

25.1 IMPORTANT DATES AND DEADLINES

2018-2019 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 12, 2019 - Sunday, October 6, 2019	6th - 14th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, September 30, 2019 - Sunday, October 27, 2019	13th - 17th	Online Rules Clinic (Mandatory for all Head Coaches)
Monday, October 7, 2019	14th	1st Practice/ Earliest Scrimmage Allowed (Current medical, athletic participation/parental permission, and substance misuse forms must be on file.)
Monday, October 28, 2019 - Saturday, November 2, 2019	17th	Takedown Tournaments (Eligibility must be submitted online.)
Monday, November 4, 2019	18th	1st Meet (If takedown tournament not played, eligibility must be submitted online.)
Monday, January 13, 2020	28th	Deadline for submitting GPAs online for seniors for All-Academic
Saturday, February 8, 2020	31 st	Posting Wrestler Information on Track Wrestling; Submit State Entries
Saturday, February 8, 2020	31 st	End of Regular Season (All Divisions)
Monday, February 10, 2020	32 nd	State Tournament Seeding Meeting
Friday, February 14, 2020 - Saturday, February 15, 2020	32 nd	State Tournament CenturyLink Center - Bossier City
Sunday, February 16, 2020 - End of School	33 rd	Weight training/conditioning permitted. No practice/contests allowed.
Sunday, May 17, 2020	46th	Summer Rules Begin

25.2 CONTEST LIMITS

25.2.1 **Pre-Season:**

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

25.2.2 **Week:** (Sunday-Saturday)

1. The number of interschool meets in which a student may participate shall be limited to two dual meets or one tri-meet per week.
2. One tournament per week.
3. One dual meet or one tri-meet and one tournament per week.

4. A student shall be allowed to participate in two dual meets or one tri-meet and a tournament in a week or two tournaments in a week when school is not in session during the Thanksgiving and/or Christmas holidays.

25.3 GENERAL

25.3.1 Wrestling shall be divided into three equal or nearly equal divisions. Wrestling divisions shall be based on a school's October 1 enrollment that is certified to the Louisiana High School Athletic Association under the guidelines of Article 8.3 of the LHSAA Constitution, Enrollment Calculation. Counting to achieve equal thirds shall begin with the lowest and end with the highest wrestling school enrollment. A school may not participate in a division below that mandated by its enrollment. Schools with equal enrollment that form the dividing line in a division shall play in the lower division. A school may elect to play in the next higher division if it submits a written declaration to the LHSAA by 12:00 noon on the day of the first classification meeting in a classification year. The school shall play in the higher division for the next two years.

25.3.2 The official clock operator and the official scorekeeper at all meets shall be adults.

25.3.3 Wrestling season shall end after the state champions are named.

25.3.4 Competition shall be divided into the weight classes as adopted by the NFHS Wrestling Rules.

25.3.5 All bouts conducted during a varsity tournament shall count for seeding purposes and shall be reported on the Track Wrestling website.

25.3.6 A wrestler may use an artificial limb that presents no more danger to a competitor than the corresponding limb and does not place an opponent at a disadvantage.

25.3.7 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.

25.3.8 If a coach does not submit the Alpha Master Sheet and Weigh-In Sheet as required, then the team shall be ineligible to compete that day.

25.3.9 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.

25.3.10 When a wrestler has successfully tested but his/her information has not been logged into the 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.

25.4 TAKEDOWN TOURNAMENTS

25.4.1 The following rules shall apply to all takedown tournaments:

1. After each takedown, two points shall be awarded to the successful wrestler. The two wrestlers shall be separated and brought back to the starting (neutral) positions.
2. The only other earned points shall result from penalties such as illegal holds and stalling.
3. Times shall be modified from three 2-minute rounds to two 1½-minute rounds with 30 second rest between rounds.
4. The clock shall continue to run unless wrestlers go out of bounds, or there is an injury time-out.

- 25.4.2** In a tie, the following criteria shall apply:
1. The wrestler with the first takedown shall be the winner.
 2. If there is no takedown, the wrestler with the most stalling shall lose.
 3. The first stalling shall lose.
- 25.4.3** There shall be no warnings for stalling; therefore, penalties shall start at the beginning. Stalling points shall be awarded accordingly: first, one point; second, one point; third, two points; fourth, forfeit.
- 25.4.4** A team participating in a takedown tournament shall not participate in an interscholastic scrimmage thereafter.
- 25.5** **INVITATIONAL TOURNAMENTS (Refer to Section 6.11):** Exception to Rule 6.11.3: Four or more schools in a meet shall equal a tournament.
- 25.6** **WEIGHT CERTIFICATION AND CONTROL PROGRAM**
(Refer to the Wrestling Policy Manual on the LHSAA website in the sports section under Wrestling)
- 25.6.1** Each wrestler shall undergo and pass a hydration level test and a body fat assessment test prior to participation in a meet. A wrestler's hydration level shall not exceed 1.025 on the refractometer. A wrestler's body fat shall be no lower than 7 percent for males and 12 percent for females. Wrestlers who do not take and pass the mandatory tests shall be ineligible to compete at all levels of competition. All tests shall be administered by an LHSAA-certified testing team. Schools shall be assessed a fee of \$10 per wrestler tested and \$30 for access to the Track Wrestling website. All fees shall be paid at the time the test(s) are administered. Test dates and sites, as well as make-up dates and sites, will be sent to schools annually.
- 25.6.2** No wrestler may compete until they are officially registered on Track Wrestling and their weight loss/descent rate has been established. Exception: The wrestler competes on the same day as the initial certification and submits the initial certification document at weigh-ins. Each wrestler's weight and descent rate shall be monitored on Track Wrestling. Weight loss shall not exceed an average of 1.5 percent a week.
- 25.6.3** No wrestler may wrestle below his/her eligible wrestling weight class as listed on the Track Wrestling site and the weigh-in sheet for each event. The following penalties have been established for a wrestler or a coach who wittingly or unwittingly circumvents, manipulates, attempts to cheat, or cheats the weight management process or program:

Student-Athlete

1. 1st offense: Suspension from the next scheduled competition and match forfeited if wrestled.
2. 2nd offense: Suspension for the remainder of the season including postseason.

Coach

1. A coach who assists in attempting to circumvent the weight assessment process shall be suspended from coaching for one calendar year in Louisiana.
2. A coach that fails to produce a pre-match weigh-in sheet and/or alpha master sheet for each weigh-in, varsity or sub varsity may be suspended.
3. A coach that does not record all weigh-ins as required may be suspended.
4. A coach that does not record all varsity results after a contest and before the next contest on Track Wrestling may be suspended.
5. A coach that enters inaccurate records to Track Wrestling may be suspended.
6. The suspension may be for the next contest, tournament, or the LHSAA State Tournament.
7. The LHSAA will determine the duration of the suspension in #2-5.

- 25.6.4** No wrestler shall enter the state tournament unless his/her minimum weight has been properly certified. *Exception: 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 prior to the seeding meeting. The deadline to test a wrestler who has not wrestled previously shall be the Thursday immediately prior to the deadline for submitting all wrestlers' information on the Track Wrestling website.*
- 25.6.5** 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 has to 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.
- 25.6.12** A two-pound growth allowance shall be added to each weight class on December 25 of each year.
- 25.6.13** Every wrestler's weigh-ins and results shall be entered on the Track Wrestling website after the completion of each competition. Failure to submit the results timely shall result in the school being fined \$50 per occurrence. Schools submitting inaccurate or false information shall be fined \$100 per occurrence and the coach shall be penalized.
- 25.7** **STATE TOURNAMENT**
- 25.7.1** The state wrestling tournaments shall be conducted under the auspices of the LHSAA. The state tournament shall be administered by a committee composed of the Executive Director, the Executive Director's Assistant and Executive Committee members. The tournament committee shall set policies for tournament administration.
- 25.7.2** The state wrestling tournament shall be conducted during the 32nd week of the NFHS calendar. If the 32nd week conflicts with Mardi Gras, the date(s) of the tournament shall be adjusted by the LHSAA Executive Committee.
- 25.7.3** The LHSAA shall form a State Tournament committee to select the site of the State Tournament and coordinate the event. The site shall be approved by the Executive Committee. The state tournament will be held at the site selected and on the dates listed in Rule 25.1, Important Dates, in this section. The Executive Director shall secure the services of a physician to serve as the official tournament physician for the state tournament. Any and all decisions of the physician concerning injuries and/or communicable diseases will be final.
- 25.7.4** Division I, II and III schools shall submit their entries through Track Wrestling. All information must be posted on Track Wrestling no later than the state entries due date cited in Rule 25.1, Important Dates, in this section. Schools failing to post their wrestler(s) information on the Track Wrestling website by 10:00 p.m., on the date cited in Rule 25.1, Important Dates, shall be fined \$100 and their wrestler(s) shall not be seeded.
- 25.7.5** Each state tournament wrestler shall abide by the weigh-in rules as governed by the NFHS Wrestling Rules.
- 25.7.6** The state tournament's official seeding meeting (Divisions I, II, and III) shall be the Monday night prior to the state tournament. The LHSAA shall be notified of any substitutions no later than 6:30 p.m. at the seeding meeting. After 12:00am 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. Substitutions shall not be allowed for any reason after 6:30 p.m. the day of the seeding meeting.
- 25.7.7** A \$15.00 entry fee per wrestler shall be sent to the LHSAA by school check payable to the LHSAA along with a list of qualifiers to the state tournament by the established deadline. 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.

- 25.7.8** The state tournament shall be a double elimination tournament in all divisions.
1. Division I shall use a 32-man bracket.
 2. Divisions II and III shall use either a 16-man bracket or a 32-man bracket which shall be determined by the tournament director based on the number of entries per weight class.
 3. All rounds of the tournament shall score and all byes shall be randomly drawn.
 4. Pigtail matches shall be used for any weight class that has more than 32 competitors in Division I and for Division II and III shall be based on the number of entries per weight class. This round shall not score.
 5. The brackets, for a division, shall be re-drawn when a seeded wrestler is not able to wrestle in the tournament on the first day.
- 25.7.9** A wrestler detected destroying or damaging property during the state tournament shall be suspended from competition for the remainder of the tournament and the school shall be required to pay for all damages incurred and fined an additional \$250 for the unsportsmanlike and unethical conduct.