

2007-2008
INDIVIDUAL TOURNAMENT
WRESTLING FORMAT
Sport Specific Information

2007-2008 WRESTLING COMMITTEE MEMBERS

Dist. A	Mr. Robert Cunningham Principal, Shawsheen Valley	Dist. F	Mr. Jack Dougherty Asst. Prin., Westfield High School
	Mr. Brian Martin A.D., Lowell High School		Ms. Karen Gomez A.D., Westfield High School
Dist. B	Mr. Mike Nofsker Principal, Watertown High School	Dist. G	Mr. Scott Annand, Asst. Prin., Monument Mt. Reg.
	Mr. Edward Gillis A.D., Burlington High School		VACANCY
Dist. C	Mr. William Farrington Principal, Mansfield HS	Dist. H	Mr. John Moran Asst. Principal, St. John's Prep
	Mr. William Barges A.D., Hingham High School		Mr. Alex Campea A.D., Catholic Memorial HS
Dist. D	Mr. Jeff Granatino, Principal, Bridgewater-Raynham		Mr. Ted Neill (Secretary)
	VACANCY		Officials' Representative Mr. Michael Testa
Dist. E	Mr. John Brucato Principal, Milford High		Coaches' Representative Mr. Manny Costa
	Mr. Nicholas Zacchilli – Chair A.D., Milford High School		MASS Representative Mr. Peter Kurzberg, Supt. Braintree Public Schools

MIAA Staff Liaison
Mr. Bill McGuirk
Assistant Director

2007-2008 INDIVIDUAL WRESTLING TOURNAMENT TIMETABLE

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTORS
Minimum Weight Control List Due to Divisional Directors	Received on or before December 10, 2007 or prior to the first contest.	Tournament Director contact information is available in the "Members Only" section of the MIAA website
Individual Record Forms and all Weigh-in Sheets	Must be brought to Sectional Seeding Meetings the week of February 4, 2008	
Tournament Compliance Forms	Received on or before February 4, 2008	State Director Mr. William Wassel
Sectional Tournaments (*Div 3 West will be a two-day Friday/Saturday tournament)	Saturday, February 9, 2008	Division I Mr. Brian Urquhart
Divisional State Tournaments	Friday, February 15, 2008 through Saturday, February 16, 2008	Division II Mr. Robert Gay
All State Tournament	Friday, February 22, 2008 Saturday, February 23, 2008	Division III Mr. Paul Gibbons
New England Tournament	Friday, February 29, 2008 Saturday, March 1, 2008	

***NOTE: All required forms should be sent to the respective Divisional Tournament Directors.**

2008 MIAA SECTIONAL AND STATE INDIVIDUAL WRESTLING TOURNAMENT FORMAT

1. 2008 Wrestling Tournament dates will be:

- a. Sectionals - Saturday, February 9 (*D3 West—Friday/Saturday, February 8 & 9)
- b. Divisional – Friday/Saturday, February 15 & 16
- c. All-State – Friday/Saturday, February 22 & 23
- d. New England's - Friday/Saturday, February 29, March 1

2. 2008 Tournament Host Schools will be:

a. Sectionals

Division I Central.....Newton South High School
Division I North.....Methuen High School
Division I SouthWeymouth High School
Division I WestSpringfield Central High School

Division II Metro.....Natick High School
Division II North.....Beverly High School
Division II SouthWhitman-Hanson Regional High School
Division II CentralMarlborough High School

Division III Central.....Hudson High School
Division III North.....Melrose High School
Division III SouthCohasset Jr./Sr. High School
Division III WestPioneer Valley Regional High School

b. Divisional State

Division I.....Bridgewater-Raynham Regional High School
Division II.....Reading High School
Division III.....Wakefield High School

c. All-State Tournament Salem High School

3. Tournament Format

a. Modified Double Elimination--Please see format for:

1. Pairings from seeding
2. Time schedule
3. Scoring
4. Awards

4. Site Directors - Each tournament will have a Site Director. His/her duties and responsibilities will be reviewed at a meeting of all Site Directors two weeks prior to the Sectional Tournament, Sunday, January 27, 2008.

5. Admission - The admission fee for the Friday single session of all tournaments will be \$5.00 (Students) and \$7.00 (Adults). For all single full-day tournaments and for the second day (full-day) of a two day tournament, there will be *one admission fee*, \$7.00 (Students) and \$12.00 (Adults). Senior Citizens may purchase tickets at the student price.

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6. **Forms** - The Minimum Weight Control List must be returned to the Divisional Director by December 10, 2007 or prior to the first scheduled contest.

The MIAA Season Schedule and Commitment Form must be submitted electronically to the MIAA, **no later than January 15, 2008.**

7. **Medical Coverage** - A licensed athletic trainer, physician, physician's assistant, certified EMT, or nurse practitioner will be available at all contests. This coverage will be provided/compensated by the Host School in tournament rounds at the site of the higher seeded team. The MIAA will compensate for this coverage at MIAA designated neutral sites.
8. **Time Schedule** - each site director, in conjunction with State Director, will set up times that best fit their situations. The following time schedules are recommended:

**All Sectional (12) Sites Are ONE-Day tournaments (*EXCEPT D3 West)
All Divisional State Are TWO-Day Tournaments - 4 mats recommended**

- a. **Sectional Tournament (One Day) Format-----Saturday, February 9, 2008 (Recommended Times)**

Weigh-In (Scratch weights)	7:30 AM
Coaches Meeting (Final Pairings)	8:30 - 9:30 AM
ROUND 1 Preliminaries	9:30 - 10:00 AM
ROUND 2 Quarter Finals	10:30 - 12:00 PM
ROUND 3 1st Round Consolations	12:00 - 1:30 PM
ROUND 4 & ROUND 5 Semi-Finals & 2nd Round Cons	1:30 - 3:30 PM
ROUND 6 3rd Round Consolations Semi-Finals	3:30 - 4:30 PM
ROUND 7 Consolation Finals (3rd & 5th place)	4:30 - 6:00 PM
Dinner Break	6:30 - 7:15 PM
Sectional Championships	7:30 - 9:30 PM

**Final matches will have assistant referees

b. TWO-DAY Divisional State & All-State Format

DAY 1 WRESTLING - FRIDAY

Weigh-In (Scratch weights)	1:00 p.m.
Coaches Meeting (Final Pairings)	2:00 p.m.
1st Round Matches	3:00 – 5:30 p.m.
Quarter Finals and 1st Round Consolations	5:30 – 8:00 p.m.
2nd Round Consolations	8:00 – 9:30 p.m.

DAY 2 WRESTLING - SATURDAY

Morning Weigh-In (scratch weight plus 3lbs)	10:00 a.m.
Coaches Meeting	10:30 a.m.
Semi-Finals and 3rd Round Cons **Semi-Final matches will have assistant referees	11:30 a.m. – 2:30 p.m.
4th Round Consolations (Semi-Finals)	2:00 – 3:30 p.m.
Consolations Finals (3rd & 5th place)	3:30 – 5:00 p.m.
BREAK	5:00 – 6:30 p.m.
Divisional State Championships or All-State Finals	7:00 – 9:00 p.m.

**Final matches will have assistant referees at all sites

Special Note: All coaches should check with their respective sectional site director to make sure they know the exact starting time at their tournament.

9. TOURNAMENT REGULATIONS

a. Matches

1. The maximum length of matches on the championship side of the bracket shall be six minutes, i.e., 2-2-2. (Not including overtime).
2. Maximum length of matches on the consolation side of the bracket shall be five minutes, i.e., 1-2-2. (Not including overtime).
3. All qualifiers will be expected to compete with an accompanying coach who must be in attendance in order for the athlete to wrestle.

b. **Scoring**

1. **There will be team scoring in each of the twelve individual sectional tournaments on Saturday, February 9th (and on Friday, February 8th in Division 3 West) for the purpose of determining the four qualifying teams for the MIAA Team Tournament.**

If two or more teams score the same number of team points, the tie-breakers (in order) will be:

1. *total number of place winners (first through sixth place)*
2. *total number of wrestlers who scored team points*
3. *coin-toss*

c. **Awards**

1. Medals will be awarded to all individual finishers in each weight class in the sectionals, divisionals, and All-State tournament who advance to the next level.

d. **Tournament Grievance Committee**

1. Grievances or protests may be decided by a Grievance Committee composed of two (2) officials, one of which will be the Head Official (or alternate if he/she was assigned to the match under protest) and one (1) coach to be selected by the sectional coaches' representatives. Only questions of proper rule application may be grieved. Judgment calls cannot be questioned.

10. Tournament Seeding Format (Sectionals)

- a. Each Tournament seeding committee will seed no more than nine (9) wrestlers per weight class.
- b. All other wrestlers will have their position drawn by lottery and placed in the first open bracket starting at the top of the chart and working down.
- c. **Because team points will be kept by the clerk, assignment of byes will be made per NFHS Rules (Rule 10; Section 3).**
- d. All MIAA sanctioned schools participating in sectional wrestling tournaments will adhere to the following seeding criteria in the order listed:
 1. Record Against Common Opponents (Head to Head First)
 2. A Contestant with a Superior Record Against Acknowledged Strong Opposition
 3. A Contestant With Post Season Paperwork; (1st thru 5th place) (New England, All-States, States, Sections). Preference will be given to the Wrestler Back at the Same Weight. Consideration Should be given to previous season's weight class.

If a round robin occurs between three competitors, such as: A defeats B, B defeats C, and C defeats A, **coaches must continue with the remaining seeding criteria**. If, after exhausting all criteria a tie still exists, the names will be drawn out of a hat to break the tie.

(continued next page)

Head coaches are to submit all required paperwork at the seeding meeting. Teams, who have not submitted the paperwork before the start of the tournament, **will be disqualified** from the competition. Seeding can be re-opened by the Sectional Chairman or Tournament Director if either discovers an error in a team's paperwork that influenced a wrestler's position, or if a seeded wrestler changes weight class the day of the weigh-ins. If a seeded athlete does not compete for any reason, the weight class will not be re-seeded, all wrestlers seeded behind him will move up one position.

There is a limit of two coaches per team at the seeding meeting.

The team entry form is self-explanatory. You will have to make copies of the dual meet record form (one for each wrestler entered.) Please have the forms filled out before the seeding meeting.

YOU MUST ALSO PASS IN ALL WEIGH-IN SHEETS OF THE MEETS OR TOURNAMENTS IN WHICH YOUR TEAM COMPETED.

- The MIAA Wrestling Tournament Compliance Policy can be found in the forms section. This form must be signed and turned in at the seeding meeting.

All forms will be collected before seeding is to begin and will be returned to you at the start of the sectional tournament. If you have any questions please call your divisional director.

11. **Tournament Seeding Format (Divisional States)**

Sectional champions will be seeded A1, B1, C1, and D1. All other wrestlers will fall into their respective slots in the 16-person bracket, A2, A3, A4, B2, B3, B4, etc. Only 5th place finishers at the sectionals will serve as alternates with the first alternate being from the sectional of the scratched wrestler followed by the highest seed (A5, B5, etc.). The alternate will be placed as the fourth place wrestler in that section and everyone else will move up one place (4th goes to 3rd, 3rd to 2nd, etc.) The order of each weight class will be:

<u>Upper Bracket</u>	<u>Lower Bracket</u>
A1	C1
D4	B4
C2	D3
B3	A2
B2	A3
C3	D2
A4	C4
D1	B1

12. **Tournament Seeding Format (All-States)**

The three divisional champs will be seeded first (A1), second (B1), and third (C1). The top 6 wrestlers from each Division will qualify and placed in their respective slots. There will be two "pigtail" matches in each weight class (C6 vs. B6, and A6 vs. C5). *There will be no alternates at All-States because of the 18-person bracket.* Wrestlers will move up one place in the Division (I, II, or III) of the scratched wrestler and one less "pigtail" will be wrestled.

(continued next page)

The brackets for All-States in each weight class will follow this format:

<u>Upper Bracket</u>	<u>Lower Bracket</u>
A1	C1
C6	B5
B6	
C3	B4
B3	A2
C2	A3
A4	C4
A5	A6
B2	C5
	B1

13. Weigh-In Procedure:

To be used at all tournaments (Sectionals, Divisional States and All-States)

1. The exact weigh-in time will be determined by the host school but generally the time the weigh-ins will begin is at 7:30 AM for the one-day sectionals, and 1:00 PM for the two-day States.
2. At the two-day tournaments, a second day (Saturday morning at 10:00 AM) weigh-in will take place for the wrestlers still in the tournament with a “plus three (3) pound allowance”.
3. It is the responsibility of the head coach of each team competing in the tournament to have his/her wrestlers ready to weigh-in at the designated time. **No wrestler and/or team will be allowed to weigh-in late.**
4. Skin checks will take place conducted by the head referee before any wrestler is permitted to go to the scales. (Wrestlers with skin conditions must present a doctor’s note or they will not be permitted to enter the tournament.)
5. The host school will have two scales available prior to the weigh-in time for wrestlers to check their weight.
6. Weigh-ins will be conducted by the sectional representative and the host school coach at the sectionals, the divisional director, the divisional vice-president and the host coach at the states and by the state director, coaches’ association president and the host coach at the All-States. (All other coaches must be out of the weigh-in area.)
7. Weigh-ins will be conducted “shoulder-to-shoulder” by weight classes. All 103 lbs. wrestlers first, followed by all 112 lbs. wrestlers etc. until the heavyweight wrestlers –maximum of 285 lbs.- have been weighed in.
8. When all wrestlers for a weight class have had an opportunity to weigh-in, the next weight class is called and that previous weight class is **closed**. Wrestlers must remain in the designated area throughout the weigh-in period until their weight class has been completed.
9. **Any wrestler not making weight on the first try will be given another opportunity to “make weight” immediately following the failed attempt, on the second or alternate scale. During time off the scale, activities that promote dehydration are prohibited.**

14. Forms and Deadlines:

Form	Deadline
Minimum Weight Control List	December 10, 2007 or prior to first contest <i>Available in the "Members Only" section in the Individual Wrestling Forms</i>
Individual Record Forms **	Bring to Sectional Seeding Meeting Week of February 4, 2008
Entry Form--Certified Tournament	Bring to Sectional Seeding Meeting Week of February 4, 2008
Wrestling Tournament Compliance Policy	Received on or before February 4, 2008
Tournament Code of Conduct	Received on or before February 4, 2008
Weigh-In Sheets **	To be taken to Sectional Seeding Meeting prior to Sectional Tournament
Minimum Weight Control Certificate	Must be on file in Athletic Director's Office prior to first competition AND BROUGHT TO THE SECTIONAL SEEDING MEETING

**** Bring a 2nd copy to be given to the Sectional Site Director**

IMPORTANT! THIS FORM MUST BE COMPLETED AND TURNED IN AT THE SEEDING MEETING.

DIVISION _____ SECTIONAL TOURNAMENT _____ HIGH SCHOOL _____

**MIAA ENTRY FORM
CERTIFIED TOURNAMENT**

NAME	MINIMUM CERTIFIED WEIGHT	WEIGHT CLASS	TOTAL WEIGH-INS	WEIGH IN AT OR BELOW THE WEIGHT CLASS ENTERED
		103 lbs.		
		112 lbs.		
		119 lbs.		
		125 lbs.		
		130 lbs.		
		135 lbs.		
		140 lbs.		
		145 lbs.		
		152 lbs.		
		160 lbs.		
		171 lbs.		
		187 lbs.		
		215 lbs.		
		285 lbs.		

PLEASE NOTE:

1. **NAME:** First and last name of the wrestler entered in this weight class.
2. **MINIMUM CERTIFIED WEIGHT:** As established by the physician and submitted on MIAA Minimum Weight Control Certificate.
3. **TOTAL WEIGH-INS:** The total number of times a wrestler weighed at ANY weight class during the season.
4. **WEIGH-INS AT OR BELOW WEIGHT CLASS ENTERED:** The total number of times the wrestler has weighed in AT OR BELOW THE WEIGHT CLASS ENTERED during the season. This number MUST be a minimum of 60% of the wrestler's total weigh-ins in order to be eligible to wrestle at this weight. **One of the weigh-ins must be at the original scratch weight.**

We attest that the above information is accurate:

Coach's Signature

Principal's/Athletic Director's Signature

See page 12 for Tournament Compliance Policy and necessary signatures.

2007-2008 MIAA Wrestling Tournament Compliance Policy Sportsmanship Responsibility for Competing Schools

As part of MIAA continuing efforts to promote the concepts of sportsmanship and provide the on-site atmosphere that will keep interscholastic athletic events in an educational perspective, the Wrestling Committee has adopted the following guidelines relative to the participation in the MIAA Wrestling Tournament.

Sportsmanship Expectations of Tournament Participants

- a. Either the Principal, Assistant Principal, Athletic Director or a designee of the administration must be present at the event. The designee may be the coach or trainer of the school.
 - b. The designee will make his/her presence known to the site manager and tournament director.
 - c. The designee shall discourage all unacceptable behavior and activity that provokes or results in unacceptable behavior by others or is retaliatory to the unacceptable behavior of others.
 - d. The designee shall assist in enforcing tournament regulations related to signs, banners, noisemakers, etc.
14. The designee must make all team members aware of the specific sportsmanship expectations of the school.
 15. The designee shall make sure that no member of the schools team (including coaches) shall seek an advantage by circumvention of the spirit or letter of the rules.
 16. The designee will inform the coach that he/she is expected to exert his/her influence to enhance sportsmanship among the participants and the spectators.
 17. The designee will inform the coach that he/she must review any situation(s) where violations of good sportsmanship occur.
 18. The designee must inform the coach that he/she must always exemplify professional behavior and leadership with strong ethical standards.
 19. The designee shall make certain that all team members accept and understand the emphasis on sportsmanship and the privilege of representing that school and community.

I certify that _____ (name of school) has read the Tournament Compliance Policy and will support and abide by that policy to help promote good sportsmanship.

Name: _____
Position: Principal

Name: _____
Position: Athletic Director

Name: _____
Position: Wrestling Coach

THIS FORM MUST BE BROUGHT TO THE SECTIONAL SEEDING MEETING THE WEEK OF FEBRUARY 4, 2008.

ADDENDUM

WEIGHT CONTROL AND CERTIFICATION PROCEDURES

Enclosed are the necessary forms that must be used to properly certify your wrestlers for MIAA competition. Please take the time to review Rule 82.4 Weight Control and Certification Procedures on pages 79 thru 81 of the MIAA Handbook to insure that you are aware of what needs to be done. **ALL DEADLINES MUST BE MET AND ALL FORMS MUST BE COMPLETED AS DIRECTED IN ORDER FOR YOUR WRESTLERS TO BE ELIGIBLE FOR MIAA COMPETITION.**

Notes:

1. The MIAA Minimum Weight Control Certificate **MUST** be on file in the Athletic Director's Office **PRIOR TO** the wrestler's first interscholastic competition. (See enclosed form.)
2. The MIAA Minimum Weight Control List must be submitted electronically to the MIAA prior to December 10, 2007. Any wrestler who joins the team after the list has been submitted must be added to the list **prior** to his first competition. The Athletic Director should call the Divisional Director and then mail an updated list ASAP. (See enclosed form.)

3. This paragraph should read:

To qualify at a certain weight for MIAA sectional and state tournaments, **BOTH INDIVIDUAL and TEAM**, a wrestler must make weight at his/her certified weight class at scratch weight **at least once** during the season. If a wrestler is making his/her lowest certified weight on or after the two pound weight allowance is granted (January 7th, 2008) he/she must make scratch weight the first time he/she weighs in. No wrestler can utilize the two pound weight allowance until he/she has made scratch weight. He/she must also weigh in at base weight (scratch plus any rulebook allowance) 60% of the varsity days of competition on which the wrestler competes. A wrestler **MUST COMPETE** on the day of competition in order to count that weigh-in towards the 60% requirement for certification. Rulebook weight allowances count towards certification.

4. The home weigh-in period **MUST** take place:
 - **ONLY** during the 60 minute period immediately prior to the start of the academic school day.
 - **ONLY** during a **SINGLE** 60-minute period between 6:00 AM and 12:00 Noon for matches beginning **after** 3:00 PM on a non-school day. All other weigh-ins on a non-school day must be at base weight.

IMPORTANT! Both the coach and a school administrator (the Principal or his/her designee) must sign each and every weigh-in sheet. The school administrator need not be present at the weigh-ins, but must sign the sheet to validate the weigh-in.

MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION

TO ALL MEMBER WRESTLING SCHOOLS - Member schools will be required to duplicate the following form (Minimum Weight Control Certificate) for each athlete participating in their wrestling program. ***This form is to be on file in the Athletic Director's Office prior to a wrestler's first interscholastic competition.***

MIAA MINIMUM WEIGHT CONTROL CERTIFICATE

Student _____ School _____

Birth Date _____ Height _____ Weight _____

PHYSICIAN'S RECOMMENDATION

I recommend that the student designated above should not be allowed to wrestle in any weight classification less than the listed classification circled herewith:

103 112 119 125 130 135 140 145 152 160 171 189 215 285

The Massachusetts Interscholastic Athletic Association strongly recommends that a lean body weight measurement be taken to establish the minimum safe weight classification for the wrestler to participate in. The medically accepted techniques of Bioelectrical Impedance and Skin Fold Calibrations are two reliable and convenient methods of determining a wrestler's safe and minimal weight classification.

METHOD USED Bioelectrical Impedance RESULT _____

 Skin Fold Calibration

Date Examined _____ Signature of Physician _____

Signature of Parent _____

Signature of Wrestler _____

NOTE TO SCHOOL OFFICIALS

Each student participating in wrestling must successfully pass the school's required physical examination and submit the Minimum Weight Control Certificate form properly signed by both the physician and the student's parents before he engages in any inter-school wrestling.

NO STUDENT MAY WRESTLE IN A WEIGHT CLASSIFICATION LESS THAN THE MINIMUM RECOMMENDED BY THE EXAMINING PHYSICIAN.

This form must be kept on file in the school office and be available on demand.

Signed _____ Signed _____
(Coach) (Athletic Director)

Each school must file a Minimum Weight Control List (enclosed) with the Divisional Director *PRIOR* to the first interscholastic match, but **NO LATER** than December 10, 2007. Once filed, **MINIMUM WEIGHTS MAY NOT BE ALTERED**, regardless of the reason. **ANY MATCHES WRESTLED PRIOR TO THE FILING OF SAID FORM WILL BE FORFEITED.**

OFFICIAL MIAA WEIGH-IN SHEET

For each meet, a copy of this form with complete full names written in ink and signed in ink will be kept by each coach **to be taken to the sectional seeding meeting prior to the sectional tournament.**

HOME TEAM			weight			VISITING TEAM
	AM	PM	103	AM	PM	
			112			
			119			
			125			
			130			
			135			
			140			
			145			
			152			
			160			
			171			
			189			
			215			
			285			

We, the undersigned, verify the weighing-in of the above-named wrestlers and agree that they have met with all MIAA rules and regulations regarding weigh-ins. This form must be signed by all parties.

_____ Home Coach's Signature

_____ Date of Meet

_____ Visiting Coach's Signature

_____ Principal's Signature

**NOTE: THE PRINCIPAL NEED NOT BE PRESENT AT WEIGH-INS.
HIS/HER SIGNATURE IS REQUIRED TO VERIFY ENTRIES.**

PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations (NFHS) has developed the release form found on the reverse side of this page as a suggested model you may consider adopting for your state. The NFHS conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

The NFHS does not presume to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The NFHS also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians who are signing "return to competition forms". Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or can not participate.
4. Provide a basis to support physician decisions on when a wrestler can or can not participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve "Joe Blow who never wins a match" or the next state champion with a scholarship pending.

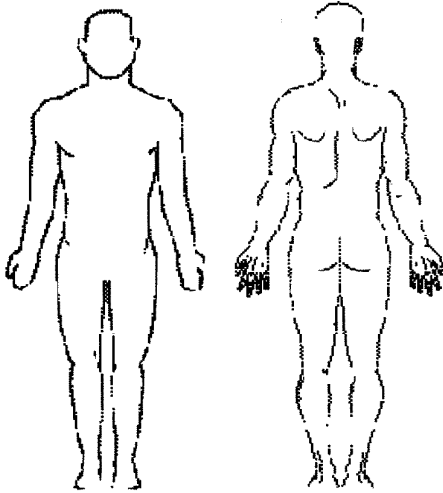
IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Inclusion of the applicable NFHS wrestling rule so physicians will understand that covering a lesion is not an acceptable option.
2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
3. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. This should result in less confusion or conflict.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired for use by various individuals or organizations. In addition, the NFHS would welcome comments and suggestions for inclusion in future versions as this will continue to be a work in progress.

**NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS
PHYSICIAN RELEASE FOR WRESTLER TO
PARTICIPATE WITH SKIN LESION**

Name: _____ Date of Exam: ___/___/___
Mark Location of Lesion(s)



Diagnosis _____

Communicable _____ Non-Contagious _____

Location of Lesion(s) _____

Date Treatment Started: ___/___/___

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

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

Physician Name (Printed or Typed) _____

Provider Signature _____ Office Phone #: _____
(M.D. or D.O.)

Office Address _____

Note to Providers: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rule 4-2-3 which states: *"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, his coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate. This document shall be furnished at the weigh-in or prior to competition in the dual meet or tournament.*

Note: If an on-site tournament physician is present, he/she may overrule the diagnosis of the physician signing this form. Below are some Treatment guidelines that suggest minimum treatment before return to wrestling:

Bacterial diseases (impetigo, boils): Oral antibiotic for 2 days and no drainage, oozing, or moist lesions.

Herpetic lesions (Simplex fever blisters, Zooster, Gladiatorum): Minimum of 120 hours or a full five days of oral anti-viral treatment with no new lesions and all lesions scabbed over. If no oral treatment has been given, no visible lesions may be present.

Tinea lesions (ringworm scalp, skin): Oral or topical treatment for 7 days on skin and 14 days on scalp.

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

Conjunctivitis: 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: 24 hours after curettage.