

53rd ANNUAL 2020 CIAC WRESTLING INFORMATION

Sponsored by the U.S. Marines

TOURNAMENT ALERT

- Weight certification must be completed prior to competition but not before December 2, 2019.
- Each wrestler is required to have at least 33% of his weigh-ins during the season at or below the minimum weight he will wrestle during the state tournament series. Quad match equals one weigh-in. The maximum number of weigh-ins is 18.
- **League tournament matches and weigh-ins shall not be included into CIAC tournament information. (Prep school matches and matches against teammates do not count for seeding purposes, including non-sanctioned weight classes.)**
- **THE LAST DATE TO COUNT FOR TOURNAMENT WILL BE THURSDAY, FEBRUARY 13, 2020.**
- 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.

PRE-SEASON COACHES MEETING Tuesday, November 26, 2019 – 6:30 p.m. – CIAC Office – Room C-1
(Presentation on Flo Wrestling)

TOURNAMENT COACHES ATTIRE -- The following dress requirements are in effect for the 2020 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.

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.

2019-20 NFHS WRESTLING RULE CHANGES

- | | |
|--------------------|--|
| 4-1-1a | Clarified that a suitable undergarment that provides maximum coverage shall be worn under a one-piece singlet. |
| 4-1-1b | Clarified that a suitable undergarment that provides maximum coverage shall be worn under a short designed for wrestling and under compression shorts. |
| 4-1-1c Note | Clarified that female wrestlers wear an undergarment that completely covers their breasts and that all wrestlers wear suitable undergarments that completely covers parts of their body. |
| 4-1-3 | Clarified how wrestling shoelaces shall be secured in an acceptable fashion. |
| 4-1-4 | Clarified what can be displayed on wrestling ear guards. |
| 4-2-1 | Modified the hair rule and identified inappropriate hair-control items. |
| 4-3-5 | Clarified what a wrestler shall not wear during a match. |
| 4-5-7 | Clarified what item(s) a female wrestler shall wear at weigh-in. |
| 5-25-2 | Clarified the definition of a takedown. |
| 5-27-1a | Modified the definition of a technical violation. |
| 7-3-1 | Clarified the application of a technical violation. |
| 7-6-6d | Modified the definition of stalling. |

- 8-1-3, 8-1-4, 8-1-5, 8-1-6, 8-1-7** Modified the administration of the stalling penalty.
- Penalty Chart** Modified to reflect the administration of the new stalling penalty.
- 8-2-4a, 8-2-4b(1), 8-2-4b(2), 8-2-4b(3)** Modified the rule to extend time to evaluate head, neck and cervical column injuries.
- 9-2-2f** Modified the tie-breaking criteria in a dual-meet competition.
- Official Signal 28** Modified new signal to indicate that additional time has begun to evaluate head, neck and cervical column injury.

2019-20 Points of Emphasis

1. Wrestler’s Equipment
 - a. Verification
 - b. Inspection
 - c. Compliance
 - d. Appearance/Uniform
2. Stalling
3. Concussion Evaluation Time Extension
4. Sportsmanship Enforcement
5. Importance of Hydration with Body Fat Assessment

CIAC WRESTLING RULES INFORMATION FOR 2020

Sponsored by U.S. Marines

1. Only institutional members of the Conference may enter these tournaments.
2. Matches with non-member of CIAC schools will not be considered in the seeding. Matches with out-of-state schools who are NOT members of their state association and matches against teammates WILL NOT count for seeding.
3. The 2020 CIAC Wrestling Tournament will be operated in four (4) divisions. Placement of schools has been based on the 2018-19 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 – 760 and over L – 544-759 M – 543-390 S – up to 389

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 2019-20 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. 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 he will wrestle during the state tournament series.

- d. Overall records of wrestlers and only meets with Conference member schools or eligible out-of-state schools are to be counted for seeding purposes for divisional tournaments. Out-of-state eligible schools must be members of their state athletic association and must be approved by their state department of education, and follow National Federation Rules.
6. a. To be eligible to compete in the divisional tournaments each school team must have competed in at least **eight (8)** varsity meets during the 2019-20 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 \$8.00 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 2019-20.
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

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

13. **Tournament Dates**

Division Finals	February 21, 22, 2020
Open	February 28, 29, 2020
New Englands	March 6, 7, 2020

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 21, 2020, the Divisional Championships will be conducted on Saturday, February 22 and Sunday, February 23. Times TBA.
- b. If the Divisional Championships have to be postponed on Saturday, February 22 after Friday’s session was held, the remainder of the Championship will be conducted on Sunday, February 23 – starting at 12:30 p.m. and Monday, February 24 – starting at 5:00 p.m.
- c. The Open Championship postponement 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 -- **Bristol Central High School**
Meet Director – Brian Archibald
Cell (860) 989-6744
Email – brianarchibald@ci.bristol.ct.us
- M -- **Guilford High School**
Meet Director – Bob Swan
Cell – (203) 641-2838
Email – rswan@east-haven.k12.ct.us
- 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

New England -- **TBD**

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

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

Schools sending wrestlers to more than one varsity competition on the same day must maintain weekly and seasonal limitations, 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.
- 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. Individual results must be counted in all tournaments.
- 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 submit seeding information via the CIAC web site – www.ciacsports.com – on or before February 18 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.

Tuesday, February 18	5:00 p.m.	LL
Tuesday, February 18	7:00 p.m.	L
Wednesday, February 19	5:00 p.m.	S
Wednesday, February 19	7:00 p.m.	M

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

a. Seeding Procedure (Protocol)

- 1) Gather the data on each wrestler – full name, overall record in all matches wrestled, points earned for winning percentage, 2019 State Tournament Placement Points, and if applicable – 1 point for having 18 wins or 2 points for having 28 or more wins. **League tournament events do not count toward seeding records (See 18.a.3.). Competition against schools that are not members of their state association will not count. Non-sanctioned weight classes do not count. Matches against teammates do not count.**
- 2) Total up points earned by each competitor and rank all wrestlers based strictly on points.
- 3) Break ties as outlined in Section c-1, c-2, or d. NOTE: All matches count including tournament matches.
- 4) Award a half point to any wrestler who has defeated an opponent ranked higher by at least two seeds. This is explained in full in Section E. (Note: All matches count, including tournament matches.)
- 5) Re-rank the weight class.
- 6) Implement Section F. of the seeding criteria.

b. To Earn Points

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

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

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

Example B: 7 season matches, won 6 lost 1

The fraction $\frac{6}{12^*}$ 50. Season record percentage

*Cannot be less than 12

19. For season record, percentage points are awarded as follows. NOTE: Only varsity matches may be used to determine season record percentage. Matches with non-member Connecticut secondary schools will not be considered in the seeding. Matches with out-of-state schools who are NOT members of their state association and matches against teammates WILL NOT count for seeding.

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

*All percents rounded off to nearest tenth.

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

2) Placement in the 2019 State Open Tournament

Points are awarded as follows:

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

3) Placement in the 2019 Divisional State Tournament

Points are awarded as follows:

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

4) Placement in the 2019 New England Tournament

Points are awarded as follows:

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

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

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

Step 1 – Most Wins – Head-to-head (any and all matches including tournaments)

Step 2 – Number of Higher Ranked Opponents Beaten

Step 3 – Actual Season Record Percentage

Step 4 – Number of Wins

Step 5 – Coin Toss

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

Step 1 – 1 point for each of higher ranked opponents beaten

Step 2 – Actual Season Record Percentage

Step 3 – Number of Wins

Step 4 – Coin Toss

- d. Seed the weight class for all wrestlers **with points** – award a half (.5) to each and every wrestler who has defeated an opponent who is ranked higher by at least two seeds. Ex.-Wrestler #8 defeated #6 and #3. Wrestler #8 earns an additional point. Ex.-Wrestler #8 has defeated #7. Wrestler #8 receives no points, to earn points it must be two seeds higher. After this has been completed re-seed the weight class. This will be done only once.
- e. After a weight bracket is seeded, any wrestler who has defeated the next higher seeded wrestler during the season will interchange places with that wrestler. A wrestler moving up may interchange again if the next higher wrestler was beaten during the season. This may be repeated as warranted. Repeat this process until you have gone through the bracket once. This process will start at seed one and work down. (If a wrestler has beaten a wrestler more than one place higher the interchange may not take place.)

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

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

20. **Divisional Tournament Seeded Entries and Alternates** – All entries and alternates must be entered online via CIAC by the required date. However, changes may be made at the seed meetings and at the event in accordance with the following guidelines:

- a. At the seeding meetings, once a wrestler is entered and subsequently seeded at a specific weight class, that entered wrestler MAY NOT change weight classes. As the weight class is brought up for seeding purposes at the seed meeting, a wrestler may be changed to another weight class for which he or she is eligible, provided that weight class has not already been seeded (i.e. can't move a 126 down to 120 after 120 has been seeded, even if athlete qualifies for 120). Once seeded, the weight class at which the wrestler is entered may not be changed (i.e. can't change weight classes at the event if wrestler fails to make weight).
- b. An alternate 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.

- 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 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, 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.
21. **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. If a match is rescheduled to a Monday, there is a one pound allowance.**
- IN DIVISION AND OPEN CHAMPIONSHIP MEETS**, WRESTLERS MUST WEIGH-IN EACH DAY OF COMPETITION.
22. **Final Matches** – All final matches of divisional and open championships will be ordered by a random draw.
23. **State Open** – The four divisional champions will be seeded according to state tournament placement points earned up to the divisional seed meetings on February 18, 19, 2020. 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 24, if their wrestler has defeated any of the other three state champions.
24. **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 2019-20 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 December 2, 2019 (first practice date).
2. No wrestler allowed to compete until alpha certified.
3. Two pound growth allowance is December 25, 2019 (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.**

FAQ FOR CONNECTICUT WRESTLING COACHES 2019-20

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

Part I – Weight Certification Process

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

Part II – Minimum Weights and Minimum Weight Classes

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

Lastly, any wrestler weighing in below the weight which descent will permit CANNOT have that weight-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:

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

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

11. Q. **May a school send separate “A” and “B” teams to compete in two separate varsity-level events?**
- A. Yes. (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

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.

2019-20 CIAC Wrestling Committee

Administrators

Steve Merlino, AP, Coventry High School – CH
Bob Swan, DPS, East Haven High School
Roy Wentworth, AD, Norwich Free Academy
Ted Oczkowski, AP, O'Brien Tech. High School, Ansonia

Coaches

Pat Risley, Windham High School – 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
Pat Risley, Windham High School – CAAD
Carmen Delvecchio – Officials
Dave Nowakowski, Lisbon
Ricky Shook, Danbury High School
Kelly Murphy, Willington
Chris Piel, New Milford High School

Tournament Appeals Committee for Divisional Championships

CIAC representative
Head Official
Meet Director

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2020 CIAC Wrestling Tournament Seed Information / Sites / Dates

Any school that does not submit seeding information via the CIAC web site – www.ciacsports.com – on or before February 17 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: LL – February 18 – 5:00 p.m. – CIAC Office
L – February 18 – 7:00 p.m. – CIAC Office
S – February 19 – 5:00 p.m. – CIAC Office
M – February 19 – 7:00 p.m. – CIAC Office

Divisional Tournament Site: LL – Trumbull High School
L – Bristol Central High School
M – Guilford High School
S – Killingly High School

Open Tournament Site: Floyd Little Field House, New Haven

Divisional Dates: February 21, 22, 2020

Open Dates: February 28, 29, 2020

2019-20 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 December 2, 2019. **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, 2019. (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.**

2019-20 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 Monday, February 17, 2020.**

Entry fee - One person teams \$100. Teams with four or more wrestlers - \$100 per team plus \$8 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 13, 2020.**

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 _____
Location AND Number of Lesion(s) _____

Mark

Location AND Number of Lesion(s) _____

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

Date Treatment Started ____ / ____ / ____

Earliest Date May Return to Participate ____ / ____ / ____

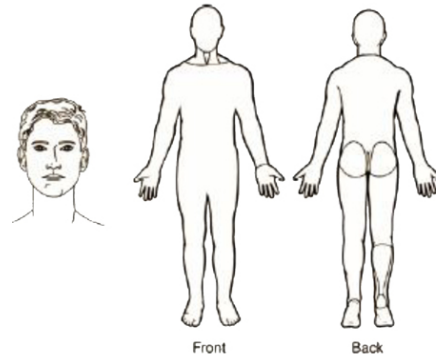
Form Expiration Date ____ / ____ / ____

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.

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury Annual Review 2019-20
Required for ALL School Coaches in Connecticut**

NOTE: This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. In addition to reviewing this form, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up Concussion in Youth Sports training course or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at:

<http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education.*

What is a Concussion?

Centers for Disease Control and Prevention (CDC) - *“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth.”* -CDC, Heads Up: Concussion http://www.cdc.gov/headsup/basics/concussion_what.html

Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious” -CDC, Heads Up: Concussion Fact Sheet for Coaches http://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. The recognition of signs or symptoms of concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

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

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

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

State law requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an individual’s concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

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

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

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

Section 4. Local/Regional Board of Education Policies Regarding Concussions

***** Attach local or regional board of education concussion policies *****

I have read and understand this document and have viewed the prescribed resource material. I understand that state law requires me to immediately remove any player suspected of having a concussion and to not allow her/him to return to participation until she/he has received written medical clearance by a licensed health care professional trained in the evaluation and management of concussions.

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. http://www.nfhs.org/http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx.
2. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
3. CIAC Concussion Central - <http://concussioncentral.ciacsports.com/>

Resources:

Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. <http://www.cdc.gov/TraumaticBrainInjury/index.html>

Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2014.