

LOUISIANA HIGH SCHOOL ATHLETIC ASSOCIATION



2017-18 WRESTLING

Policy Manual



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2017-18 WRESTLING DIVISIONS

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

IMPORTANT DATES

DATE	ACTIVITY
Monday, August 7 – Sunday, October 1, 2017	Weight training/conditioning permitted. No practice/contests allowed.
Monday, October 2, 2017	1st Practice/Earliest Scrimmage Allowed. Current medical, athletic participation/parental permission and substance misuse forms must be on file.
Monday, October 23 – Saturday, October 28, 2017	Takedown Tournaments – Eligibility must be submitted online.
Monday, October 30, 2017	1st Meet – If Takedown Tournament not played, eligibility must be submitted online.
Monday, January 8, 2018	Deadline for submitting GPA’s online for seniors for All-Academic.
Saturday, February 10, 2018	End of Regular Season (All Divisions). Post wrestler information on Track Wrestling; Submit state entries.
Monday, February 12, 2018	State tournament substitutions deadline.
Friday, February 16 – Saturday, February 17, 2018	State Tournament, CenturyLink Center

RULES CLINICS

AREA	DATE/TIME	SITE
Bossier	September 25, 7:00 PM	Airline H.S., Library
Laffayette	September 26, 7:00 PM	Teurlings Catholic H.S. Cafeteria
Baton Rouge	October 2, 7:00 PM	LHSAA Office
New Orleans	October 3, 7:00 PM	Grace King H.S. Cafeteria

3.9 RULES CLINIC ATTENDANCE - If a school participates in the sports of baseball, girls’ and/or boys’ basketball, football, girls’ and/or boys’ soccer, softball, girls’ and/or boys’ outdoor track and field, volleyball and/or wrestling, it shall be mandatory, that the head coach shall attend an LHSAA administered state rules clinic in that sport. **Coaches arriving late to the rules clinic may not be given credit for attendance. Coaches should confirm their attendance has been recorded before leaving the clinic.** A head coach failing to attend the rules clinic shall not be allowed to coach an interscholastic contest until he/she completes the required clinic and shall be assessed a \$50 late charge.

CONTEST LIMITATIONS

Please refer to the LHSAA Handbook for all other rules and regulations as they pertain to the sport of wrestling. The Handbook can be found on the LHSAA website.

Handbook Rule 25.2 CONTEST LIMITS

25.2.1 Pre-season:

- A team shall be limited to two (2) pre-season scrimmages.
- A team shall be limited to one (1) takedown tournament.

25.2.2 Week: (Sunday-Saturday)

The number of interschool meets in which a student may participate shall be limited to:

- Two (2) dual meets or one tri-meet per week
- One (1) tournament per week
- One (1) dual meet or one (1) 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 when school is not in session during the Thanksgiving and/or Christmas holidays.

LHSAA WEIGHT MANAGEMENT PROGRAM

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.

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.

A wrestler shall meet the following criteria to qualify in a specific weight class for regular season meets and tournaments and the state tournament:

- I. The wrestler shall pass a hydration test and establish a minimum weight class before participating in any scheduled competition.
- II. The wrestler shall not compete in any competition, including out of state competition, at a weight below his/her eligible wrestling weight class as listed on the Track Wrestling site and the weigh-in sheet for each event. Failure to abide by this rule will result in the wrestler being declared ineligible for the remainder of the season, including the State Tournament.
 - a. The eligible wrestling weight based on his/her descent rate will determine the minimum weight and maximum weight classes a wrestler may wrestle at the State Tournament.
- III. Coaches shall enter all varsity weigh-ins on the Track Wrestling website 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.
- IV. 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 a wrestler actually competes shall be recorded.

LHSAA WEIGHT MANAGEMENT PROGRAM

Rules Specific To The LHSAA 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. Checks need to be made payable to South Regional Olympic Training Center (SROTC).

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 Adam MacDowell 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 must accompany wrestlers to the test and sign the testing sheets or wrestlers will not be tested.

LHSAA WEIGHT MANAGEMENT PROGRAM

SCHEDULED RE-TESTS/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 (including hydration re-tests) given other than the scheduled dates shall require approval of the test coordinator Roberto Furtado or Assistant Executive Director Adam MacDowell.

Sunday, February 4, 2018 is the final day for wrestlers who have never wrestled to take the test. Contact Adam MacDowell or Roberto Furtado for a date and time to be tested.

APPEALS - A wrestler who has successfully completed the certification process may appeal the results of the test under the following conditions:

- a. A wrestler that has certified at or below 7% body fat percentage for males or 12% body fat percentage for females SHALL not appeal. Any wrestler that has a body fat less than 7% in males and 12% in females must be cleared by a physician using the attached Physician Release Form found on the Wrestling page of the LHSAA website.
- b. The wrestler's coach must contact the area testing coordinator to set up an appeal of the initial certification. It is the **coach's** responsibility to set up the appeal. Failure to timely complete the appeal shall result in the appeal being denied and no appeal shall be allowed.
- c. The appeal may occur only one (1) time, and the results of the appeal shall become official.
- d. The fee for the appeal shall be \$20.00 to be paid at the time of the test to the **test administrator**.
- e. If a wrestler who is appealing fails the hydration portion, he/she may make as many attempts as necessary to pass the hydration portion. Each additional attempt at hydration shall require a \$20.00 fee. (NOTE: There is a mandatory 24 hour waiting period between hydration tests.)
- f. Once the wrestler successfully passes the hydration portion, the appeal process can be completed and once the appeal is successfully completed, the minimum weight resulting in the minimum weight class in which the wrestler may compete will be recalculated.

February 4, 2018 is the final date for a re-test for a wrestler who certifies his/her weight for the first time after December 25th.

LHSAA WEIGHT MANAGEMENT PROGRAM

Rules Governing Minimum Weight – Please refer to Handbook Section 25.6

1. No wrestler may wrestle below his/her minimum weight class based on his/her descent rate (Eligible Wrestling Weight) listed on the Track Wrestling website as well as the weigh-in sheet at any time during the season, including the state tournament. A wrestler who wrestles in an interscholastic match below his/her minimum weight shall be ineligible to wrestle for the rest of the season, including the state tournament.
2. No wrestler shall enter the state tournament unless his/her minimum weight has been properly certified. NOTE: 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 ACTUAL weight. A wrestler who wrestles two or more weight classes above his/her actual weight shall re-establish his/her new weight loss descent plan based on higher weight class wrestled. EXAMPLE: If a wrestler's actual weight is 160.0 and he/she wrestles at the 182 lb. weight class, then the wrestler must re-establish his new descent rate from 182. The weight shall be adjusted by the testing coordinator.
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 be allowed to wrestle within the weight class his/her eligible wrestling weight and descent rate allows. The eligible wrestling weight and descent rate listed on Track Wrestling and the weigh-in sheet will determine the weight class a wrestler is eligible to wrestle. EXAMPLE: A wrestler whose minimum wrestling weight on Track Wrestling and the weigh-in sheet on Dec. 28 is 107.9 is eligible for the 106 lb. weight class which is 108 after Dec. 25.
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 at the beginning of the year based on body fat and hydration.
 - 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.

LHSAA WEIGHT MANAGEMENT PROGRAM

The following are set dates for all weight management testing for all areas. All dates below must be adhered to. In the event that a change of date and or venue is required the testing site administrator must inform the testing coordinator of change prior to scheduled date change.

MONTH	DATES
October	7-8, 14-15, 21-22, 28-29
November	5, 12, 19, 26
December	3, 10, 17
January	7, 14, 21, 28
February	4

IMPORTANT DATES

December 17- Last day for wrestlers to appeal their weight class.

December 26 - 2-pound growth allowance added to each weight class.

February 4 - Final date of testing for any wrestler who has not completed an initial test weight certification.

February 4 - Final date for wrestler to appeal their weight class - only applies to athletes who completed an initial test after December 25, 2017.

February 16 - The final date for any wrestler to reach his/her minimum wrestling weight is the first day of the State Tournament.

REMINDER: Tester shall send all results in immediately upon completion on day of testing. Do not hold the results. All documents must be sent to the following address:

3233 Florida Avenue
Kenner, LA 70065

TESTING COORDINATOR - Robert Furtado, (504) 723-3905, roberto.furtado@jppss.k12.la.us

DATA ADMINISTRATOR - Bonnie Slaughter, bbs1024@aol.com

LHSAA WEIGHT MANAGEMENT PROGRAM

Below is a list of testing administrators for each area.

AREA	ADMINISTRATOR
Baton Rouge	<p>Tommy Prochaska Catholic High – B.R. (225) 954-2762 tprochaska@catholichigh.org</p> <p>Jimmy Bible Brusly High (225) 270-1981 jbible@wbrschools.k12.la.us</p>
Lafayette	<p>John Roy Acadian Physical Therapy & Sports Medicine (337) 654-3326 jrobroy@netzero.net</p>
Lake Charles	<p>Jean-Paul Duhon Sulphur High School (337) 764-4802 jeanpaul.duhon@cpsb.org</p>
New Orleans	<p>Robert Pinero Archbishop Rummel High School (504)812-3011 rpinero@rummelraiders.com</p>
Northshore	<p>Craig Ketelsen St. Paul’s School (985) 966-1147 craigk@stpauls.com</p> <p>Matt Pinero St. Paul’s School (504) 491-2627 m.pinero@stpauls.com</p>
Shreveport	<p>Caleb Guidry North Desoto High School (318) 218-0378 caleb.guidry@desotopsb.com</p>

TRACK WRESTLING

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 and prior to the next 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. This is to ensure 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.) This is why it is imperative for each school to keep accurate records on a daily basis.

To obtain information about the website and program and see samples, you can go to the Track Wrestling website www.trackwrestling.com or contact Robert Furtado, (504) 723-3905, roberto.furtado@jppss.k12.la.us.

REPORTING INFORMATION ON TRACK WRESTLING

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.

- a. 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 before the next competition.
- b. It is the coach's responsibility to keep and maintain accurate records on each wrestler and to insure this information is submitted correctly.

All required information on every wrestler shall be entered on the website by Saturday, February 10, 2018. 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.

Please keep your records up to date, and enter results and all information as soon as wrestling takes place.

MEET / TOURNAMENT PROTOCOL

1. Every head coach shall present the opposing coach(es) in a dual or tri-meet and the director in a tournament a copy of the Alpha Master Sheet and Weigh-In Sheet for his/her team. Host coaches and/or tournament directors shall send a copy of the completed weigh-in sheet for each team (including their own) to the Division Coordinator. Sheets are due the same time results are due online. It is suggested that host coaches and tournament directors use the weigh-in sheets for weigh-in as standard practice.
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. The wrestler's name and weight shall be hand-written on the weigh-in sheet that is turned in to the Division Coordinator.
5. It is highly important that every wrestler's weigh-ins and results be entered on the NWCA/Track Wrestling website BEFORE the next competition. It is required that this be completed timely or the school shall be fined.

RULES FOR SUBSTITUTIONS & FEES OWED

The LHSAA shall be notified of any substitutions no later than 6:30 p.m. at the seeding meeting. After 12:00 a.m. the Saturday before the seeding meeting, substitutions SHALL ONLY be allowed for reasons approved by the Tournament Director and individuals already on the roster SHALL NOT be moved. To SUBSTITUTE (not add) a wrestler at a weight class, there must be a wrestler already designated for that weight class.

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.

HEALTH / SAFETY INFORMATION

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. NOTE: ONLY an MD or DO shall release an athlete, diagnosed as having a concussion, to return to competition. A return to competition form can be found on the Wrestling page of the LHSAA website under Forms & Downloads.

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).

SEEDING INFORMATION

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.

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

To be considered for a seeded position, a wrestler must have a winning percentage above .500 excluding forfeits, unless fewer than 9 participants have winning records.

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

1. Overall winning percentage verses same division opponent (excluding forfeits). The top 10 will be ranked, then the remaining criteria will be utilized.
2. 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)
3. Win/Loss record versus common opponent. (Won/Loss only - score is irrelevant)
4. Overall winning percentage verses all opponents (excluding forfeits).
5. 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.)
6. Preceding year state tournament finish.
7. Vote by committee, if necessary.

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 Gerry Schmidt, 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.