



2016 – 2017 WRESTLING



Policy Manual

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WRESTLING POLICY MANUAL

September 2016

DIVISION I			DIVISION COORDINATOR
Acadiana	Covington	Jesuit	Dan Erwin Hahnville High School
Airline	Destrehan	Lafayette	
Barbe	Dutchtown	Mandeville	
Baton Rouge	East Ascension	McKinley	
Bonnabel	Ehret, John	St. Amant	
Brother Martin	Fontainebleau	St. Paul's	
Byrd, C.E.	Hahnville	Sulphur	
Catholic, BR	Higgins, L.W.	Walker	
Chalmette	Holy Cross	Zachary	
Comeaux			
DIVISION II			
Archbishop Rummel	East Jefferson	Northwood, Sh.	Kent Masson Teurlings Catholic High School
Archbishop Shaw	Eunice	Parkway	
Belaire	Haughton	Pearl River	
Belle Chasse	Houston, Sam	Rayne	
Benton	Huntington	Riverdale	
Bossier	King, Grace	St. Michael	
Broadmoor	Lakeshore	St. Thomas More	
Caddo Magnet	Live Oak	Tara	
Carencro	North DeSoto	Teurlings Catholic	
Central, BR	Northside	Woodlawn, BR	
DIVISION III			
Archbishop Hannan	Episcopal	Lee Magnet	Jimmy Bible Brusly High School
Basile	Erath	Livonia	
Bolton	Evangel Christian	Loyola Prep	
Brusly	Fisher	N.O. Military/Maritime	
Calvary Baptist	Grand Lake	North Vermilion	
Church Point	Haynes Academy	Ouachita Christian	
Crescent City	Holy Rosary	South Beauregard	
Curtis, John	Jefferson, Thomas	South Cameron	
De La Salle	Kaplan	South Plaquemine	
Doyline	LSVI	St. Louis	
Dunham	Lakeside	Summerfield	
		University Lab	

IMPORTANT DATES

Activity	Date
1 st Practice/Earliest Scrimmage	Monday, October 3, 2016
Takedown Tournaments	Monday, October 24 – Saturday, October 29, 2016
1 st Official Meet	Monday, October 31, 2016
End of Regular Season	Saturday, February 4, 2017
State Tournament	Thursday, February 9 – Saturday, February 11, 2017

CONTEST LIMITS

- Two (2) pre-season scrimmages
- One (1) takedown tournament
- A student shall be limited to two (2) dual meets or one (1) tri-meet per week
- A student shall be limited to one (1) tournament per week
- A student shall be limited to one (1) dual meet or one tri-meet and one (1) tournament per week
- A student shall be allowed to participate in two (2) dual meets or one (1) tri-meet and a tournament in a week or two (2) tournaments in a week during the Thanksgiving and/or Christmas holidays when school is not in season.

LHSAA WEIGHT CLASSIFICATIONS

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.

LHSAA WEIGHT MANAGEMENT PROGRAM

- A. The LHSAA's Wrestling Weight Management Program is designed to assist all student-athletes in the elimination of rapid or severe weight reduction programs that have been proven to be harmful to student-athletes. It is the LHSAA's philosophy that the basis for a second and healthy weight control plan is best designed when the wrestler, his/her parents, his/her coach and a physician are included in the planning process.
- B. A wrestler shall meet the following criteria to qualify in a specific weight class for regular season meets and tournaments and the state tournament.
 - a. The wrestler shall pass a hydration test and establish a minimum weight class before participating in any scheduled competition.
 - b. The wrestler shall not compete in any competition, including out of state completion, at a weight below his/her minimum certified weight class.**
 - c. The wrestler shall not weigh in more than the weight class above the weight class that he/she is eligible for according to his/her weight loss descent plan without automatically re-establishing a new weight loss descent plan based on that weigh-in and the date of the weigh-in.
 - d. The wrestler shall weigh-in at his/her lowest minimum weight class **ALLOWED BY HIS/HER DESCENT RATE** before or on the first day of the state tournament.

- C. Coaches shall enter all weigh-ins (varsity and **sub-varsity**) for each wrestler on the Track Wrestling web site at the completion of the meet/tournament **and prior to the next meet/tournament.** This information is critical for the individual wrestler's weight loss descent plan and the next pre-match weigh-in sheet.
- D. Coaches shall record all varsity weigh-ins and results for all wrestlers as this is important for building the brackets. **Only weigh-ins in which wrestling actually takes place shall be recorded.**

Rules Specific to the Louisiana High School Athletic Association Wrestling Weight Management Program

Regulation:

All wrestlers shall complete the LHSAA Weight Management Test in order to be eligible to compete in wrestling at all levels of competition.

Testing:

All wrestlers will be given a hydration test using a refractometer to determine the specific gravity. Wrestlers that pass the hydration test will then be given the Bio-Impedance Body Composition Test on the Tanita scale and given a printout of the results.

Wrestlers that fail the hydration test will have to wait 24 hours before a re-test can be done. Wrestlers must pass the hydration test before taking the BIA.

Fees:

Schools will be assessed \$10 per wrestler for each test administered. Wrestlers that fail the hydration test shall be re-tested at \$10 per test. **All fees shall be paid at the time the test is administered to the TEST ADMINISTRATOR.**

The school shall be charged \$30 per year for access to the NWCA/Track Wrestling web site which will provide all necessary information regarding each wrestler. **Payable at the time of testing to the TEST ADMINISTRATOR.**

Weight Management and Testing Preparation Guidelines:

1. No vigorous activity on the evening before and the day of testing.
2. Avoid any caffeinated beverages on the day before and the day of testing.
3. On the day of the testing you should drink 500ml (about 17 ounces) of fluid (a sports drink is an excellent choice). This will ensure the wrestler is adequately hydrated prior to testing.
4. Avoid any vitamin or mineral supplement two days before the day of testing.

Testing Schedule:

All schools must report for testing on the day, time and at the site assigned. Any changes to the schedule must be requested in writing and approved by the testing coordinator, Roberto Furtado or B.J. Guzzardo at the LHSAA.

Testing Day:

1. Schools should report at the site for their scheduled time.
2. Wrestlers must show his/her ID at the hydration test and at the scale.
3. Males dress for the test shall be underwear only. No shirts or socks will be allowed.
4. Females dress for the test shall be her wrestling uniform. No socks allowed.
5. All athletes must be present 15 minutes prior to closing time to be tested.

Who Must Be Present:

A head coach, assistant coach or faculty/school representative of school must accompany wrestlers to the test and sign the testing sheets or wrestlers will not be tested.

Scheduled Re-Tests or Special Situations:

Once a coach has scheduled a day and time for a wrestler other than the scheduled test dates, the school shall be charged for the test if the athlete does not show up for the test.

Remember, all tests (re-tests) given other than the scheduled dates shall require approval of the test coordinator Roberto Furtado or Assistant Executive Director B.J. Guzzardo.

Sunday, January 29, 2017 is the final day for wrestlers who have never wrestled to take the test. Contact B.J. Guzzardo (225) 300-4204 or Roberto Furtado for a date and time to be tested.

APPEAL and RE-TEST:

1. A wrestler who has successfully completed the certification process may appeal the results of the test under the following conditions:
 - a. The appeal must be filed and the re-test completed within 21 days of the original certification.
 - b. A wrestler that has certified at or below 7% body fat percentage for males or 12 % body fat percentage for females **SHALL not appeal and re-test.**
 - c. The wrestlers coach must contact the area testing coordinator to set up a testing date and time for the re-test. **IT IS THE COACHES RESPONSIBILITY TO SET UP THE RE-TEST. FAILURE TO TIMELY COMPLETE THE RE-TEST SHALL RESULT IN THE APPEAL BEING DENIED AND NO RE-TEST SHALL BE ALLOWED.**
 - d. **The appeal and re-test may occur ONLY ONE (1) TIME.**
 - e. The fee for re-testing shall be \$20.00 to be paid at the time of the test to the **TEST ADMINISTRATOR.**
 - f. If a wrestler who is re-testing fails the hydration test, he/she may make as many attempts as necessary to pass the hydration test, as long as the re-testing is completed within 21 days of the original certification. Each attempt at hydration shall require an additional \$20.00 fee. **(NOTE: There is a mandatory 24 hour waiting period between hydration tests.)**
 - g. Once the wrestler successfully passes the hydration test, the re-testing process can be completed and once the re-testing is successfully completed, the minimum weight resulting in the minimum weight class in which the wrestler may compete will be recalculated.
2. **The FINAL DATE for a RE-TEST shall be within twenty-one (21) days from the date of the original date the test was taken and a minimum weight established.**

Rules Governing Minimum Weight:

1. No wrestler may wrestle below his/her minimum weight class **which is specified by the weight management system and listed for the date of the tournament.** A wrestler who wrestles in an interscholastic match below his/her minimum weight shall forfeit the match(s). The school shall be fined \$50.00 for each occurrence and the coach shall be sanctioned.
2. No wrestler shall enter the state tournament unless his/her minimum weight has been properly certified. [It is possible for a wrestler to participate in the state tournament without previously having wrestled in an interscholastic match prior to the state tournament if he/she has taken and passed the hydration test and body fat assessment by the established deadline.]
3. A wrestler may wrestle one weight class above his/her minimum weight. A wrestler who wrestles two or more weight classes above his/her minimum weight shall re-establish his/her new weight loss descent plan based on that weigh-in and the date of that weigh-in.
4. A 2-pound growth allowance shall be added to each weight class on **December 25th** of each year. A wrestler who certifies his/her weight for the first time after December 25th shall not receive the 2 pound growth allowance. **(NOTE: The two (2) pound growth allowance does not increase the certified weight of a wrestler, nor will it allow the wrestler to compete in a weight class higher than the certified minimum weight class established by the weight certification process.)**
5. The lowest weight class a wrestler shall compete in will be determined as follows:
 - a. A wrestler shall compete at or above the weight class in which he/she certifies.
 - b. A wrestler must be listed on the Alpha Master weigh-in form before he/she is allowed to compete. **(A school that fails to present the Alpha Master Weigh-In Form SHALL NOT be allowed to compete).**
 - c. **A wrestler that is assessed at or below 7% for boys and 12% for girls shall have a medical release to wrestle at his/her Alpha weight as per NFHS rules.**

2016-17 WRESTLING RULES CLINIC(S) & WEIGHT MANAGEMENT DATES

CLINIC AREA	DATE	SITE	TIME
Shreveport	September 26	Airline HS (F-Wing Rm 110)	7:00 PM
Lafayette	September 27	Teurlings Catholic HS (Cafeteria)	7:00 PM
Baton Rouge	October 3	Crowne Plaza (TBA)	7:00 PM
New Orleans	October 4	Grace King HS (Auditorium)	7:00 PM
Make-Up Clinic	October 10	Crowne Plaza (TBA)	7:00 PM

LOUISIANA HIGH SCHOOL ATHLETIC ASSOCIATION **2016-17 WRESTLING WEIGHT TESTING DATES**

The following are set dates for all weight management testing.

All Areas:

October's dates – 8th/9th, 15th/16th, 22nd/23rd, 29^h/30th

November's dates – 6th, 13th, 20th, 27th

December's dates – 4th, 11th, 18th

January – 8th, 15th, 22nd

January 29th – (Last date for testing of wrestlers that have never wrestled this season)

December 25, 2015- 2 pound growth allowance added to each weight class

Testing Coordinator – Roberto Furtado (504) 723-3905

roberto.furtado@jppss.k12.la.us

Administrator(s): (Testers **SHALL** send all results in immediately upon completion of that day testing. **DO NOT HOLD THE RESULTS.**)

New Orleans Area -Jonathan Orillion (504) 339-1525 jorillion@rummelraiders.com

North Shore Area - Craig Ketelsen (985) 966-1147 craigk@stpauls.com

Matt Pinero (504) 491-2627 m.pinero@stpauls.com

Baton Rouge Area - Tommy Prochaska (225) 954-2762 tprochaska@catholichigh.org

Jimmy Bible (225) 270-1981 jbible@wbrschools.k12.la.us

Shreveport Area – Caleb Guidry (318) 218-0378 caleb.guidry@desotopsb.com

Lafayette Area – John Roy (337) 654-3326 jrobroy@netzero.net

Lake Charles Area -Jean-Paul Duhon (337) 764-4802 coachjpd@yahoo.com

Date Administrator(s) - Chris & Bonnie Slaughter bbs1024@aol.com

The LHSAA Handbook defines the 32nd week of the NFHS Calendar as the designated date for the State Wrestling Tournaments unless there is a conflict with Mardi Gras in which case the date shall be the 33rd week.

(Because the tournament was held on the 33rd week last year, the sports season calendar reflected the same correspondent date for this upcoming year which was incorrect).

TRACK WRESTLING INFORMATION

Each school is required to use this website to track all wrestlers weigh-ins (**ACTUAL WEIGHT**) weight class wrestled in and results of each bout after **every competition**.

Each head coach will be given a secured pass code to enter the site and record all of the required information on each wrestler. Only your schools information can be accessed with your pass code. The LHSAA shall have access to all schools information in order to track the progress of all wrestlers throughout the season.

The weight verification and seeding information for the state tournament will be taken from the information submitted on the schools section of the website. Schools failing to keep track of this information may not have their wrestlers seeded. Schools that submit false information will jeopardize the eligibility of their wrestlers and team by doing so. **Schools SHALL be penalized for failure to report and maintain accurate records.**

Schools will no longer have to submit the weight verification and seeding information forms. The LHSAA will download this information from your schools Track Wrestling site and print it out. **That is why it is imperative for each school to keep accurate records on a daily basis.**

This is to insure that the LHSAA can have all the information ready for the seeding meeting.

Note that one of the main seeding criteria is the weight class results the wrestler will be wrestling in the state tournament.

To obtain information about the website and program and see samples, you can go to the Track Wrestling website at www.trackwrestling.com for Tommy Mirocha or contact Scott Crowell at the NWCA by phone at 717-653-8009 or email (scrowell@nwca.cc).

Reporting Information on Track Wrestling

1. All results and information on every wrestler shall be entered on the website on a per competition basis (required each time a wrestler wrestles). **Schools failing to do so shall be fined \$50 per occurrence. Schools filing inaccurate or false results shall be fined \$100 per occurrence and the coach shall be penalized.**
 - It is to the wrestler's advantage that his/her wrestling information is entered on the NWCA website **each and every time** he/she wrestles throughout the season
 - It is the coach's responsibility to keep and maintain accurate records on each wrestler and to insure this information is submitted correctly.
2. All required information on every wrestler shall be entered on the website no later than **10:00 p.m., Saturday, February 4, 2017**. Schools failing to enter all required information by the deadline shall be fined \$100 and the wrestler **may** not be seeded. Schools entering false data shall be fined \$200 and the wrestler **shall not** be seeded.

**KEEP YOUR RECORDS UP TO DATE
(Enter results and all information as soon as wrestling takes place)**

RULES FOR SUBSTITUTIONS & FEES OWED

1. The LHSAA shall be notified of any substitutions no later than 4:00 p.m. at the LHSAA office the day of the seeding meeting, or no later than 6:30 p.m. at the seeding meeting. Substitutions shall not be allowed for any reason after 6:30 p.m. the day of the seeding meeting
2. Schools that owe any money to the LHSAA for testing and the website access shall be ineligible to compete in the state tournament until such fees are paid.

**ALL DIVISIONS:
REGULAR SEASON ENDS ON SATURDAY, FEBRUARY 4, 2017**

MEET & TOURNAMENT PROTOCOL

1. Every head coach shall have in his possession, in a dual or tri-meet and in a tournament, a copy of the Alpha Master Sheet and Weigh-In Sheet for his/her team.
2. If a coach does not have the Alpha Master Sheet and Weigh-In Sheet as required when asked to present them to an opposing coach the team shall be ineligible to compete that day.
3. If one or more wrestlers are omitted from the Alpha Master Sheet and/or Weigh-In Sheet, then only those wrestlers omitted shall be ineligible to compete that day.
4. When a wrestler has successfully completed the LHSAA weight management test but his/her information has not been logged into the NWCA/Track Wrestling system, the initial Weight Certification Form (pink copy) must be presented in the place of the Alpha Master Sheet along with the Weigh-In Sheet.
5. It is highly important that every wrestler's weigh-ins and results be entered on the NWCA/Track Wrestling website on the **same day** of competition. It is required that this be completed timely or the school shall be fined.

BASIC CONCUSSION RULE

Any player 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 contest and shall not return to play until cleared by an appropriate health-care professional.

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness to have suffered a concussion.

Definitions Associated with Concussion Rule

Appropriate Health-Care Professional – an individual(s) from the following professions are designated as the persons to diagnose whether an athlete has or does not have a concussion:

- MD – A medical doctor licensed to practice in Louisiana
- DO – A doctor of osteopathic medicine licensed to practice in Louisiana
- PA – A physician’s assistant licensed to practice in Louisiana
- NP – A nurse practitioner licensed in Louisiana
- PM – A paramedic licensed to practice in Louisiana
- AT – An athletic trainer licensed nationally or by the State of Louisiana

On-site appropriate health-care professional – an individual from one of the above-named categories that are in attendance at an athletic event or practice.

RTC (Return to Competition) – term used to describe the action when an athlete who has had a concussion is released by an MD or DO to return to **practice or competition**.

Responsible Individual – the term which designates the Head Coach as the individual to make the diagnoses whether his/her athlete has or does not have a concussion in the absence of an appropriate health-care professional.

Contest Officials Role – to recognize the symptoms consistent with that of a concussion and remove the athlete from the contest until he/she has been diagnosed by an appropriate health-care professional (Officials shall always rule on the side of caution with the health and safety of the athlete being his primary and foremost concern).

NOTE: ONLY an MD or DO shall release an athlete, diagnosed as having a concussion, to return to competition.

Louisiana High School Athletic Association
Sports Medicine Advisory Committee

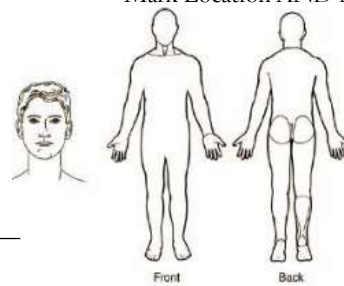
PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____ Date of Exam: ____ / ____ / ____

Lesion(s)
Diagnosis _____

Location AND Number of Lesion(s) _____

Medication(s) used to treat lesion(s): _____



Date Treatment Started: ____ / ____ / ____ Form Expiration Date: ____ / ____ / ____

Earliest Date may return to participation: ____ / ____ / ____

Physician's Signature _____ Office Phone #: _____

Physician's Name (Must be legible) _____

Office Address _____

Note to Physician's: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS and LHSAA, from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated on-site meet physician is present and is able to examine the wrestler immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition."

"ART. 5 . . . A contestant may have documentation from a physician only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

Bacterial Diseases (impetigo boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or full five days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

LHSAA Return to Competition Form

LHSAA rules require a written statement from a physician in order for an athlete to return to competition who apparently had a concussion.

“If a competitor is determined to have a concussion, he/she shall not be permitted to continue practice or competition the same day. Written approval of a physician shall be required for the athlete to return to competition. If a physician recommends an athlete not continue, he/she shall not be overruled”.

The undersigned attending physician has examined the student athlete identified below and gives permission for the student athlete to return to competition on the date and in the sport identified.

ATHLETE:	_____
SCHOOL:	_____
SPORT:	_____
DATE of CONCUSSION	_____

ACTIVITY: _____ DATE to RETURN _____

Attending Physician Name (Print)

La. Medical License

Attending Physician Signature

Date Signed

(Duplicate as needed)

This form SHALL be completed in its entirety and one copy sent to the LHSAA and one copy kept on file at the school.

WRESTLING SEEDING COMMITTEE COMPOSITION

Each division will be represented by the previous year's state champion coach and one coach from each area of the state. A Division Leader, as selected by the LHSAA, shall be a head coach from within the division. The coaches shall be selected by the Division Coordinator.

SEEDING MEETING PROCEDURES

The three Divisions shall meet on the Monday of the week of the State Wrestling Tournament. The meeting will be closed to all except for the Division Coordinator and the committee members.

The committees will seed the wrestlers using the seeding criteria adopted by the LHSAA Executive Committee. The NWCA seeding program will be incorporated in the seeding process.

SEEDING CRITERIA

When determining seeding for the State Wrestling Tournament, only the following criteria will be considered **and only in the order listed.**

To be considered for a seeded position, a wrestler must have **a winning percentage above .500 excluding forfeits.**

There will be a 20-minute time limit in effect for each weight class.

1. Head-to-head competition is **primary criterion for seeding between 2 or more wrestlers.** If tied, proceed to next criteria. (Won/Loss only – score is irrelevant)
2. Win/Loss record versus common opponent.
(Won/Loss only – score is irrelevant)
3. Place finishes in common tournaments in current year. **(Defined as a single tournament in which both wrestlers entered and competed at the same weight class.)**
4. Preceding year state tournament finish.
5. Overall winning percentage verses same division opponent (excluding forfeits).
6. Overall winning percentage verses all opponents (excluding forfeits).
7. Vote by committee, if necessary.

CERTIFIED COACH PASS – TEAM PERSONNEL PASS

Certified Coach Pass is for those coaches listed on your schools wrestling coaches' roster, who are faculty or non-faculty and who have taken the NFHS Coaches Education Course and are eligible to coach. This pass allows the coach to enter through the team entrance with their team. The coach is allowed in all areas of the facility with exception to the floor.

Team Personnel Pass is for those individuals listed as trainers or managers and serve the team with a specific duty. They shall not be parents or coaches.

Floor Pass: a maximum of 4 interchangeable passes shall be issued per team which shall allow the bearer access to the wrestling area. This along with the issued coach pass shall be allowed in the wrestling area.

Only certified faculty and/or non-faculty coaches or wrestlers entered in the state tournament shall be allowed to sit in the coach's chairs at the edge of the mat. Any coach/team personnel violating these rules **SHALL** have the pass confiscated and shall be removed from the facility for the remainder of the tournament.

The Certified Coach pass shall be a wristband which shall be issued at the Thursday coaches meeting and worn for the entire tournament.

The Team Personnel pass shall be a wristband of a different color issued to those trainers and managers at the Thursday coaches meeting and worn for the entire tournament.

All Coaches and Team Personnel pass holders shall enter each session through the team entrance.

THE USE OF HUDL

The LHSOA has purchased HUDL for the use of the wrestling officials to review wrestling action and better assist them in recognizing maneuvers and holds that will help them to improve their officiating skill and make them a better official.

Coaches are encouraged to send in clips and videos of their wrestlers' matches to the assignment secretaries. They will then share this with their officials. There is no better way to learn something than by seeing it in action.

This is also an avenue for coaches to have the officials review situations in which he and the official disagreed. This will not permit a call to be overturned, but it will give the officials the opportunity to see the decision made, why it was made and give them the opportunity to discuss the situation.

Your help and cooperation in this matter is greatly appreciated. If you have any questions about HUDL, please contact Keith Alexander in the LHSAA office or Cliff Strider, wrestling rules interpreter.

LHSAA VIDEO RULES

LHSAA rules allow a school to record their own wrestlers match during a meet or tournament and review/show it on venue property. However, the recording **SHALL** not be viewed on or in the mat area at any time (this includes all dual meets, tri meets and all tournaments).

It is never legal to record or view a video in which one of your students is not a participant, no matter the location of viewing.

The electronic devices that are legal for coaches to use to record their wrestlers are cell phones, iPads, and video cameras. These devices may be used by the coach and non-participating wrestler only while on the bench or chair in the corner. The viewing **SHALL** never take place on or near the mat area.

