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

KSHSAA Administrator
Mark Lentz
mlentz@kshsaa.org

Kansas State High School Activities Association

601 SW Commerce Place
PO Box 495
Topeka, KS 66601-0495

Phone: 785-273-5329 | Fax: 785-271-0236
kshsaa@kshsaa.org | www.kshsaa.org
Online Forms

- ADM-1—Regional Wrestling Tournament Form—Form DUE to KSHSAA by August 16.
- WR-1—Recommendations for Wrestling Officials for Regional and State Tournaments—DUE to KSHSAA January 25 - February 1.
- WR-2—Regional Wrestling Entry Form and Pass Gate Information—All classes DUE to manager by Wednesday, February 13, by noon.
- WR-3—State Wrestling Entry Form and Pass Gate List—All classes DUE to KSHSAA by February 18.

Projected Calendar Dates

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<td>11/12</td>
<td>11/18</td>
<td>11/16</td>
<td>11/15</td>
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<tr>
<td>Earliest Possible Competition</td>
<td>11/26</td>
<td>12/2</td>
<td>11/30</td>
<td>11/29</td>
<td>11/28</td>
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<td>2/15-16</td>
<td>2/21-22</td>
<td>2/19-20</td>
<td>2/18-19</td>
<td>2/17-18</td>
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<tr>
<td>State Tournaments - All Classes</td>
<td>2/22-23</td>
<td>2/28-29</td>
<td>2/26-27</td>
<td>2/25-26</td>
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Checklist for Tournament Managers

- Reserve gymnasium for date of tournament.
- Arrange for necessary number of mats to conduct the tournament.
- Arrange for necessary number of mats to conduct the tournament. (Regional and state officials are selected and assigned by the KSHSAA.)
- 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.
- Prepare a list of motels and restaurants in your community to be sent to visiting schools/teams.
- 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 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).
Foreword

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 that checked wrestling on the ADM-1 from the online Entry Forms. No doubt questions will arise during the regular season, invitational tournaments, and prior to the starting of the regionals 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

Bill Faflick
Executive Director
bfaflck@kshsaa.org
**KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION**

**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)*

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**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 twelve hours prior to a contest in which I will be involved.
12. I will not use tobacco products while directly involved in interscholastic activities.
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Section I
GENERAL REGULATIONS AND PROVISIONS

1.A Guidelines for Supervision of Interscholastic Athletic Events

Administrators and Coaches - VERY IMPORTANT

If any of your athletes and/or students plan to attend the wrestling contests, the KSHSAA requests that you take this opportunity to prompt all representatives from your school on the importance of proper behavior and conduct. Also, please relay this information to the fans from your community. A positive approach on this matter prior to the contest with hopes of preventing any undesirable demonstrations, 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.

1.A.1 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 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.

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.

10. The host and visiting school administration and adult supervisors shall make every effort to keep the court and mat area clear of spectators prior to and at the conclusion of each match.

1.A.2 Specific Responsibilities of Host School

(See additional responsibilities listed under “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. The host school should provide two adult chaperons or security personnel to escort officials to and from their dressing facilities and the mat area following the conclusion of the competition and to their cars.

7. The officials’ dressing quarters are private. **No one should be admitted,** and this includes personnel from the host school. Use **No Admittance** signs (Form O) from the online Entry Forms to assure privacy.

8. Make arrangements to accept and deliver emergency messages.

9. The host school should have available or on call, an ambulance and medical assistance.

10. Any unusual incidents or developments should be reported to the KSHSAA immediately.

1.A.3 Specific Responsibilities of Visiting School
(See additional responsibilities listed under “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.

1.B Guidelines for the Public Address Announcer

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

a. Be impartial. Announce the match with no show of favoritism.

b. Use proper language at all times.

c. Be enthusiastic but calm.

d. Don’t anticipate or second guess calls by the officials.

e. 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.

f. 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.

g. Do not criticize officials’ decisions, directly or indirectly.

h. Announce convenient routes for leaving the gymnasium and caution the crowd to drive carefully.

i. Advise the crowd to remain for post contest awards if this is a part of the program.

j. The public address announcer should be aware that good sportsmanship is a very important part of interscholastic activities and he/she 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!”

1.C 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.
We are sure you concur with the KSHSAA in its belief that considerable effort should be exerted by managers to promote the highest principles of good sportsmanship. You are urged to give the officials your utmost cooperation in helping them eliminate any form of rowdiness. If there should be any patrons unwilling to accept the principles of good sportsmanship or if there are some who desire to view the contest while under the influence of intoxicating beverages, managers should see that those individuals are refunded their money and evicted.

Experience has demonstrated that good sportsmanship is not an inherent characteristic of all people attending high school wrestling matches. Because of this fact, it is impossible to acquire the optimum in good sportsmanship at your contest or tournament without considerable effort and planning in advance. How can this be done?

Through the medium of the public address system, certain announcements can be made concerning this matter. Cheerleaders can be schooled so that they will be on the alert to stamp out any demonstration. The English or journalism departments can prepare local news releases, and forward to the newspapers in the towns represented in a tournament. Emphasizing the importance of proper sportsmanship on the part of the patrons who plan to attend and pointing out that one of the justifications for an interscholastic athletic program is that it serves as a means of teaching proper attitudes and ideals to the students is crucial. A little effort on the part of the manager will do much to stimulate fair play, friendly rivalry and good sportsmanship among the contestants and patrons at each tournament!

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 a fair 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:

- Allows the participants and coaches of the teams to shake hands at the end of the contest.
- Safety of the participants.
- Avoids confrontation between exuberant fans and downhearted wrestlers and fans of the school which was defeated.
- Preserves a spirit of citizenship and sportsmanship.
- Allows awards, where appropriate, to be presented within a reasonable period of time.
- Protects the time schedule of contests which are followed by subsequent contests on the same mat.
- Protects the mat surface.

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

1.C.1 Rule 52 Interpretations

The following interpretations and policies were adopted by the KSHSAA Executive Board on November 17, 1988, in regard to Citizenship/Sportsmanship Rule 52. These are meant to clarify and assist member schools in their enforcement of this regulation (revised June 9, 2014).

Desirable and unacceptable behavior illustrations are “examples” and are not to be considered all inclusive. These examples can occur prior to, during and after the game or contest.

In regard to 52-1-1a - Be courteous to all (participants, cheerleaders, coaches, officials, staff and fans):

Desirable Behavior – Host cheerleading squads welcome visiting squads; respect shown during National Anthem (hats removed, no talking, never change lyrics or yell mascot at the end); opposing coaches and contestants shaking hands before/after contest; applause during introduction of contestants, coaches and officials; contestants shaking hand of opponent fouling out while both sets of fans recognize contestant’s performance with applause; all showing concern for injured contestant; respectfully addressing officials during competition and thanking them for their performance regardless of agreement with all calls; helping opponents up during a game; host school extending hospitality to visiting contestants, coaches, cheerleaders and fans; any supportive chants and cheers which are directed toward your team, i.e. “I believe we can win,” “we’ve got spirit-how about you,” “defense-defense” and other such supportive expressions.

Unacceptable Behavior – Any non-supportive chants, cheers, or actions which are directed toward the opposing team; chants or actions which single out individuals; fans or cheerleaders reading newspapers, turning their backs, making disrespectful actions, etc. during introduction of opponents or shooting of free throws; yelling, waving, etc., during opponent’s free throws; derogatory/disrespectful yells, chants, songs, gestures, including “goodbye,” “you let the whole team down,” “air ball,” “scoreboard,” “you can’t do that,” “this is our house” at a visitor event, “dribble-dribble-pass,” “bong-bong-bong-who00” while opposing team has ball, and other such expressions directed toward opponents.
In regard to 52-1-1b - Know the rules, abide by and respect the official’s decisions:

**Desirable Behavior** - Utilize every opportunity to promote understanding of the rules of the contest within the school and community; contestants utilize the team captain or coach for clarification of the call to maintain positive rapport with officials; accept the decisions of the officials; hand ball to officials; cheerleaders lead fans in positive school yells in a positive manner; cheerleaders lead by coordinating signals and timing of cheers with student body section leaders; cooperate with the news media in interpretation and clarification of the rules.

**Unacceptable Behavior** - Booing or heckling an official’s decision; criticizing the merits of officiating; displays of temper and arguing with an official's call; derogatory remarks toward the official, coach constantly questioning calls.

In regard to 52-1-1c - Win with character and lose with dignity:

**Desirable Behavior** - Handshakes between opposing contestants and coaches at end of contest, regardless of outcome; opposing contestants, coaches and fans engaging in friendly conversations before and following contest; treating competition as a contest, not a war; applause at end of contest for performance of all contestants.

**Unacceptable Behavior** - Chants or actions which single out individuals; yells that antagonize opponents when you feel you have won the contest; refusing to shake hands or give recognition to winner for good performance; blaming loss on officials, coaching, individual contestant’s performance, or other rationalizations; rushing the field/floor or victory celebration on the playing surface/field.

In regard to 52-1-1d - Display appreciation for good performance regardless of the team:

**Desirable Behavior** - Coach/contestants search out opposing participants to recognize them for outstanding performance or coaching; all fans recognize an outstanding participant’s performance by applause, regardless of its impact on the contest; discuss outstanding performance of opponent with visiting and home fans.

**Unacceptable Behavior** - Laughing, pointing finger, name calling, yelling player name or number, etc., directed at opponents in an attempt to distract; to degrade an excellent performance by opponents.

In regard to 52-1-1e - Exercise self-control and reflect positively upon yourself, team and school:

**Desirable Behavior** - Support the activity by learning yells of cheerleaders and displaying total unity as fans in following their lead; cheerleaders leading by coordinating signals and timing of cheers with student body section leaders to redirect crowd from a controversial call.

**Unacceptable Behavior** - Displays of anger, boasting, use of profanity, bouncing beach balls, antics which draw attention to you instead of the contest; doing own yells instead of following lead of the cheerleaders; doing unsportsmanlike yells/gestures, such as “you can’t do that” while pointing finger at opponent; singling out individuals.

In regard to 52-1-1f - Permit only positive sportsmanlike behavior to reflect on your school or its activities:

**Desirable Behavior** - Positively encourage those around you to display only sportsmanlike conduct; report poor sportsmanship to school officials; member schools insist that sportsmanship be a priority; administrators help coaches teach, model and reinforce sportsmanship; recognize coaches for sportsmanlike conduct; coaches playing those who exhibit positive sportsmanship; administrators taking appropriate action to ensure sportsmanlike behavior.

**Unacceptable Behavior** - Fans’, cheerleaders’, contestants’, coaches’, administrators’, or member schools’ unwillingness to get involved and take a stand to defend one of the main tenets of school activities - teaching and promotion of SPORTSMANSHIP.

Specific rules applying to interscholastic wrestling in Kansas are contained in Rule 44 as found in the KSHSAA Handbook, the 2018-19 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 12, 2018 and the state championship tournaments, February 22-23, 2019.

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.

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<tr>
<th>Event</th>
<th>Points</th>
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<tr>
<td>Dual</td>
<td>1</td>
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<tr>
<td>Double Dual</td>
<td>2</td>
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<tr>
<td>Multi-Team Event</td>
<td>2</td>
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<tr>
<td>Note: No team scores, medals or placings awarded. The wrestler is limited to three (3) matches.</td>
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<td>Quad (Triple Dual)</td>
<td>3</td>
</tr>
<tr>
<td>One-Day Tournament</td>
<td>3</td>
</tr>
<tr>
<td>Two-Day Tournament</td>
<td>4</td>
</tr>
</tbody>
</table>

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. on Friday. Two-day tournaments shall be scheduled on Friday and Saturday.

In tournament and dual competition, each wrestler is limited to five matches per day.

1.D.2 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 eighteen (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.)

<table>
<thead>
<tr>
<th>Event</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dual</td>
<td>1</td>
</tr>
<tr>
<td>Double Dual</td>
<td>2</td>
</tr>
<tr>
<td>Multi-Team Event</td>
<td>2</td>
</tr>
<tr>
<td>Note: No team scores, medals or placings awarded. The wrestler is limited to three (3) matches.</td>
<td></td>
</tr>
<tr>
<td>One-Day Tournament</td>
<td>3</td>
</tr>
<tr>
<td>Two-Day Tournament</td>
<td>4</td>
</tr>
</tbody>
</table>

In tournament and dual competition, each wrestler is limited to five matches per day.

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 KSHSAA Board of Directors modified the provisions of Rule 44 regarding the length of wrestling periods for 7th and/or 8th grade wrestling as follows:

Matches 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.
1.E 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.

1.F 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.

1.G 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.

1.G.1 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: 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 his team (refer to Rule 10-2-4, NFHS Rules Book). 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. (Refer to NFHS Casebook Situation 10.2.4 and 10.2.5.)

DEFAULT—A default may be awarded only after the match has begun. (Refer to NFHS 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. (Refer to NFHS Rule 5-3.)

1.H 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.

1.I Match Overtime Procedure

NFHS 2018-2019 Wrestling Rules, 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, time-out 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.

1.J 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, to 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 time-out or at the end of the match.

Coaches and all team members should be aware of the penalty provisions as explained in the NFHS 2018-2019 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.

1.K 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.

1.L 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.

1.M 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.

1.N 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 that 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.

1.0 Scoring Provisions

All matches, meets and tournaments will be scored under the provisions of NFHS rules as found in the 2018-2019 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.

1.1 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 radio, television, newspapers and handbills. Several handbills 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. Prepare a list of restaurant facilities in your city.

6. Prepare a list of motels and hotels within your city including a price list. Offer assistance to participating schools in making reservations.

7. Plan dressing room assignments for the visiting teams as equitably as possible.

8. 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.

9. Arrange to start the tournament with the playing of the National Anthem.

10. 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 3.E.2 for Details and Procedures to Follow at the Seeding Meeting.)

11. Provide a team scoreboard large enough for all spectators to see from their seats in the gymnasium.

12. 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.

13. Send an “Information Letter” to all participating teams.

14. 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.
15. Prepare 14 large wall brackets—one for each weight class. These brackets should be the same as the brackets in your programs except for size. Wrestling tournament wall charts, printed to order, may be obtained from companies found in the National Federation Wrestling Rules Book.

16. 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 on page 85 of the NFHS Rules Book.)

17. Prepare a duty roster for ticket sellers, gate keepers, ushers, etc., for each session of the tournament.

18. 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.

19. 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

20. 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 prematch duties during this time, checking the competing wrestlers for grooming and appearance, proper uniform, special equipment, etc.

21. Provide a sheet listing overtime criteria at each scoring table so it will be available for overtime matches.

22. Report the individual and team results after each session to newspapers, television and radio. Attempt to have results put on an electronic service (TrackWrestling for regional and state tournaments).

23. Carry out your responsibilities after the tournament.
   a. Forward individual and team results to both the KSHSAA and the next higher tournament manager. **Spell all names correctly and please use first names as well as last names**; also, include individual records and class in school.
   b. Pay referees promptly.
   c. For KSHSAA sponsored tournaments, prepare a financial statement as per the KSHSAA instructions.

24. Prepare a list of suggestions that might have improved your tournament. File one copy for later use and forward one copy to Mark Lentz at the KSHSAA.

**1.P.1 Tournament Informational Letter (Suggestions)**
The tournament manager should send an informational letter to each participating school prior to the tournament. Suggested items to include in this letter 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.

1.P.2 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 3.G).

1.Q Tournament Seeding Provisions
General guidelines for seeding wrestlers and for setting up the tournament brackets can be found in the NFHS 2018-2019 Wrestling Rules Book. More detailed guidelines that will be used for the KSHSAA regional tournaments are found in Section 3 of this manual.

A Creed for Wrestling Coaches
Because the chief objective of a young wrestler in school is to prepare themselves for adult life, and because as a coach I am able to generate considerable influence on impressionable participants . . .
I will remember always that wrestling is a challenging means of developing skill and discipline but it is not greater than, only a part of, the young wrestler and their educational maturing process.
Because a wrestler’s health and well-being are primary concerns, and because the young wrestler and their parents, along with the community, have placed their confidence and trust in me and in the school.
I will remember always that the level of physical fitness and the pitch of mental attitude are matters related to a competitor’s lifetime needs and, therefore, more important than their or my personal ambitions.
Because sportsmanship always rates priority over winning, and because losing is a lesson which must be learned early in life.
Section II

WEIGHT CONTROL PROVISIONS - WEIGH-INS - WRESTLER INSPECTIONS

ALL WEIGHT CERTIFICATION INFORMATION WILL NOW BE SUBMITTED ONLINE BY AN ADMINISTRATOR. FOR COMPLETE DETAILS SEE SECTION 2.E.2.


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.

The KSHSAA program specifies a date prior to which all wrestlers should establish their minimum certified weight. After certification, a wrestler shall not weigh-in more than one weight class above the weight of certification. The high school wrestling weight program is designed so that all individuals will have an opportunity for competition against someone of similar size and weight. Of primary concern to all parties should be the health and safety of each individual wrestler. Every athlete should be in prime condition prior to competition. Students should be provided nutritional information which will assist the athlete in maintaining a healthy, well-balanced diet during competition. In the wrestling program, weight loss alone should not be equated with conditioning. Medical experts suggest that a male wrestler should have no less than seven percent body fat and female wrestler no less than 12 percent body fat. Any serious drop below that percentage amount could be dangerous to the athlete. The weight class in which an athlete competes should be determined after the athlete has been involved in a training and conditioning program. Research has shown that excessive weight loss does not help a competitor but in many cases will actually reduce his efficiency. When an individual reaches their proper weight classification, it will be easier to maintain a stabilized weight.

2.A.1 Hydration Assessment

For the 2018-19 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 the students established their minimum competition weight class).

A student may not participate in any interscholastic wrestling practices until they provide a urine sample which will indicate that they are hydrated (i.e., the specific gravity of the sample is at 1.025 or below). 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 will indicate that they are hydrated (i.e., the specific gravity of the sample is at 1.025 or below). Refer to Section 2.E.1 for additional information regarding certification weigh-in.

2.A.2 Alpha Weigh-In and Hydration Assessment

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 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 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. Urine sample(s) will be provided immediately prior to the alpha and certification weigh-in. Specific protocol/procedure for the hydration assessment will be provided by the KSHSAA. Refer to Section 2.E.1 for additional information regarding certification weigh-in.

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.

2.B Weight Classes - Senior High

For the 2018-19 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., 145 lbs., 152 lbs., 160 lbs., 170 lbs., 182 lbs., 195 lbs., 220 lbs., 285 lbs.

2.B.1 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 106 lb., followed by 113 lb., etc. and progressing through the weight classes, finishing with 285 lb. 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.

2.C Minimum Weights for Weight Classes

The KSHSAA follows the 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).

2.D 8 (Eight) Percent Weight Loss Provisions

A wrestler may certify at a weight class which requires a weight loss no greater than 8 (eight) percent of their alpha weight-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 weight-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.

2.E Certified Weight

For interscholastic high school competition, a wrestler’s certified weight is the minimum weight a wrestler may compete at during the wrestling season. A wrestler’s certified weight is subject to the provisions of Section 2.D of the KSHSAA Wrestling Manual, 8 (eight) percent weight loss provisions. The initial certification deadline for the 2018-19 season is on or before Saturday, December 22, 2018. A wrestler may only certify during a regularly scheduled school team competition weigh-in for his school team(s). This may be either a home site weigh-in or during a shoulder-to-shoulder weigh-in at the competition site. If the certification is during a home site weigh-in, the certification must be verified by one home school administrator (subject to the home site weigh-in provisions). If the certification is during a shoulder-to-shoulder weigh-in at the competition site, the certification must be verified by a school administrator for the host school or by an opposing coach whose team is in competition at the site. The provisions of 2.E.1 (pertaining to the hydration assessment requirement for a certification weigh-in) apply whether the weigh-in is a home site weigh-in or at the competition site. 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, 2018 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)(see Section 2.E) and 2) they present a urine sample which shows that they meet the hydration requirements for certification (see Section 2.E.1). They may participate in the state tournament series competitions at this lower re-certified weight PROVIDED they have a minimum of ½ of their total regularly scheduled school team competition weigh-ins at this lower certification weight class.

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 weight class or wrestle more than two weight classes above their certification weight without recertifying at a higher weight. If, after certification, a wrestler weighs in more than one weight class above his/her certified weight or wrestles in a weight class that is more than two weight classes above his/her certified weight, he/she will break the original or existing certification weight and would be recertified at their stripped weight 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, he/she 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.

2.E.1 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 Saturday, December 22, 2018. 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.

Each KSHSAA member high school will be provided test strips, if requested. These test strips are to be used to assist the assessor in determining the level of hydration in cases where the urine sample, through use of the URINE COLOR CHART, did not show that the wrestler's urine sample clearly indicated the wrestler was hydrated.

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.

2.E.2 Hydration and Certified Weight Form

ALL WEIGHT CERTIFICATION INFORMATION WILL BE SUBMITTED ONLINE BY AN ADMINISTRATOR. THE WEIGHT CERTIFICATION FORM SHOULDN'T BE FAXED TO THE KSHSAA.

To access the online certification form on the KSHSAA website, login with the school’s user ID and administrator password. Go to the Entry Forms section and select November, December, January or February to access the online form.

Alpha weight information should be entered online during Standard Calendar Week #19 (begins Monday, November 5). Certification weight information should be entered online for each wrestler as soon as he/she meets the certification requirements. As information is entered online, it is automatically submitted to the KSHSAA. A printable weight certification report is also available. Coaches can access this online weight certification report by logging in with their user ID and coach/sponsor password. This report is located by selecting the Activities link on the website. Each school is responsible to keep a current copy of their school's online weight certification report and have it available upon request from opposing schools.

2.F Growth Allowance

A growth allowance of two pounds above the certified weight is permitted on January 1, 2019, for the remainder of the season. Any wrestler who certifies after December 22, 2018 will not be granted the two pound allowance until that wrestler weighs in at a regularly scheduled team competition on or after January 1, 2019 at their certified weight. All wrestlers will be weighed in for each day of competition with actual weight recorded.

2.G 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 the 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 consecutive 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 wrestles 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.

2.H Weight Scale Accuracy – Balance Bar Scales

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.)

2.H.1 Digital Scales

With the growing number of schools using digital scales for weigh-ins, the KSHSAA has adopted the following policy: During the weigh-ins the scale master should make sure digital scales are registering “0” prior to each contestant stepping on the scales. Digital scales are equipped with a reset device that will permit the scales to be reset to “0” prior to a wrestler stepping on the scales.
2.I Competition Weigh-In Process

ANYONE USING THE OFFICIAL SCALES DURING THE OFFICIAL WEIGH-IN PERIOD FOR A COMPETITION, INCLUDING HOME SCHOOL WEIGH-IN, WILL BECOME PART OF THE OFFICIAL WEIGH-IN.

At a weigh-in for competition, coaches must name, in writing, their respective contestants and optional contestants, if any. Copies of the weigh-in form are provided in Section 6.C of this manual. After the contestants have been named, there shall be no restrictions to the number of times a named contestant may weigh him/herself in order to make weight, but they must make weight within the weigh-in time period for that competition.

Should a wrestler weigh-in during the official weigh-in period and make weight, but not wrestle nor accept any team points, it shall not count as an event or as competition points for that wrestler. It does count as a competition weigh-in for that wrestler.

To speed up weigh-in, have wrestler indicate his weight to the individual handling the weigh-in, or have the wrestler move the bar to the exact weight. The exact weight of all contestants shall be recorded and submitted to the official scorer.

Contestants in all weight classes shall weigh-in wearing a suitable undergarment that completely covers the buttocks and the groin area during the weigh-in period. All team members must weigh-in for that competition either using the home school option or at the site of the competition and in accordance with the time restrictions.

2.J Home School Competition Weigh-In Option

During regular season, all teams have the option to weigh-in at home or shoulder-to-shoulder at the host site for all competitions. The home school weigh-in will be conducted under the direction of the coach and athletic director or principal, from the time the scale is balanced until the final wrestler is weighed and the weigh-in form is signed. If this option is exercised the entire team shall weigh-in during this period.

Under the home school weigh-in option PRIOR to the certification deadline, schools may elect to have competition weigh-ins prior to the start of school (with a one hour limit) or immediately following the last class of the school day (with a one hour limit) or may elect to have both weigh-in periods. Before the certification deadline, students are permitted to participate in competition weigh-ins prior to the start of school (with a one hour limit) or immediately following the last class of the school day (with a one hour limit) or they may participate in both weigh-in periods.

Following the certification deadline, schools do not have the option of an after school weigh-in – all weigh-ins after certification are before school weigh-ins or onsite weigh-ins at the competition site.

All participants from a school team must participate in the same weigh-in option (either a home school weigh-in or shoulder-to-shoulder at the site). Wrestlers must make their weight during the scheduled one-hour period for the team.

The home school weigh-in on a school day of competition will be limited to a one-hour period, specifically starting one hour before classes begin and ending when classes start or immediately following the last class of the school day (with a one hour limit). The host school has the same option as the visiting school(s). On non-school days of competition, the weigh-in shall occur anytime (the day of the contest) prior to the time the school departs for the site of competition. The host school may weigh-in a maximum of four hours and a minimum of one hour prior to the start of the competition. The weigh-in time is limited to one hour duration, the same as a home weigh-in on a school day.

NOTE: The school principal may make an exception to the starting time of the weigh-in period for their team under the following conditions:

1. when the distance a team is required to travel to a tournament would necessitate their leaving earlier than an hour before school begins on a school day;
2. when there is inclement weather (snowstorm, bus unable to run, etc.) provided the reasons are beyond the wrestler’s control. Oversleeping or like circumstances are not considered beyond the wrestler’s control.

2.J.1 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 with respect to 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 found in Section 2.K of this manual), or
2. During a home school weigh-in option at the school (same provisions as found in Section 2.J of this manual), or
3. During a one hour weigh-in period conducted at the home school the evening prior to a competition.

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.

2.K Dual Host or Tournament Site Competition Weigh-In Option

If a school does not use the home weigh-in option, but chooses to weigh-in the entire team at the host or tournament site, the weigh-in times will be according to the rules book and KSHSAA policy as follows:

Duals—Maximum of one and a half-hours and a minimum of a half-hour before meet begins. EXAMPLE: The meet is to start at 7 p.m., the site weigh-in starts at 5:30 p.m. and ends at 6:30 p.m.
Regular Season Tournament—Maximum of two hours and a minimum of a half-hour before the first session. 
EXAMPLE: The tournament is to start at 11 a.m., site weigh-in begins at 9 a.m. and ends at 10:30 a.m. or anytime in between. NOTE: The KSHSAA will allow an additional half-hour for a two and a half-hour maximum on the condition the extra half-hour does not require additional loss of school instructional time.

2.1 Second Day Competition Weigh-in Option
Regular season two-day tournament: Allow weigh-in for one hour after the last round of the first day's competition is completed per each weight class.

EXAMPLE: 106 lb. wrestlers will be allowed to weigh-in for one hour at the conclusion of that day's competition in that weight class. 113 lb. wrestlers will be allowed to weigh-in for one hour at the conclusion of that day's competition in that weight class, etc., through the 285 lb. class.

Under the second day weigh-in, a wrestler may check their weight prior to the official weigh-in period without penalty of losing their weight certification. Once the wrestler decides to weigh-in during the official weigh-in period, they must make weight, which would include a one pound allowance for the second day's tournament competition, or be disqualified.

2.2 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:
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, 4. A check shall be made to make sure all wrestlers have been inspected before their appearance on the mat.
   * The hair in its natural state shall not extend below the top of an ordinary shirt (collar) in the back and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows.
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.**

2.3 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 can be found in this manual.

2.4 5th Match Limit - Tiebreaking Procedure
The following criteria would only be used if both of the wrestlers were in a situation that their match would be the 6th match for both wrestlers that day. If one of the wrestlers had only had four matches under NFHS rules and their opponent had five matches, then the match would be awarded to the wrestler with only four matches.

**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 that 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.
Section III

REGIONAL TOURNAMENT INFORMATION

3.A General Information

For KSHSAA tournament purposes there shall be four divisions—Class 6A, Class 5A, Class 4A, and Class 3-2-1A.

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.

Regionals will be held on Friday and Saturday, February 15-16, 2019. 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.

Regional Wrestling Entry Form WR-2 is due to the regional manager by February 13, 2019 at noon.

3.B Tournament Assignments

All schools completing ADM-1 from the online Entry Forms have been assigned to a regional tournament in their class. Four regional tournaments will be conducted in Classes 4A and 3-2-1A, 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 Classes 6A and 5A, with the top eight placers in each weight class from each regional tournament qualifying for the state tournament.

3.C Tournament Time Schedules

All time schedules will be Central Standard Time.

Regional Time Schedule - Friday and Saturday, February 15-16, 2019

After determining the number of entries, the manager may want to change the tournament starting time on Friday or Saturday. Friday starting times for all 4A regional tournaments for the first round will be no earlier than 2 p.m. unless approved by the KSHSAA.

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

The sample time schedules will vary according to number of entries and number of mats used. Depending upon the number of wrestlers, the first four (4) rounds may be completed Friday afternoon and evening. The consolation bracket and championship semifinals will be held during the day on Saturday with the consolation and championship finals Saturday afternoon/evening.

The following time schedule is suggested but not mandatory. Host sites may modify the time schedule once the total number of entries is determined. School team head coaches should be advised of any modifications in time schedules.

SESSION I

<table>
<thead>
<tr>
<th>Round</th>
<th>Session</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>First Round</td>
<td>Friday at 2:00 p.m.</td>
</tr>
<tr>
<td>2</td>
<td>Championship Quarterfinals</td>
<td>Modifications are allowed with KSHSAA approval.</td>
</tr>
<tr>
<td>3</td>
<td>Consolation First Round</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Championship Semifinals</td>
<td></td>
</tr>
</tbody>
</table>

SESSION II

<table>
<thead>
<tr>
<th>Round</th>
<th>Session</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Consolation Cross Bracketing</td>
<td>Saturday at 10:00 a.m.</td>
</tr>
<tr>
<td>6</td>
<td>Consolation Quarterfinal</td>
<td>Modifications are allowed with KSHSAA approval.</td>
</tr>
<tr>
<td>7</td>
<td>Consolation Semifinal</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Consolation Finals (two mats)</td>
<td>Can be conducted at the same time to facilitate travel.</td>
</tr>
<tr>
<td>9</td>
<td>Championship Finals (one mat)</td>
<td></td>
</tr>
</tbody>
</table>

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.
Classes 6A and 5A Time Schedule – Friday and Saturday, February 15-16, 2019

The suggested starting time and 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 weigh-in for regional tournaments will be conducted at the host regional 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.

SESSION I
1 p.m. First Round
Second Round Championship Quarterfinals
First Round Consolation
Championship Semifinals
Consolation Cross Bracketing

SESSION II
9 a.m. Consolation Quarterfinals
Consolation Semifinals
7th Place Matches
5th Place Matches Multiple mats can be used
3rd Place Matches
Championship Finals

3D Tournament Brackets (TrackWrestling Will Be Used)

Class 6A and Class 5A will use a 16-man bracket with cross bracketing to eight places (pigtail matches used).

Class 4A and Class 3-2-1A Regionals will use a 16-man double elimination bracket with cross bracketing to four places.

Prepare one bracket (blank) for each of the 14 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-man bracket when the number of contestants is less than five, use the 4-man bracket. When using a 16-man bracket and the number of contestants is less than nine, use the 8-man bracket.

Examples:
16 contestants—no byes—16-man bracket—8 matches in 1st round
15 contestants—1 bye—16-man bracket—7 matches in 1st round
14 contestants—2 byes—16-man bracket—6 matches in 1st round
13 contestants—3 byes—16-man bracket—5 matches in 1st round
12 contestants—4 byes—16-man bracket—4 matches in 1st round
11 contestants—5 byes—16-man bracket—3 matches in 1st round
10 contestants—6 byes—16-man bracket—2 matches in 1st round
9 contestants—7 byes—16-man bracket—1 match in 1st round

If you have a tournament with 10 schools entered, you will need to make 16-man brackets. Then, if two of the schools do not have entries in any given weight class, you will have only eight contestants and would use an 8-man bracket.

8 contestants—no byes—8-man bracket—4 matches in 1st round
7 contestants—1 bye—8-man bracket—3 matches in 1st round
6 contestants—2 byes—8-man bracket—2 matches in 1st round
5 contestants—3 byes—8-man bracket—1 match in 1st round

Matches should be numbered consecutively on the bracket in the order they will occur. This will assist the public address announcer, tournament scorekeeper, official scorers, contestants, coaches and spectators when referring to the matches that are in progress at the time. Byes should be numbered since the program will already be printed before the number of byes is known.
There shall be no byes after the 1st round of the championship or consolation bracket, and no further drawing is necessary for championship or consolation rounds. When byes are required for the 1st 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.

3.E Regional Entries

Schools may enter any eligible and qualified wrestler in the regional tournament. Regional entries are to be placed on the regional wrestling entry form WR-2 which is DUE to the regional manager by February 13, 2019. Late entries will not be accepted.

All regional entries will be submitted online in Trackwrestling by February 13, 2019, BY NOON. Information concerning the online entry process will be sent to all wrestling schools.

3.E.1 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.

3.E.2 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.

All schools participating should enter information into Trackwrestling as requested for the seeding meeting. If all information requested is entered, then the seeding meeting should run smoothly.

3.E.3 Seeding Criteria

All coaches should provide the requested information to the tournament manager and Trackwrestling for all wrestlers they are entering into the regional tournament. The following criteria will be used to seed wrestlers for the tournaments.

1. Head to head competition (If two wrestlers have evenly split wins during the season, the wrestler who won the last match will be given the seed.)
2. Record against common opponents
3. Returning state champion from the previous year
4. Returning state placer from the previous year
5. Returning regional champion or runner-up at the same weight from the previous year
6. Overall record in the weight class wrestling at regionals

Forfeits: Include dual match forfeits in record for seeding.

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. The KSHSAA Executive Board may revise pairings if discrepancies appear obvious.


Regional teams will weigh-in at the regional tournament locations. Weigh-ins at the tournament site are expected to adhere to NFHS Rule 4-5-2. Wrestling weigh-in forms, as provided by the KSHSAA, should be turned in to the regional manager one hour before the tournament begins.

Wrestlers in all classifications will weigh-in for Saturday's competition at the regional site on Friday evening following the conclusion of wrestling in their weight class or during the weigh-in for the 285 lbs. class (see Section 4.E). Failure by a wrestler to make weight during this weigh-in results in disqualification from the tournament. Any such disqualified wrestler's team points earned will be removed from his/her team score.
3.G 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.

3.H Public Address Announcer
For general information refer to Section 1.B 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.

3.I Banners and Signs
Banners and signs will be permitted at KSHSAA sponsored tournaments, provided they are not personal, negative, unsportsmanlike 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.

3.J 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.

3.K 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.

3.K.1 Radio
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 provided by the Kansas Association of Broadcasters have been sent to each radio station. The broadcasting station shall complete the contract in triplicate—furnishing one copy to the tournament manager and one to the KSHSAA, retaining one for the station records. This procedure has been approved by the KAB and the KSHSAA.

3.K.2 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>Media>General Information), and the following stipulations are met:
1. 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. 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—for live telecast
2. That four 30-second announcements provided by the Kansas State High School Activities Association be read during the telecast of each contest.
3. 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.
4. 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.

5. 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).

6. 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.

7. 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.

8. That the television station shall provide the KSHSAA with documentation of how many homes this rebroadcast is reaching.

9. 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.

3.K.3 Live Video Over Internet - Contact Jeremy Holaday 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.
   - No Charge - Member schools - student organized broadcast
     - (Regional & Sub-State Only - State tournament and championship games are not permitted)
   - $125/contest - All others

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.

3.I. 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 (refer to Rule 3-2-1 and 2, NFHS Rule Book).

3.M 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.
3.N Qualification for State Tournament

Classes 6A and 5A

Those wrestlers who finish in the first eight 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 to be held on Friday, February 22 and Saturday, February 23. State pairings will be posted on the KSHSAA website.

Classes 4A and 3-2-1A

Those wrestlers who finish in the first four 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.

Send State Entry Form WR-3 to the KSHSAA by February 18, 2019.

3.O 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. Home phone number for school principal or athletic director.
   d. Home phone number for school team head coach.
   e. Cellular phone number for coach and/or administrator while traveling (if applicable).
   f. Official’s home phone number will be provided to manager by the KSHSAA.

2. The regional manager should supply the following information to each school:
   a. Home 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 meet manager should make an effort to contact the KSHSAA, phone: 785-273-5329, fax: 785-271-0236 or email: kshsaa@kshsaa.org or mlentz@kshsaa.org.
STATE TOURNAMENT INFORMATION

4.A Tournament Locations - Managers

Classes 6A & 5A—Park City-Hartman Arena
   Ark Valley-Chisholm Trail & Greater Wichita Athletic Leagues;
   Marc Haught and J. Means, Managers

Class 4A—Salina-Tony's Pizza Events Center
   Abilene, Chapman, Clay Center and Concordia High Schools
   David Brown, Doug Moore and Jim Day, Managers

Class 3-2-1A—Fort Hays State University-Gross Memorial Coliseum
   FHSU Athletic Department, Brad Haynes, Manager;
   Phone: 785-628-4050; Fax: 785-628-4383

4.B Tournament Time Schedule

CLASSES 6A, 5A, 4A, 3-2-1A: Friday, February 22 and Saturday, February 23, 2019
   (four mats per site except where indicated)

STATE TOURNAMENT COMPETITION DAY #1
   Weigh-In at Tournament Site - 7 a.m. to 8 a.m.
   Ticket Sales & Gates Open - 8 a.m.

SESSION I

10 a.m.  First Round
   Second Round Championship Quarterfinals
   First Round Consolation (four mats)
   *Championship Semifinals (two mats)
   *Championship Semifinals will start immediately following the conclusion of the First Round Consolation.

STATE TOURNAMENT COMPETITION DAY #2
   Weigh-In (See Section 4.E)
   Ticket Sales & Gates Open - 7 a.m.

SESSION II

9 a.m.  Consolation Cross Bracketing
   Consolation Quarterfinals
   Consolation Semifinals
   Fifth Place (four mats)
   Consolation Finals (two mats)
   Parade of Champions – 40 minutes after consolation finals
   Championship Finals (one mat) – 45 minutes after consolation finals

4.C Tournament Brackets

Tournament qualifiers are placed in brackets based on a formula established by the KSHSAA. Brackets are set after all regionals are completed. Sixteen-man double elimination brackets to six places will be used in all classes for the state tournament. Cross bracketing will be used in the consolation pairings.

4.D Checking Weight

All wrestlers may check their weight at the weigh-in location from 3:30 to 7:30 p.m. Coaches and wrestlers should note that with the number of wrestlers checking their weight, and in some cases changing scales, the scales may become unbalanced.

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

Weigh-in will take place by weight class from 7-8 a.m. NFHS weigh-in rules will be followed! If an athlete fails to make weight on the first scale, the athlete shall immediately step on each available scale on time in an attempt to make weight. During the time off the scale, activities that promote dehydration, weight loss or weight gain are prohibited.

Second Day Weigh-In

All classes follow the same procedures:

1. After all 1st round consolation matches and championship semifinals in each weight class have been completed, the losers of the championship quarterfinals round, the winners of the 1st round consolation and all wrestlers in the championship semifinals will weigh-in for Saturday. The time allotment is one hour following the last match of Session II for that weight class OR one hour following the last match of Session II for the 285 lb. weight class.

2. Time allotment for weigh-ins is one hour following the end of each respective weight class; hence, the 106 lb. contestants may weigh-in during a one hour period beginning when the last 106 lbs. class match is over in Session II. Each succeeding weight class will follow the same example, 113 lb., 120 lb., etc. OR a wrestler may elect to weigh-in during the one hour period for the 285 lb. weight class. A wrestler may NOT participate in both weigh-in periods. Once a wrestler steps on an official weigh-in scale during a weigh-in period, they have until the end of that one hour weigh-in period to make weight or be disqualified.

3. There will be a one hour weigh-in option on Saturday morning from 7:30 to 8:30 a.m. for wrestlers who were unable to participate in the Friday evening weigh-in as a result of an injury sustained during Friday's competition that required that the wrestler be off the competition site during the Friday evening weigh-in. The reason(s) for the wrestler being permitted to have a Saturday morning weigh-in must be approved by the KSHSAA before 11:30 p.m. Friday evening.

4.F Drill Team - Spirit Group Performances

School sponsored drill teams or spirit groups wishing to perform at the state 4A and 3-2-1A 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.

4.G Cheerleaders

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

4.H Thursday Workouts

Class 3-2-1A wrestlers will need to check with the state manager for workout location if they wish to work out on Thursday.

Class 4A wrestlers may work out on Thursday from 4:30-7 p.m. at the Salina-Tony's Pizza Events Center.

Class 6A and 5A wrestlers may work out on Thursday at Park City-Hartman Arena from 4:30-7 p.m.

4.I 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.

4.J Lodging Accommodations

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

TICKET ARRANGEMENTS/PROVISIONS - OFFICIALS’ FEES

5.A Ticket Information

Tickets for KSHSAA sponsored tournaments will be sent to the managers by parcel post or United Parcel Service (UPS) and will consist of general admission tickets for kindergarten through grade 12 and adults.

The KSHSAA would like to call your attention to the following points:

1. Tickets will be serially numbered in rolls of 250 or more.
2. Before the tournament begins, check the tickets with the report form which will be sent from the KSHSAA.
3. Instruct your sellers to be sure that all UNSOLD tickets are in consecutive serial number order, meaning that the remainder of the UNSOLD roll is consecutively numbered without any intermittent tickets having been sold.
4. If tickets are sold from more than one booth, it is satisfactory to sell them from two or more rolls at the same time. This will avoid having to sell from removed portions of a roll.
5. During the FINAL session of the tournament, be sure that ALL UNSOLD tickets are in consecutive order—do not remove portions of rolls without selling every ticket that was removed.
6. Return all unused tickets to the KSHSAA immediately after your tournament.
7. There are to be no reserved seat tickets for the regional or state tournaments. Managers are to use only those tickets which are supplied by the KSHSAA. We hope that we have anticipated your needs, but if you have reason to feel that you will need more, call us and we will forward an additional supply. In the event you experience a last minute exhaustion of tickets, then you may use some of your own to complete your tournament.

5.B 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)
Friday - K-12—$5; Adults—$6
Saturday - K-12—$7; Adults—$8

State Tournaments (all classes, all day tickets)
Friday - K-12—$8, Adults—$10
Saturday - K-12—$8, Adults—$10

KSHSAA TICKET PRICES DO NOT INCLUDE ANY FACILITY SURCHARGES LEVIED AT SELECT HOST SITES.

Special Notice to All Schools

Each person paying admission MUST be given the ticket purchased. All tickets are to be torn in half when the purchaser is admitted. If the sale and admittance is handled at the same location, then the purchaser is entitled to and shall be given half the purchased ticket. Such ticket stubs are NOT to be used as pass-out tickets. Half of the ticket is to be deposited in a receptacle. If pass-outs are necessary you should use a unique stamp applied to each person entering the tournament.
5.C 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. This phase of the tournament is very important. Assign a competent adult (not a student) the responsibility of working the pass gate.

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 the managers’ problems 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. Any representative of the press or media who actually covers the tournament and writes stories may be admitted free. A regular newspaper photographer or television camera person may also be admitted free.
2. For regional tournaments only, when your school is host, the members of your board of education and a guest may be admitted free.
3. Those individuals necessary to sell and collect tickets and supervise and direct tournament activities are to be admitted free.
4. Those individuals presenting a KSHSAA Lifetime Pass
5. KSHSAA Annual Complimentary Passes (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 and two assistant coaches, two managers and two additional persons, participating contestants, one faculty cheerleader sponsor and a maximum of six varsity cheerleaders, in uniform, shall be admitted free. These names must have been listed on the pass gate information form, supplied to each school by the KSHSAA, signed by the principal, and presented to the tournament manager prior to the opening of the tournament.

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.

Sample KSHSAA Complimentary Passes

(REGIONAL and STATE TOURNAMENTS ONLY)

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KSHSAA Wrestling Manual

31
5.C.1 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 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.

5.D Distribution of Regional and State Tournament Receipts

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

1. For regional tournaments - 33%, 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) 20% of net receipts go to the KSHSAA
   (b) Plaques, trophies and medals
   (c) Catastrophic and liability insurance
   (d) To underwrite losses at other tournament sites
   (e) To operate non self-supporting activities
   (f) To contribute to the overall operating costs of the Association

5.E Officials’ Fees

NOTE: 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**

<table>
<thead>
<tr>
<th>Number of Officials</th>
<th>Fee</th>
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<tbody>
<tr>
<td>5</td>
<td>$285 each or TBD by KSHSAA</td>
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<tr>
<td>4</td>
<td>$305 each or TBD by KSHSAA</td>
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<tr>
<td>3</td>
<td>$325 each or TBD by KSHSAA</td>
</tr>
</tbody>
</table>

**STATE**

All Classes: 10 officials per class—$305 each or TBD by KSHSAA

5.E.1 Allowable Officials’ Expenses

Officials’ expense reimbursement will be provided as per the guidelines found in the KSHSAA Officials Handbook. Expense forms for regional tournaments, submitted by officials, should be forwarded to the KSHSAA at the conclusion of the tournament.
<table>
<thead>
<tr>
<th>Wrestler's Name (Last, First)</th>
<th>Grade</th>
<th>Alpha Weight</th>
<th>H₂O Asmt P/F Date</th>
<th>Supervising Administrator</th>
<th>Certified Weight</th>
<th>Certified Weight Class</th>
<th>Wt Loss %</th>
<th>H₂O Asmt P/F Date</th>
<th>Supervising Administrator</th>
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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 personal 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 stripped weight. This weight loss permit cannot be sought until the wrestler has reached the eight (8) percent weight loss point.
WRESTLING HOME SITE WEIGH-IN FORM

A COPY OF THIS FORM MUST BE PRESENTED TO THE OPPOSING COACH/TOURNAMENT DIRECTOR - PRIOR TO COMPETITION

SCHOOL  TOWN

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

<table>
<thead>
<tr>
<th>Other teams involved</th>
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<tr>
<th>WEIGHT CLASS</th>
<th>NAME OF CONTESTANT</th>
<th>Actual Weight at time of weigh-in</th>
<th>GRADE</th>
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</table>

HOME SCHOOL WEIGH-IN

Principal, Administrator or Athletic Director
Wrestling Coach
Time of Weigh-In  Month / Day / Year

SITE WEIGH-IN

Weigh-In Supervisor
Home Coach
Visiting Coach
Time of Weigh-In  Month / Day / Year

THIS FORM MAY BE REPRODUCED—RETAIN FOR YOUR SCHOOL USE ONLY
WRESTLER’S COMPETITION WEIGH-IN VERIFICATION SHEET

The purpose of this sheet is to provide coaches with a uniform method to verify the competition weigh-in wrestlers participate in. Coaches should include the home site weigh-in sheets with this form to verify and support the information provided.

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.

<table>
<thead>
<tr>
<th>SCHOOL</th>
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<tbody>
<tr>
<td>WRESTLER’S NAME</td>
<td>DATE</td>
<td>WEIGHT</td>
<td>DATE</td>
<td>WEIGHT</td>
<td>DATE</td>
<td>WEIGHT</td>
<td>DATE</td>
<td>WEIGHT</td>
</tr>
<tr>
<td>(Example: Lentz, Mark)</td>
<td>12/01/14</td>
<td>180#</td>
<td>12/08/14</td>
<td>178#</td>
<td>12/11/14</td>
<td>175#</td>
<td>12/13/14</td>
<td>170#</td>
</tr>
</tbody>
</table>

Complete Online
6.E  Tournament Brackets

6.E.1  16-man Double Elimination to Eight Places with Cross Bracketing (Class 6A and Class 5A Regional)

6.E.2  16-man Double Elimination to Four Places with Cross Bracketing (Class 4A and Class 3-2-1A Regional)
6.E.4 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.
## PENALTY CHART

(Available in PDF format on www.nfhs.org)

<table>
<thead>
<tr>
<th>Rule Warning</th>
<th>First Penalty</th>
<th>Second Penalty</th>
<th>Third Penalty</th>
<th>Fourth Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illegal Holds/Maneuvers 7-1</td>
<td>No</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Technical Violations 7-3</td>
<td>No</td>
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<tr>
<td>Stalling* (plus opponent will have choice of position on the next restart) 7-6</td>
<td>Yes</td>
<td>1 Pt.</td>
<td>1 Pt.</td>
<td>2 Pts.</td>
</tr>
<tr>
<td>Unnecessary Roughness 7-4-1</td>
<td>No</td>
<td></td>
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<tr>
<td>Unsportsmanlike Conduct by Contestants During a Match 7-4-2</td>
<td>No</td>
<td></td>
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<tr>
<td>Not Reporting to Scorer’s Table Properly Equipped 8-1-1</td>
<td>No</td>
<td></td>
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<tr>
<td>False Start or Incorrect Starting Position 8-1-3</td>
<td>Following two cautions there is a 1-point penalty for each subsequent infraction</td>
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<tr>
<td>Coach Misconduct (during the match) 5-5, 6-6-6, 7-5-4, 8-1-5</td>
<td>Yes</td>
<td>Deduct 1 Team Point</td>
<td>Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.</td>
<td></td>
</tr>
<tr>
<td>Unsportsmanlike Conduct – Contestants (not during the match), Coaches and Other Team Personnel 7-4-2, 7-5-3, 8-1-4</td>
<td>No</td>
<td>Deduct 1 Team Point</td>
<td>Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.</td>
<td></td>
</tr>
<tr>
<td>Flagrant Misconduct – Contestants 7-4-3, 8-1-6</td>
<td>No</td>
<td>Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated.</td>
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</tr>
<tr>
<td>Flagrant Misconduct – Coaches and Other Team Personnel 7-5-5, 8-1-3, 8-1-6</td>
<td>No</td>
<td>Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces, Illegal Equipment or Uniform 7-3-5, 8-1-1</td>
<td>Any contestant reporting to the scorer’s in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time.</td>
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</tr>
</tbody>
</table>

**Summary of Technical Violations**
- Going out of Wrestling Area (Fleeing) (7-3-1)
- Grasping Clothing, Etc. (7-3-2)
- Interlocking Hands (7-3-3)
- Leaving Wrestling Area Without Permission (7-3-4)
- Reporting to the Scorer’s Table Not Properly Equipped or Not Ready to Wrestle (7-3-5)

**NOTE 1:** Disqualification due to technical violation, illegal hold/maneuver, stalling, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.

**NOTE 2:** Points for unnecessary roughness, grasping clothing, locking hands or fleeing the mat are awarded in addition to points earned.
2018-19 NFHS Wrestling Rules Changes

4-1-2: No additional manufacturer’s logo, trademark or promotional references are allowed on the uniform.

4-5-7: Modified what can be worn by wrestlers in the designated weigh-in area.

5-10: The definition of escape was modified.

5-15-1, 5-15-2, 5-15-3: A wrestler is now inbounds if two supporting points of either wrestler are inside or on the boundary line. This could be two supporting points of one wrestler or one supporting point of each wrestler.

5-18: The definition of out of bounds has been revised.

5-22-1, 5-22-2: The definition of a reversal has been revised.

5-24-3e, f: Stalling in the neutral position also takes place when a wrestler is backing off the mat and out of bounds, as well as when the wrestler is pushing or pulling out of bounds.

5-25-1, 5-25-3: The definition of a takedown has been revised.

5-28-3: The definition of a recovery time out when a wrestler is injured because of the opponent’s false start has been clarified.

6-4-1: The criteria when a match is stopped has been revised.

7-1-5q: The Nelson-Cradle is a new illegal hold/maneuver.

7-1-5y: Modified that a specific maneuver is not allowed.

7-4-2: Repeatedly dropping to one knee, as well as one hand, to break locked hands is considered unsportsman-like conduct.

8-2-2: Clarified if a wrestler is injured because of the opponent’s false start, then the injured wrestler should be accommodated with recovery time.

2018-19 NFHS Wrestling Points of Emphasis

Cleanliness – uniforms, pads

Braces – padded and covered

Stalling

Special Equipment Procedure

Injury prevention from false starts in the neutral position