



2020-2021 MSHSAA Wrestling Rules Modifications/Considerations



The following relief of MSHSAA bylaws, mandatory match procedures, wrestling considerations and NFHS rules modifications have been approved by the MSHSAA for implementation for the 2020-2021 season. The rules modifications and considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may become outdated.

BYLAWS AND MANDATORY MODIFICATIONS – The following items serve as a confirmation of relief that has been granted to MSHSAA bylaws and confirmation of rules or procedural modifications that are **MANDATORY** during the 2020-21 Wrestling season.

Scheduling: Duals/Triangulars/Quads and Tournaments

- Relief has been granted to MSHSAA by-law 3.29.6 to allow both boys and girls wrestling teams 20 competition dates, with no tournament date restrictions. This is in order to provide more flexibility in scheduling and rescheduling competitions on short notice during due to the unpredictability of the Covid-19 pandemic. This is for the 2020-21 season only.
-Boys Wrestling: 20 competition dates, no tournament date restrictions
-Girls Wrestling: 20 competition dates, no tournament date restrictions
NOTE: This is not to encourage the scheduling of more two day or mega tournaments, this is to give flexibility to both boys and girls wrestling teams to consider more weekday tournaments (scrambles) that would consist of 5-6 teams to replace those tournaments or multi-school events that are cancelled/lost from a team's schedule as well as giving school options more flexible options for replacing out of state tournaments/contests.
NOTE: Each individual wrestler is still limited to 45 matches, excluding forfeits, prior to the district tournament.
- Relief has been granted to MSHSAA bylaw 5.1.2 which typically requires a "team" to participate in a minimum of half the number of contest during the regular season as permitted by that sport's Contest Limits (minimum of 10 of the 20 competition dates). This "team" requirement DOES NOT apply for the 2020-21 season due to unpredictability of Covid-19. Per this bylaw, each individual wrestler must still represent their school one time during the regular season in order for the individual to be eligible for postseason. This is for the 2020-21 season only.

Officials/Wrestlers/Coaches (Mandatory)

- Eliminate pre-contest handshakes with wrestlers, coaches and/or officials.
 - Eliminate pre-match handshakes between official and wrestler
 - At the conclusion of a match, officials will signal with open palm in the direction of the winning wrestler and verbally declare “match winner” toward the scoring table and wrestlers after the post-match handshake by wrestlers. Official will not make physical contact with the winning wrestler to raise their hand/arm to signal victory
 - Eliminate post-match handshakes by wrestlers to opposing coaches
 - Eliminate post-contest handshakes with wrestlers, coaches and/or officials.
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SPORT CONSIDERATIONS – The following considerations are highly recommended in an effort to assist member schools, coaches, wrestlers, officials and parents/guardians with navigating through the sport of Wrestling, relative to Covid-19, during the 2020-21 Wrestling season.

Scheduling: Duals/Triangulars/Quads and Tournaments:

- Strongly consider canceling and/or replacing out of state competitions with more regional based competitions.
- Consider duals/triangulars/quads over tournament participation
- Restrict or cancel large/mega tournament participation
- Consider reduction of the number of teams at tournaments (Example: 8 teams or less)
- Reduce traveling group to essential personnel only (competitors, coaches, medical)

Competition Administrative:

- **NFHS Rule Modification (Rule 4-5-1)**: Weigh-ins for duals/triangulars/quads may be administered by “team” and are not required to be “shoulder-to-shoulder” in order to accommodate there being less wrestlers in any common area being used for weigh-ins.
- Plan and communicate effectively with opposing teams and officials regarding weigh-in procedures/protocols for each event
- Consider screening protocol (temperature checks) for all coaches, athletes and officials prior to entering the venue/gym/weigh-in room
- Consider weigh-ins by team, one team at a time in an area as large as possible rather than shoulder to shoulder weigh-ins with all participants in one enclosed area
- Stagger weight classes, so not everyone is in chairs mat-side
- Physical distancing of wrestlers when possible
- Eliminate shaking hands with opposing coaches after a match (dual or tournament)

General:

- Wash stations or sanitizer at mat side
- Have hand sanitizer and wipes available at each scoring table
- No one touches the score sheet or computer (live scoring) except the scorer
- If writing implements are used, they should be sanitized and not shared with anyone

- If computers are used for live scoring, they should sanitize between uses by other scorers/event workers
- Mandatory disinfecting of mats prior to and after competition and practices
- Minimize the number of spectators, attendance capacity limitations for spectators
- Athletes and Coaches wears masks/face coverings off the mat
- Participate in and/or host smaller events (more duals, less mega/two day tournaments)
- Screening process for fans/spectators (IE-temperature prior to admission)

Practices:

- Screening process prior to practice (IE-temperature checks)
- Showers before and after practice
- Disinfectant wipes, spray or foam for wrestlers before and/or immediately after practice
- Use practice pods of no more than 4 wrestlers on a daily basis, use the same pods all season
- Consider multiple practices each day to separate wrestlers into smaller groups in the practice room
- Consider every other day technique/live wrestling practices in small groups mixed with every other day condition practice using other possible areas/facilities.
- Monitor, document and restrict the number of outside groups that may use the practice room
- Reduce/restrict gatherings of people outside of practice/competition areas
- Monitor and thoroughly document daily attendance, screenings (IE-temperatures), signs and symptoms
- No sharing of towels, practice gear, headgear, etc.
- Launder practice gear/clothing daily
- Do not share drinking containers/stations (provide individual water containers)

Considerations for Coaches:

- Make intentional and high character efforts for verifying all contestants on a team are in good health with no signs or symptoms of illness prior to traveling with your team or competing.
- Wear mask/face covering on and off mat, prior to and after competitions
- Wear mask/face covering at mat side (duals) and in corner (tournaments) when coaching
- Use one (1) coach in the corner for tournament matches
- Eliminate handshakes with opposing wrestlers after the match
- Do not share drinking containers/stations (provide individual water containers)

Wrestlers:

- Submit to COVID-19 testing if showing signs or symptoms of Covid-19
- Submit to screening processes at practices or events/contests (IE-temperature checks)
- Shower before and after practices and competitions
- Shower after each round competition, if applicable, and consider clean uniform each round
- Wear mask/face covering when off the mat not competing.
- Do not share drinking containers/stations (provide individual water containers)

Officials:

- Wear mask/face covering upon arrival and departure from a contest
- Wear mask/face covering on the mat, if desired, but wear mask/face covering at all times when you are an off mat official.
- Communicate in advance with host school administration regarding dressing facilities, weigh-in location and weigh-in procedures to eliminate any confusion or issues.

- Conduct weigh-ins by team, one team at a time in an area as large as possible rather than shoulder to shoulder weigh-ins with all participants in one enclosed area
- Bring personal hand sanitizer, disinfect hands frequently
- Don't share equipment.
- Consider use of electronic whistle or change to a clean mouth whistle multiple times during an event/contest
- Clean/sanitize whistle between matches/rounds and at the end of all events/contests
- Consider six feet minimum physical distancing when talking to wrestlers, coaches, score table workers and other officials
- Remind wrestlers to return to their team bench/corner and avoid handshakes with opposing coaches
- If disposable gloves are worn, they must be changed after each match.

Parents/Spectators:

- Make intentional and high character efforts for verifying student athlete and immediate household members are free from illness before attending school, participating practice/competition or attending competitions (if questionably symptomatic, error on the side of caution and keep them home or stay home yourself)
- Use mask/face covering when in attendance at competitions
- Provide personal items for your child and clearly label them.
- Launder, clean, disinfect your students' clothing and wrestling daily equipment, or ensure the student is doing so, after each game or practice.

Venues/Facilities and Event Workers:

- Prepare gym/fieldhouse for social distancing, where possible
- Hand sanitizer/disinfectant wipes at entrances and exits
- Use of mask/face covering by event workers

Wrestling schools with Wrestling Cheerleaders

- Wear mask/face covering when cheering
- Consider attending small events/contests (dual meets) but not tournaments due to indoor venues having physical distancing challenges when accommodating multiple teams, multiple wrestlers, multiple event workers and fans/spectators
- Consider restricting cheering from mat side