

# 2023-24 WRESTLING MANUAL

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## Kansas State High School Activities Association

601 SW Commerce Place | P.O. Box 495 | Topeka, KS 66615  
Phone: 785-273-5329 | Fax: 785-271-0236  
[kshsaa@kshsaa.org](mailto:kshsaa@kshsaa.org) | [www.kshsaa.org](http://www.kshsaa.org)



# AT A GLANCE

## Welcome

The official manual for high school wrestling with information concerning wrestling regulations and management of matches and tournaments.

The purpose of the *Wrestling Manual* is to provide general information for the administration of the KSHSAA wrestling program as well as the regional and state tournaments. A copy has been sent to all registered officials and the principals and wrestling coaches of all KSHSAA schools indicating wrestling participation on the ADM-Winter online entry form. No doubt questions will arise during the regular season, invitational tournaments, and prior to the start of the regional and state series; but we believe many of these questions will be answered by a thorough study of this manual.

Mark Lentz, Assistant Executive Director, [mlentz@kshsaa.org](mailto:mlentz@kshsaa.org)

Bill Faflick, Executive Director, [bfaflick@kshsaa.org](mailto:bfaflick@kshsaa.org)

## Online Forms/Tasks

- ADM-Winter** - Regional Wrestling Tournament Form—DUE to KSHSAA by **October 3**.
- Alpha Weights and Hydration Assessments** DUE to OPC before first practice—Opens **November 6th**.
- Boys and Girls Wrestling **Initial Weight Certification**—DUE to OPC by **December 22**.
- WR-1 and WR-2** - Recommendations for Wrestling Officials for Regional and State Tournaments—DUE to KSHSAA **January 22-29**.
- WR-3** - Girls Regional Wrestling Entry Form and Pass Gate Information—All classes DUE to manager by **Wednesday, February 7, by noon**.
- WR-5** - Boys Regional Wrestling Entry Form and Pass Gate Information—All classes DUE to manager by **Wednesday, February 14, by noon**.
- WR-4** - Girls State Wrestling Entry Form and Pass Gate List—DUE to KSHSAA by **Monday, February 12**.
- WR-6** - Boys State Wrestling Entry Form and Pass Gate List—DUE to KSHSAA by **Sunday, February 18**.

## Projected Calendar Dates

<b>Boys &amp; Girls</b>	<b>SCW</b>	<b>23-24</b>	<b>24-25</b>	<b>25-26</b>	<b>26-27</b>	<b>27-28</b>
Beginning Practice Date	20	11/13	11/18	11/17	11/16	11/15
Earliest Possible Competition	22	11/27	12/2	12/1	11/30	11/29
Regional Tournaments						
Girls (All Classes)	32	2/10	2/15	2/14	2/13	2/12
Boys (6A, 5A)	33	2/16-17	2/21-22	2/20-21	2/19-20	2/18-19
Boys (4A, 3-1A)	33	2/17	2/22	2/21	2/20	2/19
State Tournaments (Girls & Boys)	34	2/22-24	2/27-3/1	2/26-28	2/25-27	2/24-26

# CONTENTS

<b>01</b>	<b>Sports Medicine Guidelines</b>	<b>6-7</b>
	Pre-Participation Physical Evaluation (PPE) .....	6
	KSHSAA Concussion and Head Injury Information Release Form .....	6
	Concussion Management/Kansas Law .....	6
	KSHSAA Recommended Procedures to Consider When Inclement Weather Occurs During a Contest.....	6-7
	SPED Statement .....	7
<b>02</b>	<b>KSHSAA Policy Information</b>	<b>8-11</b>
	Coach/Sponsor CPR/AED Training Requirement .....	8
	Concussion and Head Injury Education Requirement .....	8
	KSHSAA Ejection Policy.....	9
	Rule 52 – Citizenship/Sportsmanship.....	9-10
	The KSHSAA Code of Ethics .....	10
	KSHSAA Pre-Activity Timeout .....	10-11
	Moratoriums.....	11
	Unmanned Aircraft Systems or UAS (Drone Policy) .....	11
<b>03</b>	<b>General Regulations/Provisions</b>	<b>12-21</b>
	Guidelines for Supervision of Interscholastic Athletic Events .....	12
	Responsibilities of Host & Visiting Schools .....	12
	Specific Responsibilities of Host School.....	12-13
	Specific Responsibilities of Visiting School .....	13
	Guidelines for the Public Address Announcer .....	13-14
	Sportsmanship Conduct .....	14
	Rule 52 Violations .....	14
	Official Rules.....	15
	KSHSAA Rule 44 Provisions.....	15
	Middle School/Junior High Provisions .....	15
	Use of KSHSAA Registered Officials.....	16
	Exhibition Match Provisions .....	16
	Wrestler’s Record .....	16
	Forfeits, Defaults, Byes.....	16
	Injury or Illness.....	16
	Match Overtime Procedure .....	17
	Coaches’ & Nonparticipating Team Members’ Conduct .....	17
	Coaches’ Mat Area - Tournaments .....	17
	Cheerleaders .....	18
	Filming or Videotaping Matches .....	18
	Communicable Disease Control.....	18
	Scoring Provisions.....	18
	Tournament Organization .....	19-20
	Tournament Informational Letter .....	20-21
	Tournament Program .....	21
	Tournament Seeding Provisions.....	21

<b>04</b>	<b>Weight Control Provisions</b>	<b>22-26</b>
	General Provisions.....	22
	Hydration Assessments .....	22
	Alpha Weigh-In and Hydration Assessment.....	22-23
	Weight Classes - Senior High.....	23
	Order of Competition.....	23
	Minimum Weights for Weight Classes .....	23
	8 Percent Weight Loss Provisions.....	23
	Certified Weight .....	23-24
	Certification Weigh-In and Hydration Assessment.....	24
	Entering Hydration and Certified Weight.....	24
	Growth Allowance.....	24
	Consecutive Days of Competition Allowance.....	24-25
	Weight Scale Accuracy.....	25
	Senior High School Weigh-In Policy .....	25
	Middle/Junior High School Weigh-In Options.....	25
	Second Day Competition Weigh-In Option.....	26
	Wrestler Inspection.....	26
	Communicable Skin Disease Release Form.....	26
	6th Match Limit - Tiebreaking Procedure (Regular Season) .....	26
<b>05</b>	<b>Regional Tournament Information</b>	<b>27-33</b>
	General Information.....	27
	Tournament Assignments .....	27
	Tournament Schedules.....	27-28
	Tournament Brackets - Trackwrestling.....	28
	Regional Entries .....	29
	Substitutions .....	29
	Regional Seeding Procedures.....	29
	Seeding Criteria.....	29
	Weigh-In Provisions.....	29
	Programs .....	30
	Public Address Announcer .....	30
	Banners and Signs.....	30
	Charitable Contributions and Solicitations.....	30
	Media Broadcasts .....	30
	Webcasting Postseason Contests.....	30-31
	Radio and Internet Audio Broadcast.....	31
	Television.....	31-32
	Live Video Over Internet .....	32
	Referee-Assistant Referee Guidelines.....	32
	Reporting Regional Results.....	32
	Qualification for State Tournament.....	33
	Inclement Weather Policy.....	33

<b>06</b>	<b>State Tournament Information</b>	<b>34-39</b>
	Tournament Locations - Managers .....	34
	Tournament Time Schedule .....	34-35
	Checking Weight .....	35
	Weigh-In Provisions .....	35
	Drill Team - Spirit Group Performances.....	35
	Cheerleaders .....	35
	Wednesday Workouts .....	36
	School Photographers.....	36
	Lodging Accommodations .....	36
	Damage.....	36
	Tournament Brackets - Girls and Boys .....	37-39
<b>07</b>	<b>Tickets</b>	<b>40-42</b>
	Tournament Admission Prices .....	40
	Postseason Ticket Protocol.....	40
	Passes.....	40-41
	Media Contacts - Passes .....	41
	Distribution of Regional & State Tournament Receipts .....	41
	Officials' Fees.....	42
	Allowable Officials' Expenses.....	42
<b>08</b>	<b>Sample Forms</b>	<b>43-47</b>
	Procedures Regarding Bloodborne Pathogens.....	43
	Communicable Disease Control .....	43
	KSHSAA Wrestlers Weight Verification Form.....	44
	Weight Loss Certification Permit.....	45
	Wrestling Weigh-In Form .....	46
	Competition Weigh-In Verification Sheet.....	47
<b>09</b>	<b>NFHS</b>	<b>48-50</b>
	2023-24 NFHS Wrestling Rules Changes.....	48-50
	 <b>Checklist for Tournament Managers.....</b>	 <b>51</b>

# 01 SPORTS MEDICINE GUIDELINES

## Pre-Participation Physical Evaluation (PPE)

No student is eligible to represent any school team (in practice and games) until there is on file with the superintendent or principal a statement (physical form) certifying that the student has passed an adequate physical examination and is physically fit to participate. The form must be signed by any of the following licensed health care providers: a physician, a chiropractor, a physician assistant (PA) or an advanced practice registered nurse (APRN). The statement (form) must also be signed by a parent or legal guardian, stating the student has permission to participate. The physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable.

## KSHSAA Concussion and Head Injury Information Release Form

This form must be signed by all student-athletes and parent/guardians before the student participates in any athletic or spirit practice or contest each school year.

## Concussion Management / Kansas Law

Below is a summary of our recommendations to our member schools to comply with the state law and the NFHS playing rule. A complete and detailed version can be found on the KSHSAA website in the sports medicine and safety section.

1. If concussion consistent signs or symptoms are observed in an athlete, the athlete should be immediately removed from the practice or contest.
2. The athlete should not be allowed to return to any practice or contest until written clearance is obtained from a health care provider (MD or DO).
3. The KSHSAA and the NFHS strongly recommend the athlete not be allowed to return to the practice or contest the same day the concussion consistent signs or symptoms were observed.
4. A gradual return-to-play protocol should be followed before the athlete is allowed to return to unrestricted participation in their sport.
5. The signed concussion and head injury information release form must be on file with the school.
6. Be sure all of your coaches view the free online course from the *NFHS: Concussions in Sports, What You Need to Know*. This course can be accessed through the sports medicine and safety section of our website or directly through [www.nfhslearn.com](http://www.nfhslearn.com). Schools may choose to use this course in group settings with parents, students or with school staff at in-service meetings.

## KSHSAA Recommended Procedures to Consider When Inclement Weather Occurs During a Contest

The safety of athletes (participants), spectators, coaches/directors, school personnel and all others present at an athletic contest must be the first and foremost concern of contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist or severe weather is anticipated, the following should be considered:
  - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
  - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.

- c. If a TORNADO WATCH has been issued, the host team building administrator and the head contest official will notify coaches, school administrators and, if applicable, the individual responsible for public address announcements that the possibility of abrupt suspension of play exists.
  - d. If a TORNADO WARNING has been issued, the contest should be suspended immediately. Participants, spectators and all personnel involved with the contest will be advised to “take cover.” The procedure will be announced, when available, over the public address system.
  - e. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for 30 minutes and take shelter immediately.
    - Thirty-minute rule: Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed before resuming play.
    - Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
    - At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
  - f. If any other life-threatening condition occurs, play should be suspended immediately and predetermined directions to safe locations will be announced.
2. When a suspension of a contest occurs, the following should be considered:
    - a. If the suspension is 45 minutes or greater, resuming at a later date should be considered.
    - b. When it appears that weather conditions are no longer a threat to the safety of participants, spectators or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue. If any administrator or the head contest official casts a negative vote for play to resume, the suspension should continue.
    - c. If play is to be resumed, contestants will be given at least a 15 minute warm-up period prior to competition.

## **Statement on Performance Enhancing Drugs and Nutritional Supplements**

In order to promote the health and safety among all student-athletes, reduce health risk, maintain ethical standards as well as reduce liability risk, students should not use any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement. All school personnel, including coaches and school nurses, should never recommend the use of any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement.

School personnel should not dispense or administer any drug, medication (over-the-counter or prescription) or nutritional supplement, unless the student-athlete is under the direct care of a licensed health professional, licensed to practice in the state of Kansas and practicing within their scope of practice as defined by the Kansas Board of Healing Arts, and only as prescribed.

We recommend that coaches, athletic directors, nurses and other school personnel develop strategies that address the prevalence and growing concerns of using any drug, medication or nutritional supplement for the purpose of performance-enhancement. Athletes should be encouraged to pursue their athletic goals through hard work, appropriate rest, proper hydration and good nutrition, not unsubstantiated shortcuts. School personnel, coaches and parents should allow for open discussion about dietary supplement use, and should strongly encourage obtaining optimal nutrition through a well-balanced diet.

*(adopted by the KSHSAA Sports Medicine Advisory Committee and Executive Board, April 2017)*

## KSHSAA Coach/Sponsor CPR/AED Training Requirement

Per KSHSAA Board Handbook **Rule 10-1-9**: Any person serving in the role of a head or assistant sport coach/aide or a head or assistant activity sponsor/aide in a KSHSAA member school shall be certified or trained in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) administration.

### Components of the rule are as follows:

1. Following an initial 30-day grace period from the start of the season, personnel are not eligible to work as a coach or sponsor for their school until proof of completion of CPR/AED training is on file with their school.
2. Every coach/sponsor must complete CPR/AED training every two (2) years.
3. The training shall be coordinated by a certified CPR instructor.
4. Online only training courses are not accepted.
5. There must be a hands-on educational component to the training process.
6. On an annual basis by activity, a school administrator must acknowledge through the KSHSAA website that each coach/sponsor is currently trained in CPR/AED administration. To acknowledge rule compliance, a school administrator should login to the KSHSAA website and go to the Coach/Sponsor Requirements page. Select the activity and enter the date of CPR/AED training next to each coach/sponsor name. If you do not see the coach/sponsor listed, add that person through the Update Directory process online. All head and assistant coaches/sponsors should be listed for every activity!

### Training could be obtained from the following organizations:

- American Heart Association
- American Red Cross
- American Safety & Health Institute / Medic First Aid
- National Safety Council

### Potential sources for locating a certified CPR instructor:

- School nurse
- School/community athletic trainer
- Local emergency personnel: EMTs, firefighters, police officers
- Community hospital
- Contacting the organizations listed above

## Concussion and Head Injury Education Requirement

On an annual basis and PRIOR to the first practice of the season, ALL coaches, student participants and school administrators responsible for event coverage are required to complete a concussion education program. This requirement includes cheer and dance sponsors and participating students. Students and coaches involved in more than one sport only need to complete this training one time each year. It is recommended the program be completed prior to the start of practice during preseason team meetings or coaching in-service. Schools may choose to utilize the free "Concussion in Sports" and the "Concussion for Students" courses found at [www.nfhslearn.com](http://www.nfhslearn.com).



# KSHSAA Ejection Policy

## Requirements for Ejected Coaches

Coaches who are ejected from a contest (at all levels grades 7-12) are required to complete the NFHS *Teaching and Modeling Behavior* course prior to coaching in their next game. (The course fee is \$20 and can be completed in one hour.) The next game is defined as the next regularly scheduled day of competition. In addition, the school administrator is responsible to provide the KSHSAA administrator a copy of the coach's certificate of completion of the online course. The coach may print this as the final step on the online course. Recurring ejections result in a requirement to repeat the course.

## Requirements for Ejected Players

Any player ejected from a contest at any level of play (grades 7-12) for unsporting conduct or behavior will be required to successfully complete the free *NFHS Sportsmanship Course* online, prior to the KSHSAA and school reinstating his/her eligibility privileges. The school principal or athletic director is responsible to oversee compliance of this requirement. There is no cost for the course which takes approximately 20 minutes to complete. Schools are not required to submit the student's certificate of completion to the KSHSAA but should retain it on file.

## Ejection Policy for Player, Coach, Spectator Involving an Official

Any participant (player, coach, spectator) who is ejected for making contact with an official, who is ejected for unsporting behavior directed toward an official, or who negatively confronts an official following a contest, shall be subject to a non-appealable suspension from the next contest at that level and for all contests at any level (in that activity) until the suspension has been served. Local school leadership may levy additional sanctions as they deem appropriate.

The KSHSAA staff reviews all ejection reports.

**NOTE:** The requirement for all ejected students to complete the *NFHS Sportsmanship Course* and the requirement for all ejected coaches to complete the *NFHS Teaching and Modeling Behavior* course prior to being reinstated remains in effect.

# Rule 52 - Citizenship/Sportsmanship

**INTRODUCTION**—The effective American secondary school must support both an academic program and an activities program. We believe that these programs must do more than merely coexist—they must be integrated and support each other in “different” arenas. The concept of “sportsmanship” must be taught, modeled, expected and reinforced in the classroom and in all competitive activities. Therefore, all Kansas State High School Activities Association members stand together in support of the following sportsmanship policy.

**PHILOSOPHY**—Activities are an important aspect of the total education process in the American schools. They provide an arena for participants to grow, to excel, to understand and to value the concepts of SPORTSMANSHIP and teamwork. They are an opportunity for coaches and school staff to teach and model SPORTSMANSHIP, to build school pride, and to increase student/community involvement; this ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of SPORTSMANSHIP for our youth as respected representatives of society. **Sportsmanship is good citizenship in action!**

**ALL ACTIONS are to be FOR, NOT AGAINST; POSITIVE, NOT NEGATIVE or DISRESPECTFUL!**

### Section 1: General Regulations (apply to grades 7-12)

**Art. 1:** SPORTSMANSHIP is a general way of thinking and behaving. The following sportsmanship policy items are listed below for clarification:

- a. Be courteous to all (participants, coaches, officials, staff and fans).
- b. Know the rules, abide by and respect the official's decisions.
- c. Win with character and lose with dignity.
- d. Display appreciation for good performance regardless of the team.
- e. Exercise self-control and reflect positively upon yourself, team and school.
- f. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

**Art. 2: Enforcement Procedure:**

- a. It is encouraged and recommended by the Kansas State High School Activities Association that local boards of education adopt these regulations and reinforce them as indicated herein.
- b. The Executive Board of the Kansas State High School Activities Association shall be responsible for the interpretation of these regulations, including “desirable and unacceptable behavior” and shall publish them in the association’s *Citizenship/Sportsmanship Manual*.

## **The KSHSAA Code of Ethics for Coaches, Directors, Aides, Adjudicators, Judges and Officials**

Believing that mine is an important part in the nationwide school activity program, I pledge to act in accordance with these principles:

1. I will honor contracts regardless of possible inconvenience or financial loss.
2. I will study the rules, observe the work of other coaches, directors, adjudicators, judges, or officials and will, at all times, attempt to improve myself and the activity.
3. I will conduct myself in such a way that attention is drawn not to me but to the young people participating in the contest.
4. I will maintain my appearance in a manner befitting the dignity and importance of the activity.
5. I will cooperate with the news media in the interpretation and clarification of rules and/or other areas relating to good sportsmanship, but I will not make statements concerning decisions made during the contest.
6. I will uphold and abide by all rules of the KSHSAA and the National Federation.
7. I will shape my character and conduct so as to be a worthy example to the young people who participate under my jurisdiction.
8. I will give my complete cooperation to the school which I serve and to the KSHSAA which I represent.
9. I will cooperate and be professional in my association with other coaches, directors, adjudicators, judges or officials and will do nothing to cause them public embarrassment.
10. I will keep in mind that the contest is more important than the wishes of any individual.
11. I will make responsible decisions about consumption of alcohol, including abstinence from alcohol at least 12 hours prior to a contest in which I will be involved.
12. I will not use tobacco or e-cigarette products while directly involved in interscholastic activities.

## **KSHSAA Pre-Activity Timeout**

Purpose: As a proactive communication measure, schools are expected to designate a time prior to the start of any interscholastic contest to share event critical information with stakeholders. The following information should be shared/reviewed prior to the first contest at each location:

1. Introduction of home and visiting administration on duty (identify primary point of contact).
2. Identify the location of athletic trainer(s) or other qualified medical professionals.
3. Identify the location of the AED(s).
4. Identify emergency entrance/exits for the facility.
5. Identify the storm shelter location and communication plan for evacuation.
6. Identify the rapid body cooling plan (location of cold water immersion tub).
7. Identify the communication plan for leadership.
8. Identify the communication plan for respective groups (students, coaches, fans).
9. Identify any special events or concerns relative to the event.

These nine items are to be reviewed prior to the event by the ranking school leader of every school involved in the contest. Each participating school is to be represented in this pregame meeting. If an administrative representative is not in attendance, this responsibility belongs to the head coach.

**HAVE A PLAN. COMMUNICATE YOUR PLAN.**

## Moratoriums

### Fall Athletic Buffer Week - November 6-12, 2023

**Art. 1:** There shall be no athletic practice, offseason conditioning, informal basketball shooting, working out on wrestling mats, etc., in **school-owned** facilities during the Fall Athletic Buffer Week, commencing on Monday of Standardized Calendar Week (SCW) #19, through Sunday, SCW #20. Athletic activities of this nature may not be held under the supervision of a school staff member in non-school facilities. This means a **moratorium** on all school-sponsored **athletic** activities during this week.

Gymnasiums shall not be open to the students during the Fall Athletic Buffer Week for the purpose of shooting baskets, working out with weights, etc., **outside of school hours**. Noon hour and physical education classes are considered part of the school day.

### Winter Moratorium - December 24 - 28, 2023

**Art. 1:** The Executive Board shall establish a consecutive five-day period (including December 25) where there shall be no school practice or interscholastic contests or activities.

- a. There shall be no interschool activities.
- b. There shall be no staff members present for any interscholastic activities.
- c. There shall be no staff members present for any interscholastic activity practice in activities under the jurisdiction of the KSHSAA.

**Art. 2:** There shall be no group interscholastic activity practice either on or outside school premises under supervision of school employees.

### Summer Moratorium - July 1-7, 2024

**Art. 5:** The Executive Board shall establish a consecutive seven day period (including July 4) where there shall be no school related athletic activities. During this time, coaches (licensed teacher coaches and coach aides employed by member schools) shall be prohibited from engaging in any type of activity involving student athletes whether it be practice, training, weight lifting, conditioning, competition or travel.

All member school athletic facilities will be closed during this period to school personnel and students grades 7-12. If member school athletic facilities also serve as non-school community recreation facilities, these facilities may remain open during the moratorium so long as no school teams are playing and no school coaches are coaching the teams/individuals. During this one week dead period, students may attend camps or competitions but may not do so with their school coaches.

## Unmanned Aircraft Systems or UAS (Drone Policy)

Unless granted special permission by the KSHSAA Executive Director, the use of drones (UAS) for any purpose is not permitted at any KSHSAA state tournament or postseason game or event. This prohibition applies to all fields of play, courts, arenas, mats, gym floors or pools and includes a ban on the entire facility being used as part of the KSHSAA event, including the spectator areas and parking areas. During the regular season, member schools should have a drone policy. At no time should a drone be on or over the field of play during the game, even if the school policy permits the use of drones during the regular season.

# GENERAL REGULATIONS AND PROVISIONS

## Guidelines for Supervision of Interscholastic Athletic Events

### Administrators and Coaches — VERY IMPORTANT

The KSHSAA requests that you take an opportunity to remind all representatives of your school about the **importance of proper behavior and conduct**. Also, please relay this information to the fans from your community. A positive approach prior to contests with hopes of preventing any undesirable behaviors, rather than the necessity for penalty after adverse situations have occurred, will result in a more pleasant atmosphere. The Association feels that with proper guidance, the conduct of our high school boys and girls can be a tribute to the overall educational and activities program throughout Kansas. The following “Guidelines for Supervision of Interscholastic Athletic Events” is very explicit in the responsibilities of hosting an athletic contest. It is placed in this manual to benefit all involved regarding the expectations of the KSHSAA concerning the sportsmanship that must surround any wrestling contest.

### Responsibilities of Host and Visiting Schools

1. The administrators of both schools are responsible for the general organization, management and supervision of student bodies and crowds before, during and following each event, with the home school assuming the major role.
2. Communicate prior to the contest information concerning visitors parking area, entrance and exit locations for fans, seating sections, etc.
3. Provide adequate supervision prior to and during each contest, to continue until at least a half-hour after the contest, or until all groups have dispersed.
4. It is recommended those staff members representing the participating schools for the purpose of contest administration and/or supervision meet prior to the contest. They should introduce themselves to the officials prior to the contest and let them know where they will be located during the contest.
5. Faculty supervisors or adults delegated by the school administrators should carry some type of identification.
6. The conduct of coaches is the single most important factor in crowd control. They are professional educators and must control themselves under stress in order to set the proper example for the immature students on their teams, student body and the heterogeneous combination of spectators in the stands. It is not enough to be professional only when there is no pressure. Coaches are usually the stabilizing influence in an emotionally charged situation, and they must assume this important responsibility. Also, they must recognize that the future of high school athletics is more important than winning or losing the match.
7. **Alcoholic beverages and tobacco products are prohibited.**
8. Any person, school personnel or otherwise, who commits assault and/or battery against students, school employees or match officials shall make amends to the offended person or persons, and the Executive Board of the KSHSAA shall be satisfied that the public interest does not require prosecution or further disciplinary action. Unless the person or group has made amends to the offended person or persons, then charges should be filed. It is the host school's responsibility to file such charges. Ordinary order and discipline at interscholastic events should be enforced by prosecution and action in the courts. (*See new KSHSAA Ejection Policy*)
9. Administrators and supervisors shall see that **spectators are not permitted** to assemble around the edge of the court or mat prior to or at the conclusion of a match.

### Specific Responsibilities of Host School

(*See also “Responsibilities of Host and Visiting Schools”*)

1. Notify visiting school of reserved parking spaces for buses, specific entrance and exits to be used by team and student body, match time, and other important items necessary to conduct the contest.
2. Designate specific seating locations for visiting and host schools.
3. Provide adequate police and faculty supervision, to begin at least a half-hour prior to the starting time and end when all groups have dispersed. Explain to them and all fans that the playing floor and mat are to remain free of spectators prior to and after the contest.

4. School officials should give specific directions to hired policemen. **Do not assume that they understand their responsibilities.** Place them on a staggered schedule so that all will not arrive and leave at the same time. It may be necessary to have only a small number present prior to match time, with more as the contest progresses and is concluded.
5. Reserved parking locations should be set aside for the match officials, and they should be notified of the location prior to their departure for the contest site.
6. Provide two adult chaperons or security personnel to escort officials to and from their dressing facilities, the mat area and to their cars following the conclusion of the competition.
7. The officials' dressing quarters are private. **No one should be admitted**, including personnel from the host school. Use **No Admittance** signs (**Form O**) from the online *Entry Forms* to ensure privacy.
8. Make arrangements to accept and deliver emergency messages.
9. Have available or on call, an ambulance and medical assistance.
10. Report any unusual incidents or developments to the KSHSAA immediately.

## Specific Responsibilities of Visiting School

*(See also "Responsibilities of Host and Visiting Schools")*

1. An administrator and adequate faculty or adult supervisors should be present at each contest in order to supervise their own students and adult fans. Prevent unsportsmanlike behavior prior to, during and after the contest. Explain to your fans prior to going to the tournament site, they are not to be on the floor prior to or after the contest.
2. See that all bus drivers and delegated drivers are informed of the special parking locations provided by the host school.
3. Inform all student spectators and the team of proper entrance and exit locations.
4. See that supervision is available prior to the arrival of your spectators and until all groups have dispersed.
5. Report any unusual incidents to the host school administration immediately.
6. Give complete cooperation and assistance to the host school when it is necessary to file charges against any individuals causing a disturbance.

## Guidelines for the Public Address Announcer

The announcer is a key figure and carries a great responsibility. **What they say, and the way it is said, will influence the crowd.** They may find it necessary to make special announcements in case of emergencies. The following items will assist announcers in doing their job with excellence:

1. Be impartial. Announce the match with no show of favoritism.
2. Use proper language at all times.
3. Be enthusiastic but calm.
4. Don't anticipate or second guess calls by the officials.
5. Be familiar with the entire gymnasium area so calm directions can be given in an emergency. Serious situations can often be avoided if the announcer will caution the crowd against coming onto the court or mat area, throwing things, etc.
6. No one except those in charge of the event may use the public address system. The announcer is responsible for what is said over the public address system.
7. Do not criticize officials' decisions, directly or indirectly.
8. Announce convenient routes for leaving the gymnasium and caution the crowd to drive carefully.
9. Advise the crowd to remain for post-contest awards if this is a part of the program.
10. The public address announcer should be aware that good sportsmanship is a very important part of interscholastic activities and they can play an important role in its encouragement.

**The following is presented as a possible announcement to be read before any interscholastic contest:**

“Activity programs at (name) High School are primarily for the student participants. The purpose of this activity is to provide positive learning experiences and opportunities for personal growth of the participants. We are pleased to host our guests from (name) High School. This competition is being conducted according to the rules of the Kansas State High School Activities Association. Cheerleaders, officials and spectators can (and are expected to) assist in the promotion and achievement of good sportsmanship ideals by taking personal responsibility for keeping this contest at a high level of fair, clean, wholesome competition. Good luck to both teams!”

## Sportsmanship Conduct

**Each administrator and coach whose school participates in an interscholastic event is charged with the important role of teaching the highest principles and standards of general behavior. The school administration should never overlook any opportunity to remind and emphasize tactfully the need and value of proper respect of the opponents with regard to their organized cheering activities; the decisions of the match officials; and the importance of desirable and proper conduct both at home and away.**

**Sportsmanship addresses the following:**

1. Be positive, not negative.
2. Don't put down your opponents with trash talk and gestures. Instead be positive with remarks for your team.
3. Compete within the rules, don't expect an unfair advantage.
4. Compete for the fun, experience and educational value of competition, and of course, compete to win.
5. **Win with humility and respect for your opponent, lose with dignity and respect your opponent.**

**Citizenship/Sportsmanship Rule 52-1-1c** prohibits victory celebrations in the mat area at the conclusion of a contest for the following reasons:

1. Allows the participants and coaches of the teams to shake hands at the end of the contest.
2. Safety of the participants.
3. Avoids confrontation between winning and losing fans, cheerleaders and wrestlers.
4. Preserves a spirit of citizenship and sportsmanship.
5. Allows awards, where appropriate, to be presented within a reasonable period of time.
6. Protects the time schedule of contests which are followed by subsequent contests on the same mat.
7. Protects the mat surface.

**Public address announcers are to give reasons for requesting cheerleaders and fans to remain off the mat at the end of a contest.**

## Rule 52 Violations

Violations of the Code of Ethics, KSHSAA Rules and Regulations, or Citizenship/Sportsmanship **Rule 52** by member schools and/or individuals shall be subject to review and consideration by the KSHSAA.

- Action may result in the form of a reprimand, probation or suspension of the school and/or individual depending upon the degree of the violation.
- If a member school is not willing to impose disciplinary measures acceptable to the KSHSAA, a hearing (informal or formal) will be held and restrictions imposed by the KSHSAA.
- Schools/coaches are encouraged to use Form S to call attention to unusual situations, immediately following the contest. This form is to be submitted to the KSHSAA (login to [www.kshsaa.org](http://www.kshsaa.org)>Entry Forms>Yearly-Letter Forms>Form S).
- If a problem is severe, the KSHSAA should be notified by telephone so the situation can be followed up on immediately.

## Official Rules

The *National Federation Wrestling Rules Book*, with state modifications, shall serve as the official rules for high school wrestling in interscholastic competition involving KSHSAA member schools.

### KSHSAA Rule 44 Provisions

Specific rules applying to interscholastic wrestling in Kansas are contained in **Rule 44** as found in the *KSHSAA Handbook*, the *2023-24 KSHSAA Wrestling Manual*, the National Federation of State High School Association (*NFHS Wrestling Rules Book*) and interpretations of KSHSAA and NFHS rules. Provisions of **KSHSAA Rule 44** as to events and competition points apply only to school team competitions that take place during the “regular” school season (the season prior to the state tournament series). The regional tournament is a qualifying tournament for the state tournament, and for purposes of administration shall be considered one “state tournament series.”

Senior high school practice and competition must be confined within the dates of November 13, 2023 and the state championship tournaments, February 22-24, 2024.

**Section 2, Art. 6: No student representing a member high school shall participate in more than 18 events and no more than 30 competition points during a season, exclusive of the state championship series.**

Dual	1 point
Double Dual	2 points
Multi-Team Event	2 points

Note: No team scores, medals or placings awarded. The wrestler is limited to three (3) matches.

Quad (Triple Dual)	3 points
One-Day Tournament	3 points
Two-Day Tournament	4 points

**NOTE:** Schools may participate in no more than two (2) events (any combination of double dual, quad [triple dual] and/or one-day tournaments) that begin before 3 p.m. Two-day tournaments shall be scheduled on Friday and Saturday.

Each wrestler is limited to six (6) (**New**) matches per day. No contestant shall wrestle in more than 10 matches in a two-consecutive day period. Each wrestler is required to have 30 minutes of rest between matches.

### Middle School/Junior High Provisions

Middle/junior high school provisions are contained in **Section 3 of Rule 44**.

**Section 3, Art. 1: No student shall participate in more than eight (8) events and no more than 18 competition points during a season.** (*The rule goes on to identify the various competition points for the events a student may participate in during the season.*)

Dual	1 point
Double Dual	2 points
Multi-Team Event	2 points

Note: No team scores, medals or placings awarded. The wrestler is limited to three (3) matches.

One-Day Tournament	3 points
Two-Day Tournament	4 points

Each wrestler is limited to six (6) (**New**) matches per day. No contestant shall wrestle in more than 10 matches in a two-consecutive day period. Each wrestler is required to have 30 minutes of rest between matches.

**Art. 2:** Provides for a number of weight divisions for 7th and 8th grade wrestlers. The weight divisions may or may not be the ones used during competition. At this level, schools may alter the divisions according to the weights of the students in the competition (75 lbs., 80 lbs., 85 lbs., 90 lbs., 95 lbs., 100 lbs., 105 lbs., 110 lbs., 115 lbs., 120 lbs., 127 lbs., 134 lbs., 141 lbs., 148 lbs., 155 lbs., 165 lbs., 180 lbs., 215 lbs., 265 lbs).

**Art. 3:** The maximum length of wrestling periods for seventh and/or eighth grade wrestling shall be:

*1st period - 1 minute, 2nd period - 1-1/2 minutes, 3rd period - 1-1/2 minutes. Consolation round periods will each be 1 minute in length.*

*For matches that go into overtime, the same overtime procedure as prescribed by the NFHS Rules Book will be used.*

## Use of KSHSAA Registered Officials

KSHSAA regulations require that all wrestling officials be registered. They will receive the rules book from the KSHSAA, be required to complete the National Federation examination, and attend a mandatory KSHSAA officials meeting. It is also mandatory that all officials wishing to be considered for postseason tournament assignment attend two KSHSAA area supervisor meetings. Detailed information can be found in the *KSHSAA Officials Handbook*.

## Exhibition Match Provisions

“Exhibition Matches” are interscholastic matches conducted for the purpose of providing additional competitive matches for school team members of school squads participating at a regularly scheduled event. Exhibition matches are to be conducted only during regular season, school scheduled, team competitions. Exhibition matches do not count toward team score. However, it is **interscholastic competition**; therefore, the wrestler must be eligible and the match must count toward the wrestler’s number of allowable events and competition points. Further, exhibition participants must follow all wrestling rules and regulations, which include participating in the **official weigh-in and making weight** according to the NFHS rules and any applicable KSHSAA policies/modifications.

## Wrestler’s Record

The code of ethics and creed for wrestling coaches contains clear guidelines that the KSHSAA expects all coaches to adopt and to follow. Coaches should expect wrestlers who are qualified to compete to wrestle any and all competitors in their weight class according to and under the KSHSAA and National Federation rules. Coaches should not condone or approve of any wrestler forfeiting a match in order to avoid wrestling a particular opponent.

**In determining the wrestler’s record for seeding purposes, actual match competition and forfeits should be included. Byes should not be included. Coaches should be prepared to provide documentation of each wrestler’s record at the regional seeding meetings.**

## Forfeits, Defaults and Byes

**FORFEIT**—In a dual match, a forfeit is received by a wrestler when their opponent, for any reason, fails to appear for the match. In order to receive the forfeit, the wrestler must have made weight, be dressed in a wrestling uniform and appear on the mat.

In a tournament situation, once a wrestler has made weight and appears on the bracket, if for any reason the wrestler fails to appear for a match, it is a forfeit. In order to receive the forfeit, the opponent shall have made weight, be dressed in a legal wrestling uniform and shall appear on the mat. A forfeit shall eliminate a contestant from further competition in a tournament.

**EXCEPTION (Medical Forfeit):** When the forfeit is because of an injury or illness which occurred during the tournament, the tournament director, in consultation with available medical personnel and the coach of the injured contestant, shall determine the contestant’s ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default or forfeit for scoring purposes shall be considered by the tournament director. A competitor who is injured in a match and because of this injury is unable to compete in their next match is not to be denied the opportunity to place in a tournament and score points for their team (**Rule 10-2-4**). Therefore, if the injured wrestler is allowed by the tournament manager an opportunity to place by forfeit, the wrestler does not need to appear on the mat. (*NFHS Casebook Situation 10.2.4 and 10.2.5.*)

**DEFAULT**—A default may be awarded only after the match has begun. (**Rule 5-7**)

**BYE**—Failure to weigh-in, or failure to make weight constitutes a bye. A bye is awarded immediately, and the opponent need not be present to receive it. For the regional tournament, weighing in and making weight places the wrestler’s name on the tournament bracket. Failure to participate in the official weigh-in, or failure to make weight is a bye. (**Rule 5-3**)

## Injury Or Illness

If a competitor is rendered unconscious, they shall not be permitted to continue after regaining consciousness without the written approval of a physician. If a physician recommends an injured wrestler not continue, even though consciousness is not involved, the physician shall not be overruled.



## Match Overtime Procedure (Rule 6-7)

**Art. 1...**When the contestants are tied at the end of the three regular periods, they will wrestle overtime. Overtime will consist of a one-minute sudden victory period, and if needed two 30-second tiebreakers. If the score remains tied at the end of the two 30-second tiebreakers, a 30-second ultimate tiebreaker shall take place. The procedure will be:

- a. no rest between the regulation match and the sudden victory;
- b. wrestlers in the neutral position;
- c. the wrestler who scores the first point(s) will be declared the winner; if no winner is declared by the end of the sudden victory, then the following procedure will be used;
  1. two 30-second tiebreakers will be wrestled to completion and score kept as in the regular match;
  2. the referee shall flip a disk to determine which wrestler has the choice of starting position for the first tiebreaker;
  3. the wrestler who has choice in the first tiebreaker may select top, bottom or defer the choice to the opponent;
  4. at the conclusion of the first 30-second tiebreaker, the opponent will have the choice of top or bottom;
  5. whichever wrestler has scored the most points in the two 30-second tiebreakers will be declared the winner;
  6. if the score is tied at the end of the two 30-second tiebreakers; the choice of position for the ultimate tiebreaker will be granted to the wrestler who scored the first point(s) in the regulation match (first three periods of the match); the wrestler whose opponent has received an unsportsmanlike conduct penalty at any time during the match will have the choice of position. The unsportsmanlike conduct penalty will supersede the first points scored in the regulation match; if no points are scored in the regulation match, a flip of the disk shall determine the wrestler who has the choice; points for double-stalling or simultaneous penalties shall be considered as no points for the purpose of the tiebreaker (choice);
  7. the wrestler who has choice may select top, bottom or defer the choice to the opponent;
  8. the wrestler who scores the first point(s) during the ultimate tiebreaker will be declared the winner. If no scoring occurs during the ultimate tiebreaker, the offensive wrestler will be declared the winner and one match point shall be awarded to the offensive wrestler's score.
- d. a fall terminates the match.

**Art. 2...**Overtime is an extension of the regular match. All points, penalties, cautions, warnings, timeout and injury time will be cumulative throughout the regular match and the overtime period.

**Art. 3...**If the points earned in the sudden victory or ultimate tiebreaker involve a takedown or reversal straight to near-fall criteria, the match shall continue until the near-fall or fall situation has concluded.

## Coaches' & Nonparticipating Team Members' Conduct

Coaches are restricted to the bench while the clock is running and during normal out-of-bounds and resumption of wrestling. During this time, the coach may walk behind the team bench to encourage his wrestler or, when necessary for the team bench to be located in the bleachers, walk in front of the team area, parallel to the bleachers. The coach may approach the officials' table to request the match be stopped to discuss possible misapplication of a rule. The coach may move toward the mat only during the charged timeout or at the end of the match.

Coaches and all team members should be aware of the penalty provisions as explained in the *NFHS Wrestling Rules Book* under **Rules 7 & 8**. **All coaches and team members are expected to abide by and follow the provisions of the rules.** Officials are expected to enforce the rules and to penalize any coach or team member that violates the rules.

## Coaches' Mat Area - Tournaments

Coaches should adhere to the provisions that during tournament competition, **a maximum of two team personnel (coaches and/or nonparticipating contestants) will be permitted on chairs at the edge of the mat.** Coaches shall be seated at least 10 feet from the officials' table where facilities permit.

## Cheerleaders

All cheerleaders and pep clubs are to remain in the areas designated by the tournament manager and never closer than 10 feet to the wrestling mat. Cheerleaders are never to be at the edge of the mat.

## Filming or Videotaping Matches

Video recording is authorized by NFHS rules. Coaches, fans, managers, etc., may not show athletes video recording during live competition on the mat. Viewing is permitted during injury/blood time and at the conclusion of the match for the purpose of education. No school can videotape a match that does not involve one of their wrestlers. The only exception would be the state championship finals.

## Communicable Disease Control

### *(proper cleaning of wrestling mats and handling blood and other body fluids)*

Wrestlers should follow good health habits, including diet and hygienic practices. Clean mats daily and have readily available the proper means of cleaning up and disposing of body fluids. If the transmission of communicable diseases is going to be controlled, the issue of prevention needs to be addressed in the practice room as well as in competitive situations.

In order to control communicable diseases, **practice and competition mats must be cleaned prior to each use.** Cleaning immediately prior to use is recommended. Disinfecting of mats should be accomplished with a mixture of 100 parts water to 1 part chlorine bleach (the equivalent of 1/4 cup chlorine bleach to each gallon of water or one tablespoon of chlorine bleach to each quart of water) or with a commercial product designed to inactivate most viruses, including HIV.

Emphasize sanitary habits among your wrestlers and coaches! Provide sanitary stations near each mat with the following articles: disposable tissue, mat disinfectant, trash bag(s), spit bucket (five-gallon bucket lined with a disposable trash bag) and individual wet and dry towels or disposable tissue.

First aid stations must be kept sanitary throughout the match/tournament.

Instruct your wrestlers and coaching staff **NOT to use another person's towel**, especially in the case of bleeding. Used towels should be disposed of immediately in a trash bag. Disposable towels are preferred.

**Properly trained persons should be responsible for treating open wounds or stopping bleeding.** These persons should have disposable gloves available. If a wrestler sustains a minor bleeding problem (most bleeding problems in wrestling result from minor injuries in the nose area), the match should be stopped, the bleeding stemmed, and any blood on the mat should be wiped off using a disinfectant solution. This same solution should be used to wipe any blood off the opponent's skin, the official, or anyone else in contact with the blood.

**Host schools** should provide someone who has been properly trained to handle situations involving blood on any part of the facility.

**Participating schools** should handle the cleanup of blood from their own athletes and use proper precautions including rubber gloves and disinfectants.

**Officials should not be involved with cleanup of blood from playing surfaces or athletes.**

## Scoring Provisions

All matches, meets and tournaments will be scored under the provisions of NFHS rules as found in the *Wrestling Rules Book*.

In tournaments, individual placement points shall be awarded as soon as earned. Placement points already earned shall be deducted in case of forfeit (other than injury) or disqualification from the tournament.

## Tournament Organization

It takes many hours of work to conduct a successful tournament. The necessary details and extensive planning can be made easier if the tournament manager organizes his/her procedures and plans ahead.

The following checklist has been prepared as a guide for the tournament manager:

1. Reserve the gymnasium for the date of the tournament. Place tournament on the calendar of events as soon as possible to avoid conflicts.
2. Determine the number of wrestling mats needed from the number of teams entered in the tournament.
  - a. Two wrestling mats are adequate for as many as 10 or even 11 teams. **Three wrestling mats are desirable if 12 or more complete teams are competing.**
  - b. Each wrestling mat should have a circular wrestling area of not less than 28 feet in diameter with **five feet of side mats completely surrounding the wrestling area in either case.**
  - c. Arrange to borrow mats from nearby schools if necessary.
  - d. Arrange for table help and make sure you have two stopwatches per table.
3. Publicize the tournament via local media, social media and printable flyers. Several flyers may be sent to each of the coaches of participating schools for further distribution.
4. Check your scales for accuracy by using a certified 50-pound weight.
5. Plan dressing room assignments for the visiting teams as equitably as possible.
6. Green and red leg bands shall be provided for contestants as stated in the rules. This is very helpful to table officials and spectators for identification, particularly when two or more schools have the same or similar colored uniforms. Assign someone to each mat to be in charge of leg bands. Red and green leg bands may be worn on either or both legs.
7. Arrange to start the tournament with the playing/singing of the National Anthem.
8. If your school has been selected as the site for a regional tournament, you should arrange for a suitable place for a “seeding” meeting of participating coaches. The regional tournament seeding meeting shall be scheduled during the week of the regional tournament. **Regional seeding meetings may take place via conference call. Time and place will be set by tournament manager in order that there will be minimum loss of instructional school time.** (See Section 05 for Details and Procedures to Follow at the Seeding Meeting.)
9. Provide a team scoreboard large enough for all spectators to see from their seats in the gymnasium.
10. The rules book states that all scoring must be kept in view of spectators, contestants and coaches. To satisfy this requirement you should arrange for a wall scoreboard (basketball score clock) or visible scoreboard for each mat.
11. Send an “Information Letter” to all participating teams.
12. Plan carefully for the seating of spectators, cheerleaders, coaches and contestants. All personnel, other than actual participating contestants, shall be restricted to an area reserved for such use. This area shall be at least 10 feet from the actual mat area and scoring table.
13. Prepare wall brackets—one for each weight class. These brackets should be the same as the brackets in your programs except for size.
14. Arrange to have a physician present or on call. Arrange to have an ambulance present or on call. **Rule 8-2-4 reminder**—Any contestant who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the match and shall not return to competition until cleared by an appropriate healthcare professional. (See NFHS Suggested Guidelines for Management of Concussion, in Appendix B of the *NFHS Rules Book*.)
15. Prepare a duty roster for ticket sellers, gate keepers, ushers, etc., for each session of the tournament.
16. Prepare a duty roster for the following tournament officials for each session of the tournament: (1) tournament scorekeeper, (2) public address announcer, (3) individual match scoresheet recorder, (4) weigh-in master (for each day), (5) helpers for each of the above, and (6) individuals to keep cheerleaders, wrestlers who are not participating at the time, coaches and spectators back at least 10 feet from the mat. Also, the following table officials for each mat used in the tournament: (1) official scorers, (2) match timekeepers, and (3) relief standbys. Towel tappers will also be needed to tap the official or have them stand near the wrestling action and count down the last five (5) seconds of each round for the official.

17. Arrange a meeting for the training and preparation of all tournament officials. Hand out the following information with the instructions that it should be studied before the meeting. The meeting will be short if everyone studies the instruction sheets ahead of time and has questions jotted down for anything they do not understand.
  - a. Duties of a tournament scorekeeper
  - b. Duties of an official scorer
  - c. Duties of a match timekeeper
  - d. Duties of an individual match scoresheet recorder
  - e. Duties of the public address announcer
18. Regional and state tournament managers shall provide a location and allow at least 45 minutes before the start of the tournament for the officials to inspect the wrestlers prior to their competition. The assigned tournament referees will need to carry out their pre-match duties during this time, checking the competing wrestlers for grooming and appearance, proper uniform, special equipment, etc.
19. Provide a sheet listing overtime criteria at each scoring table so it will be available for overtime matches.
20. Report the individual and team results after each session to newspapers, television and radio. Upload results to an electronic service (Trackwrestling for regional and state tournaments).
22. Carry out your responsibilities after the tournament.
  - a. Finalize all information and complete the tournament in Trackwrestling.
  - b. Pay referees promptly.
  - c. For KSHSAA sponsored tournaments, prepare and submit the online ticket report and financial statement as per the KSHSAA instructions.
23. Prepare a list of suggestions that might have improved your tournament. File one copy for later use and forward one copy to Mark Lentz, [mlentz@kshsaa.org](mailto:mlentz@kshsaa.org), at the KSHSAA.

## Tournament Informational Letter (Suggestions)

The tournament manager should send an informational letter to each participating school prior to the tournament. Suggested items to include are:

1. Kind of tournament—invitational, regional or state.
2. Location of tournament—city and state; name of gymnasium where held.
3. Date(s) of tournament.
4. Invitation or welcome message.
5. Pairings—if this tournament follows a qualifying tournament.
6. Place where teams check in on the morning of the tournament.
7. Complimentary admission policy.
8. Dressing room assignments.
9. Weighing-in time each day of the tournament.
10. List of the weight classes.
11. Coaches information meeting—time and place; if a “seeding” meeting is necessary, be sure to allow plenty of time.
12. Announce that the NFHS wrestling rules and KSHSAA rules will be followed.
13. Schedule—list starting time of each session; repeat time of coaches meeting; repeat weighing-in time or times.
14. List names of referees; do not include city of residence.
15. List how team points will be scored during the tournament.
16. Ask for help in publicizing the tournament.

17. State the admission prices for adults and students.
18. Offer complimentary admission to cheerleaders and sponsors.
19. Arrange for seating of spectators, contestants, coaches and cheerleaders.
20. Offer a coaches and officials hospitality room to be used during tournament.
21. Enclose a list of motels and hotels, including phone numbers and a price list.
22. Enclose a list of the local restaurants, their phone numbers and their seating capacities.
23. Enclose a complete layout of your gymnasium floor plan and locker room facilities.
24. Offer additional information or further assistance. Provide telephone number of the high school.
25. State location of room and time for pre-tournament checking of tournament contestants by the referees.

## **Tournament Program**

Many schools prepare a tournament program to distribute to spectators, coaches and wrestlers for invitational tournaments. Cost of preparing and providing such programs is determined by the school hosting the tournament (*see Section 05*).

## **Tournament Seeding Provisions**

General guidelines for seeding wrestlers and for setting up the tournament brackets can be found in the *NFHS Wrestling Rules Book*. More detailed guidelines that will be used for the KSHSAA regional tournaments are found in *Section 05* of this manual.

# 04 WEIGHT CONTROL PROVISIONS

**All weight certification information will be submitted online by an administrator. For complete details see the Wrestling Coaches Booklet and “Entering Hydration and Certified Weight”.**

## General Provisions

Each individual state association develops and utilizes a specified weight control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, physician and coach in establishing the minimum certified weight class. An ideal program would be one where a medical professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. **This program is designed to discourage severe weight reductions or wide variations in weight.**

## Hydration Assessments

For the 2023-24 interscholastic wrestling season, all students participating at the high school level will be required to have a hydration assessment prior to the **alpha weigh-in** (weigh-in which occurs prior to the start of the interscholastic wrestling practice season) and at their **certification weigh-in** (that weigh-in in which students establish their minimum competition weight class).

A student may not participate in any interscholastic wrestling practices until they provide a urine sample which indicates that they are hydrated (i.e., the specific gravity of the sample is at 1.025 or below or have met the requirements of the protocol using the [Urine Color Chart](#) for being hydrated). (Refer to the following section for additional information regarding the alpha weigh-in hydration assessment.)

A student may not establish their certified weight until they can provide a urine sample which indicates that they are hydrated (i.e., the specific gravity of the sample is at 1.025 or below or have met the requirements of the protocol using the [Urine Color Chart](#) for being hydrated). Students who cannot provide a urine sample indicating that they are hydrated will not be permitted to establish their certified weight. Any student unable to establish their certified weight (other than for emergency, illness or injury reasons) before the certification deadline will be ineligible for any further competition in interscholastic wrestling after the certification deadline date. Specific protocol/procedure for the hydration assessment will be provided by the KSHSAA. (Refer to pages 25-26 for additional information regarding certification weigh-in.)

**Urine sample(s) will be provided immediately prior to the alpha and certification weigh-in. An administrator must be present at hydration assessments.**

## Alpha Weigh-In and Hydration Assessment (A SCHOOL ADMINISTRATOR MUST BE PRESENT)

Students participating in interscholastic wrestling at the high school level may have their **alpha weigh-in** anytime during SCW (standardized calendar week) #19. **No student shall be permitted to participate in high school interscholastic wrestling practices or in an alpha weigh-in** until they have provided a urine sample which indicates they are currently hydrated (passes the protocol as set forth by the KSHSAA using either the “URINE COLOR CHART” or through the use of a REFRACTOMETER indicating a specific gravity of 1.025 or less).

For the 2023-24 school year assessments can begin on November 6. The high school administration (principal/athletic director) of each KSHSAA member school shall be responsible for designating the person(s) who will be responsible for conducting the hydration assessments. **A KSHSAA member school wrestling coach MAY NOT be designated by the school administration as the person responsible for conducting the hydration assessments.** Community healthcare providers, certified athletic trainers, school nurses and/or building level administrators, for example, may be designated as the person(s) responsible for conducting the hydration assessments.

Immediately following determination that the student’s urine sample meets the hydration standard, the student will step on the scales for their alpha weigh-in. If the student’s urine sample is determined to meet the hydration standard, the student will not be permitted to leave the assessment weigh-in area. **Alpha weigh-in data is to be submitted ONLINE via the OPC for KSHSAA documentation** (refer to specific instructions in the Wrestling Coaches Booklet).

**Wrestlers may use their alpha weigh-in as their certification weigh-in.**

Once a student has provided a urine sample which indicates that they are hydrated (as provided for in the KSHSAA protocol) and has established their alpha weight, they may then begin practicing with the high school’s wrestling team.

While it is not a requirement that middle school/junior high students have a hydration assessment prior to starting practice with their school team, the KSHSAA recommends that students and coaches at this level become familiar with the KSHSAA hydration assessment process. It is also recommended that students participating in the interscholastic wrestling program become familiar with the benefits of competing while hydrated.

## Weight Classes

**BOYS Senior High** for the 2023-24 season the following 14 weight divisions have been adopted for interscholastic high school competition: 106 lbs., 113 lbs., 120 lbs., 126 lbs., 132 lbs., 138 lbs., 144 lbs., 150 lbs., 157 lbs., 165 lbs., 175 lbs., 190 lbs., 215 lbs., 285 lbs.

**GIRLS Senior High** for the 2023-24 season, the following 14 weight divisions have been adopted for interscholastic high school competition: 100 lbs., 105 lbs., 110 lbs., 115 lbs., 120 lbs., 125 lbs., 130 lbs., 135 lbs., 140 lbs., 145 lbs., 155 lbs., 170 lbs., 190 lbs., 235 lbs.

## Order of Competition

The order of competition (order of weight classes) for dual meet competitions and tournaments shall be established a minimum of 48 hours prior to the scheduled start of the competition. The host site or tournament director is responsible for notifying all teams participating in the competition a minimum of 48 hours prior to the scheduled start of the competition if the order of competition is anything other than starting with the lowest weight class and progressing through the weight classes, finishing with the highest weight class. If a random draw is used to set the order of competition, the random draw will be conducted by the host school's principal or athletic director.

## Minimum Weights for Weight Classes

The KSHSAA follows NFHS rules and interpretations for minimum weight a wrestler must be in order to be eligible to participate in a weight class (**Rule 4-4-2**).

## Eight (8) Percent Weight Loss Provisions for Boys and Girls

A wrestler may certify at a weight class which requires a weight loss no greater than 8 (eight) percent of their alpha weigh-in weight. A KSHSAA "WEIGHT LOSS CERTIFICATION PERMIT" is required for any wrestler who is seeking to certify for a weight class that requires them to lose more than 8 (eight) percent of their alpha weigh-in weight. A request for the weight loss certification permit cannot be sought until the wrestler has reached the 8 (eight) percent weight loss amount or is within 2 (two) pounds of the 8 (eight) percent amount. **APPROVAL MUST BE ON FILE AT THE SCHOOL AND A COPY FILED WITH THE KSHSAA PRIOR TO A COMPETITOR WRESTLING AT THIS WEIGHT.** The form will be located on Track-wrestling-OPC. A hard copy is located in the *Wrestling Manual*.

## Certified Weight

The initial certification deadline for the 2023-24 season is on or before **Friday, December 22, 2023**. Information will be communicated to school coaches and administration on the certification/hydration process! The KSHSAA Sports Medicine Committee will help determine this for 2023-24. A formal request for **late certification** must be sent by a KSHSAA member school principal/athletic director to and approved by the KSHSAA prior to the certification deadline. Such request from the KSHSAA member school should specifically identify the student and the reason the student was unable to certify by the certification deadline. Wrestlers approved for late certification will establish their certified weight at the first competition weigh-in the student participates in following the KSHSAA approval for late certification.

RECERTIFICATION – After December 22, 2023 it is permissible for a wrestler to recertify their minimum (certified weight) at a weight class lower than their initial certification weight PROVIDED the wrestler fulfills all of the following requirements: 1) they recertify during a regularly scheduled school team competition weigh-in for their school team(s); 2) they present a urine sample which shows that they meet the hydration requirements for certification; 3) formal approval is given by the KSHSAA. They may participate in the state tournament series competitions at this lower recertified weight PROVIDED they have a **minimum of ½ of their total regularly scheduled school team competition weigh-ins at this lower certification weight class** (verified by the OPC).

***The regional weigh-in DOES NOT count toward meeting this ½ weigh-in requirement.***

Whether or not a wrestler opts to recertify at a lower weight class after their initial certification, any wrestler competing in the regional tournament must have a minimum of ½ of their total regularly scheduled school team competition weigh-ins at their certified weight class in order to be eligible for participation in that certification weight class in the state tournament series.

After establishing their certification weight class, a wrestler may not weigh in more than one (1) weight class or wrestle more than two (2) weight classes above their certification weight without recertifying at a higher weight. If, after certification, a wrestler weighs in more than one (1) weight class above their certified weight or wrestles in a weight class that is more than two (2) weight classes above their certified weight, they will break the original or existing certification weight and would be recertified at the time of the weigh-in. If, during a tournament, on the first day weigh-in a wrestler makes certified weight and any applicable consecutive days of competition allowance, but then fails to make certified weight plus applicable consecutive days of competition at the weigh-in for the second day of competition, they would be eliminated from the tournament.

With respect to tournaments, whether a one-day or two-day tournament, the weigh-in(s) for a single tournament shall count as one weigh-in.

## Certification Weigh-In and Hydration Assessment

Students participating in interscholastic wrestling at the high school level may have their certification weigh-in anytime prior to Friday, December 22, 2023. Failure to provide a urine sample which meets the hydration requirement DOES NOT qualify as injury, illness or emergency. If the student has not certified by the initial deadline date because they have not provided a urine sample which meets the hydration standard, they may not continue to participate as a member of an interscholastic school team.

The KSHSAA no longer provides test strips. Test strips are the responsibility of the member school. A URINE COLOR CHART will be provided by the KSHSAA.

Once a student has provided a urine sample which indicates that they are hydrated (as provided for in the KSHSAA protocol) they may then weigh-in for the purpose of establishing their certified weight.

## Entering Hydration and Certified Weight

**ALL WEIGHT CERTIFICATION INFORMATION WILL BE SUBMITTED ONLINE VIA THE OPC.**

Alpha weight information should be entered online during Standard Calendar Week #19 (begins Monday, November 6). Certification weight information should be entered online into Trackwrestling-OPC for each wrestler as soon as they meet the certification requirements. As information is entered into Trackwrestling, it is automatically viewable. A printable weight certification report is also available. Coaches can access this online weight certification report by logging in to Trackwrestling with their user ID and coach/sponsor password.

## Growth Allowance

A growth allowance of two pounds above the certified weight is permitted **on January 1, 2024**, for the remainder of the season. **Any wrestler who certifies after December 22, 2023 will not be granted the two-pound allowance until that wrestler weighs in at a regularly scheduled team competition on or after January 1, 2024, at their certified weight.** All wrestlers will be weighed in for each day of competition with actual weight recorded.

## Consecutive Days of Competition Allowance

There shall be an allowance of one pound granted each day over the weight limit of the previous day in tournament competition. When there are consecutive days of additional **team competition**, there shall be a one pound additional allowance granted each day for all wrestlers. In order to be granted this one pound additional allowance, each school is required to notify the opponent's principal, athletic director or head coach a minimum of 48 hours in advance of the competition. (Refer to **Rule 4-5-5, NFHS Wrestling Rules Book.**) A maximum of two (2) pounds is permitted by NFHS rules for consecutive days of competition.

Example 1: Team A's JV only competes in a match on Thursday night. Friday, Team A's VR and JV teams compete in a dual. Saturday, Team A's VR participates in a tournament and the JV team participates in a different tournament. What allowances are permitted? Assuming proper prior notice, all wrestlers in the JV competition on Friday will get a one pound consecutive days of team competition allowance, and in the JV tournament all teams will get a two pound consecutive days of team competition allowance. All wrestlers in the VR tournament will get a one pound consecu-



tive days of team competition allowance. Example 2) Team A's JV and VR wrestle Team B and Team C Thursday in a double dual. On Friday, Team B's JV and VR wrestle Team D in a dual. On Saturday, Team D is in a VR tournament. What are the consecutive days of competition allowances? Assuming proper notification on Friday, both the JV and VR teams will get one pound allowances. On Saturday, all teams in the VR tournament will get two pounds consecutive days of competition allowance.

## Weight Scale Accuracy

All schools are required to have in their possession a standard 50-pound weight in order to check the scales carefully each time before the weigh-in occurs. The scales should first be balanced at zero, then both sliding weights shall be checked separately at 50 pounds using the 50-pound weight. It is recommended that the accuracy of the scales be checked annually. (Refer to "Steps to Test an Athletic Scale Prior to Each Weigh-In" mailed to each school with wrestling support information.)

## Senior High School Weigh-In Policy

**NFHS Rule 4-5** (NFHS weigh-in guidelines will be used for the 2023-24 wrestling season.)

**Article 1:** All contestants, varsity and junior varsity, shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition each day in a multiple dual-meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet. **Competition uniforms are required to be worn for all weigh-ins.**

**Article 2:** All contestants shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day. This rule is in place for all varsity and junior varsity competitions.

**Article 3:** For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class, continue through the weight classes, wrap around to the 106-pound weight class (100-pound for Kansas girls) and end immediately upon the completion of the highest weight class preceding the random draw selected weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited.

**Article 4:** The referee, or other authorized person shall supervise the weigh-ins. SKIN CHECKS SHOULD TAKE PLACE AT THIS TIME, FOR CONSISTENCY OF THE PROCESS IN KANSAS.

## Middle/Junior High School Weigh-In Options

Middle/junior high schools ONLY may conduct a weigh-in for competition the evening before a competition. The KSHSAA Executive Board approved this policy based on the unique challenges confronting schools and students at this level. Thus, schools at this level have three options when a competition weigh-in is conducted. Those options are as follows:

1. Prior to competition at the site of the competition (*same provisions as Senior High School Weigh-In Policy above*), or
2. During a one hour weigh-in period conducted at the home school the evening prior to a competition.
3. All wrestlers will weigh in with their competition uniforms on.

All team members from the same school must weigh in using the same option.

Middle/junior high school leagues are encouraged to adopt applicable policies relevant to competition weigh-ins which would be consistent for all schools within their league.

## Second Day Competition Weigh-In Option

NFHS Guidelines will be used as stated in **Rule 4-5!**

### Wrestler Inspection

Prior to competition it will be necessary for host managers (including regional and state tournament managers) to provide for wrestler inspection by the referees, to be held 45 minutes prior to the beginning of the match or tournament. The inspection should be handled in the following manner (recommend inspections at the time of weigh-in):

1. All wrestlers participating in the match or tournament shall be present.
2. Officials shall check appearance, uniform, taping, equipment, etc., as per **Rule 4, Sections 1, 2, 3**. A check shall be made to make sure all wrestlers have been inspected before their appearance on the mat.
3. If a participant is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable, the wrestler's coach shall provide a Communicable Skin Disease Release Form stating the suspected disease or condition is not communicable and the athlete's participation will not be harmful to the opponent. This release form shall be furnished at the weigh-in or prior to competition. **Covering a communicable condition is not considered acceptable and does not make the wrestler eligible to participate.**

### Communicable Skin Disease Release Form

The KSHSAA Executive Board approved a standardized release form for wrestlers who are suspected of having a communicable skin disease or who have been receiving treatment from a medical provider for a communicable skin disease.

Schools are to use this standardized form for any wrestler suspected of or being treated for a communicable skin disease. This is the only authorized/permitted form that will release a wrestler for competition following treatment of a skin disease. Information regarding the use of this form has been mailed to all KSHSAA member schools and to medical providers in the state. Responsibility for use of this form rests with the KSHSAA member school. An example of this form is posted on the Wrestling page.

### 6th Match Limit - Tiebreaking Procedure (Regular Season)

The following criteria would only be used if both of the wrestlers were in a situation that their match would be the 7th match for both wrestlers that day.

Tiebreaking Criteria – the criteria would be applied in the sequence listed to determine which wrestler would be awarded the higher place:

1. If the two wrestlers had wrestled each other in that day's competition, the results of that match would determine the awarding of places.
2. If the two wrestlers had wrestled a common opponent that day, the results of those matches would determine the awarding of places. EXAMPLE: A and B both have had five matches in the tournament. A and B both wrestled C in that day's competition. C defeated A, B defeated C. B would be awarded the higher place.
3. If one of the two wrestlers had been penalized for unsportsmanlike conduct during that day's competition, the other wrestler would be awarded the higher place.
4. The wrestler having received the fewest penalty points during the day's competition shall be awarded the higher place.
5. The wrestler having accumulated the greater number of falls during the day's competition shall be awarded the higher place.
6. The wrestler having accumulated the greater number of technical falls during the day's competition shall be awarded the higher place.
7. The wrestler having accumulated the greater number of points during that day's competition shall be awarded the higher place.
8. In the event the criteria does not determine which wrestler is awarded the match, both wrestlers will be awarded the same place and team points will be divided equally between the two wrestlers.

# REGIONAL TOURNAMENT INFORMATION

## General Information

For KSHSAA boys tournament purposes there shall be four classes—Class 6A, Class 5A, Class 4A, and Class 3-1A.

For KSHSAA girls tournament purposes there shall be two classes—Class 6-5A and Class 4-1A.

The “state tournament series” is defined as the regional and state tournament. The regional tournament is a qualifying tournament for the state tournament. The regional and state tournaments are considered the “state tournament series” and shall constitute one tournament. For the purposes of administration of the “state tournament series,” the terms regional tournament and state tournament are used.

Girls Regionals will be held on Saturday, February 10, 2024.

Boys Regionals (4A and 3-1A) will be held on Saturday, February 17, 2024

Boys Regionals (5A and 6A) will be held on Friday and Saturday, February 16-17, 2024.

Initial rounds will be conducted Friday afternoon and evening. Remaining rounds will be during the day Saturday with the consolation and championship finals on Saturday.

**Girls Regional Wrestling Entry Form WR-3 is due to the regional manager by February 7, 2024 at noon.**

**Boys Regional Wrestling Entry Form WR-5 is due to the regional manager by February 14, 2024 at noon.**

## Tournament Assignments

All schools who indicated postseason participation in Boy/Girls Wrestling on their ADM-Winter form will be assigned to a regional tournament in their class. Four regional tournaments will be conducted in boys Classes 4A and 3-1A, with the top four placers in each weight class from each regional tournament qualifying for the state tournament. Two regional tournaments will be conducted in boys Classes 6A and 5A, with the top eight placers in each weight class from each regional tournament qualifying for the state tournament. Girls wrestling will be assigned to four regional sites. The top four qualifiers from each weight class, in each of the regionals, will qualify for the state tournament.

## Tournament Schedules

All time schedules should be communicated in Central Standard Time.

Weigh-in for regional tournaments will be conducted at the regional host site. Contestants shall weigh in shoulder-to-shoulder by weight or by team(s) at the tournament site a maximum of two (2) hours before the first session.

### Girls All Classes and Boys Classes 4A and 3-1A Regional Schedule (1 Day)

The following schedule is suggested but not mandatory. Host sites may modify the start time once the total number of entries is determined. School team head coaches should be advised of any modifications in time schedules. In addition, each tournament (four in each classification) will wrestle out to four (4) places for state qualification.

#### Session I

Round 1 - First Round

Round 2 - Championship Quarterfinals

Round 3 - Consolation First Round

Round 4 - Championship Semifinals

Modifications are allowed  
with KSHSAA approval.

## Session II

Round 5 - Consolation Cross Bracketing

Round 6 - Consolation Quarterfinal

Round 7 - Consolation Semifinal

Round 8 - Consolation Finals (two mats)

Round 9 - Championship Finals (one mat)

Modifications are allowed

with KSHSAA approval.

Can be conducted at the same time

to facilitate travel.

**When the number of schools or competitors drops to 13 or fewer, regional meet managers are encouraged to adjust the schedule in order to provide a balanced tournament schedule. Any modifications of the time schedule should be announced during preliminary rounds.**

## Boys Classes 6A and 5A Regional Schedule (2 Days)

The suggested schedule is being provided. With the format for these classifications, the tournaments are conducted in two (2) days. In addition, each tournament (two in each classification) will wrestle out to eight (8) places for state qualification.

### Friday - Session I

First Round

Second Round Championship Quarterfinals

First Round Consolation

Championship Semifinals

Consolation Cross Bracketing

### Saturday - Session II

Consolation Quarterfinals

Consolation Semifinals

7th Place Matches

5th Place Matches

3rd Place Matches

Championship Finals



Multiple mats can be used

## Tournament Brackets (Trackwrestling Will Be Used)

Prepare one bracket (blank) for each of the weight classes. Each horizontal line on the bracket should be long enough to write the contestant's name above the line and the contestant's school below the line.

The size of the bracket is determined by the number of contestants in each weight class. When the number of contestants in a given weight class is equal to a power of two (that is, 4, 8, 16 or 32), there shall be no byes. When the number of contestants is not equal to a power of two, then the next higher power of two must be used as the size of the bracket. The number of byes will be equal to the difference between the number of contestants and the next higher power of two (size of the bracket). There shall be no byes after the first round of the championship or consolation bracket. All regional and state tournaments will use cross bracketing. In an 8-person bracket when the number of contestants is less than five, use the 4-person bracket. When using a 16-person bracket and the number of contestants is less than nine, use the 8-person bracket.

There shall be no byes after the first round of the championship or consolation bracket, and no further drawing is necessary for championship or consolation rounds. When byes are required for the first round, they shall be placed by mutual consent or drawn so they are distributed evenly throughout the bracket. No quarter bracket or half bracket shall have more than one bye in excess of its paired bracket. After seeded wrestlers have been placed on the bracket and the byes drawn, remaining wrestlers shall be placed by draw.

## Regional Entries

Schools may enter any eligible and qualified wrestler in the regional tournament. Girls regional entries are to be placed on the Regional Wrestling Entry Form WR-3, which is **DUE to the regional manager by February 7, 2024**. Late entries will not be accepted. Boys regional entries are to be placed on the Regional Wrestling Entry Form WR-5, which is **DUE to the regional manager by February 14, 2024**.

**All regional entries will be submitted online in Trackwrestling. Information concerning the online entry process will be sent to all wrestling schools.**

## Substitutions

Regional entry substitutions may be made before the seeding meeting. After the regional seeding meeting, no substitutions may be made except in the case of sickness, injury or emergency. **Questions as to whether or not a substitution is permitted should be referred to the KSHSAA office.**

If, after the seeding meeting, another wrestler is substituted for the original entry, and the original entrant was seeded or received a bye, the weight class must be reseeded before the first session. If an unseeded wrestler fails to make weight, the bracket remains the same.

No wrestler may shift weight after the entry deadline. No substitutions may be made after the start of the regional tournament. There can be no substitution for state qualifiers.

## Regional Seeding Procedures

The purpose of the seeding meeting shall be to seed the wrestlers and to complete the drawings for unseeded wrestlers. **Trackwrestling** will be used by all regional host schools. The seeding meeting will be scheduled for the week of the regional tournaments. The time and place will be set by the tournament managers, on a day and time that is convenient to all, and so that it prevents loss of instructional school time. Managers should consider the distances and time requirements involved for all coaches to attend seeding meetings.

**The OPC will be used for seeding!**

## Seeding Criteria

1. Head-to-Head Competition (If two wrestlers have evenly split wins during the season, the wrestler who won the last match will earn the seed).
2. Record against common opponents.
3. Returning State Champion from the previous year.
4. Returning State Placer from the previous year (2nd trumps 3rd, 4th trumps 5th, etc.).
5. Returning State Qualifier from the previous year.
6. Returning Regional Champion from the previous year.
7. Returning Regional Placer from the previous year (2nd trumps 3rd, etc.)
8. OPC

**Forfeits:** Include dual match forfeits in record for seeding. OPC will have this.

**Records:** Contestants with losing records should not be seeded, unless they meet other criteria.

The number of contestants who are seeded may vary from one weight class to the next, but every effort should be made to treat like situations in a uniform manner. Other unseeded wrestlers in the weight class are then drawn at random to fill the vacant spots in the brackets.

## Weigh-In Provisions

The first and second days of competition the weigh-in will take place no more than two hours before the first round is scheduled to begin each day. This weigh-in will take place at the tournament site.

## Programs

Host schools may prepare a tournament program for use by coaches, contestants and spectators. Any proceeds from the sale of such programs will be retained by the host school.

## Public Address Announcer

For general information refer to *Section 03* of this manual.

During the course of a tournament some special announcements may need to be made such as:

1. Top half of the bracket will wrestle on the east mat (or blue mat, or mat number 1, etc.).
2. Bottom half of the bracket will wrestle on the west mat (or yellow mat, or mat number 2, etc.).
3. Explain leg bands—leg bands may be worn according to color of uniforms insofar as possible, instead of requiring the green leg band on the top bracket contestant and red on the bottom bracket contestant.
4. Intermission—announce when and for how long any breaks or intermissions will last.
5. Any other pertinent information.

## Banners and Signs

Banners and signs will be permitted at KSHSAA sponsored tournaments, provided they are not personal, negative, un-sportsmanlike or vulgar. Signs must be attached or fastened to the facility with approval of the tournament manager; or, if held by one person they will be permitted in the stands as long as they meet the above criteria. Parades with signs or banners will not be permitted. Helium filled balloons, confetti or mechanical noisemakers will not be allowed at any site. No signs or banners should be attached with duct tape or any taping product that may pull paint off when removed. No signs or banners should be placed over **EXIT** signs. Signs may not be put up until the morning of the first session. **There is no reserved seating at tournament sites.** Seats or sections should not be identified as reserved. For 2024, banners and signs may be restricted.

## Charitable Contributions and Solicitations

With the assembly of people at tournaments, managers will be confronted with requests pertaining to donations and contributions to the various organizations which rely upon this system of financing their programs. The passing of hats, receptacles, etc., inside the gymnasium at any Association sponsored tournament for the purpose of contributions should not be permitted.

## Media Broadcasts

During the regular season, schools establish their own guidelines relevant to the public broadcasting of any interscholastic activities. For KSHSAA sponsored tournaments (regional and state) the KSHSAA establishes the guidelines and provisions concerning the public broadcasting of those events.

## Webcasting Postseason Contests

By KSHSAA Executive Board adoption the home team will determine one school to be the webcast provider for the contest.

It has been a long-standing policy that member schools may elect to webcast their postseason game at no charge for a rights fee. These are meant to be educational in nature for students who have interest in the broadcast realm. The no charge option for member schools is still available, however now it will only be granted to either the host or the visiting school. As streaming becomes more efficient, many schools have begun to stream their games home or away. During the postseason, the host school athletic director has many items to coordinate. Narrowing down webcasts can aid in the logistics of hosting postseason play.

The host school has first right of refusal to webcast the game. If they elect to webcast the contest, then no other school may do so. If the host school turns down the opportunity, then the visiting school may webcast the contest - all at no charge as in previous years.

For competitions that involve multiple games, if the host school chooses to webcast the entire tournament, they may, and no other schools will webcast. Otherwise, it will be handled on a per contest basis. Each school should coordinate who will broadcast, if any, then fill out the proper form and send in to the KSHSAA, attention: Jeremy Holaday, [jholaday@kshsaa.org](mailto:jholaday@kshsaa.org).

## Radio and Internet Audio Broadcast

Radio broadcasting shall be permitted at no charge for space or the right to broadcast, if space is available. If space is limited, stations from towns with participating teams should receive first choice. Radio stations desiring to broadcast any match shall contact the tournament manager at least 48 hours prior to the contest. Contracts should be completed by the radio station and approved by the event manager. The broadcasting station shall—furnish one copy to the tournament manager, one to the KSHSAA, and retain one for the station records. This procedure has been approved by the KAB and the KSHSAA.

## Television

There shall be no extensive live telecasting of any regional or state tournament unless an appropriate financial arrangement is approved in advance by the KSHSAA. Delayed telecasting may be approved by the KSHSAA provided notification is made in advance of the contest to the KSHSAA (contract form available at [www.kshsaa.org](http://www.kshsaa.org)>Media>General Information), and the following stipulations are met:

- 1. After approval by the KSHSAA, the company shall contact the host site manager at least 24 hours prior to the event.**
- That agreed compensation be paid to the Kansas State High School Activities Association for each contest to be televised; and that the total sum be submitted with this agreement. It is understood the airing time of the telecast shall not conflict with other scheduled KSHSAA sponsored athletic events within the viewing area. **KSHSAA will invoice and payment is expected within 15 days of invoice.** The desired time of delay, with correlative sum, is listed below:
  - \$75—72-hour delay
  - \$100—48-hour delay
  - \$200—24-hour delay
  - \$500—for playback following the last contest of the event session
  - \$2,000—live telecast (daily fee for multi-day events)
- That four 30-second announcements provided by the Kansas State High School Activities Association be read during the telecast of each contest.
- That the televising stations give advance publicity to the actual live event for a minimum of three days preceding the event and that the advance publicity contain information on contestants, contest dates, contest time, contest sites and all ticket prices.
- That no individual or organization be permitted to sponsor any part of the telecast for the purpose of advertising any product that is contrary to the principles of good athletic training, such as alcoholic beverages, tobacco products, etc.
- That no individual or organization be permitted to sponsor any part of the telecast for the purpose of advertising for a political candidate or political party (or in support of or opposition to a matter of public policy).
- That a list of all sponsors on all televising stations be submitted to the KSHSAA, PO Box 495, Topeka, KS 66601-0495, for approval before the telecast.
- That the company provide competent and professional announcers and telecasting; and that no dramatization shall be made of any unsportsmanlike conduct, incidents or displays on the part of the participants or fans.
- That the television station shall provide the KSHSAA with documentation of how many homes this rebroadcast is reaching.

10. That the Kansas State High School Activities Association reserves the right to discontinue this agreement at any time in the event any of these stipulations are violated or any aspects of the company's televising is considered to be in poor taste or incompatible with the educational objectives of the Association.
11. That the televising company provides a copy of the broadcast to the KSHSAA for archive use.

## Live Video Over Internet

**(contact Jeremy Holaday, [jholaday@kshsaa.org](mailto:jholaday@kshsaa.org), with questions)**

The named company desires to produce live video over the internet **using a maximum of one camera** for the stated event listed below, sponsored by the Kansas State High School Activities Association, Inc. (KSHSAA). The named company understands rights to video live are granted by the KSHSAA with the following stipulations:

1. **After approval by the KSHSAA**, the company shall contact the host site manager at least 24 hours prior to event.
2. That agreed compensation be paid to the KSHSAA for each contest; and that the total sum be submitted with this agreement. **KSHSAA will invoice and payment is expected within 15 days of invoice.**
  - No Charge - Member schools - student organized broadcast  
(Regional & Sub-State Only - State tournament and championship games are not permitted)
  - \$200/contest - All others (will be invoiced)
3. That four (4) 30-second announcements be read during the telecast of each contest (provided by the KSHSAA).
4. That the televising company give advance publicity to an actual live event for a minimum of three days preceding the event; and that the advance publicity contain information on contestants, contest date, contest time, contest site and all ticket prices.
5. That no individual or organization be permitted to sponsor any part of the broadcast for the purpose of advertising alcoholic beverages, tobacco products, performance enhancing products, gambling, etc. that is contrary to the principles of educationally based activities.
6. That no individual or organization be permitted to sponsor any part of the telecast for the purpose of advertising for a political candidate or political party.
7. That a list of all sponsors of the event/contest on each televising station be submitted to the KSHSAA, Box 495, Topeka, KS 66601-0495 for approval before the telecast.
8. That the televising company provide competent and professional announcers and telecasting; and that no dramatization shall be made of any unsportsmanlike conduct, incidents or displays on the part of the participants or fans.
9. That the televising company shall provide the KSHSAA with documentation on the number of homes reached by the specified rebroadcast.
10. That the KSHSAA reserves the right to discontinue this agreement at any time in the event any of these stipulations are violated or any aspect of the company's televising is considered to be in poor taste or incompatible with the educational objectives of the Association.
11. That the webstreaming company provides a copy of the broadcast to the KSHSAA for archive use.

## Referee - Assistant Referee Guidelines

Assistant referees, as referred to in the *Wrestling Rules Book* and *Officials Handbook*, will be used in the **finals of the regionals and all rounds of the state tournaments**. Assistant referees are recommended for all tournaments, if officials are available (**Rule 3-2-1 and 2, NFHS Rule Book**).

## Reporting Regional Results

All regional managers are to finalize your tournament results in Trackwrestling, then send results to media outlets immediately following the regional. State pairings will be made by the KSHSAA and Trackwrestling.

Seeding for state tournaments will be finalized by Mark Lentz; phone: 785-273-5329, email: [mlentz@kshsaa.org](mailto:mlentz@kshsaa.org).



## Qualification for State Tournament

### Boys Classes 6A and 5A

Wrestlers who finish in the first eight (8) places in each weight class, in each regional, and who are qualified and eligible under KSHSAA and NFHS wrestling rules, will qualify for the KSHSAA sponsored State Wrestling Tournament.

### Boys Classes 4A and 3-1A

Wrestlers who finish in the first four (4) places in each weight class, in each regional, and who are qualified and eligible under KSHSAA and NFHS wrestling rules, will qualify for the KSHSAA sponsored State Wrestling Tournament.

### Girls All Classes

Wrestlers who finish in the first four (4) places in each weight class, in each regional, and who are qualified and eligible under KSHSAA and NFHS wrestling rules, will qualify for the KSHSAA sponsored State Wrestling Tournament.

**State pairings will be posted on the KSHSAA website.**

**Send State Entry Form WR-4 (Girls) to the KSHSAA by February 12, 2024 and WR-6 (Boys) by February 18, 2024.**

## Inclement Weather Policy

In preparing for weather related challenges it is recommended the following information be provided to and secured from the schools assigned to regional tournaments.

1. At least one week prior to the regional tournament, each regional manager should contact each school assigned to their regional verifying/securing the following information:
  - a. Date and time the team will be leaving their school to go to the tournament.
  - b. If the team is planning on driving in the day before the tournament begins, the name and phone number for the motel where they will be staying.
  - c. Cell phone number for school principal or athletic director.
  - d. Cell phone number for school team head coach.
  - e. Official's phone number will be provided to manager by the KSHSAA.
2. The regional manager should supply the following information to each school:
  - a. Phone number for either the host school's athletic director or head coach.
  - b. Phone number, fax number and/or email address for host school.
  - c. Time or times traveling coaches or school administrator should call the tournament manager regarding status of the tournament if adverse weather conditions are forecast.
3. If adverse weather is predicted for either the tournament site or in areas of the state that teams will be traveling, the manager should communicate with teams regarding the status of the tournament.
4. If adverse weather is considered dangerous, the manager should contact the other teams assigned to their regional.
5. Prior to any decision to postpone or delay a regional tournament, the KSHSAA should be involved in the final decision: phone 785-273-5329 or email [mlentz@kshsaa.org](mailto:mlentz@kshsaa.org).

# STATE TOURNAMENT INFORMATION

## Tournament Locations - Managers

### Boys Classes 6A & 5A and Girls Class 6-5A Championships

Location: Park City-Hartman Arena

Hosts: Ark Valley-Chisholm Trail & Greater Wichita Athletic Leagues

Managers: Mike Church and Chris Asmussen

### Boys Class 4A, 3-1A and Girls Class 4-1A Championships

Location: Salina-Tony's Pizza Events Center

Hosts: Abilene, Chapman, Clay Center and Concordia High Schools

Managers: David Brown and Chris Ball

## Tournament Time Schedule

Salina-Tony's Pizza Events Center (4A Boys, 4-1A Girls, and 3-1A Boys)

Park City-Hartman Arena (5A Boys, 6-5A Girls, and 6A Boys)

### Thursday, February 22, 2024

- 7:30 a.m. Competition Weigh-ins (4A Boys and 5A Boys)
- 9:00 a.m. 1st Round of Competition (4A Boys and 5A Boys) (8 mats)  
Championship Quarterfinals (4A Boys and 5A Boys) (4 mats)  
Consolation 1st Round (4A Boys and 5A Boys) (4 mats)  
- Go to all 8 mats when Championship Quarterfinals conclude.
- 12:00 p.m. Competition Weigh-ins (4-1A Girls and 6-5A Girls)
- 1:30 p.m. 1st Round of Competition (4-1A Girls and 6-5A Girls) (8 mats)  
Championship Quarterfinals (4-1A Girls and 6-5A Girls) (4 mats)  
Consolation 1st Round (4-1A Girls and 6-5A Girls) (4 mats)  
- Go to all 8 mats when Championship Quarterfinals conclude.
- 3:45 p.m. Competition Weigh-ins (3-1A Boys and 6A Boys)
- 5:15 p.m. 1st Round of Competition (3-1A Boys and 6A Boys)  
Championship Quarterfinals (3-1A Boys and 6A Boys) (4 mats)  
Consolation 1st Round (3-1A Boys and 6A Boys) (4 mats)  
- Go to all 8 mats when Championship Quarterfinals conclude.

### Friday, February 23, 2024

- 7:30 a.m. Competition Weigh-ins (4A Boys and 5A Boys)
- 9:00 a.m. Consolation 2nd Round (4A Boys and 5A Boys) (8 mats)  
Championship Semi-Finals (4A Boys and 5A Boys) (4 mats)  
Consolation Quarterfinals (4A Boys and 5A Boys) (8 mats) Immediately following the semi-finals.

- 10:30 a.m. Competition Weigh-ins (4-1A Girls and 6-5A Girls)
- 12:00 p.m. Consolation 2nd Round (4-1A Girls and 6-5A Girls) (8 mats)  
 Championship Semi-Finals (4-1A Girls and 6-5A Girls) (4 mats)  
 Consolation Quarterfinals (4-1A Girls and 6-5A Girls) (8 mats) Immediately following the semi-finals.
- 12:30n p.m. Competition Weigh-ins (3-1A Boys and 6A Boys)
- 2:00 p.m. Consolation 2nd Round (3-1A Boys and 6A Boys) (8 mats)  
 Championship Semi-Finals (3-1A Boys and 6A Boys) (4 mats)  
 Consolation Quarterfinals (3-1A Boys and 6A Boys) (8 mats) Immediately following the semi-finals.

## **Saturday, February 24, 2024**

- 7:30 a.m. Competition Weigh-ins (All Classifications)
- 9:00 a.m. Consolation Semi-Finals (All Classifications) (4 mats)  
 5th Place Matches (All Classifications) (4 mats)  
 3rd Place Matches (All Classifications) (4 mats)  
 CHAMPIONSHIP FINALS (All Classifications) (3 mats)

### **PRESENTATION OF AWARDS**

## **Tournament Brackets**

See pages 37-39.

Tournament qualifiers are placed in brackets based on a formula established by the KSHSAA. Brackets are set after all regionals are completed.

## **Checking Weight**

Information will be emailed and mailed to schools on availability and times.

## **Weigh-In Provisions**

All contestants for all classes will weigh in shoulder-to-shoulder at the tournament site:

*See the schedule.*

## **Drill Team - Spirit Group Performances**

School sponsored drill teams or spirit groups wishing to perform at the state 4A, 3-1A or Girls 4-1A wrestling tournaments should contact the KSHSAA. The time schedule for such performances is limited and not all requesting groups will be able to perform. **Only those requests postmarked after January 1 will be considered.**

## **Cheerleaders**

**Cheerleaders at all tournaments will be permitted only in restricted areas on the arena floor, and only if space permits.**

## **Wednesday Workouts**

Workouts on the day prior to competition have yet to be determined. The information will be provided at a later date.

## **School Photographers**

Students who are representatives of school papers/yearbooks may be on the arena floor for the purpose of taking pictures. They will need to have the appropriate passes which are provided by the KSHSAA to each member school.

## **Lodging Accommodations**

Each school is responsible for making their own arrangements for lodging.

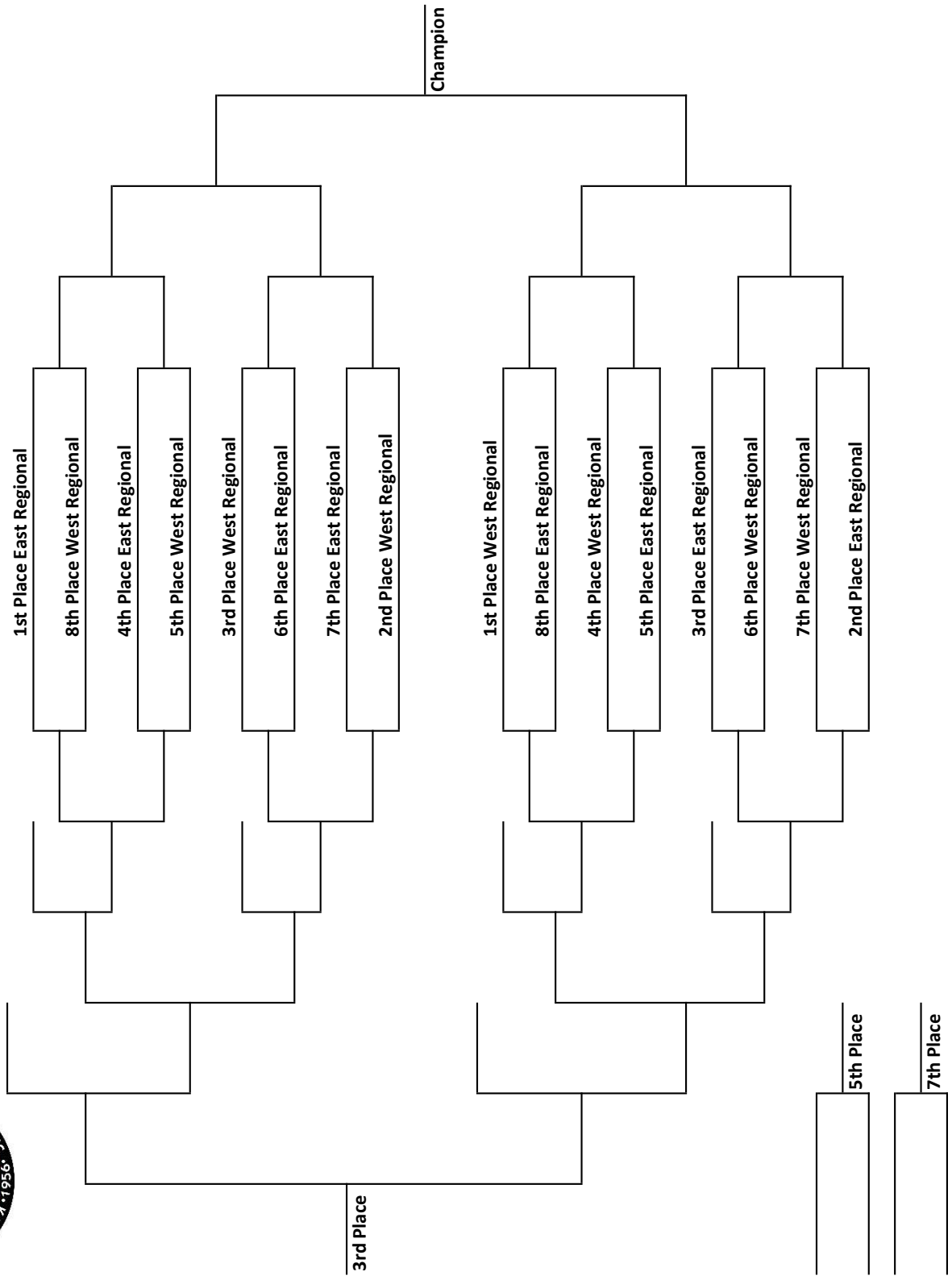
## **Damage**

The wearing of spiked heels is prohibited anywhere near wrestling mats. Any coach, wrestler, manager or spectator who damages a mat, will be responsible for damages.



# 2024 6A AND 5A BOYS STATE WRESTLING TOURNAMENTS

February 22-24, 2024 | Park City-Hartman Arena

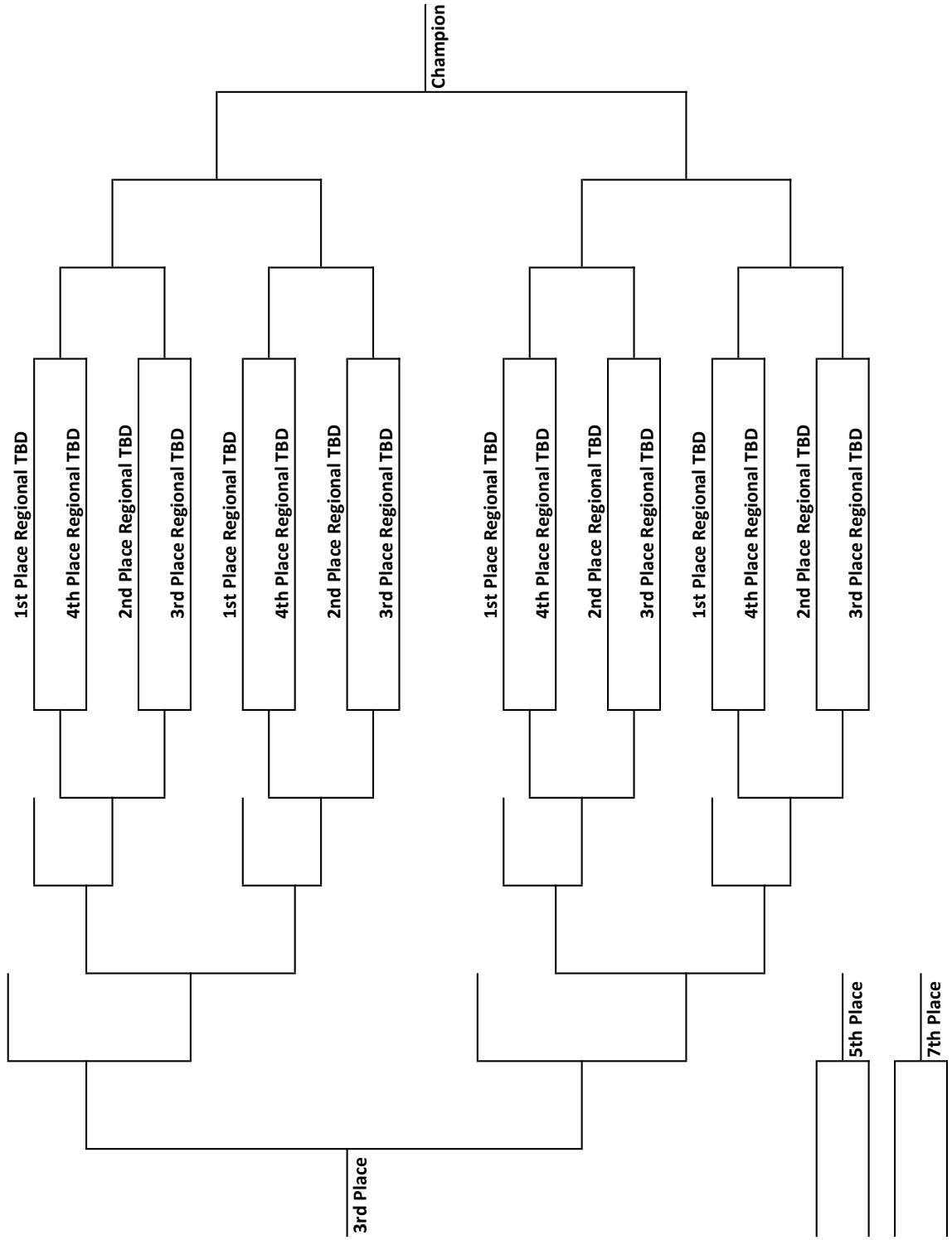




# 2024 CLASS 4A AND 3-1A BOYS STATE WRESTLING TOURNAMENTS

February 22-24, 2024 / Salina-Tony's Pizza Events Center

(Regional Winners will be Seeded)

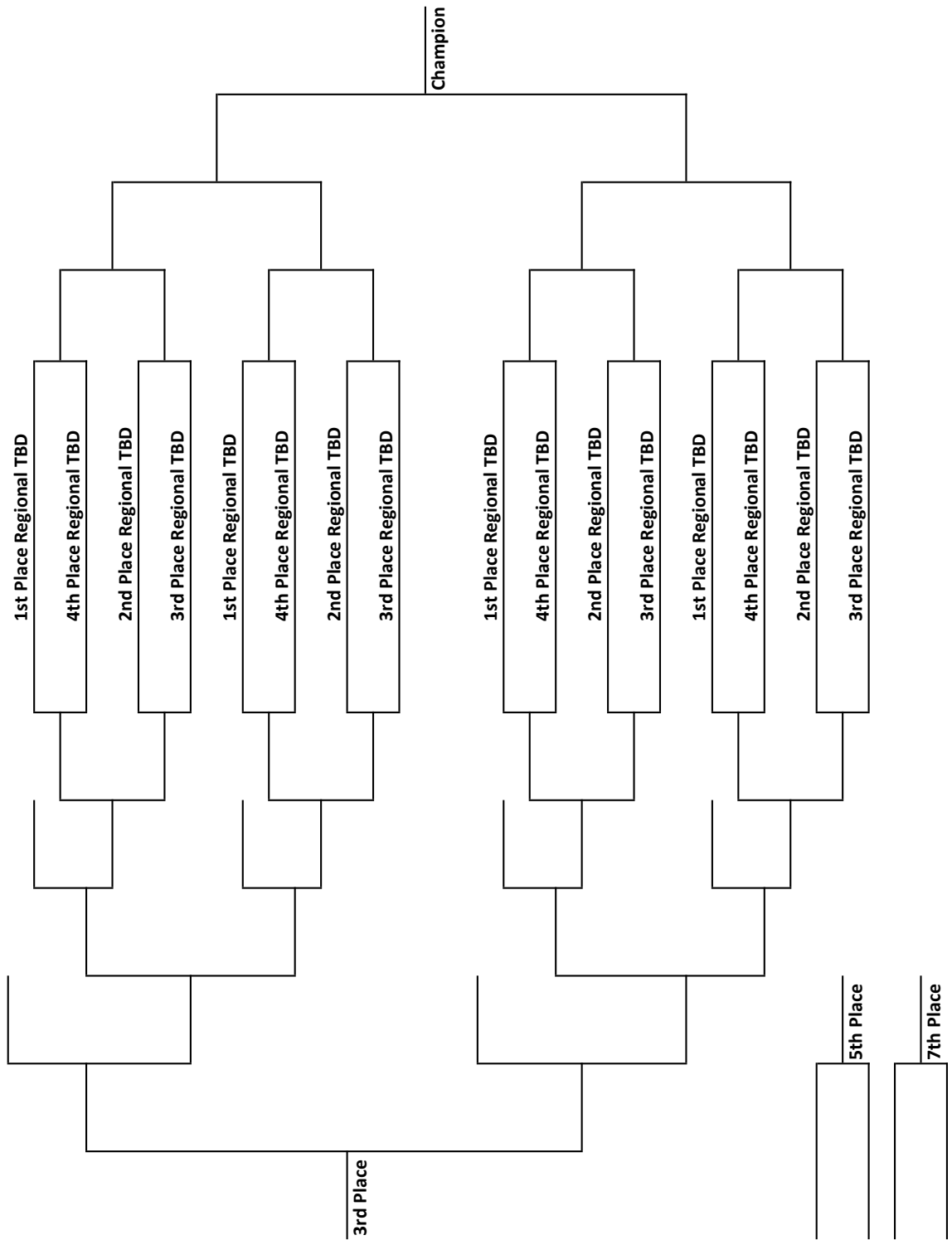




# 2024 GIRLS STATE WRESTLING TOURNAMENT

February 22-24, 2024

6-5A @ Park City-Hartman Arena/ 4-1A @ Salina-Tony's Pizza Events Center  
(Regional Winners will be Seeded)



## Tournament Admission Prices

Managers should display a sign at the ticket windows showing the prices of admission as follows:

### Regional Tournaments (all classes, all day tickets)

Tickets are \$8 for adults, \$6 for K-12, PreK and under are free.

A new ticket is required for each day.

### State Tournaments (all classes, all day tickets)

Tickets are \$10 for adults and K-12, PreK and under are free.

A new ticket is required for each day.

## Postseason Ticket Protocol

*\*Update: KSHSAA will no longer be supplying paper ticket rolls to postseason hosts.*

**When hosting a KSHSAA postseason event, there are three options for ticketing:**

**OPTION #1 (PREFERRED):** Use the GoFan digital ticketing system. If you already use GoFan, use your own account to create the event and ticket options. If you are new to GoFan, set up an account at <https://hq.gofan.co/login>.

- When creating the event, be sure to use the correct ticket prices provided by the KSHSAA.
- Setup the event as event-based payment (not calendar-based).
- DO NOT include the service fee as part of the ticket price.
- Fans will show their tickets at the gate on their personal mobile device.
- A walk-up credit card purchase option (Box Office option) is available for GoFan schools.

Contact GoFan for more details.

- Details on how to use the GoFan platform can be found at <https://get.gofan.co/digital-ticketing-guide>.

**OPTION #2 (PREFERRED):** Use the GoFan digital ticketing system as described above and provide a cash purchase option. Cash purchases should be handled in the same manner as your regular season events. You will need to keep an exact count of all adult tickets and student tickets sold (keep separate counts) to report to the KSHSAA. If you choose to use paper tickets, plan to use your own. ***\*The KSHSAA no longer supplies paper tickets to hosts.***

**OPTION #3:** Sell paper tickets in the same manner as your regular season events. You will need to keep an exact count of all adult tickets and student tickets sold (keep separate counts) to report to the KSHSAA. If you choose to use paper tickets, plan to use your own. ***\*The KSHSAA no longer supplies paper tickets to hosts.***

**GoFan is the only digital ticket system that may be used for KSHSAA postseason events.**

After the event, complete your post-event ticket and financial reports within 10 days.

- Login at [www.kshsaa.org](http://www.kshsaa.org) > Schools > Postseason Host
- Be prepared with the number of adult and student tickets sold (use GoFan reports and gate counts), the officials' information including round-trip mileage, and your local tax rate.

## Passes

The KSHSAA feels that every administrator is aware of various problems in sponsoring a tournament and why it is necessary that all managers adhere to specific limitations in honoring requests for passes or complimentary tickets. Assigning a competent adult (not a student) the responsibility of working the pass gate is very important.



Tournament managers should adhere to all regulations pertaining to complimentary admissions. It would be unfair and defeat the purpose of the program if at some tournament sites, persons were to be admitted without charge when they do not qualify for such admission. Administrators can save embarrassment and eliminate problems for the manager by reviewing the following information and discussing it with their coaches, faculty members, drivers and playing squads.

The following persons may be included on a tournament pass:

1. News media/press covering the tournament.
2. For regional tournaments only, host school board of education members and a guest.
3. Those individuals necessary to sell and collect tickets and supervise and direct tournament activities.
4. Those individuals presenting a KSHSAA Lifetime Pass.
5. Those individuals presenting a KSHSAA Annual Complimentary Pass (issued to KSHSAA Board of Directors and Appeal Board members).
6. Those individuals presenting a KSHSAA Area Supervisors Pass.
7. Match Officials
8. The superintendent, principal, athletic director, head wrestling coach, two managers and two additional persons, bus driver, school resource officer (in uniform), participating contestants, one faculty cheerleader sponsor and a maximum of 10 varsity cheerleaders (in uniform), shall be admitted free. These names must have been listed on the pass gate information form, signed by the principal, and presented to the tournament manager prior to the opening of the tournament.

**All assistant coaches listed in the directory who have met the health/safety coaching education requirements for the year will automatically be included on the pass gate list.**

Managers shall not provide tickets for the participating schools, but use a checklist and a special entrance for participating wrestlers, administrators, managers, coaches and cheerleaders. The participating schools should make certain the names of their bona fide varsity cheerleaders are properly submitted.

No other passes, including Kansas Coaches Association passes, are permitted.

## Media Contacts - Passes

Media members will be administered media credentials for state events in September of the current year. The credential will be good for admittance to all state events so long as the media member submits attendance in the "SITE NOTIFICATION" tab to a specific state location by the deadline provided on each media member's "login" page at [www.kshsaa.org](http://www.kshsaa.org)>Media>Login>Site Notification. Each media member must adhere to policies and regulations stated on the back of each credential or credential will be revoked. KSHSAA media credentials are for postseason state events only. Schools may accept them during the regular season should they choose to do so. Contact Jeremy Holaday in the KSHSAA office with any questions, [jholaday@kshsaa.org](mailto:jholaday@kshsaa.org).

## Distribution of Regional and State Tournament Receipts

After taxes, regional and state gate receipts will be distributed as follows:

1. For regional tournaments - 43%, and for state tournaments - negotiated percentage of the gross receipts, less sales tax, shall go to the host site plus any negotiated expenses.
2. Regional official expenses will be paid by the tournament manager.
3. State official expenses will be paid by the KSHSAA.
4. Balance shall be sent to the KSHSAA and will be used as follows:
  - a. Plaques, trophies and medals
  - b. Catastrophic and liability insurance
  - c. To underwrite losses at other tournament sites
  - d. To operate non self-supporting activities
  - e. To contribute to the overall operating costs of the Association

## Officials' Fees

Officials should not work any match involving wrestlers from their own town if that town has one high school only. In cities with more than one high school, officials should not work matches involving any school in which they are connected. Officials are to be paid the following amounts:

### Regionals

Officials (working two days)

\$435 Mileage reimbursement is calculated via a range system (round-trip, per day).

\$12.50 meal reimbursement per day

Officials (working one day)

\$260 Mileage reimbursement is calculated via a range system (round-trip, per day).

\$12.50 Meal reimbursement

### State

Officials (3 days): 24 officials per site

\$765 plus \$25.00 meal allowance per day and .36 per mile

### Allowable Officials' Expenses

Officials' expense reimbursement will be provided as per the guidelines found in the *KSHSAA Officials Handbook*.

## Procedures Regarding Bloodborne Pathogens

Host schools and participating schools are reminded of the following guidelines for all contests:

1. Host schools should provide someone who has been properly trained to handle situations involving blood on any part of the facility: i.e., wrestling mats, gym floor, locker room floor, etc.
2. Host schools should have available for the above person: disinfectant, rubber gloves and proper containers for disposal of blood-stained materials.
3. Participating schools should handle the cleanup of blood from their own athletes and use proper precautions including rubber gloves and disinfectants.
4. Officials should not be involved with cleanup of blood from playing surfaces or athletes.

## Communicable Disease Control

*(proper cleaning of wrestling mats/handling blood and other body fluids)*

Clean mats daily and have readily available the proper means of cleaning up and disposing of body fluids. If the transmission of communicable diseases is going to be controlled, the issue of prevention needs to be addressed in the practice room as well as in competitive situations.

In order to control communicable diseases, practice and competition mats must be cleaned prior to each use. Cleaning immediately prior to use is recommended. Disinfecting of mats should be accomplished with a mixture of 100 parts water to 1 part chlorine bleach (the equivalent of 1/4 cup chlorine bleach to each gallon of water or one tablespoon of chlorine bleach to each quart of water) or with a commercial product designed to inactivate most viruses, including HIV. (Refer to pages 59-61 of the National Federation Wrestling Rules Book for additional information.)

### Emphasize sanitary habits among your wrestlers and coaches!

Provide sanitary stations near each mat with the following articles: disposable tissue, mat disinfectant (chlorine bleach solution: 100 parts water and 1 part chlorine bleach — such as Clorox or Purex), trash bag(s), spit bucket (five-gallon bucket lined with a disposable trash bag) and individual wet and dry towels or disposable tissue.

### First Aid Stations must be kept sanitary throughout the match/tournament.

Instruct your wrestlers and coaching staff NOT to use another person's towel, especially in the case of bleeding. Used towels should be disposed of immediately in a trash bag. Disposable towels are preferred.

### Arrange for a person other than a coach or official to keep the mats sanitary at all times.

This person should wear disposable gloves. If a wrestler sustains a minor bleeding problem (most bleeding problems in wrestling result from minor injuries in the nose area), the match should be stopped, the bleeding stemmed, and any blood on the mat should be wiped off using the chlorine bleach solution. This same solution should be used to wipe any blood off the opponent's skin, the official or anyone else in contact with the blood.

**KSHSAA Wrestling: Hydration and Certified Weight Form**

**SCHOOL:**

Wrestler's Name (Last, First)	Grade	Alpha Weight	H <sub>2</sub> O Asmt P/F	Date	Supervising Administrator	Certified Weight	Certified Weight Class	Wt Loss %	H <sub>2</sub> O Asmt P/F	Date	Supervising Administrator

**COMPLETE ONLINE**

KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

# WEIGHT LOSS CERTIFICATION PERMIT

\_\_\_\_\_ of \_\_\_\_\_ High School  
(Name)

wishes to wrestle/certify in the \_\_\_\_\_ weight class. To compete in this weight class, the wrestler will be in a weight class which will require the wrestler to lose **more than 8% (eight percent)** of their alpha weigh-in stripped weight in order to qualify for this weight class. Therefore, it is necessary to have this signed statement from a healthcare provider approving this wrestler to wrestle/certify in this weight class. It is in the best interest of the athlete to have the approval of individuals whose signatures are required below. *By signing this weight loss certification permit, the signing parties have indicated that in their opinion, they believe the athlete's physical well-being is not at risk by competing in wrestling at this weight.*

**THIS FORM MUST BE ON FILE AT THE KSHSAA PRIOR TO A WRESTLER COMPETING AT A WEIGHT CLASS APPROVED UNDER THIS PERMIT.**

Stripped Weight at the Alpha Weigh-In \_\_\_\_\_ Today's Date \_\_\_\_\_

Student's Stripped Weight Today: \_\_\_\_\_

Weight Class Wrestler Now Wishes to Compete In: \_\_\_\_\_ # Class

_____	_____
(Signature of Wrestler)	(Date)
_____	_____
(Signature of Parent)	(Date)
_____	_____
(Signature of Coach)	(Date)

**My signature as the approving healthcare provider (M.D., D.O., PA-C, D.C., APRN) certifies that it is my professional opinion that it is medically safe for this athlete to participate in wrestling at the desired weight class listed above for the remainder of the season.**

_____	_____
(Signature of Healthcare Provider)	(Date)
_____	_____
(Printed Name of Healthcare Provider)	(License #)

\_\_\_\_\_  
(Address and Phone Number of Healthcare Provider)

This Weight Loss Certification Permit is REQUIRED for any wrestler seeking to compete in a weight class which will require the wrestler to lose more than 8% of their alpha weigh-in weight. This weight loss permit cannot be sought until the wrestler has reached the eight (8) percent weight loss point.

# WRESTLING WEIGH-IN FORM

**SCHOOL:** \_\_\_\_\_ **TOWN:** \_\_\_\_\_

**TYPE OF COMPETITION:** \_\_\_\_\_ (Dual, Double-Dual, Triple-Dual, Tournament)

### Other Teams Involved:

- |          |           |           |
|----------|-----------|-----------|
| 1. _____ | 6. _____  | 11. _____ |
| 2. _____ | 7. _____  | 12. _____ |
| 3. _____ | 8. _____  | 13. _____ |
| 4. _____ | 9. _____  | 14. _____ |
| 5. _____ | 10. _____ | 15. _____ |

WEIGHT CLASS	NAME OF CONTESTANT (Write ONE name in each space below—use additional forms if necessary.)	ACTUAL WEIGHT AT TIME OF WEIGH-IN	GRADE

<p><b>HOME SCHOOL WEIGH-IN (JUNIOR HIGH ONLY)</b></p> <hr/> <p><i>Principal, Administrator or Athletic Director</i></p> <hr/> <p><i>Wrestling Coach</i></p> <hr/> <p><i>Time of Weigh-In</i>                      <i>Month/Day/Year</i></p>	<p><b>SITE WEIGH-IN</b></p> <hr/> <p><i>Weigh-In Supervisor</i></p> <hr/> <p><i>Home Coach</i>                      <i>Visiting Coach</i></p> <hr/> <p><i>Time of Weigh-In</i>                      <i>Month/Day/Year</i></p>
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**THIS FORM MAY BE REPRODUCED – RETAIN FOR YOUR SCHOOL USE ONLY.**

# WRESTLER'S COMPETITION WEIGH-IN VERIFICATION SHEET

## INSTRUCTIONS

Place the names of wrestlers in the first column, top of subsequent columns place the date of weigh-in. In the second column place the stripped weight of the wrestler at the time of the competition weigh-in for that date's competition.

SCHOOL: \_\_\_\_\_

WRESTLER'S NAME	DATE	WEIGHT	DATE	WEIGHT	DATE	WEIGHT	DATE	WEIGHT
(Example: Lentz, Mark)	12/01/14	180#	12/08/14	178#	12/11/14	175#	12/13/14	170#

**Complete Online**

THIS FORM MAY BE REPRODUCED – RETAIN FOR YOUR SCHOOL USE ONLY.

## Wrestling Rules Changes - 2023-24

### 1-4-3 SECTION 4 REPRESENTATION:

**ART. 3 . . .** No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than five ~~six~~ matches (championship or consolation), excluding forfeits in any one day of competition. ~~Exception: No wrestler shall wrestle in more than six matches (championship or consolation), excluding forfeits in any one day of a tournament conducted by the state high school association for qualification to the state high school championships or the championships themselves.~~

**Rationale:** With the rule change to allow six matches in post-season events after experiments were conducted by state associations last year, and there was no reported increase of injuries. Allowing six matches during the regular season events is a normal progression and will be monitored throughout the season.

### 1-4-4 SECTION 4 REPRESENTATION:

**ART. 4 . . .** No contestant shall wrestle in two consecutive matches with less than a ~~45-minute~~ 30-minute rest between matches. The conclusion time of each match shall be recorded.

**Rationale:** The sentiment is that the recovery time of 30-minutes is adequate rest between matches and is of the opinion that since there is no peer-reviewed data to suggest any additional risk for using a 30-minute rest/recovery time versus a 45-minute rest/recovery time. This is a reasonable rule modification.

### 1-4-7 (NEW) SECTION 4 REPRESENTATION:

**ART. 7 . . .** No contestant shall wrestle in more than 10 matches in a two-consecutive day period.

**Rationale:** The rule to allow 6 matches in a day was more for meet management on one-day tournaments and is not to allow more matches in a season.

### 3-1-1 SECTION 1 REFEREE:

**ART. 1 . . .** The referee's uniform consists of a short-sleeved knit shirt, with alternating black and white 1- inch stripes; or gray with black pinstripes, or an event provided shirt common to all referees at that event, full-length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/gym shoes ~~without colored highlights.~~ Shoes with white or gray trim are allowed. The referee shall be neatly attired and have other accessories, including a colored disk, a black lanyard and black whistle, red and green armbands, and a kit to conduct the random draw. The red armband shall be worn on the left wrist and the green armband on the right wrist.

**Rationale:** Allowing the referee's shoes to have trim gives them more options and opportunity to find more comfortable shoes and does not hinder the appearance of the official.

### 4-1-1a, 4-1-1b SECTION 1 WRESTLERS' UNIFORM:

**ART. 1 . . .** A legal uniform consists of:

- a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet may be worn with full-length form-fitted tights with stirrups. The one-piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage.



**Rationale:** The tights worn by wrestlers today are compressed and form-fitting reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent. By removing the stirrups requirement wrestlers will not have to use tape at the ankles or wear long socks to hide the lack of stirrups while wearing full-length tights.

- b. compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, button or pockets. A suitable undergarment, which completely covers the buttocks and groin area shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued. Compression shorts or shorts designed for wrestling may be worn with full-length form-fitted tights.
- c. Remains the same.

**Rationale:** For consistency, either uniform style is available for full-length tight-fitting tights usage.

#### **4-2-1 SECTION 2 WRESTLERS' APPEARANCE AND HEALTH:**

**ART. 1 . . .** Facial hair is permissible. Trimmed to a length so that the skin is visible for skin checks is allowed. Facial hair that does not allow for skin a check to be performed, as determined by the referee or a designated, on-site appropriate health-care professional overseeing the skin checks, shall be immediately trimmed to within the guidelines. A wrestler may not compete until the facial hair is trimmed and the skin check is completed. Hair control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the wrestler or the opponent are allowed. A wrestler's hair may be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site. ~~Wrestlers that do not meet the requirement shall wear a face mask.~~ All legal hair covers and face masks will be considered as special equipment.

**Rationale:** It is important to be cognizant about skin disease and keeping all involved safe. If there are any questionable areas on or around the face, we would inquire with the wrestler about a physician's note or get input from the on-site approved health-care professional (AHCP) if one is present. If there is no on-site AHCP and no note, then we would deny the wrestler the opportunity to compete. The length of the facial hair does not have any influence on the referee's decision.

#### **5-13, 10-2-4 and 10-2-5 SECTIONS 13 and 2 FORFEIT/MEDICAL FORFEIT:**

It shall be considered a forfeit when the opponent, for any reason fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. It shall be considered a medical forfeit when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the Tournament Director.

**Rationale:** The term medical forfeit will better describe that the forfeit was due to injury or illness that occurred during the tournament. A medical forfeit would not count against the wrestler's record.

#### **SECTION 2 ENTRIES**

**ART. 4 . . .** In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default, or forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.

**Rationale:** By using a medical forfeit, it will clearly define that the wrestler was not able to report to the match due to injury or illness. Like regular forfeits the wrestler would not take a loss on their record.

**ART. 5 . . .** A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is deemed a medical forfeit because of an injury or illness which occurred during the tournament.

**Rationale:** There is confusion when choosing an injury default versus a forfeit in tournament situations. **Rule 5-7** defines a default when one of the competitors is unable to continue wrestling for any reason. **Rule 5-13** defines a forfeit when the opponent, for any reason, fails to appear for a match. Using medical forfeit versus an injury default will better define when a wrestler shows a loss on their record. A default counts as a loss a forfeit does not.

#### **5-15-2a SECTION 15 INBOUNDS:**

Change: a. When down on the mat, the usual points of support are:

1. the knee(s)
2. the side of the thigh
3. the buttocks
4. the hand(s)
5. the head
6. foot/feet

**Rationale:** Feet are regularly supporting the wrestler's weight during the match while on the mat. We allow a wrestler's feet to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat it will create more clarity and consistency for the wrestlers, coaches and officials. No higher rates of injury will occur with this addition.

#### **6-5-2 SECTION 5 END-OF-MATCH PROCEDURE:**

**ART. 2 . . .** The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand or raise the color wristband of the winning wrestler on their (referee's) arm or have the winning wrestler raise their own arm, -wrestler's hand.

**Rationale:** Wrestling remains the only sport where it is required for the official to touch the student athlete as part of the post match/game procedure. There truly is no need for adult officials to contact the student athletes unless the health and safety of the athlete is in jeopardy. During the pandemic we adopted a number of protocols to help avoid the transmission of the disease, one of those was to no longer raise the hand of the wrestler, rather raise the color wristband of the wrestler who won, this was very successful and widely liked among officials. This is the end of match procedure would still indicate the winner and alleviate the requirement of the official from touching the athlete.

## Checklist for Wrestling Tournament Managers

- Reserve gymnasium for date of tournament.
- Arrange for necessary number of mats to conduct the tournament.
- Hire officials and notify them one week in advance of starting time, etc.  
*(Regional and state officials are selected and assigned by the KSHSAA.)*
- Provide dressing rooms for contestants and officials.
- Arrange for preparation and sale of programs.
- Contact local media and publicize the tournament.
- Make hospitality arrangements for coaches, officials, school personnel and workers.
- Check scales used for weigh-in for accuracy.
- Secure necessary materials for competition (leg bands, match sheets, stopwatches, etc.)
- Schedule "seeding" meeting and notify coaches of location and time.
- Assign personnel to assist in administration (scorekeepers, timekeepers, public address announcer, etc.)
- Arrange for individuals to tap the official at end of each period.
- Arrange for medical personnel to be present at each session, if possible.
- Arrange for an ambulance to be available, if possible.
- Have mats properly cleaned and sanitized prior to competition.
- Arrange for properly trained personnel to clean up body fluids from mats during competition.
- Order and check on arrival of the medals and trophies.  
*(Regional and state awards will be ordered by the KSHSAA and shipped directly to meet managers.)*
- Send pertinent/helpful information to all participating schools.
- Arrange to have someone available for cleaning and sanitizing mats at all times.
- Provide sanitary supplies for each mat (disposable tissue, trash bags, spit bucket, paper towels and disinfectant).

