

# WRESTLING ADVISORY MEETING

4/7/09

Attending were: Mike Thingstad, Travis Lemar, Dave Dougherty and Scott Knowlen

## Recommended A & B items:

1. BFA appeal process
  - a. In order to utilize the results of an appeal the school must receive notification from the NDHSAA office prior to allowing the appealing athlete to compete.
  - b. Any athlete may appeal his/her assessment results one time by reassessment unless the athlete is assessed less than 7% (males) or 12% (females).
  - c. The steps of the appeal process are as follows:
    - The athlete shall repeat the body fat assessment as described in the regulation using any method (the Bod Pod, the Tanita TBF-300 WA implement, or the Body Metrix implement by Intelemetrix) approved by the NDHSAA.
    - The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the NDHSAA before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. The wrestler is allowed to follow his/her weight loss plan each day of the appeal process, but may not exceed the weight loss plan established by his/her initial BFA.
    - Failure to meet these conditions or timelines is cause for denial of the appeal
    - Data shall be recorded in the NWCA OPC by the assessor
    - Reassessment includes Hydration Assessment
    - Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further or revert to the prior assessment.
  - d. COSTS  
All costs incurred for initial assessment, appeal process, and NWCA Optimal Performance Calculator are the responsibility of the school or parent.

### Rationale:

- To allow for a margin of error
  - Because of over-hydration at time of the test
2. Reinstate 4% form. A wrestler may only move to the next lower weight class as weight classes are before growth allowance
    - a. Some kids fall between the weight classes & in the middle classes the weights are close
  3. Have a dermatologist available for skin checks at the state tournament
    - a. There have been a couple of skin issues that may have been averted
  4. Schools are to be fined \$250 if all results are not recorded in the NWCA OPC by the Monday prior to the individual region tournament. Results then must be made by the Wednesday prior to the individual region tournament or students from that school are not eligible for the tournament.

### **Recommended B items:**

1. Be allowed to experiment with the following 12 weight classes or those recommended by NFHS; 107, 114, 121, 128, 135, 143, 152, 162, 173, 187, 210 & 285
  - a. Declining enrollment in schools that participate in wrestling.
  - b. Negative impact of forfeits concerning:
    - i. Dual results
    - ii. Fan response
    - iii. Tournament brackets
    - iv. Loss of matches for competitors
  - c. Status of wrestling with other sports
  - d. 14 weight classes are eroding the quality of the wrestlers filling varsity weight classes.
  - e. The inability to fill 14 weight classes in the smaller schools is having a negative impact on the programs in those schools. (More difficult to recruit wrestlers into programs that are becoming less competitive)
  - f. The larger weight differences between weight classes will prevent wrestlers from using the appeal form to drop to a lower weight class.
  - g. The weight classes chosen reflect the weights of the current wrestlers in the programs in our state.
  - h. We will increase fan support with programs that are filling more weight classes and are more competitive with one another.
2. Two officials be utilized for regular season competition
3. Region alignment for 2010-11; move Valley City to region 2, Harvey to region 3 and New Town to region 4
4. If co-ops occur, attempt to equalize the number of teams and/or wrestlers in each region.

### **Recommended A items:**

1. Score and place 8 wrestlers at the state tournament
  - a. Consistency with Class B
  - b. More opportunities for quality wrestlers to achieve "State Place Winner"
  - c. It will account for a more accurate representation of the team
  - d. Greater incentive for the wrestler to "finish strong" on the final day

### **Administrative:**

1. Support electronic seeding, but feel the seeding committees be in the NDHSAA office the first year.
2. If co-ops occur, attempt to equalize the number of teams and/or wrestlers in each region.

### **State Tournament:**

1. Weigh-ins at state tournament be 1 ½ hours before wrestling begins
  - a. Clarify protocol for notification when there is a skin issue
2. State Weigh-ins (first day only):
  - a. Weigh-in A & B dual teams first

- b. Weigh-in all B individuals and then all A individuals
3. Replacing a wrestler in the bracket:
  - a. When a non-seeded wrestler is replaced – place & no re-draw
  - b. When a seeded wrestler is replaced – move seeds & # 9 wrestler up, fill #9's spot with the alternate & no re-draw
4. Dual team awards: Present awards Friday and recognize Saturday before the finals by running them out on the mat rather than the award stand
5. Deadline for NWCA; extend through the state tournament