



2023-2024

Wrestling

Information

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2023-2024 Wrestling Tournament Format

1. Required Forms and Documents

- a. [Minimum Weight Control Certificate \(2023-24\)](#)
- b. [Wrestling Skin Lesion Medical Release Form](#)
- c. Weigh-in Form (coming soon)
- d. Tournament Schedules (coming soon)

2. Tournament Format- Modified Double Elimination

3. Weight Classes -

- **Traditional Mixed Gender Tournament (14)** - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
- **Girls' All-State Tournament (12)**-100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

4. Medical Coverage - A licensed physician, licensed athletic trainer or certified EMS must be in attendance and on duty for all wrestling matches. This coverage will be provided by the Host School.

5. Admission - Exclusively online ticketing through GoFan

- **A maximum of three (3) coaches per team** will be provided with free admission in each tournament. All additional coaches must see their Athletic Director prior to the event to get a MIAA Tournament Pass or pay admission.

6. Mixed Gender 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.
 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, **you 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. Once a name is drawn out of the hat for the seed, you must go through seeding criteria all over again with remaining round robin competitors. IE if C is drawn from the hat for the seed, you must go through process again with A and B, in which A would get the next seed due to the Head to Head victory. Repeat process until no more round robin competitors exists in that bunch.

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.



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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 on page 9. By submitting your official MIAA Wrestling Tournament Entry information, you confirm that the Principal, Athletic Director and Head Wrestling Coach have read and understand the Tournament Compliance Policy and will support and abide by that policy to help promote good sportsmanship. REMOVE?

- 7. **Tournament Entry Deadlines** – Through an MIAA Formstack application that will be sent to all AD’s.
 - Mixed Gender Sectional Tournament – Tuesday, January 30, 2024
 - Girls’ Divisional State Tournament- Tuesday, January 30, 2023

8. Mixed Gender 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 champions are reseeded in that weight classes.** 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

9. Mixed Gender 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 champions are reseeded in that weight classes.**

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



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

10. Girls' Tournament Information

- Female wrestlers, who qualify, are permitted to compete in the mixed gender sectional tournament.
- If a female athlete is eliminated at sectionals, they can compete in the Girls' Divisional State Tournament the following weekend, if registered by the tournament entry deadline of **1/30/24**.
- If a female wrestler qualifies for the mixed gender Divisional State Tournament and wishes to compete in that tournament, they automatically qualify for the Girls' All-State Tournament. However, if they do not wish to compete in the mixed gender Divisional Tournament, they can compete in the Girls' Divisional Tournament but will only advance to Girls' All-States if they qualify.
- A female wrestler who is an alternate (5th place at sectionals) for mixed gender Divisional States, must make a decision on which tournament they wish to compete (Mixed Gender Divisional States or Girls' Divisional States) **by the Wednesday after sectionals (February 14, 2023)**
- A female wrestler who competes in the mixed gender Sectionals, qualifies and competes at Divisional States, and qualifies for the mixed gender All-State Tournament must make a decision on which tournament they wish to compete (Mixed Gender All-States or Girls' All-States) **by the Wednesday after Divisional States (February 21, 2024)**.

11. Girls' Divisional State Tournament Seeding Format

We will seed (separate) based on in season head-to-head and common opponent results as well as last season's Girl's postseason paperwork. The top 4 wrestlers from each division, plus any girls competing in the mixed gender Divisional States, will qualify for the Girls' All-State Tournament. There are no alternates.

12. Girls All-State Tournament Seeding Format

The three divisional champs, plus any girls competing in the mixed gender Divisional Tournament, that will not be competing in the Mixed Gender All-States will be seeded first (A1), second (B1), third (C1) and if necessary, fourth (D1) or even fifth (E1). The top 6 wrestlers from each weight class will qualify for the Girls' New England Championships.

13. Weigh-In Procedure:

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

- 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 when hosted during a school day at a non-high school site or during February vacation, which should have a Friday weigh-in at 10:00am.)*



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- b. At the two-day tournaments, a second day weigh-in will take place for the wrestlers still in the tournament with a **“plus one (1) pound allowance”**, in accordance with NFHS Rule 4-5-5.
- c. In the event of a team cancelling practice the day before the tournament due to inclement weather, all wrestlers will get an additional +1-pound weight allowance for day 1 (106 is 109), which carries over to day 2 (106 is 110). If more than one day of practice is missed due to inclement weather all wrestlers will get +2 additional pound MAX for day 1 (106 is 110), which carries over to day 2 (106 is 111).
- d. 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.**
- e. **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 (linked on page 2) or they will not be permitted to enter the tournament.**

MIAA Medical Release Form process: Collected at sectional tournaments by Sectional Reps, who will make copies so student-athlete can keep the original. The Sectional Rep will bring forms to Divisional State tournaments and hand to MIAA Divisional Tournament Directors, who will make copies of any new forms so student has original. Divisional Directors bring to All-States and give to MIAA State Director.

- f. The host school will have two scales available prior to the weigh-in time for wrestlers to check their weight.
- g. 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)**
- h. 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. All contestants shall weigh-in wearing a legal uniform... (NFHS Rule 4-5-7).
- i. 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.
- j. 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.

10. 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 six minutes, i.e., 2-2-2. (Not including overtime).
4. All qualifiers will be expected to compete with an accompanying coach, recognized by the school, who must be in attendance in order for the athlete to wrestle.

b. Team Scoring

- There will be Team Scoring at all Sectionals, States, the All-State Tournaments.
- Girls' Tournaments - Team scoring will be based on *one scorer (the highest scorer) per weight, per team.*
- Champion and Runner-up trophies will be presented at each event.

c. Sportsmanship

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

d. Awards

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 Divisional States** the top four at each weight class will be awarded medals. For the **Girls All-State Tournament**, the top six at each weight class will be awarded medals.

e. Tournament Grievance Committee

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.

A maximum of three (3) coaches per team will be provided free admission in each tournament. All additional coaches must see their Athletic Director prior to the event to get an MIAA Tournament Pass or pay admission.

11. 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.



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12. SAT/SAT SUBJECT TESTS:

- Wrestling Tournament Matches may be scheduled for February 10, 2024, 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.
- 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:”
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.
- 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;

13. 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 – minimum of 4 mats recommended
 - Girls’ Divisional State tournaments will run in conjunction with the mixed gender states
- All-States is a two-day tournament
 - Girls’ All-State tournament will run in conjunction with the All-States tournament.

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	<i>*To start approximately 30 minutes after conclusion of previous round</i> <i>*subject to start earlier</i>



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

DAY 1 WRESTLING – FRIDAY

	@High School site during a school day	@Non-High School site during a school day OR HS site during Feb. Vacation
Team check-in	2:15 PM	9:30 AM
Skin checks/Weigh-in (scratch weights)	2:30 PM	10:00 AM
Coaches Meeting (Final Pairings)	Following weigh-ins	Following weigh-ins
1st Round Matches	*4:00 PM	*11:00 AM
Quarter Finals and 1st Round Consolations		
2nd Round Consolations (this round will only be wrestled on Day 1 during a vacation week)	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		*10:30 AM
4th Round Consolations (Semi-Finals)		
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	*To start approximately 30 minutes after conclusion of previous round *subject to start earlier	*To start approximately 30 minutes after conclusion of previous round *subject to start earlier

GIRLS ALL-STATE TOURNAMENT

**will run simultaneously with the Traditional All-State Tournament.
 Below is the schedule for Day 2 Only as Day 1 will follow the All-State schedule*

Team check-in	7:30 AM	9:00 AM
Skin checks/Weigh-in	8:00 AM	9:30 AM
Coaches Meeting	Following weigh-ins	Following weigh-ins
1 st round matches	*9:00 AM	*10:30 AM
1 st Round Consolations		
Semi-Finals and 2 nd Round Cons **Semi-Final matches will have assistant referees		
Consolation Semi-Finals		
Consolation Finals		
Girls All-State Championships **Final matches will have assistant referees	To run simultaneously with All-State Finals matches	To run simultaneously with All-State Finals matches

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



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2023-2024 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. **This policy is agreed upon once you submit your official wrestling tournament entry.**

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 their 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 they are expected to exert their influence to enhance sportsmanship among the participants and the spectators.
 4. The designee will inform the coach that they must review any situation(s) where violations of good sportsmanship occur.
 5. The designee must inform the coach that they 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.

By submitting our official MIAA Wrestling Tournament Entry information, I confirm that the Principal, Athletic Director and Head Wrestling Coach have read and understand the Tournament Compliance Policy and will support and abide by that policy to help promote good sportsmanship.



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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 80-81** of the MIAA Handbook to ensure 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 11.)
2. The MIAA Minimum Weight Control List must be submitted electronically **on the FloArena website** prior to **December 7, 2023** or the first contest (See page 12 for instructions). Any wrestler who joins the team after the list has been submitted must be added to the list **prior** to their first competition. The Athletic Director should call the MIAA Liaison to inform of the late entry. (See enclosed form.)
3. MIAA Rule 84.4.6 - To qualify at a certain weight for the MIAA Individual Sectional & State Tournaments, including Girls **Divisional State and All States**, a wrestler must weigh-in at his certified weight class at scratch weight at least once during the season, **shoulder to shoulder in front of an opposing coach. For the Girls Divisional State qualifiers only, wrestlers are not required to compete when weighing in for scratch weight.** The opposing coach must sign the weigh-in sheet verifying the scratch weight. A 2lb allowance is granted on January 1st each year, provided the wrestler has achieved scratch weight. If a wrestler has not achieved scratch weight prior to January 1st, the wrestler must achieve scratch weight before being granted the 2lb allowance.

After January 1st, when the 2lb growth allowance is granted, all weight classes will be adjusted to the growth allowance weight (ex. 106 becomes 108). A wrestler **must** take this 2lb allowance if they plan on bumping up a weight, regardless of if they have achieved the scratch weight. Ex. After January 1st, if a wrestler weighs 107.9 the wrestler cannot wrestle at 120. If that wrestler has not achieved scratch at 106 they are **only** eligible for the 113 weight class in that meet.

4. No wrestler can utilize the two pound weight allowance until they have made scratch weight. They must also weigh in at base weight (scratch plus any rulebook allowance) **50%** of the regular season varsity days of competition on which the wrestler competes. **A wrestler may qualify for scratch weight whether or not they compete that day.** Rulebook weight allowances count towards the **50%** certification.
5. The home weigh-in period MUST take place:
 - For all team matches **beginning after 3:00 p.m.**, wrestlers will get an **additional two (2) pound allowance** at the match site weigh-in. Actual weights will be recorded on all dual meet weigh-in sheets. Signatures of the coach and a school administrator (the principal or his designee) must appear in ink on the dual meet weigh-in sheets in order for the weigh-in to be validated. These dual meet weigh-in sheets will be kept by the coaches and one for each and every day of competition must be handed in at the sectional seeding meeting, or the day will not count toward certification or seeding. **Morning weigh-ins are no longer permitted.**
 - 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 their 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.



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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. Girls must be certified in BOTH weight classes***

MIAA MINIMUM WEIGHT CONTROL CERTIFICATE

Student _____ School _____

Gender: _____ Birth Date _____ Height _____ Weight _____

Weight Assessment and Body Fat Percentage

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 _____ Skin Fold Calibration _____

Date _____ Current Weight _____ RESULT: Body Fat Percentage _____

*Body Fat/Weight Assessor Signature & Title _____
(if different than physician signing below)

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: ***Girls must be certified in BOTH weight classes***

Traditional:

106 113 120 126 132 138 144 150 157 165 175 190 215 285

Girls All-State: 100 107 114 120 126 132 138 145 152 165 185 235

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 duly registered Licensed Physician, Physician Assistant, Nurse Practitioner or Licensed Athletic Trainer 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 on the FloArena website) by **December 7, 2023** 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 (12) for instructions.



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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. 11) 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.

Role: Assessor Organization: Massachusetts Interscholastic Athletic Association Season: Boys 2021-2022
Team: Reading (READ)
Team Athletes
Accept

- Make sure the **organization** Massachusetts Interscholastic Athletic Association is selected, select the **correct season** and **team**. All traditional weight assessments will be placed in the “Mixed Gender 2023-2024” season. Additional girls’ all-state weight assessments must also be logged in “Girls 2023-24”season.

Body Assessment: Wrestler Name
Method * Minimum Weight
Digital Signature *
Actual Weight (lbs) *
Minimum Weight * lbs
Assessment Date * 10/15/2018
SAVE CANCEL

For each athlete in the **correct season**, 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:
Traditional Weight Classes: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, or 285
Girls All-State Weight Classes: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185 or 235.
- 4) Save the form
- 5) Accept all assessments for the team.



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INDIVIDUAL RECORD FORM

- All results must be entered on the FloArena website within 96 hours of a meet.
- The individual record form, *MIAA Seeding Criteria 2 report.xlsx*, can be downloaded from the report section of the coach role.
- The spreadsheet must be emailed to your MIAA Divisional Tournament Director and Sectional Rep.
- Paper copies must be brought to the seeding meeting.

The following are examples from the FloArena excel file. Keeping all results on FloArena Website will auto fill this sheet when it is downloaded.

Summary Page Example:

Team Name (ID: _____)									
Event Date Ranges: 11/30/2018 12:00 AM CST - 02/22/2019 11:59 PM CDT									
Season: 2018-2019									
Report Date: 10/15/2018 01:09 PM CDT									
LastName	FirstName	HS Grad Yr	Actual Wt	Min Wt	Wt Classes	Wins	Losses	Prev Points	Earned Points

Individual Page Example:

Last Name, First Name		ID: _____										
HS Grad Yr: 2019												
Event	Opponent	Opp Team	Opp Points	Opp Overridden Points	Opp Overridden Reason	Wt Class	WinType	Result	W/L	Earned Points	Bout ID	Opp Ident
Sample High School @ My High School	Last Name, O	Sample High School	0			285	F	3-17	L	0		
								Prev Points		0		
								Win Points		0		
								Loss Points		0		
								Total:		0-1	0	



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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	Traditional Weight Classes	Girls' Weight Classes	Weigh in Date	Exact Weight	Target Weight	Minimum Weight	Maximum Weight
	106	100					
	113	107					
	120	114					
	126	120					
	132	126					
	138	132					
	144	138					
	150	145					
	157	152					
	165	165					
	175	185					
	190	235					
	215						
	285						

Home Coach Name (Printed):

Opposing Coach or Tournament Director Name (Printed):

Home Coach Signature:

Opposing Coach or Tournament Director Name (Printed):

Head Official (Printed):

Head Official Signature:



2023-2024 Wrestling Tournament Format

MIAA INDIVIDUAL TOURNAMENT ENTRY

- Schools must submit a tournament entry on the [FloArena website](#) by:
 - Traditional Mixed Gender Tournament — **The week of February 4, 2024, prior to seeding meeting**
 - Girls All State Tournament — **by Friday, February 9, 2024**

**Girls All State wrestlers will be permitted to compete in the MIAA Sectional and Divisional State tournaments (if they qualify) before having to decide which tournament track to enter (i.e. the Girls All State Tournament or the traditional mixed gender All State Tournament).*
- The MIAA/FloArena Tournament Entry form, *Exact Weight_2023-24.xlsx*, can be downloaded from the report section of the coach role.

The following is an example from the FloArena excel file. Keeping all results on FloArena Website will auto fill this sheet when it is downloaded.

Sample High school (ID: _____)							
Event Date Ranges: 09/23/2018 12:00 AM CDT - 05/22/2019 11:59 PM CDT							
Season: 2018-2019							
Report Date: 10/15/2018 01:37 PM CDT							
LastName	FirstName	HS Grad Yr	Actual Weight	Min Weight	Weigh Ins	Exact Weights	Wt Classes

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 **regular season** weigh-ins in order to be eligible to wrestle at this weight.

One of the weigh-ins must be at the original scratch weight, **shoulder to shoulder in front of an opposing coach**. Wrestlers are not required to compete when weighing in for scratch weight. For all in-season tournaments that are 2 days long, second day weigh-in is required and the weigh-ins will count as TWO weigh-ins toward the 50%.

We attest that the above information is accurate:

Coach's Signature

Principal's/Athletic Director's Signature

See page 9 for the Tournament Compliance Policy



2023-2024 Wrestling Tournament Format

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



2023-2024 Wrestling Tournament Format

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

Massachusetts Interscholastic Athletic Association DIVISION/SECTION _____ WEIGHT CLASS _____

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: _____

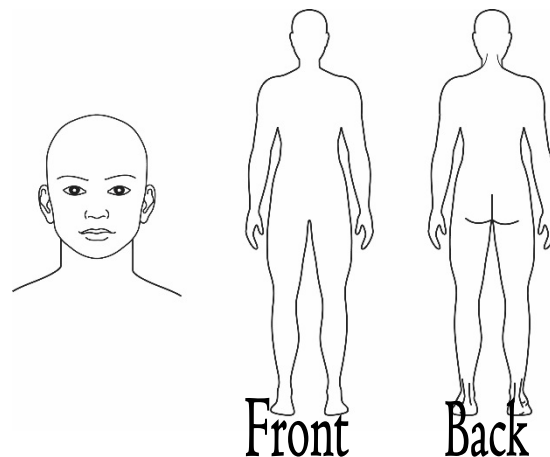
Culture results ____ Culture not performed ____ Date ____ / ____ / ____

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 curretage), **Conjunctivitis** (24 hours of topical or oral medication and no discharge).

Approved by MIAA SMC - October 2014
Updated by NFHS SMC- May 2018