



2011-2012
INDIVIDUAL TOURNAMENT
WRESTLING FORMAT
Sport Specific Information

2011-2012 WRESTLING COMMITTEE MEMBERS

Dist. A	Mr. Robert Cunningham Principal, Shawsheen Valley Tech.	Dist. F	Mr. Jack Dougherty Asst. Prin., Westfield High School
	Mr. Scott Moreau A.D., Chelmsford High School		Ms. Karen Gomez A.D., Westfield High School
Dist. B	Mr. Dennis Mahoney Asst. Prin., Wilmington HS	Dist. G	Mr. Scott Annand Asst. Prin., Monument Mt. Reg.
	VACANCY		Mr. Paul Gibbons AD, Monument Mt. Reg.
Dist. C	Mr. Derek Folan Asst. Prin., Franklin High School	Dist. H	Dr. Keith Crowley Principal, St. John's Prep
	Mr. Kevin Mackin A.D., Weymouth High School		Mr. Alex Campea A.D., Catholic Memorial HS
Dist. D	Mr. Aaron Polansky Asst. Prin., Bristol County AHS		Officials' Representative Mr. Ted Neill
	Mr. Marc Loranger A.D., Wareham High School		Coaches' Representative Mr. Manny Costa
Dist. E	VACANCY		MASS Representative VACANCY
	Mr. Adam Bakr Asst. Prin. Marlborough HS		
	Mr. Tim O'Keefe A.D., Tyngsborough High School		
	Mr. Chris Young A.D., Leominster High School		

MIAA Staff Liaison
Mr. Bill McGuirk
Assistant Director

2011-2012 INDIVIDUAL WRESTLING TOURNAMENT TIMETABLE

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTORS
Minimum Weight Control List Due to Divisional Directors	Received on or before December 7, 2011 or prior to the first contest.	<p align="center">Tournament Director contact information is available in the "Members Only" section of the MIAA website</p> <hr/>
Individual Record Forms and all Weigh-in Sheets	Must be brought to Sectional Seeding Meetings the week of January 30, 2012	
Tournament Compliance Forms	Received on or before January 30, 2012	<p>State Director Mr. Bill Wassel</p>
Sectional Tournaments (*Div 3 West will be a two-day Friday/Saturday tournament)	Saturday, February 4, 2012	<p>Division I Mr. Brian Urquhart</p>
Divisional State Tournaments	Friday, February 10, 2012 through Saturday, February 11, 2012	<p>Division II Mr. Bob Gay</p>
All State Tournament	Friday, February 24, 2012 Saturday, February 25, 2012	<p>Division III Mr. Scott Tremlett</p>
New England Tournament	Friday, March 2, 2012 Saturday, March 3, 2012	

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

2012 MIAA SECTIONAL AND STATE INDIVIDUAL WRESTLING TOURNAMENT FORMAT

1. 2012 Wrestling Tournament dates will be:

- a. Sectionals - Saturday, February 4 (*D3 West—Friday/Saturday, February 3 & 4)
- b. Divisional – Friday/Saturday, February 10 & 11
- c. All-State – Friday/Saturday, February 24 & 25
- d. New England's - Friday/Saturday, March 2 & 3

2. 2012 Tournament Host Schools will be:

a. Sectionals

Division I Central.....Newton South HS
Division I North.....Chelmsford HS
Division I SouthDurfee HS
Division I WestWestfield HS

Division II Metro.....Quincy HS
Division II North.....Beverly HS
Division II SouthWhitman-Hanson RHS
Division II Central.....Marlborough HS

Division III Central.....Hudson HS
Division III North.....Triton Regional
Division III SouthPembroke HS
Division III WestPioneer Valley RHS

b. Divisional State

Division I.....Weymouth HS
Division II.....Reading HS
Division III.....Taconic HS

c. All-State Tournament Salem HS

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 a week prior to the Sectional Tournament, Sunday, January 29, 2012.

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 7, 2011 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, 2012.**

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 by the Host School. The MIAA will compensate for this coverage at MIAA designated tournament sites per hosting contract.
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 4, 2012 (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
Break	6:00 - 6:30 PM
Sectional Championships	6:30 - 8:30 PM

**Final matches will have assistant referees

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

NOTE: If "DAY 1 WRESTLING – FRIDAY", happens to be during a February Vacation Week, the Weigh-In should be at 10:00 AM, Coaches Meeting at 11:00 AM, with First Round Matches beginning at 12:00 Noon.

DAY 1 WRESTLING – FRIDAY (School Day)

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 – 5:30 p.m.
Divisional State Championships or All-State Finals	6:00 – 8:00 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. 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).

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3. Maximum length of matches on the consolation side of the bracket shall be five minutes, i.e., 1-2-2. (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 the 12 Individual Tournament Sectionals **ONLY**, for the purpose of determining the top four teams to qualify for the State Team Tournament. **Only teams with a minimum of seven (7) participants in the Individual Sectional may be eligible for Team Tournament point scoring.** The two teams, in each section, with the highest number of team points will be crowned Team Tournament Sectional Champion and Team Tournament Sectional Runner-Up respectively and will be presented MIAA trophies for that accomplishment.
2. There will be **NO TEAM POINT SCORING** at the Divisional State and the All-State Tournaments.

c. **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.

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 (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.

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. 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. (i.e. Wrestlers returning with post-season paperwork).
 3. A Contestant with Post Season Paperwork; (1st thru 6th place) (New Englands, 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.

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.

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

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 a doctor’s signature on the MIAA Skin Lesion Form (pg. 17)** or they will not be permitted to enter the tournament.)
The National Federation of State High School Association Skin Lesion Form is recommended for medical clearance, however a doctor’s note with the following information is acceptable: Identify site-specific location of lesion, Identify that lesion is non-contagious, and include dates of treatment AND DATE THAT THE WRESTLER CAN RETURN TO COMPETITION.
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 106 lbs. wrestlers first, followed by all 113 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 7, 2011 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 January 30, 2012
Entry Form--Certified Tournament	Bring to Sectional Seeding Meeting Week of January 30, 2012
Wrestling Tournament Compliance Policy	Received on or before January 30, 2012
Weigh-In Sheets **	To be taken to Sectional Seeding Meeting prior to Sectional Tournament
Minimum Weight Control Certificates	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
		106 lbs.		
		113 lbs.		
		120 lbs.		
		126 lbs.		
		132 lbs.		
		138 lbs.		
		145lbs.		
		152 lbs.		
		160 lbs.		
		170 lbs.		
		182 lbs.		
		195 lbs.		
		220 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.

2011-2012 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 JANUARY 30, 2012.

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 84 thru 86 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 7, 2011. 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. 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 2nd, 2012**) he/she must make scratch weight the first time he/she weighs in.
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 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 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 _____

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 (enclosed) with the Divisional Director on December 7, 2012 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.***

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	106	AM	PM	
			113			
			120			
			126			
			132			
			138			
			145			
			152			
			160			
			170			
			182			
			195			
			220			
			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.**

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

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a physician release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee 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.

Neither the NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine Advisory Committee 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 committee 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 cannot participate.
4. Provide a basis to support physician decisions on when a wrestler can or cannot 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 contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
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. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician visit.
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 and can be edited in anyway for use by various individuals or organizations. In addition, the NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.

Revised/Approved April 2008

PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ____ / ____ / ____

Diagnosis _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) _____

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

Date Treatment Started: ____ / ____ / ____

Form Expiration Date: ____ / ____ / ____

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

Provider Signature _____ Office Phone #: _____

Physician Name (Printed or Typed) _____

(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 Rules 4-2-3, 4-2-4 and **4-2-5** which states:

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

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

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

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

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

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

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

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

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

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: 24 hours after curettage.

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