



2020 WRESTLING CHAMPIONSHIP MANUAL

TABLE OF CONTENTS

2020 SOUTHERN CONFERENCE WRESTLING	4
CHAMPIONSHIP CHECKLIST.....	4
CHAMPIONSHIP SCHEDULE.....	5
CHAMPIONSHIP CONTACT INFORMATION.....	6
CHAMPIONSHIP INFORMATION.....	7
ADMISSION	7
AWARDS	7
BANNED ITEMS.....	9
CHEERLEADERS AND BANDS	9
CREDENTIALS	9
CROWD CONTROL.....	9
ELIGIBILITY	10
EVACUATION PLAN.....	10
GAMES COMMITTEE.....	10
HOSPITALITY	10
INSURANCE.....	11
INTRODUCTIONS	11
LOCKER ROOMS	11
LODGING	11
MAT CONTROL AREA.....	11
MEDIA	12
MEDICAL EXAMS/WEIGH-INS	12
NCAA INDIVIDUAL SEASON RECORD FORM	14
OFFICIALS	15
PARADE OF CHAMPIONS.....	15
PRE-MATCH FORMAT.....	15
PROGRAMS	15
PROTEST	16
RULES OF COMPETITION.....	16
SPORTS MEDICINE	16
SPORTSMANSHIP	16
STATISTICS	16
STUDENT-ATHLETE GIFTS	17
STUDENT-ATHLETE MEAL.....	17
TEAM ENTRY AND PARKING	17
TEAM SEATING	17
TRAVEL SQUAD.....	17
UNIFORMS.....	17
VIDEO REVIEW	17
VIDEOING MATCHES.....	18
WRESTLING COMMITTEE.....	18

APPENDICES

DRIVING DIRECTIONS	APPENDIX A
CAMPUS MAP	APPENDIX B
INDIVIDUAL SEASON RECORD FORM INSTRUCTIONS	APPENDIX C-D
WRESTLING CHAMPIONSHIP SEEDING CRITERIA	APPENDIX E
SAMPLE CHAMPIONSHIP BRACKET.....	APPENDIX F
SOUTHERN CONFERENCE RISK MANAGEMENT STATEMENT	APPENDIX G
CRISIS MANAGEMENT PROTOCOL.....	APPENDIX H
CONCUSSION PROTOCOL	APPENDIX I

MISSION STATEMENT

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

SOUTHERN CONFERENCE CODE OF SPECTATOR CONDUCT

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.

WRESTLING SPORTS COMMITTEE

Doug Gillin, Athletics Director, (Committee Chair)Appalachian State
Chris Davis, Faculty Athletics Representative, Gardner-Webb
Jamie Severns, Senior Woman Administrator, VMI
Scott Altizer, Deputy Athletics Director,Chattanooga
Rob Hjerling, Head Coach, The Citadel

SOUTHERN CONFERENCE STAFF

Commissioner Jim Schaus
Executive Assistant to the Commissioner..... Neili Akridge
Senior Associate Commissioner Geoff Cabe
Associate Commissioner..... Sue Arakas
Associate Commissioner..... Jason Yaman
Associate Commissioner for Compliance.....Doug King
Assistant Commissioner for Media Relations..... Phil Perry
Assistant Commissioner for Video Productions Paul Lollis
Director of Championships Stanley Broaden
Director of Creative Services.....Haley Shotwell
Assistant Director of Media Relations..... Hannah Bradley
Championships Assistant..... Eynde Frazier
Media Relations Assistant.....Jon Perdue
Operations Assistant Sara Yang



SOUTHERN CONFERENCE
702 N. Pine St.
Spartanburg, South Carolina 29303
864-591-5100
www.soconsports.com

**2020 SOUTHERN CONFERENCE WRESTLING
CHAMPIONSHIP CHECKLIST**

Item	Due	To Whom/ Location	Completed
Team Entry Form	Monday, March 2 by 12:00 p.m. ET.	Sara Yang Syang@socon.org	
Designate competing wrestlers on Trackwrestling	Monday, March 2 by 12:00 p.m. ET	Trackwrestling	
Seeding Forms by Weight Class	Tuesday, March 3 by 5:00 p.m. ET.	Doug King dking@socon.org	
Site Available for Practice	Saturday, March 7	Varsity Gymnasium	
Mandatory Head Coaches Meeting *Must provide a copy of your weigh-in form	Saturday, March 7 at 6:00 p.m. ET	Holmes Convocation Center	

PRACTICE SCHEDULE FOR SATURDAY, MARCH 7, 2020

More information on practice will be distributed at a later date.

2020 NCAA DIVISION I WRESTLING CHAMPIONSHIP FINALS

Thursday - Saturday, March 19-21, 2020 – U.S. Bank Stadium, Minneapolis, Minn.

CHAMPIONSHIP SCHEDULE

Sunday, March 8, 2020

6:30 a.m. -10:00 a.m.	Open Mats and Scales
7:45 a.m.	Medical Exams/Skin Checks
8:00 a.m.	Weigh-ins
9:00 a.m.	Doors Open to the public
10:00 a.m.	First Round Matches
12:00 p.m.	Semifinals
2:00 p.m.	Consolation Quarterfinals immediately followed by Consolation Semifinals
5:30 p.m.	Consolation Finals
6:15 p.m.	Student-Athlete Meal
7:00 p.m.	Finals / True Place Matches/ Awards Ceremony Weight classes with the potential for true place matches will wrestle first in the finals. Following these matches, the matches will be conducted in sequential order starting with lowest weigh class. If necessary, true place matches will immediately follow the last final provided the participants have been provided a minimum of 45 minutes rest since their previous match.

CHAMPIONSHIP CONTACT INFORMATION

HOST SITE (APPALACHIAN STATE)

John Welch, Championship Director

Email: welchje@appstate.edu

Phone: 828-262-8447

Jon Mitchell, Sports Medicine

Email: mitchelljt2@appstate.edu

Phone: 828-262-6265

Bret Strelow, Media Relations

Email: strelowb@appstate.edu

Phone: 828-963-3069

SOUTHERN CONFERENCE

Stanley Broaden, Director of Championships

Email: sbroaden@socon.org

Cell: 864-398-9377

Doug King, Associate Commissioner, Compliance

Email: dking@socon.org

Cell: 864-525-5166

Paul Lollis, Assistant Commissioner, Video Productions

Email: plollis@socon.org

Cell: 864-580-9947

OTHER CONTACTS

Fred Ambrose, Coordinator of Officials

Email: socon.ambrose@gmail.com

Cell: 412-559-5042

CHAMPIONSHIP INFORMATION

ADMISSION

Ticket prices for the 2020 Southern Conference Wrestling Championship are listed below. Parking is free and will be available on a first come, first served basis. There will be no pre-sale of tickets for the event. No outside food or drink will be permitted in the arena.

Adult - \$15

Youth (6-12) - \$10

Groups (10+) - \$8

5 and under - Free

Students with valid SoCon ID (APP, CAM, CIT, DAV, GWU, PC, UTC and VMI) - Free

Promotion - \$3 off ticket price with donation of a food item at the championship to support Headlock on Hunger.

AWARDS

Immediately following the conclusion of the Championship, an awards ceremony shall be held at the awards presentation area onsite. The head coaches and student-athletes of all teams should remain for the awards ceremony. The following awards shall be provided by the Conference office and distributed:

Third Place Finisher Medals

Medals shall be presented to each individual finishing in third place in a weight class.

Second Place Finisher Medals

Medals shall be presented to each individual finishing in second place in a weight class.

First Place Finisher Medals

Medals shall be presented to each individual finishing in first place in a weight class.

All-Freshman Team

Ten certificates shall be presented to the wrestlers selected on the All-Freshman team. The team shall consist of 10 freshman, true freshman or red shirt, regardless of weight class. The freshman receiving the highest number of votes will be named as the Freshman of the Year. The All-Freshman team shall be voted on by the head coaches *prior to the championship*. Coaches are not allowed to vote for their own players. The votes will be tabulated by the Southern Conference Office.

Freshman of the Year

One plaque shall be presented to the wrestler selected as the Freshman of the Year. The freshman receiving the highest number of All-Freshman team votes will be named as the Freshman of the Year. The votes will be tabulated by the Southern Conference Office.

All-Conference Team Plaques

Ten plaques shall be presented to the wrestlers selected on the All-Conference team. The All-Conference team shall consist of one member from each of the ten weight classes and be voted on by the head coaches *prior to the championship*. Coaches are not allowed to vote for their own players. The votes will be tabulated by the Southern Conference Office.

Wrestler of the Year

One award will be presented to the student-athlete voted Wrestler of the Year. The Wrestler of the Year award shall be voted on by the head coaches *prior to the championship*. Coaches are not allowed to vote for their own players. The votes will be tabulated by the Southern Conference Office.

Tournament Most Outstanding Wrestler

One plaque shall be presented to the wrestler selected as the Most Outstanding Wrestler of the tournament. The Most Outstanding Wrestler shall be selected by the head coaches *at the tournament site*. Coaches are not allowed to vote for their own student-athletes. The votes will be tabulated by the Southern Conference Office.

Coach of the Year

One plaque shall be presented to the person selected as the Coach of the Year. The Coach of the Year shall be selected by the head coaches *at the tournament site*. The votes will be tabulated by the Southern Conference Office.

Pinnacle Award

One plaque presented to the student-athlete with the highest cumulative GPA on the winning team.

Regular Season Championship Trophy

One trophy presented to the team with the best won-loss percentage in conference matches. In case of a tie, all tied teams shall receive trophies.

Tournament Runner-up Trophy

One trophy presented to the head coach and captains of runner-up team.

Tournament Championship Trophy

One trophy presented to the head coach and captains of the winning team.

Individual Championship Team Plaques

Thirteen individual plaques shall be presented to the head coach of the winning team for presentation to their student-athletes. These plaques will be presented at the head coach's discretion.

Award Engraving: Each institution is responsible for returning their plaques to Levy Marketing & Awards for individual engraving if desired. The Conference contact person at Levy Awards is Brian Liotta. He can be reached at 813-252-2082 or Brian.Liotta@levymarketingawards.com

Levy Marketing & Awards
Attn: Brian Liotta
1916 W. Beach St.
Tampa, Fl. 33607

BANNED ITEMS

Artificial noisemakers, air horns, electronic amplifiers and weapons are all prohibited and shall not be permitted on site during competition.

CHEERLEADERS AND BANDS

All normal Southern Conference policies relating to bands, cheerleaders and mascots (refer to Wrestling Sport Regulations) shall be in effect for the Championship.

CREDENTIALS

Credentials will be distributed to all head coaches during team practices or at the coaches meeting the day before the Championship. Each student-athlete will need a valid participant credential to enter the championship venue. Coaches, athletic trainers, managers and student-athletes not in uniform will need to display a visible credential to be allowed in the team seating area. For those of you needing to request extra credentials for staff and media, please contact **Stanley Broaden** (sbroaden@socon.org) or 864-591-5100.

Please note: Chief executive officers, faculty athletics representatives, athletics directors, senior woman administrators, and sports information directors shall have all-access championships credentials issued by the conference office and *need not be placed on the travel list*.

CROWD CONTROL

The responsibility for crowd control rests with the tournament director and host institution. In this case, Appalachian State will provide security to assist with this.

Grounds for Removal: Profanity, racial or sexist comments, or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition. Also, the consumption of alcoholic beverages and tobacco products is prohibited.

ELIGIBILITY

Only student-athletes eligible under Bylaws 12, 13, 14, 15 and 16 may compete in NCAA championships. In accordance with Constitution 3.2.4, member institutions are required to certify the eligibility of their student-athletes before the beginning of each academic year and to withhold ineligible student-athletes from all intercollegiate competition. Each institution is responsible for submitting an entry form to the conference office. The Conference office shall compare the list to previously submitted institutional squad lists and will notify an institution if a problem arises with any of its student-athletes. Student-athletes not deemed eligible to compete may not be in uniform during the Championships

EVACUATION PLAN

The host venue should provide a copy of its evacuation plan as well as other crowd control measures for review by the Games Committee.

GAMES COMMITTEE

A Games Committee shall be appointed for the Championship consisting of Wrestling Committee members on site, the Southern Conference Championship staff liaison, who shall serve as Chairs of the Committee, the Championship Director, and the Head Official as designated by the Conference. The Games Committee shall:

- Ensure that the Championship is conducted in accordance with the rules and regulations of the Conference as contained in the Southern Conference Wrestling Sport Regulations and this manual;
- Make decisions regarding situations that occur where resolution is not covered in the rules and regulations of the NCAA or the Southern Conference as stated in the Wrestling Sport Regulations or this manual;
- Inspect the meet facility prior to the start of the event.

HOSPITALITY

Hospitality will be available for credentialed coaches and administrators during the event. Meals and refreshments will be available during specific times listed below.

- Breakfast - 6:30 a.m. – 9:00 a.m.
- Lunch - 11:30 a.m. – 1:30 p.m.
- Dinner - 4:00 p.m. – 6:30 p.m.

INSURANCE

The host institution must have in place primary comprehensive general public liability insurance coverage, with combined single limits of at least \$1 million per occurrence for bodily injury and property damage.

INTRODUCTIONS

Pre-match wrestler introductions for the Championship shall be as follows:

- For all rounds of the Championship except the finals, the pre-match introductions of competitors shall take place prior to each individual match;
- For the finals, pre-match introductions of all competitors will take place prior to the start of the round during the “Parade of Champions.”

LOCKER ROOMS

Teams will be assigned a locker room in Holmes Convocation Center. However, due to limited space, two teams will be assigned to share a locker room. Signs will be posted designating team locker rooms.

LODGING

SoCon Travel is the primary booking group for the wrestling championship. We encourage all groups to share the socontravel.com site with parents and fans attending the championship.

MAT CONTROL AREA

In addition to the participating wrestler, three representatives per institution will be permitted in the restricted area at mat side during ongoing competition. One of these persons must be the institution’s certified athletic trainer or team physician. Unauthorized team personnel in the corner shall be penalized as a control of mat area violation.

Three chairs shall be set at the corner of each mat for use by participating teams. The third chair will be placed behind the coaches for a credentialed medical person.

MEDIA

All coaches and student-athletes shall be available for interviews with the media following each match.

The dressing rooms of teams competing in the championship will be closed to all members of the media unless a media member requests access to that area prior to the conclusion of a match. This request must be made to the media coordinator or the sports information director (SID) of the competing institution. If a dressing room is opened, it will be done only after a 10-minute cooling off period is observed.

The cooling off period will begin when all coaches and players have entered the dressing room following a match. The cooling off period will not be extended to allow coaches or players to do interviews with a broadcasting television network (if applicable). In the event that these interviews take place, the cooling off period will begin when the majority of a team's players and coaches have entered the dressing room.

The Southern Conference retains the radio and television rights for the Championships. For information contact Geoff Cabe, Senior Associate Commissioner at gcabe@socon.org or 864-591-5100.

A media work area with electrical outlets, phones and statistical and team information shall be available in the press box.

MEDICAL EXAMS/WEIGH-INS

Medical exams/skin checks shall be conducted the day of competition and shall take place at the site of competition or in a building adjacent to the competition site. All participants will be examined by a certified athletic trainer for communicable diseases prior to weighing in for the Championship. **This will take place at 7:45 a.m.** in the main arena. Failure of a participant to receive a skin check during the designated time will result in disqualification. The certified athletic trainer will report the results of all examinations to Fred Ambrose, Southern Conference Coordinator of Officials, who will then be responsible for the administrative enforcement of the medical recommendation if it involves disqualification from the Championship. Open wounds and infectious skin conditions that cannot adequately be protected should be considered cause for disqualification.

Medical Exam/Skin Check Procedures. The following procedures shall be observed during medical exams/skin checks:

Medical exams/Skin checks will take place at **7:45 a.m. in the main arena.**

At the scheduled time for medical exams/skin checks, wrestlers who wish to compete shall appear properly groom, wearing no less than a suitable undergarment and ready to step onto their assigned scale following the conclusion of the examination. During the medical exam/skin check period, wrestlers may not leave the examination area, and activities that promote dehydration are prohibited. The medical exams/skin checks shall be conducted by team in weight class order, starting at the lowest weight class.

Each team's Certified Athletic Trainer will perform skin checks on an opposing team's wrestler. A physician will be on call to evaluate any questionable lesions. Each athletic trainer is responsible for distributing their NWCA weigh-in sheet to the appropriate opposing athletic trainer examining their team. Skin checks will take place as follows:

Team Being Examined	Athletic Trainer Performing Exam
Campbell	VMI
Davidson	Gardner-Webb
The Citadel	Campbell
UTC	PC
Gardner-Webb	The Citadel
VMI	Davidson
APP	UTC
PC	APP

Once each individual on a team has been examined and checked off on the NWCA weigh-in sheet, the examining athletic trainer shall sign the form and turn it into Fred Ambrose, Southern Conference Coordinator of Officials.

Weigh-in Procedures: The following procedures shall be observed during weigh-ins:

The Championship shall be conducted in the following 10 weight classes: 125 pounds, 133 pounds, 141 pounds, 149 pounds, 157 pounds, 165 pounds, 174 pounds, 184 pounds, 197 pounds and heavyweight.

Weigh-ins will take place in the main areas following the conclusion of all skin checks, **but not before 8:00 a.m.** The weigh-ins will be conducted by each team's coaching staff and supervised by Fred Ambrose. It is mandatory that the NCAA Official Weigh-in form, generated by the NWCA website, be used for contestants. A copy of the NCAA Official Weigh-in form for each participant shall be hand carried to the competition site and must be submitted to a Southern Conference official at the seeding meeting.

Each wrestler who plans to participate in the Championship must weigh-in at or under his weight class.

Three digital scales will be utilized for weigh-ins. The scales shall be made available to all participants a minimum of one hour before the scheduled weigh-in time. Wrestlers will weigh-in as a team; starting at 125 and progressing to 285. When the first team assigned to a scale is finished, the second team assigned to that scale will complete the procedure followed by the third team.

Scale 1: Campbell, The Citadel, VMI

Scale 2: Appalachian State, Gardner-Webb, Presbyterian

Scale 3: Chattanooga, Davidson

At the scheduled time for weigh-ins, wrestlers who wish to compete shall appear properly groom, wearing no less than a suitable undergarment and ready to step onto their assigned scale. During the weigh-in period, wrestlers may not leave the weigh-in area, and activities that promote dehydration are prohibited. All wrestlers will weigh-in with their weight class. Wrestlers may not defer their initial opportunity to weigh-in. Weigh-ins shall proceed through weight classes beginning at the lowest weight class at each scale. Wrestlers will stand with both feet flat in the middle of the scale, facing away from the dial or weight indicator until released by his coach. A contestant may step on and off the scale three times in succession to allow for mechanical inconsistencies in the scales.

If a wrestler fails to make weight on one of the designated scales, the wrestler may not leave the weigh-in area. No activities that promote dehydration, including spitting, may be done. The wrestler may step on each additional official scale one time in an attempt to make weight immediately after the heavyweight class.

NCAA INDIVIDUAL SEASON RECORD FORM

Coaches are responsible for updating the 2019-20 NCAA Individual Season Wrestling Record on Trackwrestling in order for all wrestlers to compete in the championship. Each coach shall supply their NWCA OPC username and password to Doug King prior to the championship.

Please Note: Actual weights for each match must be included on this form.

OFFICIALS

Officials and their duties are outlined in the newest NCAA Wrestling Rules and Interpretations Handbook. Fred Ambrose, Southern Conference Coordinator of Officials shall contract all officials to work the Championship as well as conduct pre-event meetings with officials and table personnel.

Officials Names:

Scott Lindsey

Cody Olson

Brian Collier

Teddy Evans

Tim Lazar

Steve Wertz

Jeff Pultz – Third Party Video Review Official

Criticism of Officials. Members of the coaching staffs or other representatives of participating institutions shall not make public statements critical of officiating in any Southern Conference competition. Failure to comply with this policy may subject the individual institution to misconduct provisions according to Southern Conference Sportsmanship Regulations.

PARADE OF CHAMPIONS

There will be a “Parade of Champions” prior to each championship final. I.e. the lower seeded wrestler of the 125 lbs. weight class will be introduced first (coming from one corner) then the higher seeded 125 lbs. wrestler (coming from the opposite corner) will be introduced. The two will shake hands in the middle and this will be repeated for all ten weight classes. Music will be played during this ceremony as directed by the Southern Conference.

PRE-MATCH FORMAT

The pre-match protocol shall be as follows:

- All rounds of the Championship shall not begin before the announced times.
- A practice area consisting of 2 mats shall be available the entire day of the championship for wrestlers to warm up.
- The national anthem shall be played prior to the start of competition and just after the parade of champions.

PROGRAMS

The Southern Conference is responsible for producing a championship program for the Southern Conference Wrestling Championship. The program will be available for download via QR code on smart phones, tablets and other compatible devices.

PROTEST

Since video review will be provided during the Championship, there is no need for formal protest forms.

RULES OF COMPETITION

The competition rules of the Southern Conference Championship shall conform to those rules adopted for NCAA Division I Wrestling and the Southern Conference as stated in the Southern Conference Wrestling Sport Regulations and this manual.

SPORTS MEDICINE

Physician: A physician shall be on site before, during and after all competitions.

Dermatologist: A dermatologist/certified athletic trainer will be on call for skin checks.

EMS: An EMS unit will be on-site.

Medical Facilities: Planned and pre-arranged access to a medical facility, including transportation services, is available at all times.

Athletic Training: Athletic training facilities and athletic training supplies are available for all championship events.

Medical Information: Information concerning medical and athletic training accommodations is distributed to all head athletic trainers and head coaches prior to their arrival at the championship site.

Water: Water shall be provided on site for all teams before, during and after competition.

SPORTSMANSHIP

The athletics directors of the competing institutions are expected to communicate with their student-athletes and other fans to encourage enthusiastic support within the confines of good sportsmanship.

STATISTICS

Participating teams shall be provided with completed bracket sheets and results as soon as possible following the completion of the Championship. A complete set of Championship bracket sheets and a season recap shall be emailed by the Conference office to each head coach and sports information director (one set each) shortly after the Championship.

STUDENT-ATHLETE GIFTS

Please contact Eynde Frazier at evfrazier@socon.org or 864-591-5100 for further information regarding the student-athlete gift.

STUDENT-ATHLETE MEAL

A student-athlete meal will be available for each team prior to the finals. These will be delivered to each team area within the bleachers of the arena.

TEAM ENTRY AND PARKING

Team entry and parking information will be distributed at a later date.

TEAM SEATING

Teams and coaches will have access to designated sections marked “Reserved for Team Seating” in Holmes Convocation Center.

TRAVEL SQUAD

Travel squads to the championship are limited to 13 student-athletes in uniform and a maximum of 18 persons in the travel party.

UNIFORMS

All competitors must wear an official uniform similar in design and identical in color 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 distributor’s normal label or trademark. The label or trademark may not exceed 2 1/4 inches square 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.

VIDEO REVIEW

A video review replay system will be set up on each mat during the championship. Red and green foam bricks will be placed in the reserved zone for coaches. If a coach would like to request video review, he shall immediately throw the foam brick which corresponds with his wrestler’s ankle band onto the mat away from the wrestling action. The referee will stop the match as quickly as possible, but only when no significant action is taking place, to allow the third-party reviewer to conduct the review.

VIDEOING MATCHES

Each participating team is permitted to staff its respective matches during the Championship with a single camera person and only in an authorized area. Schools wishing to videotape their matches should make all arrangements with the Championship Director. Video representatives are allowed to film only the matches in which their team participates. Upon completion of the match being filmed, the video representative will be required to immediately depart the filming area in order for other video representatives to establish their shooting positions. This may be amended if there is ample filming space for all institutions.

WRESTLING COMMITTEE

The Southern Conference Wrestling Committee shall provide general oversight of the Championship. The Committee is comprised of one athletics director, one faculty athletics representative, one senior woman administrator, one institutional administrator (who shall serve as Chair of the Committee), and one head coach. The Wrestling Committee shall have the authority to discipline and/or fine any member institution that does not abide by Conference regulations.

DRIVING DIRECTIONS

Holmes Convocation Center

GPS Address: 111 Rivers Street, Boone, NC 28608

From the northeast via Interstate 81 and Interstate 77:

Take I-81 south to I-77. Proceed south on I-77 into North Carolina. Exit onto Highway 421 North and travel approximately 60 miles to Boone. In Boone follow signs to campus.

From the south via Interstate 77:

Proceed north on I-77 through Charlotte and Statesville. Continue on I-77 North until you reach the I-77/HWY 421 interchange. Exit onto Highway 421 North and travel approximately 60 miles to Boone. In Boone follow signs to campus.

From the west via Interstate 40 (Asheville and/or Hickory areas):

In Asheville, take I-40 East to Highway 221 in Marion. Exit onto Highway 221 North and follow to Linville. In Linville, take Highway 105 North to Boone. -OR- When traveling on I-40 in the Hickory area, exit onto Highway 321 North and travel approximately 50 miles to Boone. In Boone follow signs to campus.

From the east via Interstate 40 and Interstate 85:

Proceed to Winston-Salem on I-40. Exit onto Highway 421 North in Winston-Salem and travel approximately 86 miles to Boone. In Boone follow signs to campus.

From the west (Johnson City, TN):

Take 321 South through Elizabethton, TN to 19E. Follow 19E through Newland, NC to Linville, NC. Take 105 North to Boone. In Boone follow signs to campus.

CAMPUS MAP



Academic Buildings

- 63 Anne Belk Hall
- 51 Appalachian Hall
- 74 Appalachian Panhellenic Hall (1179 Blowing Rock Rd.)
- 71 Beasley Media Complex
- 61 Belk Library and Information Commons
- 8 Broyhill Music Center
- 67 Chapel Wilson Hall
- 66 Edwin Duncan Hall
- 30 Garwood Hall
- 58 Howard Street Hall
- 42 I.G. Greer Hall
- 32 Katherine Harper Hall
- 78 Leon Levine Health Sciences (1179 State Farm Rd.)
- 9 Living Learning Center
- 9 L.S. Dougherty Building
- 69 Peacock Hall
- 65 Rankin Sciences
- 59 Reich College of Education
- 43 Sanford Hall
- 64 Smith-Wright Hall
- 70 Turchin Center for the Visual Arts
- 72 University Hall (600 University Hall Dr.)
- 6 Walker Hall
- 10 Way Hall

Athletics/Recreation

- 76 Appalachian Soccer Stadium (1179 Blowing Rock Rd.)
- 38 Bob Light Tennis Courts (Durham Park)
- 34 Holmes Convocation Center
- 21 Kidd Brewer Stadium
- 22 Owens Field House
- 23 Quinn Recreation Center
- 2 Smith Baseball Stadium
- 18 Sofield Indoor Practice Facility
- 73 State Farm Fields Complex/Brandon and Erica M. Adcock Field (1179 Blowing Rock Rd.)
- 5 Student Recreation Center
- 17 Sywassink/Lloyd Softball Stadium
- 19 Track and Field Throwing Areas
- 41 Varsity Gymnasium
- 20 Varsity Tennis Courts

Additional Locations

- 77 Child Development Center
- 58 Lucy Brock Child Development Center (Howard Street Hall)
- 35 McKinney Alumni Center
- 39 Steam Plant
- 28 Tomlinson Park/Duck Pond

Residence Halls

- 3 Appalachian Heights
- 74 Appalachian Panhellenic Hall (1179 Blowing Rock Rd.)
- 11 Belk Residence Hall
- 15 Bowie Residence Hall
- 46 Cannon Residence Hall
- 25 Coltrane Residence Hall
- 50 Cone Residence Hall
- 48 Doughton Residence Hall
- 44 East Residence Hall
- 14 Eggers Residence Hall
- 12 Frank Residence Hall
- 24 Gardner Residence Hall
- 47 Hoey Residence Hall
- 29 Justice Residence Hall
- 9 Living Learning Center
- 45 Lovill Residence Hall
- 4 Mountaineer Residence Hall
- 27 Newland Residence Hall
- 52 Summit Residence Hall
- 49 White Residence Hall

Student Support/ Administration/Dining

- 51 Appalachian Hall
- 37 B.B. Dougherty Administration Building
- 62 D.D. "Disco" Dougherty Hall
- 36 Founders Hall
- 75 Human Resources Bldg. (100 University Hall Dr.)
- 33 John E. Thomas Hall (Admissions)
- 56 Miles Annas Student Support Building (Health Services/Post Office)
- 54 Plemmons Student Union/Solarium
- 40 Roess Dining Hall
- 26 Trivette Dining Hall
- 55 University Bookstore
- 31 University Police

Arts & Cultural Venues

- 8 Broyhill Music Center
- 57 Legends
- 7 Schaefer Center for the Performing Arts
- 70 Turchin Center for the Visual Arts
- 68 Valborg Theatre

Visitor Parking

- 60 College Street Parking Deck
- 31 University Police/Traffic and Parking Department/ Rivers Street Parking Deck

- AppalCART Stop
- Tickets
- Dining
- Info
- Visitor Parking
- Handicap Parking/Access Ramps
- Emergency Blue Light Phones

INDIVIDUAL SEASON RECORD FORM INSTRUCTIONS

The following information must be completed in its entirety prior to the deadline set by your NCAA Qualifying tournament.

How to access the NCAA Individual Season Record Forms:

1. Go to the NWCA home page at www.nwcaonline.com.
2. On the NWCA home page, go to the top menu bar under *Weight Certification* and click on *Optimal Performance Calculator (OPC)*.
3. You will now be directed to the Optimal Performance Calculator Program (www.nwcaonline.com/nwcaonline/default.aspx)
4. Once at the OPC home page, click on the *login tab* on the menu bar.
5. You will now be at the college home page of the Optimal Performance Calculator Program (www.nwcaonline.com/performance/college).
6. On the login page, the coach will enter his/her Unique Access Code # and password provided by the NWCA.
7. After logging in, you will be on the college home page of the OPC
8. Once the coach is at the college home page of the OPC, the coach will place their cursor over the *coaches* tab on the main tool bar. A drop down menu will appear, click on *competition data entry form*.
9. After clicking *competition entry form*, you will now be on the competition entry screen.

How to designate your wrestlers for the NCAA Conference/Regional Qualifying Tournaments:

1. Click on the NCAA Official Entry Form link.
2. You will be taken to a grid page, which list all of your wrestlers who have completed the assessment process.
3. There will be a column that says Display on NCAA Entry form. You will see check marks next to the wrestlers you selected to appear on the NCAA Official Entry Form. You do not need to update this column
4. You will put a check mark in the column competing in conference qualifier next to the wrestlers who will be competing in your conference/regional qualifying tournament. You will only want to put a check mark on those wrestlers who will be competing in the conference/regional qualifying tournament.
5. When you put a check mark on competing in conference qualifier box, the program will automatically put a check mark in the check box under the column display on conf. admin season record form.
6. Please know that you must have both the competing in conference qualifier box and display on conf. admin season record form box checked for the athletes competing in the conference/regional qualifying tournament.
7. Under the column weight class for conference qualifier, you will select the weight class the wrestler will compete at in the conference/regional qualifying tournament.
8. After selecting all wrestlers who will be competing in the conference/regional qualifying tournaments and selecting the weight classes they will be competing at you will click on the save choices button at the top of the page.
9. Please do not select any wrestlers that will not be competing in the conference/regional qualifying tournaments.
10. After saving your choices, click on the link that says *Return to Home*.

How to access the Individual Season Wrestling Record Form (You must complete these steps for the athletes you selected to compete in your conference/regional qualifying tournament)

1. Click on the individual season wrestling record form link from the *competition entry form* page.
2. After clicking on the link a list of wrestlers for your institution will appear.
3. Click on the wrestler's name for the wrestler's season record form you would like to view.
4. After clicking on the wrestler's name, you will be taken to a grid page of all the wrestler's matches entered for the year.
5. You can view the data and ensure what matches should appear on the season record form to be submitted to your qualifying tournaments. (Please review the NCAA rules for what matches should and should not appear on the season record form)
6. Unclick any match that does not meet the criteria to appear on the NCAA Individual Season Wrestling Record Form.
7. After unclicking all wrestler's that should not appear on the season record form, click on the "*save match selections*" button.

This is an important step and cannot be skipped.

8. After clicking on *save match selections*, button you want to click on the *show me season record* form button.
9. You will now be taken to the *Official Season Record* form report. You will now be able to print this report or download it to be emailed later. Please make sure to follow the steps below on how to print and download the NCAA Official Season Record Form.
10. After printing the report please know you will not have to have this form signed this year.

How to print the Individual Season Record Forms:

1. On the Individual Season Record Form report page, click on the “printer icon” button on the gray tool bar. The gray tool bar is located directly above the writing “2013-14 NCAA Individual Season Record Form.” **Your form will not print correctly if you try to print from the file and then print option.**
2. Please note that you must allow pop-ups. Please check with your tech department if you are unsure of how to allow pop-ups.
3. After clicking the printer icon, a print options box will appear. You will have the option of selecting print by page number or print all. You should always select to print *all pages*. After selecting to print all pages, click ok.
4. The “Individual Season Record Forms” will now be converted to a PDF document that will provide the proper printing format.
5. Once the document is converted to a PDF, then click the print button and the document will print properly.

How to download the NCAA Official Season Record Form to be emailed:

1. On the NCAA Individual Season record form report page, click on the “envelope with red arrow” button on the gray tool bar.
2. Please note that you must allow pop-ups. Please check with your tech department if you are unsure of how to allow pop-ups.
3. An export option button will appear. You will be asked what format you want to export the report. Make sure to select Adobe Acrobat (PDF) from the drop down menu. Then select that you want to export “ALL” pages. After selecting the pages you want to export, click on the ok button.
4. The report will be exported to a PDF document. This will format the report in the proper format.
5. Once the PDF document appears, go to the “file” option. Hit “save as” and then save the PDF to your desktop to email as an attachment.
6. Save each individual PDF for each wrestler to your desktop to be emailed later as an attachment.

WRESTLING CHAMPIONSHIP SEEDING CRITERIA

7.1 Seeding: Head coaches shall submit their team entry forms (designating their 10 wrestlers in each weight class) to the Conference office prior to 12 Noon (EST) on the Monday prior to the championship. The Conference office will then distribute a ballot with those names to the head coaches. The head coaches will then rank each weight class prior to 5:00 PM (EST) on the Tuesday prior to the championship. Based on the cumulative ranking of each weight class, a point total will be assigned to each wrestler. The highest point total in each weight class will be seeded No. 1, the second-highest point total will be seeded No. 2 and so on for all six wrestlers at each weight class. If there are ties in point totals the criteria in 7.1.1 or 7.1.2 below will be used to break the tie. *(Approved and Effective 10/10)*

7.1.1 Tiebreaker:

- A. Head-to-head records during regular season Conference duals at that weight class will be used to determine the higher seed;
- B. If the two wrestlers failed to meet in a regular season Conference dual than any head-to-head meeting at that weight class during the current regular-season shall determine the higher seed unless the wrestlers have met 3 or more times;
- C. If the two wrestlers failed to meet during the current regular season, or were tied when doing so OR met 3 or more times, then the record (net differential) vs. all common opponents during the current regular season (regardless of weight class) shall determine the higher seed. You may not use the same opponent for more than 1 net win or 1 net loss (i.e. if Wrestler A is 2-0 and Wrestler B is 1-0 against a common opponent – they are still tied because you cannot use the same opponent for more than 1 net win);
- D. If the wrestlers have a tie in net differential or they have no common opponents during the current regular season, the highest seed will be determined by the wrestler who has the highest top 33 ranking in the final NCAA/NWCA Coaches Poll. If there is still a tie or neither wrestler is ranked proceed down the line;
- E. Win over a returning All-American;
- F. Most wins over Top 12 wrestlers in the final NCAA/NWCA Coaches Poll;
- G. Most wins over Top 20 wrestlers in the final NCAA/NWCA Coaches Poll;
- H. Most wins over Top 33 wrestlers in the final NCAA/NWCA Coaches Poll;
- I. The wrestler that has qualified at that weight class for an automatic bid to the upcoming NCAA championship;
- J. If the wrestlers are still tied a vote of all of the coaches will take place via conference call or email prior to the championship;
- K. In the case of a tie in coaches voting the seed will be determined by total number of Division I wins during the current regular season. You may not use the same Division I opponent for more than 1 win;
- L. If the wrestlers have the same total number of Division I wins then the higher seed will be the wrestler with the fewest total Division I losses during the current regular season. You may not use the same Division I opponent for more than 1 loss.

7.1.2 Three-Way Tie:

- A. In the event of a three-way tie for seed, the best record (net differential) vs. all overall common opponents during the current regular season shall determine the highest seed of the three. You may not use the same opponent for more than 1 net win or 1 net loss;
- B. In the event that the best record (net differential) vs. all overall common opponents during the current regular season fails to break the three-way tie, proceed to criteria 7.1.1 D to determine the higher seed of the three;
- C. Once the higher seed of the three is established, the remaining two seeds will be determined by head to head record during the current regular season (including both conference duals and other meets);
- D. If no head-to-head match exists between the remaining two seeds, the tie will be broken by the best record (net differential) vs. all overall common opponents during the current regular season regardless of weight class. You may not use the same opponent for more than 1 net win or 1 net loss. If there is still a tie between the remaining two seeds, the tie will be broken by proceeding to 7.1.1 D above.

SAMPLE CHAMPIONSHIP BRACKET

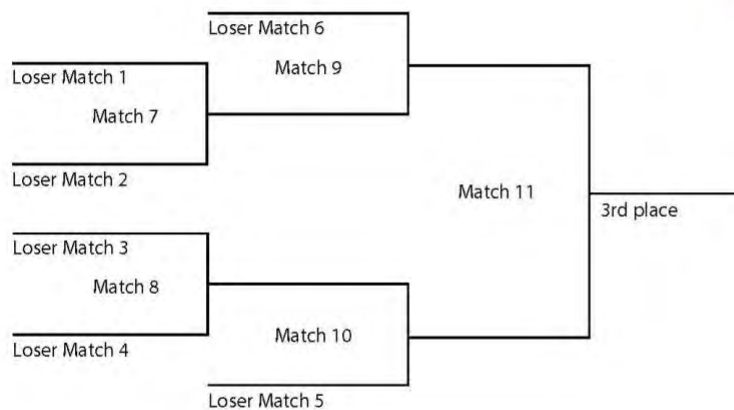
SOUTHERN CONFERENCE WRESTLING CHAMPIONSHIP

APPALACHIAN STATE / HOLMES CONVOCATION CENTER / BOONE, N.C. / MARCH 8, 2020

Championship bracket



Consolation bracket



SOUTHERN CONFERENCE RISK MANAGEMENT STATEMENT

The Southern Conference recognizes that the host institution is familiar with the facilities it will be providing for use for the Southern Conference Wrestling Championship and that the institution's staff members are in the best position to oversee safety preparations and inspections. Accordingly, on behalf of the host institution, its staff members must agree to perform such preparations and inspections and to provide such facilities free from all defective and hazardous conditions that are known to be reasonably defective. If any conditions cannot be cured before the championship, specifics must be provided to the Southern Conference in writing as far in advance as possible. Receipt of any such notice will obligate the Southern Conference to cure the condition in question or to relieve the host of its legal duties with respect hereto.

CRISIS MANAGEMENT PROTOCOL

1. **Safety and security first. Call Police and 911 immediately if there are injuries.**
2. Assess the situation.
3. Notify Conference representative on site.
 - a. Alert commissioner of situation.
4. Designate person in charge.
5. Notify institution athletics director or senior-most administrator in charge.
 - a. Implement ***institutional*** Crisis Management Procedures.
 - b. Secure additional help.
 - c. Get Conference representative on site.
 - d. Contact university administrators, parents.
 - e. Have one central contact for releasing information (SID).
6. Contain/control activities around incident.

CONCUSSION PROTOCOL

Concussions

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 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.