
2018-2019 BOYS' & GIRLS' WRESTLING INDIVIDUAL TOURNAMENT FORMAT SPORT SPECIFIC INFORMATION

2018-2019 WRESTLING COMMITTEE MEMBERS

Dist. A	Dr. Carla Scuzzarella Principal, Northeast Metro Voc/Tec	Dist. F	Mr. Brian Spadafino Principal, Franklin County Tech
	Mr. John Magliozzi A.D., Billerica Memorial HS		Mr. Joseph Gamache A.D., Franklin County Tech
Dist. B	Mr. Brian Brewer Asst. Principal, Watertown HS	Dist. G	VACANCY
	Mr. Brendan Kent A.D., Wakefield Memorial HS		Mr. Karl Zigmund A.D., Monument Mountain Reg.
Dist. C	Dr. Christopher Jones Principal, Whitman-Hanson Reg.	Dist. H	Dr. Keith Crowley Principal, St. John's Prep
	Mr. Jon Longley A.D., Norwood Senior HS		Mr. Brett Anderson Asst A.D., Xaverian Brothers HS
Dist. D	Mr. Tom Pileski A.D., Coyle & Cassidy HS	Officials' Representative	Mr. Ted Neill
	Mr. Keith Poloskey A.D., Bristol County Agricultural HS	Coaches' Representative	Mr. Manny Costa
Dist. E	Mr. Mark Hollick Principal, Assabet Valley Reg. HS	MASS Representative	Mr. Eric Conti Superintendent, Burlington Public
	Mr. Andrew McGowan Asst. Principal, Algonquin Reg HS	MASC Representative	Mr. George O'Hare School Committee, Greater Lowell Technical HS
	Ms. Ann Palumbo A.D., Tyngsboro HS		
	Ms. Marydolores Sokol A.D., Douglas HS	At-Large	Dr. Robert Pritchett, Needham HS Ms. Amy Daniels, Boston Public Schools

MIAA Staff Liaison
Mr. Phil Napolitano

2018-2019 INDIVIDUAL WRESTLING TOURNAMENTS

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTORS
LATE SUBMISSIONS	<p>A \$300 per incident payment is required for:</p> <ul style="list-style-type: none"> Entering Minimum Weight prior to 1st contest Required schedule committed late or with incomplete information. Late submission of tournament entry Incorrect results and information 	<p>Tournament Director contact information is available in the "Members Only" section of the MIAA website</p>
Minimum Weight Control List (entered online in the members- only section of the MIAA website, <i>Note: roster must be entered in members-only in order to add the minimum weight</i>)	Entered in members-only on or before December 6, 2018 or prior to the first contest. Also must be entered on the FloArena website prior to the first contest.	<p>Division I Mr. Brian Urquhart</p> <p>Division II Mr. Scott Connolly</p> <p>Division III & All-State Mr. Scott Tremlett</p> <p>Girls' Only Tournament Mr. Scott Tremlett</p>
Results must be entered on the FloArena website within 96 hours of a meet.	Within 96 hours of a meet/event	
MIAA Season Schedule & Commitment (submitted electronically on the FloArena website)	Tuesday, January 15, 2019	
Individual Record Forms and all Weigh-in Sheets (<i>Note: all record forms and weigh-in sheets can be downloaded from the FloArena website as long as results have been entered.</i>)	Must be brought to Sectional Seeding Meetings the week of February 3, 2019	
Cut-Off Date	Thursday, February 7, 2019	
Tournament Compliance Policy (found below on pg. 10)	Policy agreement "check box" can be found in the tournament entry section of members-only	
For MIAA Postseason Individual Tournament Entries, athletes must declare which tournament they wish to compete in. Athletes cannot compete in both.		
<p>Traditional Mixed Gender Tournament Entry</p> <p>Girls' State Tournament Entry</p> <p>Both entries are to be submitted through the FloArena website</p>	<p>The week of February 3, 2019, prior to sectional seeding meetings.</p> <p>By Friday, February 8, 2019</p>	
Sectional Tournaments	Saturday, February 9, 2019	
Divisional State Tournaments	Friday, February 15, 2019 Saturday, February 16, 2019	
<p>All State Tournament</p> <p>Girls' State Tournament</p>	<p>Friday, February 22, 2019 Saturday, February 23, 2019</p> <p>Saturday, February 23, 2019 <i>(in conjunction with day 2 of All-States)</i></p>	
New England Tournament	Friday, March 1, 2019 Saturday, March 2, 2019	
Team Sportsmanship Award (page 17 of format)	Friday, January 25, 2019	

2019 MIAA SECTIONAL AND STATE INDIVIDUAL WRESTLING TOURNAMENT FORMAT

1. 2019 Wrestling Tournament dates will be:

Traditional Tournament (Mixed Gender)

- a. Sectionals - Saturday, February 9th
- b. Divisional – Friday/Saturday, February 15th & 16th
- c. All-State – Friday/Saturday, February 22nd & 23rd
- d. New England's - Friday/Saturday, March 1st & 2nd

Girls' Tournament

- a. State Championship – Saturday, February 23rd (in conjunction with day two of All-States)

***For MIAA Postseason Individual Tournament Entries, athletes must declare which tournament they wish to compete in. Athletes cannot compete in both.**

***Postponement Policy – In the event any one of the MIAA Wrestling Tournament rounds is postponed, all events will be delayed one week. This is with knowledge that Massachusetts may not be able to participate in the New England Wrestling Tournament.*

2. 2019 Tournament Host Schools will be:

a. Sectionals

- Division I NorthMethuen HS
- Division I SouthBrockton HS
- Division I Central..... Newton South HS
- Division I West West Springfield HS

- Division II North..... Salem HS
- Division II South Whitman-Hanson HS
- Division II Central..... Marlborough HS
- Division II Metro..... Woburn HS

- Division III North.....Melrose HS
- Division III SouthFoxboro HS
- Division III Central..... Wayland HS
- Division III West.Franklin County Tech HS

b. Divisional State

- Division I.....Methuen HS
- Division II.....Beverly HS
- Division III.....Wakefield Memorial HS

c. All-State Tournament & **Girls' State Tournament**..... St. John's Preparatory School

3. Tournament Format

- a. Modified Double Elimination--Please see format for:
 1. Pairings from seeding
 2. Time schedule
 3. Scoring
 4. Awards

4. Weight Classes –

Boys and Traditional Tournament – 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
Girls' State Tournament –Madison grouping system will be used for the tournament

5. **Site Directors** - Each tournament will have a Site Director. His/her duties and responsibilities will be reviewed at the **mandatory MIAA Site Directors meeting on January 25, 2019** (a week prior to the Sectional Tournament).
6. **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 by the Host School. The MIAA will compensate for this coverage at MIAA designated tournament sites per hosting contract.

7. Forms and Deadlines:

Form	Deadline
Minimum Weight Control List (entered online in the members- only section of the MIAA website) and on the FloArena website <i>Note: roster must be entered in members-only in order to add the minimum weight)</i>	December 6, 2018 or prior to first contest
Minimum Weight Control Certificates	Must be on file in Athletic Director's Office prior to first competition and entered on the FloArena website . Must be brought to the sectional seeding meeting.
MIAA Season Schedule & Commitment (submitted electronically on the FloArena website)	Tuesday, January 15, 2019
Team Sportsmanship Award (page 17)	Friday, January 25, 2019
Cut-Off Date	Thursday, February 7, 2019
Meet Results	Entered on the FloArena website within 96 hours of a meet.
<ul style="list-style-type: none"> ➤ Individual Record Sheets ➤ Weigh-in Sheets (downloaded and printed from the FloArena website) 	Bring to Sectional Seeding Meeting Week of February 3, 2019
Traditional Mixed Gender Tournament Entry	The week of February 3, 2019, prior to sectional seeding meetings. Must bring copies to sectional seeding meeting.
Girls' State Tournament Entry	By Friday, February 8, 2019
Both entries are to be submitted through the FloArena website	
Wrestling Tournament Compliance Policy (found below on pg 10)	Policy agreement "check box" can be found in the tournament entry section of members-only
Minimum Weight Control Certificates	Must be on file in Athletic Director's Office prior to first competition and brought to the sectional seeding meeting.

8. Admission –

- **Sectionals** - \$7.00 (students) and \$12.00 (adults)
- **Divisional States** – Day one: \$5.00 (students) and \$7.00 (adults).
Day two: \$7.00 (students) and \$12.00 (adults)
- **All-States & Girls State**- Each day will be \$7.00 (Students) and \$12.00 (Adults)

9. 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. 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- **winning % against common opponents** (Head to Head First)
 2. A Contestant with a Superior Record Against Acknowledged Strong Opposition. (i.e. Wrestlers returning with post-season paperwork). [Click here for the point system that MUST BE USED when deciding criteria 2. Updated approved by the MIAA Wrestling Committee on 10/7/2016](#)
 3. A Contestant with Post Season Paperwork; (1st thru 7th place) (New England's, All-States, States, 1 thru 5 for 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.

Head coaches are to submit all required paperwork at the seeding meeting. All results must be entered on [the FloArena website within 96 hours of a meet](#). 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 below. The Policy agreement "check box" can be found in the tournament entry section of members-only. If you have any questions please call your divisional director.

10. 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.) **If a Sectional champion cannot compete, the runner-up in that section becomes the lowest seed (i.e. D1).** 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

11. 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 be 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 wrestling for 7th place at all three Divisional States. 7th place finishers at the Divisional States will serve as alternates, with the 1st alternate being from the division of the scratch wrestler, followed by the highest seed (A7, B7, etc). The alternate will be placed as the 6th place wrestler in that division and everyone will move up one place (6th goes to 5th and 5th goes to 4th, etc.). **If a Divisional State Champion cannot compete, the runner-up in that division becomes the lowest seed (i.e. D1).**

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	B4
C3	A2
B3	A3
C2	C4
A4	A6
A5	C5
B2	B1

12. Weigh-In Procedure:

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

- a. The exact weigh-in time will be determined by the host school and MIAA Tournament Director but generally weigh-ins will begin between 7:30 AM- 8:30AM for the one-day sectionals, and 2:30 PM for day one of the two-day States (*except for February vacation, which should have a Friday weigh-in at 10:00am.*)
- b. At the two-day tournaments, a second day weigh-in will take place for the wrestlers still in the tournament with a “plus three (3) pound allowance”.
- c. 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.**
- d. **Skin checks will take place conducted by the head referee and on-site trainer** before any wrestler is permitted to go to the scales. **(Wrestlers with skin conditions must present a doctor’s note using ONLY the MIAA Medical Release Form (pg. 19)** or they will not be permitted to enter the tournament.
- e. The host school will have two scales available prior to the weigh-in time for wrestlers to check their Weight.
- f. Weigh-ins will be conducted by the sectional representative and the host school coach at the sectionals, the MIAA Divisional Tournament Director, the divisional vice-president and the host coach at the states and by the MIAA All-State Tournament Director, coaches’ association president and the host coach at the All-States. **(All other coaches must be out of the weigh-in area)**
- g. Weigh-ins will be conducted “shoulder-to-shoulder” by weight classes. All 106 lbs. wrestlers first, followed by all 113 lbs. wrestlers etc. until the heavyweight wrestlers –maximum of 285 lbs.- have been weighed in.
- h. 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.
- i. 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.

13. Tournament Regulations

a. Matches

1. NFHS Rule 4-1-5: “...the uniform shall be worn as intended/designed by the manufacturer.” will be interpreted as the NFHS advisory indicated: “tape on the ear guards is not allowed by rule.
2. The maximum length of matches on the championship side of the bracket shall be six minutes, i.e., 2-2-2. (Not including overtime).
3. Maximum length of matches on the consolation side of the bracket shall be six minutes, i.e., 2-2-2. (Not including overtime).
4. 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 during the Individual Tournament, at all of the 12 Individual Tournament Sectionals, the three Divisional State tournaments, and the All-State Tournament. The two teams with the highest number of team point’s at all sixteen tournaments will be crowned Team Tournament Sectional/State /All-State Champion and Team Tournament Sectional/State/All-State Runner-Up respectively and will be presented MIAA trophies for that accomplishment.

c. **Sportsmanship:**

The taunting policy is in effect throughout the tournament, including pre and post match.

d. **Awards**

1. Medals will be awarded to all individual finishers who advance to the next level in each weight class in the sectionals, divisional states, and All-State tournament. **For the Girls State Tournament, the top four at each weight class will be awarded medals.**

e. **Tournament Grievance Committee**

1. Grievances or protests may be decided by a Grievance Committee composed of the MIAA Tournament Director, 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 (i.e. Sectional Tournament: Sectional Rep; Divisional States: Vice President; All-State: President of the Coaches Association). Only questions of proper rule application may be grieved. Judgment calls cannot be questioned.

f. **Coaches Additional Expectations**

1. Dress Code Guidelines: Dress, polo or collared shirt with slacks. No jeans or hats permitted.
2. Only two (2) coaches from each team allowed on the mat. Team points and coaches misconducts will be assessed according to federation rules.

14. Assignment of Officials:

To be eligible for an MIAA tournament assignment, an official must have an approved background check by the MIAA and in good standing - including fulfilling testing and training attendance requirements of the MIWOA. From there, a talent pool of officials is then considered and the assignor works that pool against evaluations and feedback from coaches and other officials; availability; experience; attitude; personal involvements with a team; assignment history and even geography. The Officials Association Executive Board provides feedback on the assignments and helps adjust appropriately. The deeper into the season a tournament - the higher the scrutiny of the officials pool. The assignor keeps historical data on assignments and works to shift officials from repeating specific tournaments back-to-back years. All-State officials are limited to two (2) consecutive years. The assignor works diligently to assure MIAA tournament officials are positioned away from teams where there may be personal involvement. Match-by-match recusing is sometimes needed.

15. Time Schedule - The following time schedules **are to be followed by all sites:**

During wrestling, the schedule will flow from one round to the next. *Times are subject to start earlier.

- **All Sectional sites are One-Day tournaments**
- **All Divisional State sites are Two-Day Tournaments - 4 mats recommended**
- **All-States is a Two-Day Tournament**
- **Girls' State Tournament will run in conjunction with day two of the All-States**

a. **SECTIONAL TOURNAMENT FORMAT (One Day)**

Team check-in	7:30 AM
Skin checks/Weigh-in (<i>scratch weights</i>)	8:00 AM
Coaches Meeting (Final Pairings)	Following weigh-ins
ROUND 1	*10:00 AM
ROUND 2: Preliminaries:	
ROUND 3: Quarter Finals	
ROUND 4 & ROUND 5: 1st Round Consolations	
ROUND 6: Semi-Finals & 2nd Round Cons	
ROUND 7: 3rd Round Consolations Semi-Finals	
SECTIONAL CHAMPIONSHIPS: 1 st - 3 rd – 5 th place matches will be held simultaneously. The next weight class will not start until all 3 bouts are finished. **Final matches will have assistant referees	Approx. 3:00 PM *subject to start earlier

b. DIVISIONAL STATE & ALL-STATE FORMAT (Two-Days) (includes format for the Girls State Tournament)
*During wrestling, the schedule will flow from one round to the next. *Times are subject to start earlier.*

DAY 1 WRESTLING – FRIDAY

	<u>School Day</u>	<u>Vacation Week</u>
Team check-in	2:15 PM	9:30 AM
Skin checks/Weigh-in (<i>scratch weights</i>)	2:30 PM	10:00 AM
Coaches Meeting (Final Pairings)	Following weigh-ins	Following weigh-ins
1st Round Matches	*4:00 PM	*11:30 AM
Quarter Finals and 1st Round Consolations		
2nd Round Consolations (<i>this round will only be wrestled on Day 1 during a vacation week</i>)	N/A	Final round of the day

DAY 2 WRESTLING – SATURDAY

Team check-in	7:30 AM	9:00 AM
Skin checks/Weigh-in (January weight plus 3lbs. IE 106 is 111)	8:00 AM	9:30 AM
Coaches Meeting	Following weigh-ins	Following weigh-ins
2nd Round Consolations	*9:30 AM	N/A
Semi-Finals and 3rd Round Cons **Semi-Final matches will have assistant referees	*11:30 AM	*11:00 AM
4th Round Consolations (Semi-Finals)	*1:00 PM	*1:30 PM
Divisional State Championships or All-State Finals 1 st - 3 rd – 5 th place matches will be held simultaneously The next weight class will not start until all 3 bouts are finished. **Final matches will have assistant referees	*Approx 3:30 PM *subject to start earlier	*Approx 3:30 PM *subject to start earlier

GIRLS STATE TOURNAMENT

**will run simultaneously with Day 2 of All-States*

Team check-in	7:30 AM	7:30 AM
Skin checks/Weigh-in	8:00 AM	8:00 AM
Coaches Meeting	Following weigh-ins	Following weigh-ins
1 st round matches	*9:00 AM	*9:00 AM
1 st Round Consolations	*11:00 AM	*11:00 AM
Semi-Finals and 2 nd Round Cons **Semi-Final matches will have assistant referees	*12:00 PM	*12:00 PM
Consolation Semi-Finals	*1:30 PM	*1:30 PM
Consolation Finals	*2:30 PM	*2:30 PM
Girls State Championships **Final matches will have assistant referees	*Approx 3:30 PM *subject to start earlier	*Approx 3:30 PM *subject to start earlier

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

15. SAT/SAT SUBJECT TESTS:

1. Wrestling Tournament Matches may be scheduled for February 9, 2019, the same date of the ACT Tests. Please tell all coaches & student-athletes now so alternative plans may be made. A listing of all dates and sports that may take place on schedule College Board exam dates can be found on the MIAA website.
2. The College Board offers a SATR Program Alternate Test Date Policy. As stated in their published material: "The SAT Program will consider granting an alternate test date when the following criteria are met:"
 - a. *The conflicting event must be unexpected. Regularly scheduled sporting events or previously scheduled school activities, such as a prom, are not considered unexpected. An event such as an academic or athletic competition, in which students have advanced through the competition or into post-regular season competition, can be considered an unexpected event.*
3. SAT School Day: Allows high schools to administer the SAT to students during the school day, thus avoiding weekend athletic conflicts. To date, the MA school districts that participate are Plymouth, Springfield, Revere, and most recently Fitchburg. SAT School Day is contracted through the College Board with participating districts. Contact Info: **Alan Bernstein, Senior District Director**, K-12 Services, New England Regional Office, The College Board, 1601 Trapelo Road, Suite 12, Waltham, MA 02451;

2018-2019 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. **Policy agreement “check box” can be found in the tournament entry section of members-only.**

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.
1. The designee must make all team members aware of the specific sportsmanship expectations of the school.
 2. 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.
 3. 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.
 4. The designee will inform the coach that he/she must review any situation(s) where violations of good sportsmanship occur.
 5. The designee must inform the coach that he/she must always exemplify professional behavior and leadership with strong ethical standards.
 6. 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

Policy agreement “check box” can be found in the tournament entry section of members-only

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 84.4 Weight Control and Certification Procedures on pages 90 thru 93** 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 form on page 12.)
2. The MIAA Minimum Weight Control List must be submitted electronically to the MIAA prior to **December 6, 2018**. 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.) **Please see page 13 for instructions on how to also enter this information on the FloArena website prior to the first contest.**
3. To qualify at a certain weight for MIAA sectional and state tournaments, a wrestler must make weight at his/her certified weight class at scratch weight **at least once** during the season, **shoulder to shoulder in front of an opposing coach. The opposing coach must sign the weigh-in sheet verifying the scratch weight.** Wrestler must achieve scratch weight if the first weigh-in occurs after the 2 lb. allowance is granted on **January 1st** each year.
4. 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 regular season varsity days of competition on which the wrestler competes. **A wrestler may qualify for scratch weight whether or not he/she competes that day.** Rulebook weight allowances count towards the 60% certification.
5. 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 _____

Gender: _____ 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:

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

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 π Bioelectrical Impedance RESULT _____

π 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 (electronically in members only) by December 6, 2018 or NO LATER than the first scheduled interscholastic match. 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. Please see next page (13) for instructions on how to enter this information on the FloArena website prior to the first contest.

MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION

TO ALL MEMBER WRESTLING SCHOOLS - Member schools will be required to enter the data from the MIAA Minimum Weight Control Certificate onto: <https://events.flowrestling.org/user/dashboard/role/assessor> . The original paper form (above pg. 12) is to be on file in the Athletic Director's Office prior to a wrestler's first interscholastic competition.

Below is an example of what you will see on FloArena.

Body Assessment: Wrestler Name [X]

Method *

Digital Signature *

Actual Weight (lbs) *

Minimum Weight * lbs

Assessment Date *

For each athlete the assessor will:

- 1) Check the Digital Signature certifying that they are entering the information to match the form
- 2) Enter the actual weight from the date of assessment
- 3) Enter The minimum weight class:
106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, or 285
- 4) Save the form
- 5) Accept all assessments for the team.



OFFICIAL MIAA WEIGH-IN SHEET

This information must be entered on the [FloArena website](#) within 96 hours of a meet.

This form must be signed by the home team coach, opposing coach and head official.

Weigh In Form

Event: Home School _____ vs Visiting School _____

Home Team: _____ Event Start Date: _____ Printed Date: _____

Exact weights must be recorded on this sheet

Name	Weigh in Date	Exact Weight	Target Wt	Min Wt	Max Wt

Home Coach Name (Printed): _____

Opposing Coach or Tournament Director Name (Printed): _____

Home Coach Signature: _____

Opposing Coach or Tournament Director Signature: _____

Head Official (Printed): _____

Head Official Signature: _____



Team Wrestling Sportsmanship Award

The MIAA Tournament Management Committee has approved an Annual Sportsmanship Award to be presented to a school in every sport at the MIAA State Championship.

We would like to encourage you to nominate a varsity wrestling team for consideration by the MIAA Wrestling Committee for recognition at the MIAA Wrestling Championships. Nominated teams do not have to be tournament teams but should exemplify the tenets of good sportsmanship to the highest degree. Self-nominations are acceptable.

I would like to nominate the following team for consideration of the MIAA Team Wrestling Sportsmanship Award:

School: _____ Girls: _____ Boys: _____ Division: _____

City/Town: _____

Phone: _____ Fax: _____

Principal: _____

Athletic Director: _____ School Phone: _____

Home Phone: _____

Coach: _____ Home Phone: _____

Please provide a brief statement with regard to the reasons for this nomination below!

Your Name _____ **Signature** _____

Position _____ **School** _____

Date _____ **Phone** _____

Send to: Phil Napolitano
33 Forge Parkway
Franklin, MA 02038

Fax: 508-541-9838

Applications must be received no later than January 25, 2019

MIAA does not discriminate in its educational programs or activities on the basis of race, color, national or ethnic origin, ancestry, age, religion or religious creed, disability or handicap, sex or gender, gender identity and/or expression, sexual orientation, military or veteran status, genetic information, or any other characteristic protected under applicable federal, state or local law. Retaliation is also prohibited.

**MASSACHUSETTS INTERSCHOLASTIC ASSOCIATION
OFFICIAL RELEASE FORM FOR WRESTLER TO
PARTICIPATE WITH SKIN LESION(S)**

Thank you for agreeing to evaluate this student-athlete with a skin lesion that may be infectious in origin. In the wrestling community, skin infections are a common cause of disqualification from wrestling practice and competition.

Data from collegiate and high school injury reports indicate that 20% of lost practice time in wrestling is due to an infection. NCAA data indicates that 40% of the reported infections are due to the Herpes Simplex virus. This virus is the causative agent of Herpes Gladiatorum (HG). The attack rate of this infection has been estimated to be 34%. Recurrent HG (HSV- I) will have milder symptoms and a less prominent rash when compared to an initial infection with HG. HSV infections are more common than impetigo in this population. A visual diagnosis is not sufficient given the attack rate of HSV thru the skin to skin transmission during wrestling practice and competition.

Wrestlers with a cold sore should not be permitted to compete or participate in wrestling practice. The infections associated with the sport of wrestling have a predilection for the face and neck. Unfortunately the face and forehead of an adolescent wrestler are associated with a background of acne, abrasions and contusions. The skin trauma that occurs in this sport will alter the typical appearance of a skin infection and an atypical appearance must be anticipated. The Massachusetts wrestling community has had a number of outbreaks of Herpes Gladiatorum in recent years. Wrestling competition has been suspended in a number of other states due to an increased frequency of Herpes Gladiatorum.

Accurate diagnosis is important for the management and isolation of any infection that can occur on a wrestling team. The use of culture data or molecular infectious disease testing is encouraged. The visual appearance of skin infections can be similar. It is difficult to manage outbreaks without laboratory data. Test results can influence the choice of active treatment or prophylactic therapy. Post exposure management of exposed teammates and competitors is also dependent on an accurate diagnosis. This is particularly important when Herpes Gladiatorum or MRSA is suspected. Prophylaxis with anti-viral medication has been shown to be very helpful for HG.

Non-contagious lesions do not require treatment prior to participation. The presence of a communicable skin lesion shall be full and sufficient reason for disqualification. Once a lesion is considered non-contagious it may be covered during participation. Please note the following National Federation of High School wrestling rules:

Rule 4-2-3 ... 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 documentation from an appropriate health-care professional stating that the suspected disease 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 tournament. The only exception would be if a designated, on site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. **COVERING A COMMUNICABLE CONDITION SHALL NOT BE CONSIDERED ACCEPTABLE AND DOES NOT MAKE THE WRESTLER ELIGIBLE TO PARTICIPATE.**

Rule 4-2-5....A contestant may have documentation from a health care professional indicating a specific condition such as birthmark or other non-contagious skin conditions such as psoriasis or eczema, and that documentation is **valid for the duration of the season**. It is with the understanding that a chronic condition could become secondarily infected and require re-evaluation.

References 1) National Athletic Trainers' Association Position Statement: Skin Diseases Journal of Athletic Training 2010;45(4)411-28.2) Summary: Report National High School Sports Related Injury Surveillance Data 2012-133) Agel, J Descriptive Epidemiology of Collegiate Men's Wrestling Injuries 1988-89 through 2003-2004 J Athl Train 2007 42(2) 303-10 4) Belongia, EA An Outbreak of Herpes Gladiatorum at a High School Wrestling Camp 1989. NEJM 1991 325 906-10 5) Anderson BJ Epidemiologic and Clinical Analysis of Several Outbreaks of Herpes Gladiatorum Med Sci Sports Exerc 2003, 35 (11) 1809-14 6) Anderson, BJ Managing Herpes Gladiatorum Outbreak in Competitive Wrestling The 2007 Minnesota Experience Current Sports Med Reports 2008 7 (6) 323-27

Approved by MIAA SMC - October 2014
Updated by NFHS SMC- May 2016

OFFICIAL MIAA RELEASE FORM FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

Please indicate the location of the skin lesion(s) on the student athlete on the bodygram.

NFHS Rule 4-2-4If a designated on-site health care professional is present, he/she may overrule the diagnosis of the health care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition. Please provide the requisite information to help this pre-participation process

Name: _____

Date ____ / ____ / ____

School: _____

Mark Location AND Number of Lesion(s)

Diagnosis: _____

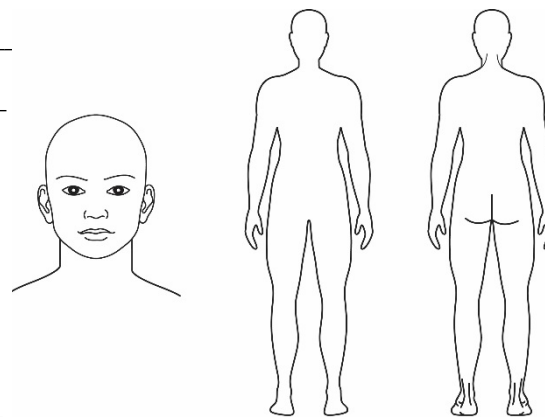
Location AND Number of Lesion(s) _____

Lesion IS Communicable / Lesion IS NOT Communicable (circle one)

Medication(s) prescribed _____

Date Treatment Started: ____ / ____ / ____ Time: _____

Culture results ____ Culture not performed ____ Date ____ / ____ / ____



Front

Back

Earliest Date the Wrestler May Return to Participation: ____ / ____ / ____

Form expiration date ____ / ____ / ____ Provider name _____ (Printed)

Provider Signature _____ Specialty _____

Office Address _____

Please consider the following treatment guidelines that suggest the **MINIMUM treatment** that is necessary before considering a return to wrestling practice or competition:

Herpetic lesions (cold sores, fever blisters, herpes simplex, herpes gladiatorum and herpes zoster) in order 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 previous **72 hours**. A wrestler cannot compete with an untreated cold sore. PRIMARY HERPES GLADIATORUM (initial episode) wrestlers should be treated and not allowed to participate for TEN days. If the wrestler has a fever or adenopathy the treatment duration should be extended to 14 days. RECURRENT herpetic infections will be less obvious and require a minimum of 120 hours of treatment as long as no new lesions have developed and all of the lesions are scabbed over.

BACTERIAL diseases (folliculitis, boil, abscess, Impetigo, cellulitis) to be considered non-contagious, all lesions must be scabbed over and no new lesions should have occurred in the last 48 hours. **72 hours** of an **ORAL** antibiotic is the minimum duration to achieve this status. If new lesions develop or drain after 72 hours please consider MRSA, the minimum duration of oral antibiotics should be extended to 10 days and return to participation should not occur until all lesions are scabbed over.

Tinea infections (ringworm of scalp or skin) oral or topical treatment for 72 hours for skin infection and 14 days of oral medication for scalp infections.

Scabies/ Head Lice (24 hours after treatment), **Molluscum** (24 hours after curettage), **Conjunctivitis** (24 hours of topical or oral medication and no discharge).