

## 2011-12 Wrestling Regulations

### NEW:

- NEW – Match limitation (See #3)
- NEW – Growth allowance date (See #7)
- NEW – Class B seeding meeting representatives (see State Wrestling Tournament – Seeding)
- NEW – NFHS Weight Classes (See #15)

### Regular Season Regulations:

1. The season begins on the date set by the NDHSAA Board and ends the last day of the state tournament. Please see the NDHSAA calendar for specific dates.
2. Individuals must have participated in at least 9 daily practices (counting only one per day) before competing in an interscholastic contest.
3. **NEW** - Each high school wrestler is allowed a maximum of 45 regular season matches prior to the individual regional tournament. Defaults and forfeits on the wrestler's record count toward the 45. Violation results in ineligibility of said wrestler for the remainder of the year. **Each team is permitted a maximum of sixteen (16) competition events prior to the individual region tournament.** There are no restrictions on how many schools may compete in any of the 16 events as long as NFHS rules regarding the number of times each wrestler can compete in one day are not violated. A two-day tournament counts as one event, even though wrestlers must weigh-in each day of the tournament.  
**Note: The event limitation pertains to individuals, as well as teams.** (Example: A school may have 16 varsity events and 16 JV events. An individual wrestler can only compete in a total of 16 events during the regular season.)
4. Artificial noisemakers are not allowed at any indoor regular season or tournament event.
5. An appropriate shirt is required at all NDHSAA sponsored district, region and state events. An appropriate shirt is to be determined as per local school policy.
6. A wrestler may represent his/her school in only the varsity or the sub-varsity meet, not both in the same dual meet.
7. **NEW** - A 2-pound growth is allowed on December 25.
8. All high school level weigh-ins are as per National Federation Rule 4-5. Weigh-in forms are available at [www.nwcaonline.org](http://www.nwcaonline.org), but your "pop-up blocker" must be turned off.
9. It is required that an assessor who must be a Doctor of Medicine or Osteopathy, Family Nurse Practitioner, Physician's Assistant, Physical Therapist or a certified athletic trainer determine the SAFEST weight class in which an individual wrestler may compete. Establishing a minimum wrestling weight (7% body fat for males and 12% for females) is mandatory for all high school wrestlers. The NDHSAA does not advocate that a wrestler's established minimum weight (7% for boys or 12% for girls) is the athlete's SAFEST weight, but simply the minimum weight at which the athlete will be allowed to compete.

10. The use of skin-fold measurements or a bio-impedance appliance (The approved appliances are the Tanita TBF-300WA and The BodyMetrix by Intelemetrix) in accordance with National Federation rule 1-3-1&2 to determine a wrestler's SAFEST weight is required. No high school wrestler may compete until said wrestler has had a minimum weight determined.
11. The 3rd Wednesday in October is the earliest body fat assessments (BFA) may be conducted.

12. **BFA Assessment**

*Triceps Measurement*

The triceps skin-fold is measured on the midline of the posterior aspect of the upper arm, over the triceps muscle.

The fold is measured midway between the posterior-lateral aspect of the acromion process of the scapula and the olecranon process of the ulna.

The elbow should be flexed to 90 degrees to locate these landmarks. Use a tape measure and mark the location.

The arm should then be extended and fully relaxed at the side to lift the skin-fold.

*Sub scapular Measurement*

The sub scapular fold is raised on a diagonal one centimeter below the inferior angle of the scapula.

With the arms comfortably at their side palpate the vertebral border with the fingers until the inferior angle is identified. The inferior angle is the lowest point of the scapula.

To aid identification of the site in a well-muscled athlete, place the arm behind his/her back. The vertebral border and inferior angle of the scapula should become more evident. In most instances, a natural hollowing of the skin when the arm is placed behind the back identifies the location. Return the arms to their side and be sure the shoulders are level and relaxed while raising the skin-fold.

*Abdominal Measurement*

The skin- fold is raised vertically on the right side of the subject's abdomen three centimeters from the midpoint of the umbilicus. The athlete should stand with the weight equally distributed on each leg. Encourage the subject to breathe normally and relax the abdominal wall.

The Lohman Equation for calculating body density (BD) is the formula to be used for calculating minimum wrestling weight using skin-fold (SF) measurements.

$$\text{SUM (SF)} = \text{TRICEPS SF} + \text{SUBSCAPULAR SF} + \text{ABDOMINAL SF}$$

$$\text{BD} = [1.0973 - (\text{SUM SF} \times .000815)] + [(\text{SUM SF})^2 \times .00000084]$$

The Brozek Equation is to be used for calculating % of body fat (BF).

$$\% \text{ BF} = (4.57/\text{BD} - 4.142) \times 100$$

To calculate minimum weight:

$$\text{WEIGHT AT 7\% BF} = [1 - (\% \text{ BF}/100)] \times \frac{\text{CURRENT WEIGHT}}{.93}$$

**13. 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 (Calipers, the Bod Pod, the Tanita TBF-300, 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.

**14. All schools must register with the NWCA for passwords etc. ([www.nwcaonline.org](http://www.nwcaonline.org))**

- A. BFA data must then be entered by the assessor into the NWCA Optimum Performance Calculator (OPC) before competing.
- B. An Alpha Master Form weigh-in sheet will be generated by the OPC for the coaches' use and shall be carried to confirm the wrestlers' weights.
- C. Hydration reading – specific gravity can be no greater than 1.025 and is to be determined with a NDHSAA color chart, dip stick or refractometer. If a student fails the hydration test with specific gravity being greater than 1.025 she/he must wait 24 hours before retesting.
- D. If a wrestler's body fat assessment is lower than 7% (boys) or 12% (girls), a doctor's letter and signature is required to compete and that weight shall be his/her minimum. There are no other options.
- E. Each time a high school wrestler competes (varsity and sub-varsity)
  - i. The wrestler's actual weight is to be entered into the OPC for accurate monitoring and re-establishing the descent.
  - ii. \*\* Each varsity wrestler's MATCH RESULTS from duals and tournaments must be entered online at the NWCA OPC site.

**\*\* Note: 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 recorded by the Wednesday prior to the individual region tournament or students from that school are not eligible for the tournament.**

F. When a wrestler's weight is within one-half pound of his/her monitored descent plan on the day of a meet, his/her weight can be rounded down to the nearest one-half pound.

Case:

A wrestler's weight on his/her descent plan indicates his/her weight for that day to be 132 - 132.5 lbs; he/she may wrestle at 132.

G. When a wrestler is in compliance with his/her descent plan and receives weight allowance for consecutive days of competition he/she shall revert to the weight on the descent plan of the first day's weigh-in

Case:

A wrestler, whose descent plan allows him/her to wrestle 106, weighs-in Thursday at 106, Friday at 107 and Saturday at 108 (ALL weigh-ins are to be entered in the NWCA OPC). Would he/she be allowed to weigh-in Tuesday at 106?

Ruling: Yes, because he/she would revert to descent plan as it was Thursday.

Note: The case above is directly related to the wrestler's descent plan. If a wrestler's descent plan allows him to be 138.2 on Thursday, he/she can weigh-in at 139.2 on Friday and 140.2 on Saturday without the OPC recalculating. If he weighs-in at a greater weight than indicated, the OPC will recalculate.

I. Wrestlers have until the Individual Region Tournament to reach his/her safest weight

The lowest weight class at which a wrestler may compete shall be determined as follows:

- (1) If the predicted weight, at 7% fat, is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.
- (2) If the predicted weight, at 7% body fat, falls between two weight classes, she/he must wrestle at the higher weight class.
- (3) With the parental permission form, a wrestler may wrestle at the weight class in which his 7% predicted weight; less **2%** of that weight (not 2% body fat) places him. **The figures for the 2% form are to be calculated to the tenth of a pound.** \*\* ONLY use this form when permission is requested.

15. **NEW** - NFHS Weight Classes

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285.

**B Regions:**

**REGION I** – LaMoure, Joel Bickford, manager

Ellendale/Edgeley/Kulm, Kindred, LaMoure, Linton/HMB/Strasburg, Lisbon, Napoleon, Oakes, South Border

**REGION II** – Central Cass, Justin Fletschock, manager

Carrington, Central Cass, Grafton/St. Thomas/Minto, Harvey/Wells County, Hillsboro, Larimore, Mayville-PortlandCG, North Border/Cavalier/Langdon/Valley-Edinburg

**REGION III** – New Town, Chuck Hunter, manager

Bishop Ryan, Des Lacs-Burlington, Kenmare/Bowbells, New Town, Rolla/St. John, Rugby, Stanley/Powers Lake/Tioga/Ray, Velva/Max

**REGION IV** – Killdeer, Larry Walker, manager

Beach, Beulah/Hazen, Bowman County, Hettinger/Richardton-Taylor/Hebron/Scranton, Killdeer, New Salem-Almont, SRCGS, Watford City

**A Regions:**

**EAST REGION** – Devils Lake, Jason Wiberg, manager

Devils Lake, Fargo Davies, Fargo North, Fargo South, Grand Forks Central, Grand Forks Red River, Valley City, Wahpeton, West Fargo

**WEST REGION** – Jamestown, Jim Roaldson, manager

Bismarck, Bismarck Century, Bismarck St. Mary's, Dickinson, Jamestown, Mandan, Minot, TMCHS, Williston

Number of Entrants for Region Tournaments:

B schools may enter one contestant in each of the fourteen weight classes.

A schools may enter one contestant in each of the fourteen weight classes and each school may enter a maximum of three alternates to compete in different weight classes. Unattached wrestlers would not earn team points at the region or state tournaments.

**Procedures:**

Regional managers will advise each school in the region concerning the time schedule and any other details about the tournament. MANAGERS ARE TO E-MAIL THE STATE QUALIFIERS TO THE NDHSAA [matthew.j.fetsch@sendit.nodak.edu]

Regional managers should schedule a seeding meeting prior to the start of the tournament. When seeding, consideration should be given to out-of-state matches as well as those in state.

Regional Wrestle-Backs: All consolation matches are 5-minute matches. Cross bracketing will be used. If either wrestler has wrestled the maximum number of matches for the day, the wrestle-back will end (the state seeding committee shall name the better of these two wrestlers) and the team

points will be halved.

Regional Team Scoring will be in accordance with the current National Federation Wrestling Rules Book.

Uniforms will be worn as described in the current National Federation Wrestling Rules Book for all regular season matches and all tournaments. NOTE: No biker tights, thigh huggers or the like may extend below the singlet.

NOTE: Wrestlers and coaches are not to wear caps or bandannas when representing their school in the Parade of Athletes, the awards ceremonies or anytime in the wrestling area. Only school issued uniforms or warm-ups are acceptable apparel for the awards stand. Awards will be presented only to wrestlers in compliance.

**Awards:** The top three B teams and the top two A teams will receive plaques at the regional level. Individual awards are provided for placing 1-4 in B and 1-6 in A.

**Concessions:** Concession rights are awarded to the host school or building management. Concession merchandise shall be limited to soft drinks, popcorn, candy, coffee, etc. Enterprises tending to exploit students are prohibited. No T-shirts or other merchandise of this type is allowed.

**Cheerleaders:** A maximum of 8 cheerleaders or 7 and a mascot are allowed. If more than two mats are being utilized, regular or post season, no stunting is allowed and a maximum of four cheerleaders/mascots are allowed to be mat side.

**State Tournament Qualifiers:** The top four wrestlers in each weight class from each of the four B Regions will qualify for the B division of the State Tournament. The top eight wrestlers in each weight class from the two A Regions will qualify for the A division of the State Tournament. As determined by each region, the top two dual teams in each B region and the top four teams in each A region qualify for the dual team championships.

## **STATE WRESTLING TOURNAMENT:**

(Schedule will be published in January)

**Seeding:** A seeding meeting will be held at 10:00 a.m. on the Sunday prior to the state tournament at the NDHSAA office in Valley City. ONE representative from each B Region will seed the top eight “B” wrestlers in each weight class (with a second representative allowed to attend and assist the region representative, with no reimbursements) and two representatives from each of the two A Regions will seed the top eight “A” wrestlers in each weight class. When seeding is completed for the state tournament and the meeting is closed on Sunday, the seeds are final.

\* Each A and B Region shall choose a coach to be its representative(s) at the seeding meeting. Each region shall determine the method of selection. PLEASE e-mail the representative’s name to [matthew.j.fetsch@sendit.nodak.edu](mailto:matthew.j.fetsch@sendit.nodak.edu) at the NDHSA office by the Thursday prior to the region tournament.

**Substitutions at State Tournament:** Substitutions for qualifiers who are unable to compete because of injury, illness, disciplinary action, or other legitimate reason will be allowed until the first weigh-in.

**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

**STATE DUAL MEET TOURNAMENT:**

**Line-ups:**

1. Line-ups shall be presented to the official scorer prior to the dual
2. Odd/even rotation - the weight class beginning the dual is #1
3. Alternates are declared at the first weigh-in and may not be changed unless there is an injury documented by medical personnel and the change is approved by tournament management

**Forfeiture in NDHSAA Tournament**

**Competition:**

**1. Region Tournaments:**

A. Team and individual competition conducted as separate competitions on separate days will be considered to be separate tournaments.

- i. A weight class forfeiture that occurs in the individual competition will only affect the individual tournament
- ii. A weight class forfeiture that occurs in the team tournament will only affect the team tournament, however
- iii. A weight class forfeiture in team competition will result in a forfeiture of that weight, or the one immediately above or immediately below, throughout the State Tournament.

B. If the team/individual competition is conducted as a single tournament on the same day, teams and individuals must compete in each weight class for which a wrestler has been certified and/or qualified.

**2. State Tournament:**

A. In the NDHSAA state tournament series, both teams and individuals must compete in each weight class for which a wrestler has been certified and/or qualified.

B. The only exception to this rule would be for illness or injury certified by the tournament physician.

**3. Penalty:**

A. Forfeiture of this weight class or the one immediately above or immediately below, in all succeeding matches in team and individual competition.

**Rosters:**

The maximum dual team roster is 14, plus 3 alternates.

**State Tournament Awards:**

- Four individual team and four dual team trophies will be awarded in A.
- Five individual team and five dual team trophies will be awarded in B.
- Eight individual awards per weight class will be presented.
- Individual awards for members of the champion and runner-up dual teams will be mailed after the tournament.

**Tournament Expense Allowance:**

Team payments will be made at the end of each fiscal year using the approved formula found on the NDHSAA home page, "Team Payment Plan".

**Passes:**

In addition to the qualifying wrestlers, participating schools at the state tournament with 1-5 contestants will be allowed 5 passes and 2 coaches' badges. Teams with 6 or more contestants will receive 7 passes and 2 coaches' badges. Each participating wrestler and cheerleader in uniform (maximum of 8 including mascot of which only a total of FOUR may be on a mat at any one time) will be stamped daily. The passes will be in the team packet and are to be picked up at the weigh-in. If a school requests extra passes, such request will be granted and the cost of an adult season ticket for each pass will be deducted from the school's team payment. Schools not having an entrant in the State Tournament do not receive any passes.

**Tournament Physician:**

The management will attempt to have medical personnel on duty for all sessions of the Tournament. Medical personnel will check for communicable diseases at the weigh-in. As per NFHS Wrestling Rule 8-2-5, "if a physician/medical staff determines an injured wrestler should not continue, even though consciousness is not involved, they shall not be overruled."

**Programs:**

Program rights are awarded to the tournament manager who may sub-contract to other organizations. If sub-contracted, the tournament manager shall be responsible for approving the contents of the program. Materials in the program should be primarily information relative to the tournament, the participating teams, tournament history, NDHSAA history, etc. Tournament programs shall include information supplied by the NDHSAA office. Program advertising shall be in good taste with no ads pertaining to gambling, alcohol, drugs or tobacco. Ads shall not take precedence over tournament or NDHSAA information. The tournament manager keeps any profit realized from programs and is responsible for any deficit.

**Concessions:**

Concession rights are awarded to the host school or building management. Concession merchandise shall be limited to soft drinks, popcorn, candy, coffee, etc. Enterprises tending to exploit students are prohibited. The NDHSAA will provide T-shirts for sale. No other merchandise of this type is allowed.

**Host City Responsibility:**

If provided, hospitality rooms, intermission entertainment, cheerleader supervision and outside bands are the responsibility of the host city.

**Pre-tournament Practice:**

Teams may not practice at the tournament site following the regional tournaments and teams may not practice at the tournament facility once the state tournament has started.

**Artificial Noisemakers:**

Artificial noisemakers must not be used in indoor athletic contests except during pre-game or halftime performances. Exception: megaphones appropriately used by spirit participants on the sideline, floor or court are permitted.” What this means is only cheerleaders can use megaphones, and only to amplify their voices--not pound them on the ground, etc.

**Junior High Regulations:**

1. Each school may set its own date for beginning the season. The season for teams and individuals shall not have more weeks than the high school season and said weeks must be consecutive.
2. Practice sessions shall start at least 9 days prior to the first meet and there shall be at least 9 daily sessions. Individuals must have participated in at least 9 daily practices before competing in an interscholastic contest.
3. Each junior high school wrestler is allowed a maximum of TWENTY-FIVE regular season matches. Violation results in ineligibility of said wrestler for the remainder of the year.
4. Junior high matches shall be 1 minute for the first period and 1 1/2 minutes each for the second and third periods. Ties at the end of regulation will be broken as per the National Federation Wrestling Rules Book.
5. The low weight for each wrestler will be established when he/she weighs in for his/her first inter-scholastic match or exhibition. A copy of that weigh-in sheet should be sent to all schools remaining on the school’s schedule. Wrestlers may not go to a lower weight. Junior high wrestlers need not be “certified” unless they wrestle on a high school team.
6. Junior high wrestlers will be allowed to wrestle junior high and high school all season (may go back and forth) but are allowed no more than two appearances per week. If a third appearance is made, he/she must remain at the varsity level.
7. No wrestler may wrestle in a total number of weeks in excess of the number of consecutive weeks established for the high school season.
8. No growth allowance.
9. No district, region or state meet will be organized by the Board of directors. All competitions shall count toward the season limitations.