



Kansas State High School Activities Association

2014 -15 WRESTLING ANNOUNCEMENTS

Very Important Dates

August 21	ADM-1 due to the KSHSAA
November 26	Online Rules Meeting Ends
December 1	Wrestling Rules Test Part I due. Must be submitted to the KSHSAA online.
November 17	Beginning date for wrestling practice
December 1	Earliest possible date for competition
Jan. 30-Feb. 6	WR-1 (Wrestling Officials Recommendations submitted online)
February 16	WR-2 (The Regional Wrestling Entry Form is due. Send to the regional tournament manager)
February 20-21	Class 4A and 3-2-1A Regional Tournaments
February 21	Class 6A and 5A Regional Tournaments
February 23	WR-3 (State Wrestling Entry Form) due. (This is an online form) WR-4 (State Pass Gate List) is due. (This is an online form)
February 27-28	STATE WRESTLING TOURNAMENTS for all classes

Informational Reminders

Newsletters, Announcements and Rules updates will be posted on the KSHSAA website (www.kshsaa.org). They can be found under "Athletic>Wrestling".

The initial certification deadline is on or before December 20, 2014. Seventh and eighth grade students do not have to certify.

Wrestlers that have certified on or before **December 20, 2014** will be granted the growth allowance of two (2) pounds for all school team competitions held **AFTER** December 27, 2014.

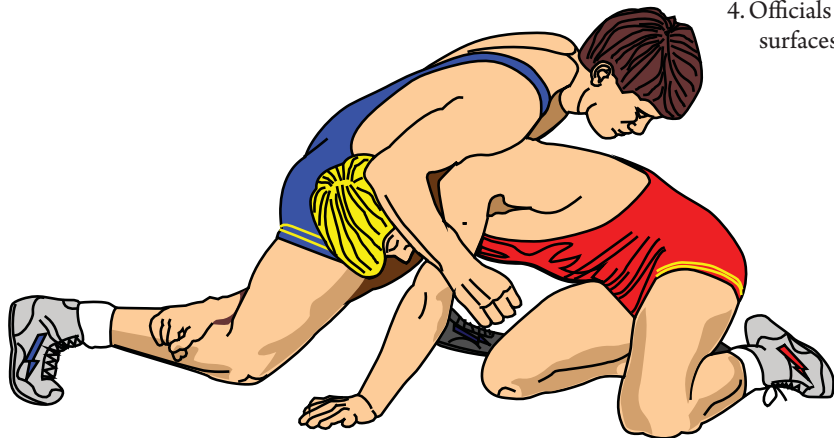
Senior High Weight Classifications

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

Procedures for Blood-Borne Pathogens

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

1. Host schools should provide someone that 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 disinfectant, rubber gloves and proper containers for disposal of blood stained materials for the above person.
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.



Required Meetings and Examinations

- 1. COACHES** – Head high school and head middle/junior high coaches must successfully complete the 2014-15 NFHS Wrestling Test Part I and score 90 percent or better on the test. Coaches who do not achieve a 90% score will be required to take the KSHSAA Part II wrestling exam. If any coach fails to successfully complete the KSHSAA Part II exam, will have their school's name published in the *Activities Journal*.
- 2. OFFICIALS** – All must complete the 2014-15 NFHS Wrestling Test Part I. Only those officials scoring 90% or above on the exam are eligible for assignment to regional or state tournaments. There is no makeup test for officials scoring less than 90%.
- 3. TEST SUBMISSION** – Coaches and officials are to submit their answers to the 2014-15 NFHS Wrestling Test Part I online. Instructions as to how to access and submit answers were mailed to all schools and inserted into all officials packets.
- 4. TEST DATES** – Answers may be submitted beginning **October 20**, and continuing until **December 1**. After December 1, no test answers for the Part I exam will be accepted.
- 5. REMINDERS** – When submitting answers remember to:
 - *Print a **copy** of your answers
 - *Print a **confirmation** that answers were submitted to the KSHSAA
 - ***COACHES** use the school user ID and coach/sponsor password – check with your school administration for these
 - ***OFFICIALS** follow the instructions as to how to submit answers.
 - ***Submit only one (1) set of answers.**

Officials Area Supervisors' Meetings

Unless otherwise listed, all meetings begin at 7 p.m.

- 1. Area supervisors** conduct two meetings during the course of the season – Series 1 and Series 2. Officials seeking assignment to regional and state tournaments must attend both a Series 1 and a Series 2 meeting.

- If an official **can not attend** an area supervisor's meeting due to emergency, illness, job/employment duties, family responsibilities, they may request permission from the KSHSAA to make up one missed area supervisors' meeting. Such request will only be accepted if submitted in writing to the KSHSAA and it must be sent within one week of the missed meeting. Each request is evaluated on its own merits.
- Area Supervisors meetings are designed to further enhance officials understanding of NFHS rules, their application, mechanics of officiating, etc.
- The **schedule** of Area Supervisors meetings can be found on the KSHSAA website.

2014 -15 Area Supervisors Schedule

Michael Martin, Girard

- | | |
|----------------------|--------|
| 1 Wednesday, Nov. 12 | Girard |
| 2 Wednesday, Jan. 14 | Girard |

Robb Ross, Colby

- | | |
|-------------------|-------------|
| 1 Monday, Nov. 3 | Colby |
| 1 Tuesday, Nov. 4 | Garden City |

- | | |
|-------------------|-------------|
| 2 Monday, Jan. 5 | Colby |
| 2 Tuesday, Jan. 6 | Garden City |

Mark Wallace, New Cambria

- | | |
|----------------------|----------------------------------|
| 1 Wednesday, Nov. 12 | Hays-FHSU |
| 1 Monday, Nov. 17 | Salina-Smoky Hill Service Center |
| 2 Monday, Jan. 5 | Salina-Smoky Hill Service Center |
| 2 Wednesday, Jan. 28 | Hays-FHSU |

Aron Wiechman, Olathe

- | | |
|--------------------|----------------------------|
| 1 Monday, Nov. 17 | SM-West (Room 67) |
| 1 Tuesday, Nov. 18 | KSHSAA (Hall of Fame Room) |
| 2 Monday, Jan. 12 | SM-West (Room 67) |
| 2 Tuesday, Jan. 13 | KSHSAA (Hall of Fame Room) |

Mark Wright, Douglass

- | | |
|-------------------|-----------------|
| 1 Monday, Dec. 8 | Wichita-Heights |
| 2 Monday, Jan. 12 | Wichita-Heights |

Officials Website

The KSHSAA has made significant changes to the "officials" pages on the KSHSAA website.

The path to the officials pages via the KSHSAA website is as follows: go to www.kshsaa.org > **Officials** > **Log In** type in your officials number and your password.

Officials may now be able to secure the forms they will need during the course of the season. They can secure individual information pertaining to their own status with the KSHSAA as well as their historical information.

Officials may obtain information as to the number of 2014-15 school recommendation they received from March 3 - 31. Login to your officials page through the KSHSAA website to view this information.

Assignment of Officials to Regional and State Tournaments

In order to be assigned to a regional or state tournament, an official must fulfill the following requirements:

- Attended the online wrestling rules meeting;
- Scored 90% or higher on the 2014-15 NFHS Wrestling Test Part I and;
- Attended both a Series 1 and Series 2 Area Supervisors meeting and;
- Have received recommendations for postseason assignment from KSHSAA member schools, league commissioners and area supervisors and
- Submitted an application for postseason assignment.

Schools must submit (form WR-2) to the KSHSAA with the names of those officials they would recommend for assignment to regional and state tournaments from January 30 - February 6, 2015.

Officials should not solicit recommendations from schools for postseason assignment. Prior to a competition, officials should provide to each head coach a card with the officials name and city of residency, date of match/tournament and level of competition. This card should be retained by the school for information as they consider their recommendations.

Contracts – Communications

1. Only KSHSAA registered wrestling officials are to be used for **varsity level** wrestling competitions. It is recommended that only KSHSAA registered officials should be used for sub-varsity level competition.
2. Contracts between officials and schools should be in writing. If verbal contracts are entered into between officials and schools, those contracts are also binding. Once a contract, either a written or verbal, has been entered into, both parties are expected to honor those contracts. Only “Acts of God” can void a contract without **financial payment to the aggrieved party. Should a contract be broken by either party, the KSHSAA should be notified.**
3. Officials and schools should communicate with each other at least one week in advance of the contest – confirming the date, time and location of the contest. Such communication will help eliminate many problems.
4. Assigning agents (league commissioners, local assigners) should make every effort to utilize newly registered officials at the appropriate level the official is ready to work. Qualified and capable officials need to officiate the level of competition their abilities warrant. Newly registered officials need experience officiating in order to improve.

Regional and State Tournaments

Regional tournament assignments will be posted on the KSHSAA website using the following path - [www.kshsaa.org/Activities/Wrestling/2014-15 Regional Assignment Information](http://www.kshsaa.org/Activities/Wrestling/2014-15%20Regional%20Assignment%20Information).

Specific information regarding the weigh-in process for regional and state tournaments will be included in the *2014-15 KSHSAA Wrestling Manual (Sections 3.F and 4.E)* and in information provided to KSHSAA member schools.

The first four place winners in each weight class in regional competition will advance to the state tournament. Regional and state tournament brackets will be double elimination.

Target date for posting the regional assignments – December 1.

Regional Tournament dates:

Class 3-2-1A and 4A – Friday and Saturday, February 20-21, 2015.

Class 5A and 6A – Saturday, February 21, 2015

Selection of regional host sites will be based on the following guidelines as set by Executive Board policy:

- Rotation of assignment as host site from those schools requesting to host;
- Assign as nearly as possible, an equal number of schools per site;
- Attempt to combine schools within a geographical area to minimize travel;
- Seating capacities for fans/spectators;
- Past history of hosting – experience, expertise.

Posting of State Tournament brackets:

KSHSAA website on Sunday, February 22
[www.kshsaa.org/Activities/Wrestling/2014-15 State Tournament Information](http://www.kshsaa.org/Activities/Wrestling/2014-15%20State%20Tournament%20Information)

State Tournament Sites: February 27 - 28, 2015

Class 5A & 6A - Hartman Arena, Park City

Class 4A - Bicentennial Center, Salina

Class 3-2-1A - Gross Memorial Coliseum, FHSU, Hays

Hydration Assessments

All high school wrestlers participating in interscholastic wrestling programs will have a hydration assessment prior to their alpha weigh-in and prior to their certification weigh-in.

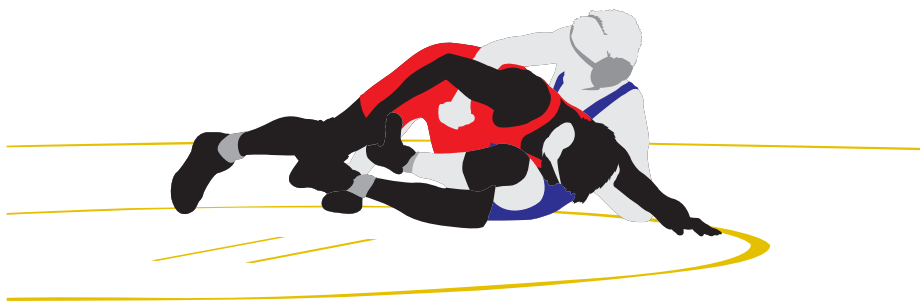
Detailed information concerning the hydration assessment protocol/procedures are explained in the *2014-15 KSHSAA Wrestling Manual*. (Information will also be available at each KSHSAA wrestling rules meeting.)

The hydration assessment is important in the sport of wrestling. As such, there will be many questions arise as we work through the season. When the questions arise, contact the KSHSAA directly. Don't rely on information gained from others – which might not be totally correct or may be taken out of the original context of the question.

Check the KSHSAA website for information (using the same path as previously mentioned to get to the wrestling page). As we evolve through this process, any updates and clarifications will be posted on Mondays. For the most recent information, check out that site first.

The KSHSAA is preparing and will forward to every KSHSAA member school (MS/JH and HS) nutritional information. Since weight and weight management are central components in the sport of wrestling, it makes sense to use our sport as one of the avenues to disseminate nutritional information that can be utilized by all students. When this information arrives, share it with others on your staff. Everyone benefits from a healthy lifestyle, which combines exercise, weight management and wise nutrition decisions.

Middle school and junior high wrestlers are not required to have hydration assessments during the season. Providing them information about appropriate hydration levels during the season is recommended and will only assist them in a healthy approach to weight management.



Wrestling Reminders

Middle School/Junior High Weigh-Ins

Check **Section 2.J.1** of the 2014-15 KSHSAA Wrestling Manual for clarification as to the options at this level.

NFHS Rule 7-4-2 – Don't permit wrestlers to lower their shoulder straps while on the mat. It's a violation of the rules – don't let this become the factor in determining a team title!

NFHS Rule 2-2-2 – The rules permit a maximum of two (2) team personnel on chairs at the corners of the mats. Other personnel should be at least six (6) feet from the mat. This is for the safety of all – wrestlers, officials and other persons.

Cheerleaders are expected to also be at least six (6) feet from the edge of the mat during competition. Enforcement of this rule rests with coaches, officials, site management and sponsors working together for the safety of participants.

NFHS rules and interpretations do permit a wrestler to use **medication** for a pre-existing condition (asthma or other similar problems) BUT the wrestler must request an injury time-out in order to take the medication. It does count as an injury time-out.

Weight-In Process – The KSHSAA has deviated with the NFHS rules re: weigh-ins in some respects. It is **NOT** a KSHSAA requirement that wrestlers be restricted to the weigh-in room/area during weigh-ins. They may leave the area. They still must make weight during the allotted weigh-in period. Please refer to the applicable sections of the 2014-15 KSHSAA Wrestling Manual.

KSHSAA schools traveling out of the state for competition will participate in the weigh-in process applicable in the state where the competition is conducted. In some states, schools do not have the home site weigh-in option the morning of competition as we do in Kansas. KSHSAA member schools will have to weigh-in according to the policies/rules applicable in the state where they are competing.

Coaches confirm the process and provisions with the administration of the host venue prior to competition.

Consecutive Days Of Team Competition

NFHS Rule 4-5-5 provides that "when there are consecutive days of team competition,

there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two (2) pounds." The rules require a minimum of 48-hour advance notification to opponents for the additional weight to be permitted.

Contained in the 2014-15 NF Casebook (4.5 situations) are several examples of how this rule is applied.

Key Points to Remember:

1. The provision applies to consecutive days of team competition and not to individual wrestlers competing on consecutive days on different teams.
2. There must be a 48-hour notification to all opponents before the allowance applies.
3. It is not necessary for the same school team to be involved in all days of consecutive competition – but there must be a common link (Varsity Team A wrestles dual against Varsity Team B on Thursday – Varsity Team B wrestles Varsity Team C on Friday; assuming 48 hour notification – each team is allowed one additional pound. (Varsity Team C in Tournament on Friday (again assuming 48 hour notification - a second pound allowed all teams).

Updates – Rules Interpretations

During the season, coaches, officials and school administrators are encouraged to visit the wrestling home page on the KSHSAA website (www.kshsaa.org>Activities>Wrestling>Announcements). Any announcements, rules updates, clarifications of rules and interpretations will be posted under this area on Mondays.

The KSHSAA will not print and distribute Newsletters during the season. Newsletters will be posted under the announcements heading on the wrestling website page.

Middle/Junior High Items

KSHSAA Rule 44 sets competition limits for individuals involved in wrestling. **Section 3 of Rule 44** sets forth the limitations for middle school/junior high students. All 9th grade students (whether attending traditional 9th-12th grade high schools or those in 7th-8th-9th grade models of junior highs) have an 18 event – 30 competition point limitation during the regular season.

Seventh and 8th grade students have an eight event – 18 competition point limitation for their season.

The KSHSAA Executive Board has approved a policy which permits KSHSAA member middle and junior high school students to weigh-in for competition at any one of the

following times:

- At the student's school following the conclusion of school or following a school team practice on the day preceding the school team competition **OR**
- Prior to the start of school at the student's school on the day of competition **OR**
- At the competition site.
- All students should participate in the same weigh-in.

Middle and junior high leagues are encouraged to establish a league adopted weigh-in provision within the options provided in order to establish consistency for the weigh-in process within their league.

The KSHSAA Executive Board has decided to continue the home site weigh-in option for regular season competitions for the first day of Class 4A and 3-2-1A regional tournaments for several reasons:

- A belief by the board that the home site weigh-in provides a more conducive learning environment during the school day for the student athletes participating in wrestling;
- An appreciation for the distance that some teams travel for competition and the resulting loss of instructional time if all weigh-ins were conducted in compliance with NFHS rules;
- A belief that KSHSAA member school athletes are not being placed at a competitive disadvantage as a result of the current weigh-in provisions;
- A belief that KSHSAA member school coaches are practicing and following healthy weight management programs for students participating in interscholastic wrestling.

KSHSAA member school coaches and students are reminded that unhealthy weight management programs which permit rapid and significant weight losses will force a reevaluation of the KSHSAA weigh-in program.

Students in the age range of 7th – 12th graders are in the period of their life when significant growth occurs. They are also in an age range when lifestyles and health patterns are being developed. It is very important for long term healthy lifestyles of these students and that they participate in a program that will encourage and develop sound and healthy weight management ideas and practices.

