results):

RI/VT/NH/ME: Use only their “All State” tournament results (not any divisional or regional event). For MA, use their Divisional State Meets (D1/D2/D3). For NE states, this result SHOULD be calculated directly in Flo. For NY, use their Sectional placements, and this will need to be entered in results as an override of points earned. Bonus win points earned are: 2.0 for beating champ, 1.8 for 2nd place, 1.6 for 3rd, 1.4 for 4th, 1.2 for 5th and 1.0 for 6th.

- e. Therefore, each CT wrestler has a “value” assigned that is earned for any win over them (calculated automatically as part of Flo database), as 12% of their “net points”. This number will change throughout the season, as the wrestler’s wins and win percentage (and net points), change constantly. The only win points you need to add manually are for wins against out-of-state place winners from NE/NY as noted above.
- f. **SEED POINTS:** These are each wrestler’s total points used for seeding, and include past placement points from prior season, base points and win points. For each wrestler’s final point total, add base points and place points, as well as their 12 highest “win points”, which could earn a wrestler anywhere from a point or two, up to 10-15 points if beating numerous high quality wrestlers.
- g. The former bonus point for 18 or 28 wins has been eliminated.
- h. While more matches won would generate more “win points” (up to 12 wins), the net gain for beating marginal opponents is minimal, such that beating 10 wrestlers with sub-.500 win percentages would only generate about 3-4 bonus points ... which is about what you could earn by beating 2 state place winners.
- i. For 2022-23, we will retain current seeding meetings to break any ties ... but with such detailed points, there would be very few (if any) ties in need of breaking, so meetings should be 30-45 minutes. Tie-break procedure:

(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 – Number of Wins
- Step 4 – 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 – Number of Wins
- Step 3 – Coin Toss

This plan will also eliminate the step of allowing wrestlers to improve their seed by virtue of wins over those above them, as they have essentially already earned those points through the “win points”. However, we will continue to implement the final step of allowing “direct flips”. 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 the two wrestlers have evenly split their matches, no interchange will occur, but winning a majority of those head-to-head contests (i.e. 2 out of 3) will permit the flip. If a wrestler has beaten a wrestler more than one place higher the interchange may not take place (unless all wrestlers in between the 2 have also been defeated).

- I. As all wrestlers will have a “point value”, all wrestlers will be seeded. All entrants will be entered directly into the Flo portal for seeding, just as with regular season events, with the ability to list full tournament roster, including alternates, on the CIAC registration portal only. Alternates will still be permitted to be entered in case of scratches of seeded wrestlers at the Class tournaments. They will be placed where their total points prescribe, with no ability to move up by having beaten the wrestler above them. It is helpful to bring your “season summary” from Flo seeding reports to easily provide seed points for any alternates. However, the option of changing weight classes at the seed meeting is now eliminated. All entrants must be entered into the Flo portal and CIAC online roster between 6:00 a.m. and 8:00 p.m. on the Monday prior to the seed meetings (only open between 6:00 a.m. and 8:00 p.m. Monday, February 13, 2023, such that incomplete results will not be entered). Entries will be locked at that time, and weight class changes will not be permitted. Your post-season roster, including entries and alternates (up to a maximum of 28 athletes) will still be submitted to CIAC, for purposes of determining entry fee and apparel printing. Please note: Since your wrestler’s point totals will adjust based on your defeated opponent’s record, it is imperative that all coaches keep up-to-date records. In addition, to ensure that all wrestler’s are counting the same matches, there will be a deadline to check records and remove non-countable matches (marking as “non-varsity”) of SUNDAY, February 12 at 8:00 p.m. This will allow the Flo database to update overnight, and all W/L records and Flo Seed Point totals must then be entered between 6:00 a.m. and 8:00 p.m. on Monday, February 13. You will not be able to enter Flo seed data until Monday, February 13. However, since your CIAC online tournament roster (which is utilized for names on t-shirts and determining the number of wrestler passes for the state meets) does not require records or seed points, please submit that roster early, as numerous teams missed the deadline and did not appear on t-shirts.

See sample data below for bonus points, as well as sample seedings. Sample data for determining bonus points for wins against opponents.

Name	School	Won	Lost	Win Pct	Base Pts	Place Pts	Net Pts	Pts Earned for Win Vs wrestler
Joe Smith	Saskatoon	18	2	.900	10.8	8	18.8	2.256
Bill Jones	Saskatoon	12	12	.500	6.0	0	6.0	0.7200
Mark Allen	Saskatoon	4	16	.200	0.8	0	0.8	0.0960
Forfeit	Saskatoon	0	0	0.00	0	0	0.0	0
John Curry	Saskatoon	16	4	.800	9.6	2	11.6	1.3920
Mike Lala	Saskatoon	32	1	.970	11.64	14	25.64	3.0768

- II. Sample seed data of those same wrestlers (now shown on different teams in same weight class)

Name	School	Won	Lost	Win Pct	Base Pts	Place Pts	Net Pts	Sample Win Pts Earned vs 20 top Beaten Opponents	Total Seed Pts
Joe Smith	A	18	2	.900	10.8	8	18.8	7.08	25.808
Bill Jones	B	12	12	.500	6.0	0	6.0	2.20	8.20
Mark Allen	C	4	16	.200	0.8	0	0.8	0.68	1.48
John Curry	D	16	4	.800	9.6	2	11.6	3.56	15.16
Mike Lala	E	32	1	.970	11.64	14	25.64	14.53	40.17

REPLACEMENT WRESTLERS – Once a wrestler is entered in a weight class at registration by Monday, February 13 at 8:00 p.m., the wrestler must wrestle in that weight class and may not change weight classes. A replacement wrestler who is listed on the CIAC tournament roster will be seeded as their points determine, and if tied, immediately following those wrestlers having the same point total, with no ability to improve their seed by virtue of having beaten anyone above. A zero point replacement wrestler will be placed last. Once replacement wrestlers have been seeded, all in the bracket bump-up accordingly. With scratches all wrestlers in the bracket move up. Please bring a final print-out of all Flo seed points to the divisional tournament in case you have a scratch and need to insert an alternate.

- III. **Divisional Tournament Seeded Entries and Alternates** – All entries and alternates must be entered online via CIAC by 8:00 p.m., Monday, February 13, 2023. All entries (not alternates must be entered into Flo portal on Monday, February 13 between 6:00 a.m. and 8:00 p.m. (please run your final seed point report immediately prior to entering seed data, allowing all Flo records to update overnight on Sunday, February 12).
- a. Once a wrestler is entered at a specific weight class at the seed meeting, that entered wrestler MAY NOT change weight classes. However, changes of entrants (permanently removing a wrestler from the tournament and inserting an alternate) may be made at the seed meetings, while changes may be made after the seed meeting and at the event only in accordance with the following guidelines.
 - b. An alternate listed on CIAC tournament roster may replace any seeded wrestler at any weight class for which he or she is qualified, and this may be done at the seed meeting or at the divisional tournament. However, an alternate MAY NOT be inserted into a weight class that was left vacant by the school at the seed meeting. Please bring a final print-out of all Flo seed points to the divisional tournament in case you have a scratch and need to insert an alternate.
 - c. Coaches and athletic directors are responsible for the submission of correct information, including the win/loss record and placement points of each wrestler. With the exception of egregious data entry errors, no changes will be made at the seed meeting. Any and all determination of correctable data at the seed meeting is at the discretion of the CIAC.
 - d. It is the responsibility of coaches to attend the seed meetings, and to state any results that impact the seeding of a wrestler at the appropriate time. Once seedings at each weight are completed, it is too late to realize, for instance, that a wrestler who is seeded 8th had actually defeated the 7th seed and should have moved up accordingly.
 - e. Coaches at the seed meetings are required to have scorebooks and weigh-in sheets. Any challenge regarding the weight class eligibility of a wrestler should be stated at the seed meeting at the time the weight class is brought up. However, since not all coaches from other divisions attend all seeding meetings, if there is any weight class challenge from a coach, it must be made within 24 hours of the seeds being posted on the CIAC website. If the CIAC is not able to readily verify the eligibility of a wrestler for a particular weight class, the coach of said wrestler will be required to provide CIAC with scanned copies of all weigh-in sheets within 24 hours of the request.
 - f. Any wrestler that is included on the CIAC post-season roster as either an entrant or an alternate, up to a maximum of 28 athletes per team, (and therefore paid as part of the team's entry fee), will be permitted entry to the divisional tournament, provided that they arrive on time with their team. Any team members that are not included on the post-season roster as entrants or alternates (for which each member school will be billed according to the entry fees detailed within this packet), as well as those who do not arrive with the team, will be charged the posted spectator admission fee.

IV. **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 INCLUDING CONFERENCE TOURNAMENTS. If a match is postponed and rescheduled to a Monday, there is a one pound allowance. There is no allowance for matches scheduled for a Monday.**

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

V. **Final Matches** – All final matches of divisional and open championships will be ordered by a random draw.

VI. **State Open** – The four divisional champions will be seeded according to state tournament placement points earned up to the divisional seed meetings on February 14, 15, 2023. Seeding will be conducted by CIAC Tournament Director.

The four divisional state champions will be seeded according to state seeding placement points and state seeding criteria. All coaches of divisional champions are requested to email David Nowakowski at nowakowski@sbcglobal.net or call (860) 705-2629 by 12:00 p.m. on Monday, February 20, if their wrestler has defeated any of the other three state champions.

VII. **Tobacco Products** – Tobacco products, including electronic devices in any form, for participants and coaches are prohibited from all regular season and CIAC matches.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
CIAC Wrestling Weight Control Program

In 2022-23 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

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 first allowable submission date to set the alpha weight is November 28, 2022 (first practice date).
2. No wrestler allowed to compete until alpha certified.
3. Two pound growth allowance is December 25, 2022 (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.

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 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 for the CIAC eligibility center.
7. **Minimum weight class permitted is not adjusted for any weight allowance granted under Federation Rule 4.5.5.**
8. **New for 2022-23:** Appeal process for any wrestler whose initial assessment showed a body fat percentage of less than 7% for males or less than 12% for females OR for any wrestler who may dispute the accuracy of the body fat assessment conducted by the wrestler’s school staff utilizing caliper method. Remember, a school can still “pre-test” their athletes to determine if they are at a weight and body fat percentage that will allow them to reach their desired weight class via descent. If a wrestler is tested and is not yet at the desired weight, they may be re-tested (all components, including hydration) no less than 48 hours after the prior test. Wrestler is not eligible to compete until results are submitted to CIAC. Once results are submitted to CIAC, they become official.
- a. The alpha weight recorded at initial assessment submitted by the school cannot be changed, even if that wrestler weighs less at the appeal test date, and is only valid if passing the hydration component conducted by the school (since any appeal will not include hydration testing).
- b. While an appeal made by any wrestler who measures below 7% male or 12% female that results in an assessment above those thresholds will negate the need for the completion of the physician’s form (upon submission of the body fat analysis results to CIAC), if the appeal test still determines body fat assessments below 7% male or 12% female, the physician’s form is **still required prior to any competition**.
- c. For any appeal, the wrestler is not permitted to compete in any CIAC competition until appeal is conducted and properly submitted to CIAC. The deadline for any appeal to be submitted is December 23, 2023.

- d. For wrestlers above the 7% / 12% thresholds, the athlete's results of the initial assessment will be included with the team's submission to CIAC. The athlete, in consultation with parents and coaches, may opt to appeal the body fat assessment. However, that wrestler may not compete until the appeal is either completed and submitted to CIAC, or is withdrawn. Once a wrestler competes in a CIAC event, the ability to appeal is forfeited.
- e. The cost of any appeal is the responsibility of the wrestler. Estimated cost is \$50-\$75 but may vary by location. Appeal testing must be conducted utilizing only approved methods and conducted by a physician or certified trainer at a facility other than the athlete's high school (i.e. CCSU, URI or Sacred Heart). The only approved methods of body fat assessment are utilization of the "BODPOD" or the "INBODY 770" or "INBODY 570". Note: for the BODPOD, you must sit in the analyzer (essentially a giant egg) while wearing spandex and a swim cap. Air is moved through the chamber to measure body density. The results will give you body fat % and fat free mass (muscle and bone) in the body. The BodPod test takes between 5 and 10 minutes. Bodpod testing can be done at CCSU, Sacred Heart, URI and a few other facilities. The InBody is a research-approved bioelectrical impedance analyzer. For this test you will be asked to stand barefoot on what looks like a large scale while wearing lightweight clothing. An impulse is sent between electrodes at the hands and feet to measure the amount of fat mass, fat-free mass (muscle and bone), and water in the body. These results are further broken down into fat/muscle mass of the right arm, left arm, right leg, left leg and trunk. The test takes less than 5 minutes. Those with implanted medical devices (such as pacemakers) are prohibited from this test. Find a testing location near you (be sure to check 770 or 570 model) at <https://inbodyusa.com/support/nearest-testing-location/>
- f. Upon completion of an appeal test, the only data that might change will be the body fat percentage. Again, the alpha weight CANNOT be changed from that which was entered from the initial assessment, which requires the hydration component to be met. Upon submission of the appeal form to CIAC, adjusted body fat percentage will be calculated into the form to determine a wrestler's optimal weight and minimum weight class.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
BODY FAT ASSESSMENT APPEAL FORM

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. However, a wrestler may appeal their initial assessment tested by the caliper method utilizing either BODPOD or INBODY 770 or 570 analysis. In addition, any wrestler who is ABOVE those thresholds may also utilize this appeal form if it is believed that the caliper testing provided an inaccurate result, as a more accurate test may impact their descent and minimum weight class permitted.

NOTE: The sub-7% male or sub-12% female who receives an updated appeal assessment that remains below those thresholds may not wrestle below his/her initial assessment scratch weight and must still have the physician's form completed. Only those athlete's who initial test was below the threshold and whose appeal results were shown to be at or above 7% / 12% are exempted from receiving the physician's form.

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

Data Review (completed by school AD, trainer or nurse) Date of initial assessment ____/____/____

Body fat % _____

Initial assessment alpha weight _____ lbs. (this alpha weight WILL NOT change for appeals)

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

Date ____/____/____ Weight _____ lbs. Body Fat % Recorded _____

Circle Testing Method Utilized: BODPOD INBODY 770 INBODY 570
(A print-out of the analysis must accompany this form)

Appeal testing may not be conducted after December 23, 2023, and all appeal data forms must be submitted to CIAC on or before December 23, 2023. Wrestler is unable to participate in any CIAC event until appeal data is submitted. Participation in any CIAC event forfeits all right to an appeal.

Name of Facility at which testing was conducted: _____

Name of person conducting body fat analysis: _____ Certification: _____

Analyst's Signature: _____ Date: _____

Address: _____ City/Town: _____ Zip: _____

Parent Signature: _____ Date: _____

Parent Signature: _____ Date: _____

NOTE: This form, accompanied by a print-out of the test result indicating the body fat percentage shown on this form, is the only document accepted as an "Assessment Appeal".

Fax a copy of this form to the CIAC (203) 250-1345 or email a scan of this signed form to jsylvester@casciac.org

FAQ FOR CONNECTICUT WRESTLING COACHES 2022-23

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 appeal their initial certification or be re-certified?**

A. Yes. New for 2022-23, a wrestler may appeal their body fat percentage analysis (see above requirements). In addition, a wrestler who completes the three certification steps MAY have their coach/AD refrain from entering those results into CIAC if they are not yet at a weight that would allow descent to reach their desired optimal weight class. However, be reminded that the entire test must be redone, including hydration testing, and wrestler is not permitted to compete until results are submitted to CIAC. Once the results are entered into CIAC, there is no re-test option (only the appeal, as noted above).

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. While an appeal of the body fat analysis may be conducted in accordance with “Appeal Process”, the wrestler may not compete until the appeal is completed, and if the appeal still indicates body fat below those thresholds, the physician’s form is still needed. 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.

Lastly, any wrestler weighing in below the weight which descent will permit CANNOT have that weigh-in count toward the 33% rule (for example, if descent allows Wrestler A to weigh 123, and he weighs in at 122 for a January match with a two pound allowance, this would NOT count as one of his 1/3 required weigh-ins to qualify for state tournament at 120).

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:

	<u>Min. Weight For Week</u>	<u>Actual Weight</u>	<u>Allowed to Wrestle</u>	<u>MAY NOT Wrestle</u>
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. (See Section 17) 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

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 or email a scan of this signed form to jsylvester@casciac.org.

CIAC SPORTSMANSHIP

Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.

CIAC SPORTSMANSHIP GUIDELINES

- The CIAC request that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC’s expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

THE CIAC “CLASS ACT” SPORTSMANSHIP STANDARDS

ALL Spectators (including parents):

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school reference in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during “dead ball” situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

Game Personnel / Announcers:

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

Coaches:

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgement of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

Players:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

2022-23 CIAC Wrestling Committee

Administrators

Steve Merlino, College Liaison, Coventry High School – CH
Bob Swan, DPS, East Haven Public Schools
Roy Wentworth, Norwich Free Academy
Ted Oczkowski, AP, Wilcox Tech. High School, Meriden

Coaches

Pat Risley, Windham High School – CHSCA Ch
Chris Gamble, Waterford High School
Dave Green, Nonnewaug High School, Woodbury
Derek Dion, Southington High School
John Lawless, Nonnewaug High School, Woodbury – Ex officio

Consultants

Ernest Goodwin, Amity Reg. High School – CAAD
Keith Lipinski, New Milford High School – CAAD
Carmen Delvecchio – Assistant Tournament Director
Dave Nowakowski, Lisbon – Tournament Director
Sarah Jadach, Derby High School – Girls Wrestling Liaison
Kevin Holmgren - Officials

Tournament Appeals Committee for Divisional Championships

CIAC representative
Head Official
Meet Director

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2023 CIAC Wrestling Tournament Seed Information / Sites / Dates

Any school that does not submit seeding information into Flo between 6:00 a.m. and 8:00 p.m. on Monday, February 14, 2023 and via the CIAC web site – www.ciacsports.com – on or before February 13 at 8:00 p.m. 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 14 – 5:00 p.m. – CIAC Office
S	– February 14 – 7:00 p.m. – CIAC Office
LL	– February 15 – 5:00 p.m. – CIAC Office
L	– February 15 – 7:00 p.m. – CIAC Office

Divisional Tournament Site:

LL	– Trumbull High School
L	– Guilford High School
M	– TBA
S	– Killingly High School

Divisional Dates: February 17, 18, 2023

Open Tournament Site: Floyd Little Field House, New Haven

Open Dates: February 24, 25, 2023

2022-23 Weight Control Data Form

The weight control data form must be submitted via the password-protected online eligibility center prior to competition. First allowable submission date to enter data is November 28, 2022. **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, 2022. (It is illegal to give weight allowance prior to this date, except according to National Federation Rule 4-5-5.) **A one pound weight allowance is to be granted when a competition is postponed to a Monday.**

2021-22 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 8:00 p.m., Monday, February 13, 2023.**

Entry fee - One person teams \$100. Teams with four or more wrestlers - \$100 per team plus \$10 for each wrestler entered as well as each alternate entered. Teams will be permitted to enter a maximum of fourteen wrestlers and fourteen alternates (maximum per team \$300). All those above the twenty-eight wrestlers and alternates permitted will pay the normal admission fee.

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 9, 2023.**

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 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. 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 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.

NFSHSA Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

This form expires fourteen (14) days after the earliest date the student may return to participate.

If the original date of the post season tournament falls on day fourteen, the note is good for the entire tournament.

Name _____

Date of Exam ____ / ____ / ____

Diagnosis _____

Mark

Location AND Number of Lesion(s) _____

Location AND Number of Lesion(s) _____

Medication(s) Used to Treat Lesion(s) _____

Date Treatment Started ____ / ____ / ____

Earliest Date May Return to Participate ____ / ____ / ____

Form Expiration Date ____ / ____ / ____

Provider Signature _____

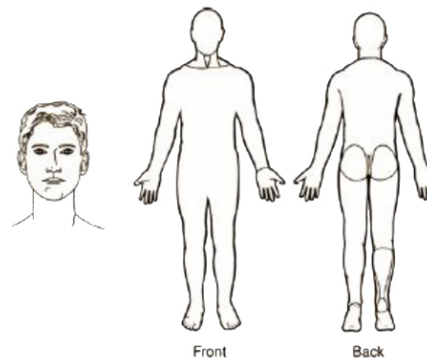
Office Telephone _____

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 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 condition such as psoriasis and eczema, and that this 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 and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

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

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

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

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

Molluscum Contagiosum: 24 hours after curettage.

CERTIFICATIONS / COACHING CERTIFICATIONS

- Coaching Education Overview: Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Permit-First-Time-Issuance>
- Temporary coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_186.pdf
- 5 Year coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf
- Coaching Course Registration: <http://ctcoachinged.org/Permit.html>
- Sudden Cardiac Arrest Renewal: https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Concussion Renewal Form: <https://casci.ac/81237>
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- Epipen Training: <https://www.redcross.org/take-a-class/preview-kits/anaphylaxis-epinephrine-auto-injector>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/practice-patient-care/health-issues/heat-illness>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R00HB-06492-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.casciac.org/pdfs/22-23HeatIllnessReview.docx>

Volunteer Coaches

The State of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.

2023 CIAC GIRLS' WRESTLING INDIVIDUAL STATE CHAMPIONSHIP TOURNAMENT

New for 2022-23

1. **Connecticut has adopted the suggested 12 girls NFHS weights for 2022-23:**

100 lbs., 107 lbs., 114 lbs., 120 lbs., 126 lbs., 132 lbs., 138 lbs., 145 lbs., 152 lbs., 165 lbs., 185 lbs., 235 lbs.

2. **New appeal process regarding weight certification body fat:** See CIAC wrestling packet for complete details.

Girls will continue to participate in the regular season as members of their school's wrestling team, just as in the past, and may represent their team in the Divisional Class State Championship tournaments. Any girls who qualify for the State Open (top six (6) in divisional meet) will have the option of representing their team in the Boys State Open or competing in the Girls' Invitational Tournament, to be run concurrently with the State Open (may not compete in both).

2022-23 CIAC Girls' Wrestling Tournament Details

All components of the 2022-23 CIAC wrestling packet are applicable to any females seeking to participate in the Girls' Wrestling Championship on February 24-25, 2023 at the Floyd Little Athletic Center, New Haven, CT (Hillhouse High School), to be run concurrently with the CIAC State Open Wrestling Tournament.

1. Female wrestlers may represent their team in the Divisional Class State Championship Tournaments. Any girls who qualify for the State Open (top six (6) in divisional meet) will have the option of retaining their seed in the State Open OR declining their seed and entering the Girls Tournament. State Open qualifying girls will NOT be able to compete in both the Boys State Open and the Girls' Tournament. Declaration of intent will need to be made by 12:00 p.m., Monday, February 20, 2023 to the tournament director via email at nowakowski@sbcglobal.net or by phone or text to (860) 705-2629. This will allow adequate time to adjust the brackets accordingly.
2. The tournament will be an individual event. No team scores will be kept, and no team awards will be presented.
3. For 2023, the seeding criteria will be based on the following factors:
 - a. Wrestlers who placed in the 2022 Girls State Tournament
 - b. Wrestlers who place in the 2022-23 CIAC State Divisional Tournament.
 - c. Any wrestlers who have defeated a 2022 State Championship place winner of divisional place winner during the current CIAC season.
 - d. 2022-23 varsity win/loss record.

The reason win/loss records are not the primary factor is due to the fact that for comparative purposes, there could be an outstanding female on Team A who is unable to break into the team's varsity line-up, while there could be another individual on Team B who is varsity by default, and has claimed numerous varsity wins either by forfeit or on the mat.

4. Teams will be permitted to enter a maximum of two (2) girls at any weight class. Best efforts will be made to separate teammates on the bracket, but there is a strong chance that they could eventually meet.
5. Medals will be presented to the to six (6) finishers in each weight class, and winners will be recognized at CT State Champions. For 2022-23, there will be 12 weight classes as shown by NFHS weights, which will also allow females to continue to weigh in during the regular season in a normal manner. As with the CIAC state tournament series, a female wrestler must have at least $\frac{1}{3}$ of her weigh-ins at or below the minimum weight at which they intend to wrestle at the championship.

The 12 weight classes for 2022-23 will be: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235 (each with the applicable 2-pound growth allowance added on December 25, 2022). To qualify for the 100 pound class, wrestler must have at least 1/3 of their weigh-ins at or below that weight. *** Please note the new weight certification appeal option. It is imperative that wrestlers, coaches, parents and administrators understand the descent and minimum weights, as no wrestler will be permitted to wrestle in a weight class that is below their minimum weight according to certification and descent.

6. All entries must be entered online via the Flo wrestling registration system by 8:00 p.m. Monday, February 13. Based on prior participation numbers, it is anticipated that there will be approximately 10-12 wrestlers per weight class, with some potentially smaller numbers at either end of the spectrum, and perhaps slightly higher numbers at certain middle weights. As such, coaches will have the opportunity to adjust the weight class for which a female wrestler is entered. Once preliminary entry lists are established by Monday, February 13 at 8:00 p.m., coaches will have until 8:00 p.m. on Thursday, February 16 to request any change in weight class by phone, text or email to Dave Nowakowski (860) 705-2629 or nowakowski@sbcglobal.net. For instance, if there are 18 girls at 120 and only 10 at 126, a coach may opt to move up a wrestler to the higher weight class (particularly if there are two teammates at the lower weight). Entered weight classes may not be changed following the verification of entries on Thursday, February 16 at 8:00 p.m., after which final brackets will be posted. In the event that any female who subsequently qualifies for the State Open and opts to participate in the State Open, that female will be scratched from the Girls Tournament, and brackets may be adjusted by the tournament director to maintain balanced byes (as with scratches on the day of the event). **Any wrestler who fails to make the weight class for which they are entered at the Girls' Championship will NOT be permitted to move up a weight class.**
7. It is expected that there will be a limited number of matches that will need to be wrestled on Friday. The bracket will be similar to the Open, with a double-elimination format from the round of 32. On Friday evening, the Round of 32 (if needed), the Round of 16 (in any weight classes with more than 8 entrants) and the first round of consolations (in any weight class with more than 12 entrants) will be wrestled. A total of 10 mats will be utilized on Friday and early Saturday, with an appropriate number of mats designated for the Girls event. On Saturday, the quarter-finals, semis, all other wrestle-back rounds and the medal round will be contested. Please note that due to expected variations in bracket sizing, the cross-bracketing of the consolations may vary in weight classes (whether an 8, 16 or 32 bracket). The state championship matches will be conducted concurrently with the CIAC State Open Championship Finals (2 mats). Third and fifth place matches wrestled prior to the championship finals, on multiple mats.
8. There will be no differentiated admission for spectators at the tournament, whether attending to watch the State Open or the Girls' Tournament or both. All admission fees posted for the event will apply to all spectators. Coaches and wrestlers are encouraged to inform their family members and other spectators that there is a chance that they will NOT wrestle on Friday (but will still weigh-in), and can provide expected details after the seed meetings, based on the bracket size for each weight class.
9. Registration will take place simultaneously with State Open registration on Friday. All entrants, whether or not they will have a match on Friday (due to variable bracket sizes), will need to register and weigh-in. Female weigh-ins will be conducted immediately following the State Open weigh-ins (and just prior to the Coaches Meeting). As such, wrestling for the girls is expected to begin 1 hour after the State Open commences (estimated start time for any females in the Round of 32 will be 4:30 p.m.). The entry fee for the girls event will be \$20 per wrestler (your school will be billed – do not bring payment). As there are no team scores being kept, there is no “team entry fee” option at this time. Again, the registration fee will be billed by CIAC to the schools of the entrants, and will not be collected at the gate.
10. Coaches passes will be determined based on the number of entries for the State Open and the Girls Invitational Tournament. As in the past, each team receives two (2) coaches passes and one (1) manager pass for the event. Any team that qualifies more than four (4) wrestlers for the Open will receive a third pass. In addition, any team that enters more than two (2) female wrestlers will receive an additional coach pass. Under no circumstance will more than four (4) coaching passes be issued to any school. Additional coach passes for certified coaches in

proper attire may be in the corner coaching. Please note that due to both event being held concurrently, the chances of multiple wrestlers from the same team competing at the same time are increased. Referees will be instructed NOT to hold any matches for coaches who are occupied by another bout on another mat, as presence within the facility meets the requirement.

11. Girls may continue to represent their respective schools during the regular season in dual meets, tournament, etc., must appear on the school's roster and MUST be weight-certified and an eligible member of a team in order to participate in the Girls Invitational Tournament. All CIAC individual season limitations concerning the number of events for the season and on a weekly basis will apply. Any tournament conducted during the course of the wrestling season will count toward individual limits, whether the event is a varsity event, a JV event or a "girls only" tournament. Any "girls only" tournaments will be considered JV events, and results from those tournaments will not count toward a female wrestler's varsity record (and as such, sending girls to a girls' event will NOT impact a TEAM'S season, multi or weekly limitations, only the individual athlete). However, these tournaments are subject to CIAC regulations (i.e. tournament may NOT be scheduled for Sunday unless requesting a waiver from CIAC, which will probably be granted). In addition, schools with significant female participation may seek to schedule dual meet competitions with other schools, but these would be considered JV events (and would be subject to season and weekly limitations for INDIVIDUALS). In addition, any "one-man teams (now known as "collaborative teams")" are subject to all applicable rules and regulations (no more than six (6) athletes from any one school, and all wrestlers from same school must collaborate with one "host" school.