



2019-20 WRESTLING MATCH MANAGEMENT MANUAL



STATEMENT OF PURPOSE

One of the basic tenets of the Southern Conference is the belief that well managed intercollegiate athletic competition is an important component of higher education preamble, Southern Conference Constitution. With this belief in mind, the Wrestling Match Management Manual was designed for the purpose of providing an organized means of competition between the teams of student-athletes at our respective academic institutions.

SOUTHERN CONFERENCE MISSION STATEMENT

Preparing student-athletes for life's challenges since 1921.

Southern Conference

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2018-19 SOUTHERN CONFERENCE WRESTLING MATCH MANAGEMENT MANUAL

Artificial Noisemakers

Artificial noisemakers (air horns, electronic amplifiers, whistles, clappers, etc.) are not permissible in Southern Conference venues. ***The only exceptions to this rule are the amplifiers that are part of the official home or visiting band or cheerleading squad.*** Artificial noisemakers shall be removed from the facility when discovered.

Band Regulations

Bands, if used, are allowed to play only before the meet, between matches, during timeouts and after the meet.

Blood Rule Procedures

NCAA rules specify that when a participant suffers a laceration or wound where oozing or bleeding occurs; the player shall go to the team area and be given appropriate medical treatment. The player may not return to the match without the approval of medical personnel. Medical personnel for this purpose shall be the team doctor and certified athletic trainer. NCAA guidelines give the sole authority to those personnel when determining if a player may return. Officials will assist in every way possible. Southern Conference officials will be instructed to use a common sense approach to the enforcement of this rule.

NCAA blood rule:

3.5.3.2 Players with a bleeding injury, blood on the uniform or signs of a concussion shall be substituted for and may re-enter the game (after being beckoned by the referee) at any stoppage of play or at any of the allowable times for normal substitution, provided the appropriate medical personnel have given clearance. Neither the injured player nor the substitute shall be charged with a substitution. However, if the injured player replaces a player other than the original substitute, that player shall be charged with a substitution.

Note: The injured player is eligible for re-entry only after medical personnel has given clearance. However, if a player leaves the game for displaying concussion-like symptoms, that player must be cleared by the team physician or his or her designee according to the concussion management plan. Student-athletes diagnosed with a concussion shall not return to activity for the remainder of that day.

Cheerleading Regulations

Cheerleaders should be encouraged to help maintain good sportsmanship among the students and others in attendance. The head cheerleader should be ready at all times to instigate the most popular cheer in case an unpleasant situation should occur. Megaphones may never be turned toward the mat area. Amplified microphones are prohibited. No pyramids may be performed that are more than two tiers (persons) high. No flips may be conducted other than those made from the ground. Mini-trampolines may not be used. Cheerleaders should never be located behind an opposing team's bench.

Note: In addition to this regulation, cheerleaders and mascots must be located on the same half of the mat as their team personnel and should stay clear of the mat area.

Complimentary Tickets

The home team shall provide the visiting team with 50 complimentary tickets for each conference match, provided that the home team is charging admission. The 50 complimentary tickets should be provided from a pass list given to the home institution by the visiting institution upon its arrival. In accordance with Southern Conference Sportsmanship Code Regulations, the seating area immediately behind the visiting team area should be reserved for fans and parents of the visiting team.

Crowd Control

The home Athletics Director (or his or her designee) shall serve as the game management director for all Conference matches. The home Athletics Director or game management director designee has the direct responsibility for crowd control as outlined in the Southern Conference Sportsmanship Code Regulations. It is strongly encouraged by the Southern Conference office that a designated game management director be present throughout the meet.

Southern Conference Code of Conduct Public Address Announcement

The Southern Conference Code of Conduct Public Address Announcement should be read twice per contest – at the beginning of the contest and midway through the contest - and as necessary during the course of competition. The public address announcer may read the following: ***“The Southern Conference and its member institutions are committed to principles of good sportsmanship. We believe that all student-athletes, coaches and spectators should strive to represent the very best spirit and tradition of college athletics. We request your cooperation by supporting the participants and officials in a positive manner at all times. Those in attendance should report any act that goes against this policy to game management or security personnel immediately. Thank you.”*** Additionally, an announcement should be made informing spectators of the proper procedure to register complaints or concerns they may have regarding the behavior of other spectators. The host institution is responsible for addressing any such reported concerns in an appropriate and timely manner.

Dance Team and Mascots Regulation

Regulations as they apply to cheerleaders also apply to dance teams and mascots.

Debris Thrown on Mat

Each member institution should have a “zero tolerance” policy toward fans throwing items onto the wrestling mat and shall eject violators from the venue.

Game Day Auxiliary Personnel

Each school shall provide the following auxiliary personnel for each meet and shall be responsible for payment (if applicable) to those persons:

Scoreboard operator (if scoreboard is available):

This person will need the ability to stay focused and keep up with scoring changes as relayed by the scorers;

Scorers:

These persons shall record points scored by contestants when signaled by the referee. In addition, they perform the following duties:

- They shall keep the scoreboard operator continually advised of the official score during each match;
- Check each other’s scoring; record the time advantage at the end of each period;
- Record which contestant has the choice of position at the start of the third period;
- Inform the timekeeper and referee when a contestant has exceeded the allotted number of injury timeouts;
- Immediately advise the timekeeper when they are in disagreement regarding the score;
- Inform the timekeeper and referee when a technical fall occurs;
- Record the time-advantage point (if earned) in the final match score;
- Show the referee the scorebook at the end of each match;
- Record the time of the fall, technical fall, disqualification or default on both the bout sheet and in the scorebook;
- Circle the first points scored in each match, excluding escapes and penalty points;

Clock Keeper:

This person is responsible for keeping the overall time of each match. In addition, they perform the following duties:

- Shall oversee assistant timekeepers and scorers;
- Keep and record injury-charged timeouts;
- Notify the referee of disagreements among the scorers;
- Call the minutes to the referee, contestants and spectators in each match;
- Inform the referee when a 15-point differential occurs;
- Inform contestants and coaches of time advantage accumulated if a visual clock is not available;

Public Address Announcer:

Host institutions should provide a public address announcer for pre-match introductions and to give specific information to the fans. Only the designated public address announcer may use a microphone during a conference match. The public address announcer is responsible for whatever is said over the PA system. The primary function of the announcer is to give specific information to the fans, not to incite them by unnecessary inflection of voice beyond the pre-match introduction of the home wrestlers.

Game Management Director In-Match Responsibilities

- Ensure that proper starting lines are placed in the center of the mat;
- Initially speak with and keep an eye on photographers shooting near the mat area;
- Ensure that cheerleaders are positioned out of the mat area and out of the way of the competing teams;
- Ensure that red and green anklets are provided for use during the match. The anklets, used for identification purposes, should be approximately three inches wide;
- Ensure that proper timing equipment has been provided for all timekeepers. Each timekeeper shall be provided with an accumulative time clock for recording time during a match. The match timekeeper shall be provided with two extra accumulative time clocks for recording timeout in case of injury to the contestants. The timekeeper shall also be provided with a gong, horn or bell. A multiple timer may be used in place of time clocks;
- Secure a private area at the site of the competition or in an adjacent building and a digital scale for use during weigh-ins and skin checks;
- Ensure that towels are available mat side for the referee's use and for other situations;
- Be responsible for the removal of spectators upon request by the referee;
- Ensure that biohazard containers and biohazard solution is provided for and accessible immediately if needed.

Game Management Provisions

The following game management provisions shall be provided for the visiting team by the home team:

Bench: One 10-gallon cooler of water, one ice chest with ice and bags, two sleeves of cups, bench towels, one biohazard container;

Dressing Room: A dressing room with showers if requested in advance and shower towels as needed if requested in advance.

Match Format

All Conference matches shall be divided into 10 weight classes (125 pounds, 133 pounds, 141 pounds, 149 pounds, 157 pounds, 165 pounds, 174 pounds, 184 pounds, 197 pounds, 285 pounds). All matches shall be seven minutes long, divided into three periods, with the first period lasting three minutes and the second and third periods lasting two minutes. In all Conference matches, the head coaches can mutually agree as to which weight class will be wrestled first. If there is not mutual agreement, a random drawing to determine which weight class will be wrestled first shall be conducted after the weigh-in and before the first match begins. Once the first weight class is established, subsequent matches will continue in the traditional sequence.

Mat Dimensions

The wrestling area must conform to NCAA Rules. Mats should have a wrestling area of between 32 and 42 feet in diameter. There shall be a mat area (or apron) with a minimum width of 5 feet that extends entirely around the wrestling area. The apron area shall be designated by use of either contrasting colors or a two-inch wide line. This two-inch wide line shall be ruled out of bounds. The entire wrestling area and apron shall be the same thickness, which shall not be more than four inches nor less than the thickness of a mat that has the shock absorbing qualities of a two-inch-thick hair-felt mat. All mats that are in sections shall be secured together.

Medical Personnel On Site

It is recommended that the host institution have a medical doctor available at the site or on call at each conference match throughout the duration of competition.

Motorized Vehicles, Explosive Devices, Live Mascots

The home Athletics Director shall decide the policy regarding the use of explosive devices (cannons, rifles, rocket launchers, etc.), live mascots (horses, birds, etc.), and motorized vehicles in their facility. Visiting Athletics Directors need to request permission for use of these items at least two weeks in advance, and approval or disapproval of the request must be given immediately by the home Athletics Director.

NCAA Rules Changes for 2019-20 and 2020-21

Please see Appendix C of this manual for the NCAA Wrestling Major Rules Changes for 2019-20 and 2020-21 and corrections that have been made to the NCAA Wrestling Rules Book.

Officials

Coordinator of Officials

The Southern Conference Coordinator of Wrestling Officials, under the direction of the Southern Conference Wrestling Committee, The Southern Conference Men's and Women's Officials Committee, and the Southern Conference Commissioner, shall establish a pool of officials for all conference matches and assign all wrestling officials.

Officials' Assignments

One official shall be assigned to each conference match. It is required that the official be a member of the designated pool of Southern Conference officials.

Officials' Fees

An official assigned to a Conference match in 2019-2020 shall be paid a flat fee of \$490. The flat fee includes both fees and travel expenses. No hotel room shall be provided.

Amenities

Host institutions should provide the match official with a dressing area, and an ample supply of bottled water and/or isotonic, iced down or refrigerated, before and after the match.

Security

Uniformed security should be present with officials at all times when they enter and exit the competition area.

Game Management Director Responsibilities

The game management director should ensure that the officiating support team (i.e., scorers, timekeepers, etc.) arrives on time and is introduced to the official.

Pre-Match Meeting

It is suggested that the game management director visit briefly with the game officials and the visiting head coach prior to the game to answer any questions and to inform them of his or her availability during the game.

Pre-Match Weigh-Ins

Southern Conference institutions shall follow NCAA Weigh-In procedures at all times during the regular season. (Reference Appendix F of this manual for NCAA Rule 9 regarding Weight Certification, Classification and Weighing In).

Signs

Signs of a derogatory nature directed towards an individual opponent, visiting team or match officials are not permitted in conference venues. It is the responsibility of the home institution to ensure that such signs are immediately removed.

Southern Conference “Branding” Items

Uniform or Warm-up Patches

All participating teams in wrestling are expected to either wear SoCon logo patches or have the SoCon logo screened onto their home and road uniforms or warm-ups.

Institutions are responsible for all costs associated with screening and/or sewing patches onto uniforms. All programs are now expected to have the logo silk-screened on their uniforms or warm-ups.

Mat Decals

SoCon mat decals should be displayed prominently in the corners of the wrestling mats.

Team Areas/Sideline Control

The sidelines area outside the seating areas of the venue should be restricted, while the meet is in progress, to team members and personnel, credentialed media personnel, officials and security personnel only.

These guidelines are intended to reduce disturbing, and potentially dangerous, incidents that occur at mat level, between persons who need to be at mat level and those who do not. ***The mat level is for those who are performing a service associated with action on the mat and for administration of the meet; it is not for spectators.***

Please consider the following points when developing a plan regarding mat-level access:

Violation encourages persons in stadium seats to join spectators in the restricted area;

Spectators on the sideline can verbally or physically abuse wrestlers and match officials;

Spectators at mat level are in a prime position to rush onto the mat following the match;

Persons with vicious intent may be in sideline groups; and

The view of spectators in the first few rows of seats who have paid admission to the match might be restricted. In addition, the view from television and team video cameras of players near the sidelines may be hindered.

Uniforms

All competitors must wear an official uniform similar in design and identical in color of their institution in competition, warm-up and during the post-tournament awards ceremony. In accordance with NCAA rules, the institutions' official uniform (including warm-ups) and all other items of apparel (socks, head bands, t-shirts, wrist bands, towels, etc.) should bear only a single manufacturer's or distributors normal label or trademark. The label or trademark may not exceed 2 1/4 square inches in size. Equipment (i.e., shoes) may bear only the manufacturer's normal label or trademark as it is used on all such items for sale to the general public. Failure to comply with this regulation may cause disqualification or may jeopardize a student-athlete's eligibility.

Weight Certification and Weight Classification

Southern Conference institutions shall follow NCAA Weight Certification procedures at all times during the regular season (reference Appendix F of this manual for NCAA Rule 9 regarding Weight Certification, Classification and Weighing In).

APPENDIX A:

SOUTHERN CONFERENCE

GAME MANAGEMENT PRINCIPLES





Southern Conference Game Management Principles

The purpose of having sound game management procedures in place is to insure the competition, safety and enjoyment of a SoCon athletic event for all participants and spectators alike.

All home SoCon contests must have an administrator from the host institution present at the start of the contest. If possible, the administrator should remain throughout the contest, monitoring all game management issues. Should the administrator be called away from the site by other responsibilities, he/she must remain available via phone if circumstances warrant consultation.

The host institution is responsible for providing a proper and appropriate level of security for all SoCon contests. All on-site administrators should have immediate access to a phone in the event of a crowd control or medical emergency requiring additional assistance.

The primary game management administrator must introduce himself/herself to the opposing team's head coach and game officials prior to the start of the contest to let those parties know they are available to assist with any crowd control or game management issues.

The host institution is responsible for giving the visiting team the same fair chance to compete that the host wants when it becomes a visitor. This includes insuring the security of the visiting team bench area and dressing room.

The host institution is ultimately responsible for controlling the behavior of its support groups and spectators. Incidents of physical abuse, repeated verbal abuse, throwing items at opposing teams or onto the playing field or court must not be tolerated. The host institution's security force should eject those committing these violations.

The SoCon's sportsmanship announcement should be read twice per contest - at the beginning of the contest and midway through the contest. Additionally, an announcement should be made informing spectators of the proper procedure to register complaints or concerns they may have regarding the behavior of other spectators. The host institution is responsible for addressing any such reported concerns in an appropriate and timely manner.

The host institution is responsible for providing adequate security for all participants and game officials entering and leaving the area of play. Both team and officials' dressing rooms should be private and secure.

The host institution must not permit organized groups of students from sitting directly behind the visiting team bench to harass, intimidate or otherwise verbally or physically abuse visiting team personnel. Students who are more intent on verbally abusing the opponents rather than cheering for their own team should not be encouraged by SoCon administrations.

Coaches and administrators critical of game management practices at another member institution must have the courtesy and fortitude to contact the administration of the other institution and express their concerns as soon as practical after the contest is concluded. Critical comments made to the conference office should be made only after contact has first been made with the other administration.

APPENDIX B:

CROWD CONTROL

GLOBAL CHECK LIST/TOOL KIT





Crowd Control Global Check List/Tool Kit Alternatives for Institutions to Consider

The following will serve as a check list or tool kit for institutions to consider as they plan for crowd control measures. The Committee recognizes there are vast differences in venue capacity, student enrollment and departmental approaches to game management at their respective institution. However, the purpose of this list is to provide a number of ideas that might help prevent postgame celebrations that may end in institutional reputation damage, property damage, injury to fans, and even death to those celebrating, regardless of NCAA division.

Check List/Tool Kit

- 1. Establish clear roles and responsibilities for game management staff at your institution. Must have approval from director of athletics and must be a priority.*
- 2. Conduct preseason meetings with athletics department, university administration e.g., vice president student services, university law enforcement, and student body representatives on roles, responsibilities and expectations of behavior at athletics events.*
- . Establish, adopt and/or review existing state laws governing public event behavior and university Student Code of Conduct, and insure the existing codes are applicable to athletics events. Establish and publicize consequences for violation of Code of Conduct, university policy and procedures, etc., for student and season-ticket holders. Strict adherence to these policies and procedures must be enforced to insure the integrity of the policy.*
- . Develop public service announcements and print ads featuring persons in authority e.g., president/chancellor, director of athletics, head coach, student-athlete encouraging good sportsmanship and information on post game celebrations. Repetitive statements in game day programs, media guides and public announcements will help reinforce the message of good sportsmanship.*
- . Conduct a mock disaster drill, which simulates a post game celebration that does not go as planned. The main purpose of this exercise is to ensure that all entities e.g., police, medical, game operations are effectively communicating and that lines of responsibility are clearly defined.*
- . Review seating location of all groups in the venue e.g., students, visiting fans, season-ticket holders to avoid areas of possible confrontations. Make certain law enforcement and security personnel are strategically located in problem areas, especially as it relates to access to the playing field/court. Keep the same security people in the same key areas to establish contact and relationships with fans.*

7. *Conduct efficient screening techniques at entrances to venue e.g., search, pat-down, opening of purses to check for dangerous objects, alcohol, etc., entering the venue. Place a trash receptacle or table adjacent to the entry gate to serve as a last chance for patrons to dispose of prohibited items.*
8. *Encourage security to get to know fans in their section and appeal to their intelligence and willingness to work with the university to support the team.*
9. *Communicate to visiting team your venue policy and procedures, with a special emphasis on policies that might be unusual for visiting patrons e.g., open container law .*
10. *Create a pocket-size game management guide that clearly states venue policy, Code of Conduct, and expectations for behavior of patrons attending the event.*
11. *Discuss use of video boards or matrix boards to announce and publicize venue policy. Discourage use of videoboard to incite the crowd through replay of controversial calls.*
12. *Discuss use of public address system and/or microphone on the playing field/court, in order for head coach to address fans after the game.*
13. *Discuss marching/pep band coordinating a post-event function on the playing field/court, which would occupy the area with a planned, publicized event.*
14. *Organize an annual meeting with game management staff within a conference, division, etc., in order to discuss common problems and solutions with peer institutions.*
15. *Discuss feasibility of collapsible goal posts and develop plan for lowering of goal posts at the conclusion of the game.*
16. *Make certain person responsible for videotaping the game continues to videotape the activity on the playing field after the teams have left the field. This will serve as an excellent learning instrument in the event an unplanned post game celebration develops.*
17. *Discuss importance of adherence to stadium policy and procedures to local media, especially the student newspaper and student radio station. Institutional public service announcements the week of the game will also be very beneficial.*
18. *Communicate to student-athletes their role in promoting good sportsmanship among the fans --- whether they realize it or not, their actions have an impact on the conduct and behavior of other students and fans at the event.*
19. *Establish a respectful relationship with student groups that support your team. Encourage their buy-in to spirited, but respectful and safe support of school teams e.g. establishing spirit groups that meet with the coach, etc., but meet the coach's/administration's expectations for conduct .*

APPENDIX C:

MAJOR RULES CHANGES

FOR WRESTLING





2019-20 and 2020-21 Major Rules Changes for Wrestling

The following rules changes were approved by the NCAA Wrestling Rules Committee and the Playing Rules Oversight Panel.

They will be incorporated into the rules book for the 2019-20 and 2020-21 seasons.

**Note – rule references are associated with the new rules book.*

<u>Rule</u>	<u>Rule Change and Rationale</u>
1.5.1.b.2	<p>b. <i>Spandex/Lycra</i>. A competition uniform that consists of a top and shorts that both meet the following specifications:</p> <p>2. The shorts shall either be form-fitting or <u>shorts designed for wrestling</u> with a minimum 4-inch inseam and not extend beyond the top of the knees. <u>Either shorts option shall be worn as intended by the manufacturer, be firmly adhered to the hips with any drawstring covered, and have no pockets, zippers, buttons, exposed Velcro or metal fasteners.</u></p> <p>Rationale: To allow institutions a third competition uniform option: the singlet, form-fitting top and form-fitting shorts, or form-fitting top and shorts designed for wrestling. Regardless of the competition uniform chosen, all members of the team must wear that uniform at dual meets and each session of a tournament in order to satisfy the uniformity requirement. The shorts designed for wrestling may allow more freedom of expression and be more comfortable to some wrestlers without providing any type of advantage or disadvantage to the wrestler or competitors.</p>
1.8.3	<p>The hair, in its natural state, should not extend below the top of an ordinary shirt collar and on the sides shall not extend below earlobe level. Hair shall be free of oils and/or greasy substances. Solid, non-abrasive hair coverings are allowed and, if used, shall either be a part of the ear protection or worn under the ear protection. If a hair covering is worn, it will be considered special equipment and subject to delay of match rules (Rule 5.7.16).</p> <p>Rationale: Similar to when the cleanshaven facial hair requirement was reviewed and revised, the hair rule was outdated and in need of a review. This change will allow wrestlers to promote their individuality and allow more freedom of expression without compromising the integrity of the sport. Hair will still need to be free of oils and/or greasy substances to not cause any type of advantage or disadvantage to the wrestler or competitors.</p>
2.2.15, 3.20.7 and 5.2	<p>Add a definition of simultaneous violations.</p> <p><u>Simultaneous Violations. When a second identical violation occurs prior to any rule requiring a mandatory verbal notification of the first violation to a member of the offending coaching staff. When simultaneous violations occur, the team/individual is assessed only one penalty.</u></p>

	<p>Rationale: To clarify that a coach must be verbally notified of an unsportsmanlike conduct or control of mat violation by a competing/noncompeting wrestler or personnel (coach, athletic trainer, manager, physician) during the prematch, match or postmatch period before a second act of unsportsmanlike conduct or control of mat violation may be penalized. This notification requirement ensures coaches are afforded the opportunity to correct the behavior before a second violation is assessed.</p>
3.8.1	<p>Immediately after the weigh-in for a dual meet or multiple dual meets conducted on the same day, coaches may mutually agree to determine the starting weight class for the matches. If coaches cannot agree on the starting weight class, a random draw shall be conducted to determine which weight class will be wrestled first <u>they will execute a coin toss. The winner of the coin toss will have the choice to select either the starting weight class or the odd/even matches. Whichever selection is made by the coach who wins the coin toss, the opposing coach will receive the remaining option.</u> The home team coach is responsible for notifying game management and the referee of each team's selection. Once the first weight class is established, subsequent matches will continue in the traditional sequence of increasing weight class order.</p> <p>Rationale: To equalize the opportunity to select the starting weight classification and/or odd/even matches in single dual meets.</p>
3.14.3.a and .b	<p>Allow a wrestler to choose to defer in the tiebreaker periods.</p> <p>Rationale: To align the choice of position options in regulation time and tiebreaker periods by allowing wrestlers the choice of top, bottom, neutral or defer. This change will also allow additional match strategy opportunities in the overtime and tiebreaker periods.</p>
4.2.4, 5.7.12, 5.7.13 and 5.7.14	<p>Change all instances where a referee is required to execute a mandatory verbal and/or visual count to the referee shall immediately start a verbal five-second count and, whenever possible, the referee should also include a visual indication of the count.</p> <p>Rationale: While referees have every intention of issuing visual counts, this rules change will allow referees to focus on and maneuver around the mat without violating the rules. Coaches may still challenge the verbal and/or visual count stalling situations, however, during video review, the reviewer may not be able to utilize the visual indication to determine if a call should be overturned.</p>
5.2 and 5.8.7	<p>Reclassify baiting an opponent from unsportsmanlike conduct to a technical violation.</p>

	<p>Rationale: To more appropriately classify baiting. Currently, two incidents of baiting an opponent result in the wrestler being disqualified, which is inconsistent with other similar violations.</p>
5.3 and 5.6.13	<p>Reclassify hands to the face from unnecessary roughness to an illegal hold.</p> <p>Rationale: To provide the referees more flexibility to manage this illegal action. Rules for illegal holds indicate that “whenever possible illegal holds should be prevented rather than called.” Referees will utilize verbal cues, formal warnings, potentially dangerous, etc. to communicate and attempt to prevent hands to the face whenever possible. However, as in all illegal holds, referees may still call hands to the face without any warnings if they determine it is warranted.</p>
5.5.6 and 5.5.9	<p>If the flagrant misconduct offender is a member of the team’s medical staff, the penalty shall be the deduction of one team point and <u>the offender shall be restricted to the designated spectator area for the remainder of the event, including multi-day events. the head coach shall be removed from the premises for the remainder of the event, including multi-day events. Also, the head coach shall be suspended from participating in the team’s subsequent scheduled event.</u> The member of the team’s medical staff shall continue to serve the team’s medical needs. <u>The medical staff shall serve their one-match suspension at the institution’s next regularly scheduled home event.</u></p> <p>Rationale: Under current rules, the head coach is ejected if medical staff receives a flagrant misconduct violation. This change holds the medical staff accountable but provides continued medical coverage for wrestlers.</p>
5.6.14 and 5.8	<p>Reclassify figure-four scissors from a technical violation to an illegal hold.</p> <p>Rationale: To be consistent with other similar positions and existing rules. The figure-four scissors when applied by the offensive wrestler around the body or around both legs of the defensive wrestler, or around the head, with or without the arm included, in a neutral position by either wrestler was misclassified as a technical violation.</p>
5.7.3	<p>Change the fourth violation in the stalling penalty sequence to a loss of two match points (instead of a loss of one match point).</p> <ol style="list-style-type: none"> First violation = warning. Second violation = 1 match point to the opponent. Third violation = 1 match point to the opponent. Fourth violation = <u>4 2</u> match points<u> to the opponent.</u> Fifth violation = disqualification.

	Rationale: To better alert the wrestler and coaches that the next stalling call will result in disqualification.
7.4.1 and 7.5.4	<p>Clarify the second referee has the same mobility and authority as the referee; however, the referee is in control of the match and makes the final decision.</p> <p>Rationale: To clarify for both referees and coaches that second referees have the authority to indicate calls and provide input to the head referee on all calls made throughout the match.</p>
8.4.1	<p>Clarify there are no appeals for violations or penalties imposed for violations of Rule 8.4.1 – Integrity of the Weight Management Program Certification Process.</p> <p>Rationale: To clarify a long-standing policy of not allowing appeals for these violations or associated penalties.</p>
9.7.1	<p>Clarify there are no appeals for violations or penalties imposed for violations of Rule 9.7.1 – Severe Weigh-In, Medical Examination and Prohibited Practices.</p> <p>Rationale: To clarify a long-standing policy of not allowing appeals for these violations and associated penalties.</p>

APPENDIX D:

SOUTHERN CONFERENCE

INSTITUTIONAL CONTACTS



SoCon Institutional Wrestling Contacts

Athletics Directors

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APPENDIX E:

CONCUSSION GUIDELINES





Concussion Guidelines

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. **Concussions can occur without loss of consciousness or other obvious signs.** A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

Recognize and Refer: To help recognize a concussion, watch for the following two events among your student-athletes during both games and practices:

1. A forceful blow to the head or body that results in rapid movement of the head.

-AND-

2. Any change in the student-athlete’s behavior, thinking or physical functioning (see signs and symptoms).

SIGNS AND SYMPTOMS

Signs Observed By Coaching Staff

Appears dazed or stunned.
Is confused about assignment or position
Forgets plays.
Is unsure of game, score or opponent.
Moves clumsily.
Answers questions slowly.
Loses consciousness (even briefly).
Shows behavior or personality changes.
Can’t recall events before hit or fall.
Can’t recall events after hit or fall.

Symptoms Reported By Student-Athlete

Headache or “pressure” in head.
Nausea or vomiting.
Balance problems or dizziness.
Double or blurry vision.
Sensitivity to light.
Sensitivity to noise.
Feeling sluggish, hazy, foggy or groggy.
Concentration or memory problems.
Confusion.
Does not “feel right.”

An athlete who exhibits signs, symptoms or behaviors consistent with a concussion, either at rest or during exertion, should be **removed immediately from practice or competition** and should not return to play until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can get checked.

IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play. Look for the signs and symptoms of concussion if your student-athlete has experienced a blow to the head.** Do not allow the student-athlete to just “shake it off.” Each individual athlete will respond to concussions differently.
2. **Ensure that the student-athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Immediately refer the student-athlete to the appropriate athletics medical staff, such as a certified athletic trainer, team physician or health care professional experienced in concussion evaluation and management.

3. **Allow the student-athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the athlete to establish the appropriate time to return to play. A return-to-play progression should occur in an individualized, step-wise fashion with gradual increments in physical exertion and risk of contact. Follow your institution's physician supervised concussion management protocol.
4. **Develop a game plan. Student-athletes should not return to play until cleared by the appropriate athletics medical staff.** In fact, as concussion management continues to evolve with new science, the care is becoming more conservative and return-to-play time frames are getting longer. Coaches should have a game plan that accounts for student-athletes to be out for at least the remainder of the day.

For further details please refer to the "NCAA Sports Medicine Handbook Guideline on Concussions" or online at www.NCAA.org/health-safety and www.CDC.gov/Concussion.

APPENDIX F:

NCAA WRESTLING RULES BOOK: RULE 9
(MEDICAL EXAMS, WEIGH-INS AND ISRF)



RULE 9

Medical Exams, Weigh-Ins and ISRF

Section 1. Medical Examinations

Art. 1. *Qualified Examiners.* A physician (preferably a dermatologist) or certified athletic trainer shall examine all entrants for communicable skin diseases before all tournaments and meets. (For guidelines regarding the dispensation of skin infections, see Appendix C, Skin Infections in Wrestling.)

Art. 2. *Medical Examination Times.* Medical examinations/skin checks shall begin 15 minutes or less before the scheduled time of weigh-ins.

Art. 3. *Dress for Medical Examinations.* See Rule 9.2.4.

Art. 4. *Reporting for Medical Examinations.* See Rule 9.2.13.

Art. 5. *Completion of Medical Examinations.* The medical examination/skin check is completed once all wrestlers who were present at the published time have been examined.

Art. 6. *Multi-Day Events.* Medical examinations/skin checks shall be conducted each day of multi-day events.

Art. 7. *Failing Medical Examinations.* The presence of a communicable skin disease, as determined by the physician or certified athletic trainer, shall be full and sufficient reason for disqualification. Disqualification for a communicable skin disease shall be listed as a medical forfeit in the bracket. (See Rule 1.8.2 for failing medical examinations for a facial hair violation.)

Art. 8. *National Qualifying Events.* Individuals failing medical examinations/skin checks at national qualifying events may be allowed to weigh in and then be listed on the bracket as a medical forfeit.

Art. 9. *Competition While Being Treated.* If a wrestler has been previously diagnosed as having a skin condition and is currently being treated by a physician, who has determined it is safe for the individual to compete without jeopardizing the health of the opponent, the entrant may be considered for competition after review of the required treatment documents.

Art. 10. *Documentation Requirement.* The coach or certified athletic trainer of the wrestler under treatment shall provide a hard copy of current written documentation from the treating physician to the medical professional at the medical examination, with the approved NCAA Skin Evaluation and Participation Status Form describing the following:

- a. The diagnosed skin disease or condition;
- b. The prescribed treatment and time necessary for it to take effect; and

- c. That the skin disease or condition would not be communicable or harmful to the opponent at the time of competition.

Art. 11. *Final Medical Determination.* Final medical determination of the entrant's ability to compete shall be made by the host site's physician or certified athletic trainer who conducts the medical examination after review of any such documentation and the completion of the exam. Non-adherence or the circumvention of this final decision is punishable per Rule 9.7.

Section 2. Weigh-Ins

Art. 1. *Requirement.* All NCAA events shall adhere to the weigh-in and medical examination rules as described in this rule. Additionally, these weigh-in rules apply to all wrestlers listed on an institution's roster.

Art. 2. It is mandatory that the NCAA Official Weigh-In Form, generated by the NWCA OPC system, be used for all competition.

Art. 3. *Location and Personnel.* Weigh-ins shall be conducted in a private, secured area at the site of competition or in an adjacent building to the competition, and attendance shall be limited to the wrestlers, coaches of the wrestlers, required medical personnel, the person(s) supervising the weigh-in and others deemed necessary by the tournament administration. If the medical checks and/or weigh-ins are being held in the competition arena, all spectators and unnecessary personnel shall not be permitted in the competition area until the weigh-ins are completed.

Art. 4. *Undergarments.* All wrestlers shall weigh in wearing a minimum of a suitable undergarment, such as briefs, boxers, shorts or competition singlet. A garment shall not be altered and shall cover the entire buttocks.

Art. 5. *Delivery of Weigh-In Form.* The weigh-in form shall be hand carried or electronically submitted to each NCAA competition host.

Art. 6. *Copy of Completed Weigh-In Form.* A copy of the completed NCAA Official Weigh-In Form shall be made available to each competing institution or wrestler (in open events).

Art. 7. *Weigh-In Form Retention — Coaches.* Coaches shall retain a copy of completed NCAA Official Weigh-In Forms on file for a recommended five years.

Art. 8. *Weigh-In Form Retention — Hosts.* Hosts of all individual and team-advancement tournaments shall record, collect and retain a copy of the NCAA Official Weigh-In Form from all participating institutions. These forms shall be retained for a recommended five years.

Art. 9. *Scales.* It is recommended a digital scale be used for weigh-ins. All scales used for weigh-ins shall be certified before the start of each season. The scale(s) shall be made available to all participants a minimum of one hour before the scheduled weigh-in time.

Art. 10. *Standing on Scales.* At all official weigh-ins, the wrestler shall stand with both feet flat in the middle of the scale and shall not touch any other person, floor or object that might influence the displayed weight.

Art. 11. *Other Scales.* At the official weigh-in, if one scale is being used, a wrestler may step on and off the scale three times to allow for mechanical inconsistencies in the scale. At the official weigh-ins for tournaments, the wrestler may step on the scale one time. If the wrestler misses weight on the

assigned scale, they are allowed, after all other wrestlers have been weighed, to be escorted to each additional scale in which they may weigh in only once per scale. If the wrestler does not make weight on any of the official scales, they are disqualified from competition.

Art. 12. *One Weigh-In per Day.* No team shall weigh in more than once per day.

Art. 13. *Junior Varsity Weigh-Ins.* When junior varsity competition is held before varsity competition, the varsity wrestlers shall weigh in one hour before the scheduled start of varsity meets.

Art. 14. *Reporting for Medical Exams and Weigh-Ins.* At the scheduled time for medical exams and weigh-ins, all wrestlers who wish to compete shall present themselves properly groomed, in a suitable undergarment and not be engaged in any weight loss activity. The penalty for not arriving at the medical exam/ weigh-in area at the prescribed time is disqualification of the competitor.

Art. 15. *Leaving the Medical Exam/Weigh-In Area.* During the medical exam and weigh-in period, wrestlers may not leave the medical exam/ weigh-in area. The penalty for leaving the medical exam/ weigh-in area is disqualification of the wrestler.

Art. 16. *Executing the Medical Exam and Weigh-In.* The medical exams and weigh-ins shall be conducted in either weight class order or by team in weight class order, starting at the lowest weight class.

Art. 17. *Recording Actual Weights.* The actual weight and results of all wrestlers listed on the institution's roster, including those who compete unattached at open tournaments, shall be entered into the NWCA OPC system before a new weigh-in form can be built for the next scheduled competition for each wrestler.

Art. 18. *Closing Weigh-Ins.* When all wrestlers for a weight class have had an opportunity to weigh in, that weight class is closed. Upon completion of the last weight class, weigh-ins are concluded and any competitor that has not weighed in is disqualified from competition.

Art. 19. *Weighing In at Multiple Weight Classes.* A wrestler must weigh in at the same weight class for the second day of competition as weighed in on the first day of competition.

Art. 20. *Failure to Make Weight.* Any wrestler failing to make weight or pass medical exams at the designated time shall be disqualified from competition.

Art. 21. *Recording a Failure to Make Weight.* The actual weight for each entrant who did not make weight shall be recorded on the NCAA Official Weigh-In Form and in the NWCA OPC system. If the wrestler is listed on the NCAA Official Weigh-In Form but did not attempt to make weight, then it shall be recorded on the NCAA Official Weigh-In Form as Did Not Enter (DNE).

Section 3. Weigh-Ins for Dual, Triangular and Quadrangular Meets

Art. 1. *Weigh-In Times.* Wrestlers shall weigh in one hour or sooner before the first match begins. When a team is wrestling multiple dual meets at home or at different sites on the same day, weigh-ins for all teams involved shall be held one hour before the start of the first scheduled contest.

Art. 2. *1-Pound Weight Allowance.* When back-to-back dual, triangular and quadrangular meets occur, all wrestlers shall receive a 1-pound weight allowance on the second day of competition. The 1-pound weight allowance would

include those wrestlers on opposing teams who did not compete the day before. The maximum weight allowance is 1 pound regardless of the number of back-to-back dual, triangular or quadrangular meets that occur. This rule does not apply when a dual, triangular or quadrangular meet precedes an individual or team-advancement tournament.

Section 4. Weigh-Ins for Tournaments

Art. 1. *Verification of Weight Classes.* For NCAA-registered individual advancement tournaments, including open tournaments, the host shall download from the NWCA OPC system the names and allowable weight classes of all rostered wrestlers entered in the tournament to verify each entry is registered in an allowable weight class. Tournaments shall not allow any wrestler to compete at a weight class lower than what is indicated in the NWCA OPC. (See also Rule 3.22.6.)

Art. 2. *Weigh-In Times.* For individual or team-advancement tournaments, weigh-ins shall be held two hours or sooner before the first matches begin on the first day, and one hour or sooner before the first matches on subsequent days.

Art. 3. *Recording Actual Weights and Results.* The actual weights and results from the first and second day weigh-ins shall be recorded on the NCAA Official Weigh-In Form and in the NWCA OPC system, respectively.

Art. 4. *Missing Weight in Two-Day Tournaments.* In two-day team-advancement tournaments, wrestlers who do not make weight on the first day of competition are ineligible to weigh in on the second day of competition.

Art. 5. *1-Pound Weight Allowance for Tournaments.* In tournaments, including team-advancement tournaments requiring multiple-day weigh-ins, a 1-pound weight allowance for each consecutive day of competition shall be granted.

Art. 6. *Failure to Make Weight — No Re-Bracketing.* If tournament entries are closed, a failure to make weight or pass medical exams shall not result in repairing of the bracket. (See also Rule 3.22.6.)

Section 5. Prohibited Weight-Loss Practices

Art. 1. *General Prohibited Practices.* The use of laxatives, emetics, self-induced vomiting, hot rooms, hot boxes and steam rooms is prohibited for any purpose.

Art. 2. *Saunas.* The use of a sauna is prohibited at any time and for any purpose, on or off campus.

Art. 3. *Diuretics.* The use of diuretics (e.g., water pills) at any time is prohibited by NCAA legislation for all sports.

Art. 4. *Sweating Aids.* Regardless of purpose, the use of vapor-impermeable suits (e.g., rubber, rubberized nylon or neoprene) or any similar devices or material used for weight loss is prohibited.

Art. 5. *Artificial Rehydration.* Artificial means of rehydration (i.e., intravenous hydration) are prohibited.

Art. 6. *Practice-Room Temperature.* The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice. Penalties for this violation will be handled under Rule 9.7.2 and assessed against the coach. It is understood that some practice facilities cannot maintain this exact temperature due to physical plant deficiencies. It is within the spirit of

the rule that every effort shall be made to maintain the 80-degree temperature throughout the practice.

Note: For additional information, refer to the NCAA Sports Medicine Handbook available online at ncaa.org/health-safety.

Section 6. Individual Season Record Form (ISRF)

Art. 1. Mandatory Use. Institutions are required to use the NCAA Individual Season Record Form (ISRF) available on the NWCA OPC system.

Art. 2. Non-Registered Tournaments. Any wrestler whose name appears on an NCAA member institutional roster is prohibited from competing at non-NCAA registered tournaments.

Art. 3. Allowable ISRF Matches. All attached or unattached matches against competitors who compete on intercollegiate teams at four-year, degree-granting institutions and matches against competitors from two-year institutions shall be counted. This includes matches wrestled against competitors listed on an institution's roster when the wrestler is ineligible or redshirting at a four-year, degree-granting institution.

Art. 4. Non-Allowable ISRF Matches. Exhibition matches between teammates, against opponents who are not listed on an institutional roster, a club-level wrestler, a prospective student-athlete or an armed services student-athlete shall not be counted.

Art. 5. Indicating Unattached Wrestlers. Unattached wrestlers shall be listed as unattached followed by their college affiliation (e.g., Unattached-Weber State University).

Art. 6. Ineligible Wrestlers. Ineligible wrestlers shall not count matches on their ISRF that were wrestled while ineligible. Should the wrestler become eligible (e.g., remove his or her redshirt status) at any time during the season, matches wrestled while ineligible shall be placed on the wrestler's ISRF.

Art. 7. Accuracy Requirements. NCAA member institutions are responsible for ensuring each wrestler's ISRF is accurately inputted into the NWCA OPC system. Failure to correctly complete the ISRF may result in the assessment of an institutional penalty. Corrections to the ISRF shall be made in consultation with the opposing institution, tournament directors and Trackwrestling, as appropriate.

Art. 8. Recording Results. Results shall be entered into the NWCA OPC system not more than 24 hours after a home event and not more than 48 hours after an away event. All ISRF results shall be entered before the wrestler's next competition.

Art. 9. Results Approval. Each institution shall approve the results from each competition entered into the NWCA OPC system not more than 48 hours after a home event and not more than 96 hours after an away event.

Section 7. Violations

Art. 1. Severe Weigh-In, Medical Examination and Prohibited Practices Violations. Committing a severe weigh-in or medical examination violation and/or engaging in any of the prohibited practices (e.g., using a rubber suit, intravenous

rehydration, avoiding skin checks, knowingly wrestling with a communicable skin disease, etc.) are subject to the following:

- a. For tournaments, violations shall be reported to the tournament committee. For dual meets, violations shall be reported to the host game management personnel. For violations outside competition dates, violations shall be reported to the NCAA Wrestling Rules Committee liaison at the NCAA national office at 317-917-6222;
- b. The tournament committee or host game management personnel shall disqualify the wrestler from the event. The tournament committee or host game management personnel shall then notify the NCAA Wrestling Rules Committee liaison at the NCAA national office at 317-917-6222;
- c. The NCAA Wrestling Rules Committee will investigate and review the violation details;
- d. A first violation will result in:
 1. The wrestler being suspended from the next eight consecutive dates of competition per the official team schedule. The wrestler will not be allowed to compete unattached during this suspension;
 2. The wrestler being required to recertify during the suspension period; and
 3. A private reprimand to the head coach and director of athletics.
- e. A second violation will result in:
 1. The wrestler being suspended for one year from the date of the violation; and
 2. Additional penalties for the head coach and/or institution to be determined by the rules committee.

The above penalty structure outlines the minimum penalty for severe weigh-in, medical examination or prohibited practices violations. The rules committee reserves the right to impose additional penalties to wrestlers, coaches and institutions if the situation warrants further action.

Art. 2. Other Violations. When warranted, the NCAA Wrestling Rules Committee has the authority to investigate other reported violations and determine the appropriate penalty(ies). The following penalties may be imposed by the rules committee for any other weigh-in, medical examination and ISRF violation(s) not outlined in Rule 9.7.1.

- a. Public or private reprimand;
- b. Financial penalty of \$100 per institution or \$50 per individual up to a \$300 maximum penalty;
- c. Disqualification of individual contest(s);
- d. Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
- e. Individual and/or team records or performance adjusted;
- f. Event excluded as an NCAA-registered contest in the NWCA OPC system the subsequent season; and
- g. Other penalties the NCAA Wrestling Rules Committee deems appropriate.

Skin Evaluation and Participation Status Form

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION SKIN EVALUATION AND PARTICIPATION STATUS (Physician Release for Student-Athlete to Participate with Skin Lesion)

Student-Athlete: _____

Date of Exam: ____ / ____ / ____

Institution: _____

Please Mark Location of Lesion(s):

Dual(s)/Tournament: _____

Number of Lesion(s): _____

Cultured: ☐ No ☒ Yes Location: _____ Date: _____

Diagnosis: _____

Medication(s) and dosage used to treat lesion(s): _____

Date Treatment Started: ____ / ____ / ____ Time: _____

Earliest Date student-athlete may return to participation: ____ / ____ / ____

Physician Name (Printed): _____

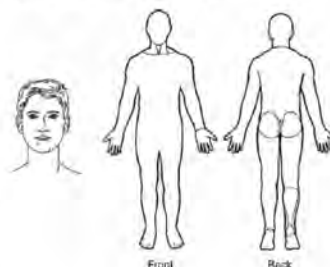
Physician Signature: _____

Specialty: _____

Office Address: _____

Contact #: _____

Institution Certified Athletic Trainer Notified: ☒ No ☐ Yes Signature: _____



Note to Physician: Non-contagious lesions do not require treatment prior to return to participation (e.g., eczema, psoriasis, etc.). Please familiarize yourself with NCAA Wrestling Rules which state: (refer to the NCAA Wrestling Rules and Interpretations publication for complete information)

"9.6.4... The presence of a communicable skin disease... shall be full and sufficient reason for disqualification."

"9.6.5... If a student-athlete has been diagnosed as having such a condition, and is currently being treated by a physician (ideally a dermatologist) who has determined that it is safe for that individual to compete without jeopardizing the health of the opponent, the student-athlete may compete. However, the student-athlete or his/her coach or athletic trainer shall provide current written documentation from the treating physician to the medical professional or the medical examination..."

"9.6.6... Final determination of the participant's ability to compete shall be made by the host site's physician or certified athletic trainer who conducts the medical examination after review of any such documentation and the completion of the exam."

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling; (please refer to the NCAA Sports Medicine Handbook for complete information)

Adequately covered is defined as: "the lesion is covered by a gas impermeable dressing, gauze-wrap and stretch tape that is appropriately anchored and cannot be dislodged."

Bacterial Infections (Furuncles, Carbuncles, Folliculitis, Impetigo, Cellulitis or Erysipelas, Staphylococcal disease, CA-MRSA): Wrestler must have been without any new skin lesion for 48 hours before the meet or tournament; completed 72 hours of antibiotic therapy and have no moist, exudative or draining lesions at meet or tournament time. Gram stains of exudate from questionable lesions (if available); Active bacterial infections shall not be covered to allow participation.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorium): Skin lesions must be surrounded by a FIRM ADHERENT CRUST at competition time, and have no evidence of secondary bacterial infection. For primary (first episode of Herpes Gladiatorium) infection, the wrestler must have developed no new blisters for 72 hours before the examination; be free of signs and symptoms like fever, malaise; and swollen lymph nodes; and have been on appropriate dosage of systemic antiviral therapy for at least 120 hours before and at the time of the competition. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again as long as no new lesions have developed and all lesions are scabbed over. Active herpetic infections shall not be covered to allow participation.

Tinea Lesions (ringworm): Oral or topical treatment for 72 hours on skin and 14 days on scalp. Wrestlers with solitary, or closely clustered, localized lesions will be disqualified if lesions are in a body location that cannot be adequately covered.

Molluscum Contagiosum: Lesions must be covered or removed before the meet or tournament and adequately covered.

Vermexae: Wrestlers with multiple digitate verrucae of their face will be disqualified if the infected areas cannot be covered with a mask. Solitary or scattered lesions can be covered away before the meet or tournament but cannot be weeping. Wrestlers with multiple verrucae planis or verrucae vulgaris must have the lesion adequately covered.

Hidradenitis Suppurative: Wrestler will be disqualified if extensive or purulent draining lesions are present; covering is not permissible.

Pediculosis: Wrestler must be treated with appropriate pediculicide and re-examined for completeness of response before wrestling.

Scabies: Wrestler must have negative scabies prep at meet or tournament time.

DISCLAIMER: The NCAA shall not be liable or responsible, in any way, for any diagnosis or other publication made herein or exam performed in connection therewith, by the above-named physician/physicians, or for any subsequent action taken, in whole or in part, in reliance upon the accuracy or veracity of the information provided herein.