

NOTE - Participating schools are responsible for dividing any deficit or net.

- (1) The NCHSAA receives 0% of the net gate for first round games.
- (2) The NCHSAA receives 15% of the net gate from second and third round games.
- (3) The NCHSAA receives 20% of the net gate from fourth round games.
- (4) The NCHSAA receives 25% of the net gate from regional playoff games.

NOTE - Participating schools are responsible for dividing any deficit or net.

- (5) So the overall expenses of conducting the contest may be evenly shared, the following expense formula must be used in all rounds prior to the state championship:
  - (i) Where the distance between competing teams is 100 miles or less, the visiting school will pay its own transportation and meals. The host school will provide the playing facility, ticket takers, security and balls at no charge. Officials are to be paid from gate receipts.
  - (ii) Where the distance is more than 100 miles, the same plan should be followed, except the officials are paid by the host school, rather than from the gate receipts.
  - (iii) All concession rights are retained by the host school.
- (m) Pep Bands, Banners, Placards, and Signs - Pep bands of participating schools are not permitted for playoffs. Note that banners, placards and signs are prohibited.
- (n) Regional Awards - Team plaques will be presented to the regional champion and regional runner-up.
- (o) Official Ball - The Wilson K1 Gold (WTH1895A1XB) is the official ball of the volleyball playoffs and championships. The Wilson K1 Silver may also be used in the playoffs.

#### 4.13.3 State Championship

- (a) Date, Site, Format, and Home Team - State championships in all four classes will be held on November 4. Competition is best three-out-of-five sets. The Western champion is the home team.
- (b) Admission - See Ticket Pricing Chart (page 115).
- (c) Officials - Will be assigned by the NCHSAA Assistant Commissioner for Officiating.
- (d) Awards - A plaque will be presented to the championship and runner-up teams. Members of the championship and runner-up teams will receive individual awards (a total of 20).
- (e) Gate Receipts - The net balance will be divided as follows, 20% to each of the competing teams and 60% to the NCHSAA.
- (f) Team Expenses - Travel and meal expenses will be allowed for 13 student-athletes plus a coach and a manager. See 4.3.3(c).

### 4.14 **WRESTLING**

#### 4.14.1 General

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (b) Date of First Practice - October 30.
  - (1) Practice cannot be held until the student-athletes attending practice have their minimum weights established.
  - (2) Hydration testing and skinfold measuring may begin no earlier than Monday, October 16.
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Match - November 13.
- (e) 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 student-athlete 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 penalties.
- (f) Health and Safety Guidelines - Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (See 4.1.20) and Health and Safety Guidelines (See 2.3) for all the information.

- (1) A licensed athletic trainer (LAT) or a first responder must be physically 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) Student-athletes are limited to 55 matches in a season (excluding conference tournament and postseason matches) and, by NFHS rules, may participate in a maximum of six 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) Teams that do not participate in the Dual Team Playoffs may compete in one (1) multi-team event on the Friday or Saturday immediately following playoff bracketing.
  - (5) During the week of the individual regional and state tournament, dual team matches are NOT allowed.
  - (6) 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.
  - (7) Teams may allow varsity student-athletes from the same team to participate in two different tournaments on a given day.
    - (i) May not exceed other established weekly limitations.
    - (ii) Tournaments must be conducted on the same day.
    - (iii) Applies to Varsity only
    - (iv) Teams may use this provision a maximum of three (3) times per season.
    - (v) Teams must submit a request to the NCHSAA, which will be posted to the NCHSAA website
    - (vi) Teams may not participate in two dual team tournaments on the same day.
- (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 combinations 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
  - (1) Men's Wrestling - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
  - (2) Women's Wrestling - 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235
- (l) NFHS Weigh-in Regulations
  - (1) Student-athletes 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) Student-athletes 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 student-athletes shall be present in and remain in the designated weigh-in area at the time established by the meet administration.
  - (5) Student-athletes shall not leave the designated weigh-in area for any reason unless permis-

sion 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 student-athlete shall weigh in for only one weight class during the weigh-in period.
- (8) If only one scale is available, a student-athlete may step on and off that scale two times to allow for mechanical inconsistencies in the scale.
- (9) If multiple scales are available, a student-athlete 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 student-athlete 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 students from his high school team on that outside team, he cannot work with any of those students 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 - See 4.1.5.

(n) Sanitary and Safety Measures

- (1) All mats must be disinfected 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 student-athlete 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 student-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 - See 2.2.17.

4.14.2 **Establishing Mandatory Certified Minimum Weight**

(a) Part I – Register with the NWCA/TrackWrestling

- (1) Schools are required to register with the NWCA/TrackWrestling by October 1; 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. 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 16.
- (2) Practice cannot be held until the student-athletes attending that practice have passed a hydration test and had their certified minimum weights established.  
**Ex. -** If a school is not able to conduct testing until November 2, that school could not hold “mat” practice until that process has been completed.
- (3) Student-athletes 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 student-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  $\leq 1.025$ ; 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  $\leq 1.025$ ; 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  $\leq 1.025$ ; skinfold measurement may be done.
      - USG between 1.025 – 1.030; skinfold measurement to be done and student-athlete MUST move up one weight class from minimum weight
      - USG > 1.030 student-athlete is ineligible for the season
  - (c) Part III - Skinfold Measurements to Determine Body Fat
    - (1) No student-athlete may practice until a certified minimum weight has been determined and no student-athlete may ever wrestle below their 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 student-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, the student-athlete 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 student-athlete competing. Form is available on the NCHSAA designated reporting platform.
  - (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 Friday, February 9 to certify the lowest weight class at which they would like to participate during the individual regional and state tournaments.
    - (1) Certification occurs when the wrestler has a certified weigh in at a competition. The weigh in does not have to meet scratch weight, but must be below the weight class including the two-pound allowance, if applicable at the time of weigh in.
    - (2) 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.
    - (3) Even though a wrestler has certified their weight class for post-season competition, they must still abide by the weight loss guidelines and remain cognizant that their weight plan will allow them to descend back down to their certified weight class.
    - (4) After the weight class certification, the weight loss descent plan will remain in effect until the individual regionals.
    - (5) A wrestler cannot use the allowance to descend to a weight class lower than the established MWC on his weight loss plan.  
NOTE - If a wrestler's minimum wrestling weight is 107.5 for the year and his MWC for the year is 113, he/she cannot use the two pound allowance to descend down to 106/108 because that wrestler was never eligible for that weight class based upon their initial assessment.
  - (f) Monitoring Weight Loss and Certified Minimum Weight - Daily and Match weigh-ins are mandatory.
    - (1) 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.
    - (2) 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.

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(3) 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.

NOTE - 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, 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, 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 possible forfeitures, suspension and additional sanctions.

(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) Appeal 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.

Note - The following is a list of available options:

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. The original weight will be used in the re-calculation. Only the skinfold measurement will be retaken. Wrestler then chooses which measurement to accept.

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

(1) Women's Regional - February 2-3

(2) Men's Regional - February 9-10

(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, Thursday, January 25.

(1) A school may enter only one student-athlete in each weight class.

(2) Any student-athlete listed on the regional entry form can compete at any weight class for which their certified minimum weight qualifies them.

(3) Late entries may be submitted to the NCHSAA and must be in by 9:00 a.m. Wednesday the week of the dual team tournament. Use the form on the NCHSAA website. No entries after this will be accepted.

(4) The director will determine the percentage standing of each entry, based on the student-athlete's won-loss record for all varsity matches in which they participated.

(5) All regular-season varsity matches, including tournaments, wrestled prior to January 25 shall be used in determining the won-loss record.

(6) In cases where the student-athlete has participated in less than 7 matches (women) and 15 matches (men), the number short of 7 (women) and 15 (men) shall count as losses for seeding percentages.

(7) Reporting a student-athlete's record incorrectly may disqualify 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 student-athletes, or if they did not meet during the season,
  - (ii) Whichever student-athlete wrestled more matches, or if there is no difference,
  - (iii) A preliminary match between the tied student-athletes.
- (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 - See Ticket Pricing Chart (page 115)
- (i) Officials - Will be assigned by the NCHSAA Assistant Commissioner for Officiating.
- (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 15-17. Site: Greensboro Coliseum.
- (b) Admission - See Ticket Pricing Chart (page 115)
- (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 - Teams will either split a share of net ticket revenue (gross ticket revenue less event expenses) or travel will be reimbursed at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents, whichever revenue share method is higher for member schools.
- (e) Officials - Officials will be assigned by the NCHSAA Assistant Commissioner for Officiating

#### 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 24.
  - (1) The information includes overall won-loss record and winning percentage for all conference schools.
  - (2) If a conference tournament is not played, this information should be submitted upon conclusion of the conference's regular season.
  - (3) The overall winning percentage and finish in conference standings will be used when determining which schools qualify for wild-card berths in playoffs.
  - (4) Check website for additional information.
- (b) Qualifiers - Pre-determined brackets with the 32 qualifiers in each classification.
- (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 first round/second round will be conducted on January 27.
    - (i) Default Match Time(s):
      - (a) 3:00 p.m. and 4:30 p.m.
      - (b) Participating schools may mutually agree to adjust with NCHSAA approval.
    - (ii) Rounds will be hosted at the site of the team with the highest berth (#1, #2, etc.)
    - (iii) Ties for hosting will be decided in the following order:
      - (a) Head to head record
      - (b) Best overall winning percentage
      - (c) Draw amongst the tied teams.
  - (2) The third round and regional finals will be conducted on Wednesday, January 31.
    - (i) Default Match Time(s):

- p.m. and 7:30 p.m.
    - (b) Participating schools may mutually agree to submit a request to the NCHSAA for an earlier start time due to extenuating circumstances.
  - (ii) Rounds will be hosted by the team that creates the least amount of travel (total mileage) amongst the three (3) other schools participating in that region. In the event a team cannot host, the team with the second least amount of travel (total mileage) will host, and so on.
- (3) The State Championship will be conducted on Saturday, February 3, and hosted by the NCHSAA at a neutral facility (T.B.D.).
- (e) Admission - See Ticket Pricing Chart (page 115)
- (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 0% of the gate for the first and second round matches. The NCHSAA will receive 25% of the net gate for third round 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%.
- (h) Match Weigh-ins - Must be conducted by official, unless mutually agreed to do otherwise.
- (i) 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 Assistant Commissioner for Officiating.
- (j) 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.
- (k) Awards - Team plaques will be given to the winner and runner-up teams at both the championship and