Wrestling Preview Bulletin 2013-2014

Regionals: February 14-15
State: February 20-22
Pepsi Center
**Review**: CHSAA By-Laws do not allow for Administrators to review or hear appeals related to official’s rulings, judgment calls, or misapplication of rules.

**NO VIDEO REVIEW WILL BE CONDUCTED.**

**Please note**: By playing rule and By-Law, all results are considered final at the conclusion of the contest unless otherwise noted in NFHS playing rules for that sport.
2013-2014
CHSAA WRESTLING ADVISORY COMMITTEE

Ernie Derrera, Thompson Valley, Chair 1st (2016)
   Lewis Flores, Fowler (2014)
   John Haberman, La Junta (2014)
   Ray Barron, Heritage (2015)
   Brett Steinacher, Meeker (2015)
   J.C. Summers, Arvada (2015)
   Jeff Buck, Cherokee Trail (2015)
   Greg Jones, Monte Vista (2016)
   Mike Sullivan, Mesa Ridge (2016)

2013-2014
CHSAA WRESTLING ADVISORY COMMITTEE MEETING DATE

Thursday, February 27, 2014
9:00 a.m.
CHSAA Office

If you have suggestions, comments or concerns, your feelings can be expressed by writing to committee Chairman, Ernie Derrera (Thompson Valley High School), committee members or by writing to Harry Waterman, Assistant Commissioner, Colorado High School Activities Association (hwaterman@chsaa.org). This is an open meeting, guests are welcome to attend.

Further, committee members have the responsibility of selecting officials for the state tournament semifinals and finals. If you have input concerning officials, contact a committee member.
October 2013

TO: Athletic Directors and Coaches of Schools Participating in Wrestling

FR: Harry Waterman, CHSAA Assistant Commissioner

RE: 79TH Annual State High School Wrestling Season

Greeting from the Colorado High School Activities Association!

I look forward to working with the Wrestling Program and coaches this upcoming season. Your dedication and attention to your programs serve as a role model for many of our other programs. Wrestling continues to improve in Colorado. Our season and the championships continue to draw major attention not only in Colorado, but also across the country.

Thanks for all you do to make this sport an enjoyable and valuable experience for the kids and their fans.

It is important for you to re-familiarize yourself with the policies and procedures required to conduct this sport. Please take the time to thoroughly review this bulletin in order to avoid misunderstandings, misinterpretations and/or problems that can occur. Changes approved by the CHSAA Legislative Council include:

- Please become fully aware of the weigh-in procedures made by the National Federation.
  (See the Weight Certification Bulletin which is included in this packet)
  - Weight certification due – Prior to 1st contest.
  - Two-pound growth allowance – Thursday, January 2, 2014

Please do not hesitate to contact this office if you have questions or require clarification of wrestling issues.

NOTE: The National Federation has adopted the weight certification process that required body fat testing and hydration. Please see weight certification Bulletin for more information.
INTRODUCTION

The following information provides an overall orientation to the 2013-2014 wrestling season. Coaches and athletic directors, however, should note that this preview serves as a supplement to the official CHSAA Handbook. The by-laws governing wrestling appear on pages 128-130 in the CHSAA Handbook, but many other sections of the CHSAA Handbook are relevant to the eligibility of your participants. Coaches are urged to review this bulletin and the CHSAA Handbook and confer with their athletic director and principal in advance of the start of practice to insure there is a clear understanding of all eligibility, practice, scrimmage and playing rules.

Although some brief state tournament information is included, more detailed data will be forwarded to your school administration prior to the close of the regular season.

We cannot emphasize enough the importance of schools and coaches carefully reviewing all wrestling rules, especially those dealing with the safety of the athlete. All rules pertaining to weight classification are of particular significance. Failure to warn athletes of potential dangers in not participating properly or the proper way in which to care for equipment, could lead to serious consequences to coaches and schools.

In addition, be sure that your athletic director has on file a completed “transfer eligibility card” form for all transfer students on your team before allowing them to compete in an interscholastic scrimmage or contest.

BE CERTAIN THAT YOU HAVE ON FILE A PARENT/PHYSICIAN PERMISSION FOR EACH WRESTLER BEFORE YOU ALLOW THE WRESTLER TO PRACTICE.

FURTHER, MAKE SURE EACH WRESTLER HAS A WEIGHT CERTIFICATION SHEET ON FILE WITH THE SCHOOL AND CHSAA BY PRIOR TO THEIR 1st CONTEST.

Additional questions and interpretations may be obtained from the CHSAA office (303-344-5050) through Harry Waterman, Assistant Commissioner the administrator responsible for wrestling (hwaterman@chsaa.org). We encourage the principal or athletic director to contact the CHSAA office with questions concerning eligibility. Inquiries about game situations or rules specifically applying to wrestling should be made by the coach.

Good luck with your season. Thanks for your input, support and cooperation!
I. **MAJOR CHANGES FROM LAST YEAR’S REPORT:**

A. In Class 5A, the top 16 schools (based on returning regional/state points) were separated into four regions. The remaining teams were placed into regions taking points and geography into consideration. Each region has been geographically designated and must conduct the regional tournament in that area of the state.

C. In Class 4A, the top 8 schools (based on returning regional/state points) were separated into four regions. When possible the remaining teams were placed into regions using geography as the primary consideration. Each region has been geographically designated and must conduct the tournament in that area of the state.

D. Track Wrestling is the approved computer system used for all regional and state tournaments. All coaches are required to complete the following items prior to the prescribed deadlines:
   1. All varsity win/loss results must be entered into the OPC prior to February 9, 2014.
   2. All regional rosters must be submitted into Track Wrestling prior to Sunday, February 9th at 3:00 p.m. Regional criteria (head to head, previous state placer) must be submitted by 11:59 p.m. on February 9th.
   3. Regional Directors will release the seeds at 12:00 p.m. on Monday, February 10, 2014.
   4. Brackets will be released after 6:00 p.m. on Thursday, February 13, 2014.

II. **RATIONALE:**

A. This format separates the top 16 returning programs while creating geographical regions for the majority of schools.

B. This format separates top 8 returning programs while creating geographical regions for the majority of schools.

C. These requirements and timelines will allow for consistent and efficient seeding for the regional and state tournaments.
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PHILOSOPHY OF ENTRY FEES

While tournament entry fees have become a necessary part of high school interscholastic athletics, it is the philosophy of the Colorado High School Activities Association that entry fees should be used solely for tournament and/or games expenses and in no manner serve as a fund raiser for any other athletic/activity event in any school or individual school program.

OPENING OF PRACTICE

As outlined in the CHSAA by-laws, formal practice is authorized to begin on Wednesday, November 13th.

There is no rule prohibiting contact between a coach and his wrestlers prior to the date, but coaches are strongly urged to check their school district’s insurance coverage, which may not apply to activity outside of the CHSAA dates. NO practice of instruction of any type may be conducted on any Sunday during the school year.

Further, the accumulation of five practice days does not begin until the official opening or practice on Wednesday, November 13th.

SCRIMMAGE DATE

Schools are permitted two interscholastic scrimmage dates, which may be held only between the 6th day following the start of formal practice and the conclusion of the final state championship contest. The first allowable date is Tuesday, November 19. (See Scrimmage Interpretations on pages 93-96 of the CHSAA Handbook.)

Two additional interscholastic scrimmage dates will be allowed those wrestlers qualifying for the state-wrestling meet the week after regional tournaments.

DEFINITION: A scrimmage is the meeting of any number of individuals or teams from two or more high schools on a single date for participating under the conditions enumerated in the scrimmage rule.

Note: All participants taking part in an interscholastic scrimmage must have completed five days of practice in the sport in which they are competing. Practices held prior to November 13 do not count toward the five-day requirement.

WRESTLING CALENDAR DATES FOR 2013-2014

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening Day of Practice</td>
<td>Wednesday, November 13th</td>
</tr>
<tr>
<td>Regional Seeding Criteria Sent to Coaches by Regional Directors</td>
<td>Wednesday, November 13th</td>
</tr>
<tr>
<td>First Allowable Scrimmage Date</td>
<td>Tuesday, November 19</td>
</tr>
<tr>
<td>First Interscholastic Contest</td>
<td>Monday, December 2</td>
</tr>
<tr>
<td>Weight Certification Lists Due to League Secretary and CHSAA</td>
<td>Prior to 1st contest</td>
</tr>
<tr>
<td>Two-Pound Growth Allowance</td>
<td>Wednesday, January 2</td>
</tr>
<tr>
<td>Final Day for Scheduled or Make-Up Varsity Competition</td>
<td>Saturday, February 8</td>
</tr>
<tr>
<td>Regional Entries Due to Regional Directors</td>
<td>Sunday, February 9</td>
</tr>
<tr>
<td>Regional Tournaments</td>
<td>Completed by Saturday, February 15</td>
</tr>
<tr>
<td>Deadline for Regional Results to CHSAA Office</td>
<td>Saturday by midnight, February 15</td>
</tr>
<tr>
<td>Deadline for Substitutes to State Tournament</td>
<td>2:00 p.m. Tuesday, February 18</td>
</tr>
<tr>
<td>State Tournament at Pepsi Center</td>
<td>Thursday-Saturday, February 20-21-22</td>
</tr>
</tbody>
</table>
Situation 1: Wrestlers from four schools meet at one site to scrimmage together (a) during the season, or (b) the week prior to state.

Ruling 1: Legal in (a) and (b). By definition, the maximum number of schools which can meet to scrimmage is unlimited.

Situation 2: On the Monday before the state meet, three schools meet to scrimmage. The same three schools meet on Tuesday.

Ruling 2: Legal.

Situation 3: School A’s varsity hosts School B’s varsity and on the same day School A’s JV and sophomore team travel to School B. Is this considered one scrimmage?

Ruling 3: Yes. The key factor is that all are occurring on the same day.

FIRST CONTEST
No interscholastic contest may be held before Monday, December 2, 2013.

LAST CONTEST - VARSITY MATCHES COMPLETED BY FEBRUARY 8th
1. No school may schedule any of its varsity wrestlers (to be entered in the regional tournament) in a match completed after the Saturday prior to the regional tournament.

2. Matches postponed during the season must be made up by the Saturday prior to regional.

3. In cases involving poor travel conditions or other unusual circumstances, with the permission of the CHSAA office, a match originally scheduled for the Friday or Saturday of the week prior to regionals may be rescheduled to no later than the Wednesday prior to regionals.

4. Under no conditions may a match be rescheduled on the day before the start of the regional meet.
NEW Competition Point System by-law

4630.1 No wrestler shall participate in more than 28 competition points in one season exclusive of qualifying and state competition.

4630.2 A member school shall be limited to scheduling no more than 28 competition points at each level (varsity and junior varsity) in a season, exclusive of state championship series.

In tournament and dual meet competition, each wrestler is limited to a maximum of five matches per day (National Federation Rule 1-2-2).

28 points to be totaled as follows:

4 points which can only be used for meets such as duals, triangulars and quadrangulars in which points are calculated as such:

<table>
<thead>
<tr>
<th>Competition Type</th>
<th>Points</th>
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<tbody>
<tr>
<td>Dual Meet</td>
<td>0.5 pts</td>
</tr>
<tr>
<td>Double Dual/Triangular</td>
<td>1 point</td>
</tr>
<tr>
<td>Quadrangular</td>
<td>1.5 pts</td>
</tr>
</tbody>
</table>

The remaining 24 points can be used as such:

<table>
<thead>
<tr>
<th>Competition Type</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dual meet</td>
<td>1 point</td>
</tr>
<tr>
<td>Double dual/Triangular</td>
<td>2 points</td>
</tr>
<tr>
<td>Quadrangular</td>
<td>3 points</td>
</tr>
<tr>
<td>One-day tournament</td>
<td>3 points</td>
</tr>
<tr>
<td>Two-day tournament with single or double elimination</td>
<td>4 points</td>
</tr>
<tr>
<td>Two-day tournament/multi-school event with no elimination</td>
<td>6 points</td>
</tr>
</tbody>
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Scheduling examples:

<table>
<thead>
<tr>
<th>Competition Type</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 duals @ 0.5 pts each</td>
<td>4 pts</td>
</tr>
<tr>
<td>8 1-day tournaments</td>
<td>28 pts</td>
</tr>
<tr>
<td>8 duals @ 0.5 pts each</td>
<td>4 pts</td>
</tr>
<tr>
<td>1 2-day no elim tourn</td>
<td>6 pts</td>
</tr>
<tr>
<td>2 1-day tournaments</td>
<td>6 pts</td>
</tr>
<tr>
<td>3 2-day elim tourn</td>
<td>12 pts</td>
</tr>
<tr>
<td>8 duals @ 0.5 pts each</td>
<td>4 pts</td>
</tr>
<tr>
<td>1 dual @ 1 pt</td>
<td>1 pts</td>
</tr>
<tr>
<td>5 1-day tournaments</td>
<td>15 pts</td>
</tr>
<tr>
<td>2 2-day elim tourn</td>
<td>8 pts</td>
</tr>
<tr>
<td>28 pts</td>
<td></td>
</tr>
<tr>
<td>8 duals @ 0.5 pts each</td>
<td>4 pts</td>
</tr>
<tr>
<td>1 dual @ 1 pt</td>
<td>1 pts</td>
</tr>
<tr>
<td>3 2-day elim tourn</td>
<td>12 pts</td>
</tr>
<tr>
<td>28 pts</td>
<td></td>
</tr>
<tr>
<td>8 duals @ 0.5 pts each</td>
<td>4 pts</td>
</tr>
<tr>
<td>4 1-day tournaments</td>
<td>12 pts</td>
</tr>
<tr>
<td>6 1-day elim tourn</td>
<td>18 pts</td>
</tr>
<tr>
<td>28 pts</td>
<td></td>
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</tbody>
</table>

EXAMPLES OF POINT VALUES FOR TWO-DAY TOURNAMENTS

4 points
- Two-day tournaments with individually bracketed weight classes and with single or double elimination.

6 points
- Any dual team event where any wrestler in the tournament can wrestle 8 or more times over two days.
PARTICIPATION -- (1) When a wrestler engages in a match as defined by National Federation Rules; (2) When a wrestler steps on to the mat to receive a forfeit.

TOURNAMENT -- Any time five or more teams are involved.

Q1: A wrestler is injured during a match in the first round of a one-day tournament and is unable to continue wrestling in that competition. Did he use 3 competition points?
A1: Yes.

Q2: A wrestler participates in only one dual of a double dual or triangular meet competition (3 teams involved). How many competition points has he/she accumulated for that competition?
A2: .5 competition point. The key here is participation.

Q3: A wrestler receives a forfeit in a dual meet. Has he accumulated a competition point?
A3: Yes. .5 points.

Q4: Does a match won by forfeit count for qualifying tournament seeding purposes?
A4: Yes.

Q5: At a dual meet, Team A has two 113 pound wrestlers, Team B has one 113 pound wrestler. At the conclusion of the dual competition, Team B's 113 pound wrestler competes in a match against the second 113 pound wrestler from Team A. How many points has the 113 pound wrestler from Team B accumulated?
A5: One competition point if the team has not yet met the 4 point dual maximum.

DEFAULT -- A match won or lost by default will count as a match wrestled.

FORFEIT -- A match won by forfeit will count as a match wrestled in determining the 28 competition points. A match won or lost by forfeit, after the match has been wrestled, will count as a match wrestled.
2013-2014 Wrestling Regionals
2A Wrestling Regionals
55 Teams
4 Regionals- Each qualifying 4 wrestlers per weight class

**REGION #1**

**WESTERN (13)**

<table>
<thead>
<tr>
<th>School</th>
<th>Region</th>
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</thead>
<tbody>
<tr>
<td>Dolores</td>
<td>Western</td>
</tr>
<tr>
<td>Mancos</td>
<td>Western</td>
</tr>
<tr>
<td>Nucla</td>
<td>Western</td>
</tr>
<tr>
<td>West Grand</td>
<td>Western</td>
</tr>
<tr>
<td>Dove Creek</td>
<td>*Meeker</td>
</tr>
<tr>
<td>Hayden</td>
<td>North Park</td>
</tr>
<tr>
<td>Ignacio</td>
<td>North Park</td>
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<td>Norwood</td>
<td>Rangely</td>
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<td>Paonia</td>
<td>Rangely</td>
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<tr>
<td>Rangely</td>
<td>Rangely</td>
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<tr>
<td>Soroco</td>
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</table>

Site: Grand Junction High School
Date: February 14-15, 2014
Director: Patty Thomas
pattythomastpcabin@gmail.com

**REGION #2**

**SOUTH CENTRAL (12)**

<table>
<thead>
<tr>
<th>School</th>
<th>Region</th>
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</thead>
<tbody>
<tr>
<td>Antonito</td>
<td>South Central</td>
</tr>
<tr>
<td>Del Norte</td>
<td>South Central</td>
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<tr>
<td>McClave</td>
<td>South Central</td>
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<tr>
<td>Sierra Grande</td>
<td>South Central</td>
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<tr>
<td>Centennial</td>
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<tr>
<td>Fowler</td>
<td>South Central</td>
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<tr>
<td>Mountain Valley</td>
<td>South Central</td>
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<tr>
<td>John Mall</td>
<td>South Central</td>
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<tr>
<td>Rye</td>
<td>South Central</td>
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<tr>
<td>*La Veta</td>
<td>South Central</td>
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<tr>
<td>Sargent</td>
<td>South Central</td>
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Site: Del Norte
Date: February 14-15, 2014
Director: Pete Gomez
petegomez@bresnan.net

**REGION #3**

**NORTHEAST (13)**

<table>
<thead>
<tr>
<th>School</th>
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</thead>
<tbody>
<tr>
<td>Akron</td>
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</tr>
<tr>
<td>Holyoke</td>
<td>Northeast</td>
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<tr>
<td>Sedgwick Co/Fleming</td>
<td>Northeast</td>
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<tr>
<td>Yuma</td>
<td>Northeast</td>
</tr>
<tr>
<td>Byers</td>
<td>Denver Lutheran</td>
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<tr>
<td>Lyons</td>
<td>Merino</td>
</tr>
<tr>
<td>Stratton</td>
<td>Wiggins</td>
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<tr>
<td>*Highland</td>
<td>Miami-Yoder</td>
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<td></td>
<td>Wray</td>
</tr>
</tbody>
</table>

Site: Northeastern Junior College
Date: February 14-15, 2014
Director: John Barber
970-580-8179
barberj@merino.k12.co.us

**REGION #4**

**SOUTHEAST (17)**

<table>
<thead>
<tr>
<th>School</th>
<th>Region</th>
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<tbody>
<tr>
<td>Baca County</td>
<td>Southeast</td>
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<tr>
<td>Colorado D&amp;B</td>
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<tr>
<td>Holly</td>
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<td>Manzanola</td>
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<td>Swink</td>
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<td>Burlington</td>
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<tr>
<td>Crowley County</td>
<td>Las Animas</td>
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<tr>
<td>Kiowa</td>
<td>*Rocky Ford</td>
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<td>Peyton</td>
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<tr>
<td>Colorado State Fair Events Center</td>
<td>Southeast</td>
</tr>
<tr>
<td>Date: February 14-15, 2014</td>
<td></td>
</tr>
<tr>
<td>Director: Mike Jurney</td>
<td><a href="mailto:mike.jurney67@gmail.com">mike.jurney67@gmail.com</a></td>
</tr>
</tbody>
</table>

719-254-7431

* Schools responsible for facilitating selection of regional site.
3A Wrestling Regionals  
45 Teams  
4 Regionals- Each qualifying 4 wrestlers per weight class

### REGION #1

**WESTERN (12)**  
Basalt  Buena Vista  Cedaredge  Coal Ridge  
Grand Valley  Gunnison  #Hotchkiss  Lake County  
*Middle Park  Moffat County  Olathe  Salida  

- Site: Middle Park High School  
- Date: February 14-15, 2014  
- Director: Cal Cherrington  
  [sevenvslash@hotmail.com](mailto:sevenvslash@hotmail.com)

### REGION #2

**NORTHERN (11)**  
*Brush  Eaton  Estes Park  Faith Christian  
Fort Lupton  Holy Family  Platte Valley  Sterling  
Strasburg  University  Valley  

- Site: Eaton High School  
- Date: February 14-15, 2014  
- Director: Steve Longwell  
  [Eaton High School](mailto:slongwell@eaton.k12.co.us)

### REGION #3

**CENTRAL (11)**  
Academy (The)  Bennett  Classical Acad.  Clear Creek  
Ellicott  Jefferson  La Junta  *Lamar  
Platte Canyon  Ridgeview  Sheridan  

- Site: The Classical Academy  
- Date: February 14-15, 2014  
- Director: Gary Geiger  
  [ggeiger@asd20.org](mailto:ggeiger@asd20.org)

### REGION #4

**SOUTHERN (11)**  
Alamosa  Bayfield  C.S. Christian  Centauri  
Dolores Huerta  Florence  *Manitou Spgs  Monte Vista  
Pagosa Springs  St. Mary’s  Trinidad  

- Site: Colorado Springs Christian  
- Date: February 14-15, 2014  
- Director: Doug Ravasdy  
  [719-373-9123](tel:719-373-9123)  
  Doug.

* Schools responsible for facilitating selection of regional site.  
# Playing up
The top eight 4A schools were seeded into four different regions based on the following criteria:
- 4A returning state placers based on 6 points for 1st, 5 points for 2nd, etc.
- 4A returning regional placers based on 3 points for 1st, 2.5 points for 2nd, etc.

**REGION 1**

**METRO (17)**

<table>
<thead>
<tr>
<th>School</th>
<th>Site</th>
<th>Date</th>
<th>Director</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Broomfield</em></td>
<td>Broomfield High School</td>
<td>February 14-15, 2014</td>
<td>Steve Shelton, <a href="mailto:steve.shelton@bvsd.org">steve.shelton@bvsd.org</a></td>
</tr>
<tr>
<td>Mead</td>
<td></td>
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<tr>
<td>Air Academy</td>
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<td>Mullen</td>
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**REGION 2**

**SOUTH (17)**

<table>
<thead>
<tr>
<th>School</th>
<th>Site</th>
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<th>Director</th>
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<tbody>
<tr>
<td><em>Pueblo South</em></td>
<td>Colorado State Fair Grounds (Events Center), Pueblo, CO</td>
<td>February 14-15, 2014</td>
<td>Jarrett Sweckard, <a href="mailto:jarrett.sweckard@pueblocityschools.us">jarrett.sweckard@pueblocityschools.us</a> (719) 549-7165</td>
</tr>
<tr>
<td>Pueblo Central</td>
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<td>Canon City</td>
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<td>Harrison</td>
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<td>Mitchell</td>
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<td>Pueblo Centennial</td>
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<td>Sand Creek</td>
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<td>Sierra</td>
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<td>Vista Ridge</td>
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<td>Woodland Park</td>
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<td>Widefield</td>
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**REGION 3**

**NORTH (17)**

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<tr>
<th>School</th>
<th>Site</th>
<th>Date</th>
<th>Director</th>
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<tbody>
<tr>
<td><em>Thompson Valley</em></td>
<td>Greeley Central High School</td>
<td>February 14-15, 2014</td>
<td>Mark Koopman, <a href="mailto:mkoopman@greeleyschools.org">mkoopman@greeleyschools.org</a></td>
</tr>
<tr>
<td>Windsor</td>
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<tr>
<td>Berthoud</td>
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<td>Denver North</td>
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<td>Englewood</td>
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<td>Fort Morgan</td>
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<td>Frederick</td>
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<td>Greeley Central</td>
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<td>Longmont</td>
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<td>Mountain View</td>
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<td>Roosevelt</td>
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<td>Silver Creek</td>
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<td>Skyline</td>
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<td>Skyview</td>
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<td>Weld Central</td>
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**REGION 4**

**WESTERN (16)**

<table>
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<th>School</th>
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<tbody>
<tr>
<td>Discovery Canyon</td>
<td>Montrose High School</td>
<td>February 15-16, 2013</td>
<td>Lyle Wright, <a href="mailto:Lyle.Wright@mcsd.org">Lyle.Wright@mcsd.org</a> 970-240-6413</td>
</tr>
<tr>
<td><em>Palisade</em></td>
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<tr>
<td>Battle Mountain</td>
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<td>Delta</td>
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<td>Durango</td>
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<tr>
<td>Eagle Valley</td>
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<tr>
<td>Glenwood Springs</td>
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<td>Montezuma Cortez</td>
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<tr>
<td>Montrose</td>
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<td>Wheat Ridge</td>
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</table>

* Schools responsible for facilitating selection of regional site.
Teams designated (1-8) were seeded returning 4A & state place points
5A Wrestling Regionals
64 Teams
4 Regionals- Each qualifying 4 wrestlers per weight class

The top sixteen 5A schools were seeded into four different regions based on the following criteria:
- returning state placers based on 6 points for 1st, 5 points for 2nd, etc.
- returning regional placers based on 3 points for 1st, 2.5 points for 2nd, etc.

<table>
<thead>
<tr>
<th>REGION 1</th>
<th>METRO (16)</th>
<th>Aurora Central</th>
<th>Heritage</th>
<th>Overland</th>
<th>Site</th>
<th>Date</th>
<th>Director</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 *Ponderosa</td>
<td>8 Pomona</td>
<td>Chatfield</td>
<td>Lakewood</td>
<td>Rangeview</td>
<td>Cherokee Trail High School</td>
<td>February 14-15, 2013</td>
<td>Steve Carpenter</td>
</tr>
<tr>
<td>2 *Aurora Central</td>
<td>9 Ftn. Ft. Carson</td>
<td>Cherokee Trail</td>
<td>Mountain Vista</td>
<td>Smoky Hill</td>
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</tr>
<tr>
<td>3 Heritage</td>
<td>10 Overland</td>
<td>11 Site</td>
<td>12 Aurora Central</td>
<td>13 Heritage</td>
<td>14 Aurora Central</td>
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<table>
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<tr>
<th>REGION 2</th>
<th>SOUTH (16)</th>
<th>Arapahoe</th>
<th>Grandview</th>
<th>Littleton</th>
<th>Site</th>
<th>Date</th>
<th>Director</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 *Coronado</td>
<td>7 Fruita</td>
<td>Castle View</td>
<td>Highlands Ranch</td>
<td>Palmer</td>
<td>Coronado High School</td>
<td>February 14-15, 2014</td>
<td>Dave Howard</td>
</tr>
<tr>
<td>3 *Arapahoe</td>
<td>10 Pine Creek</td>
<td>Doherty</td>
<td>Legend</td>
<td>Rampart</td>
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<td>4 Grandview</td>
<td>15 Site</td>
<td>16 Grandview</td>
<td>17 Grandview</td>
<td>18 Grandview</td>
<td>19 Grandview</td>
<td>20 Grandview</td>
<td>21 Grandview</td>
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<th>REGION 3</th>
<th>NORTH (16)</th>
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<th>Fort Collins</th>
<th>Loveland</th>
<th>Site</th>
<th>Date</th>
<th>Director</th>
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<tbody>
<tr>
<td>3 *Rocky Mountain</td>
<td>6 Cherry Creek</td>
<td>Boulder</td>
<td>Hinkley</td>
<td>Monarch</td>
<td>Fort Collins High School</td>
<td>February 14-15, 2014</td>
<td>Rob Larson</td>
</tr>
<tr>
<td>4 Adams City</td>
<td>11 Greeley West</td>
<td>Centaurus</td>
<td>Horizon</td>
<td>Poudre</td>
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<td>5 Fort Collins</td>
<td>12 Site</td>
<td>13 Fort Collins</td>
<td>14 Site</td>
<td>15 Fort Collins</td>
<td>16 Site</td>
<td>17 Fort Collins</td>
<td>18 Site</td>
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<tr>
<th>REGION 4</th>
<th>METRO (16)</th>
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<th>Eaglecrest</th>
<th>Montbello</th>
<th>Site</th>
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<th>Director</th>
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</thead>
<tbody>
<tr>
<td>4 *Arvada West</td>
<td>5 Chaparral</td>
<td>Brighton</td>
<td>Gateway</td>
<td>Ralston Valley</td>
<td>Arvada West High School</td>
<td>February 14-15, 2014</td>
<td>Steve Anderson</td>
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<tr>
<td>5 Bear Creek</td>
<td>12 Mountain Range</td>
<td>Central G.J.</td>
<td>George Washington</td>
<td>Rocky Canyon</td>
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<tr>
<td>6 Eaglecrest</td>
<td>13 Site</td>
<td>14 Bear Creek</td>
<td>15 Eaglecrest</td>
<td>16 Montbello</td>
<td>17 Bear Creek</td>
<td>18 Eaglecrest</td>
<td>19 Montbello</td>
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</table>

* Schools responsible for facilitating selection of regional site.
# Playing up
Eligibility & Playing Guideline
2013-2014 NFHS WRESTLING RULES CHANGES

1-1-3: 4-3-1
4-3-6 (NEW) Standardized the rules language dealing with the use of electronic devices and video recording.
10-1-2

1-4-3; 5-13; 5-17-2 Forfeits are no longer considered as matches wrestled when considering the five matches in one day limit.

4-2-1 NOTE NEW Starting with the 2014-2015 wrestling season, hair covers will be required to be attached to the ear guards.

4-5-9 (NEW) If a wrester chooses to weigh-in with the artificial limb, the wrestler shall wear the artificial limb during competition at all times.

5-1-1; 6-6-2d (NEW) Added additional rules coverage for a bad time situation that involves choice of position after the two-point stalling call not being given during a match.

2013-14 Editorial and Other Changes

1-1-1; 1-2-2; 1-3-4c; 2-1-5 diagrams; 2-4-1; 4-5-7; 5-5-1, 2; 5-15-2a(5) (NEW); 5-21-1; 5-29-2; 5-30-3; 6-2-4; 7-4-1; 7-5-4; 8-1-2c; 8-2-2; 9-2-2a, b; 9-2-2o; Illustrations: 18, 36, 49, 83, 91.

2013-2014 Points of Emphasis

1. Communicable Diseases
2. Skin Checks and Weigh-ins in Multiple-day competitions
3. End-of-Match Procedure
4. Assistant Referee Responsibilities
Following are points of emphasis wrestling coaches should review with their staffs and wrestlers in reference to CHSAA rules and regulations. This list is not all-inclusive, but highlights only key areas.

**PHYSICAL EXAMINATION/PARENT CONSENT**
No student shall represent his school in interscholastic athletics (practice, scrimmage, contest) until there is on file with the school administration a statement signed by his parents or legal guardian and a practicing physician certifying he has passed an adequate physical examination within the past year (12 calendar months) and is physically fit to participate in high school athletics and has the consent of his parents or legal guardian to participate.

**UNCONSCIOUS ATHLETE**
Please pay particular attention to National Federation Rule 8-2-4, which indicates that an unconscious wrestler must have approval from a physician before he can return to competition.

**Important Information on Concussions and Recovery Time**

AGE MAY PLAY ROLE IN RECOVERY FOLLOWING SPORTS-RELATED CONCUSSIONS, HIGH SCHOOL ATHLETES MAY NEED LONGER RECOVERY THAN COLLEGE ATHLETES 

University of Pittsburgh Medical Center study published in Journal of Pediatrics may have serious implications for return-to-play guidelines for high school athletes

PITTSBURGH, May 19 - Does age play a role in how long it takes for an athlete to recover from concussion? In the first published study to examine age as a factor, University of Pittsburgh Medical Center (UPMC) sports concussion researchers found that high school athletes demonstrated prolonged memory dysfunction requiring longer recovery compared to college athletes. The study's results, published in the May 19 issue of the Journal of Pediatrics, supports more conservative management and comprehensive assessment of the concussed high school athlete and may have serious implications for return-to-play guidelines and decisions involving high school athletes.

In the study, post-concussion neuropsychological recovery of high school athletes was compared to that of college athletes at 24 hours, 3 days, 5 days and 7 days post-injury. In tests of neurocognitive function and self-reported symptoms, high school athletes performed significantly worse than age-matched control subjects at 7 days post-injury. Concussed college athletes, despite sustaining more severe injuries, displayed commensurate performance with age-matched control subjects by day 3 post-injury. Specifically, following mild concussion, high school athletes showed significant memory impairment at day 7; conversely, college athletes revealed significant memory deficits only within the first 24 hours post-injury. 

"Our finding that high school athletes did not recover from concussion as quickly as college athletes is a cause for concern because the largest majority of at-risk athletes are at the high school level or below," said principal investigator Melvin Field, M.D., chief resident in the department of neurological surgery at UPMC. "Furthermore, existing return-to-play guidelines assume a standard use for all age groups and levels of play, from school-age to professional. Our study is the first to suggest that there may be differing vulnerabilities to concussion at different ages and that current guidelines may not be appropriate for all age groups," said Dr. Field.

At least 1.5 million high school and college athletes compete in contact sports. Recent studies show that more than 62,000 concussions occur each year in high school sports, with football accounting for about 63 percent of them. At the college level, 34 percent of football players have had at least one concussion and 20 percent have had more than one.

Concussion is a trauma-induced alteration of mental status, which may or may not result in unconsciousness. Other symptoms may include dizziness, disorientation, headache, nausea, amnesia and poor hand-eye coordination. Concussion occurs when the brain is violently rocked back-and-forth inside the skull due to a blow to the head, neck or upper body.

"The problem with concussion in sports is that symptoms are not always straightforward, not always reported by the athlete and usually difficult to objectively measure," said study co-investigator Joseph Maroon, M.D., professor and vice chairman, department of neurological surgery at UPMC. "Meanwhile, the typically competitive high school athlete is usually quite anxious to return to the game despite any minor
symptoms. The concern is that previous studies have proven that before an athlete is fully recovered from an initial concussion, he or she is more susceptible to a second concussion and is at higher risk for further, more serious damage. Thus, keeping an athlete out of contact play until he or she is fully recovered from initial concussion is absolutely crucial to preventing further injury,” said Dr. Maroon. “No concussed athlete should ever return to contact sports before it is determined that their recovery is complete.”

Dr. Field added “Unfortunately, too many high schools lack qualified full-time sports medicine staff, which increases the risk of concussions going unidentified and inadequately evaluated through the recovery period, this predisposing the athlete to more serious injury and poor outcome.”

“This study suggests that further studies are needed in children of all ages before current adult-based return-to-play management guidelines are maintained or implemented in high schools and other adolescent-related sports,” said Mark Lovell, Ph.D., study co-investigator and director of the UPMC Sports Medicine Concussion Program. Michael Collins, Ph.D., assistant director of the program, was also a study co-investigator.

The study, conducted by sports concussion researchers in the department of neurological surgery and Sports Medicine Concussion Program, evaluated 39 high school athletes (19 concussed athletes compared to 20 control subjects) and 53 college athletes (35 concussed athletes compared to 18 control subjects) during the 2000-2001 scholastic sports season.

Of the 39 high school athletes, 35 were male varsity football players and four were female soccer players. The average age of the high school athletes was 15.9 years. Of the 53 college athletes, 51 were male football players and two were female soccer players. The average age of the college athletes was 19.9 years. The athletes were from Michigan State University, University of Utah, University of California at Berkeley, Arizona State University and five high schools in Shiawassee County, Michigan. All of the athletes had undergone pre-injury baseline testing methods identical to post-injury methods.

For more information on previously published sports concussion research studies at UPMC, please access www.upmc.com.

CONTACT:
Susan Manko
Jocelyn Uhl
PHONE: (412) 647-3555
FAX: (412) 624-3184
E-MAIL:
MankoSM@upmc.eduUhlJH@upmc.edu
Head Trauma & Concussions

The CHSAA promotes and supports a Community-Based Approach to Concussion Management (School Team, Family Team, and a Medical Team). This is outlined in the REAP Project, found online at www.chsaa.org. Please visit our CHSAA Sports Medicine page for more information and resources.

The Role of the Coach
*NEW 1620.4 BYLAW: All must annually complete one of the following: The online NFHS Concussion Course or a school organized sports medicine review that includes a head trauma/concussion component, and emergency evacuation procedures. If you suspect that an athlete has a concussion, you should remove the athlete from play, ensure the athlete is evaluated by a health care professional experienced in evaluating for concussions, inform the athlete’s parents about the possible concussion, and keep the athlete out of participation the day of injury and until the athlete obtains a written release from a licensed practitioner.

The Role of the Official
The contest official can look for signs, symptoms and conditions of head trauma and if observed shall send the player to the sideline for assessment by school personnel and/or a licensed practitioner. At that time the role of the contest official ceases.

The Role of the Licensed Practitioner & Trainer
If at any time during participation, a student-athlete is removed from participation due to head trauma, the student-athlete must obtain a written release from a licensed practitioner (as defined in the CHSAA bylaws) before participating again. The athlete may then begin a gradual return to play as determined by the school’s trainer (where applicable).

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**Signs and Symptoms**

<table>
<thead>
<tr>
<th>Signs Observed by Coaching Staff</th>
<th>Symptoms Reported by Athlete</th>
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<tbody>
<tr>
<td>Appears dazed or stunned</td>
<td>Headache</td>
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<tr>
<td>Is confused about assignment</td>
<td>Nausea</td>
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<td>Forgets plays</td>
<td>Balance problems or dizziness</td>
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<tr>
<td>Is unsure of game, score, or opponent</td>
<td>Double or fuzzy vision</td>
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<td>Moves clumsily</td>
<td>Sensitivity to light or noise</td>
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<tr>
<td>Answers questions slowly</td>
<td>Feeling sluggish</td>
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<tr>
<td>Loses consciousness</td>
<td>Feeling foggy or groggy</td>
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<tr>
<td>Shows behavior or personality changes</td>
<td>Concentration or memory problems</td>
</tr>
<tr>
<td>Can't recall events prior to hit</td>
<td>Confusion</td>
</tr>
<tr>
<td>Can't recall events after hit</td>
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</tr>
</tbody>
</table>


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**Action Plan**

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete’s parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play only with permission from an appropriate health care professional.

**Important Phone Numbers**

- Emergency Medical Services
  - Name:
  - Phone:

- Health Care Professional
  - Name:
  - Phone:

- School Staff Available During Practice
  - Name:
  - Phone:

- School Staff Available During Games
  - Name:
  - Phone:
INJURY AND BLEEDING TIME-OUTS
The National Federation Rule Book, Rule 8, Section 2 Injury, ART. 1: An injured or ill contestant is entitled to a maximum injury time-out of 1½ minutes which is cumulative throughout the match, including overtime periods. There is a limit of two injury time-outs which may be permitted in any match, provided the total time does not exceed 1½ minutes. If a second injury time-out is taken during a regulation period, the opponent shall have the choice of top, bottom or neutral position on the restart.

EXCEPTIONS:
a. If the second injury time-out is taken at the conclusion of the first period, the opponent shall have the choice at the start of the second and third periods.
b. If the second injury time-out is taken at the conclusion of the second period, the opponent shall have the choice at the start of the third period.
c. If the second injury time-out is taken at the conclusion of the third period, the opponent shall have the choice of any one of the three starting positions at the beginning of the sudden victory period.
d. If the second injury time-out is taken any time during the sudden victory period, the opponent shall have the choice of top, bottom or neutral position on the restart.
e. If the second injury time-out is taken at the conclusion of the sudden victory period, the opponent shall have the choice of either top or bottom position at the start of both 30-second tiebreaker periods.
f. If the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period, the opponent shall have the choice of either top or bottom position at the start of the second 30-second tiebreaker period.
g. If the second injury time-out occurs at the conclusion of the second 30-second tiebreaker period, the opponent shall have the choice of top or bottom position at the start of the ultimate tiebreaker period.
h. If the second injury time-out occurs during either of the 30-second tiebreaker periods or during the ultimate tiebreaker period, the opponent shall have the choice of top or bottom position on the restart.

A third injury time-out shall terminate the match. The opponent shall be declared the winner by default. Time required to correct illegal equipment is counted as injury time. Time used to recover and/or replace a contact lens may be charged against a contestant’s injury time and count as an injury time-out if the referee determines that this disrupts the flow of the match.
Rules for blood and injury time-outs is as follows: Each wrestler may take up to two time-outs for no more than a total of 1½ minutes for injuries, throughout the match, not to include bleeding. If a second time-out is taken, the opponent will get his choice of position on the restart (he may choose up, down or neutral). If this occurs in the tie-breaker, there is no choice of neutral position (see National Federation regulation). Any bleeding can accumulate up to five minutes for time-outs to control the bleeding.

<table>
<thead>
<tr>
<th>A SUMMARY OF INJURY/BLOOD TIME OUTS</th>
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<tbody>
<tr>
<td><strong>INJURY TIME</strong></td>
</tr>
<tr>
<td>• 1½ MINUTES CUMULATIVE</td>
</tr>
<tr>
<td>THROUGHOUT MATCH, INCLUDING</td>
</tr>
<tr>
<td>OVERTIME.</td>
</tr>
<tr>
<td>• MAXIMUM OF TWO TIMEOUTS.</td>
</tr>
<tr>
<td>• OPPONENT HAS CHOICE OF POSITION</td>
</tr>
<tr>
<td>ON RESTART AFTER SECOND TIMEOUT.</td>
</tr>
<tr>
<td>• INCLUDES SEARCHING FOR LOST</td>
</tr>
<tr>
<td>CONTACT LENS.</td>
</tr>
<tr>
<td>• AN INJURY USED TO PREVENT BEING</td>
</tr>
<tr>
<td>SCORED UPON OR BEING PINNED SHALL</td>
</tr>
<tr>
<td>BE CHARGED WITH AN INJURY TIME-</td>
</tr>
<tr>
<td>OUT.</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>RECOVERY TIME</strong></td>
</tr>
<tr>
<td>• TWO MINUTES PER INCIDENT (CAUSED</td>
</tr>
<tr>
<td>BY ILLEGAL ACTION)</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

Further, please refer to the Communicable Disease Procedures shown in front of the National Federation Wrestling Rules. This gives further recommendations for the handling of blood and other body fluids.
EJECTION OF A WRESTLER

Any wrestler ejected at any time (for a dual meet, for a one-day tournament, or a multi-day tournament) by a referee for repeated unsportsmanlike acts or a flagrant misconduct will be removed from the remainder of the contest and/or multi-school event and will be ineligible for the next match, tournament or multi-school event. The playing of any ineligible will cause the school to forfeit the match in which the ineligible athlete participated. There is no appeal to this rule, and coaches are urged to review the rule with team members prior to the start of the season and provide a constant reminder as the season progresses. If the ejection occurs during a tournament, the wrestler will be ineligible for the remainder of the tournament and the next scheduled match or tournament at the level from which he was ejected. Further, the matches for which the participant has been declared ineligible will decrease the stated maximum allowable matches for the disqualified competitor (2200.12 page 81-82 CHSAA By-laws). All points previously earned by the wrestler in the tournament will be negated (Rule 8-1-6). He may not wrestle at any level until the suspension is completed. The second ejection during a season results in a two-match suspension. A third ejection will result in a review by the Commissioner.

NOTE: A triangular, quadrangular or team tournament is considered to be one multi-school contest. As a result, if a wrestler is ejected from the first segment of a quadrangular, he is ineligible for the remainder of the triangular/quadrangular. Further, the wrestler must miss the next regularly scheduled match, multi-school event or tournament following the quadrangular.

Q1: What will be the penalty if a wrestler is ejected in the first round of a 16-team double elimination tournament?

A1: He will miss the remainder of the current tournament, plus the next tournament or regularly scheduled dual (wrestling date) meet of the same level. Further, if there is a meet of a different level before the next meet of the same level in which the wrestler was ejected, he will also miss those events. All team points earned by the wrestler in the tournament will be negated.

Q2: If a wrestler is ejected from the first segment of a triangular meet, what additional matches must the wrestler miss?

A2: The wrestler must sit out the remainder of the triangular, plus the next regularly scheduled event at the same level, and may not compete at any other level.

Q3: A wrestler is ejected from a varsity match on Friday. The school has JV meets on the next Tuesday and Wednesday, followed by a varsity meet on Thursday. Is the wrestler eligible to wrestle in the varsity meet on Thursday?

A3: No. He must sit out one date at the level from which he was ejected. During the period of ineligibility, he may not compete at any level.

Q4: A wrestler receives a second unsportsmanlike conduct penalty after the conclusion of his match, but before he leaves the mat. What is the penalty?

A4: One team point will be deducted, plus the wrestler will be ejected for the remainder of the dual meet or multi-school event. Further, the wrestler must miss the next meet or tournament of the same level.
Coaches please note: With the competition point system, more tournaments will occur on the last weekend of the regular season. If an athlete is ejected from this tournament or any other event at the end of the regular season, he will not be eligible to compete in the regional qualifying tournament.

EJECTION OF A COACH
If it becomes necessary for a referee to eject a coach from a meet for any reason, the coach must miss the next contest of the same level (as well as, all other matches of different levels during this time) and shall be placed on CHSAA probation in accordance with the policies established by the CHSAA Board of Directors (CHSAA By-law 2420(b). This also applies to a coach who is ejected from a tournament session due to receiving two unsportsmanlike penalties during the dual meet or tournament.

NON-CERTIFIED COACHES, UNAUTHORIZED ASSISTANTS
Carefully review Rule 1620 in the CHSAA Handbook (page 44) regarding the qualification of coaches. Do not allow your athletes to receive instruction from anyone who does not meet the requirements established in Rule 1620.

Assistant coaches who are always under the direct supervision of a certified head coach must be under contract to the school district. To allow a “volunteer” who is not under contract to work with your athletes exposes the “volunteer”, the head coach and the school to a great deal of liability it is also a violation.

Contracted coaches who are not teacher certified must be registered with the CHSAA if they will supervise the athletes by themselves, whether on a bus, in a practice or at a competition.

Finally, coaches should not be hired to provide workout partners for your high school wrestlers.

MAXIMUM STUDENT PARTICIPATION
No wrestler shall participate in more than 28 competition points at each level (Varsity and junior varsity) in a season, exclusive of qualifying and state competition.

A member school shall be limited to scheduling no more than 28 competition points at each level (Varsity and junior varsity) in a season, exclusive of state championship series.

28 points to be totaled as follows:

4 points which can only be used for meets such as duals, triangulars and quadrangulars in which points are calculated as such:

<table>
<thead>
<tr>
<th>Meet Type</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dual Meet</td>
<td>0.5</td>
</tr>
<tr>
<td>Double Dual/Triangular</td>
<td>1</td>
</tr>
<tr>
<td>Quadrangular</td>
<td>1.5</td>
</tr>
</tbody>
</table>

The remaining 24 points can be used as such:

<table>
<thead>
<tr>
<th>Meet Type</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dual meet</td>
<td>1</td>
</tr>
<tr>
<td>Double dual/Triangular</td>
<td>2</td>
</tr>
<tr>
<td>Quadrangular</td>
<td>3</td>
</tr>
<tr>
<td>One-day tournament</td>
<td>3</td>
</tr>
<tr>
<td>Two-day tournament with single or double elimination</td>
<td>4</td>
</tr>
<tr>
<td>Two-day tournament/multi-school event with no elimination</td>
<td>6</td>
</tr>
</tbody>
</table>
No wrestler shall represent the school in more than one weight class in any meet or compete in more than five matches, including forfeits (championship or consolation) in any one day. (National Federation Rule 1-4-1).

EXAMPLES OF POINT VALUES FOR TWO-DAY TOURNAMENTS

4 points
- Two-day tournaments with individually bracketed weight classes and with single or double elimination.

6 points
- Any dual team event where any wrestler in the tournament can wrestle 8 or more times over two days.

PARTICIPATION -- (1) When a wrestler engages in a match as defined by National Federation Rules; (2) When a wrestler steps on to the mat and receives a forfeit.

TOURNAMENT -- Any time four or more teams are involved in a sanctioned event, as described in the Colorado High School Activities Association Handbook, Article 26, Rule 2600.

DEFAULT -- A match won or lost by default will count as a match wrestled. Any time a wrestler steps on a mat and fails to continue for any reason, a default will result.

DETERMINING WRESTLER'S WON-LOSS RECORD

We understand that gathering this information may take time. All of this data is essential to properly seed the wrestlers at the regional and STATE tournament. Please, take the necessary time to verify that this information is correct.

The overall varsity record of each wrestler entered in the regional shall be listed in the OPC. In addition, the wrestler's record at the weight entered should be listed.

The following matches count toward determining a wrestler's season won-loss record:

1) All interscholastic matches as a varsity wrestler up to the regional tournament.
2) All matches won or lost by default.
3) All matches won by forfeit.
4) All matches won or lost by forfeit due to the ineligibility of a wrestler.

Q1: Can a wrestler in a varsity tournament who is the second person from that school count the wins or losses from this tournament on his varsity season record?

A1: Yes, because it is a varsity tournament.

Q2: Can a wrestler on a varsity team entered in a junior varsity tournament count his wins or losses on his varsity record?

A: No, because it is a junior varsity tournament.
LENGTH OF MATCHES

1. All regular regional matches shall be 6 minutes in length (6-1-1).
2. All consolation and wrestleback matches shall be 5 minutes in length (6-1-2).

OVER TIME PROCEDURE

The procedure for overtime is explained in the 2013-2014 National Federation Wrestling Rule 6-7-1, 6-7-2, 6-7-3 (page 34). Please note the rule for stalling or simultaneous penalties for purpose of tie breaker (page 39).

**FORFEITURES**

According to National Federation Rule 5-13:

When the opponent, for any reason, fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. Forfeits do not count as matches when considering the five-matches in-one-day limit.

The coach of the wrestler receiving a forfeit must have his wrestler prepared to receive the forfeit in weight class order. Forfeits cannot be given after the match of the next weight class has begun.

Forfeitures are included in the wrestler’s season record, for both wins and losses.

Any wrestler that forfeits will receive a loss on their record, unless the forfeit is due to an injury or illness that occurs in the current tournament.

SPOTLIGHTS

If a school uses a spotlight to highlight wrestling at home events, sufficient light must be provided (as determined by the meet referee) so that a fair contest can be conducted. This includes elimination of shadows that make it difficult to determine pins, locked hands, etc. Please cooperate with officials to make the use of spotlights a safe and fair experience for all participants.

TEAM DEFINITIONS AND INTERPRETATIONS

Q1: What is the definition of a team?

A1: A team is a competitive unit sponsored by a school, composed of at least two undergraduates of that school, under the direct supervision of a coach hired by the school district and which participates interscholastically in a representative schedule, as determined by the CHSAA Commissioner.

Q2: May a school sponsor a team for a single competitor?

A2: No.

Q3: May a school have more than one varsity team?

A3: No.
TOURNAMENT SANCTION
Schools hosting tournaments involving five or more teams must complete the “Application to Host Sanctioned Events” form found on the CHSAA website and submit it to the CHSAA as soon as possible.

GENDER QUALIFICATION
Both boys and girls may wrestle on the school’s wrestling team. If girls wish to participate on the school’s wrestling team the following matters should be addressed:

1. All contestants (male and female) shall weigh in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Any contestant, who has been authorized to wear an artificial limb, shall weigh in with the artificial limb.

2. By rule (National Federation 4-1-1, page 15), wrestlers shall wear: a sleeveless shirt fastened at the crotch and cut no lower in the back or front than the level of the armpits, and under the arms no lower than one-half the distance between the armpit and the belt line. If sufficient reason is determined by the referee a tight-fitting, short-sleeved undershirt of a single, solid color unadorned with no more than one manufacturer’s logo/trademark/reference may be worn under the sleeveless shirt. (Please refer to the rule book.)

Electronic Devices – No electronic devices will be permitted on the mat or at the head table at any time (including coaches and managers)
**2012-2014 WRESTLING CLASSIFICATIONS**

Wrestling is divided into four classifications for the 2012-2014 cycle. Enrollment counts from October 1, 2011 have been used to determine in which classification schools will be placed. There are a number of schools that have elected to play-up to a higher classification.

- 2A - 1-240 - 55 schools
- 3A - 241-600 - 45 schools
- 4A - 601 - 1410- 68 schools
- 5A - 1411-up - 64 schools

**WINTER VACATION PRACTICE/COMPETITION PROHIBITION** - There shall be no school sponsored activity of any sort, including practices, camps, clinics, tournaments, etc. from and including December 24 through December 27 and New Year's Day. Beginning December 28, winter sports programs may have voluntary practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition.

**SUNDAY CONTACT**  No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any activity from the student's school shall take place on Sunday at any time during the school year. (This is to include both in-season and out-of-season sports/activities other than those noted in the Music By-laws.) The Commissioner may, when deemed advisable, allow postponed state level events to be played on Sunday. Teams playing on Monday in district, regional or in a state-culminating event will be exempt from this rule.

**Travel Exception:**  Teams may travel on Sunday if they are competing in an event that ends late Saturday night. No practice or reference to wrestling may be made on the Sunday travel day.

**HAIR COVER REGULATIONS - NATIONAL FEDERATION**  If an individual has hair longer than allowed in National Federation Rule 4-2-1, it must be contained in a cover so that the hair rule is satisfied. The cover shall either be part of the headgear or worn under the headgear. A bandanna is not considered a legal hair cover. The cover must be of a solid material and be nonabrasive. See the 2013-2014 National Federation hair rule (NF Wrestling Rules, page 16).

**FACIAL HAIR**  Wrestlers with facial hair may wrestle if the facial hair is covered by an approved facemask.

**STICKERS/ADORNMENT**  Stickers or adornments may not be placed on facemasks or headgear.

**REPORTING TO TABLE - READY TO WRESTLE**  All wrestlers in tournaments and dual meets must report to the score table immediately prior to their match. In an effort to keep on schedule and the event action transpires in an even fashion; please have your athletes ready to wrestle when they report to the table. This will be the procedure at the State Tournament. Consistency during the regular season will help athletes understand this expectation. The National Federation Wrestling Book, Rule 7-3-5 now addresses this. Reporting to the scorer’s table, not properly equipped, or not ready to wrestle or any equipment that is detected as being illegal after the match has started is a technical violation.

**INTERSTATE COMPETITION**  Because there is no longer an option to add or delete weights, all wrestling competition, whether conducted in Colorado or another state, shall be conducted according to the weights adopted by the NFHS and Colorado.
**GENERAL INFORMATION/Q & A’s**

The CHSAA has had reports of some unusual forms of competition in wrestling. Some of these could be serious violations, which could lead to a school’s wrestling program being placed on restriction. Please consider the following when scheduling competition:

1. **There is no such thing as an exhibition match in wrestling.** A wrestler is involved in either a scrimmage or a freshman, sophomore, JV, or varsity match. Schools are limited to two scrimmage dates (plus two for state qualifiers); wrestlers are limited to 28 match points. Competition is either a scrimmage or a match.

2. **A JV match against another school does not have to include all weight classes, but a team score should be tabulated.**

3. **UNDER NO CONDITIONS MAY AN INELIGIBLE WRESTLER SCRIMMAGE OR COMPETE IN ANY WAY AGAINST A WRESTLER FROM ANOTHER SCHOOL.**

4. If you plan to have a partial JV match in conjunction with your varsity match, notify the officials so that they can plan their time. Officials should be paid $4.00 for varsity and $3.00 for sub-varsity for every match over 14.

5. Be considerate of your fans when scheduling additional matches. They should be aware of the starting time for varsity competition.

6. Removal of the school uniform does not make the above points inoperable. To reiterate: when wrestlers from two schools meet, it is either a match or a scrimmage. Regulations concerning scrimmages are very specific. See Handbook, Rule 2320 on page 93-96.

7. **If a participant receives a forfeit in a varsity contest then wrestles against someone from a different weight class after the varsity match, the wrestler will use one match point for the forfeit and one match point for the subsequent match.**

**Q1:** Can a wrestler that is a 50% ’er, due to the transfer rule, compete as a 2nd wrestler entered into a varsity tournament?

**A1:** No. A 50% ’er may not compete in a varsity designated contest during the 50% time.

**Q2:** Two schools are scheduled to compete in a dual varsity meet. In addition to having wrestlers in each of the 14 weights, each team has an additional wrestler at 152 and 182. May the additional 152 and 182-pounders wrestle?

**A2:** Yes. The varsity meet would consist of 14 matches. The JV “dual” would consist of two matches, one at 152 and 189.

**Q3:** In a situation similar to Q1, each team has three 152-pounders. May all three wrestle?

**A3:** Yes. The second 152-pounder would be considered the “B” match; the third 152-pounder would be considered the “C” match.

**Q4:** A school is hosting an 8-team varsity invitational tournament, but one of the teams cancels out. In order to have an 8-man bracket, the host school enters its JV team in the tournament. Is this permissible?

**A4:** Yes.
Q5: An academically ineligible student, who will become eligible in one week at the quarter, is matched against another similarly situated wrestler from another school in (a) an interscholastic scrimmage, (b) a JV match, or (c) an “exhibition” match which takes place prior to a regular meet. Is this participation legal?

A5: No in (a), (b) and (c).

Q6: A school is hosting a varsity tournament and notifies the entering schools that they may bring more than one wrestler in a given weight class. If the bracket in a particular weight class is not filled, the same school may enter two wrestlers in the weight class. The second wrestler may win an individual title but may not score team points. His participation will count toward the 28-match point limit. Is such an arrangement legal?

A6: Yes.

Q7: A dual varsity meet consists of 14 matches followed by five additional JV matches. How much should an official be paid?

A7: $71.00 ($56.00 for the varsity meet, plus $3.00 for each sub-varsity match over 14).

**COMMENTS ON THE 2013-2014 RULE CHANGES**

Weigh-in Procedures
WEIGH-IN FUNDAMENTALS

Dual Meets:
1. Shall be conducted a maximum of 1 hour and a minimum of 1/2 hour before the time a dual meet begins.
   Particulars:
   When a preliminary meet is followed by a varsity meet, the 30-minute weigh-in period for the second meet may, by mutual consent, precede the preliminary meet.
   The weigh-ins shall be conducted at the dual meet site.
2. The weigh-in shall proceed though the weight class beginning with the random draw selected weight class, continue through the weight class, wrap around to the 106-pound weight class and end immediately upon the completion of the highest weight class preceding the random draw selected weight class.
3. A contestant may step on and off the scale(s) three times to allow for mechanical inconsistencies, but may not do anything to promote dehydration during this time.
4. All contestants shall weigh-in wearing no more than a suitable undergarment. Any contestant who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb.
5. Any contestant failing to make weight during the designated weigh-in time shall be ineligible for that weight class.
6. Any substitute contestants for those overweight shall weigh after the 285 pound class has been weighed in.

Tournaments:
1. Shall be conducted a maximum of 2 hours and a minimum of 1/2 hour before the first session.
2. The weigh-ins shall be conducted at the tournament site.
3. The weigh-ins shall start at the lowest weight and progress through the weights in order.
4. Once they have entered, contestants may not leave the weigh-in area until their weigh-in has been completed.
5. During the time off the scale, activities that promote dehydration are prohibited.
6. A 1-pound weight allowance can be granted for each consecutive day of competition if 48 hours notice is given to all opponents.
7. A contestant in a tournament shall be named by weight class prior to the conclusion of the weigh-ins.
8. A contestant may immediately challenge any scale used at the weigh-ins, but only once per scale.
9. There is no designated ending time for weigh-ins. Your tournament information needs to include weigh-in information.

WEIGHT CERTIFICATION
See Weight Certification Bulletin.

WEIGH-INS

Official Representative
In some cases weigh-ins are conducted at a time, which is very difficult for the match referee to attend. By National Federation Wrestling Rule 4-5-4, he referee, or other authorized person of the same gender, shall supervise the weigh-ins. This should be a school administrator or other neutral person.

Dual Meets
Rule 4-5-1 (National Federation Wrestling Rules) states that contestants of the same gender shall have the opportunity to Weigh-In, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition each day in a multiple dual meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet weigh-ins may, by mutual consent, precede the preliminary meet. Contestants in an individual tournament shall Weigh-In at the tournament site a maximum of 2 hours before the first session of the day. Questions have arisen concerning traveling teams. Each contestant must make weight at the meet site for each match each day.
**NOTE:** The CHSAA has adopted no alternative weigh-in procedures. Schools or leagues may not set aside this rule.

**Tournaments**

Contestants shall Weigh-In at the tournament site a maximum of two hours before the first session each day. Wrestlers who have byes on the first day of a two-day tournament must Weigh-In on both tournament days.

**NOTE:** The CHSAA has adopted no alternative weigh-in procedures. Schools or leagues may not set aside this rule.

**NOTE:** See attached Weigh-in Fundamentals

See National Federation Weigh-in Rules 4-5-1 and 4-5-3

**NATIONAL FEDERATION WEIGHT CLASSIFICATIONS**

Competition shall be divided into 14 weight classes as follows:


(Note: All states surrounding Colorado have adopted these weight classes):

**IMPORTANT:** THESE WEIGHT CLASSES APPLY TO ALL LEVELS - FRESHMAN, SOPHOMORE, JV, AND VARSITY. NO SCHOOL OR LEAGUE MAY DELETE OR ALTER ANY OF THE WEIGHT CLASSES.

Schools or leagues may add weights beyond those prescribed in Rule 4-4 of the National Federation rules ONLY UNDER THE FOLLOWING CONDITIONS:

1. Additional weight classes shall apply only to non-varsity competition.
2. Additional weight classes at the sub-varsity level must be below 106 pounds.
3. All National Federation and CHSAA rules related to weights shall be followed.
4. Leagues or schools may establish a minimum weight requirement for the lowest weight class wrestled.
5. League members, tournament entries, and other opponents shall be notified well in advance of competition of additional weight classes to be contested.

**6. It was approved by the National Federation and the CHSAA Wrestling Committee Advisory Committee to have a two-pound growth allowance starting on January 2, 2014.**

Q1: A school wishes to host a JV tournament using the 14 prescribed weight classes, plus an 86, 92, and 98-pound class. Is this legal?

A1: Yes. The host school, when contracting teams to enter the tournament, must notify them of the additional weights. In addition, all National Federation and CHSAA rules pertaining to weight must be followed, and a minimum weight may be established in advance for each of the additional classes.
Q2: A school wishes to add a super heavyweight (over 285 pounds) class to its JV tournament. Is this legal?

A2: No.

Q3: A varsity invitational tournament plans to offer a 95-pound class. Is this legal?

A3: No.

Q4: In a JV dual meet, the two coaches agree to have a 165-pound match. Is this legal?

A4: No.

**MINIMUM WEIGHTS**

There is no minimum weight for a 106-pound contestant. The minimum weight for a 285-pound contestant is 195 + in December. On or after January 2nd, must weigh 197+.

A contestant shall not wrestle more than one weight class above that class for which his actual stripped weight, at the time of weigh-in, qualifies him. Wrestlers can only qualify for two weight classes based on their actual stripped weight at the time of weigh-in.

The minimum weights do not change with consecutive days of competition, including the 285-pound, which will use 197 (including growth allowance on or after January 2) as the minimum weight on the first and second day.

If a wrestler qualifies for a weight class on the first day of a two-day tournament, he is not required to gain weight to reach the minimum weight on the second day of the tournament.

The use of sweat boxes, hot showers, whirlpools, rubber, vinyl and plastic type suits, or similar artificial heating devices, diuretics and/or other drugs for weight reduction purposes at any time is prohibited and shall disqualify an individual from competition.

**PLEASE NOTE:**

**WEIGHT ALLOWANCE FOR CONSECUTIVE DAYS OF COMPETITION**

Rule 4, Section 5, Article 5 states:

“When there are consecutive days of team competition, there shall be a one-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this one-pound additional allowance, a minimum of 48 hours advance notice is required for your opponents(s).”

When there are consecutive days of competition such as: (a) dual meet followed by a dual meet, (b) dual meet followed by a tournament, (c) tournament followed by a dual meet, (d) tournament followed by a tournament, there shall be a one-pound allowance (for each consecutive day) granted over scratch weight to all wrestlers provided the proper notification is given. (Up to a maximum of 2 lbs.)

**NOTE: IN ORDER FOR ALL TEAMS WHICH WILL BE AFFECTED BY THIS RULE TO KNOW WHEN ALLOWANCES WILL BE PERMITTED, IT WILL BE NECESSARY FOR TEAMS WHICH WILL BE WRESTLING ON SUCCESSIVE DAYS TO EXCHANGE SCHEDULES PRIOR TO THE BEGINNING OF THE WRESTLING COMPETITIVE SEASON (December 2). A MINIMUM OF 48 HOURS NOTIFICATION TO YOUR OPPONENT IS REQUIRED IN ORDER TO BE GRANTED THIS ONE-POUND ALLOWANCE.**
The additional weight allowance **DOES** affect the maximum for the heavyweight class. A heavyweight can compete at 286 pounds on the second consecutive day of competition provided proper notification is given. (48 HOUR NOTICE OF 2 CONSECUTIVE DAYS)

**Situation:** Before January 2\textsuperscript{nd}, if a school has a dual meet on Wednesday, a dual meet on Thursday, followed by a tournament on Friday and Saturday, what are the weight allowances for these four days of competition?

**Ruling:** Assuming proper notification has been given to all teams involved in the tournament, each wrestler from each team would be given a two-pound allowance for the first day of tournament competition. Therefore, as an example, all 113-pound contestants would be allowed to weigh a maximum of 115 pounds on the first day of the tournament and 115 pounds on the second day.

**Note:** A wrestler may only qualify to wrestle in two weight classes. Thus, a wrestler weighs 113.5 pounds for a dual match on Friday; he can wrestle either in the 120 or 126 pound weight class that day. The very same wrestler weighs 113.5 pounds on Saturday when his team wrestles in a tournament. All teams have been given proper notice of the added pound allowance for this event. On Saturday, this wrestler can participate at either 113 or 120 and not at 126. In order for the wrestler to compete at 126, he/she would have to gain over one-half pound before the weigh-in closes.

Perhaps the best way to remember this factor is by two points:

- Wrestlers can qualify for only two weight classes and never three.
- When teams are allowed extra pounds for consecutive days of competition, every weight class grows by that same amount.

The second day of a two-day tournament would not require the wrestler to meet extra poundage because this is a continuing competition and not the start of a new event.

Hopefully, this is not confusing, but the following applies:

<table>
<thead>
<tr>
<th>Weight certified</th>
<th>-- 145 lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 2 growth allowance</td>
<td>-- +2 lbs.</td>
</tr>
<tr>
<td>3 consecutive days of competition</td>
<td>-- +2 lbs.</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>-- 4 lbs. allowance for each wrestler on the fourth day</td>
</tr>
</tbody>
</table>

On the fourth consecutive day of competition, a wrestler certified at a minimum of 145 pounds and who weighs 145 pounds cannot wrestle at the 140 pound (+4 lbs. = 144 lbs.) weight class. By weight certification cards, the lowest weight class in which he could wrestle is the 145 pound (145 lb. + 2 lb. = 147) weight class.
EXAMPLE 1

138 POUND CLASS WRESTLER’S MAXIMUM ACTUAL WEIGHT DURING SEASON
December 13 ................................................................. 138
January 2 two-pound growth allowance ........................................... 140
January 9 dual ................................................................. 140
January 10 dual (with 48 hours notification to opponent - both teams) ...... 141
January 11 invitational tny. (with 48 hours notification to opponents - all wrestlers) ..... 142
February 14 first day of regional ............................................... 140
February 15 second day of regional ........................................... 141
February 20 first day of state .................................................. 140
February 21 second day of state .............................................. 141
February 22 third day of state .................................................. 142

EXAMPLE 2 - CONSECUTIVE DAYS OF COMPETITION

TEAMS 1, 2, 3, 4, 5, 6, 7 and 8 wrestle in a tournament on Saturday

<table>
<thead>
<tr>
<th>Day</th>
<th>Teams WRESTLING</th>
<th>Allowance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Teams 1 and 11 wrestle</td>
<td>scratch weight</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Teams 1 and 11 wrestle</td>
<td>1 pound allowance</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Teams 1 and 2 wrestle</td>
<td>2 pound allowance</td>
</tr>
<tr>
<td>Thursday</td>
<td>Teams 2 and 6 wrestle</td>
<td>2 pound allowance</td>
</tr>
<tr>
<td>Friday</td>
<td>Teams 3 and 6 wrestle</td>
<td>2 pound allowance</td>
</tr>
<tr>
<td>Saturday</td>
<td>Tournament</td>
<td>2 pound allowance</td>
</tr>
</tbody>
</table>

Same Tournament on Saturday

<table>
<thead>
<tr>
<th>Day</th>
<th>Teams WRESTLING</th>
<th>Allowance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Teams 10 and 11 wrestle</td>
<td>scratch weight</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Teams 1 and 10 wrestle</td>
<td>1 pound allowance</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Teams 1 and 2 wrestle</td>
<td>2 pound allowance</td>
</tr>
<tr>
<td>Thursday</td>
<td>Teams 4 and 5 wrestle</td>
<td>scratch weight</td>
</tr>
<tr>
<td>Friday</td>
<td>Teams 5 and 10 wrestle</td>
<td>1 pound allowance</td>
</tr>
<tr>
<td>Saturday</td>
<td>Tournament</td>
<td>2 pound allowance</td>
</tr>
</tbody>
</table>

SCALE CERTIFICATION

Weigh-in scales must be certified for accuracy once each year (National Federation rule 2-4-2, page 11). The following vendors are qualified to check scale accuracy:

- Steve Valdez, Littleton, CO - (303) 364-0490
- Al Hower, Denver, CO - (303) 288-1384
- Tony Ribaudo, Pueblo West, CO - (719) 647-2279
- Hal Wiebers, Canon City, CO - (719) 275-4502
- Apex Weighing Systems, 27 N. Parish, Johnstown, CO 80534 - (303) 587-5556
- Apex Weighing Systems, Grant, Nebraska
- Fairbanks, 4850 Broadway, Denver, CO - (303) 296-1216
- Northern Colorado Scale Serv., 10 Oak Ave., Eaton, CO 80615-(303) 454-0864 or 1-800-367-7775
- Pikes Peak Scale Service, 6220 Lupine Lane, Colorado Springs, CO 80908 - (719) 495-4229
- Toledo Scale, 6850 Broadway, Suite H, Denver, CO 80221 - (303) 428-5300
- Toledo Scale, 703 W. 9th, Pueblo, CO 81003 - (719) 544-7508 or 1-800-424-8209
- Western Slope Scale Service, 365 271/2 Road, Grand Junction, CO 81505 - (970) 361-1548
- Western Slope, Larry Wade, 970-434-7708, ideawade@bresnan.net

If you know of other scale technicians not included on this list, please contact Harry Waterman at CHSAA to have them approved.
**Wrestling Weight Certifications Proposal**

*Schools must call to schedule time and date

*Please choose AM or PM

*Fees: $100.00 per school plus $2.00 per student.

*For consistency we suggest that the same brand of regent strips be used as well as the same color chart to determine hydration.

*Concern has been expressed that a large number of athletes will not be able to pass the hydration test. Coaches must be sure that the athlete has been drinking sufficient water to pass the test.

*Test schedule times must be established by each individual school. As we are trying to provide a service, we will schedule on a first-come-first-serve basis.

To schedule and confirm dates, sites and times, you must contact:

Hal Wiebers
719-275-4502
Cell: 719-242-8165
346 Cedar Ridge Drive
Canon City, CO 81212
hwiebers@bresnan.net

Anthony Ribaudo
719-647-2279
Cell: 719-250-5144
1037 Covered Wagon
Pueblo West, CO 81007
ribaudo15@msn.com
HOWER SCALE CERTIFICATION
(NORTHERN PART OF THE STATE FROM CASTLE ROCK NORTH)

WRESTLING SCALE CERTIFICATION
HAVE WEIGHTS - WILL TRAVEL AND CERTIFY

FEDERAL TAX NUMBER 84-1282761

CALL:  AL HOWER:  303-288-1384
RATES:  Determined by school.
        PLUS MILEAGE (Mileage will be worked out according to your area, number of
scales and/or number of schools)
REPAIRS:  Repairs and parts are available on request. Prices will vary according to the
        time and/or parts required to fix the problem.
SCALES:  Befour Digital Scales for sale and service.

GIVE US A CALL TO CERTIFY YOUR SCALES
COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION APPROVED

RIBAUDO & WIEBERS
(SOUTHERN PART OF THE STATE FROM CASTLE ROCK SOUTH)

WRESTLING SCALE CERTIFICATION
HAVE WEIGHTS - WILL TRAVEL AND CERTIFY

FEDERAL TAX NUMBER 84-1156032

CALL:  HAL WIEBERS:  719-275-4502
        Cell phone:  719-242-8165
        ANTHONY RIBAUDO:  719-647-2279
        Cell phone:  719-250-5144
RATES:  Determined by school.
        PLUS MILEAGE (Mileage will be worked out according to your area, number of
scales and/or number of schools)
REPAIRS:  Repairs and parts are available on request. Prices will vary according to the
        time and/or parts required to fix the problem.
SCALES:  Befour Digital Scales for sale and service.

GIVE US A CALL TO CERTIFY YOUR SCALES
COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION APPROVED
REGIONAL SEEDING INFORMATION

As recommended by the CHSAA Wrestling Advisory Committee and adopted by the CHSAA Legislative Council, schools in each region will have the opportunity to establish the seeding criteria to be used at their regional qualifying tournament. The following information shows the seeding criteria options available to schools. All seeding criteria for each region should be established and communicated to regional schools prior to the start of the regular season matches.

Seeding meeting based on needs considering who is in the regionals how much travel. Try not to miss school time.

Regional seeding meeting results should be final baring any injury or unforeseen issue.

This exact seeding criterion should be developed and communicated to coaches of each school in the regional by December 2nd. Any questions regarding regional seeding criteria should be directed to the regional director listed in this preview. It is the responsibility of the coaches to be familiar with the seeding procedure prior to the regional seeding meeting.
SEEDING CRITERIA OPTIONS

Regions must determine and submit their option by December 2nd. If another system is used, a majority of the teams in the region must approve of the system ahead of time and submit the system to CHSAA for approval.

At the conclusion of the regional seeding meeting, no changes can be made except for an injury or illness.

A

1. Returning state champion - state placer (the higher place has preference)
   A. If two place winners from different weights were in the same classification (5A) and finished in the same place (2nd), the wrestler at the higher weight class has precedence.
   B. If two place winners are from different classifications, the larger classification has precedence.

2. Place wrestler in order (1-16) by win percentage. Once order is established use head to head criteria to move a wrestler no more than one position or seed at a time. Head to head comparisons must start at the top (#1 position) and work your way down. 15 match minimum. Wrestlers with less than 15 matches will be assessed losses to get to the 15 match minimum.

3. Most wins
4. Varsity win percentage at the weight the wrestler is entered in at the regional meet.
5. Most falls
6. Most technical falls
7. Most major decisions in overall varsity record
8. Vote of coaches
9. Coin flip

B

1. Returning state champion - state placer (the higher place has preference)
   A. If two place winners from different weights were in the same classification (5A) and finished in the same place (2nd), the wrestler at the higher weight class has precedence.
   B. If two place winners are from different classifications, the larger classification has precedence.

2. Overall varsity record based on percentage - 15 matches minimum. Wrestlers with less than 15 matches will be assessed losses to get to the 15 match minimum.

3. Most wins
4. Head to head record. Maximum movement of one seed (starting at the top).
5. Varsity win percentage at the weight the wrestler is entered in at the regional meet
6. Most falls
7. Most technical falls
8. Most major decisions in overall varsity record
9. Vote of coaches
10. Coin flip
1. **A sixteen-man bracket** with byes will be seeded as follows (National Federation rule 10-3-2, page 50):

   1. All wrestlers will be seeded.
   2. The top eight wrestlers will be placed on the bracket.
   3. The byes will be drawn and placed on the bracket.
   4. The remaining seeded wrestlers will be placed on the bracket according to their seed.

An eight man bracket with byes will be seeded as follows (National Federation rule 10-3-2, page 50):

   1. All wrestlers will be seeded.
   2. The top four wrestlers will be placed on the bracket.
   3. The byes will be drawn and placed on the bracket.
   4. The remaining seeded wrestlers will be placed on the bracket.

   With an equal number of wrestlers on both sides of the bracket, when possible.

2. Double elimination will be the required format for all regional qualifying tournaments.

3. Wrestle-backs are required at regional tournaments. All classifications will award place 1-6 with a wrestle-back between 4th and 5th place finishers if they had not met previously in the regional tournament. (Time period 1-2-2)

4. In a 16-team regional bracket, if the 5th place wrestler either splits victories or defeats a 4th place finisher in prior rounds of the regional tournament; a one-match wrestle-off will determine the state qualifier. (Time period 1-2-2)

5. Tournaments with nine or more teams must be a two-day event. It is recommended that rounds one and two be on the first day and the remainder of the tournament take place on the second day. Cross bracketing will take place after the quarterfinals in a 16-man bracket; after the semifinals in an 8-man bracket.

   **NOTE:** WHEN YOU RESEED A BRACKET, REMEMBER YOU MUST RESEED USING THE SAME SEEDING PROCESS AS YOU USED THE FIRST TIME.
Officials
August 23, 2013

Fellow wrestling officials,

Welcome to the 2013-2014 Colorado high school wrestling season! As your incoming CWOA President, I am excited to be in this new role for the upcoming season. As with every season, we had a “changing of the guard” in CWOA. Please thank Ben Keefer for his two years as our President and Steve Crockett for his eight year tenure on the Executive Committee. CWOA has a new Vice President, Rob Ververs, and four new Area Directors with Paul Brown, J.R. Dumler, Fred Marjerrison and Skip McClure taking over in their Areas. A “thank you” goes to each one of these officials for their commitment to make CWOA better for everyone.

My number one goal as your new President is to take steps to improve CWOA both collectively as an association and individually for each official. CWOA has an outstanding reputation as having some of the best wrestling officials not only in Colorado but in the country as well. We are going to build upon that solid foundation over the next two years.

Over the last five months, CWOA has taken steps to improve our organization overall. The Executive Committee established mission and vision statements along with our core values. All three of these show what CWOA is, where we are going, and what we stand for. These ideas now guide our future actions to improve CWOA in every way.

In April, we established four functional area committees to find ways to improve our communications, recruiting, recognition, training and evaluation efforts. The volunteers on these committees submitted 28 recommendations for approval at the Executive Committee’s Summer Meeting in June. Out of these recommendations, the Executive Committee approved 23 for implementation this season. Highlights of these initiatives are an improved website with faster communications to the entire membership; recruiting new officials using job posting websites; timely recognition of our membership for their achievements and service; a year-long training program; and the implementation of an evaluation process.

CWOA has already taken several steps to implement these ideas for this season. These initiatives make us a better organization and they provide opportunities for everyone statewide to improve our overall performance on the mat. Once the season arrives, I am certain that we will take advantage of these opportunities and make CWOA better in how we do things.

Once again, I’m excited for our upcoming season and hope to see you on the mat this season. Sincerely,

Tom Stone
President
Colorado Wrestling Officials Association

*CWOA Core Values: Sportsmanship, Character, Excellence*
REGISTERED OFFICIALS

All varsity matches and tournaments shall be officiated by Colorado Wrestling Officials Association officials registered with the CHSAA. It is recommended that officials registered with the CHSAA referee all matches below the varsity level. In order to deviate from the above, special permission must be secured prior to the contest from the CHSAA office.

OFFICIALS’ FEES

The fees adopted by the 2012-2013 Legislative Council are:

**WRESTLING** (1 official)

- Dual Meet
  - Varsity: $56.00
  - Sub-varsity: $42.00
  - Sub-varsity in conjunction with a varsity contest
    - All matches over 14 Sub-Varsity/Varsity: $3-$4

- Dual Meet Tournaments - Per Day - Per Site - Per Official
  - First two Duals Meets
    - Varsity: $112.00
    - Sub-varsity: $84.00
  - Each additional Dual Meet (3rd, 4th, 5th, etc)
    - Varsity: $46.00
    - Sub-varsity: $35.00

- Tournaments (Non-Dual/bracketed) based on 1 more official than # of mats
  - Varsity: $146.00
  - Quadrangular (non-dual/bracketed): $146.00
  - 5 teams (bracketed): $99.00
  - 6 teams (bracketed): $123.00
  - 7 teams (bracketed): $144.00
  - 8 teams (bracketed): $159.00
  - 9 or more teams (bracketed): $159 + $10 per team/per official for every team over 8 (for 2013-2014)

  **$159 + $10 per team/per official for every team over 8 (for 2013-2014)**

In excess of 16 teams - Tournaments having in excess of 16 teams entered may negotiate a flat fee with the individual official for services to be provided.

INDIVIDUAL MILEAGE BUFFER

No mileage will be paid to an official whose town of residence is 20 miles or closer to the host school. Full mileage (including first 20 miles) will be paid to officials who travel over 20 miles. This does not apply to the metro area officials described above that receive the $2 travel stipend.

NATIONAL FEDERATION WRESTLING RULES

All matches -- regular season through state -- shall be wrestled under the 2013-2014 National Federation rules (enclosed). Please be aware that neither a league nor competing schools have the authority to modify rules.

Please pay particular attention to the National Federation Wrestling Rules Changes shown on page 2 & 3 of the National Federation Wrestling Rules and the Comments on Rules.
THE OFFICIAL SCORER shall be seated at the scorer's table and is responsible for: (a) recording points scored by each contestant when signaled by the referee; (b) circling the first point(s) scored in the regulation match; (c) recording the wrestler who makes the choice at the start of the second and third periods and the position of the wrestlers at the start of the second and third periods including overtime; (d) constantly checking with the visiting team's scorer; (e) immediately advising the match timekeeper when there is any disagreement regarding the score and advising the scoreboard operator or assistant scorers of the correct score during each match; (f) recording the completion time of matches; and (g) presenting the referee with the scorebook at the end of a dual meet for verifying of team scores and signature.

THE ASSISTANT SCORERS are responsible for recording points earned by each individual wrestler during the course of the match and circling first point(s) scored in the regulation match. As points are earned in a dual meet, a running team score shall be kept following each individual match.

THE MATCH TIMEKEEPER is responsible for: (a) keeping the overall time of the match; (b) recording the accumulated timeouts for injury and blood time; (c) monitoring recovery time; (d) notifying the referee of any significant situation when the match is stopped, or for disagreement by official scorer and timekeeper, or when requested by a coach to discuss a possible error; (e) assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period; and (f) when a visual clock is not available, calling the minutes to referee, contestants and spectators and displaying with visual cards the number of seconds remaining in the last minute of the period at 15-second intervals.

SCORING SYMBOLS

In order to provide better consistency in keeping individual match scores, the NFHS Wrestling Rules Committee has adopted a set of scoring symbols to be used by scorekeepers.

T2 – Takedown
R2 – Reversal
E1 – Escape
N2 – Near fall
N3 – Near fall (5 seconds)
N4 – Near fall (as a result of injury or bleeding)
Sw – Stalling Warning
S – Stalling
TV – Technical Violation
P – Illegal Hold/Maneuver or - Unnecessary Roughness
RO – Ride-out
C – Caution
C1 – Points Earned
- After 2nd Caution
CMw – Coach Misconduct Warning
CM – Coach Misconduct
W – Warning
FS – False Start
UCM – Unsportsmanlike Conduct - Match Point
UCT – Unsportsmanlike Conduct - Team Point
FMC – Flagrant Misconduct
F – 1:36 Fall
TF – 4:25 Technical Fall
For – Forfeit
Def – Default
DQ – Disqualified
Dec – Decision
MD – Major Decision
▲ – Selects Up
▼ – Selects Down
= – Selects Neutral
OT – Overtime
SV – Sudden Victory
TB – Tiebreaker
UTB – Ultimate Tiebreaker
IT – Injury Time
IT (▲ ▼) – Injury Time choice after 2nd injury
BT – Blood

Scorekeepers shall circle the first point(s) scored in the regulation match.
Revised 2010
## PENALTY CHART

<table>
<thead>
<tr>
<th>Rule</th>
<th>Warning</th>
<th>First Penalty</th>
<th>Second Penalty</th>
<th>Third Penalty</th>
<th>Fourth Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illegal Holds/Maneuvers</td>
<td>7-1</td>
<td>No</td>
<td>1 Pt.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Technical Violations</td>
<td>7-3</td>
<td>No</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stalling* (plus opponent will have choice of position on the next restart)</td>
<td>7-6</td>
<td>Yes</td>
<td>1 Pt.</td>
<td>1 Pt.</td>
<td>&quot;2 Pts. Disqualify</td>
</tr>
<tr>
<td>Unnecessary Roughness</td>
<td>7-4-1</td>
<td>No</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unsportsmanlike Conduct by Contests During a Match</td>
<td>7-4-2</td>
<td>No</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not Reporting to Scorer's Table Not Properly Equipped</td>
<td>8-1-1</td>
<td>No</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>False Start or Incorrect Starting Position</td>
<td>8-1-3</td>
<td>Following two cautions there is a 1-point penalty for each subsequent infraction</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coach Misconduct (during the match)</td>
<td>5-5</td>
<td>Yes</td>
<td>Deduct 1 Team Point</td>
<td>Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.</td>
<td></td>
</tr>
<tr>
<td>6-6-6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-5-4</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>8-1-5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unsportsmanlike Conduct - Contestants (not during the match), Coaches and Other Team Personnel</td>
<td>7-4-2</td>
<td>No</td>
<td>Deduct 1 Team Point</td>
<td>Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.</td>
<td></td>
</tr>
<tr>
<td>7-5-3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-1-4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flagrant Misconduct - Contestants</td>
<td>7-4-3</td>
<td>No</td>
<td>Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-1-6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flagrant Misconduct - Coaches and Other Team Personnel</td>
<td>7-5-5</td>
<td>No</td>
<td></td>
<td>Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.</td>
<td></td>
</tr>
<tr>
<td>8-1-3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform</td>
<td>7-3-5</td>
<td>Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-1-1</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### Summary of Technical Violations
- Going out of Wrestling Area (Fleeing) (7-3-1)
- Grasping Clothing, Etc. (7-3-2)
- Interlocking Hands (7-3-3)
- Leaving Wrestling Area Without Permission (7-3-4)
- Reporting to the Scorer's Table Not Properly Equipped or Not Ready to Wrestle (7-3-5)

### Note 1
Disqualification due to technical violation, illegal hold/maneuver, stalling, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.

### Note 2
Points for unnecessary roughness, grasping clothing, locking hands or fleeing the mat are awarded in addition to points earned.
CHSAA OFFICIALS EVALUATION CARD

NOTE TO COACHES: A coach may now evaluate officials on line by logging onto the CHSAA web site:

1. Log on to: www.chsaanow.com select the chsaa.org tab
2. When you arrive on www.chsaa.org click on "Coaches Corner"
3. Then click on "Officials Rating Evaluation Card".

You may fill out the card (sample found below) on line.

After finishing, submit by email.

Your completed evaluation card will be sent to Tom Robinson, CHSAA Assistant Commissioner.

<table>
<thead>
<tr>
<th>IDENTIFICATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluator Name</td>
</tr>
<tr>
<td>Official Name</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GAME INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sport</td>
</tr>
<tr>
<td>Date</td>
</tr>
<tr>
<td>Site</td>
</tr>
<tr>
<td>Visiting Team</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SCORING DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>All scores relate to whether or not you would consider the official to be State Caliber Official. Comments are always better than just scoring. Please try to comment on every score. 5 is Excellent; 4 is Above Average; 3 is Average; 2 is Below Average; 1 is Poor</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Weight</th>
<th>Criteria</th>
<th>Score</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>ON TIME</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10%</td>
<td>POSITIONING AND AGILITY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10%</td>
<td>JUDGMENT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10%</td>
<td>Game Management/Decisiveness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10%</td>
<td>PRESENCE AND SIGNALS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10%</td>
<td>CONSISTENCY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10%</td>
<td>COMMUNICATION SKILLS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30%</td>
<td>OVERALL RATING</td>
<td>Text</td>
<td></td>
</tr>
</tbody>
</table>

Submit by Email and Evaluate Next Official
Wrestling Officials Wanted!!!

The Colorado Wrestling Officials Association is currently seeking wrestling officials for the upcoming season. If you know of a current wrestler, past wrestler, or parent interested in giving back to the sport of wrestling, please direct them to www.cwoa.us.
Sportsmanship
To: CHSAA Member Schools Coaches/Principals/Athletic Directors

RANDOM ACTS OF SPORTSMANSHIP INITIATIVE

In a recent meeting of the Sportmanship Committee the decision was made to identify what the committee feels happens more often than most people think and that is our teams, student-athletes, coaches, student bodies, parents, and fans participate in positive acts of sportsmanship. Therefore the Committee stole from the concept of random acts of kindness to propose a project for the CHSAA called Random Acts of Sportmanship.

At this past summer’s meetings of the National Federation of High School Associations (NFHS), the inaugural presentation of the Spirit of Sport of Award was given to Evergreen High School for encouraging and selecting an autistic student to participate as a cheer athlete. It was unprecedented in that this cheer athlete was a full member at all cheer activities, including competitions. The Evergreen cheer squad did care about their scores in competition but only that they compete as a team. This was a random act of sportsmanship. Team was placed above winning.

Within our 343 schools, the committee knows that this type of positive sporting behavior happens all the time in the CHSAA. The Committee is asking that you announce this project to your student body to be on the look out for random acts of sportsmanship. The Committee/CHSAA will select from the pool of submissions and pick the top five, which will be presented at the fall Sportmanship Symposium. Those individuals who participated in these random acts of sportsmanship will be recognized at the Symposium as well.

THE DETAILS

Where to Submit: CHSAANOW website click on chsaa.org tab >Sports + Activities/Sportmanship/ “Random Acts of Sportmanship” link

What to Submit: Scenario/Description of Events and Characters

How many to Submit: Unlimited

Questions??? to trobinson@chsaa.org.
SPORTSMANSHIP PROTOCOL AT ALL CHSAA CONTESTS AND ACTIVITIES

1. National Anthem-When the National Anthem is played or the Pledge of Allegiance is recited, students, fans, coaches and players should stand at attention, remove hats and face the flag.

2. Cheerleaders/Fans/Spectators
   - It is recommended that there be positive cheers only.
   - Only cheerleaders may use megaphones.
   - All patrons must wear shirts and shoes. Face painting is allowed.
   - Cheer and tumbling routines must be in front of your team’s student body. Routines that spill onto the area of the opposing team are prohibited.
   - Cheer squads may perform under the basket area outside the free vertical line.

3. Banners
   - Banners may be used, but must be sanctioned by the game management, principal, and/or athletic director before the contest. Note: Some facilities, including venues used for CHSAA playoffs, may not allow any banners, especially paper banners.
     --The words and graphics on banners must be positive: i.e. “beat”, “outscore”, “conquer”, etc; Negative banners: i.e. “kill”, “maim”, “scalp”, etc, will be confiscated and may result in no future use of banners.--
   - Banners must not block the view of others.

4. Noisemakers
   - All artificial noisemakers are prohibited. This includes: cowbells, drums, whistles, horns, plastic clackers, thunder sticks, etc. Exception: bleacher kicking.
   - An air horn or cannon may be used on the field and only if supervised by a school designee. They should never be disruptive to the playing of the game and used during dead ball periods at the end of playing action.
   - No musical instruments and/or amplified music, including drums, shall play while the game clock is running or when a ‘live-ball’ situation is applicable by rule, whether the game is indoor or outdoor. This includes fanfares, drum rolls, etc. The only time the game, once started, is not “in progress” is during a timeout or intermission. This applies to the use of outdoor, in-gym, or in-arena sound systems and public address announcements. The announcer is an integral member of game administration and is a reporter of information not necessarily obvious to spectators. Great care must be exercised to see that neither team gains an advantage from announcements over the public address system. Announcers are not "play-by-play" announcers.
   - There shall be no amplified instruments at any CHSAA playoff events.

CHEER FOR YOUR TEAM AND NOT AGAINST YOUR OPPONENT!!
RESPONSIBILITIES OF SPORTSMANSHIP

THE PARTICIPANT
1. Treats opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gesture or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. Always remembers that it is a privilege to represent the school and community.

THE SPECTATOR
1. Attempts to understand and be informed of the playing rules.
2. Appreciates a good play no matter who makes it.
3. Cooperates with and responds enthusiastically to cheerleaders.
4. Shows compassion for an injured participant; applauds positive Performances; does not heckle, jeer or distract participants; and avoids use of profane and obnoxious language and behavior.
5. Respects the judgment and strategy of the coach, and does not criticize participants or coaches for loss of a game.
6. Respects property of others and authority of those who administer the competition.
7. Censures those whose behavior is unbecoming.

THE PARTICIPANT
1. Treats own participants and opponents with respect.
2. Inspires in the athletes a love for the game and the desire to compete fairly.
3. Is the type of person he/she wants the athletes to be.
4. Disciplines those on the team who display unsportsmanlike behavior.
5. Respects the judgment and interpretation of the rules by the officials.
6. Knows he/she is a teacher, and understands the athletic arena is a classroom.
In an effort to set a positive tone for sportsmanship, the following message can be read by your public address announcer or more appropriately a home cheerleader:

WE, THE STUDENTS OF __________________________ AND __________________________
HIGH SCHOOL ASK THAT ALL SPECTATORS CONSIDER THE TIME AND EFFORT EACH OF OUR TEAMS HAS SPENT IN PREPARATION FOR THIS MATCH (TOURNAMENT).

WE PLEDGE TO YOU THAT WE WILL DO OUR BEST TO WIN: BUT REGARDLESS OF THE OUTCOME, SHOW US BY YOUR ACTIONS THAT YOU ARE PROUD OF US NOT BECAUSE WE ARE VICTORIOUS, BUT BECAUSE WE HAVE TRIED. CONTINUE TO HELP US REMEMBER THAT COURTESY, HONESTY, AND FAIR PLAY ARE THE HALLMARKS OF A SCHOOL AND A COMMUNITY WITH CLASS.

THANKS FOR SHOWING YOUR SUPPORT BY BEING HERE TO CHEER US ON. WE’LL DO OUR BEST TO MAKE YOU GLAD YOU CAME.

DUE PROCESS

The term "Due Process" is hardly new to the field of interscholastic athletics, but its added emphasis has changed dramatically over the past few years. Simply stated, how can we expect student-athletes to follow the rules and regulations of the organizations if they have no prior orientation as to what is expected?

With this in mind, the following points are presented for your consideration and hopeful implementation prior to the start of the season. By this means, you have fulfilled your responsibilities in the area of due process and further, enhanced lines of communication in maintaining athletic eligibility. It is urged an administrator, athletic director and all coaches for wrestling be in attendance to conduct the following:

PARENT MEETING
It is strongly urged you conduct a parent orientation meeting of all participants prior to the opening day of practice. At this meeting, consideration should be given to a review of the rules and regulations of the CHSAA organization, the school, notice of acknowledgment of risk, possible viewing of appropriate film such as "Warning, It Could Happen To You", etc. Consideration should also be given to a signed attendance roll and follow-up procedure for those not in attendance.

STUDENT MEETING
By all means, conduct a student participation orientation meeting prior to any practice and/or tryout session. Consideration should be given to a review of the rules and regulations of the CHSAA organization, the school, notice of acknowledgment of risk, possible viewing of appropriate film such as "Warning, It Could Happen To You", etc. Without question, a signed attendance roll should be utilized for a permanent record of the meeting and a brief statement on acknowledgment of what was covered. Strong consideration should be given to deny practice opportunities to those not in attendance.

STUDENT CAUTION
It is suggested students be informed that should any situation arise which may possibly jeopardize their eligibility (such as amateur status, outside competition, etc.), they should contact a school official and/or coach for an interpretation prior to participating.
SAMPLE WARNING STATEMENT

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal for further information.

_____________________________________________________________________

Instruction: Sign both copies, retain one for your records, and return the other to your school.

This will acknowledge that we have read and understand the material contained in the NOTICE TO ATHLETES AND PARENTS OR GUARDIANS.

Student's Name ______________________________________________________
Sports ______________________________________________________________
_______________________________________________________________
_______________________________________________________________
_______________________________________________________________

******************************************************************************

Signed ____________________________ Date ________________________
Parent or Guardian

Signed ____________________________ Date ________________________
Student
Skin Conditions
GUIDELINES TO REDUCE THE INCIDENCE OF SKIN DISEASES IN WRESTLING

The following guidelines are not meant to be all inclusive of what may need to be done to prevent skin diseases from occurring in wrestling. They provide practical suggestions that, when implemented, should help reduce the incidence of skin diseases occurring among high school wrestlers. Some of the guidelines go above and beyond what would normally need to be done to prevent skin infections from occurring. In instances where some wrestlers, or an entire team, seem to be extremely susceptible to skin diseases the more extreme guidelines may prove to be very worthwhile. Many coaches are currently implementing all, or most, of these guidelines. Others may be utilizing only selected ones. Whatever the case, restricting wrestlers with skin lesions from participation and keeping a clean wrestling environment are the keys to reducing the incidence of skin infections.

GENERAL GUIDELINES
Clean wrestling mats daily, preferably within one hour of practice or competition, using a disinfectant cleaner. Allow mats to air dry before using.

Wash wall mats with disinfectant on a regular (1-2 times weekly) basis.

Wipe weight room benches with disinfectant after use and/or prior to the next day’s use.

Launder towels, practice gear, and uniforms after each use. Don’t allow any wrestler into the practice room without clean practice gear.

Wipe head gear and shoes with disinfectant after each practice.

Do not allow wrestlers to share any item of practice gear.

Require each wrestler to shower using deodorant soap after each practice and contest.

Have each wrestler supply their own bar of deodorant soap, and shampoo. Dispensers for liquid soap are another option to reduce the need for common bars of soap.

As an additional precaution, athletes with acne problems may wish to use astringent pads (Stridex) to clean their face/neck after showering.

Open the doors to the wrestling room and use fans to lower the heat and humidity each night. Proper ventilation is very important to destroy disease-causing bacteria.

Do not allow athletes to use common towels, for any reason, during practice or competition.

Neoprene sleeves and supports should be wiped with disinfectant after every use and allowed to air dry.

Wrestlers should keep their finger nails trimmed short to avoid scratching themselves or someone else, as any opening in the skin increases the risk of infection.

Wrestlers should maintain their natural immunity to all diseases by eating healthy foods and getting adequate rest. They may also wish to take a one-a-day multi-vitamin.

Coaches should visit with wrestlers, and their parents, about how to recognize and prevent the most common skin diseases.

Wrestlers who have been susceptible to skin diseases in the past may want to visit with their family physician regarding preventative oral medication, which may be available.
GUIDELINES FOR WRESTLERS WHO HAVE A SKIN DISEASE

Wrestlers with any signs of a skin disease should be withheld from practice until a medical diagnosis and clearance is obtained.

Wrestlers having any signs or symptoms of a skin disorder should be sent to a doctor immediately.

If a wrestler with a skin disease has current written permission from a physician to participate, the affected area should be covered with an occlusive (water resistant) dressing or a gauze pad with a water resistant covering on at least one side. This reduces the risk of infecting others.

Wrestlers having lesions from a skin disease on their face or neck should launder their pillowcase on a daily basis.

Wrestlers with any signs of a skin disease should wash their hands frequently to avoid contaminating themselves, or others.

Wrestlers with skin diseases should be made aware that contact they have with others during the school day, outside the wrestling room, may spread the disease to others.

RECOMMENDATIONS FOR THE PREVENTION OF SKIN DISEASES

1. Become familiar with, and post, the skin disease chart in the wrestling locker room.

2. Make information about skin diseases available to parents and wrestlers before the season or early in the season.

3. Disinfect wrestling mats on a daily basis. Remove any blood with an approved cleaner or with a solution of water and household bleach.

4. To reduce the risk of infections entering the body, treat all abrasions and small cuts with anti-bacterial ointments such as Bacitracin, Neosporin, or Polysporin.

5. Cleanse each wrestlers clothing and equipment on a daily basis. This includes shoes and headgear.

6. Locker room areas should be disinfected on a daily basis.

7. Wrestlers should shower after each practice with a deodorant soap such as Dial or Safeguard.
Communicable Skin Disease (National Federation Rule 4-2-3)

ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.

General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, and abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

Other Communicable Diseases

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the “Infectious Disease and Blood-borne Pathogens” and “Skin Disorders” sections contained in the NFHS Sports Medicine Handbook.

Revised and Approved in 2010

Found on page 86 of the 2012-13 NFHS Wrestling Rules Book
Key Points from NWCA Skin Infection Webinar

Three Things That Causes Common Skin Infections
Fungus, Bacteria and Viruses

Fungus

A fungus is a simple life form that lives as a parasite on its host. The air is constantly filled with fungus spores that are floating around hoping to land on an agreeable surface.

The name for a fungal infection is mycoses and the fungus Tinea causes a fungal infection on the skin. The types of Tinea that we are concerned with are more annoying than dangerous.

Fungal infections can be spread to other athletes by skin-to-skin contact or from infected clothing, equipment, shower floors, damp clothing and towels that have been allow to sit, unlaunched, in your locker.

Bacteria

Bacteria are everywhere on earth, living in every environment imaginable. The vast majority of bacteria are good, and humans could not survive without them. For the most part, if bacteria are not beneficial, they are easily handled by our body's immune system. Unfortunately, some bacteria are bad and a few are really bad.

The bad bacteria we're talking about today are Staph and Strep. One species of Staph, we'll call it Staph-A, or Staphylococcus Aureus, is a particularly nasty microbe that is responsible for many infections from pimples to pneumonia. The crazy thing is that 20%-30% of us have populations of Staph A on our skin or in our noses and it doesn't cause any problems. The same is true of Strep, or Streptococcus. We think of Strep as the bacteria that cause Strep Throat, a serious illness that, if not treated, can lead to more dangerous illnesses that can permanently damage our bodies. Strep also causes skin infections.

If you have Staph or Strep living on you but you're not sick, you are said to be colonized. If you are sick, then you are described as infected.

The trouble with Strep and Staph starts when they go where they don't belong-like into our bloodstream. This usually happens when they enter the body by penetrating the first line of defense, the skin, usually through a hair follicle, wound or incision, and the battle is on.

Viruses

Viruses are much smaller than bacteria and many scientists don't even consider them to be living things. They are bits of genetic material that can't grow or reproduce on their own; they need to invade a host cell. Each virus can only infect a specific group of cells. It attaches itself to the cell's membrane and breaks through.

Like fungi and bacteria, viruses are everywhere. They are responsible for many infections and diseases.

The biggest viral threat to athletes is Facial Herpes, (Herpes Simplex 1 or HSV1). It is related to, but different than, Sexual Herpes (Herpes Simplex 2, or HSV 2).

Fungal Skin Infection Diseases

Ringworm

Ringworm, is spread to other athletes by skin-to-skin contact or from infected clothing, equipment or towels. It is very contagious. Ringworm forms a distinctive red ring surrounded by a less flaky, red, itchy area. Over weeks the ring slowly enlarges. Ringworm can show up anywhere on the body.

If you have ringworm you will not be able to participate if it is active. Your athletic trainer may give you the OK after three days of treatment with an anti-fungal medication and keeping the lesion covered with a bandage. You will probably have to continue the treatment for 2 weeks.

Athletes Foot and Jock Itch

Jock Itch and Athletes Foot are less serious. They are contracted from shower floors, damp clothing and towels that have been allowed to sit, unlaundered, in your locker.

You can avoid jock itch and athletes’ foot by washing your body, especially your feet, groin and areas where clothes or gear are tight fitting. Wear flip-flops in public showers, pools and locker rooms. Also remember to wipe off surfaces of exercise equipment with a clean towel.

Please keep in mind that this information is not intended to replace a medical evaluation for any skin disorder. These are only guidelines. Always seek the advice of your athletic trainer, team physician, sports medicine physician, dermatologist or a knowledgeable physician when any skin condition presents itself. If you think that you have any of these symptoms, be responsible; don’t try to hide them—this would put others at risk. With proper diagnosis and treatment, contagious skin infections don’t have to sideline athletes.

We want to stress two points here: one, if you are careful you can greatly reduce your chances of getting one of these. And two, see your athletic trainer or doctor immediately if you think you’re coming down with something. The sooner you start treatment the sooner you can return to practice and competition.

**Bacterial Skin Infection Diseases**

**Folliculitis**

Folliculitis is a common, but very contagious, condition caused by staph that has infected a hair follicle. This can happen anywhere on the skin, but most commonly on the neck, thighs, buttocks, armpits or beard. It starts as a sore, red area as your body fights the infection. As the battle rages, pus forms, causing a lump that develops a yellowish tip that could grow into a large bump or boil. See a doctor, and don't pop it, as that will spread the infection.

**Impetigo**

Impetigo is a serious bacterial infection that can be caused by either Staph or Strep. It originates as a small pimple or red spot that grows into a blister, called a lesion, with a red base. After a few days the lesions break open, ooze fluid and form a thick, honey-colored crust. The lesions spread, oozing fluid and crusting over. The sores scab over and heal without scarring. It is very contagious.

**MRSA**

MRSA is Impetigo that is caused by a particularly nasty strain of Staph that we call Staph A or Staphylococcus Aureus, the “SA” of MRSA. The MR stands for Methicillin Resistant, which means that common or traditional drugs used to fight Staph won’t work and it will spread quickly through your body. If you start getting red spots, especially around the nose or mouth, or what looks like a pimple--in other words, a bump with pus, but not confused with acne pimples--under a piece of equipment like a kneepad, see your athletic trainer, dermatologist or doctor immediately, because it can be much worse in 24 hours.

Please keep in mind that this information is not intended to replace a medical evaluation for any skin disorder. These are only guidelines. Always seek the advice of your athletic trainer, team physician, sports medicine physician, dermatologist or a knowledgeable physician when any skin condition presents itself. If you think that you have any of these symptoms, be responsible; don’t try to hide them--this would put others at risk. With proper diagnosis and treatment, contagious skin infections don’t have to sideline athletes.

We want to stress two points here: one, if you are careful you can greatly reduce your chances of getting one of these. And two, see your athletic trainer or doctor immediately if you think you’re coming down with something. The sooner you start treatment the sooner you can return to practice and competition.

Viral Skin Infection Diseases

Facial Herpes, (Herpes Simplex 1 or HSV1)
When a Herpes virus penetrates the skin it causes an initial infection, which can cause a fever or flu-like symptoms including a sore mouth or sore throat. Sometimes painful blisters can form on the tongue and gums and on or around the lips. Untreated, these can last for up to 14 days. After the initial infection it travels up the nerves to a spot near the spine where it lives for the rest of the host's life. The host cannot get rid of it. From time to time, which may be weeks, months or even years, something triggers the virus back into action, causing it to travel back down the nerve and creating an outbreak of cold sores, blisters or other symptoms near the site of the original infection. The person is very contagious at this point. In fact, they are infectious days before the outbreak of sores or possibly when there are no symptoms. The outbreak lasts for a week or so, and then it’s up the nerve again to sit and wait.

Herpes is spread through contact with the open blisters and saliva. Athletes can be contagious if their bodies are shedding the virus and they rub their skin against others. There is no medicine to cure you of Herpes--once you get it you have it forever. The best you can do is manage it with the help of your doctor.

Recurrent Infection Phase
Having any of these conditions doesn’t have to permanently sideline you from sports. You just have to be smart, thorough and considerate of your fellow athletes. Work with your doctor, dermatologist or athletic trainer and they will get you back in competition as soon as it is healthy and safe.

The first signs of a recurrent infection are tingling, burning or itchy feeling in the skin often accompanied by a headache or achy joints, which can last from 2 to 48 hours. This is known as the prodrome.

Next are swelling and the development of a number of fluid-filled blisters around the lips or nose.

This is followed by the formation of a cluster of intensely painful blisters, often around the head, face, neck and upper body area. The blisters burst, releasing highly contagious fluid, leaving fluid-filled sores. The virus is spread by contact of the fluid with skin, clothing or equipment. Skin to skin contact is the primary method of spreading.

Finally, the sores dry out, scab over and heal within a couple of weeks.

Please keep in mind that this information is not intended to replace a medical evaluation for any skin disorder. These are only guidelines. Always seek the advice of your athletic trainer, team physician, sports medicine physician, dermatologist or a knowledgeable physician when any skin condition presents itself. If you think that you have any of these symptoms, be responsible; don’t try to hide them--this would put others at risk. With proper diagnosis and treatment, contagious skin infections don’t have to sideline athletes.

We want to stress two points here: one, if you are careful you can greatly reduce your chances of getting one of these. And two, see your athletic trainer or doctor immediately if you think you’re coming down with something. The sooner you start treatment the sooner you can return to practice and competition.

BLOOD CLEAN UP PROCEDURES

It is the responsibility of the home site to provide a blood clean up person. Further, this process should be clarified with the match official before the contest.

1. DEVELOP A MIXTURE IN A SPRAY BOTTLE OF APPROXIMATELY 1 PART BLEACH TO 100 PARTS WATER.

2. USE DISPOSABLE PAPER TOWELS.

3. TO EXPEDITE THE PROCESS, HAVE A DESIGNATED INDIVIDUAL READY AT ALL TIMES WITH GLOVES ON BOTH HANDS.

4. WHEN BLOOD IS FOUND ON THE MATS, THE OFFICIAL SHOULD MOTION TO THE DESIGNATED BLOOD CLEAN UP PERSON AND THEN DIRECT THEM TO THE BLOOD ON THE MAT.

5. ONCE THE BLOOD HAS BEEN REMOVED, THE PAPER TOWELS SHOULD BE PLACED IN A RECEPTACLE DESIGNATED FOR BLOOD CLEAN UP.

6. AFTER EACH BLOOD CLEAN UP, THE BLOOD CLEAN UP PERSON SHOULD REMOVE THE GLOVES (WITHOUT TOUCHING THE BLOOD!) AND PLACE THEM IN THE BLOOD CLEAN UP RECEPTACLE.

7. NEW GLOVES SHOULD IMMEDIATELY BE PUT ON BY THE BLOOD CLEAN UP PERSON IN ORDER TO PREPARE FOR THE NEXT INCIDENT.

8. ONLY PEOPLE WITH PROTECTIVE GLOVES SHOULD REMOVE BLOOD OR OTHER BODY FLUIDS FROM THE MAT.
NFHS MEDICAL RELEASE FORM
FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations’ (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another wrestler. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine Advisory Committee does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and appropriate health-care professionals that led to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:
1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.

2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.

3. Establish guidelines to help minimize major differences in management among appropriate health-care professionals who are signing “return to competition forms”. Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or cannot participate.

4. Provide a basis to support appropriate health-care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health-care professional who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:
1. Each state association needs to determine which health-care professional can sign off on this form.

2. Inclusion of the applicable NFHS wrestling rule so appropriate health-care professionals will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.

3. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.

4. Inclusion of a “bodygram” with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health-care professional.

5. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.

6. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee’s role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired and can be edited in any way for use by various individuals or organizations. In addition, the NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.

Revised/Approved by NFHS SMAC - April 2012

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For this release to be acceptable by CHSAA it must meet the following requirements for the wrestler to participate:

- If lesion(s) are Contagious the form MUST be dated within seven (7) days of the event being wrestled.
- It MUST state the location of the lesion(s).
- Please mark on the diagram the location and describe in text the extent of the lesion(s).
- It MUST be signed by a M.D., D.O., Nurse Practitioner or a Physician’s Assistant.

Name: ___________________________ Date of Exam: ___/___/_____

Diagnosis ___________________________

Location AND Number of Lesion(s) ___________________________

Medication(s) used to treat lesion(s): ___________________________

Date Treatment Started: ___/___/_____

If the Lesion(s) are Contagious the form MUST be dated within seven days of event.

YES (They are Contagious) ________ NO (They are NOT Contagious) ________

Earliest Date that wrestler may return to participation: ___/___/_____

Medical Provider’s Signature ___________________________ Office Phone #: ___________________________

Medical Provider’s Name (Printed or Typed) ___________________________ (M.D., D.O., N.P., P.A.)

Office Address ___________________________

Note to Providers: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

“ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear unadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an approved medical provider stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated on-site meet medical provider is present and is able to examine the wrestler immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”

“ART. 4 . . . If a designated on-site physician is present, he/she may overrule the diagnosis of the medical provider signing the medical provider’s release form for a wrestler to participate with a particular skin condition.”

“ART. 5 . . . A contestant may have documentation from a medical provider only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation.”

Once a lesion is not considered contagious, it may be covered to allow participation.
ORGANIZATIONS PLAN TO REDUCE HERPES GLADIATORUM OUTBREAKS THROUGH EARLIER DIAGNOSIS AND TREATMENT

American College of Sports Medicine and National Federation of State High School Associations to address widespread infection among athletes in high school wrestling programs

INDIANAPOLIS - The American College of Sports Medicine (ACSM) and the National Federation of State High School Associations (NFHS) are collaborating to conduct a timely and thorough review of high school wrestling health and safety guidelines, addressing one of the most common infections caused by athletic activity: herpes gladiatorum. Herpes gladiatorum (HG), a virus that causes skin lesions on the body, is highly contagious through personal contact during wrestling practice and competition. Prevention techniques are the focus of this collaboration, since early and accurate detection and comprehensive treatment, rather than mat and equipment cleanliness, are increasingly recognized as more effective in containing and minimizing the risk of exposure.

Young athletes at risk of developing HG are typically wrestlers who engage in the lock-up position, which places the face, neck, and arms of the opposing wrestlers in close contact. Lesions indicative of the skin disorder generally occur on the face, neck, and arms as a result, accompanied by symptoms such as inflamed skin rash, sore throat, general malaise, fever, and the appearance of clustered vesicles, which are small fluid-containing elevations of the skin.

ACSM and NFHS, the rule-making governing body for high school sports, will work to ensure that medical professionals more closely monitor systemic signs or symptoms to diagnose and treat herpes simplex virus-1 (HSV-1), the virus precursor for HG, and require the swift withdrawal of wrestlers from participation until a diagnosis can confirm or rule out infection. In smaller schools and districts with limited athletic personnel, ACSM and NFHS will provide educational resources for coaches, who are often the first and most efficient individual to screen wrestlers for suspicious skin conditions. Further, the organizations will work with athletes, coaches, and athletic trainers to emphasize that mat disinfection and personal cleanliness, while important, may reduce but will not prevent the types of outbreaks seen in the upper extremities of the body.

A clinical evaluation appearing in the November issue of Medicine & Science in Sports & Exercise®, the official scientific journal of ACSM, calls for a review of standards to address numerous outbreaks that have occurred among high school wrestlers in the past 13 years. Specifically, the author studied and tracked an outbreak involving 19 high schools during a 1999 Minnesota state high school wrestling tournament. This outbreak demonstrated extensive transmission can occur in a short period of time, as wrestlers on seven out of nine teams, and ultimately 61 wrestlers and three coaches contracted HG. Based on this clinical evaluation, preventative factors, including increased vigilance to potential misdiagnosis by individual's physicians who may not understand how the viral infection develops and spreads, are recommended as key to avoiding and controlling future outbreaks.

ACSM members will work within NFHS networks to develop opportunities for qualified and certified healthcare providers to implement early detection and rapid diagnosis efforts on local levels. This will enhance on-site screenings and skin checks, provide an educational mechanism to culture samples from suspicious skin lesions, and develop a protocol for promptly removing questionable individuals from participation, as well as prescribing a course of treatment before allowing return to play.

"These outbreaks gave us solid and viable information to help governing bodies assess guidelines for youth sports," said William O. Roberts, M.D., ACSM president-elect. "Team physicians, researchers, and the institutions that support them know that health education and disease prevention is like technology-there are always better answers out there. ACSM and NFHS are dedicated to looking forward to ways to protect young athletes and supply coaches and trainers with the information they need to avoid future occurrences in this sport."

The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world. More than 20,000 International, National, and Regional members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

NOTE: Medicine & Science in Sports & Exercise® is the official journal of the American College of Sports Medicine, and is available from Lippincott Williams & Wilkins at 1-800-638-6423. For a complete copy of the research paper (Vol. 35, No. 11, pages 1809-1814) or to speak with a leading sports medicine expert on the topic, contact the Communications and Public Information department at 317-637-9200 ext. 127 or 117. Visit ACSM online at www.acsm.org.
Methicillin-Resistant Staphylococcus aureus Infections Among Competitive Sports Participants: Colorado, Indiana, Pennsylvania and Los Angeles County, 2000-03.

Although outbreaks of methicillin-resistant Staphylococcus aureus (MRSA) usually have been associated with health-care institutions, MRSA is emerging as a cause of skin infections in the community. This report summarizes several reported clusters of skin and soft tissue infections associated with MRSA among participants in competitive sports and identifies possible risk factors for infection (e.g., physical contact, skin damage and sharing of equipment or clothing). The findings underscore: 1) the potential for MRSA infections among sports participants; 2) the need for health care providers to be aware that skin and soft tissue infections occurring in these settings might be caused by MRSA; and 3) the importance of implementing prevention measures by players, coaches, parents and school and team administrators.

Fencers:
In February 2003, the Colorado Department of Public Health and Environment was notified by a local health department about a cluster of MRSA infections among members of a Colorado fencing club and their household contacts. After club leaders reported five cases of infection to the local health department, all members (n = 70) of the fencing club were asked to complete a questionnaire that included questions about infections and possible risk behaviors such as sharing of clothing or equipment. A total of 62 (89 percent) fencers responded to the survey. No additional cases were identified from the survey. A confirmed case of MRSA infection was defined as signs and symptoms of an infection (e.g., fever, pus, swelling or pain) during July 2002â€“February 2003 in a fencer or household contact of a fencer from whom MRSA was cultured from a clinical isolate. A probable case was defined as skin or soft tissue infection during the outbreak period in a fencer or household contact of a fencer from whom no clinical culture was obtained.

Three confirmed and two probable cases were identified; one patient was a household contact. Median age of patients was 31 years (range: 11-51 years); three (60 percent) were female. One patient had paraspinal myositis with bacteremia and was hospitalized for 11 days. The other four patients reported one to six abscesses each, located on the legs or thighs (n = four), abdomen (n = three), axilla (n = one), buttocks (n = one), hand (n = one), and behind the knee (n = one). Three (60 percent) patients were hospitalized and received intravenous antimicrobial therapy. Two of the patients with confirmed cases reported recurrent infections for which they received antimicrobial therapy and made multiple health care visits before their wounds were cultured. All patients have recovered.

Pulsed-field gel electrophoresis (PFGE) testing was performed on isolates from two patients; an isolate from one of the patients with a confirmed case was not available. The PFGE patterns from both were indistinguishable.

Facilities at the fencing club included changing rooms and practice areas. No showers were available. Although none of the fencers with infections reported sharing clothing, masks, and weapons, such sharing was common among team members. In addition, fencers wear a sensor wire under their clothes to record when they have been touched by an opponent's weapon. Interviews with club members indicated that these wires were shared routinely and had no routine schedule for cleaning. No other common sources of exposure outside of the fencing club were identified.

Club members, coaches, and administrators were instructed in MRSA transmission control measures. These included: 1) increased hand hygiene; 2) showering with soap after every practice or tournament; 3) covering cuts and abrasions with a bandage until healed; 4) laundering personal items such as towels and supporters after each use; 5) cleaning or laundering shared athletic equipment such as pads or helmets at least once a week but ideally after each use; 6) establishing a routine cleaning schedule for the sensor wires; and 7) consulting a health care provider for wounds that do not heal or appear infected. No further infections have been reported.

Football players and wrestlers:
Clusters of MRSA infection among sports team participants were identified during September 2000 in Pennsylvania and during the fall and winter of 2002-03 in Indiana and Los Angeles County, California. Affected persons included college and high school-aged football players and wrestlers; the numbers of infected members per team ranged from two to 10 players. During September-October 2000, CDC assisted the Pennsylvania Department of Health in an investigation of an outbreak of MRSA culture-positive skin and soft tissue infections among 10 members of a Pennsylvania college football team, seven (70 percent) of whom were hospitalized. All isolates from the Pennsylvania athletes had indistinguishable PFGE patterns. Several possible risk factors for infection were identified, including skin trauma from turf burns and shaving and sharing of unwashed bath towels.

In September 2002, the Los Angeles County Department of Health Services investigated two cases of MRSA skin infection among members of a college football team. Both patients were hospitalized; one received surgical debridement and skin grafts. Isolates from the two players had indistinguishable PFGE patterns. Team players reported frequent skin trauma and reported covering wounds approximately half of the time. In addition, health department staff identified the potential for spread through shared items such as balms and

In January 2003, the Indiana Department of Health was notified of two wrestlers on a high school team who had MRSA skin infections diagnosed. Neither patient was hospitalized, and isolates were not available for PFGE testing. The two players were in
differences in weight groups and had never wrestled each other, suggesting that transmission could have occurred through sharing items rather than direct contact. No other common exposures were identified.


Editorial note:
Outbreaks of community-associated MRSA (CA-MRSA) occur in various populations, including children attending child care, prison inmates and men who have sex with men (1-3). This report demonstrates that CA-MRSA has the potential to spread and cause outbreaks among players of competitive sports, including those sports that involve little skin-to-skin contact among players, such as fencing. Physicians should be aware of the potential for MRSA infections in sports participants when evaluating patients and making treatment decisions. As demonstrated by this cluster of MRSA infections among fencers, patients with recurrent MRSA infections might make multiple health care visits before a wound culture is obtained. Recurrence of infections might be avoided if physicians obtain cultures more routinely when athletes have infected wounds.

Transmission of S. aureus, for both susceptible and antimicrobial resistant strains, usually occurs through close contact with a person who has either a draining lesion or asymptomatic carriage of S. aureus. Although the investigations described in this report did not determine the roots of MRSA transmission definitively, three factors might have contributed to transmission in these outbreaks. First, competitive sports participants might develop abrasions and other skin trauma, which could facilitate entry of pathogens. Even in sports with less direct contact, protective clothing can be hot and might chafe skin, resulting in abrasions and lacerations. Fencers reported developing skin rashes frequently under protective clothing. Second, some sports for which MRSA infections have been reported involve frequent physical contact among players (e.g., football and wrestling). S. aureus and other skin flora can be transmitted easily from person to person with direct contact. Third, sports such as fencing have limited skin-to-skin contact but require multiple pieces of protective clothing and equipment, which often might be shared. The use of shared equipment or other personal items that are not cleaned or laundered between users could be a vehicle for S. aureus transmission. Previous outbreaks of staphylococcal skin infections have been reported among wrestlers and rugby and football players (4-7). In these outbreaks, risk factors have included skin trauma (4,7) and contact with lesions of other players (7). The findings in this report, particularly the cluster of MRSA infections among participants in a sport with little skin-to-skin contact, suggest that sharing equipment or personal items also might facilitate MRSA transmission. Although none of the fencers reported sharing equipment or clothing items, their use of shared sensor wires was not assessed specifically.

Maintaining good hygiene and avoiding contact with drainage from skin lesions of other players are the best methods for preventing spread of staphylococcal skin infections. Guidelines for preventing skin infections among sports team participants should be followed (6-10). All persons associated with competitive sports teams, including players, coaches, teachers, parents, and administrators, can help prevent sports-related skin infections and should be aware of prevention measures (Box). Sports team administrators should be encouraged to provide facilities and equipment necessary to promote good hygiene, such as clean facilities and adequate supplies of soap and towels. Coaches and parents should encourage good hygiene among players, and they should be taught to administer proper first aid, practice appropriate hand hygiene, and implement a system to ensure adequate wound care and to cover skin lesions appropriately before play. Players should be encouraged to practice good hygiene, avoid sharing towels or other personal items, and inform coaches about active skin infections.

References:
Media
GUIDELINES FOR WORKING RELATIONS WITH THE MEDIA

Media exposure has indeed become a major segment of interscholastic athletics over recent years, be it the print medium, radio and/or television. The most enticing aspect of this spectrum of publicity is that it's all free!

Along these lines, a few well-planned minutes at this juncture could result in dividends by way of stimulating community and regional support that may well reflect in increased gate attendance and revenue. No doubt, you're in the midst of a hectic schedule with staff meetings, duplicating materials, schedules and checking final plans, but we urge that you initiate contact now with members of the media serving your school and community.

There are a number of ways to accomplish this and the following outline is a suggestion you might consider adopting - one that would not only add that missing dimension to your program, but one that might possibly spawn a number of new professional and personal relationships with members of your community as well.

PRE-SEASON PERIOD:

* Make a personal call to the prep sports editor of your local newspaper and/or radio station and invite him/her out to lunch. If there is more than one newspaper - even if only a "weekly" edition - repeat the invitation. One note of caution, DON'T delegate this duty to one of your assistants. But, in some instances it might be good to include them.

* Provide all media outlets with the following paperwork to prevent calls during the school year and to make certain your school is included in all coverage:

1. Complete varsity, J.V. and frosh/soph schedules reflecting opponent, site and starting times.
2. Complete roster reflecting first and last name, uniform number, events, position, year in school, height, weight and experience.
3. List of head coach at each level, their phone extension number at school and the time of day they have their free period.
4. List home phone number of head coach at each level. This is necessary in that some prep writers and broadcasters work evening shifts.
5. Arrange for picture day with your local newspaper and make certain athletes are in meet uniforms and NOT practice gear. One picture in the paper will do more publicity than a thousand words.
6. Contact your local media for the numbers of the Sports Department you should call with meet results and check into the deadline times.
7. Arrange for press seating and results at home games and notify the media where they may sit.

REGULAR SEASON:

* Assign a specific person to telephone the results - win or loss - immediately after the meet. Many media outlets have early deadlines and even though you call 10 minutes before the deadline, it still takes time to write the story. If you have an away game, call before boarding the bus and not after arriving home. Keep in mind, the earlier the call, your chances of better coverage are increased. Never assume that your opponent will call the results in; take the initiative to call after each and every contest.
GOOD PRESS RELATIONS

DESIGNATE SOMEONE TO ENTER SCORES OF ALL VARSITY CONTESTS FOLLOWING THE EVENT.

All daily papers and broadcasters are on tight deadlines. ENTER RESULTS AS SOON AS POSSIBLE AFTER THE MEET INTO THE OPC.

AFTER THE GAME
* Periodically during the season, place a call in the middle of the week to your local media and see if you can be of any help. Who knows, your call may turn into a feature story or interview the next day.

* Maintain accurate and up-to-date statistics during the season in the OPC.

* Always notify the local media of any changes in the schedule, whether it be time, date or location.

POST-SEASON:
* If individuals from your team are fortunate to make the post-season playoffs, contact your local media outlets immediately, giving names, site, time, etc. Normally, you will receive more publicity during playoff time due to the single reason not as many schools in your area are playing. Take advantage of this.

* When the season is completed, send a copy of all statistics to the local media for their records and future articles.

* Sit down and write a personal note of thanks to the members of the media you have been working with all season. After all, they have just been like an assistant coach in promoting a phase of your program. ............... and keep in mind, it was all FREE!

MEDIA PHOTO PASSES
Most working media and photographers have been issued a CHSAA Media Pass for the 2013-2014 season. Please honor these passes for admission to an event. The person producing the pass is expecting to cover the event. Should any problems arise with the media passes, or any abuses of passes, please contact the CHSAA.

Another way to help your coverage and lessen changes for problems with the media is to notify them in advance of your interview policy and photography restrictions.
Wrestling Championships Rates:

$84.00 rate single – quad occupancy
Rates do not include 14.75% sales tax (Tax exemption may apply)
Rates are valid February 19-23, 2014

The Hotels offer the following:

- Only an 8 minute drive to the Denver Coliseum
- Full service restaurants on site and many restaurants within walking distance of the hotels
- Fitness centers at both hotels
- Outdoor hot tub and large indoor pool at the DoubleTree Denver
- Complimentary parking for buses, vans and cars
- Complimentary scheduled shuttle to Quebec Square and the shops at Northfield
- Complimentary high speed wireless Internet access in all of the guestrooms & public space
- Complimentary business center
- Rates including our full breakfast buffet are available (please ask when booking your team rooms)
- Warm Doubletree Cookies at check-in

FOR TEAM RESERVATIONS, PLEASE CALL 303-262-7724
FOR INDIVIDUAL RESERVATIONS, PLEASE CALL 303-321-3333