

# MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

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## TABLE OF CONTENTS

ADVISORY COMMITTEE.....	PAGE 2-3
SECTION 1: Regular Season.....	PAGE 4
SECTION 2: Criteria for Post Season .....	PAGE 12
SECTION 3: District Entry Procedures.....	PAGE 13
SECTION 4: District and State Championships.....	PAGE 13
APPENDIX A: MSHSAA Concussion Management .....	PAGE 28
APPENDIX B: Seeding Procedure – District Wrestling.....	PAGE 29
APPENDIX C: Sample Brackets and Scoring Chart .....	PAGE 33
APPENDIX D: Projected Dates .....	PAGE 39
APPENDIX E: MSHSAA Board Policy – Spectators at Events .....	PAGE 40

# WRESTLING ADVISORY COMMITTEE

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# PURPOSE AND PHILOSOPHY

**MISSION STATEMENT:** The MSHSAA promotes the value of participation, sportsmanship, team play and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.

**PURPOSE OF MANUAL:** This manual has been prepared to provide a better understanding of the administration of MSHSAA sponsored events. It will serve as a guide to the participating schools and will provide for greater consistency. All information will be included in this manual except such supplementary or incidental information as may be included in the MSHSAA Journal. The regulations in this manual shall be considered official unless the schools are notified in a Special Bulletin of any changes.

**PHILOSOPHY OF INTERSCHOLASTIC ACTIVITIES:** Interscholastic activities are intended to supplement the secondary curricular program. These activities can provide the student with educational experiences and learning outcomes that contribute toward the development of good citizenship. This can be accomplished only when the emphasis is placed upon teaching "through school activities." Interscholastic activities can be justified only when this is the primary philosophy and purpose.

**PURPOSE OF DISTRICT AND STATE CONTESTS:** There are two primary purposes that justify and cause district and state events to be desirable. Those purposes are to provide opportunities to demonstrate before the public the best knowledge, skills, and emotional patterns taught through a particular sport; and to evaluate and compare the best of this teaching of knowledge, skills and emotional patterns among schools. Unless these purposes are primary, district and state athletic contests cannot be completely justified. It is the desire of the MSHSAA Board of Directors that these events be both fun and educational. It is extremely important that players, coaches, and the school community make every effort to enhance, and keep in proper perspective, the educational values of these events. Competition merely for "competition's sake" cannot be justified. Only when competition contributes toward worthwhile educational goals can the competition be considered sufficiently important to be included in the school program.

## USING THIS MANUAL

All coaches and athletic administrators are urged to read the instructions in this manual carefully. Entry forms are located on the MSHSAA web site on each school site under Downloadable Forms. Please check and make note of all deadline dates for submitting entry forms which relate to this manual's sport. It is the responsibility of each school to make certain that the entries are properly submitted on or before the deadline date. Any questions concerning the forms or instructions should be referred to the MSHSAA Office

# SECTION 1: REGULAR SEASON

## A. CLASS DIVISIONS:

**Boys Wrestling:** Schools will be equally divided into four classes on the basis of enrollment for the 2019-2020 season and will re-classify every year.

a. The largest schools, by enrollment, will be Class 4.

b. The smallest schools, by enrollment, will be Class 1.

**Girls Wrestling:** There will be one class until participation numbers deem otherwise.

**Girls Wrestling Implementation Period:** The proposed plan is to have a two-year implementation period (2018-2019, 2019-2020) that would permit girls the option of participating in both their school's boys lineup and girls lineup during regular season contests only. After this two-year transition period a girl can only participate against girls at girls only competition. From the start of implementation of Girls Wrestling, the girls MUST participate in the girl's postseason.

## B. CONTEST LIMITS (TEAM/INDIVIDUAL):

**Boys Wrestling** – 20 competitions dates, no more than 10 competition dates can be used for tournaments.

**Girls Wrestling** – 20 competition dates, no tournament competition date restrictions.

**NOTE:** The contest limits apply to both a Team and each Individual on a Team. (Example: School A has Boys Wrestling and fields a Varsity "Team", JV "Team" and a Freshmen "Team". School A can permit each "Team" to have a schedule that consists of 20 competitions dates, no more than 10 competition dates can be used for tournaments. Each Individual wrestler from School A can participate on any of the "Teams" that School A has; however, each Individual wrestler from School A is limited to competing in a total of 20 competitions dates, no more than 10 competition dates can be used for tournaments. These Contest Limits apply to the regular season prior to the district tournament.

## C. WEIGHT CLASSES (High School):

**Boys Wrestling:** To determine the weight class in which a wrestler will be allowed to compete, refer to the MSHSAA Weight Management Program Manual link on the Wrestling page of the MSHSAA website. The following NFHS weight classes will be used: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285. **Note: All lower level (Freshmen/JV) events and tournaments must also use the 14 approved weight classes. Pooling of wrestlers simply close in weight in lower level contest is not permitted.**

**Girls Wrestling:** Weight Classes will be determined based on weight assessments completed and entered into the OPC at trackwrestling.com by **November 20, 2019**. The 2019-2020 Girls Wrestling weight classes will be released via MSHSAA Broadcast email blast on **November 21, 2019**, just prior to the first allowable contest on November 22, 2019. The data from the weight assessments will be used to set the actual weight classes in an effort to achieve as much equal distribution in weight classes as possible.

**JUNIOR HIGH SCHOOL WEIGHT CLASSES (Boys and Girls):** Any number of contestants may be used in duals and tournaments. There will be no more than five (5) pounds difference between opponents of 100 pounds or less; no more than eight (8) pounds

difference between 101 and 150 pounds; and no more than fifteen (15) pounds difference for opponents exceeding 150 pounds. The emphasis is placed on participation, not winning or losing, because of the fact that schools cannot fill a particular weight class. The Wrestling Advisory Committee also emphasized "the practice of cutting weight should be eliminated." Participation is the key and as many athletes as possible should be given the opportunity to participate in front of their peers.

**D. JUNIOR HIGH MATCH LENGTH:** 1 or 1 ½ minute periods shall be used for middle school/junior high wrestling matches.

**E. WEIGHT MANAGEMENT (High School):** A wrestler must have his/her body composition evaluated by a MSHSAA approved assessor, after passing a hydration test, and prior to competing against another school. Once a weight assessment is completed, the wrestler will be limited to losing an average of 1.5% of his/her body weight per week. **(See MSHSAA Weight Management Program Manual on the Wrestling page of the MSHSAA website for further details, rules and restrictions of weight control regulations.)**

**PURPOSE:** In accordance with Rule 1-5 of the National Federation Wrestling Rules Book, the MSHSAA Board of Directors and Wrestling Advisory Committee have established a weight control program for the purpose of discouraging "severe weight reduction and/or wide variations in weight, because this may be harmful to the competitor."

**NOTE:** The Board and Advisory Committee recommend that such a program should be planned to involve the wrestler, as well as the parents/guardians, physician and coach in establishing the minimum certified weight class.

**MSHSAA REGULATIONS:** The MSHSAA Weight Management Program establishes a procedure for establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than 7 percent for males or 12 percent for females.

**ASSESSMENT REQUIRED:** For health and safety reasons, the MSHSAA Weight Management Program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment, in accordance with Rule 1-5-2 of the National Federation Wrestling Rules Book.

**NOTE:** A minimum weight class will be determined by a body fat assessment that is entered into the OPC (Optimal Performance Calculator) located on the NWCA website.

**MINIMUM BODY FAT:** Any wrestler's assessment that is below 7 percent for males and 12 percent for females shall have a physician's release to participate. **(Physician Clearance Form is located on the Wrestling page of the MSHSAA website)**

**NOTE:** This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows except for wrestlers whose weight is within 0.9 pound of the next lower weight class. No weight loss exceeding 0.9 pounds will be allowed.

**RATE OF WEIGHT LOSS:** Weight loss per week shall be limited to an average weight loss of 1.5 percent a week.

**PENALTY FOR PARTICIPATION BEFORE A COMPLETED ASSESSMENT:** **All wrestlers representing a school must have completed a weight management assessment and appear in the Trackwrestling OPC prior to a wrestler competing in the school's line-up. Failure to post assessment results into the Trackwrestling OPC resulting in an established weight management plan prior to participating in a competition will result in the wrestler forfeiting the match(es) and the wrestler and coach being suspended from participation at the next contest of the same level.**

**F. WEIGH-IN PROCEDURE: High School** - Any weigh-in for regular-season interscholastic competition shall be in accordance with NFHS Rules 4-4 and 4-5 of the National Federation Wrestling Rules Book, regardless of the level for which the weigh-in takes place (varsity, junior varsity, sophomore, freshman, etc.) **NOTE: This provision requires all weigh-ins to take place at the site of dual/tri/quad meets and tournaments, in accordance with the time parameters specified in the NFHS Wrestling rules. Missouri schools must follow the shoulder-to-shoulder weigh-in rule at the site of all contests. The NFHS weigh-in rules must be met by all Missouri wrestlers even when competing out of state where the host state may have exceptions to the NFHS Rules 4-4 and 4-5. Middle School** – although official weigh-ins are not required for middle school competition and wrestlers are permitted to be “grouped” together using those parameters described in the “Jr. High School Weight Classes” section of this manual, there must still be skin condition and hair/nail checks performed in accordance with NFHS rules 4-2-1, 4-2-2, 4-2-3, 4-2-4, 4-2-5 and 4-2-6.

**G. WEIGHT CERTIFICATION (High School):** In order to be entered in a particular weight class at the district meet, a wrestler shall have met the following:

1. Each wrestler must weigh-in at least once, at scratch weight, in their minimum weight class during the regular season on or prior to Saturday Week 28 of the MSHSAA Standardized Calendar (January 18, 2020).

2. For that weigh-in to count, the wrestler must be in the line-up at one of the two weight classes in which the wrestler is eligible to wrestle on that date according to the wrestler’s weight management plan.

3. The athlete must have a win or loss recorded on their season record for that date.

**NOTE:** If the wrestler is withheld from competition, for any reason, resulting in the team forfeiting that weight class the wrestler shall add one loss to their record in order to count the weigh-in for certification purposes.

**NOTE:** If a wrestler weighs in with illegal protective equipment (i.e.: a cast, etc.), the weight of the equipment shall be included; the weigh-in may be counted for certification provided the requirements above are met.

**NOTE:** At any point during the season a wrestler weighs in at two weight classes above the minimum weight class appearing on his/her weight loss plan on that date, the wrestler is recertified for the next weight class higher.

4. **A wrestler must make weight at their lowest desired postseason(district) weight class a minimum of half the number of actual weigh-ins for that wrestler occurring after the certification date (Saturday Week 28 MSHSAA Standardized Calendar). This requirement must be met to maintain the “lowest” weight class for a wrestler to be eligible for postseason.**

**Weigh-In Deadline:** Weigh-ins used for weight class certification for the district tournament shall be completed on or prior to Saturday Week 28 of the MSHSAA Standardized Calendar (January 18, 2020); any weigh-ins subsequent to this cutoff date shall not be used in certifying a wrestler's weight class. **Exception:** A wrestler who has not been medically released due to injury or an ineligible wrestler gaining eligibility must first complete the weight management assessment by a MSHSAA approved Assessor after Saturday Week 28 of the MSHSAA Standardized Calendar (January 18, 2020). The weight class in which the wrestler officially weighs in for the first time, making scratch weight, on or after Sunday Week 29 of the MSHSAA Standardized Calendar (January 19, 2020) will be considered his/her minimum wrestling weight. All wrestlers qualifying for the exception are required to meet the first weigh-in requirement on or before the **Saturday of Week 31 of the MSHSAA Standardized Calendar (February 8, 2020)**. (Continued Next Page)

**Weight Certification Exception Approval:** In order to qualify for the weight certification exception, as noted above, a wrestler must have a weight management assessment completed **after Saturday Week 28 of the MSHSAA Standardized Calendar (January 18, 2020)**. Furthermore, a Weight Certification Exception Request document, located on the Wrestling page of the MSHSAA website, must be completed by the school's head coach and administrator. This document must be submitted to the Assistant Executive Director of Wrestling at the MSHSAA office for approval. The MSHSAA will provide written documentation to the school as to whether the wrestler is approved for using the weight certification exception.

**WEIGH-INS FOR MATCHES ONLY:** The only weigh-ins counting toward weight class certification shall be those weigh-ins completed for regularly scheduled matches and tournaments. **NOTE:** Any weigh-in (dual/tri/quad or tournament) at any level (Varsity, JV, Freshmen) contests can be counted for weight class certification provided it is completed on or prior to **Saturday Week 28 of the MSHSAA Standardized Calendar (January 18, 2020)**.

**H. GROWTH ALLOWANCE:** A 2-pound growth allowance shall be added to each weight class on **Sunday Week 29 of the MSHSAA Standardized Calendar (January 19, 2020)**. **NOTE:** There will be NO additional growth allowance granted between the District Tournament and the State Tournament.

**I. DUAL/TRIANGULAR/QUAD WEIGH-INS:** Wrestlers shall weigh-in at the site a maximum of 1 hour before the first match of the multi school event. **The Trackwrestling weigh-in form is the only acceptable weigh-in form permitted for use at weigh-ins.** A hard copy weigh-in form printed from the TrackWrestling OPC is to be signed by the contest official for each contest weigh-in.

**MANDATORY ACTUAL WEIGHT ENTRY:** It is mandatory that the "actual weight" of each wrestler for every weigh-in be entered into the TrackWrestling OPC within 48 hours of the completion of a weigh-in. The setting in TrackWrestling will only permit the weigh-ins from 2 contests on a team's schedule to remain open before blocking the printing of the next weigh-in form.

**J. TOURNAMENT WEIGH-INS:** Wrestlers shall weigh-in at the tournament site a maximum of 2 hours before the first session EACH day. Wrestlers must weigh-in each day of a multiple day tournament. **The Trackwrestling weigh-in form is the only acceptable weigh-in form permitted for use at weigh-ins.** A hard copy weigh-in form printed from the TrackWrestling OPC is to be signed by the contest official for each contest weigh-in. **NOTE:** Evening weigh-ins the first day of a tournament is not permitted for the second day weigh-in. The second day weigh-in shall be held the second day in accordance with NFHS Rules. This applies to **ALL** two-day tournaments (varsity, junior varsity, freshmen, etc.), even if the tournament is held in another state.

**MANDATORY ACTUAL WEIGHT ENTRY:** It is mandatory that the "actual weight" of each wrestler for every weigh-in be entered into the TrackWrestling OPC within 48 hours of the completion of a weigh-in. The setting in TrackWrestling will only permit the weigh-ins from 2 contest on a team's schedule to remain open before blocking the printing of the next weigh-in form.

**K. LATE WEIGH-IN PROCEDURES:** The following procedures should be used when the visiting team arrives late for a dual meet.

1. Visiting Team Delayed: If a team's arrival time is delayed for a dual meet, the coach of the visiting team shall make every effort to notify the host school of the delay.
2. Waiting Period: The host team should wait no longer than 20 minutes to weigh in. If the visiting team has not arrived within 20 minutes of the specified weigh-in time, the host team should proceed to weigh-in. If the Mat Official is not present, the weigh-in shall be delayed until he arrives.
3. Upon Arrival: The visiting team shall be given a maximum of 10 minutes to weigh in once they arrive.
4. Supervision of Weigh-Ins: The mat official shall supervise all weigh-ins for matches. If the mat official is delayed in his arrival and cannot be present for the weigh-in, the athletic director or BOTH coaches shall supervise the weigh-in for the match.

**L. WEIGH-IN PROCEDURES FOR FEMALE WRESTLERS/GIRLS WRESTLING:** The following policy shall be in effect when a school has a female(s) participating in wrestling. It shall be the responsibility of the school with a female wrestler(s) to notify all opponents that a situation may arise whereby special accommodations will be needed to verify the weight of female participant(s) in private.

**PROCEDURE:** The procedure to use for weighing in female wrestlers is to have an authorized female school personnel weigh the participant(s) in private. The female school personnel shall be someone on the school faculty of one of the participating schools. The ultimate responsibility rests with the school(s) with female wrestlers. If, however, the school with the female wrestler is traveling and has assurance from the host school that a female faculty member will be provided for the weigh-in, there would not be a requirement to bring a female school personnel from the visiting school. If the host school cannot or does not wish to provide someone to monitor the weigh in, it is the responsibility of the female's school to bring a female faculty member with them to handle this responsibility.

**SKIN CHECKS FOR FEMALE WRESTLERS/GIRLS WRESTLING:** The female school personnel authorized to conduct weigh-ins of female wrestlers shall perform preliminary skin checks, in the designated female weigh-in area. For any noticeable skin lesion(s), make note of which female wrestlers need an extended skin check evaluation completed by the contest official after the female wrestler has dressed into a competition singlet.

**M. TOURNAMENT DEFINITION:** Any event in which awards are given and/or a champion is determined by any means or any format that involves five (5) or more teams at one site, on any given date. All other contests at one site, on any given date will count as one non-tournament event.

**N. TEAM LIMITATIONS:** There is no limit on the number of teams participating in a tournament provided no team will compete on more than one school day.

**O. SANCTIONING:** Anytime a MSHSAA member school competes in a tournament, by definition, with an out-of-state school(s) or in any event co-sponsored by any party other than an MSHSAA member school (e.g. a university, theme park, shoe company, etc.) a sanction form must be on file in the MSHSAA Office at least thirty (30) calendar days prior to the event. If the event involves National Federation Sanctioning, the form must be received at least 90 days prior to the event. It is the event host's responsibility to obtain the sanction; however, each participating MSHSAA member school shall take responsibility to verify that

the sponsor has sanctioned the event prior to participation. MSHSAA By-law 3.18.

**P. ROUND ROBIN TOURNAMENTS:** shall include no more than six schools as per MSHSAA By-Law 3.18. **Note: Interpretation of this by-law is in reference to team/dual tournaments.**

**Q. NUMBER OF MATCHES:** No wrestler shall represent his/her school in more than one weight class in any meet or wrestle in more than five matches (championship or consolation), excluding forfeits, in any one day of competition. Prior to the district tournament, an individual wrestler shall represent his/her high school in no more than a maximum of 45 matches, excluding forfeits, in no more events than the number of events scheduled by the higher team on which he/she participates as per MSHSAA By-Law 3.26.1.

**R. SUBSTITUTION PROVISION:** In dual meet "style" tournaments, where the team advances rather than an individual, substitutions may be made from one dual meet to the next. However, if a wrestler weighs-in for the tournament, it shall count as a tournament competition date whether or not he/she participates. The tournament manager of all dual meet "style" tournaments shall include in their information letter to all participating schools that by NFHS rule 11-1-4, substitutions are allowed from one dual meet to the next.

**S. OUT-OF-STATE COMPETITION:** Schools competing with schools outside Missouri **MUST follow the shoulder-to-shoulder weigh in format.** There is no exception for Missouri schools. If the out-of-state school's association permits an exception, it does not apply to Missouri schools/wrestlers.

**T. WRESTLING UNIFORMS:** Only a school-approved uniform shall be worn in the wrestling area. (Wrestling area defined as the area in view of the spectators). Such items as hats, scarves, cut-offs, jams, etc., are not acceptable. This policy will be in effect for district and state tournaments, and is recommended for all regular season duals/tri/quads and tournaments. **COACHES DRESS/APPEARANCE: Coaches are expected to dress professionally at all times with increased awareness at the state wrestling championships. School attire should be the minimum expectation for all coaches.**

**U. WRESTLER APPEARANCE AND HEALTH** (Rule 4-2-3, 4-2-4, 4-2-5): If a participant is suspected by the referee of having a communicable skin disease or any other condition that makes participation appear inadvisable, his/her coach shall provide current (14 days, generally, on infectious letters) written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. This written documentation must be on the **Current Year MSHSAA Wrestling Skin Condition Report Form. The 2019-2020 MSHSAA Wrestling Skin Condition Report form can be located and printed from the Wrestling page on the MSHSAA website.** This form shall be presented at weigh-ins or retrieved from an on-site location immediately after weigh-ins. If the form is presented after these deadlines the wrestler in question will not be allowed to compete. This is the only form a referee will accept as "current, written documentation" that a skin condition is not communicable. **Furthermore, a doctor's letterhead or sheet from the doctor's prescription pad shall be attached to the MSHSAA Skin Condition Form to prove that the athlete has been seen by a doctor.** The skin form will not be accepted without this additional documentation and the wrestler will not be permitted to wrestle. The only exception would be if a designated pre-appointed, or pre-announced on site physician is

present and able to examine the wrestler immediately prior to or after the weigh-in. (NFHS Rule 4-2-3). **MISSOURI DEFINES A PHYSICIAN FOR THE SKIN CONDITION REPORT FORM PURPOSES AS AN M.D, D.O. or NURSE PRACTITIONER.**

**V. INFECTIOUS DISEASE POLICY AND MAT CLEANING:** In the area of interscholastic activities, specifically under contact sports such as wrestling and football, some alarm has been expressed regarding the presence of HIV virus in sweat, saliva and bleeding from minor injuries.

Some important things to remember are:

1. **AIDS:** At this time, it is uncertain that either saliva or sweat transmits the AIDS virus. Therefore, efforts need to be concentrated in the area of the minor injuries that result in bleeding.
2. **Proper Handling:** Proper handling of these situations by coaches, officials and competitors will greatly reduce the possibility of any transmission of AIDS, if indeed the athlete is infected by the disease.
3. **Hepatitis B:** The possibility of transmitting AIDS in this manner is much less than the possibility of transmitting other very dangerous blood-borne viral infections such as Hepatitis B. However, the chance of transmitting the AIDS virus is not zero. Therefore, precautions should be taken to insure that no transmission could occur.
4. **Bleeding:** If an athlete sustains a minor bleeding problem and most bleeding problems in sports result from minor injuries in the nose area the match should be stopped, the bleeding stemmed, and any blood on the wrestling surface should be wiped off using a disinfectant such as Clorox in a 100 to 1 solution (100 parts water and one part disinfectant). This same solution should be used to wipe any blood off the opponent's skin. However, the area should then be rinsed with water to avoid either participant getting the disinfectant in his eyes. It should be noted that there are also many other disinfectants that are very successful in combating the HIV virus such as isopropyl alcohol. If any of the blood has gotten on the opponent's uniform, unless the opponent has an open cut or unskinned area on his body, it is not necessary to clean the uniform at this point. If there is an open cut or unskinned area then the uniform should be wiped with the disinfectant solution and then thoroughly rinsed with water to avoid either participant getting the disinfectant in his eyes. If an official should get blood on himself, he should do the same as the competitors use the disinfectant solution to wipe the area of the blood. **NOTE:** Disposable towels should be used in all clean up and then placed in a sealed container near the mat. Also, extreme care should be used in disposing of cotton used to stem bleeding.

#### **W. MSHSAA POLICY FOR USE OF TOBACCO AND ALCOHOL PRODUCTS:**

**Coaches and Officials:** Coaches, directors, sponsors and contest officials are prohibited from using tobacco products or alcoholic beverages while directly involved in interscholastic activities. Involvement is defined in this policy as being in public view and when students are participating under the jurisdiction of the coach, director, and official. Proper enforcement is expected. Violations shall be reported to the school's administration and the MSHSAA.

**Participants:** Use of tobacco, alcohol, or controlled substance (other than prescription) by any participant while at an MSHSAA event, at any event building/grounds is prohibited. Violation shall result in disqualification from the event. Violations shall be reported to the school's administration and the MSHSAA.

**X. OXYGEN USE POSITION STATEMENT:** Oxygen is a prescription drug that has very specific indications and uses. Like all drugs, it can have side effects and possible toxicity. There is no evidence that it enhances athletic performance or speeds recovery from athletic activities (except possibly at altitude). Oxygen, which is available by prescription only, plays a vital role in the treatment of specific conditions such as exertional sickling and should be available on the sideline only with the prescription of a physician and only for use in medical emergencies where indicated. Also, it can be very dangerous if used around a flame, as it promotes combustion and is therefore a safety hazard.” Also please reference the Invasive Medical Procedures position statement-NFHS found on the MSHSAA Sports Medicine tab.

**Y. MISCONDUCT/UNSPORTSMANLIKE CONDUCT/FLAGRANT MISCONDUCT AND EJECTIONS:** By-law 5.5.1 requires that any athlete or coach “ejected” from a contest or tournament is withheld, at a minimum, from the next event at the same level. Furthermore, coaches who are ejected from a contest must also complete the NFHS Online Sportsmanship Course prior to returning to coaching in a contest. The following NFHS Wrestling Rules apply to ejections: Rule 5-12, 5-30, 7-4, 7-5-1, 7-5-2, 7-5-3, 7-5-5 and 8-1-5, 8-1-7. The following NFHS Wrestling Rules apply to Coaches Misconduct: Rule 5-28-5, 7-5-4, 8-1-6. Penalty Chart located in Rule 8 precisely applies to all Misconduct, Unsportsmanlike Conduct, Flagrant Misconduct and Ejections.

**Z. PROTEST PROCEDURE (MSHSAA BOARD POLICY):** The Board of Directors adopted the following Policy to address protests. The Board acknowledges that mistakes are made by officials in judgment and even sometimes in misapplication of match rules. However, the decisions rendered by officials at the contest site are to be final and any further process other than the one outlined below would not truly serve a useful purpose in the overall scope of high school athletics.

**1. Conference Requested:** Within the procedures established within each individual sport rule code, the head coach must request a review of an official's application of a rule through appropriate channels.

**2. Protest:** If, after the review is complete, the coach still believes there has been a misapplication of a rule by a contest officials), the coach shall then file a formal verbal protest with the game officials who will then notify the opposing coach immediately of the protest. A coach shall not protest a decision of judgment.

**3. Ten Minutes:** Following this notification of protest, the head coach shall be allowed approximately ten minutes to use his/her National Federation Rules Book, National Federation Case Book, MSHSAA Rules Meeting Announcements and/or MSHSAA Sport Manual to locate and show the game officials) the appropriate rule reference which clarifies a misapplication of the game rule. If the head coach does not have personal copies of the above mentioned materials at the game site or the specific rule reference(s) or case book play(s) cannot be located within the maximum allowable ten minutes, the protest shall automatically be disallowed and the match shall continue from the point of interruption. If a rule reference(s) or case book play(s) is found that indicates a misapplication of a rule has occurred, the official's decision shall be corrected at that time before any further action occurs, and the contest shall be resumed from the point of interruption after the correction as provided in the contest rules. When appropriate, the match officials may assist the head coach in locating appropriate rule and casebook references.

**4. Determination Required:** All protests shall be resolved at the contest site before any further match action occurs.

**5. Time Restraints:** Protests that are not filed in a timely manner by that sport rule code shall be automatically disallowed.

**6. Further Review Not Permitted:** The MSHSAA Board of Directors and/or Staff shall not review contest protests.

**AA. CELLULAR TELEPHONES:** The MSHSAA Board of Directors has adopted a policy to prohibit the use of cell phones in locker rooms at MSHSAA events as a preventative measure and concern for an individual's privacy. Modern technology now permits a "picture phone" to distribute a picture to the internet with uncontrolled distribution. To be proactive and prevent perhaps an indiscriminate use of the cell phone and as it is impossible to monitor by the coaching staff a "no use" policy is now in place for the locker room area only at all MSHSAA events. During all district tournaments, the local tournament manager shall be responsible to post signs outside and inside of each locker room indicating, "Cell Phone Use is Prohibited in the Locker Room at all MSHSAA Events." The MSHSAA staff shall post signs in the same locations at all final site locker rooms. It is the responsibility of the school administration to ensure that all students and coaches have been informed of this policy prior to the event and to monitor the policy within the school's assigned locker room at MSHSAA events.

**BB. HAZING AND HARASSMENT:** It is the policy of the MSHSAA Board of Directors that hazing and harassment have no place in school sponsored activity programs and pose a significant risk to the physical and mental welfare of students. Coaches, directors, sponsors and administrators must take an active role in the prevention of all forms of hazing and harassment. Students directly or indirectly involved in hazing incidents, on or off school grounds, could be considered ineligible by the school administration under the MSHSAA citizenship standard, By-Law 2.2.

**1. HAZING:** Willful conduct directed at a student that is intended to physically or emotionally intimidate, punish, embarrass, humiliate, ridicule, or place any student in a disconcerting position for the purpose of initiation, affiliation, inclusion or membership in any team or organization.

**2. HARASSMENT:** Unwelcome conduct by a person that is sufficiently serious, persistent or pervasive, so that it affects another person's ability to participate in or benefit from the school program or activity by creating an intimidating, threatening or abusive environment.

## SECTION 2: CRITERIA FOR POST SEASON

**A. SPORTS REGISTRATION (Boys Wrestling – Girls Wrestling):** Schools that request postseason assignment for Boys Wrestling and/or Girls Wrestling during the completing of the annual MSHSAA Registration Process, will be assigned to a District Wrestling Tournament.

**B. MSHSAA BY-LAW PROVISIONS:** In order to enter students in the MSHSAA State Wrestling Championships Series, the following provisions must be met:

**1. COACH:** A school must have employed a wrestling coach and offered instruction in Wrestling as provided in MSHSAA By-Law 3.1.

**2. SCHEDULE:** A school must meet all provisions of MSHSAA By-Law 5.1.2 concerning the number of matches that must be scheduled.

**3. INDIVIDUAL REQUIREMENTS:** In part, By-Law 5.1.2 indicates "No individual student shall be entered who has not represented his or her school in interscholastic competition in that sport during the season." In wrestling, as in all sports, if a wrestler is

to be entered in the district tournament he/she shall have wrestled in at least one regular season contest PRIOR to the district tournament.

4. **INDIVIDUAL LIMITS:** A wrestler who participates in more than **45 matches**, excluding forfeits, or in more competition dates or tournament competition dates than allowed under MSHSAA By-Law 3.26.1, 3.29.6 (diagram 3.29.6) shall not be eligible to compete in the district tournament.

## **SECTION 3: DISTRICT ENTRY PROCEDURE**

**ENTRY PROVISIONS:** Schools shall complete the required online district entries located on the MSHSAA web site on each school's home page prior to the indicated deadlines.

**1. DISTRICT ENTRIES (Boys Wrestling – Girls Wrestling):** The head coach, or his representative, shall submit the following district entries, completed properly and entirely on the MSHSAA website prior to the established district entry deadline.

- a. **School Information link:** Verify your school information, "Mark As Complete".
- b. **Officials Recommendations link:** Recommend those officials you want considered for officiating your district tournament and considered for officiating the state tournament. "Mark As Complete".
- c. **District Eligibility Roster link:** Submit the names of those wrestlers you plan to enter in the district tournament at each weight class. "Mark As Complete".
- d. **Pass List link:** This district entry link can only be completed by your Athletic Director. Make sure your AD is aware of the deadline for submitting the pass list for those individuals and participants to be admitted to the district tournament.

**This pass list IS NOT the pass list used for the state tournament.** "Mark As Complete".

**2. LATE ENTRIES:** A late entry penalty fee of \$50 shall be assessed for late entries. No entries will be accepted after the start of the seeding meeting for the district tournament. The district manager shall notify the MSHSAA regarding any late entries for the tournament.

## **SECTION 4: DISTRICT AND STATE CHAMPIONSHIPS**

### **DISTRICT CHAMPIONSHIP SERIES**

#### **SITE SELECTION PROCESS**

**General Criteria:** The following district site selection process shall be used for Wrestling.

1. Assignments of schools to specific districts shall be established by MSHSAA staff at the beginning of each one-year classification period. These assignments will remain constant unless it becomes necessary to modify assignments as determined by the MSHSAA staff.
2. The MSHSAA staff shall select one Athletic Administrator or Principal (per district) to serve as the chairperson who shall coordinate the site selection process for each activity.
3. The chairpersons will be contacted and confirmed via email by the MSHSAA staff.
4. Each chairperson shall review the list of schools assigned to his/her district on the MSHSAA website under the district assignments link.

5. Each chairperson will contact all athletic administrators of schools assigned to the specific district and arrange for a meeting (face-to-face is preferred but telephone conference call, email, fax, ballot, etc. is acceptable) to select the host site(s). MSHSAA shall incur no expense in conjunction with this meeting.
6. The request shall be to select the host site(s) for one-year classification period. The host site may be the same or a different school each year.
7. Specific criteria shall be established and published in each MSHSAA activity manual. The chairperson and school representatives shall follow the specific criteria to determine the appropriate course of action to be followed when selecting the district host site(s).
8. The district chairperson shall notify the MSHSAA office, via email, by the established deadline and indicate the selected host site(s) and manager's information for the one-year classification period (unless otherwise indicated in the specific activity criteria).
9. The MSHSAA staff shall review the submitted host sites for any necessary adjustments and final approval. The MSHSAA staff and/or Board of Directors shall select the host site when a district committee is unable to reach agreement or the Board determines a suggested site is unacceptable due to site constraints. A neutral site may only be used, provided there is prior approval from MSHSAA, due to confirmation of inadequate facilities at the assigned district schools or unusual circumstances. The neutral site shall be at no additional expense to MSHSAA.
10. Following final approval, host sites shall be added to the district assignments link and the district managers' packets shall be forwarded to each district manager within an appropriate time frame to allow for proper administering of the event.

**Specific Hosting Criteria for Wrestling Districts:** The following criteria shall be utilized by all districts when selecting the site of the district tournaments: ....

**Financial Criteria for District Wrestling:** The host site will be given an allotted stipend of \$2000 for tournament expenses, a \$300 manager's fee and receive 20% of the event profits. **The district host will be responsible for all event expenses, including those over the allotted stipend.** MSHSAA will pay the officials directly from the submitted Event Settlement at the conclusion of the tournament; therefore, officials pay is not part of the tournament expenses that must be covered by the \$2000 stipend.

#### **Host Criteria**

- 1. The Board of Directors has taken the position that competition sites for all district and state series events shall be conducted in Missouri unless a school owned facility, contiguous to the school campus is beyond the state border.**
- 2. Seating capacity shall be adequate to accommodate anticipated attendance.**
- 3. Adequate off-street parking available for the seating capacity of the facility is required.**
- 4. Handicapped accessibility of the facility including; parking, restrooms, spectator seating and building access.**
- 5. The site facility must be in compliance with the Title III of the Americans with Disabilities Act as a place of public accommodation is required.**
- 6. Adequate floor space to accommodate at least three wrestling mats is highly recommended.**

7. **Appropriate computer system with internet connection availability to a laser printer or ink jet and capability to E-mail results to the MSHSAA office is required.**
8. **Mandatory securing of an M.D., D.O. or Nurse Practitioner for skin checks at weigh-ins on both days of the two-day tournament for Boys Wrestling and Girls Wrestling.**

**NOTE:** A neutral site may only be used, provided there is prior approval from the MSHSAA. The neutral site shall be at no additional expense to the MSHSAA.

**A. DISTRICT ASSIGNMENTS:** Schools are assigned to District Tournaments on a geographical basis for Boys Wrestling. Schools are assigned to District Tournaments based on number of participants and geographical location for Girls Wrestling during the two-year implementation period. However, the districts shall be numerically balanced even if such balancing causes some schools to travel longer distances.

**B. DISTRICT TOURNAMENTS:**

**Boys Wrestling:** Four (4) District Tournaments will be held in each classification. The top four place finishers in each weight class will advance to the State Tournament. There shall be no substitutions.

**Girls Wrestling:** Four (4) District Tournaments will be held in one classification. The top four place finishers in each weight class will advance to the State Tournament. There shall be no substitutions.

**DISTRICT SCHEDULE:**

**Girls Wrestling:** District tournaments are scheduled to be held on **Friday and Saturday, February 7-8, 2020**. If at the seeding meeting it is determined that no weight class is comprised of more than nine (9) wrestlers, the tournament committee shall schedule the tournament for one day only on Saturday. Competition sites for all district tournaments shall be conducted within the state boundaries.

**Boys Wrestling:** District tournaments are scheduled to be held on **Friday and Saturday, February 14-15, 2020**. If at the seeding meeting it is determined that no weight class is comprised of more than nine (9) wrestlers, the tournament committee shall schedule the tournament for one day only on Saturday. Competition sites for all district tournaments shall be conducted within the state boundaries.

**In formulating the district time schedule, the following criteria should be used:**

**1. STARTING AND ENDING TIMES:** The district tournament shall start no earlier than 5:00 p.m. and no later than 6:00p.m., Friday. Saturday will begin at 10:00 a.m. and shall end no later than 10:00 p.m. either day. **MSHSAA approval must be received prior to altering any starting or ending times for the Boys or Girls District Wrestling Tournaments.**

**2. WEIGH-INS:** District weigh-ins shall begin no earlier than 4:00 p.m. on Friday and no earlier than 8:30 a.m. on Saturday.

**District Tournament Weight: (Boys) Friday: 106 = 108, Etc. Saturday: 106 = 109, Etc.  
(Girls) Friday: TBA = +2, Etc. Saturday: TBA = +3, Etc.**

**Note:** NFHS Wrestling Rules relative to weight allowance for consecutive days competition may apply if a team in the district had a varsity competition on Thursday prior to the district tournament.

3. Three mats is recommended for all district sessions except the 1st and 3rd place matches unless permission is granted from the MSHSAA Office in advance. Overhead spot lights are not to be used above the mats.
4. **TIME SCHEDULES:** Should be arranged to eliminate as much dead time as possible.
5. **DISTRICT SCHEDULES:** Should be formulated as to keep time, travel, and lodging expenses at a minimum.

The following schedule is **suggested** when using 3 mats:

#### **Boys District Wrestling**

Friday: No earlier than 5:00p.m., No later than 6:00 p.m. — 1st round matches  
7:00 p.m. — 1st round wrestlebacks  
7:30 p.m. — Quarterfinals  
Saturday: 10:00 a.m. — 2nd round wrestlebacks  
11:30 a.m. — Semifinals and 3rd round wrestlebacks  
3:00 p.m. — Consolation semifinals  
4:30 p.m. — 1st and 3rd Place Matches

#### **Girls District Wrestling**

Friday: No earlier than 5:00p.m., No later than 6:00 p.m. — 1st round matches  
7:00 p.m. — 1st round wrestlebacks  
7:30 p.m. — Quarterfinals  
Saturday: 10:00 a.m. — 2nd round wrestlebacks  
11:30 a.m. — Semifinals and 3rd round wrestlebacks  
3:00 p.m. — Consolation semifinals  
4:30 p.m. — 1st and 3rd Place Matches

**C. SEEDING MEETING:** A meeting shall be held prior to the start of the district tournament for the purpose of seeding the contestants. This meeting should be held at a central location, if travel is a factor for a majority of the schools. District Seeding Meetings shall not be held on school time, unless approved by ALL of the principals from the schools involved.

**Boys Wrestling:** All district seeding meetings are to be held on Thursday of the district tournament week/weekend.

**Girls Wrestling:** All district seeding meetings are to be held on Thursday of the district tournament week/weekend.

**1. SCHOOL REPRESENTATION:** Each school shall be represented by the head coach, or his representative, at the Seeding Meeting. **A \$100.00 fine will apply to any school(s) failing to attend the district seeding meeting.**

**2. VERIFICATION:** The head coach, or his representative, shall bring all records (scorebooks, weigh-in sheets, individual wrestler season record and opponent verification forms printed from the TrackWrestling OPC). The forms of documentation must be brought to the District seeding meeting for verification purposes, in case a wrestler's overall record, opponent verification, or minimum weight is questioned. Verification of the minimum weight class of all wrestlers competing in the district tournament shall take place prior to the seeding of the first weight class. **A \$100 fine will apply to any school(s) failing to submit weight certification documentation (weigh-in sheets, individual wrestler season record and opponent verification documents) prior to the seeding meeting.**

**3. FAILURE TO VERIFY:** Failure on the part of the head coach, or his representative, to provide verification (through use of official weigh-in sheets) of a scratch weigh-in and documentation that a minimum of half of a wrestler's weigh-ins occurring after the weight

certification date was at the proposed district weight class shall result in the wrestler whose weight class is being questioned to be moved up one weight class.

**4. SEEDING GUIDELINES:** The following provisions shall apply at the District Seeding Meeting when seeding the wrestlers and drawing the brackets in each weight class (The criteria for seeding wrestlers can be found in Appendix B of this Manual).

**The automated seeding program operated on TrackWrestling will be used by (Boys Wrestling: all four districts in all four classifications) and (Girls Wrestling: the two districts in one classification).** The seeding criteria, as found in Appendix B of this manual, has been uniquely accounted for in its entirety in the development of the custom automated seeding program for use by Missouri schools. It is absolutely crucial that coaches input ALL match results during the regular season into TrackWrestling in order for the automated seeding program to work efficiently. After the automated seeding program has determined tournament seeds, a coach still has the opportunity to challenge the seed assigned to their wrestler(s).

**GIRLS WRESTLING DISTRICT SEEDING: Only girls vs girls regular season match results recorded in the 2019-20 Girls Season in the OPC on Trackwrestling will apply to seeding at the girls district tournament.**

a. Each district shall determine, weight class by weight class, how many wrestlers will be seeded with a maximum of eight wrestlers and a minimum of four wrestlers to be seeded per weight class. *(Once the seeding of a weight class begins, the entries at that weight class may not be changed to another weight class.)* **Once the entries at a weight class have been revealed, the entries at that weight class may not be changed to another weight class unless in the case of a weight certification protest determining a wrestler not eligible for that weight class.**

b. If a dispute arises on the number of wrestlers (up to a maximum of eight) to be seeded in a weight class, it shall be resolved by a vote of the coaches.

c. Any coach may submit the name of a wrestler for consideration to be seeded, regardless of whether or not the wrestler is a member of his own team.

d. Coaches do not have the prerogative of refusing a seeded position.

e. **Once a seed has been awarded at a weight class and the process for determining the next seeded wrestler begins, the previous seed may not be changed.**

f. All matches in the regular season shall count when seeding for district meets. All of a wrestler's matches is considered for seeding purposes, even though he may have wrestled in more than one weight class during the season.

g. Drawing the brackets shall be in accordance with Rule 10 of the National Federation Wrestling Rule Book, except as modified below.

**MODIFICATION:** NFHS Rule 10-3-3 shall be modified to read as follows: "When byes are required for the first round, they shall be drawn so they are distributed evenly throughout the bracket and a seeded wrestler shall have the same opportunity to draw for a bye as other contestants; byes shall NOT be placed by mutual consent. No quarter-bracket or half-bracket shall have more than one bye in excess of its paired bracket. After seeded wrestlers have been placed on the bracket and the byes drawn, the remaining wrestlers shall be placed by draw."

NOTE: District Managers may elect to use the district tournament computer program's random draw feature for unseeded wrestlers.

NOTE: For assistance in drawing brackets and placing seeded wrestlers in the proper positions, see Appendix C: Sample District Brackets and Scoring Charts

**5. SCRATCH MEETING:** A District Scratch Meeting shall be held following the close of weigh-ins to finalize entries when the seeding meeting is held in advance of the Weigh-in.

a. There shall be no changes in a school's entries after the seeding meeting, except in the case of injury, illness, ineligibility after the seeding meeting or the failure of a wrestler to make weight. In the case of an injured wrestler, an ill wrestler, an ineligible wrestler or a wrestler who fails to make weight, a substitute will be allowed; however, that substitute shall not be a wrestler who is entered at any other weight class. (If the school does not substitute for this wrestler it shall be scored as a Bye). **Any wrestler entered at a weight class during the district seeding meeting is eligible only at that weight class.**

NOTE: The above provision shall be applied to all regular season tournaments, as well as the district meet.

b. Substitutions, which are allowed by provision, can be made only from the eligibility roster filed on the MSHSAA web site.

c. All substitutions shall be named prior to the conclusion of the Weigh-In, in accordance with Rule 4-5-6 of the National Federation Wrestling Rules Book.

d. Substitutions, which are allowed by provision, are eligible for any seed open at the Scratch Meeting.

e. If a seeded wrestler is substituted for, the wrestlers shall be reseeded from his/her position down and the bracket redrawn (including byes).

f. If an unseeded wrestler is scratched from the district tournament resulting in a bye the bracket will be redrawn so all remaining wrestlers would have equal opportunity for drawing a bye.

g. At the seeding meeting, a school must name an entry or indicate there will be no entry.

NOTE: A school cannot name two entries in any weight class or have an unnamed entry in any weight class.

**D. WEIGH-INS:** Schools hosting district tournaments must have a standard weight available to periodically check the accuracy of the scales used for weigh-ins. Every attempt should be made to have accurate and certified scales. **The Trackwrestling tournament weigh-in form contained with the district tournament program on trackwrestling.com is acceptable to use as a weigh-in form at the district weigh-ins.**

**1. SCALES:** Host shall provide at least two scales for all weigh-ins. Contestants may make weight on either scale. (Hosts may ask a participating school to bring a scale).

**2. ON SITE:** Weigh-ins will be conducted at the site.

**3. TIME:** Weigh-ins shall be scheduled in order that all contestants are allowed to weigh-in a maximum of two hours before the district tournament is scheduled to begin. District weigh-ins shall begin no earlier than 4:00 PM on Friday and 8:30 AM on Saturday without prior approval from the MSHSAA Office.

**4. FAILURE TO MAKE WEIGHT:** Failure on the part of a wrestler to make weight for the second day of competition in a tournament shall be handled, in accordance with NFHS Rule 10-2-7 of the National Federation Wrestling Rules Book, as follows:

a. A wrestler who fails to make weight is disqualified from further competition and cannot place in the tournament;

b. A forfeit shall be awarded to his/her opponent.

NOTE: If a contestant qualifies for the finals on the first day of a two-day meet and fails to make weight on the second day, he/she is disqualified from the tournament and cannot be a place finisher. His/Her opponent for the final match shall win first place by forfeit; the winner of the third-place match shall be awarded second place; the loser of the third-place match shall be awarded third place; there will be no fourth place awarded for that particular weight class (In districts only three place finishers will advance to the state meet in that weight class);

c. In the case of flagrant misconduct at a meet where a place finisher is disqualified, the team points of the disqualified wrestler will be deducted and place finishes of the other wrestlers shall stand, in accordance with Rule 8-1-7 of the NFHS Wrestling Rules Book. For advancement to the state tournament, the place finishers shall be moved up to fill the vacated position of the wrestler who has been disqualified;

d. In the event a wrestler is determined to be ineligible during the MSHSAA state series, only the last wrestler defeated would have points adjusted. Following the district tournament, the remaining place finishers shall be moved up to fill the vacated position of the wrestler(s) who are not available to wrestle. If the wrestler not available is a fourth place finisher, no wrestler will be placed into that position. **This vacated position in the bracket due to ineligibility results in a bye.**

**5. WEIGH-IN PROCEDURES:** The following procedures shall be followed for weigh-ins at the district and state meets.

NOTE: Weigh-in shall be by weight class, not by team at the district tournament.

a. Coaches shall not be allowed in the weigh-in area. The only adults present should be the Mat Officials selected to serve at the district tournament and the onsite physician appointed for conducting skin check evaluations. **In the case for female wrestlers, a female administrator will be used to conduct the weigh-in and preliminary skin checks. It may be necessary for the onsite physician to administer an extended skin check on a female a wrestler after the wrestler has dressed into a legal singlet.**

b. District Managers may weigh-in contestants only in the case of an emergency situation or extenuating circumstances preventing the Mat Officials from overseeing all weigh-in procedures. In such cases of emergency or extenuating circumstances, to avoid any possible criticism, the manager shall have a representative of another participating school present when weighing in the host school's wrestlers. The tournament committee must approve a case of emergency for the district manager to conduct weigh-ins. Immediate notification to the MSHSAA is required.

c. The scales designated by the tournament committee shall serve as the official scales. The tournament committee shall NOTE: Weigh-ins will be conducted by weight classes.

d. Wrestlers should be checked to make sure they comply with the specified health, sanitary, and safety measures before stepping on the scales;

e. Wrestlers will be instructed to stand in the middle of the scale and not be allowed to move while being weighed.

f. The exact weight of all wrestlers shall be recorded, in accordance with Rule 1-2-5. This information shall be given to the District Manager.

g. The weigh-in shall proceed through the weight classes beginning with the lowest weight class and ending immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. 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. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that 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. During the time off the scale(s), activities that promote dehydration are prohibited.

h. Mat Officials should arrive at the site of the tournament in advance of the start of weigh-ins. Immediately upon arrival, the Mat Officials shall communicate with the district manager in regards to being present and seek the location of the weigh-in area. All Mat Officials shall remain on duty in the weigh-in area to oversee weigh-ins, grooming standards and skin check evaluation protocol until the weigh-ins have officially ended.

i. Athletes may leave the weigh-in room after making weight.

j. **AN ON-SITE PHYSICIAN IS MANDATORY FOR DISTRICT WEIGH-INS.** Preferably this physician would have a background treating wrestlers and skin conditions and must also meet the state required credential of an M.D., D.O OR NURSE PRACTITIONER.

**E. CONDUCT RULES FOR COACHES:** Coaches are expected to abide by the NFHS Wrestling Rules Book, specifically NFHS Rule 8-1. A Special Report shall be filed with the MSHSAA Office by the match mat official for any violation of the National Federation Wrestling Rules Book which results in the deduction of a team point.

NOTE: Coaches are reminded to review the NFHS Rules Book in order that these situations do not arise and result in unnecessary penalties to teams.

**F. TEAM SCORING:** The district meets shall be scored for the purposes of determining team places in accordance with the following provisions.

**1. TEAM POINTS:** Team points shall be awarded at the district and state meets in accordance with Rule 9-2-3 of the National Federation Wrestling Rules Book.

**2. DISTRICT PLACES:** Four individual places shall be scored at each weight class in district tournaments; points shall be awarded in accordance with Rule 9-2-3(f) of the NFHS Wrestling Rules Book, which has been coded into the district tournament program on Trackwrestling. NOTE: For assistance in scoring district meets and advancing wrestlers to the proper places on the bracket, see Appendix C: Sample District Brackets and Scoring Charts.

**G. DISTRICT AWARDS (BOYS WRESTLING – GIRLS WRESTLING):** Trophies, medals and plaques for the district tournaments will be presented as follows:

**DISTRICT:** At the District Tournaments, plaques will be awarded to the first-place and second-place teams; medals will be awarded to the top four place finishers in each weight class.

**H. INELIGIBLE WRESTLER:** In the event a wrestler is determined to be ineligible during the MSHSAA state series only the last wrestler defeated would have points adjusted. Following the district tournament, the remaining place finishers shall be moved up to fill the vacated position of the wrestler(s) who are not available to wrestle. If the wrestler not available is a fourth place finisher, no wrestler will be placed into that position. **This vacated position in the bracket due to ineligibility results in a bye.**

**I. MATCH PROVISIONS:** The following provisions shall be followed in the district and state tournaments.

**1. CONSECUTIVE MATCHES:** In accordance with Rule 1-2-3 of the National Federation Wrestling Rules Book, no wrestler shall complete in two (2) consecutive matches with less than a 45 MINUTE rest between them; the conclusion time of each match shall be recorded.

**2. ADDITIONAL REST:** If a wrestler is required to compete three times during the first session of the district tournament, his third match shall be held after the completion of all other matches in order to allow the wrestler additional time to rest.

**3. CONSOLATION MATCHES:** Consolation wrestle back matches shall be five minutes in length, in accordance with Rule 6-1-2 of the National Federation Wrestling Rules Book (1 minute-1<sup>st</sup> period, 2 minute-2<sup>nd</sup> period, 2 minute-3<sup>rd</sup> period).

**J. MAT OFFICIALS:** All Mat Officials used for the district and state meets shall be registered with the MSHSAA.

**SELECTION OF OFFICIALS FOR DISTRICT TOURNAMENT:** Schools must submit their recommendations for Districts via the district entries link on the MSHSAA website no later than **January 15, 2020**. Selection of State Championship Officials: The MSHSAA will select the state championship officials. The MSHSAA staff will use recommendations from schools, officials associations, rules interpreters and mechanics interpreters as to whom they believe should be considered for selection to the state tournament. Officials Recommendations must be submitted via the district entries link no later than **January 15, 2020**.

**CONTRACTS:** Officials shall not be contracted (written or verbally) for districts prior to the Official Notification Date.

NOTE: Mat Officials who accept assignments prior to the Official Notification Date are subject to suspension.

a. Official Notification Date for District: **Boys District: January 22, 2020 after 1:00 p.m.**  
**Girls District: January 22, 2020 after 1:00 p.m.**

b. An Officials Selection Meeting, with both Boys and Girls district tournament managers, will be held in the Columbia, Kansas City, Springfield and St. Louis areas. These 4 meetings will be connected by a conference phone call to organize the selection of officials to provide a more equitable distribution of officials.

c. The Officials' Selection Meetings shall be on **January 22, 2020 at 10:00a.m.**

**SELECTION PROCEDURE:** Officials for the district tournaments shall be selected using the following provisions:

a. The tournament committee shall select the mat officials. Tournament committees shall use the recommendations submitted by each school via the district entries on the MSHSAA website. The recommendations can be located through the district manager's options link located on district managers school page of the MSHSAA website.

b. **A Wrestling official can be drafted to the district tournament with 1 "not recommended", as long as 50% of the district schools that have submitted their officials recommendations have "recommended" the official.**

c. Mat officials shall be approved by all committee members before being contacted and/or contracted.

**NUMBER OF OFFICIALS:** For the district tournament, a minimum of four mat officials shall be used. NOTE: District Managers will be allowed to use assistant referees for the purpose of developing young officials. These young officials would be contracted as an assistant referee for a flat fee of \$40.00 plus mileage and would be used up until the championship session (semi-finals, consolation semi-finals). The number of young officials to be hired shall be a maximum of two per district.

**ASSISTANT OFFICIALS:** Assistant Officials shall be used for matches beginning with the consolation and championship semifinals, championship and third place bouts. The cost of Assistant Officials used for earlier rounds shall be the responsibility of the host except as indicated in "Number of Officials" above.

**HEAD MAT OFFICIAL:** A Head Mat Official shall be appointed by the District Manager. The Head Mat Official shall:

a. Interpret any rules questions.

b. Hold a conference with all tournament officials prior to the first match in order to review rules and mechanics.

c. Review NFHS Rule 3-1-1 concerning the officials' uniform with all other officials prior to the first match in order that each official is dressed in compliance with this rule. All officials shall wear the same shirt (style and color).

d. Review Rule 4-2-1, which concerns grooming standards, with the other Mat Officials prior to the start of weigh-ins; all wrestlers should be checked by the Mat Officials for grooming standards prior to the conclusion of weigh-ins.

e. Protests shall be made to the Mat Official who will consult with the Head Mat Official.

**NOTE:** Protests concerning matters of an official's judgment shall NOT be considered.

**CONFLICT OF INTEREST:** A mat official shall not work any match in which a conflict of interest is involved. If an official has question as to whether a situation is a conflict of interest, then it is a conflict of interest.

**K. FILMING AND/OR VIDEO TAPING:** The MSHSAA, in administering the state wrestling series, has found that some persons who film/video tape are school personnel (i.e., assistant coaches, audio visual personnel, etc.); however, there also are many non-school individuals, parents, fans, etc. providing these services for schools. Many times, these persons (school and non-school) receive no direction prior to their attendance at the district or state tournaments. The instructions and stipulations shall be in effect for the regular season as well as the state series in order that these persons are under the direction of the school and are aware of the provisions under which each school is allowed to film or video tape matches of the state series.

**1. RESTRICTIONS:** Schools and individuals will be allowed to film/video tape in accord with NFHS Rule 1-1-3 and 10-1-2 of which both state, video recording is authorized unless prohibited by the state high school association. (MSHSAA does not prohibit the video recording of wrestling competitions).

**2. PASSES:** Extra passes shall NOT be issued for filming/video taping personnel.

**3. DISTRICT AND STATE:** An official school representative may videotape the district or state tournament involving other school teams, provided prior arrangements have been made with the event manager and provided it is done at the expense of the school. A maximum of one individual is permitted to videotape and should expect to use a battery pack as his or her sole power source. The official school representative should check in with the event manager upon arrival to the site to arrange the setup location for the video equipment and to review any site-specific requirements. The host facility is not required to provide a power source or other accommodations for videotaping.

**4. PROTESTS:** Videotape/film shall not be used for the purpose of protesting a contest.

**L. TOURNAMENT PASSES:** Schools shall abide by the following provisions and procedures concerning passes for the district tournaments.

**1. DISTRICTS:** For district meets, each participating school shall submit a pass list through the online district entries link on the MSHSAA website.

**2. PASS LISTS:** For the district tournament, participating schools will be allowed the following number of passes: The district pass list can only be completed by the schools Athletic Director.

a. A maximum of eight (8) passes to be used for coaches, managers, trainers, administrators and bus drivers.

b. A maximum of (Girls-12, Boys-14) passes for COMPETING wrestlers at district tournaments.

**NOTE:** Passes shall be issued only for those wrestlers who actually are entered in the tournament.

c. A maximum of eight (8) passes for cheerleaders, who must be in uniform in order to be admitted.

d. A maximum of one (1) pass for the Cheerleader Sponsor, who must accompany the cheerleaders when entering.

e. Tickets must be purchased for any persons beyond these maximums.

**M. GENERAL INFORMATION:** The following shall be in effect for the State Series.

**1. NOISEMAKERS:** (See Appendix E). Noisemakers shall not be allowed at the district or state tournaments. Coaches shall not use mega phones to instruct wrestlers during the match.

**2. MATSIDE RESTRICTED:** Managers, officials and coaches are reminded that the mat side area is restricted to "a maximum of two (2) team personnel (coaches and/or non-participating contestants)," in accordance with Rule 2-2-2. This rule shall be enforced Through-out the regular season and at the district and state tournaments.

**3. MAT AREA SETUP:** The mat setup for the district and state tournaments shall be in accord with Rule 2 of the National Federation Wrestling Rules Book.

**4. TOWEL SERVICE:** There will be no towel service at the district or state tournaments.

**5. VALUABLES:** Valuables should be checked with the team manager; the host school assumes no responsibility for the valuables of participating schools.

**6. CROWD CONTROL:** Participating schools will be held responsible for seeing that no damage is done by their students or fans to the property of the host site. Students engaging in vandalism will be considered ineligible.

**7. PUBLICITY:** The district and state tournaments should be given appropriate publicity at each school and in each community. manager shall release the pairings to the media as soon as completed.

**N. ADMISSION PRICES:** The price of tickets for the district tournaments have been set in advance. Tickets shall be sold at the following prices:

**DISTRICT:** Tickets at the district sites shall be sold for **\$6.00** for students (K - 12) and adults for each session. **Boys District Tournaments** shall have two sessions for admission. Session 1 will be Friday evening and Session 2 will be all day Saturday. The admission gate shall remain open throughout the tournament. **Girls District Tournaments** shall have two sessions for admission. Session 1 will be Friday evening and Session 2 will be all day Saturday. The admission gate shall remain open throughout the tournament.

### **STATE CHAMPIONSHIP SERIES**

**A. WEIGH-INS:** All weigh-ins shall be conducted at the Mizzou Arena. Wrestlers are to meet at the specified weigh-in times which are listed on the State Wrestling Championships Time Schedule in the coaches' packets. **NOTE:** There will be NO additional growth allowance granted between the District Tournament and the State Tournament.

\*State Tournament Weight:

Boys Wrestling: Thursday 106 = 108, Friday 106 = 109, Saturday 106 = 110.

Girls Wrestling: Thursday TBA = +2lbs, Friday TBA = +3lbs, Saturday TBA = +4lbs

**B. WEIGH-IN PROCEDURES:** The following procedures shall be followed for weigh-ins at the state meet.

**NOTE: Weigh-in shall be by weight class, not by team.**

a. Coaches shall not be allowed in the weigh-in area. The only adults present should be the Weigh-in Officials and the personnel placed in charge of weigh-ins.

b. All wrestlers must be in the designated holding area at the start of weigh-ins. Failure to be in the holding area at the start of weigh-ins results in disqualification per rule 4-5-3.

- c. The scales designated by the tournament committee shall serve as the official scales. The tournament committee shall NOTE: Weigh-ins will be conducted by weight classes.
- d. Wrestlers should be checked to make sure they comply with the specified health, sanitary, and safety measures before stepping on the scales;
- e. Wrestlers will be instructed to stand in the middle of the scale and not be allowed to move while being weighed.
- f. The exact weight of all wrestlers shall be recorded. This information shall be given to the State Manager.
- g. The weigh-in shall proceed through the weight classes beginning with the lowest weight class and ending immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. 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. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that 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. During the time off the scale(s), activities that promote dehydration are prohibited.
- h. Athletes may leave the weigh-in room after making weight.
- i. Onsite Physician(s) at the State Tournament has the final decision regarding a wrestler with a skin condition.

**C. CONDUCT RULES FOR COACHES:** Coaches are expected to abide by the NFHS Wrestling Rules Book. A Special Report shall be filed with the MSHSAA Office by the match mat official for any violation of the National Federation Wrestling Rules Book which results in the deduction of a team point.

NOTE: Coaches are reminded to review the NFHS Rules Book in order that these situations do not arise and result in unnecessary penalties to teams.

**NOTE: The Wrestling Advisory Committee supports the penalizing of choreographed celebrations after matches as unsportsmanlike conduct after the match, resulting in team point deduction(s). Other celebrations such as back flips, cart wheels, etc. may also be deemed as unsportsmanlike conduct by the official(s).**

**D. INELIGIBLE WRESTLER:** In the event a wrestler is determined to be ineligible during the MSHSAA state series only the last wrestler defeated would have points adjusted. Following the district tournament, the remaining place finishers shall be moved up to fill the vacated position of the wrestler(s) who are not available to wrestle. If the wrestler not available is a fourth place finisher, no wrestler will be placed into that position. This vacated position in the bracket due to ineligibility results in a bye.

**E. TEAM SCORING:** The state meet shall be scored for the purposes of determining team places in accordance with the following provisions.

**1. TEAM POINTS:** Team points shall be awarded at the state meet in accordance with Rule 9-2-3 of the National Federation Wrestling Rules Book.

**2. STATE PLACES: Boys Wrestling:** Six places shall be scored in the state meet; points shall be awarded in accordance with Rule 9-2-3(g) of the NFHS Wrestling Rules Book.

**Girls Wrestling:** Six places shall be scored in the state meet; points shall be awarded in accordance with Rule 9-2-3(g) of the NFHS Wrestling Rules Book.

**3. FORFEIT:** If a state meet qualifier fails to compete, his opponents on the state bracket shall win by forfeit in accordance with NFHS Rules 5-13 and 10-2-5 of the NFHS Wrestling Rules Book.

**F. MATCH PROVISIONS:** The following provisions shall be followed in the state tournaments.

**1. CONSECUTIVE MATCHES:** no wrestler shall complete in two (2) consecutive matches with less than a 45 MINUTE rest between them; the conclusion time of each match shall be recorded.

**2. CONSOLATION MATCHES:** Consolation wrestle back matches shall be five minutes in length, in accordance with Rule 6-1-2 of the National Federation Wrestling Rules Book.

**G. AWARDS:** Trophies, medals and plaques for the state tournament will be presented as follows:

**STATE: Boys Wrestling:** At the State Championships, trophies will be awarded to the top four teams in each of the four classes; medals will be awarded to the six place finishers in each weight class. **Girls Wrestling:** At the State Championships, trophies will be awarded to the top four teams in the one classification; medals will be awarded to the six place finishers in each weight class.

NOTE: Teams placing in the top four may order team place finish medals for the school's team members. These medals are to be purchased by the school and shall not be provided by the MSHSAA.

**H. GENERAL INFORMATION:** The following shall be in effect for the State Series.

**1. NOISEMAKERS:** (See Appendix E) No noisemakers shall be allowed at the state tournament. Coaches shall not use mega phones to instruct wrestlers during the match.

**2. MATSIDE RESTRICTED:** Managers, officials and coaches are reminded that the mat side area is restricted to "a maximum of two (2) team personnel (coaches)," in accordance with Rule 2-2-2.

**3. MAT AREA SETUP:** The mat setup for the state tournament shall be in accord with Rule 2 of the National Federation Wrestling Rules Book.

**4. TOWEL SERVICE:** There will be no towel service at the state tournament.

**5. VALUABLES:** Valuables should be checked with the team manager; the MSHSAA assumes no responsibility for the valuables of participating schools.

**6. CROWD CONTROL:** Participating schools will be held responsible for seeing that no damage is done by their students or fans to the property of the final site. Students engaging in vandalism will be considered ineligible.

**7. PUBLICITY:** The state tournaments should be given appropriate publicity. The state manager shall release the pairings to the MSHSAA website as soon as completed.

**8. BANNERS RESTRICTION: Based on the history of issues with banners at the State Wrestling Championships and disrespect to the arena staff, the Wrestling Advisory Committee supports the arena in prohibiting the hanging of banners at the State Wrestling Championships.**

**I. ADMISSION PRICES:** The price of tickets for the state tournament has been set in advance. Tickets shall be sold at the following prices:

**STATE:** Tickets for the state meet will be sold at **\$9.00** per session for all sessions on Thursday, Friday and Saturday for students (K - 12) and adults. No pass-outs are permitted.

**J. SELECTION OF OFFICIALS FOR STATE TOURNAMENT:** Schools must submit their recommendations for Final Site Selection of Officials: **The MSHSAA staff will request recommendations from schools, rules interpreters, mechanics interpreters and observers as to whom they believe should be considered for selection.** The MSHSAA will select the final site officials. Final Site recommendations must be submitted via the district entries link on the MSHSAA website no later than **January 15, 2020.**

**K. STATE SCHEDULE:** The State Championships are scheduled for **Thursday, Friday and Saturday, February 20-22, 2020** at the Mizzou Arena on the University of Missouri-Columbia campus. The schedule under which the state tournament will be conducted is published on page 23 of this manual.

**1. QUESTIONS:** Correspondence or questions regarding the tournament should be directed to the MSHSAA Office. A State Tournament Committee will be appointed to assist in resolving disputes.

**2. LODGING AND ROOM RESERVATIONS:** Are the responsibility of each school.

**3. COACHES MEETINGS:** **There will be a mandatory state coaches meeting completed online prior to arrival at the state championships. However, it is mandatory and the responsibility of each coach to read the materials in the state qualifier information and the materials provided at the district tournaments and on the Wrestling page of the MSHSAA website.**

**4. SCHOOL PACKETS:** A packet for each school which contains state tournament information, brackets, passes and a bracket book will be available. Instructions for packet pick-up will be provided at the district tournaments.

**5. STATE TOURNAMENT PAIRINGS:** Pairings for the state tournament will be in accordance with instructions posted on the MSHSAA web site ([www.mshsaa.org](http://www.mshsaa.org)) through the Wrestling page at 8:00 AM on **Sunday, February 16, 2020.** Coaches, wrestlers or fans shall not call the MSHSAA Office asking for state meet pairings.

**6. STATE TOURNAMENT PASSES:** The following policy will be in effect for the State Championships.

**a. TEAMS:** Each school which qualifies one or more wrestlers for the state tournament will be issued passes for each qualifier plus coaches passes based on those wrestling coaches posted and approved on the school's High School Coaches and Directors page. All coaches must meet all requirements of being an approved coach including all non-faculty coaching requirements and online rules review requirements. Coaches passes: will be issued by showing photo I.D. at the MSHSAA office on Wednesday during packet pick-up or on Thursday via the Will Call window located in the lobby on the northwest side of the main entrance to the Mizzou Arena, if the name of the requesting person is found on the schools approved coaches and directors list. Participant Passes: will be issued in the state coaches packets to qualifying wrestlers only.

**b. CHEERLEADERS:** A maximum of eight cheerleaders and one cheer coach will be admitted from each school that qualifies one or more wrestlers to the state meet. Cheerleaders must enter as a group and must have an approved cheer coach with them when they enter. Cheerleaders without a cheer coach will be referred to the ticket office to buy an admission ticket. ALL cheerleaders MUST be in the official school uniform in order to be admitted. (Refer to the Cheerleading Manual).

**c. ADMINISTRATORS:** The **Superintendent, Principal and Athletic Director** of schools which qualify a wrestler for the state meet may identify themselves, present a photo ID, and sign for one (1) pass each at the Will Call Window located in the lobby on the west side of the main entrance to the arena. Other administrators substituting to this list must be done

prior to noon on Tuesday preceding the state tournament.

**d. BUS DRIVERS:** The Bus Driver, if not an administrator or coach, of schools which qualify three or more wrestlers may sign for one pass at the Will Call Window located in the lobby of the main entrance to the Mizzou arena. The bus driver **MUST PRESENT** a letter from the superintendent or principal identifying him/her as the bus driver. As all schools which qualify one or more wrestlers will participate on Thursday, no passes for bus drivers will be issued after Thursday's session. If a change in bus drivers occurs, it is the school's responsibility to see that the pass is left in **WILL CALL** or routed to the next driver.

**e. MANAGER PASSES:** Schools are responsible for covering the admission for any team managers. Passes will not be issued for managers. **Passes for managers may be purchased at the time you pick up team packets. The passes for a manager will cost \$40 and will allow admission to all sessions. A maximum of 4 manager passes may be purchased. All purchased manager passes will be invoiced to the school.**

**7. PASS GATES:** Pass gates are located at the door marked "Missouri Basketball" located at the northwest entrance to the Mizzou Arena. All school persons (Coaches, wrestlers, managers, administrators and cheerleaders) should enter as indicated.

### 2020 STATE WRESTLING CHAMPIONSHIPS

**SESSION 1: Thursday, February 20, 2020**

Time: TBA

**SESSION 3: Friday, February 21, 2020**

Time: TBA

**SESSION 4: Saturday, February 22, 2020**

Time: TBA

**SESSION 5: Saturday, February 22, 2020**

Time: TBA

# APPENDIX A

## CONCUSSION EDUCATION AND MANAGEMENT PROTOCOL

### Education

Concussions are common in sports. The Missouri State High School Activities Association (MSHSAA) believes that education of coaches, officials, athletes, and their parents or guardians is the key to safely returning a student athlete to play. Appropriate immediate care after a suspected concussion, and follow up incorporating a multi-disciplinary team that includes the coach, parent or guardian, athlete's physician, team physician and athletic trainer (if available), and school representatives, also are important for the proper management of a sport-related concussion.

Each school district will receive educational materials for coaches, athletes, parents, and school officials, required forms for student athlete participation and parent/guardian consent, and recommended medical clearance forms for return to play.

Annually, MSHSAA member school districts will ensure that every coach, student athlete, and parents or guardians of a student athlete completes a concussion and head injury information sheet and returns it to the school district prior to the student athlete's participation in practice or competition. Officials will receive training from their parent organization. Each official's organization will require annual concussion training and maintain a signed head injury information sheet for each Official.

### Recognition and Evaluation of the Athlete with a Concussion

1. Recognition of the signs and symptoms of a concussion is important. Every member of the team-athlete, teammates, coaches, parents or guardians, officials, athletic trainers, and team physicians have a duty to report a suspected concussion. Not all school districts have medical personnel available to cover every practice and competition; therefore, the coach is the person in the best position to protect the player and must be aware that not all student athletes will be forthcoming about their injury.
2. An official shall not be responsible for making the diagnosis of a concussion. The official can assist coaches and medical staff by recognizing signs and symptoms of a concussion and informing the coach and medical staff of their concerns.
3. The coach, (Certified Athletic Trainer) ATC, or physician on site should evaluate the athlete in a systemic fashion:
  - a. Assess for airway, breathing, and circulation (basic CPR assessment)
  - b. Assess for concussion
    - i. Any unconscious athlete should be assumed to have a severe head and/or neck injury and should have their cervical spine immobilized until a determination can be made that the cervical spine has not been injured. If no medical professional can make the assessment, the athlete should be transported to an appropriate emergency care facility.
    - ii. A conscious athlete with no neck pain can be further evaluated on the sideline.
4. An athlete experiencing ANY of the signs/symptoms of a concussion should be immediately removed from play. Signs/Symptoms of a concussion include:

<b>PHYSICAL</b>	<b>COGNITIVE</b>	<b>EMOTIONAL</b>
Headache	Feeling mentally "foggy"	Irritability
Nausea/Vomiting	Feeling slowed down	Sadness
Dazed/Stunned	Difficulty concentrating	More emotional
Balance problems	Difficulty remembering	Nervousness
Visual problems	Forgetful of recent information	
Fatigue	Confused about recent events	
Sensitivity to light	Answers questions slowly	
Sensitivity to noise	Repeats questions	

5. Evaluation:
  - a. Following any first aid management, the medical team, or coach in the absence of medical personnel, should assess the athlete to determine the presence or absence of a concussion. The SCAT (Sideline Concussion Assessment Tool) and SCAT3 are effective assessment tools that are readily available and can assist with the assessment.
  - b. The athlete should be monitored for worsening or change in signs and symptoms over the next 24 hours. Instructions should be given to the parent or guardian as to signs and symptoms that may require further or more emergent evaluation.
6. Management of a Concussion and Return to Play:
  - a. An athlete determined to have a concussion or have concussion-like symptoms will be removed from practice or competition and is not allowed to return to practice or competition that same day.
  - b. If an athlete displays concussion-like signs or symptoms, the athlete should be assumed to have a concussion until further medical evaluation can occur. "WHEN IN DOUBT, SIT THEM OUT!"
  - c. Written clearance from a physician (MD or DO), Advanced Nurse Practitioner in written collaborative practice with a physician, Certified Physician Assistant in written collaborative practice with a physician, or Certified Athletic Trainer in written supervision of a physician, must be provided prior to return to play.
  - d. Following a concussion, the athlete should have both physical and cognitive rest until symptoms have resolved.
  - e. An athlete must be asymptomatic at rest and with exertion prior to return to play
  - f. A graduated return to play protocol has been outlined by the Third International Concussion in Sport Group Statement (2008, Zurich), is recommended by the NFHS (nfhs.org), and may be used to guide return to play following medical clearance.

# **APPENDIX B**

## **SEEDING PROCEDURE FOR DISTRICT WRESTLING TOURNAMENTS**

The following procedures shall be followed in seeding wrestlers for the MSHSAA District Wrestling Tournaments.

**GIRLS WRESTLING: EACH DISTRICT TOURNAMENT IN ONE CLASSIFICATION WILL USE AN AUTOMATED SEEDING SYSTEM OPERATED THROUGH TRACKWRESTLING FOR DETERMINING TOURNAMENT SEEDING. THIS WILL REQUIRE EACH WRESTLING SCHOOL IN ALL DISTRICTS TO ENTER THEIR WRESTLERS SEASON RESULTS ON THE TRACKWRESTLING WEBSITE. THE AUTOMATED SEED PROGRAM WILL DETERMINE SEEDS WHICH CAN BE CHALLENGED. AFTER THE SEEDS HAVE BEEN DETERMINED THE DISTRICT MANAGER WILL BE ALLOWED TO AUTOMATICALLY GENERATE EACH WEIGHT CLASS BRACKET IN THE TRACKWRESTLING PROGRAM. NOTE: ONLY GIRLS VS. GIRLS MATCHES OCCURRING DURING THE REGULAR SEASON AND OF WHICH ARE POSTED IN THE 2019-2020 GIRLS SEASON IN THE OPC AT TRACKWRESTLING.COM WILL BE USED TOWARD SEEDING AT THE DISTRICT TOURNAMENTS.**

**BOYS WRESTLING: ALL FOUR DISTRICT TOURNAMENTS IN ALL FOUR CLASSIFICATIONS WILL USE AN AUTOMATED SEEDING SYSTEM OPERATED THROUGH TRACKWRESTLING FOR DETERMINING TOURNAMENT SEEDING. THIS WILL REQUIRE EACH WRESTLING SCHOOL IN ALL DISTRICTS TO ENTER THEIR WRESTLERS SEASON RESULTS ON THE TRACKWRESTLING WEBSITE. THE AUTOMATED SEED PROGRAM WILL DETERMINE SEEDS WHICH CAN BE CHALLENGED. AFTER THE SEEDS HAVE BEEN DETERMINED THE DISTRICT MANAGER WILL BE ALLOWED TO AUTOMATICALLY GENERATE EACH WEIGHT CLASS BRACKET IN THE TRACKWRESTLING PROGRAM.**

**THE MSHSAA – TRACKWRESTLING USER GUIDE ISSUED TO DISTRICT MANAGERS SHALL BE USED IN DETERMINING THE STEP BY STEP PROCESS OF USING THE AUTOMATED SEEDING PROGRAM. THIS USER GUIDE WILL INCLUDE THE FOLLOWING REQUIREMENTS. (See item C in Appendix B)**

- a. Seeds are to be determined seed by seed considering each wrestler put up for a seed.
- b. Once a wrestler has been put up for a seed, that wrestler remains up for remaining seed(s).
- c. After nominating wrestler(s) for a seed, run the seed report to determine which wrestler to pull for awarding the seed based on accumulated Trackwrestling points.
- d. If there is a tie in the seed report move on to seeding criteria #2, etc.

Note: If a wrestler is eliminated by using seeding criteria #2 or #3, revert back to criteria #1 for remaining wrestlers.

### **PHILOSOPHY BEHIND SEEDING**

The seeding process is designed to reduce the possibility of the best wrestlers meeting in the early rounds of the tournament and to equally divide the quality wrestlers in the two half

brackets. The ideal tournament situation is having the quality of wrestling improve as the tournament progresses. Theoretically, the four best wrestlers should meet in the semifinals and the two best wrestlers should meet in the finals.

### **DEPTH OF SEEDING**

The fewest number of wrestlers possible should be seeded. Seeding is to occur only when records and performances clearly indicate a justification for seeding. A maximum of eight wrestlers will be seeded in each weight class in the District Tournaments. Seeding shall be limited to 4, 5, 6, 7 or 8 seeds. **Coaches shall vote at the beginning of each weight class to determine the number of seeds for that weight class.** **Note: Once a seed has been awarded at a weight class and the process for determining the next seeded wrestler has begun, the previous seed may not be changed.**

#### **A. DEFINITIONS FOR RECORD KEEPING AND APPLYING SEEDING GUIDELINES:**

**1. FORFEIT:** A forfeit is received by a wrestler when his opponent, for any reason, fails to appear for the match. In individual tournaments a wrestler must be entered and have made weight in order for his opponent to receive a forfeit.

a. A wrestler receiving a forfeit shall include the forfeit in his overall record.

b. Forfeits will not be included or considered when applying common opponent criteria unless the forfeit was received as a result of a wrestler having been disqualified or as a result of a wrestler not making weight the second day of a tournament.

**2. MEDICAL FORFEIT:** If a wrestler is forced to forfeit as a result of injury or illness the forfeit will not be counted in his record or when considering the common opponent criteria.

**3. DEFAULT:** A default is awarded to a wrestler when his opponent is unable to continue wrestling, for any reason, once the match has begun.

a. Defaults received count as a win regardless of the score of the match when the default was awarded.

b. Defaults given shall count as a loss regardless of score of the match at the time it was stopped.

c. Defaults will be considered in the common opponent criteria.

#### **4. DISQUALIFICATIONS:**

a. When received, count as a win and shall be considered in the common opponent criteria.

b. A disqualification is counted as a loss in a dual.

c. A disqualification could possibly count as a double loss in the case where a wrestler is disqualified in a tournament and not allowed to wrestle in a subsequent match.

d. A disqualification could possibly be counted as three losses in the case of a wrestler being disqualified in the first of three scheduled matches in a round-robin quad or pool.

**5. BYE:** A wrestler is not credited with a win. A bye occurs in individual tournaments when either no wrestler is entered or the entered wrestler fails to make weight the first day of the tournament.

#### **6. OVERALL RECORD:**

a. If a contestant's total won/lost record exceeds 45, excluding forfeits, the wrestler is ineligible to compete in the district tournament.

b. All matches at ALL levels will count toward a wrestler's Overall Record and toward seeding regardless of how they were recorded (i.e. decisions, defaults, forfeits, disqualification, etc.).

#### **B. SEEDING GUIDELINES:**

**1. Placement of Seeds:** Seeded wrestlers should be placed in accord with Wrestling Rule 10-4.

**2. Minimum of 5 Matches:** In order to be considered for a seed, a wrestler must have wrestled in a minimum of 5 matches at any level for the season.

**EXCEPTIONS:**

a. In case a wrestler has been injured or was academically ineligible for the first semester, but has an exceptional varsity record from the previous year, these requirements may be waived;

b. By a majority vote of the coaches, a wrestler with an exceptional record at any level may be considered for a seed. No individual student shall be entered who has not represented his or her school in interscholastic competition in that sport during the season.)

**3. Poor Record:** Wrestlers with a record below .500 may be considered for a seed along with all other wrestlers.

**4. Seeding Criteria:** The order of the seeding criteria shall be:

a. (#1 Criteria) Record against common opponents, all levels (head to head is just one part of common opponents – see C.1. below);

b. (#2 Criteria) A returning (MSHSAA) state champion or (MSHSAA) state place finisher in any weight class; from any classification.

c. (#3 Criteria) A returning (MSHSAA) district champion or (MSHSAA) runner-up at the same or adjacent weight class; from any classification.

d. (#4 Criteria) If everything is still equal after having considered all of the above criteria, a vote of the coaches shall be taken. **A coaches vote shall only break the tie for one seed, once the coach's vote breaks a tie or multiple way tie for that one seed position, the remaining wrestlers shall be then compared again for determining the next seed.**

**C. PROCEDURE FOR APPLYING SEEDING CRITERIA:**

**Seeding Criteria (#1) Record vs. Common Opponents: DETERMINED USING TRACKWRESTLING AUTO SEED PROGRAM (Online)**

**Seeding Provisions/Clarifications.**

a. Seeds are to be determined seed by seed considering each wrestler put up for a seed.

b. Once a wrestler has been put up for a seed, that wrestler remains up for remaining seed(s).

c. After nominating wrestler(s) for a seed, run the seed report to determine which wrestler to pull for awarding the seed based on accumulated Trackwrestling points. **When comparing two or more wrestlers, the seed will be awarded to the top "seeded" wrestler (as listed in the left hand column of the auto seed report).**

d. If there is a tie in the seed report move on to seeding criteria #2, etc.

**Note: If a wrestler is eliminated by using seeding criteria (#2) or (#3), revert back to criteria (#1) for remaining wrestlers still in for the seed being determined.**

**TRACKWRESTLING AUTOSEED PROGRAM (COMMON OPPONENTS – CRITERIA (#1)**

**Step 1:** Based on the entries being revealed on the Weight Class Roster page, take a coaches vote for the number of wrestlers to seed at this weight class. (Repeat this Step for each Weight Class)

**Step 2:** From the Weight Class Roster page, select the “Seeds” link in red print. (Repeat this Step for each Weight Class).

- Select “Fetch MSHSAA Criteria” to apply preliminary seed order to the weight class.
- Select all wrestlers by placing a checkmark in the box to the left of each wrestler’s name.
- Select the “Number of Seeds” from the drop-down menu.
- Select “View MSHSAA Seed Report” which will provide the Preliminary Ranking Report for all wrestlers entered at this weight class based on the common opponent comparison criteria (including head-to-head). This Preliminary Ranking Report is simply a guide for seeding considerations **and is only applying point values for each wrestler selected based on common opponents/head to head.**
- Keep the Preliminary Ranking Report visible as you proceed to seeding the weight class. (Note: Write out the order of wrestlers in Preliminary Ranking Report onto a marker board, overhead projector, etc.)

**Step 3:** Determining Seeds: While viewing the Preliminary Ranking Report, request from coaches the wrestler(s) to be considered for a seed. In the case that multiple wrestlers are being considered for the same seed follow the steps below: (Repeat this Step for each Weight Class)

- Using the Seeding Meeting Wizard page, check mark the names of those wrestlers being considered for the seed.
- Select “View MSHSAA Seed Report”. This Seed report now breaks down which of the multiple wrestlers being considered for this seed receives the seed based on the comparison of only these selected wrestlers using the common opponent seeding criteria. **When comparing two or more wrestlers, the seed will be awarded to the top “seeded” wrestler (as listed in the left hand column of the auto seed report).**
- If there are no errors in posted match results and all wrestlers are still tied following common opponents; move forward with application of the remaining MSHSAA seeding criteria (#2), (#3) and (#4) as noted below.

**Seeding Criteria #2. Returning State:** A returning MSHSAA state champion or MSHSAA state place finisher in any weight class, from any classification.

**Seeding Criteria #3. Returning District:** A returning MSHSAA district champion or MSHSAA runner-up in the same or adjacent weight class, from any classification.

**Seeding Criteria #4. Coaches Vote:** If everything is still equal after having considered all of the above criteria, a vote of the coaches shall be taken. One vote per school in attendance at the seeding meeting for all seeds going to a coach’s vote shall be taken. **A coaches vote shall only break the tie for one seed, once the coaches vote breaks a tie or multiple way tie for that one seed position, the remaining wrestlers shall be then compared again for determining the next seed.**

**TRACKWRESTLING: Saving Seeds/Build Bracket:** Move/Place wrestlers into their proper seeded position by: (Repeat this Step for each Weight Class)

- Using the move wrestler arrows or the drop-down seed selection box under each wrestler’s name.
- Double check wrestler’s seed is properly selected.

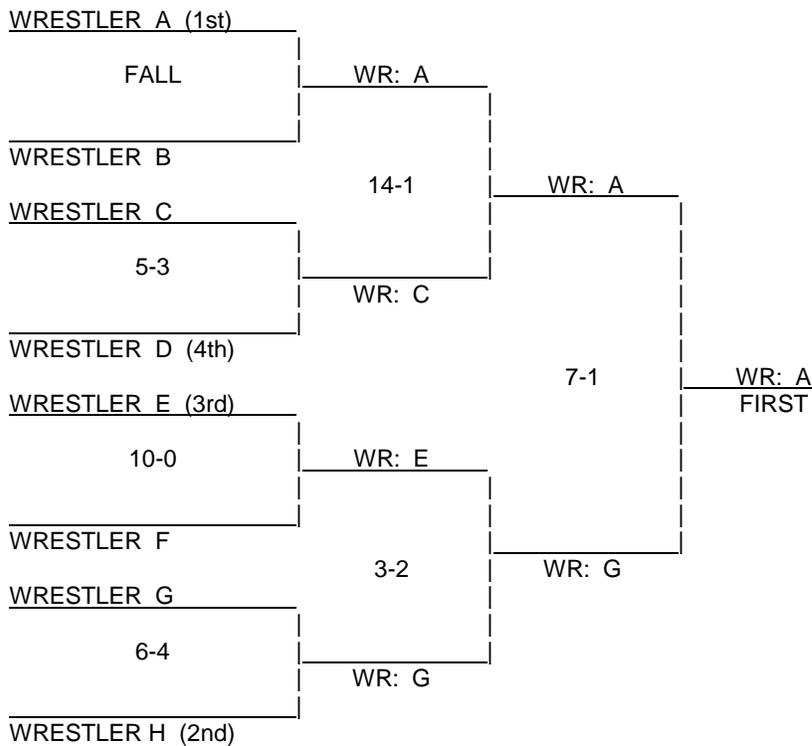
- Double check “Number of Seeds”
- Select “Save Seeds”
- Select “Build Bracket” (Unseeded wrestlers and byes will automatically be drawn balanced and randomly into the bracket)

**TRACKWRESTLING: Print Bracket:** Select “Bracket” link in the red print. Select “View Bracket”. Print a copy for each team to review. (Repeat this Step for each Weight Class)

## APPENDIX C: SAMPLE BRACKETS AND SCORING CHARTS

**A. SAMPLE EIGHT-MAN BRACKET:** The following bracket, an eight man championship bracket, is to be used for five to eight (5-8) wrestlers in a weight class. It presented here in order that uniformity is maintained statewide and as an aid to District Managers in preparing for the tournament.

### EIGHT-MAN CHAMPIONSHIP BRACKET (For 5-8 wrestlers in a weight class)



**B. SAMPLE EIGHT-MAN BRACKET SCORING CHART:** The following chart is intended to show the team points awarded for each match on the sample eight-man championship bracket.

**NOTE:** Refer to Rule 9-2-2 of the National Federation Wrestling Rules Book for tournament team scoring explanation. The chart below is a graphic illustration of those rules as applied to the sample eight-man championship bracket.

Wr	Quarter	Semi	Cons Quar	Cons Semi	1st 3rd	Points Scored	Place Finish
A	$\frac{2+2}{2+2}$	$\frac{10}{2+1}$	—	—	$\frac{4}{0+0}$	21	1st
B	$\frac{0+0}{0+0}$	—	$\frac{1+0}{1+0}$	$\frac{4}{1+0}$	$\frac{3}{0+0}$	9	3rd
C	$\frac{2+0}{2+0}$	$\frac{0}{0+0}$	—	$\frac{4}{1+0}$	$\frac{0}{0+0}$	7	4th
D	$\frac{0+0}{0+0}$	—	$\frac{0+0}{0+0}$	—	—	0	
E	$\frac{2+1}{2+1}$	$\frac{0}{0+0}$	—	$\frac{0}{0+0}$	0	3	
F	$\frac{0+0}{0+0}$	—	$\frac{1+0}{1+0}$	—	—	1	
G	$\frac{2+0}{2+0}$	$\frac{10}{2+0}$	—	—	$\frac{0}{0+0}$	14	2nd
H	$\frac{0+0}{0+0}$	—	$\frac{0+0}{0+0}$	—	—	0	3rd

**Placement Points**  
**Advancement + Match Points**

### SCORING CHART FOR EIGHT-MAN BRACKET

**NOTE:** Key for Abbreviations used in chart below:

Wr ..... Wrestler

Quarter..... Quarterfinal Round

Semi..... Semifinal Round

Cons Quar..... Consolation Quarterfinal Round

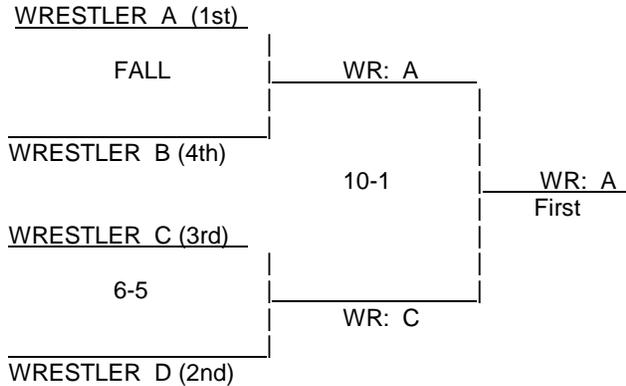
Cons Semi..... Consolation Semifinal Round

1st..... 1st- Place Match Round

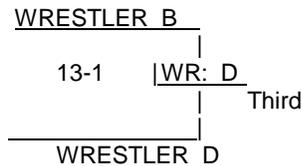
3rd..... 3rd Place Match Round

**C. SAMPLE FOUR-MAN BRACKETS:** The following brackets, a four-man championship bracket and a four-man consolation bracket, are to be used for two to four (2-4) wrestlers in a weight class. They are presented here in order that uniformity is maintained statewide and as an aid to District Managers in preparing for their meet.

**FOUR-MAN CHAMPIONSHIP BRACKET**  
(For 2-4 wrestlers in a weight class)



**FOUR-MAN CONSOLATION BRACKET**  
(To be used with above four-man championship bracket)



**D. SAMPLE FOUR-MAN BRACKET SCORING CHART:** The following chart is intended to show the team points awarded for each match on the sample four-man championship bracket and four-man consolation bracket.

**NOTE:** Refer to Rule 9-2-2 of the National Federation Wrestling Rules Book for tournament team scoring explanation. The chart below is a graphic illustration of those rules as applied to the sample four-man championship bracket and four-man consolation bracket.

**EXCEPTION:** Because there is not a consolation semifinal round with a four-man bracket, as stated in Rule 9-2-2(f) of the National Federation Wrestling Rules Book, the winner of the third-place match merely is awarded the seven (7) place points for third place; the loser of the third-place match merely is awarded the four place points for fourth place.

**SCORING CHART FOR FOUR-MAN BRACKET**

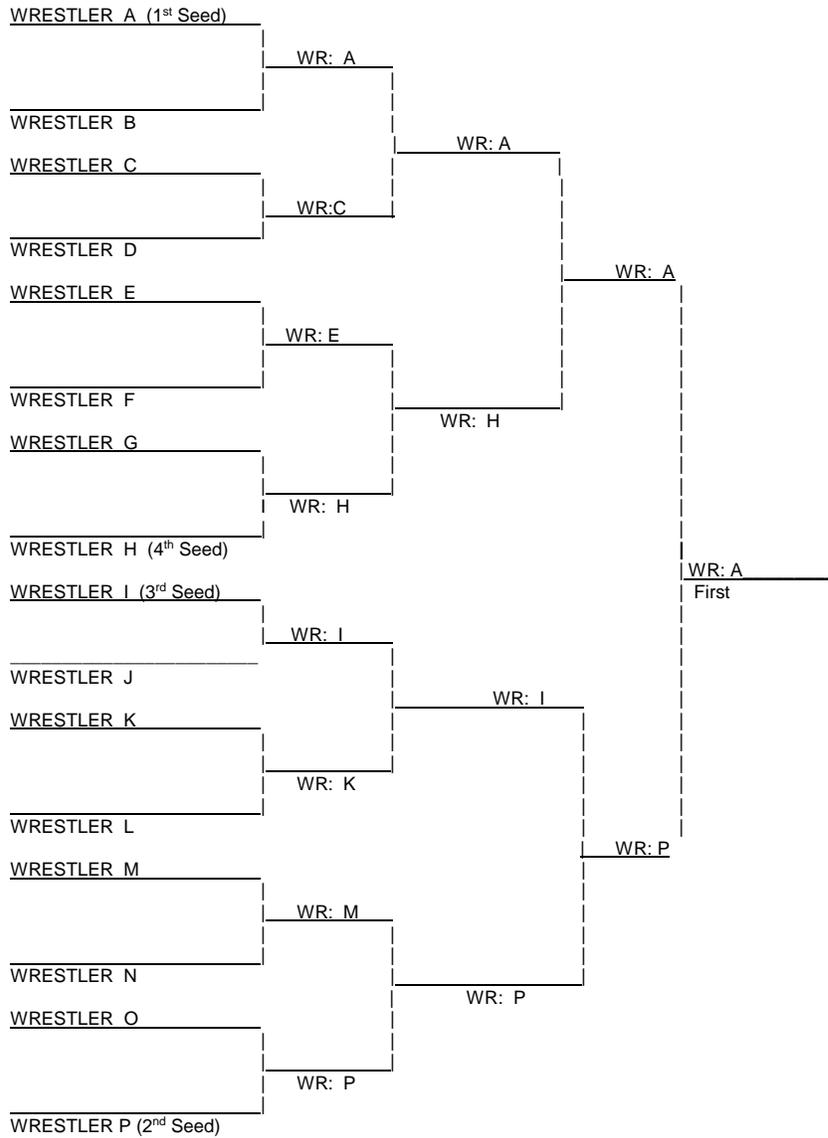
WRESTLER	SEMIFINAL	ST PLACE 3RD PLACE	POINTS SCORED	PLACE FINISH
A	10 ----- 2+2	4 ----- 0+1	19	1ST
B	----- 0+0	4 ----- 0+0	4	4TH
C	10 ----- 2+0	0 ----- 0+0	12	2ND
D	----- 0+0	7 ----- 0+1	8	3RD

**Placement Points  
Advancement + Match Points**

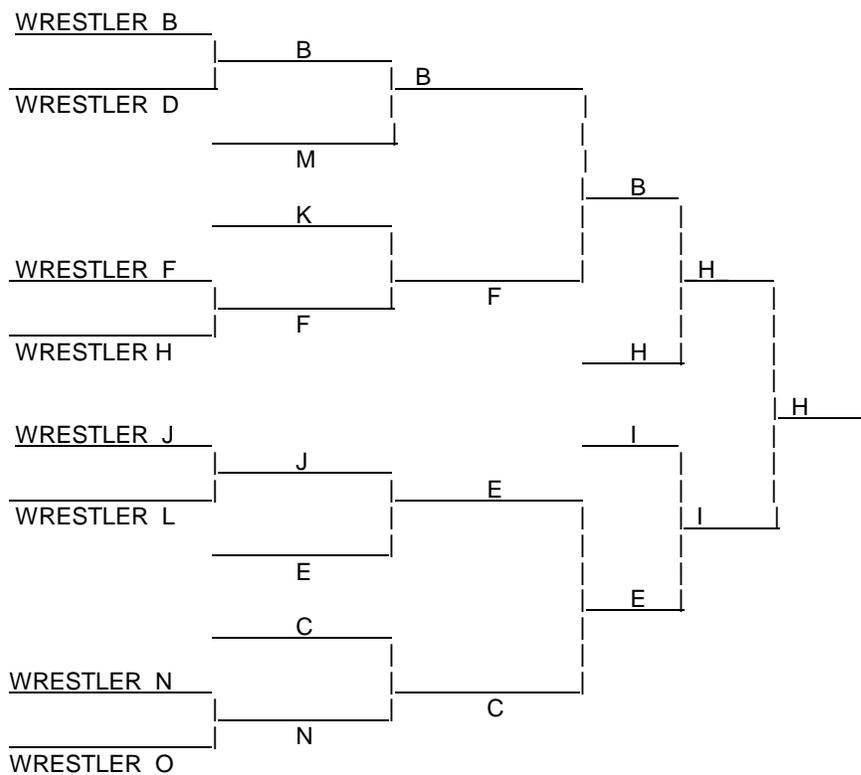
**NOTE:** KEY FOR ABOVE CHART

**E. SAMPLE SIXTEEN-MAN BRACKETS:** The following brackets, a sixteen-man championship bracket and a sixteen-man consolation cross-bracket, are to be used for nine to sixteen (9-16) wrestlers in a weight class. They are presented here in order that uniformity is maintained statewide and as an aid to District Managers in preparing for the tournament.

**SIXTEEN-MAN CHAMPIONSHIP BRACKET**  
(For 9-16 wrestlers in a weight class)



**SIXTEEN-MAN CONSOLATION CROSS-BRACKET**  
 (To be used with above sixteen-man championship bracket)



## **APPENDIX D**

### **PROJECTED DATES**

The following are the projected dates for the First Possible Practice, First Possible Contest and for the State Series for the **2019-20** and **2020-21** school years.

1. The First Possible Practice for the Winter Sports Season, is the Monday of Week No. 18 of the MSHSAA Standardized Calendar.
2. The First Possible Contest for the Winter Sports Season, is the Friday preceding Thanksgiving (which always falls during Week No. 20 of the MSHSAA Standardized Calendar).
3. The State Series is scheduled to take place during Weeks 31 and 33 for Girls Wrestling and during weeks 32 and 33 for Boys Wrestling of the MSHSAA Standardized Calendar.

**NOTE:** The dates printed here are as of the beginning of the Winter Sports Season of the **2019-2020** school year. The MSHSAA Official Handbook, MSHSAA Journals, MSHSAA Special Bulletins and succeeding years of the MSHSAA Wrestling Manual should be consulted for the up-to-date information, as this information could be revised.

4. **Projected Dates:** These are the projected dates for two years:

#### **2019-2020**

FIRST POSSIBLE PRACTICE (Boys/Girls): ..... Monday, November 4  
FIRST POSSIBLE CONTEST (Boys/Girls): ..... Friday, November 22  
DISTRICT CHAMPIONSHIPS (GIRLS): .....Friday-Saturday, February 7-8  
DISTRICT CHAMPIONSHIPS (BOYS):.....Friday-Saturday, February 14-15  
STATE CHAMPIONSHIPS: .....Thursday-Saturday, Feb. 20-22

**NOTE: The Boys and Girls State Wrestling Championships will be held at Mizzou Arena @ the University of Missouri (Columbia).**

#### **2020-2021**

FIRST POSSIBLE PRACTICE (Boys/Girls): ..... Monday, November 2  
FIRST POSSIBLE CONTEST (Boys/Girls): ..... Friday, November 20  
DISTRICT CHAMPIONSHIPS (GIRLS): .....Friday-Saturday, February 5-6  
DISTRICT CHAMPIONSHIPS: .....Friday-Saturday, February 12-13  
STATE CHAMPIONSHIPS: .....Thursday-Saturday, Feb. 18-20

**NOTE: The Boys and Girls State Wrestling Championships will be held at Mizzou Arena @ the University of Missouri (Columbia).**

## Appendix E

### BOARD POLICY ON SPECTATORS AT EVENTS

**Spectators/Fans Gathering at Sidelines:** There have been instances where fans have been permitted to gather and stand along the sidelines or end lines of playing fields and courts during athletic contests, and a number of instances have been reported in which fans have approached the sidelines near the end of the game. Generally, this is for the purpose of rushing onto the field or court to express jubilation over winning. In other instances, fans have cast disparaging remarks toward opposing players and officials. In either case, it creates a situation conducive to crowd control problems. Under these conditions, the Board of Directors has adopted a policy authorizing and urging game officials to stop the game when this occurs, send the teams to the benches, and request the host school administration (or tournament manager) to have the fans return to their seats or leave the gymnasium or field before play is continued. The game shall not continue until the fans comply. The primary responsibility for compliance with the game officials request falls on the host school, or tournament manager, but the visiting school (both schools in a tournament) is also responsible for seeing that their fans remain in their seats. All schools should take steps to educate their students and fans to refrain from moving onto the court or playing field following games. The practice of entering these areas following games does not contribute anything toward the most worthwhile objectives of interscholastics and can contribute toward misconduct. In a related note, tournament managers should suspend the sale of tickets and close the doors when necessary to prevent overcrowding of gymnasiums.

**Spectator/Fan Support Items and Restrictions:** In the chart below, **ONLY** those items marked “Yes” will be allowed as fan/spectator support items at all MSHSAA District and State Series Championships. **Schools are encouraged to follow these guidelines during the regular season.** Sportsmanlike vocal cheering and support from the team bench area are encouraged. The items indicated on this page are for use by all fans/spectators.

**LEGEND:** BA-Baseball BK-Basketball CC-Cross Country FB-Football GO-Golf SO-Soccer SB-Softball SW-Swimming & Diving TN-Tennis TR-Track & Field VB-Volleyball WR-Wrestling NA-Not Applicable

SPORT	BA	BK	CC	FB	GO	SO	SB	SW	TN	TR	VB	WR
Balloons	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Banners on wall	Yes	No										
Confetti/shredded paper/powder	No											
Hand held signs (no obstruction of view during play)	Yes											
Laser light/pointer/flashing objects	No											
Megaphones (Exception: Sideline Cheerleaders only)	No											
Artificial noisemakers, (including but not limited to horns, cow bells, bells, buzzers, shakers, clickers, thunder sticks, rattles, instruments not part of a band)	Yes	No	Yes	Yes	No	Yes	Yes	No	No	Yes	No	No
Compressed air horns/sirens	No											
Whistles	No											
Drones/UAV/UAS	No											

Team introduction run-throughs or break away banners (fans)	No	No	No	No								
Team introduction run-throughs or break away banners (team personnel & sideline cheerleaders)	Yes	Yes	Yes	Yes								
Poms, spirit/rally towels	Yes	Yes	Yes	Yes								
Cannons/muskets/guns/fireworks	No	No	No	No								
Carried school flags (running/taunting prohibited)	Yes	Yes	Yes	Yes								
Animals/Pets (other than service animals with proper credential documentation)	No	Yes <sup>1</sup>	No	No	No							
Appropriate dress required (host determines)	Yes	Yes	Yes	Yes								

<sup>1</sup> state only (Adopted September 2012, Revised 2019)