

- (g) Team Expenses: Travel and meal expenses will be allowed for 13 players plus a coach and a manager. Reference 4.3.3.c for the formula.
- (h) Official Ball: The Wilson Icor High Performance (WTH7700XBLSI) is the official ball of the state championships.

4.14 **WRESTLING**

4.14.1 **General:**

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
 - (b) Date of First Practice: October 31.
 - (1) Practice cannot be held until the wrestlers attending that practice have their minimum weights established.
 - (2) Hydration testing & skinfold measuring may begin no earlier than Monday, October 22.
 - (c) Preseason Scrimmages: Reference 4.1.5
 - (d) Date of First Match: November 14.
 - (e) NWCA Optimal Performance Calculator Requirements:
 - (1) A skinfold measurer/hydration tester must be certified and validated prior to the start of the wrestling season.
 - (2) Hydration and skinfold measurements: Data must be entered at the completion of measuring. An NCHSAA approved assessor **MUST** enter this information – not a coach.
 - (3) Match weigh-ins: Must be entered within 24 hours of match/tournament completion.
 - (4) Match weight form: Coaches are required to exchange this form at ALL matches and tournaments. This sheet will show the lowest weight at which each wrestler may weigh-in at the next match and will also show the lowest weight class at which he/she may compete. All coaches should receive a copy of this sheet for matches.
 - (5) Schedule and match/tournament results: Schools are required to enter all match results within 24 hours of participating in a match or tournament.
 - (6) Random checks of all required information will be done by the NCHSAA. Failure to comply will result in fines and/or penalties.
 - (f) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.
 - (1) A licensed athletic trainer (LAT) or a first responder must be present at all times in any competition area in which wrestling matches are being held.
Example: Wrestling in the Auxiliary Gym and Main Gym at the same time would require two licensed athletic trainers or first responders or a combination of one of each.
 - (2) Skin checks must be performed by a licensed athletic trainer. If no licensed athletic trainer is present, the skin checks must be performed by a first responder and referee.
 - (g) Number of Regular Season Matches:
 - (1) Individuals are limited to 55 matches in a season (prior to Saturday before the week of the dual team tournament) and, by NFHS rules, may participate in a maximum of five matches per day.
 - (2) The following options are legal during any week (Monday-Saturday) of regular season competition providing there is no loss of school time.
 - 1. One Dual 4. One Quad
 - 2. Two Duals 5. One Tournament (see i and ii below)
 - 3. One Tri 6. One Dual, Tri, or Quad + One Multi-Team Event (see iii below)
 - (i) Tournaments may be either an Individual, or Dual Team format, lasting no more than two days.
 - (ii) Teams are allowed only 1 dual team tournament per season in which the team gets more than 5 matches.
 - (iii) A Multi-Team Event is defined as a Tri, Quad, Quint, or Tournament.
 - (3) Teams that do not qualify as a representative into the NCHSAA State Dual Team Championships may schedule two dual meets, or one tri-meet, the week of the dual team tournament.
 - (4) During the week of the individual regional and state tournament, dual team matches are NOT allowed.
 - (5) If a team qualifies into the state dual team tournament and wrestles two matches, that team may not wrestle in any more matches that week. **NOTE:** These match results will not count towards regional seeding records.
- (h) Inclement Weather and Postponements: Any postponed event may be rescheduled during any week of regular season competition provided that the given week does not exceed any of the 6 combina-

tions above, plus 1 dual match. This only applies to postponed events. No additional exceptions are allowed.

- (i) NFHS Order of Competition: A random draw must be conducted immediately following the conclusion of weigh-ins to determine the first weight class that will be competed in dual matches.
 - (1) This begins with the regular season and continues through the individual state championships.
 - (2) The draw will take place immediately preceding the weigh-ins.
 - (3) The referee or other authorized personnel shall supervise the draw.
- (j) Schedules: Both varsity and junior varsity schedules are due to the appropriate regional supervisor by September 30.
- (k) Weight Classes: Weight classes are 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285.
- (l) NFHS Weigh-in Regulations:
 - (1) Contestants of the same gender shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of one hour before the time of a dual meet, or a team's first competition in multiple dual meet event is scheduled to begin.
 - (2) Contestants in an individual tournament shall weigh in at the tournament site a maximum of two hours before the first session of the day.
 - (3) When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.
 - (4) For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration.
 - (5) Contestants shall not leave the designated weigh-in area for any reason unless permission is granted by the meet administration.
 - (6) The weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class.
 - (7) A contestant shall weigh in for only one weight class during the weigh-in period.
 - (8) If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale.
 - (9) If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in the scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight.
 - (10) During time off the scale(s), activities that promote dehydration are prohibited. The referee or the official, of the same gender, shall supervise the weigh-ins.
- (m) Rules Regarding Practice:
 - (1) If a high school coach agrees to also coach a middle school team, he has to set up a separate practice.
 - (2) Any individual who coaches at an NCHSAA member high school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the skill development, out-of-season workout rules.
 - (3) If a high school coach also coaches a "freestyle" or "club" team, whether head or assistant, and has any wrestlers from his high school team on that outside team, he cannot work with any of them during a dead period, and is limited to no more than 8 of them per day in an out-of-season workout.
 - (4) Regional/State Championship Practice: Reference 4.1.5.m.
- (n) Sanitary and Safety Measures:
 - (1) All mats must be cleaned with a 10 percent bleach solution or isopropyl alcohol solution prior to the first match and each time blood gets on the mat.
 - (2) A bucket or squeeze bottle with a 10 percent bleach or isopropyl alcohol solution and rubber gloves should be placed at each mat for cleaning purposes. This same solution should be used to wipe any blood off an opponent's skin.
 - (3) It is important that any time there is blood present, even on uniforms, that it is treated with care regarding its ability to transmit infectious diseases.
 - (4) If the bleeding problem is severe enough, the competitor should not be permitted to continue, not only from the standpoint of possible disease transmission but also for the health and safety of the injured athlete.
 - (5) During the match each coach will be responsible for cleaning his own wrestler, and the home team is responsible for cleaning the mat. (Refer to NFHS Rule Book).
 - (6) A form related to communicable skin disease is also available on the NCHSAA website.
- (o) Filming, Videotaping or Video Streaming: Reference 4.1.25.

4.14.2 **Establishing Mandatory Certified Minimum Weight:**

- (a) Part I – Register with the NWCA

- (1) Schools are required to register with the NWCA by October 1, 2017; the cost is \$30.00 per year. Registration information can be found on the NCHSAA webpage under the wrestling section.
 - (2) All schools are required to enter hydration test results, skinfold measurements, official weigh-ins, season schedule, and match results into this system.
 - (i) Failure to do any of the listed may result in a penalty.
 - (3) Weigh-ins and match results must be entered within 24 hours.
- (b) Part II – Hydration Testing
- (1) Hydration testing may begin no earlier than October 22.
 - (2) Practice cannot be held until the wrestlers attending that practice have passed a hydration test and had their certified minimum weights established. Example: If a school is not able to conduct testing until Friday, November 2, that school could not hold “mat” practice until that process has been completed on Friday.
 - (3) Students who are not eligible 1st semester when measuring is done, should not be measured until they gain their eligibility.
 - (4) A NCHSAA Certified Measurer must perform the official measurement of Urine Specific Gravity (USG) using chemical dipsticks or refractometer. Coaches are encouraged to monitor the athlete’s hydration status throughout the season (refractometer or urine color chart).
 - (5) Test of USG must be passed prior to Skinfold measurement:
 - (i) Trial 1
USG of <1.025; skinfold measurement may be done.
USG > 1.025; re-test no earlier than 24 hours, but no later than 72 hours
 - (ii) Trial 2
USG of <1.025; skinfold measurement may be done.
USG > 1.025; re-test no earlier than 24 hours, but no later than 72 hours
 - (iii) Trial 3
USG of <1.025; skinfold measurement may be done.
USG between 1.025 – 1.030; skinfold measurement to be done and athlete MUST move up one weight class from minimum weight
USG > 1.030 athlete is ineligible for the season
- (c) Part III - Skinfold Measurements to Determine Body Fat
- (1) No wrestler may practice until a certified minimum weight has been determined and no wrestler may ever wrestle below his certified minimum weight.
 - (2) Certified minimum weight information must be entered into the NWCA website at the completion of measuring.
 - (i) Skinfold measurement must be done by the NCHSAA approved measurer. Lange or Baseline Calipers or BodPod must be used. The measurer cannot be a wrestling coach. Medical personnel, even if trained in skinfold measuring, do not automatically qualify. They should contact the NCHSAA to obtain information on becoming an approved measurer. Once a person is trained or approved by the NCHSAA, he or she does not have to attend a clinic on a yearly basis. NOTE: A clinic is offered each summer during the NCCA clinic in Greensboro.
 - (ii) Areas of measurements for males will be triceps, subscapular and abdominal. For females, triceps and subscapular. (See Appeals section for information on requesting a 2nd skinfold measurement.)
 - (iii) The Lohman/Brozek Equations, which were developed specifically for high school wrestlers, will be used to determine body fat, as well as the certified minimum weight class in which a wrestler will be allowed to participate.
 - (iv) Certified minimum weight with three percent error allowance will be used. This is the athlete’s lowest wrestling weight without filing an appeal. The NWCA system automatically applies this 3%.
 - (v) To be eligible to participate, a wrestler’s body fat cannot be below 7% for men, 12% for females. If initial testing indicates a wrestler’s body fat is below the minimum percent allowed, he/she will not be able to participate without written clearance from a licensed physician, physician’s assistant or nurse practitioner, indicating that the athlete is naturally at this Sub-7%/12% level).
 - (3) These written clearances must be approved by the NCHSAA prior to the wrestler competing. Form is available on the NCHSAA website.
- (d) Growth Allowance: On December 25, the two-pound growth allowance will be in effect for all wrestlers.

- (e) **Weight Class Certification:** Wrestlers have until Saturday, January 26, 2019, to certify the lowest weight class at which they would like to participate during the individual, regional and state tournaments.
 - (1) Wrestlers must be eligible to compete before their coach allows them to weigh-in for any weigh-in. Wrestlers weighing in and not eligible to compete will not be allowed to count the weigh-in, and the coach could be subject to further sanctions by the school and the NCHSAA.
 - (2) Even though a wrestler has certified their weight class for post-season competition, they must still abide by the NWCA weight loss guidelines and remain cognizant that their weight is below the certified weight class on January 26.
 - (3) After the weight class certification, the weight loss descent plan will remain in effect through the individual regionals.
- (f) **Monitoring Weight Loss and Certified Minimum Weight**
 - (1) Daily and Match weigh-ins are mandatory.
 - (i) Daily weigh-ins: Should be conducted by the coach. This information should be kept on scratch sheets and be available if requested by the NCHSAA.
 - (ii) Match weigh-ins: Must be conducted and observed by all participating coaches in the match and/or tournament. Weigh-in data MUST be entered within 24 hours of match/tournament completion.
 - (iii) All daily and match weigh-in sheets must be available for NCHSAA review.

4.14.3 **Weight Loss Guidelines:**

- (a) All wrestlers losing weight are limited to an average weight loss of 1.5% per week throughout the season, beginning the Monday of the week their body composition is assessed.
 - (1) Weight loss as a result of fluid loss is normal for strenuous exercise, BUT a 97% rehydration should take place within a 24-hour period.
- (b) **Failure to Meet Weight Guidelines**
 - (1) If a wrestler's weight falls below allowed daily weight plan:
 - (i) He/she must compete at the weight class the daily weight plan certifies him/her, or the next highest weight class, even if the weight is substantially below the daily minimum wrestling weight.
 - (2) If a wrestler's weight falls below his/her established certified minimum weight.
 - (i) He/she is not eligible to practice or compete until he/she reaches his/her certified minimum weight.
 - (3) The penalty for wrestling below the established certified minimum weight is a \$500.00 fine and the wrestler is ruled ineligible for the remainder of the season.
- (c) **Appeals:** Forms can be found on the NCHSAA website and must be completed by the school and submitted for approval to the NCHSAA within 14 days of wrestler's original measurements and prior to competing. After 14 days have passed or the wrestler competes he/she is no longer eligible to appeal. There are two areas of appeals:
 - (1) Request to wrestle with body fat % below minimum established - If a wrestler's body fat is below the minimum established, 7% for males and 12% percent for females, permission can be granted for the wrestler to participate if approved by a physician and parents/custodians.
 - (2) Appeal of minimum weight – must be approved by NCHSAA but does not require written approval of physician or parents/custodians. In accordance with NCHSAA weight loss guidelines a wrestler may appeal his/her initial skinfold measurements. This appeal process is not in place to give the wrestler an opportunity to lose additional weight and be re-measured in order to achieve a lower certified minimum weight. It is available if there is any question on the accuracy of the initial measurements. Some appeals may require an appeals committee approval.
 - (3) The following is a list of options available:
 - (i) Option 1 – Request school personnel re-compute initial calculations. If 2nd calculation is not accepted, the wrestler can request to be re-measured by the same skinfold measurer. NOTE: The original weight will be used in the re-calculation. Only the skinfold measurement will be retaken. Wrestler then chooses which measurement to accept.
 - (ii) Option 2– Wrestler does not ask for calculations to be re-computed, or for skinfold measurements to be retaken, but opts to be measured by means approved by the NCHSAA Sports Medicine Advisory Committee (List found on NCHSAA website).

4.14.4 **Regionals (Individual)**

- (a) **Dates:** Double elimination regional meets in all classifications will be held February 8-9, 2019.
- (b) **Regional Entry Form:** Information will be submitted through the NCHSAA approved system.
- (c) **Regional Entries and Seeding:** Entries are due to the regional director by 3:00 pm, Monday, January 28, 2018.
 - (1) A school may enter only one wrestler in each weight class.

- (2) Any wrestler listed on the regional entry form can compete at any weight class for which his certified minimum weight qualifies him.
- (3) Late entries may be submitted to the NCHSAA and must be in by 9 am the Wednesday the week of the dual team tournament. Use the form on the NCHSAA website. A \$50 fee will be assessed for each individual entry. No entries after this will be accepted.
- (4) The director will determine the percentage standing of each entry, based on the wrestler's won-lost record for all varsity matches in which he participated.
- (5) All regular-season varsity matches, including tournaments, wrestled prior to January 27, shall be used in determining the won-loss record.
- (6) In cases where the wrestler has participated in less than 15 matches, the number short of 15 shall count as losses for seeding percentages.
- (7) Reporting a wrestler's record incorrectly disqualifies that participant.
- (8) Forfeits are counted toward the won-loss record, while byes are not.
- (9) Regional seeding requirements and guidelines will be posted on the NCHSAA Wrestling page of the website.
- (10) A tie for last place will be broken by:
 - (i) Previous head-to-head competition between those participants, or if they did not meet during the season,
 - (ii) Whichever participant wrestled more matches, or if there is no difference,
 - (iii) A preliminary match between the tied wrestlers.
- (11) Once the tournament is seeded, no changes will be made.
- (d) Team Points: All bouts prior to filling the 16-line bracket shall be considered preliminary competition and will not receive advancement points.
- (e) Regional Assignments: Assignments, along with the most current information about regional sites and dates, are posted on the NCHSAA website.
- (f) Regional Site Determination: At the regional tournament, a meeting of coaches must be held to select a site and a director for the upcoming season.
 - (1) This is a mandatory meeting that will be conducted by the current regional director.
 - (2) The current director will then notify the NCHSAA office within 10 days after the completion of the tournament.
- (g) Qualifiers to State Tournament: The top four wrestlers in each weight class will qualify from each regional to the state.
- (h) Admission: Session pass for first day is \$8.00. Championship session is \$6.00. All-tournament passes are \$15.00. A Saturday pass is \$10.00.
- (i) Officials: Will be assigned by the NCHSAA Supervisor of Officials.
- (j) Expenses: Each school will bear its own expenses to the regionals.
- (k) Awards: Team plaques will be awarded to each regional champion and runner-up. Awards for individual champions, runner-up and third place in each weight class will be provided.

4.14.5 State Tournament Championships (Individual):

- (a) Dates and Sites: February 14-16, 2019, at the Greensboro Coliseum, Greensboro.
- (b) Admission: \$5.00 (Thursday Session Only); \$15.00 (One-Day Pass Friday or Saturday); \$25.00 (Tournament Pass for Friday and Saturday Sessions); \$7.00 (Championship Session Only). All prices include one dollar surcharge for Endowment).
 - (1) Participants will be admitted by coaches' identification.
 - (2) Wrestling non-qualifiers may be admitted for \$5.00 each day and must enter with a coach.
- (c) Awards: The championship and runner-up teams will receive plaques; individual awards will be presented to the top four finishers in each weight class.
- (d) Expenses: Travel will be paid at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.
- (e) Officials: Officials will be assigned by the NCHSAA Supervisor of Officials.

4.14.6 Dual Team Wrestling Championships:

- (a) Reporting Playoff Qualifiers: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the conference tournament. All information must be reported to the NCHSAA office by 11:59 p.m. on January 26, 2019.
 - (1) The information includes overall won-loss record and winning percentage for all conference schools.
 - (2) If no conference tournament is played, this information should be submitted upon conclusion of the conference's regular season.
 - (3) Failure to comply with the initial reporting procedure will result in a \$400 fine to the conference.

- (4) The overall winning percentage and finish in conference standings will be used when determining which schools qualify for wild-card berths in playoffs.
- (5) Check website for additional information.
- (b) Qualifiers: Pre-determined brackets with the number of qualifiers listed below.
 - (1) In 1A there will be 24 qualifying teams.
 - (2) In 2A, 3A & 4A there will be 32 qualifying teams.
- (c) Once qualifiers have been determined or the seeding process is completed, and teams have been placed in the brackets, at no time will another team be substituted in or added to the playoff brackets for a disqualified team. If a disqualification occurs after the playoffs have concluded, that place or position remains vacant.
- (d) Dates and Sites: Sites for all classes will be determined by the NCHSAA after all qualifiers are reported.
 - (1) The 1st round/2nd round will be conducted on January 29, then the 3rd round/regional round will be hosted on January 31, with the state championship held on February 2.
 - (2) In all classes, the NCHSAA will select schools to host playoff contests throughout the regional round. Brackets for the 1A classification will consist of 24 teams, while the 2A, 3A, and 4A classifications will consist of 32 teams.
 - (3) The State Championship round will be hosted by the NCHSAA at a neutral site (T.B.D.)
- (e) Admission: First round through the regionals, \$6.00; state championships \$8.00 (includes one dollar surcharge for Endowment).
- (f) Expenses: Schools will bear their own travel expenses to the dual team tournament through the regional round. The host school will deduct allowable expenses (see financial form for allowable expense).
- (g) Gate Receipts: The NCHSAA will receive 25% of the gross gate for first rounds through regionals. The remaining net (after host expenses) will be divided among the participating schools on a per match basis. For the State Championships, tickets will be sold by classification and participating schools will share 40% of the net gate revenue based upon tickets sold per classification with the NCHSAA receiving the remaining 60%.
- (g) Match Weigh-ins: Must be conducted by official, unless mutually agreed to do otherwise.
- (h) Officials: For the first four rounds of the state playoffs, the local regional supervisor of the host school will assign officials. Officials for the Dual Team State Championships will be assigned by the NCHSAA Supervisor of Officials.
- (i) NFHS Order of Competition: A random draw must be conducted immediately following the conclusion of weigh-ins by the official or other authorized person to determine the first weight class that will be competed in dual matches. This begins with the regular season and continues through the individual state championship.
- (j) Awards: Team plaques will be given to the winner and runner-up teams at both the championship and regional levels. Members of the winning and runner-up teams will receive individual awards (maximum 30).
- (k) Dual Meet Tie-breaking Procedure (Regular Season and Playoffs): The tie breaker in the National Federation rulebook must be used in the event a tie score exists in any conference dual meet or conference tournament, or in any dual team playoff match.