

**PLAY SMART.**  **PLAY HARD.**<sup>®</sup>

2015-16

**Boys Wrestling**  
**Manual for Schools**



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## REVISION HISTORY



# 2015-16 Boys Wrestling Series Terms and Conditions

In accordance with Section 1.450 of the IHSA Constitution, the Board of Directors has approved the Terms and Conditions governing the 2015-16 IHSA Class 1A, 2A and 3A Boys Wrestling Tournament Series.

## I. SCHOOL CLASSIFICATION

Competition in the IHSA Boys Wrestling Tournament Series will be determined on an enrollment basis.

**A.** The classification of a school shall be determined on the basis of its total student enrollment figure reported to the Illinois State Board of Education in its Fall Housing Report on September 30 of the preceding school year. Non-boundaried schools will have their total student enrollment multiplied by 1.65.

**B.** For classification purposes, the total student enrollments for one-year high schools, two-year high schools, three-year high schools and high schools which enroll boys only or girls only shall be calculated as follows:

1) For one-year high schools, the total student enrollment figure reported shall be quadrupled.

2) For two-year high schools, the total student enrollment figure reported shall be doubled.

3) For three-year high schools, one-third of the total student enrollment figure shall be added to the total student enrollment figure reported.

4) For schools which enroll boys only or girls only, the total student enrollment figure reported shall be doubled.

**C.** A multiplier of 1.65 will be added to all non-boundaried schools.

**D.** Schools participating in sports and activities operating under the three-class system shall be classified as follows:

1) Schools with enrollments of 668 and below will be Class 1A.

2) Schools with enrollments of 668.01-1559 will be Class 2A.

3) Schools with enrollments of 1559.01.01 and above will be Class 3A.

4) Classifications shall be determined on an annual basis.

## II. DATES AND SITES

### A. Individual Tournament Series Dates and Sites:

1) Regionals: February 6

Tournament centers and team assignments will be posted online.

**Note:** It is recommended that Regionals be held as one-day tournaments on Saturday, February 7. Two-day Regionals may be conducted with the consent of the IHSA.

2) Sectionals: February 12-13

Tournament centers and correlated Regionals will be posted online.

**Note:** All Sectional tournaments shall be two-day tournaments.

3) State Final

Tournament: February 18-20

The 2015-16 Class 1A, 2A and 3A Individual State Final tournaments will be held at the State Farm Center, University of Illinois, Champaign. Joe Pedersen has been appointed manager in charge of local arrangements.

### B. Dual Meet Team Tournament Series Dates and Sites:

1) The Team Sectional qualifier will be the school accumulating the most team points at the Individual Regional.

2) Sectionals - February 23

Centers will be assigned by the IHSA.

a. Four Regional championship teams shall compete at each of four Sectional semi-final sites.

3) State Final Tournament - February 27

a. The eight team Class 1A, 2A and 3A State Final will be held February 27. A blind draw will be used to determine placement on the bracket for the state finals.

Pairings for the Dual Team Sectional matches will be drawn at the Winter Sports pairings drawing at the IHSA Office in early December. In each Dual Team Sectional, only the semi-final matches shall be conducted on February 23. The two teams winning semi-final matches will advance in the Dual Team State Tournament.

## III. ONLINE ENTRIES, WITHDRAWAL PROCEDURES, ELIGIBILITY, AFFIRMATIVE ACTION AND ONLINE LIST OF PARTICIPANTS

The policy for Original Entry Deadlines, Late Entries and Late Withdrawals shall be the policies and procedures regarding entry for all IHSA-sponsored sport/activities included in the 2015-16 Entry Policies and Procedures.

### A. Online Entries

All member schools must enter their school into the state series competition through the IHSA Schools Center on the IHSA Website at [www.ihsa.org](http://www.ihsa.org). The deadline for entry in wrestling is November 1, 2015. The 2015-16 Entry Policies and Procedures outlining the online entry procedures for all IHSA-sponsored tournaments can be found in the Schools Center on the IHSA website.

### B. Late Entries

Any attempt to enter a sport or activity online after the established deadlines will be denied. Schools that wish to enter after the deadline will be considered late. To be considered for late entry, the Principal/Official Representative must contact the IHSA administrative officer in charge of that sport or activity. The penalty for late entry shall be a payment of \$100.00 for that sport/activity by the school.

### C. Breach of Contract By-law 6.041 (Withdrawal Procedure)

To withdraw without penalty, the Principal must notify the IHSA Office, in writing, of the school's withdrawal from wrestling prior to the seeding meeting date and/or the date the List of Participants is due for that sport.

If a school withdraws after the seeding meeting date/List of Participants due date and/or does not show up for competition, the school will be charged a \$100 penalty. If applicable, the school may be charged for any additional financial loss sustained by the offended school(s) or the Association as a result of such breach.

### D. Eligibility

All member schools in good standing may enter an individual(s) or a team under the provisions of IHSA By-law 3.054.

### E. Affirmative Action

Only boys shall be permitted to participate in the state series except as provided in the IHSA Affirmative Action Policy.

## IV. HOST FINANCIAL ARRANGEMENTS

### A. Regional Meets:

For Individual Regional Tournaments, the host school shall pay for all local expenses and issue checks to meet officials. The host school shall receive a guarantee of \$1,560 plus \$40 for submitting scores via internet and shall be reimbursed for the cost of officials. The host school shall retain 20% of net income and submit remainder to the IHSA. In the event of

a negative balance, the host shall be reimbursed for the entire deficit. If admission is not charged, the host school shall forfeit the guarantee.

**B. Sectional Meets:**

For Individual Sectional Tournaments, the host school shall pay for all local expenses and issue checks to meet officials. The host shall receive a guarantee of \$2,400 plus \$40 for submitting scores via internet and shall be reimbursed for the cost of officials. The host shall retain 20% of net income and submit remainder to the IHSA. In the event of a negative balance, the host shall be reimbursed for the entire deficit. If admission is not charged, the host school shall forfeit the guarantee. For Dual Team Sectional Tournaments, the host school shall pay for all local expenses and issue checks to meet officials. The host school shall receive a guarantee of \$550 and shall be reimbursed for the cost of officials. The host school shall retain 20% of net income and submit remainder to the IHSA. In the event of a negative balance, the host shall be reimbursed for the entire deficit. If admission is not charged, the host school shall forfeit the guarantee.

**C. State Final:**

In the State Final Dual Team Tournament only, each participating team shall receive reimbursement according to the following schedule.

Round Trip Mileage to State Final Site	Flat Rate Reimbursement
0-150 miles	\$ 250.00
151-300 miles	\$ 500.00
301-over miles	\$ 750.00

Mileage is \$5.00 per round trip mile for the first 50 miles and \$3.00 for each round trip mile beyond 50.

Mileage shall be based on one (1) round trip to and from the State Final site. No reimbursement will be guaranteed to member schools which qualify individual contestants.

**Note:** Neither the State Association nor the local tournament management will assume responsibility for expenses of any kind other than those specified above.

**D. Admission Fees:**

1) In the Individual State Tournament Series, ticket prices have been established by the IHSA Board of Directors. The per session prices are as follows:

Regional	\$4.00 per session (2) or \$6.00 all-day pass
Sectional	\$5.00 per session (3)

State Final \$8.00 or \$10.00 per session (5) 40.00 or \$50.00 season

2) In the Dual Team State Tournament Series, ticket prices on a per session basis have been established as follows:

Sectional	\$5.00
State Final-Quarterfinals and Semifinals	\$7.00
State Final-Final Session	\$7.00

**Season Ticket Prices for Regional/Sectional Meets and Tournaments:**

Local managers of Regional and/or Sectional meets and tournaments may sell season tickets along with session tickets. In the event a manager exercises this option, season ticket prices will be the same as the single-session price multiplied by the number of sessions.

For the Individual State Final, Reserved tickets will be sold in advance by mailing in the form found online through the Schools Center or at the gate during the first day of the tournament. **Orders with correct remittance should be sent to: IHSA State Wrestling Tournament Tickets, State Farm Center, 1800 South First Street, Room 101, Champaign, IL 61820. Make checks payable to University of Illinois.**

**Note:** Under no circumstances shall there be a refund of ticket money for tickets sold in advance for the State Finals even when the tournament sessions are necessarily postponed. Tickets purchased in advance shall be good for the session when it is held.

**E. Rights Fees for TV and Radio:**

See the IHSA web site (www.ihsa.org) for the fees to be charged by Local Managers and/or the IHSA for television and cable broadcasts and radio originations.

The Policy regarding media requirements for each Local Manager is contained in these Terms and Conditions.

**V. TOURNAMENT ASSIGNMENTS AND SEEDING MEETINGS**

**A. Individual Regional Tournament Entries:**

1) Each school shall submit to the Regional Manager at the seeding meeting the following information for all wrestlers who may participate in the Regional:

a) the completed Regional List of Participants, **which is the Body Fat Roster for your school.**

b) the Individual Wrestler's Season Record Verification Form listing the wrestler's actual weights and records from all their season matches. **(Entry in the tournament begins at the seeding meeting.)**

**Note:** In lieu of the official verification forms available online, coaches may submit computerized records listing the necessary information.

\*Only wrestlers that are on the Body Fat Roster, that was turned in, will be allowed to enter the Regional Tournament or be able to be an alternate in the Regional Tournament. Wrestlers who fail to make weight may be moved to a higher weight class. Wrestlers entered at the seeding meeting who subsequently become ill or injured may be replaced.

**\*2) Criteria for determining seeded wrestlers will be without exception:**

a) Head to Head. \*(If both wrestlers have beaten each other the same number of times, then go to the next criteria.)

b) Record versus common opponent.

c) Vote of the coaches. If tied for a seed, re-vote on tied wrestlers only. If tie remains, flip the coin.

**B. Seeding and Schedules in the Individual State Tournament series will be done according to the following plan:**

1) In the Regional Tournaments, only four (4) wrestlers in each weight class will be seeded in a meeting of coaches called for this purpose. Whenever possible, the top four (4) seeded wrestlers will not wrestle until the quarter-finals. Coaches should provide the team roster with individual records to the regional host on Wednesday prior to the regional seed meeting. Any wrestler nominated for a top 4 seed at the regional seed meeting must remain as a wrestler eligible for seeding until all four wrestlers are seeded in that weight class. This seeding session shall be held on **Thursday** prior to the first session of the Regional Tournament. Only extenuating circumstances should require a seeding meeting to be conducted during the weigh-in. A scratch session shall be held immediately following the conclusion of the weigh-in and the start of the tournament, and brackets shall be reseeded if a seeded wrestler withdraws. (See tournament manual for requirements regarding scratches.)

Under no circumstances shall the seeding and pairing of wrestlers delay the start of the first wrestling session.

**Note:** In all Individual Regional tournaments, an eight-person bracket will try to be used. When the number of competitors is not a power of two (2, 4, 8, etc.) for any specific weight class, there shall be byes in the initial round of competition. The number of byes shall be equal to the differences between the number of competitors and the next higher power of two. There shall be no byes, after the first round of competition in either the championship or consolation brackets.

2) Individual Sectional Pairings: Wrestlers have been paired by a chance drawing. Champions and runners-up of the same Regional have been drawn to opposite half brackets, and third-place winners have been drawn to the opposite quarter brackets to the runners-up of the same Regional. In the first round of competition, Regional champions shall receive byes and Regional Runners-up will be matched with third-place winners.

3) Individual State Final Pairings: A separating/seeding criterion will be used on all sectional champs to separate them in each weight class according to a listing of specific performance criterion that relates to the overall performance for that year and the previous year's state tournament only. The Sectional Manager will calculate the seeding points of each sectional champ and enter the points online in the winners reports. The criteria would be as follows:

Establish a point system for each of the sectional winners. The wrestler that has the highest number of points would be seeded number one; the wrestler with the second highest points would be seeded number two etc. The wrestlers that placed second and third in each sectional would be assigned to a designated spot in the opposite bracket of the winner from that sectional. For 3A, the 4th place finisher would be assigned to a designated spot on the same side of the bracket as the sectional champ, but not in the first round.

Returning state champion at that weight class .....	35 points
Returning state champions at any weight class .....	30 points
Undefeated wrestler (minimum of 20 matches) .....	20 points
37 or more wins.....	15 points
32 to 36 wins .....	10 points
27 to 31 wins .....	7 points
22 to 26 wins .....	5 points
Returning 2nd or 3rd place winner at that weight class .....	25 points
Returning 4th, 5th or 6th place winner at that weight class .....	20 points
Returning place winner at any weight class .....	15 points
Returning state qualifier at any weight class .....	10 points

If tied for a place, flip of a coin would determine the seed of the wrestlers for placement of that seed on the bracket, except for the number one (1) seed and if the returning champ at that weight class is tied for the number one (1) seed, the returning champ will be seeded number one (1).

4) Dual Team Sectional tournament pairings for each class shall be drawn by the IHSA and posted online in December. State Final pairings will be drawn yearly at the Winter Sports drawing.

### C. Dual Team Roster:

1) A team roster listing a maximum of twenty-one (21) wrestlers who constitute the tournament squad shall be submitted to the Dual Team Sectional and Dual Team State Final tournament managers prior to the weigh-in for each tournament. Only these twenty-one (21) wrestlers may weigh-in. Schools may substitute persons on their team rosters for any reason and at any time between contests, provided all substitutes meet IHSA eligibility requirements.

## VI. TOURNAMENT STRUCTURE AND TIME SCHEDULES

### A. Individual Tournaments

Individual Regional and Individual Sectional time schedules will be announced by the local tournament managers. No session may be scheduled during normal school hours.

Following is the time schedule for the Individual State Final Tournaments:

#### Thursday, February 18, 2016

##### First Session

11:00 a.m.—Doors will open for Weigh-ins and Skin Checks (1A-2A-3A)  
 11:30 a.m.—Class 1A-2A-3A Weigh-ins and Skin Checks including hair, nails and special equipment  
 11:45 a.m.—Officials Meeting @ State Farm Center  
 12:00 noon —Table Workers Meeting – Dining Room  
 12:15 p.m.—(approx.) Open Mats  
 12:45 p.m.—Close Down Mats  
 1:00 p.m.—Class 1A Preliminaries (6 mats)  
 3:00 p.m. (approx.)—Class 2A Preliminaries (6 mats)  
 5:00 p.m. (approx.)—Class 3A Preliminaries (6 mats)  
*(Continuous wrestling once wrestling begins at 1:00 p.m.)*

#### Friday, February 19, 2016

##### Second Session

6:00 a.m.—Doors open for weigh-ins  
 6:30 a.m.—All wrestlers in Section B  
 7:00 a.m.—Class 1A-2A-3A Weigh-Ins  
 8:30 a.m.—Quarterfinals followed by First Round Wrestlebacks (1A)  
 11:00 a.m.— (approx.) Quarterfinals followed by First Round Wrestlebacks (2A)  
 1:30 p.m. — (approx.) Quarterfinals followed by First Round Wrestlebacks (3A)  
 4:00 p.m.—Regional Reps Meeting @ State Farm Center (or immediately following wrestling)

##### Third Session

6:00 p.m.—Open State Farm Center Doors to the public  
 7:00 p.m.—Semifinals Championship Round (1A-2A-3A)

#### Saturday, February 20, 2016

##### Fourth Session

6:30 a.m.—Doors open for weigh-ins  
 7:00 a.m.—All wrestlers in Section B  
 7:30 a.m.—Class 1A-2A-3A Weigh-Ins  
 9:00 a.m.—Quarterfinal Wrestlebacks (1A-2A-3A)  
 11:00 a.m.—Semifinal Wrestlebacks (1A-2A-3A)  
 1:00 p.m.—3rd-4th-5th-6th matches (1A-2A-3A)  
 3:30 p.m.—Clear State Farm Center

##### Fifth Session

4:30 p.m.—Open State Farm Center  
 5:00 p.m.— Line-up Grand March  
 5:30 p.m.—Grand March followed by Championship matches (1A-2A-3A) on 3 mats: Starting weight class determined by drawing during the winter sports bracket drawing.

### B. Dual Team Tournaments

1) Sectional Dual Team semifinals will begin no later than 5:30 p.m. on Tuesday, February 23, 2016; only the semifinals will be wrestled.

2) In the Dual Team Sectionals and State Final, the weight class in which wrestling shall begin, will be determined by randomly selecting one of the fourteen weight classes at weigh-ins. Once the beginning weight has been selected, the weight classes shall run consecutively.

3) Following is the time schedule for the State Final Dual Meet tournament on February 27, 2016.

#### Saturday, February 27, 2016

6:00 a.m.—Doors open  
 7:00 a.m. Weigh-in begins  
 Class 1A, 2A and 3A (weigh-in will be done by teams)

##### Session One

8:00 a.m.—Doors open to the Public  
 9:00 a.m.—Quarterfinals for upper bracket in 1A, 2A and 3A (2 mats each)  
 11:00 a.m.—Quarterfinals for lower bracket in 1A, 2A and 3A (2 mats each)  
 2:00 p.m.—Semifinals for 1A, 2A and 3A (2 mats each)

##### Session Two

#### Saturday, February 27, 2016

5:30 p.m.—Championship and Third Place matches for 1A, 2A and 3A (2 mats each)  
 8:00 p.m.—Awards

## VII. ADVANCEMENT OF WINNERS

### A. Individual Advancements:

1) Regional to Sectional: First, second and third place winners from each weight class will advance from Regional to Sectional competition where twelve (12) wrestlers in each weight class will compete for State qualifying berths.

2) Class 1A, 2A, and 3A Sectional to State Final; First, second, third and fourth place winners from each weight class will advance from Sectional to State Final competition. Sixteen (16) wrestlers in each weight class will compete for championship honors.

3) Alternates: If any of the three (3) winners from the Regional Tournaments should be unable to participate in the Sectional Tournaments, or any of the three (3) or four (4) winners from the Sectional Tournaments should be unable to participate in the State Final Tournament, alternates shall be selected. The preceding tournament manager (Regional manager for Sectional and Sectional manager for State Final) shall select the alternate using guidelines as follows:

**Regional:** The first alternate shall be the wrestler defeated in the third-place match. The second alternate shall be the wrestler who won the most matches in the championship bracket but failed to qualify as a place winner or as the first alternate. Should more than one (1) wrestler meet second alternate criterion then the one who was defeated by the highest seeded place winner shall qualify as the second alternate and advance to the Sectional. The other wrestler shall become the third alternate.

**Sectional:** The first alternate shall be the wrestler who lost to the third place winner in the consolation semi-final. The second alternate shall be the wrestler who lost to the other semifinalist of the consolation bracket, unless the two wrestlers have met previously in the tournament then the winner of that match is the 1st alternate.

**Note:** In all Tournaments the alternate shall always be considered as being the lowest placing wrestler to qualify. I.e. If an alternate is required for a champion, the second place wrestler shall be considered as the champion for the purposes of pairing, third would go to second and the alternate would be placed in as the third place qualifier . etc.

4) Deadline for Withdrawing: If a wrestler qualifies for advancement and is unable to compete for any reason (including failure to make weight), he has until the weigh-in time deadline before withdrawing.

**Note 1:** Alternates substituting for any Sectional or State Final qualifiers may be entered up to the weigh-in time deadline. It shall be the responsibility of the principal or coach to notify the previous tournament manager at the earliest possible time that an alternate may be necessary. That tournament manager is responsible for informing the alternate's coach that he will replace the regular qualifier.

**Note 2:** Should a qualifying champion or runner-up to the Individual Sectional or State Final tournament withdraw or be disqualified before or at the weigh-in deadline preceding the first session of such

tournament for reasons including failure to make weight, and no alternate is available, the remaining qualifiers from the same Regional or Sectional in that weight class shall be moved up in the bracket, i.e., third to second, second to first, so that the resulting forfeit shall only occur in the initial round of competition.

**Note 3:** If the qualifying tournament alternates are not available or can't make weight for the sectional or state tournament, then the other alternates in attendance at that weight class would get the opportunity to take that spot by virtue of blind draw.

#### **B. Team Advancement:**

**1) The team scoring the most points at the Individual Regional will advance to the Team Sectional.** Pairings for the Sectionals shall be drawn by the IHSA and posted online in December.

a. Four (4) Class 1A, 2A and 3A teams will compete in each of four Sectionals, where the winners of the semi-final matches will advance to the State Finals.

2) To be eligible as a team a school must compete in at least ten (10) weight classes in the Individual Regional tournament. If a qualifying team did not compete in the required ten weight classes, the next highest finishing team with ten competing wrestlers shall advance.

3) Each Class 1A, 2A and 3A Sectional semi-final winners shall advance to the State Final Dual Team tournament. Teams shall compete in each of the three classifications. State Final pairings shall be determined by a blind draw conducted at the Winter Sports drawing.

4) In each dual meet, home team designation shall be alternated by weight class. The team whose wrestler has choice of starting positions at the beginning of the second period in each match shall be considered "home" team and shall be governed by Rule 6-2-2. The "home" team wrestler shall report to the official's table and identify himself by name and weight class. Thereafter he cannot be withdrawn or replaced without forfeiture of the weight class.

### **VIII. TOURNAMENT RULES**

**A.** The official 2015-16 National Federation Wrestling Rules shall be in effect for all tournaments.

**B. Weight Classification.** The weight classifications listed in Rule 4-4-1 of the National Federation Rules Book will apply. The classifications are as follows:

- 106 lbs. and under
- 113 lbs. and under
- 120 lbs. and under

- 126 lbs. and under
- 132 lbs. and under
- 138 lbs. and under
- 145 lbs. and under
- 152 lbs. and under
- 160 lbs. and under
- 170 lbs. and under
- 182 lbs. and under
- 195 lbs. and under
- 220 lbs. and under
- 285 lbs. and under

**Note:** Tournament weigh-in allowances as prescribed in National Federation Rule 4-5-4 shall be granted.

#### **C. Weight Control Plan Entries: (Individual)**

1) School athletic authorities should read carefully the information on the 2015-16 Weight Control Plan and the Questions and Answers which are included in the Wrestling School Manual which is online in the Schools Center. The weight control regulations establish the minimum weight at which wrestlers may compete in the Individual and Dual Team State Series.

2) A wrestler shall not enter nor participate in a weight classification lower than the one for which they have been body fat tested as the minimum weight. (See Weight Control Plan)

3) If a wrestler weighs in two weight classes above a certified weight then the wrestler would recertify at one weight class above his certified weight. (A wrestler that has weighed in at 132 may weigh in at 132 or 138. If that wrestler weighs in at 145, that wrestler may not weigh in lower than 138 the rest of the season).

4) Coaches must present the Body Fat Roster to the Meet Manager at all weigh-ins and **provide the meet official with a copy.** Coaches must keep an accurate weigh in sheet for each weigh in with date, actual weight of each wrestler that is weighed in, and signed by the weigh in supervisor.

5) All wrestlers must be certified at their lowest weight class they will enter the Individual or Dual Team Wrestling State Final Tournament by the conclusion of weigh-ins for the Regional Tournament.

**D. Weigh-in:** All contestants are required to weigh-in in accordance with Rule 4-4 and 5. In Individual Regional Tournaments, each participant shall be named to his respective weight class prior to the conclusion of the weigh-in. Rule 4-5-5. A wrestler is considered a participant in the championship tournament series when they have been entered and have met the weight requirements on the first day of the Regional Tournament. Thereafter if they fail to make weight requirements in the Regional, Sectional or

State Final, or if they fail to appear for any match, their participation in the Individual Tournament series is over and their opponent(s) shall be awarded both forfeit and advancement points when applicable.

Each contestant must weigh in on the second day of the Individual Regional, Sectional, and State Final Tournaments. One (1) additional pound will be allowed on each succeeding day of each tournament. (4-5-4)

The weigh-in time shall be held within the following time schedules (As determined by Meet Manager): **Note:** Everyone must be in the weigh-in area at the designated starting time.

1) For Individual Regional Tournaments: A maximum of two (2) hours and a minimum of one-half hour preceding the opening of the tournament. (Specific time will be set by the meet manager and all participants must be in the weigh-in area at the designated starting time.)

2) For Individual Sectional Tournaments: The manager may set the starting time up to a maximum of two (2) hours and a minimum of one-half hour preceding the opening of the individual tournament. (Specific time will be set by the meet manager and all participants must be in the weigh-in area at the designated starting time.)

3) The second day weigh-in for the Regional and Sectional Individual Tournaments shall be held not more than two (2) hours or less than one-half hour before the second session.

4) For State Final Tournament(s): (see tournament time schedule, VI-A).

5) All dual meet tournament teams shall weigh-in each day of competition a maximum of one (1) hour and a minimum of one-half hour before the first scheduled round of meets. (Rule 4-5-1 and 4-5-4)

6) A two (2) pound weight allowance will be given to all wrestlers after December 25 for any weight class that they have made scratch weight at least once. When a wrestler goes down to a lower weight class for the first time weigh-in, the wrestler must make scratch weight at that weight class for that first time weigh-in. No allowances are given for a first time weigh-in at a lower weight class **including consecutive day allowance.**

#### **E. Length of Matches:**

1) All championship bracket matches, and third and fourth place matches shall be six (6) minutes in length divided into three (3) periods of two (2) minutes with no rest between periods.

2) **All consolation matches shall be six (6) minutes in length consisting of three two 2-minute periods.**

3) In case of a tie after a regulation match the contestants shall wrestle an overtime match in accordance with National Federation Rule 6-1-3.

**F. Overtime Matches:** All ties in the individual and dual team tournament matches shall be resolved by an overtime as provided in the National Federation Overtime Criteria.

**Note:** When available, referee/assistant referee officiating teams shall officiate all third-place matches in Regional Tournaments employing three officials and all Sectional Tournament championship and third-place bouts. The referee/assistant referee teams will referee all bouts in the Class 1A, 2A & 3A State Final Tournament.

#### **G. Team Scoring:**

1) According to IHSA by-law 3.054, all member schools must have competed in at least six (6) contests to be eligible for team honors. Entries may be accepted for individuals from member schools who have not met the six (6) contest requirement, however, no team points will be awarded to these individuals. If an individual should place, points for that place will not be awarded.

2) In all Individual Regional Tournaments scoring shall be: first place, 14 points; second place, 10 points; third place, 7 points and fourth place, 4 points. All weight brackets will be scored as power of two when determining advancement points.

3) In all Individual Regional Tournaments, two (2) additional points shall be credited to a team's total for each fall during the tournament and two (2) points for each default, forfeit and disqualification. In the championship bracket, a team shall also be awarded two (2) points for each match won except in the championship final match. In the consolation bracket of Regional Tournaments, a team shall be awarded one (1) point for each match won except in the third place matches. In addition, in both the championship and consolation bracket one and one-half (1 1/2) team points shall be awarded each technical fall and one (1) team point shall be scored for a major decision victory margin of eight (8) or more points.

**Note 1:** In all Regional Tournaments, if a wrestler received a bye in the preliminary round of competition, they shall be awarded two (2) advancement points for that round if they win the next match. In addition to the advancement points, they shall be awarded for the bye the same number of "bonus" points, if any, they earned for winning their first match by fall, forfeit, default, disqualification, technical fall, or major decision. In Regional Tournament consolation brackets, wrestlers receiving byes in the preliminary round of competition shall be awarded one (1)

advancement point and applicable "bonus" points if they win their next match.

4) See Rule 9-2-2 a, b, c, d, e, regarding the recording and posting of team scores after the semifinal matches in Regional Tournaments.

5) At the Individual Sectional and State Final Tournaments, no individual team scores will be kept.

#### **H. Team Tiebreaker:**

1) Individual Regional Formula—To determine the place winners of a Regional Tournament which ends in a tie for the first two places, the following criteria will be applied in the order listed:

a. The team whose opposing wrestlers or team personnel has been penalized the greater number of team points for flagrant misconduct or unsportsmanlike conduct shall be declared the winner.

b. The team whose opposing head coach has been penalized the greater number of team points for coach misconduct shall be declared the winner.

c. The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during a match shall be declared the winner.

d. The team with the most individual champions will be declared the winner.

e. The team with the most second place winners will be declared the winner.

f. The team with the most third place winners will be declared the winner.

g. The team with the most fourth place winners will be declared the winner.

h. The team with the most victories in head-to-head competition with other tied teams throughout the tournament shall be declared the winner.

i. The team with the most victories in the championship and consolation brackets shall be declared the winner. (Do not count byes.)

j. The team that has accumulated the most advancement points throughout the tournament shall be declared the winner. (Do not count bonus points.)

k. The team with the most pins, and wins by default, disqualification or forfeits in the tournament shall be declared the winner.

l. The team with the most technical falls shall be declared the winner.

m. The team with the most major decisions shall be declared the winner.

n. If a tie exists, a winner shall be declared by a flip of the coin.

2) Dual Team Sectional and State Final Formulas—In the event that a tie score exists in a dual meet at the Sectional, or State

Final Tournament, the following criteria will be used to break the tie:

a. The team whose opposing players or team has been penalized the greater number of team points for flagrant or unsportsmanlike conduct shall be declared the winner.

b. The team whose opposing wrestlers or team personnel has been penalized the greater number of team point deductions shall be declared the winner.

c. The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during a match shall be declared the winner.

d. The team having won the greater number of matches shall be declared the winner (including forfeit).

e. The team having accumulated the greater number of points for falls, defaults, forfeits or disqualifications shall be declared the winner.

f. The team having the greater number of points for technical falls shall be declared the winner

g. The team having the greater number of points for major decisions shall be declared the winner.

h. The team having the greater number (total match points) of first-points scored shall be declared the winner.

i. The team having the greater number of points for near-falls shall be declared the winner.

j. The team having the greater number of takedowns shall be declared the winner.

k. The team having the greater number of reversals shall be declared the winner.

l. The team having the greater number of escapes shall be declared the winner.

m. The team whose opponent has been penalized more often for stalling.

n. The team whose opponent has been warned more often for stalling.

o. The team whose opponent has the greater number of points for all other infractions.

p. If none of the above resolve the tie, the flip of a disk will determine the winner.

**I. Team Bench:** The dual team bench shall be limited to a maximum of twenty-six (26) individuals, including a maximum of twenty-one (21) wrestlers in proper uniform, listed on the team roster. The five (5) remaining individuals must be connected with the team and may include coaches, trainers, managers, etc.

#### **J. Consolation Matches: (Individual Tournaments)**

1) In the Regional Tournaments a modified double elimination format will be utilized. All wrestlers losing their first round match shall compete in the wrestle backs.

2) In the Sectional Tournaments, **all wrestlers losing their first round match shall compete in the wrestle backs.**

3) In all Regional Tournaments, the championship and consolation final matches shall be wrestled at the same time. When possible, two (2) officials shall work the third-place match and one (1) official the championship match.

4) In all Sectional Tournaments, the championship and third place matches shall be conducted simultaneously. Two (2) officials shall referee each third-place match and two (2) officials shall referee each championship match.

5) In Regional and Sectional competition, a wrestler defeated in the quarter-final round will advance to the consolation bracket if his quarter-final opponent fails to make second-day weight requirements.

6) In the State Final Tournament, third, fourth, fifth, and sixth place winners will be determined by "wrestling back." All wrestlers defeated by the winners of the quarter-final matches are eligible to compete in wrestle backs that will determine third, fourth, fifth and sixth places, as in Rule 10-3-3, there shall be cross bracketing.

#### **K. Disqualification and Forfeits:**

The following interpretation of Rule 8-4, 6 and 10-2-1 through 7 shall apply for 2015-16 tournaments:

1) Individual Tournaments: If disqualification is due to an illegal hold or a technical violation—including stalling—the wrestler would not be eliminated from competition for consolation matches. Disqualification for any other reason (Rule 8-4,6 and 10-2-1, 2, 5, 6 and 7) eliminates a contestant from further competition as follows:

Regional Individual Tournament—disqualified from further competition in individual series.

Sectional Individual competition—disqualified from further competition in individual series.

State Final Individual competition—disqualified from further competition in individual series.

2) Disqualification (except for the infractions listed in K1) in Dual Meet competition:

Sectional Dual competition—disqualified from further competition in Sectional team meets.

State Final Dual Team competition—disqualified from further competition in State Final Dual Team Meet.

3) Forfeits and Disqualifications in Individual Tournaments:

a. Regional and Sectionals: If a wrestler has advanced to the semifinal round and they forfeit this match or are disqualified as in Rule 8-4,6 or 10-2 (except for the infractions listed in "K-1") they shall not be permitted to wrestle for third place. If they forfeit (unless due to injury or illness as verified verbally or in writing to the tournament manager by a doctor) or are disqualified in (1) the third place match, they shall not be considered for individual advancement as provided under 'Advancement of Winners' above. Fourth place shall be void and no fourth place medal awarded.

The Championship match:

b. Second place shall be declared void. No medal shall be awarded. The winner and loser of the third-place match shall advance to the applicable tournament along with the champion.

c. State Final tournaments: Unless as verified as in K-3a, the forfeiting or disqualified contestant shall be ineligible for the consolation brackets and if the forfeiture or disqualification occurs in a championship, third or fifth place match the place shall be voided and no medal awarded.

4) Forfeits in Dual Team Tournaments:

Each school participating in the dual meet tournament series is expected to have wrestlers entered and actively compete in each of the fourteen weight classes in each dual meet. Failure to enter a wrestler in any weight class or failure for a wrestler to appear for his match shall result in a forfeit awarded to the opponent in the uncontested weight class in that meet only. Forfeits do not carry-over to subsequent meets.

**L. Sideline Coaching:** Rule 7-5-1, 2, 3, 4, and 5 shall be strictly enforced. Coaches should observe the following:

1) at the State Final Individual tournament two (2) coaches or other school approved certified adult school personnel from each opposing team will be permitted in chairs at the edge of the mat during all matches. At Regional and Sectional Individual tournaments, facilities permitting, a maximum of two (2) team representatives, of which at least one shall be a coach or other school approved certified adult school personnel, from each team may be permitted at mat side.

2) Coaches or others connected with a Dual Team Tournament meet should remain seated in the restricted area during the time the match is in progress (Rule 2-2-1).



3) Coaching should be limited to words of help and encouragement, and the ethics of good sportsmanship must be observed.

**M. Unsportsmanlike Conduct:**

Managers and officials have the strictest instructions to disqualify any wrestler, coach and/or other person guilty of profane or indecent language or of gross unsportsmanlike conduct. The IHSA By-laws 2.030, 3.151, 6.011 and 6.012 give the Board of Directors complete authority to penalize a school for any unsportsmanlike conduct on the part of the principal, the coach, athletes, or any member of the faculty or Board of Education or any other official representative of any participating school. This authority will definitely be exercised by the Board of Directors.

**N. Video Taping:** Video taping will be allowed provided the local manager has a comparable area for competing schools to videotape. When one school requests the video space, then the local manager shall provide similar space to competing schools. Non-competing schools and spectators will be allowed to videotape matches in the stands, provided they do not obstruct the view of participants and spectators. Any taping for the purpose of reviewing during the tournament is prohibited by National Federation Rule 10-1-2.

**IX. TOURNAMENT POLICIES**

**A. Presale Tickets:** See IHSA Website for presale information.

**B. All-Star Teams:** No athletic team from any member school may compete against an "all-star" team. No school official from a member school shall assist, either directly or indirectly, with any contest by an all-star team during the school year, unless the contest is approved by the Board of Directors.

**C. State Final Passes:** Each school with one or more individual qualifiers for the Individual State Final will receive two (2) tournament passes for coaches—plus one (1) tournament pass for each State Final contestant. One additional coach's pass will be given if a school qualifies five (5) or more wrestlers. Additionally, when a school advances 3 or more wrestlers, that school may exchange a purchased season pass for one additional coach's pass.

Each school qualifying a team for the State Final Dual competition shall receive twenty-six (26) passes, twenty-one (21) of which may only be used for uniformed wrestlers.

Any school desiring to bring additional coaches, managers, trainers, etc., over and above the number of passes allotted, must purchase regular admission tickets for the extra personnel. No school will be permitted more than twenty-six (26) participant passes.

**Alternate Passes – Note:** All alternates will receive an alternate pass upon checking into the tournament on Thursday afternoon (at weigh-in). **The alternate pass is only valid with an all session ticket attached to the pass.**

**D. Bands:** May be used by local tournament directors prior to the start of a session.

**E. Artificial Noisemakers:** Mechanical noisemaking devices such as air horns and whistles shall be excluded from the gymnasium. In addition, any noisemaking devices that interfere with the competition shall be prohibited.

**F. Signs and Banners:** The displaying of signs, banners, placards or similar items at IHSA state series events is permitted, provided:

- 1) they are in good taste and reflect good sportsmanship in their message and use;
- 2) they reflect identification and encouragement to participants and their school/community;
- 3) they are not displayed on the field of play or in a manner which interferes with play;
- 4) they do not obstruct the view of participants or spectators; and
- 5) they are not safety hazards.

**G. Cheerleaders:** At all Regional and Sectional Tournaments, cheerleaders may be permitted on the floor to cheer depending on the facilities and available space. They are not to interfere with the conduct of the matches by standing up, obstructing the scoreboard, pounding on the mat, etc.

At the State Final, a maximum of eight (8) cheerleaders will be permitted in a designated area for dual competition only. No cheerleaders will be permitted on the floor at the Individual State Final.

**H. Damage to Property or Equipment:** If contestants or people from any school entered in a state series are found guilty of carelessness or maliciously breaking, damaging or destroying property or equipment belonging to the host school, such school shall be held responsible for costs incurred in replacing or repairing such property or equipment.

**I. Media Requirements:**

1) Provide Space:

Space shall be set aside to provide for news media representatives covering the state series whether they be from newspapers, internet sites, radio stations, commercial television stations and/or cable television stations, according to the IHSA Policies regarding News Media credentials and working assignments for IHSA state series.

2) Radio and TV:

It is the responsibility of the Local Manager to accept applications, approve requests to originate, collect proper rights fees payment (where required) and make cancellation refund for television and/or radio play-by-play originations, according to the IHSA Television and/or IHSA Radio Broadcast Policy.

a. Television Rights Fees for all levels of competition below the State Final level shall be paid to the host school and shall become part of the revenue to be shared by the member school(s) and the Association according to the financial terms stipulated in these Terms and Conditions.

b. Radio Broadcast Rights Fees are not required for any level of competition in this series (except State Final). Local Managers shall permit radio play-by-play originations of the competition.

c. Television and/or Radio Stations which do not apply in advance, or which do not pay required rights fees prior to the start of competition in each respective level in this state series shall not be given credentials nor allowed access to the facility to originate. Sponsors of the originations for television and radio shall be only those so stipulated in the respective IHSA Television and Broadcast policies.

3) Administrative Detail:

Reporting information to the news media and/or the IHSA Office, as stipulated in instructions to Local Managers shall be the responsibility of each Local Manager and is required.

**J. Tobacco/Liquid Nicotine Products:**

The use of tobacco or liquid nicotine products in any competition area, either during a practice or while a contest is in progress, or affiliated property of any IHSA state series contest by any coach, player, any other person connected with a team, or fan shall be prohibited. State series hosts are required to make all state series contest sites and any affiliated property, including parking lots, fan accommodation areas, and other school or event venue property, tobacco/liquid nicotine free zones on the date or dates of any IHSA event being held at the site.

**K. Use of Inhalers:** A student with asthma may possess and use his/her medication during an IHSA competition, while under the supervision of school personnel, provided the school meets the outlined procedures of self-administration in the Illinois School Code.

**L. Alcoholic Beverages and IHSA State Series Events:** The possession, distribution, sale and/or consumption of alcoholic beverages are prohibited at the site and on any affiliated property of any IHSA state series contest. State series hosts are required to make all state series contest sites and any affiliated property, including parking lots, fan accommodation areas, and other school or event venue property, alcohol free zones on the date or dates of any IHSA event being held at the site. Violation of this policy by an event host will subject the host to a penalty for violation of IHSA By-law 2.020. Such penalty may include but not necessarily be limited to prohibition against subsequent event hosting assignments. Violation of this policy by a non-hosting member school will subject the school to penalty for violation of IHSA By-law 2.020. Patrons of any IHSA state series contest determined to be in violation of this policy will be removed from the premise, and law enforcement officials will be called as warranted. No ticket refunds will be granted in such cases.

**M. Prayer over the Public Address System:** Prayer at an IHSA state series contest that takes place over the public address system is prohibited.

## X. AWARDS

**A.** In all Individual Regional Tournaments, medals will be awarded to the first, second, and third individual place winners in each weight class. In all individual Sectional Tournaments, medals will be awarded to the

first, second, third and fourth place winners in each weight class. Plaques will be awarded to the school winner in the Individual Regional Tournaments.

**B.** In the State Final Individual Tournament, medallions will be awarded to the first six (6) place winners in each weight class. First, second, third and fourth place trophies will be awarded to the school winners in Classes 1A, 2A and 3A of the State Final Dual Team Tournaments.

In addition, twenty-six (26) medallions will be presented to the first, second, third, and fourth place teams in each class.

**C. Grand March:** While participating in the Grand March, wrestlers shall wear their school's official warm-up or team uniform. No extra clothing, hats, caps, signs or other adornment may be worn or carried. If a contestant fails to cooperate in the above requirement, they shall be prohibited from participating in the Grand March. **Only coaches or certified school personnel shall participate in the Grand March with a school's qualifying wrestler(s).**

**D. Awards Ceremonies:** At all tournaments when wrestlers are receiving awards, they shall wear their school's official warm-up or team uniform. **No extra clothing, hats, caps, signs, or other adornment shall be worn or carried at the awards ceremony or any other time on the State Farm Center floor. If a contestant fails to wear their official school warm-up or uniform, they shall not be allowed to participate in the awards ceremony.**

## XI. OFFICIALS

**A. Individuals:** In each of the Regional and Sectional Tournaments, all matches preliminary to the semifinal round shall be wrestled during the opening session. Two (2)

officials and two (2) mats for all sessions of the Regional Tournaments shall be provided. Whenever possible, three (3) officials will be assigned to Regionals. Five (5) officials shall be assigned for all sessions of the Individual Sectional Tournaments. Sectional Tournament centers are to use a minimum of three (3) mats for the first two (2) sessions. Where facilities permit, four (4) mats should be used for the first session.

**B. Dual Team:** Two officials shall be assigned to officiate each Dual Team Sectional tournament. At the State Final tournament two officials will be assigned to officiate each meet.

### C. Official Fees:

The following fee schedule for officials will be adhered to.

Wrestling (Classes 1A,2A,3A) (Flat fees per tournament):

Individual Regional—\$172.00 per tournament

Individual Sectional—\$230.00 per tournament

Individual State Final—\$447.00 flat fee plus up to two (2) nights' lodging at a hotel designated by the IHSA Administrator.

Team Sectional—\$71.50 per tournament

Team State Final—\$255.00 flat fee plus up to one night's lodging at a hotel designated by the IHSA Administrator.

**Mileage Policy:** In the state series, to assist officials for out-of-pocket expenses, a voucher system will be used to compensate officials when they actually drive in excess of 70 miles round trip per contest. Payment will be made through the IHSA Office, after completion of the tournament series, at a rate of thirty (30) cents per mile for all mileage in excess of 70 miles round trip. No compensation will be permitted for trips of less than 70 miles round trip.

# Rules on Wearing Equipment and Braces

## **Rule 4—Wrestlers' Classification and Weighing**

### **Section 3—Special Equipment**

**Article 1**—Special equipment is defined as any equipment worn that is not required by rule. Any equipment which does not permit normal movement of the joints and which prevents one's opponent from applying normal holds shall not be permitted. Any equipment which is hard and/or abrasive must be covered and padded.

**Article 2**—All parts of a pad must fit snug against the wrestler's body. Loose pads are prohibited.

**Article 3**—Taping or strapping which substantially restricts the normal movement of a joint, shall be prohibited.

**NOTE:** The taping of fingers and thumb is not a violation.

**Article 4**—To help identify contestants, red and green leg bands may be worn on either or both legs.

**Article 5**—Wrestlers may not wear wristbands, sweatbands or bicep bands during a match.

# Do What's Right!

## Sportsmanship

### DWR! EXPECTATIONS

- ❖ *Represents their school and community well with positive interaction with opposing fans and players.*
- ❖ *Uses positive yells, chants, songs or gestures.*
- ❖ *Display modesty in victory and graciousness in defeat*
- ❖ *Respect and acknowledge the integrity/judgment of officials.*
- ❖ *Exhibit positive behavior with opponents and fans before, during and after the contest.*

### Acceptable Behavior...

- During the National Anthem, students, participants and fans should remove any hats, face the flag, not talk, place the right hand on the heart, and remain still until the end of the anthem.
- Applause during introduction of players, coaches and officials.
- Players shaking hands with opponents while both sets of fans recognize player's performance with applause.
- Accept all decisions of the game officials.
- Spirit Participants lead fans in positive support.
- Handshakes between participants and coaches at the end of contests, regardless of the outcome.
- Treat competition as a game, not a war.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of the contest for performance of all participants.
- Everyone showing concern for an injured player, regardless of the team.
- Encourage surrounding people to display sportsmanlike conduct.

### Unacceptable Behavior...

- Disrespectful or derogatory yells, chants, songs or gestures.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Yells that antagonize opponents.
- Refusing to shake hands or give recognition for good performances.
- Blaming the loss of the game on officials, coaches or participants.
- Laughing or name calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.
- Doing own yells instead of following the lead of spirit participants.



# SCHOOL'S RESPONSIBILITY TO AN OFFICIAL PRIOR TO THE SEASON

1. Send a reminder card or email to the officials after you have them scheduled.
2. Reminder should include date of contest, time, level, location and sport.

Even though many schools and conferences have assignment chairpersons, sending a reminder is highly recommended. When an official does not show, people in your community won't know who the assignment chairperson is, but they do know the athletic director. **Avoid embarrassment.**

3. Have a standard wage scale set for your different sports and levels and a method in place to raise the pay periodically.
4. If possible, let the working officials know who their partner(s) will be.
5. Hire police and security along with medical assistant or athletic trainer coverage for events whenever possible.
6. Set a policy with your school board on fan, coach and player behavior.
7. Make sure all officials have a contract that is signed by your school—preferably by the principal or IHSA Official Representative.

## SCHOOL'S RESPONSIBILITY TO AN OFFICIAL PRIOR TO THE CONTEST

1. Prior to the contest, provide the officials with directions and inform them of any special activities that might be occurring (i.e., Homecoming, Senior Night, etc.)
2. Give the official a number they can call in case of an emergency or postponement due to weather.
3. Have competent workers assigned at all contests (scorers, announcers, chain crew, etc.). These people are of great assistance to the official during the contest.
4. Have a host assigned to meet the officials as they arrive. The host should do the following for the officials:
  - A) Provide a reserved parking space.
  - B) Meet officials and take them to the dressing room.
  - C) Have refreshments available for halftime and postgame.
  - D) Ask for any additional needs.
  - E) Introduce the officials to those game workers pertinent to the contest (i.e., scorer, announcer, chain gang, etc.).
  - F) Get the proper pronunciation of officials' names so they are correct when given by the public address announcer.
5. Athletic director should discuss with the officials any special events, conference rules, national anthem time, etc. that would affect the game.
6. Provide the officials with the name of the adult supervisor for that contest and where that person can be found in the event a challenging situation should occur.
7. Make officials aware of location of an athletic trainer or other first responders during the contest. Have a doctor on site when possible (especially at football contests).
8. Make sure all bench personnel are properly attired.
9. Do a check on game scoreboards and lighting systems prior to the game or contest.
10. Make sure the playing area is properly marked and meets National Federation guidelines for that contest.
11. Provide appropriate secured dressing area and hot water showering facilities.



# SCHOOL'S RESPONSIBILITY TO AN OFFICIAL DURING THE CONTEST

1. Insist coaches display good sportsmanship and are proper examples for your players and crowd.
2. Have your public address announcer or cheerleader read the IHSA sportsmanship statement and remain unbiased during contest.
3. Make sure the event supervisor understands the duties and responsibilities pertinent to that contest.
4. Make sure the playing area is maintained during halftime of each contest. For wrestling, make sure the mat is properly cleaned and washed.
5. Help with adverse weather conditions; monitor accordingly.
6. Make sure proper crowd control is visible and in place. Good administrative control can prevent difficult situations.
7. Observe the crowd during the contest and prevent any disturbances that may occur.
8. Work with the official during the game regarding crowd control.
9. Retrieve the game ball at the end of the contest.
10. Escort the officials back to the dressing room at halftime and at the conclusion of the contest.

## SCHOOL'S RESPONSIBILITY TO AN OFFICIAL AFTER THE CONTEST

1. Escort the officials safely back to the dressing room and parking lot.
2. Do not allow unauthorized persons in the dressing room after the game. This includes coaches.
3. Have refreshments available for the officials after the contest.
4. Be sure to thank the officials for their time and effort, regardless of the outcome of the game.
5. Make sure arrangements for paying the officials have been completed. It is preferable to pay the official the day of contest.
6. Ensure that officials are not confronted by anyone after the contest.



# Emergency Action Plan (EAP)

In accordance with By-law 2.150, a school shall have on file for each student that participates (including practice) in interscholastic athletics a certificate of physical fitness issued by a licensed physician, physician's assistant or nurse practitioner as set forth in the Illinois State Statutes not more than 395 days preceding any date of participation in any such practice, contest or activity. As this By-law addresses pre-participation certification only, there is not a guideline or By-law in place to address release to interscholastic activity following an injury, with the exception of head injury/concussion. With the understanding that schools throughout the state have different needs and services available to them, this document was produced to provide guidelines on an athlete's return to activity following an injury.

Each school should have a written Emergency Action Plan (EAP) in place to address medical emergencies among athletes, staff, officials, and spectators, regardless of severity, occurring during a practice or competition. The plan should also address severe weather, fire, electrical failure, bomb threat, criminal behavior, or other possible emergencies. This plan should be developed to address the unique needs of the individual sport and venue.

EAP's should consist of the following components:

- Personnel
- Communication
- Equipment
- Emergency Medical Care
- Player Medical Information
- Game-day Responsibilities (includes appropriate sideline preparedness)
- Catastrophic Incident Plan

While each school's sports medicine/medical service needs and availability are different, guidelines should also be developed to assist the coaching staff on what injuries should be allowed to return to competition without a medical release. It is not practical to identify every situation or injury; however the following guidelines should assist the school/coaching staff on determining if the athlete should be allowed to return to activity without a release.

1. No swelling or deformity.
2. No headache, nausea, blurred vision, tingling, numbness or sensory changes.
3. Symmetrical (equal to the other side) joint range on motion and strength.
4. Ability to bear weight, without a limp, if injury occurs to the lower body.
5. Ability to complete full functional sporting activities without compensation.

Please remember that the majority of high school athletes are a minor. If there is a question as to their injury and ability to participate, the parents/guardian should be consulted.

Athletes that are unable to meet the above criteria should be encouraged to seek medical treatment prior to return to interscholastic activity. Those athletes that seek medical treatment should be required to provide a written medical release indicating their ability to participate. Without obtaining this release, the school may assume legal liability if the athlete is allowed to participate in activities not permitted by their medical provider.

A proper plan establishes accountability, should be comprehensive, yet flexible, practical, and easily understood. The written EAP must be revised, approved, distributed, and should be rehearsed regularly prior to every athletic season. The athletic department, administration, and sports medicine team share the responsibility to establish, practice, and execute the EAP.

A sample venue-specific is included as a part of this document, which was developed from portions of the third and fourth editions of National Federation of State High School Associations Sports Medicine Handbook. Persons interested in purchasing this handbook can do so at the following location: <http://www.nfhs.org/resources/publications/>



## Venue-Specific Action Plan

Illinois High School Association  
2715 McGraw Dr., Bloomington, IL 61704  
Phone: 309-663-6377  
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### Venue

**Sport:**   
**Location:**

### Emergency Personnel

**Present:**   
**On-Call:**

### Emergency Equipment Location On-Site

Nearest AED:   
First Aid Kit:   
Items for proper care of blood-borne pathogens:   
Ice or chemical ice packs, water and towels:   
Player Medical Information:   
Other equipment as deemed necessary by local circumstances and qualifications of available personnel:

### Communication

**Access to 911:**   
**Access to on-call emergency medical personnel:**

### Role of First on the Scene:

1. Control scene (gain access to athlete)
2. Initial assessment (to determine breathing, consciousness, pulse status)
3. Detailed assessment (to determine extent of injury/illness)
4. Send designated coach to summon help if needed:
  - a. EMS: Call 911
  - b. Athletic Trainer: Call Athletic Training Room or Cell:
5. Initiate immediate care to the sick or injured athlete

### EMS Access:

If EMS is called provide directions/access to scene

Directions to site/location:

Open access gates  
Designate individual to meet EMS at entrance



ILLINOIS HIGH SCHOOL ASSOCIATION

2715 McGraw Drive • Bloomington, IL 61704

• [www.ihsa.org](http://www.ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

## IHSA Protocol for Implementation of NFHS Sports Playing Rule for Concussions

**“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”**

The above language, which first appeared in all National Federation sports rule books for the 2010-11 school term, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion, but not a revision in primary responsibilities in these areas. Previous rules required officials to remove any athlete from play who was “unconscious or apparently unconscious.” This revised language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness. However, the revised language does not create a duty that officials are expected to perform a medical diagnosis. The change in rule simply calls for officials to be cognizant of athletes who display signs, symptoms, or behaviors of a concussion from the lists below and remove them from play.

**NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and, if conscious, the athlete him/herself.**

### Definition of a Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

### Behavior or signs observed indicative of a possible concussion

- Loss of consciousness
- Appears dazed or stunned
- Appears confused
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events prior to or after the injury

### Symptoms reported by a player indicative of a possible concussion

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

This protocol is intended to provide the mechanics to follow during the course of contests/matches/events when an athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

1. During the pre-game conference of coaches and officials, the official shall remind the head coaches that a school-approved appropriate health care professional will need to clear for return to play any athlete removed from a contest for an apparent head injury.
2. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious as is provided for under the previous rule. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school-approved health care provider.
3. If it is confirmed by the school’s approved health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.
4. Otherwise, if an athlete can not be cleared to return to play by a school-approved health care professional as defined in this protocol, that athlete may not be returned to competition that day and is then subject to the IHSA’s Return to Play (RTP) Policy before the student-athlete can return to practice or competition.
5. Following the contest, a Special Report shall be filed by the contest official(s) with the IHSA Office through the Officials Center.
6. In cases where an assigned IHSA state finals event medical professional is present, his/her decision to not allow an athlete to return to competition may not be over-ruled.

Additional information regarding concussion has been made available to IHSA member schools and licensed officials and can be accessed on the IHSA Sports Medicine website at <http://www.ihsa.org/Resources/SportsMedicine.aspx>.

## Concussion Information

### Return to Play (RTP) Policy

**Background:** With the start of the 2010-11 school term, the National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires “any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.” In applying that rule in Illinois, it has been determined that only certified athletic trainers and physicians licensed to practice medicine in all its branches in Illinois can clear an athlete to return to play the day of a contest in which the athlete has been removed from the contest for a possible head injury.

**Policy:** In cases when an athlete is not cleared to return to play the same day as he/she is removed from a contest following a possible head injury (i.e., concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.

For the purposes of this policy, licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

### Mandatory Concussion Course for Coaches

House Bill 5431 went into effect for the 2014-15 school year. The legislation requires ALL high school coaches and athletic directors to receive a certificate of completion every two years for an online concussion awareness and education program developed by the IHSA.

The program includes a presentation and other supplementary materials that ALL high school coaches and athletic directors need to review prior to taking a required exam over the curriculum. Individuals will be required to demonstrate proficiency on the exam by scoring at least 80% in order to serve as an athletic coach at an IHSA member school. The legislation also requires student-athletes to watch the association-developed video presentation portion of the over-all curriculum each year.

The program includes information on concussion awareness training, concussion recognition, best practices for avoiding concussions, return to play guidelines, and sub-concussive head trauma. Coaches will be able to access the program after logging into the IHSA Schools Center and clicking on the “CON” tab, which will be located under the ‘Departments’ heading on the Schools Center homepage.



## **Unmanned Aerial Vehicle (Drone) Policy**

**For IHSA Tournaments**

**Effective February 18, 2015**

The use of unmanned aerial vehicles (“UAV”), also known as drones, is prohibited for any purpose by any persons at IHSA tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed.

For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device.

An exception to this policy may be made in specific cases for IHSA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the IHSA.

# IHSA Wrestling Weight Control Program Summary

(Refer to the IHSA Wrestling Weight Control Manual  
for complete details on this program.)

## Introduction

During the 2015-16 school year, the IHSA will continue its Weight Control Program that includes body fat testing. The program is designed to determine the minimum weight class a wrestler may participate in throughout the season. The establishment of a minimum weight class is based on a body fat measurement of 7% for male wrestlers and 12% for female wrestlers.

The IHSA is concerned for the safety of the young people who participate in our wrestling program. The establishment of minimum weight classes along with a maximum weight loss per week allows high school wrestlers to participate in the healthiest manner possible.

## THE REGULATION

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high school wrestlers. The purpose of the weight control program is to identify the minimum weight at which an athlete can wrestle; it is not meant to serve as an endorsement from the IHSA that this minimum weight is the best weight for any individual wrestler.

### I. ESTABLISHING MINIMUM WEIGHTS

A. There are two methods of determining a wrestler's body fat percentage. One method is using the TANITA TBF-300-A or 300-WA Body Composition Analyzer/Scale, but schools are required to receive approval from the IHSA Wrestling Administrator to use this scale. Only IHSA Certified Body Fat Testers will be able to read and enter the results on-line.

The other method of determining a wrestler's body fat percentage is using skinfold measurements. Only measurements taken by IHSA Certified Skinfold Measurers will be accepted. Schools may obtain a list of approved measurers on the IHSA website. This list will be posted each November. It is the responsibility of the school to contact a certified skinfold measurer from this list to conduct the skinfold test on their wrestlers. Schools may elect to have a person certified as a body fat tester in accordance with the procedure explained later in this program. Information about the body fat certification session will be included in the annual All School Mailing each August. The training will begin the end of September each year. All people certified in 2013-14 must take and pass the online re-certification test by November 5.

B. The lowest weight class a wrestler may compete at will be determined as follows:

1. If the predicted weight, at 7% male or 12% female, is exactly that of one of the weight classes, that weight class shall be the wrestler's minimum weight class. (Example: If 7% body fat is 132, then that wrestler may wrestle 132 or above.)

2. If the weight class falls between two weight classes, he/she must wrestle at the higher weight class. (Example: If the 7% body fat is 129, then that wrestler may wrestle at 132 or above.)

3. Any male or female wrestler, whose body fat percentage at the time of measurement falls below 7% male or 12% female, must wrestle at the weight class. No weight loss for wrestlers in this category will be allowed. (Example: When the wrestler is body fat tested and he/she is hydrated and has only 6% body fat then if the wrestler weighs 128 pounds then that wrestler may wrestle at 132 or above.)

C. The school must have each wrestler body fat tested prior to the wrestler competing in any interscholastic matches. The school must print the results of the body fat testing from the school center. Each coach must carry a copy of this with him to all meets. **A wrestler involved in the initial appeal process regarding his/her minimum weight classification may not wrestle until the appeal is complete/final and posted on the School Center. The initial appeal must be completed within seven (7) calendar days.** **Note:** Any wrestler that loses more than 1.5 per cent body weight from the first test until the appeal must take the results of the first test.

D. A final appeal is available to each wrestler on or before Friday of week 24 on the IHSA Standardized calendar. This appeal will allow a new descent plan following the appeal and after wrestling. Only wrestlers who have followed their original descent plan are eligible for their final appeal. The new descent plan will only allow the wrestler to descend no more than one weight below the lowest weight on the original descent plan.

E. In the event a school wishes to make a final appeal to the results of the original body fat testing, the final appeal must be filed and completed by Friday of week 24 on the IHSA Standardized Calendar. A copy of the final appeal form can be found on page 24 of this manual.

## ALL MEETS:

**Coaches MUST present the Body Fat Roster to the official. The forms will be collected and kept at the scorer's table.**

## II. TIME PERIODS FOR MEASUREMENTS

A. Skinfold measuring may begin on Monday of Week 19 of the IHSA calendar. All wrestlers, including those coming out late, must have their minimum weight established prior to any competition.

B. Skinfold measuring must be completed by Friday, of Week 30.

C. Results of measurements will be posted on the School Center. A wrestler **may not wrestle** until his/her name appears on this result sheet.

## III. RESPONSIBILITIES OF SCHOOLS IN THE MEASUREMENT PROCESS

A. It is the school's responsibility to ensure that an approved IHSA skinfold measurer conducts the body fat testing portion of the program. The list of approved measurers can be obtained from the IHSA website at [www.ihsa.org](http://www.ihsa.org) under wrestling.

B. The school must have available at the time of the skinfold measuring: 1) a scale, 2) skinfold data sheets (provided by the IHSA in the schools center), 3) school officials (coach, teacher, A.D.) who will assist in obtaining the weight of each wrestler and with the recording of data.

C. The school shall see that all charges for skinfold measuring are paid. IHSA certified skinfold measurers may charge up to \$5.00 per wrestler measured. (Most schools are certifying people in their District so that no fee is paid.)

D. In the event a school wishes to make an initial appeal to the result(s) of body fat testing, the appeal must be **filed and completed** with the IHSA Office within seven (7) calendar days of the posting of the initial body fat results sheet on the Schools Center. A copy of the appeal form can be found on page 23 of this manual.

## IV. WEIGHT LOSS PER WEEK

A. A weight loss of 1.5% of a wrestler's total body weight per week on the descent has been established by the IHSA. A wrestler will not be allowed to wrestle at his/her established

minimum weight until the date specified on the body fat result sheet provided by the IHSA. This date allows for a 1.5% weight loss per week from the date of the body fat testing.

Note: The first date a wrestler may qualify for each weight class on their descent is listed on the Body Fat Verification Form. A wrestler is ineligible to weigh in at that weight class until the listed date they must make scratch weight or the first time down. No allowances given.

Each wrestler must make weight at the next lower weight class on the descent down to their certified weight class on the first weigh in for that wrestler on or after the target date listed on the weight control certification form.

B. A wrestler may not weigh in more than one weight class above the lowest weight class at which he/she has ever weighed in. If he/she does weigh in higher than one weight class above the lowest weight at which he/she has weighed in, then the wrestler establishes a new certified weight class one weight class above his/her original certified weight. (example: If wrestler weighs in at 136 for the 138 weight class, that wrestler may weigh in at 138 or 145. Two weeks later the same wrestler weighs in at 131 for the 132 pound weight class. The same wrestler may now only weigh in at 135 or 138 for the remainder of the year. If this same wrestler weighs in at the 145 lb weight class anytime during the remainder of the year, this wrestler would not be allowed to weigh in below the 138 pound weight class for the remainder of that year.)

C. Coach must keep track of actual weigh in weight for each wrestler and have the weigh in form verified by the weigh in supervisor (Form available on line).

**EQUIPMENT**

The IHSA will accept measurements using only skinfold testing for the initial test or the results from the TANITA TBF-300-A or 300-WA Body Composition Analyzer/Scale with approval from the IHSA WR Administration.

Skinfold measurements shall be taken **only** with the Lange or Slim Guide Caliper. Measurements taken with the Lange or Slim Guide calipers must be taken by an IHSA certified skinfold measurer.

The Specific Gravity Test strips may be purchased for 100 strips per bottle and under \$70.00 per bottle. Re Fractometers may be purchased and used to determine urine specific gravity.

**CERTIFYING BODY FAT TESTER**

1. Each school will have the opportunity to certify a person that will be responsible for Body Fat Testing. This person must be

someone that is not connected with coaching of wrestling or related to anyone connected to wrestling in your school district. It may **not** be a wrestling coach.

Suggestion: Trainers, school nurse, health teacher, nurse practitioner, etc. The principal will be responsible for designating that person to the IHSA. If a school elects not to certify a body fat tester, then they must coordinate with one of the certified body fat tester to come to their school and do the testing of their wrestlers.

2. The school will be sent information to provide the IHSA the name of the person that will be trained to do body fat testing. This information will be sent to all principals in the electronic all school mailing in August.
3. The IHSA will conduct training sessions annually in October.
4. A person will not be certified until he/she has attended one of these sessions and his/her name appears on the IHSA web site as a certified body fat tester.
5. Only certified body fat testers will be allowed to conduct body fat testing and enter results of the testing on the IHSA web site. Only certified body fat testers will be allowed to read and enter results from the TANITA TBF-300-A or 300-WA Composition Analyzer/Scale.
6. There will be a \$15.00 fee for the training of the body fat testers. This fee will be used to pay for the training of the Body Fat testers and the material used for handouts.
7. Schools will receive all the results of the Body Fat Testing on-line in the School Center and **must carry a copy of the Body Fat Test results with them to all meets and provide a copy to each coach for all dual meets.**
8. Body Fat Testers that were certified last year must get re-certified by taking a test online and passing with a score of 45, by November 5, 2015

**INSTRUCTIONS FOR BODY FAT TESTER**

1. Have wrestlers being tested take the test for Urine Specific Gravity first. **NOTE:** Follow directions for administering this test. Once they pass the hydration test, they must be skinfold tested immediately. They cannot work out once they have passed the hydration test.

2. Wrestlers that do not pass the Urine Specific Gravity Test **will not** be body fat tested on this date. They only get one opportunity on any given date to pass the Urine Specific Gravity Test. Wrestlers that do not pass the Specific Gravity Test **must wait 24 hours to be re-tested.**
3. Once a wrestler has passed the Urine Specific Gravity test, he/she must be body fat tested immediately **on that date only.**
4. Proceed with the body fat testing of each wrestler. Take three measurements at each designated area and record each measurement.
5. Each body fat tester will have a secured site on the IHSA website. To enter the site, the certified body fat tester will enter his/her ID number and Password.
6. Once the Body Fat Tester has logged in on his/her personal site, he/she will have a screen come up that will ask for the ID number for the school for which he/she is entering results. The Body Fat Tester must enter the four (4)-digit school code number in that box.
7. The next screen that appears will be the data entry screen. The certified body fat tester must enter the following data on each wrestler:
  - Date of body fat testing
  - Name of wrestler – (Note: schools may enter the wrestler's name prior to the test date by accessing the school center and going to the body fat testing center)
  - Weight the day of testing
  - The three (3) measurements taken at each designated area on the wrestler.
8. Once all data is recorded for each wrestler, send information electronically to the IHSA. If a mistake is made entering data, email the IHSA the correct information that needs to be changed on that wrestler.
9. Body Fat Tester must keep a hard copy of all data in case electronic submission does not work properly or tampering has occurred.
10. Schools will get results from their schools center site. **The IHSA reserves the right to have any wrestler re-tested.**

**FITNESS ASSESSMENT:  
BODY COMPOSITION**

**Description of Skinfold Procedures**

**Equipment:**

Skinfold Calipers (Lange or Slim Guide Skinfold Calipers with calibration block)

Flexible tape and erasable markers to mark the proper sites

TANITA TBF-300-A or 300-WA Composition Analyzer/Scale (optional)

**Procedures:**

1. All measurements should be made on the right side of the body.
2. A caliper should be placed 1cm away from the thumb and finger perpendicular to the skinfold and halfway between the crest and the base of the fold.
3. Pinch should be maintained while reading the caliper.
4. Wait one (1) to two (2) seconds (and not any longer) before reading the caliper.
5. Take triplicate measurements at each site and retest if triplicate measurements are not within 1 to 2 mm.
6. Rotate through measurement sites or allow time for skin to regain normal texture and thickness.
7. Take three (3) measurements at each testing point on the body.

**Test Selection:** Very lean and very obese people pose special measurement problems: there may be limitations in equipment placement and reproducible outcomes. In addition, there may be a psychological “drawback” to performing this test on individuals who are somewhat sensitive to such information.

**STANDARDIZED DESCRIPTION OF SKINFOLD SITES**

**Skinfold Sites:**

**Abdominal:** Vertical fold; 2cm to the right side of the umbilicus

**Triceps:** Vertical fold; on the posterior midline of the upper arm, halfway between the acromion and olecranon processes, with the arm held freely to the side of the body.

**Subscapular:** Diagonal fold (at a 45 degree angle); one (1) to two (2) cm below the inferior angle of the scapula

**Male test sites**

Abdominal  
Triceps  
Subscapular

**Female test sites**

Subscapular  
Triceps

**APPEAL PROCESS FOR  
BODY FAT TESTING**

1. A school may make an initial appeal of the results of the body fat testing two times per wrestler.
2. The first appeal must be filed and completed within seven (7) calendar days of the initial posting of the Body Fat Test results. Schools must fax a completed copy of the appeal form to the IHSA Office to start the appeal process.
3. The final appeal must be made on or before Friday of week 24 on the IHSA standardized calendar. Schools must fax a completed copy of the final appeal form to the IHSA office on or before the deadline.
4. No wrestler may wrestle interscholastically without being body fat tested. If a wrestler’s body fat test results are being appealed within the first week, the wrestler may not wrestle in interscholastic competition until the appeal results are posted on the School Center.
5. The appealing school shall assume all cost for any appeals it makes.
6. The wrestler has the following options for the appeal:

Have another skin fold test by any of the approved certified Body Fat Testers.

**OR**

Be hydrostatic weighed by one of the certified testers for hydrostatic weighing in the State of Illinois. **The school will be responsible to call and set up the appeal.** The date of the appeal must appear on the appeal form that is faxed to the IHSA Office. **Note:** Any wrestler that loses more than 1.5 per cent body weight from the first test until the appeal must take the results of the first test.

**OR**

Use Bio-Impedance test using the TANITA TBF-300-A or 300-WA Composition Analyzer/Scale.

7. The **wrestler must** take the results of the initial appeal or final appeal if completed.
8. The results of the appeal will be faxed to the IHSA Office, where the results will be posted on the school center.

9. No other appeals will be granted.

**THE FOLLOWING IS A CERTIFIED APPEAL TESTER FOR HYDROSTATIC WEIGHING:**

**DALE BROWN**

**PHONE: (309) 438-7547**

Illinois State University (by appointment)

**KELLEY ALTOM**

**PHONE: (847) 525-3369**

Gold Standards System (by appointment)

**HYDROSTATIC WEIGHING PROCEDURES**

Hydrostatic weighing involves determining an individual’s residual lung volume and land weight calculation. While dressed in a swimsuit, the participant will then be seated on a submerged platform/chair that is suspended in shoulder deep water from a weighing scale above. The participant exhales completely and then is instructed to immerse themselves under the water briefly, while an underwater weight is measured. Several trials are performed and recorded.

Please review the following instructions:

- Do not schedule if you have any lung or pulmonary disorders.
- Avoid vigorous activity 8 – 12 hours prior to testing.
- Fast for at least 4 hours before the test. (drink water during this time)
- Drink plenty of water to ensure that the athlete is hydrated.
- Swim attire is needed for the test
- Report for testing free of jewelry.
- Try to avoid gaseous foods at least two days prior to test date.
- Practice expelling all your air and holding your breath. This will make the test much easier.

**HYDRATION (PASSING THE URINE SPECIFIC GRAVITY TEST)**

- Eat a normal balanced diet emphasizing foods with high water content such as fruits and vegetables.
- Avoid foods and/or supplements that may contribute to water loss such as: chocolate, soft drinks, coffee, and creatine for at least 24-48 hours.
- Avoid vigorous physical activities that cause excessive sweating at least 24 hours.
- Consume plenty of fluids; at least eight to twelve (8) ounce glasses per day for several days prior to testing
- Avoid early morning assessment, if possible, due to the effect of not consuming liquids during your sleep.

## QUESTIONS AND ANSWERS

- 1) Q. Is a wrestler who has not weighed in prior to the state series required to make scratch weight?  
A. Yes.
- 2) Q. May a wrestler be weighed in for a match in which he/she does not wrestle?  
A. Yes, but only weigh-ins for wrestlers who actually wrestle (forfeit wins included) in varsity, JV, sophomore, frosh, and exhibition matches shall count toward a weigh-in for scratch weight at that weight.
- 3) Q. May a wrestler who weighs 85 pounds be entered?  
A. Yes. There is no minimum weight requirement for wrestlers at 106.
- 4) Q. Must weigh-ins against out-of-state competition be included?  
A. Yes. Actual weights must be recorded and provided in the records of each wrestler.
- 5) Q. What if the Regional tournament is a wrestler's first competition?  
A. If the Regional tournament is a wrestler's first weigh-in, he/she must wrestle at scratch weight.
- 6) Q. Does the Weight Control Plan establish the minimum weight class in which a wrestler may wrestle in the Dual Team state tournament series?  
A. Yes, the Weight Control Plan as outlined does apply to the State dual meet tournament series. A wrestler's minimum weight class will be established at or before the Individual Regional tournament.
- 7) Q. Has the IHSA adopted a growth allowance?  
A. Yes, each individual that has made scratch weight at a weight class will be granted a two-pound growth allowance for that weight class. The two-pound growth allowance will apply on December 25 to all wrestlers that have made scratch weight at that weight class. NOTE: If a wrestler has not made scratch weight before at that weight class, then he/she cannot get growth allowance or consecutive day allowance at that weight class until the wrestler has made scratch weight one time at that weight class.
- 8) Q. What is a wrestler's certified weight?  
A. It is the lowest weight classification at which a wrestler may wrestle during the season.
- 9) Q. A wrestler, who is certified at 120 pounds, weighs in at 128 pounds and wrestles at the 132-pound weight classes. How does this affect his/her certification?  
A. This wrestler is now re-certified for the remainder of the season at the 126-pound weight class. If a wrestler weighs in more than one (1) weight class above the lowest weight that he/she has made this year, he/she will be re-certified at one weight class above his original certified weight.
- 10) Q. A wrestler whose certified weight is 138 pounds, weighs in at 140 pounds at the Regional Tournament. Is he/she eligible to wrestle in the 152-pound class?  
A. No. During the state series a two-pound growth allowance is in effect. As a result, each weight class is technically two pounds heavier. The wrestler in question would have to weigh in excess of 140 pounds to qualify for the 152-pound weight class.
- 11) Q. What if a wrestler's first competition is after December 25?  
A. If a wrestler's first weigh-in is after December 25, he/she shall be required to weigh in at scratch weight.
- 12) Q. How will Regional Tournament managers verify entries to the weight classes?  
A. Each school will turn in at the Seed Meeting the Body Fat Roster, which will serve as the Regional entry form, and a summary sheet of weigh-ins for each wrestler entered. These lists will be validated by the Regional Manager.
- 13) Q. Must all information required in Question 12 above be submitted on the official IHSA forms provided in this manual?  
A. No. In lieu of the individual forms provided in this manual, coaches have the option of submitting all required information on computer forms.
- 14) Q. Must a school exchange Wrestler Body Fat Rosters at each meet?  
A. Yes, each coach must provide to the other coach, a copy of the Body Fat Rosters and to the tournament director of a tournament.

# Weigh In Form

School: \_\_\_\_\_

Date: \_\_\_\_\_

	Name	Actual Weight
106	_____	_____
	_____	_____
	_____	_____
	_____	_____

113	_____	_____
	_____	_____
	_____	_____
	_____	_____

120	_____	_____
	_____	_____
	_____	_____
	_____	_____

126	_____	_____
	_____	_____
	_____	_____
	_____	_____

132	_____	_____
	_____	_____
	_____	_____
	_____	_____

138	_____	_____
	_____	_____
	_____	_____
	_____	_____

145	_____	_____
	_____	_____
	_____	_____
	_____	_____

	Name	Actual Weight
152	_____	_____
	_____	_____
	_____	_____
	_____	_____

160	_____	_____
	_____	_____
	_____	_____
	_____	_____

170	_____	_____
	_____	_____
	_____	_____
	_____	_____

182	_____	_____
	_____	_____
	_____	_____
	_____	_____

195	_____	_____
	_____	_____
	_____	_____
	_____	_____

220	_____	_____
	_____	_____
	_____	_____
	_____	_____

285	_____	_____
	_____	_____
	_____	_____
	_____	_____

Weigh-in Supervisor Signature: \_\_\_\_\_





# Wrestling Weight Control Appeal Form

Date: \_\_\_\_\_

School: \_\_\_\_\_

Wrestler's Name: \_\_\_\_\_ Year In School: 9 10 11 12

Date of the appeal test: \_\_\_\_\_

Name of the person conducting the appeal test: \_\_\_\_\_ ID #: \_\_\_\_\_

Location of the appeal test: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date \_\_\_\_\_

We understand that the results of the appeal test will replace the previous skinfold results, that they cannot be appealed and that the wrestler may not wrestle until the results of the appeal are posted in the IHSA Schools Center.

**Note: If the person weighs less than 1 1/2 percent of the first test, this appeal is void and must take the results of the first test.**

1. Fax a copy of this appeal form to the IHSA office within 7 calendar days of the date of the first body fat test.  
**IHSA FAX: 309-663-7479. (Note: Completion of the Appeal must be within the 7 calendar days).**
2. Take a copy of this form with you and give it to the person doing the appeal test.

**To be filled out and faxed back to the IHSA office by the person doing the appeal test.**

\_\_\_\_\_ ID Number: \_\_\_\_\_

Appeal Date: \_\_\_\_\_ Tester's Signature: \_\_\_\_\_

Alpha Weight: \_\_\_\_\_ (Must not be less than 1.5% of first test weight)

Passed Urine Specific Gravity Test : \_\_\_\_\_ yes (If no, the person may not test on this date.)

**Hydrostatic Weighing**

% Body Fat \_\_\_\_\_

**Bio-Impedance Measurement**

% Body Fat \_\_\_\_\_

**Skin Fold Test**

Triceps \_\_\_\_\_

Abdominal \_\_\_\_\_

Subscapula \_\_\_\_\_



# Wrestling Weight Control FINAL Appeal Form

Date: \_\_\_\_\_

School: \_\_\_\_\_

Wrestler's Name: \_\_\_\_\_ Year In School: 9 10 11 12

Date of the appeal test: \_\_\_\_\_

Name of the person conducting the appeal test: \_\_\_\_\_ ID #: \_\_\_\_\_

Location of the appeal test: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date \_\_\_\_\_

We understand that the results of the appeal test will replace the previous skinfold results, that they cannot be appealed and that the wrestler may not wrestle until the results of the appeal are posted in the IHSA Schools Center.

**Note: If the person weights less that 1½ percent per week from the first test, this appeal is void and must take the results of the first test.**

1. Take a copy of this form with you and give it to the person doing the appeal test.
2. Fax a copy of this appeal form to the IHSA office by Friday of week 24 of the IHSA standardized calendar.
3. IHSA Fax: 309-663-7479 or E-Mail: ccharlton@ihsa.org along with a copy of all weigh-in sheets to date.

**To be filled out and faxed back to the  
IHSA office by the person doing the appeal test.**

\_\_\_\_\_ ID Number: \_\_\_\_\_

Appeal Date: \_\_\_\_\_ Tester's Signature: \_\_\_\_\_

Alpha Weight: \_\_\_\_\_

Passed Urine Specific Gravity Test : \_\_\_\_\_ yes (If no, the person may not test on this date.)

**Hydrostatic Weighing**

% Body Fat \_\_\_\_\_

**Bio-Impedance Measurement**

% Body Fat \_\_\_\_\_

**Skin Fold Test**

Triceps \_\_\_\_\_

Abdominal \_\_\_\_\_

Subscapula \_\_\_\_\_



# IHSA SKIN CONDITION EVALUATION AND AUTHORIZATION TO COMPETE IN HIGH SCHOOL WRESTLING

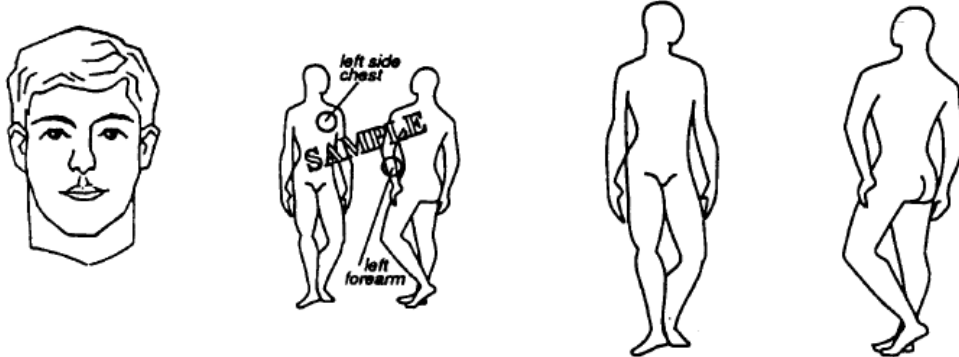
## TO PHYSICIAN: National Federation Wrestling Rules state:

If a participant is suspected by the referee of having a communicable skin disease or any other condition that makes participation appear inadvisable, his coach shall provide written documentation from a physician stating that the suspected disease or condition **is not communicable** and that the athlete's participation would not be harmful to his opponent. This document shall be furnished at the weigh-in. COVERING A COMMUNICABLE CONDITION SHALL NOT BE CONSIDERED ACCEPTABLE AND DOES NOT MAKE THE WRESTLER ELIGIBLE TO PARTICIPATE. **NOTE: By Federation Rule the official has the final decision.**

**This form must be presented at the time of the weigh-in.**

This form is for the following wrestler: \_\_\_\_\_  
(name of wrestler)

1. Indicate the specific location of the suspected skin condition on the figures below.



2. Describe the approximate size and color of the condition.  
( example: it is about the size of a nickel, red in color, etc.)

\_\_\_\_\_  
\_\_\_\_\_

3. Do you believe this skin condition is currently contagious? Circle one: Yes No

4. Please give your diagnosis: \_\_\_\_\_

5. If this is a birthmark, non-communicable skin condition, i.e. psoriasis or eczema, check  Yes (**Valid for the year**)

**Note to schools: Medical authorization to compete, expires 14 calendar days from the date of the examination.**

Physician assumes all responsibility for this decision.

Print Physician's name: \_\_\_\_\_

Physician's signature: \_\_\_\_\_

Physician's phone number: \_\_\_\_\_

Examination date: \_\_\_\_\_



# Illinois High School Association

## Individual Wrestler's Season Record Verification

The fields in this form will accept a cursor and can be filled out prior to printing.

**Note: This form must be completed and presented at the Individual Regional Seeding Meeting. It must include all matches in which the wrestler has competed. A copy of the IHSA Wrestling Weight Certification Form must be included and given to the Regional Manager prior to the seed meeting.**

Wrestler's Name  School

Lowest certified weight

Opponent (Wrestler and School)	Dual (D) Tournament (T)	Date	Actual Weight	Weight Wrestled	Level (V-JV-Etc.)	Score	W/L
Sample: Tom Smith, Glenview (Glenbrook South)	D	12/1/12	131	132	Varsity	8-12	L
Sample: Charlie Brown, Normal (Community)	T	12/4/12	123	126	Jr. Varsity	Pin 4:26	W
1							
2							
3							
4							
5							
6							
7							
8							
9							
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28							



Illinois High School Association  
 2715 McGraw Dr., Bloomington, IL 61704  
 Phone: 309-663-6377  
 Fax: 309-663-7479

## Illinois High School Association Dual Team Wrestling Sectional Entry Form

The fields in this form will accept a cursor and can be filled out prior to printing.

<b>Name of School</b>	<b>Principal</b>
<b>School Address</b>	<b>Athletic Director</b>
<b>City, State, Zip</b>	<b>School Phone</b>
<b>Head Coach's Name</b>	<b>Asst. Coach</b>
<b>School Nickname</b>	<b>Asst. Coach</b>
<b>School Colors</b>	<b>Asst. Coach</b>

Wrestler Name (Last Name, then First Name in Weight Order)	Certified Weight	Year in School	Varsity W-L Record	Sectional Weigh-in Actual Weight
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				

I certify that the above students are eligible under the IHSA eligibility standards to represent this high school in the Dual Team Sectional wrestling tournament. In accordance with IHSA wrestling regulations, the weight control regulations establish the minimum weight at which wrestlers may compete in the Individual and Dual Team State Series.

Coach's Signature \_\_\_\_\_ Date \_\_\_\_\_

-27-

Principal's Signature \_\_\_\_\_ Date \_\_\_\_\_



# SAMPLE FORM

## IHSA Boys Wrestling Pass Gate List

Illinois High School Association  
 2715 McGraw Dr., Bloomington, IL 61704  
 Phone: 309-663-6377  
 Fax: 309-663-7479

The fields in this form will accept a cursor and can be filled out prior to printing.

**The following are the only persons representing a member school to be admitted free to this contest. The top seven (7) categories will be admitted for the entire tournament. Rostered players will only be admitted accompanied by the coach.**

**Participating schools must complete this form and return it to the tournament manager prior to the start of the event.**

**Host School:**

**Level:**     Regional                       Individual Sectional                       Dual Team Sectional

**Your School:**

The top seven (7) are allowed to have one (1) guest.

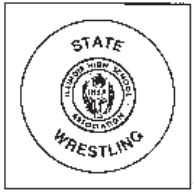
**Administration**

<b>1.</b>	<input style="width: 95%; height: 20px;" type="text"/>	<b>Guest</b>	<input style="width: 95%; height: 20px;" type="text"/>
<b>2.</b>	<input style="width: 95%; height: 20px;" type="text"/>	<b>Guest</b>	<input style="width: 95%; height: 20px;" type="text"/>
<b>3.</b>	<input style="width: 95%; height: 20px;" type="text"/>	<b>Guest</b>	<input style="width: 95%; height: 20px;" type="text"/>
<b>4.</b>	<input style="width: 95%; height: 20px;" type="text"/>	<b>Guest</b>	<input style="width: 95%; height: 20px;" type="text"/>
<b>5.</b>	<input style="width: 95%; height: 20px;" type="text"/>	<b>Guest</b>	<input style="width: 95%; height: 20px;" type="text"/>
<b>6. Head Varsity Coach</b>	<input style="width: 95%; height: 20px;" type="text"/>	<b>Guest</b>	<input style="width: 95%; height: 20px;" type="text"/>
<b>7. Assistant Coach</b>	<input style="width: 95%; height: 20px;" type="text"/>	<b>Guest</b>	<input style="width: 95%; height: 20px;" type="text"/>
<b>Assistant Coach</b>	<input style="width: 95%; height: 20px;" type="text"/>		
<b>Assistant Coach</b>	<input style="width: 95%; height: 20px;" type="text"/>		
<b>Assistant Coach</b>	<input style="width: 95%; height: 20px;" type="text"/>		
<b>8. Manager</b>	<input style="width: 95%; height: 20px;" type="text"/>		
<b>9. Scorekeeper</b>	<input style="width: 95%; height: 20px;" type="text"/>		
<b>10. Video/Camera Operator</b>	<input style="width: 95%; height: 20px;" type="text"/>		
<b>11. Bus Driver</b>	<input style="width: 95%; height: 20px;" type="text"/>		
<b>12. Athletic Trainer</b>	<input style="width: 95%; height: 20px;" type="text"/>		
<b>13. All rostered players according to the terms and conditions.</b>			

**All other representatives from your school must pay to attend an IHSA tournament.**

**In case of emergency or need to communicate changes to your school:**

<b>Contact Person:</b> <input style="width: 95%; height: 20px;" type="text"/>	<b>Contact Person:</b> <input style="width: 95%; height: 20px;" type="text"/>
<b>Cell Phone:</b> <input style="width: 95%; height: 20px;" type="text"/>	<b>Cell Phone:</b> <input style="width: 95%; height: 20px;" type="text"/>
<b>Email:</b> <input style="width: 95%; height: 20px;" type="text"/>	<b>Email:</b> <input style="width: 95%; height: 20px;" type="text"/>



# Boys Wrestling Information



## ILLINOIS HIGH SCHOOL ASSOCIATION

2715 McGraw Drive • Bloomington, IL 61704

• [www.ihsa.org](http://www.ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

TO: All IHSA Wrestling Coaches

SUBJECT: Individual State Final Tournament Procedures

Before you and/or wrestlers from your school participate in the State Final Tournament at the State Farm Center, you should review information in this bulletin with your other coaches, your wrestler(s) and/or his parent(s). It will make your trip to State Tournament one to remember.

**Admission to State Farm Center:** All coaches and wrestlers who have been issued a Participant Pass may enter the State Farm Center **ONLY** through the **Press and Participants Entrance**, which is located at the northeast side, 200 level, of the building. **YOU WILL NOT BE ADMITTED AT ANY OTHER GATE.** When entering, you must display your Participant Pass to the doorman. **YOU WILL NOT BE ADMITTED WITHOUT DISPLAYING YOUR PARTICIPANT PASS.** At the conclusion of each session, you may use the nearest exit.

**Seating for Coaches and Competitors:** Your Participant Pass allows you and your wrestlers access to the designated seating area for Wrestlers and School Personnel on the north side of the arena in Sections 104—108 and 208 directly in front of the Working Press Box. The reserved area DOES NOT INCLUDE the Working Press Box. This seating is designed to allow you necessary access to the Arena Floor at Aisle 105 when a wrestler(s) from your school is scheduled to compete. Please do not attempt to bring unauthorized persons into this designated area. The ushers are instructed to assist you in this aspect of tournament administration. Please remember that special seating for wrestlers (and coaches) who finish in the top six in each class will be reserved in the lower seats near Aisle 102 on Saturday night to allow them immediate access to the arena floor for the awards ceremonies.

**IMPORTANT:** The seating area is for coaches and wrestlers and other proper team personnel. Please do not bring unauthorized persons into this area, and please remind your wrestlers that their girl friends, for example, are most welcome to sit in the spectator sections, not the sections reserved for competitors.

**Access to Arena Floor:** Your Participant Pass, properly displayed, will allow you access to the Arena Floor at times when your wrestler(s) are competing, and for the Grand March should you have a wrestler(s) in the championship bouts. To get to the Arena Floor from the North Side Seating Area, use the Aisle 105. (For the finals, place winners may use Aisle 102 also.) You WILL NOT be allowed access to the Arena Floor without proper display of your Participant Pass.

**Loss of Participant Pass:** Duplicate Participant Passes for wrestlers and/or coaches **WILL NOT** be issued in the event they are lost or stolen. You and/or your wrestler(s) may gain access to State Farm Center with a paid ticket for admission. A wrestler or coach whose Participant Pass is lost or stolen will not be denied the opportunity to compete/coach. Replacement passes will be issued only by the State Final Manager, Joe Pedersen, once inside State Farm Center.

**Grand March:** There will be the traditional Grand March of Class 1A, 2A and Class 3A Finalists, floor officials and other dignitaries. Should a member of your school squad become a competitor in the championship match, please make sure both you and your wrestler(s) assemble in the tunnel at the north end of the State Farm Center no later than 5:00 p.m. The Grand March will begin promptly at 5:30 p.m., and we will begin wrestling the individual championship bouts promptly following the Grand March. Note: Grand March is designed to honor wrestler and coach. Participation will be limited to school personnel unless approved by management.

**Results:** Duplicated results **WILL NOT** be made available to coaches. The following process will be used:

- 1 Complete results will be posted on the IHSA web site ([www.ihsa.org](http://www.ihsa.org)) after each round.
- 2) As each page is duplicated during the tournament for distribution to news media personnel with proper credentials, that page will be posted on bulletin boards to be used for this purpose in Room 1360 (Fighting Illini Basketball Lounge). Coaches may then obtain any result(s) they desire from these posted result pages and record them in the official program contained in the school packet distributed to each school prior to the start of the tournament. Extra programs may be purchased in the State Farm Center concourse throughout the tournament. **Do not remove the result pages from these bulletin boards.**
- 3) Class-by-class result boards are updated for each weight class in the individual competition on a per round basis. These boards are displayed on the North 100 level concourse. The boards are posted for review by coaches and spectators until the start of the final session Saturday night. Managers may copy results from these boards.
- 4) Personnel on duty in the media room will distribute results only to accredited news media personnel only, and will not distribute pages of results to coaches, managers, etc. Please do not cause crowding at the Media room door, nor embarrassment to yourself or your school, by trying to obtain results improperly.

## Individual State Final Tournament Procedures—Page 2

**Press Box:** Seating is assigned to working press and official tournament personnel only. Please inform your wrestlers and members of your official party that the press box is designed to accommodate members of the working press and official tournament personnel only, and not wrestlers or coaches.

**Interviews:** Members of the news media covering the tournament have been informed to interview coaches and wrestlers in the seating area reserved for wrestlers and coaches in front of the Working Press Box (or at their assigned location in the Working Press Box) or elsewhere in the State Farm Center for all sessions. In addition, interview areas on the arena floor for the three-mat session(s) also will be used (see chart). Please be considerate of requests from news media personnel for interviews, but also help them cooperate in keeping the arena floor clear so that competition may proceed as scheduled. Should a news media representative interview you at that representative's assigned seat in the Working Press Box, please leave the Working Press Box once you have completed the interview.

The order in which coaches and/or wrestlers will be required to participate in post contest interviews will be: 1) (Only) Television; 2) (Combined) Print and Radio. Immediately following the conclusion of each championship match, the coach and/or wrestler involved in the match may first be interviewed by television reporters on camera in the designated interview area. After approximately two (2) minutes of television taping, the coach and/or wrestler involved in the contest will be available at the designated area for print and broadcast personnel. (TV Reporters also may participate but will not have exclusivity at this time.)

**Photographs:** It is imperative that coaches of a wrestler who places third, fourth, fifth or sixth in his individual tournament weight class make sure the wrestler returns to the State Farm Center for the final session and that the wrestler changes into either their school warm-up uniform or official school wrestling uniform for the weight class official photograph of place winners. The title bouts will be conducted in the final session and the official photos will be taken following each weight class title bout.

**Official Photos:** Each individual and the group of place winners in each weight class will be taken by Visual Image Photography. Look for the VIP display on the concourse of the State Farm Center to place your order, or use the order form in the school packet distributed to each school at the state final. Wrestlers will not be released until they have turned to be photographed by all parties.

At the Saturday night finals, the top six place winners in each weight class will be honored at the completion of competition in their class. These young athletes will be introduced and will receive their medals while on the awards stand at the west side of the arena.

For safety's sake and to prevent a general detraction from the honors being bestowed upon these athletes, media photographers bearing the proper credentials and parents will be allowed to take pictures outside the roped area, including the area. Once draped, the winners will face the media for pictures. No photographers will be allowed on to the floor.

**Video Tape Equipment:** Self-contained videotape equipment is not prohibited in the State Farm Center. Videotaping may be done from your seating location in the stands, but equipment will not be allowed to be positioned in such a fashion as to prevent spectators and/or other competitors and coaches from viewing the competition. Under no circumstances shall a non-news media (meaning spectator and/or school) videotape crew be permitted access to the arena floor for competition during any session of the tournament. Approved non-news media videotape crews may be given access to the press box locations and the east photo deck (behind and above the press box) only for the championship bouts of the individual competition portions of the tournament. Approval must be obtained in advance of the finals from IHSA Assistant Executive Director Matt Troha, who can be reached in the Media room.

**Corrections in Program Information:** Please make sure corrections concerning wrestlers from your school (name spelling, year in school, season record, etc.) are given to the scorers at the mats when they first wrestle, and for every bout thereafter, so that corrections may be made on the score charts posted in the outer concourse of State Farm Center on the north above the 100 level concourse, and so that results involving wrestler(s) from your school will be duplicated correctly.

**Corrections in Tournament Records, Data:** Please check the tournament records and other data included in the official program to make sure that we have proper information involving your school and/or wrestlers from your school who hold tournament records. If you find a mistake, please inform the head table as soon as possible, but before you leave State Farm Center Thursday.



# Internet Video Broadcasting Information



Contact: Matt Troha • [mtroha@ihsa.org](mailto:mtroha@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479

IHSA Tournament Managers/Hosts,

The advent of greater broadcasting technology over the past few years has brought about many new potential broadcasters and many new broadcasting platforms and mediums, especially as it pertains to broadcasting video over on the internet. It is important to remember that most internet video streams of IHSA State Series (Regionals, Sectionals, Super-Sectionals, Football Playoffs) events will require that a broadcast rights fee be paid by the broadcasting individual/company. A new internet video broadcasting fee schedule has been developed and is located below, but first please read these reminders on how to determine if a fee is necessary should you be approached about a video webcast of the State Series event you are hosting. If at any time you ever have questions on the fees or any other matters related to broadcasting or media, please call Matt Troha at the IHSA office (309-663-6377).

## **BROADCAST RIGHTS FEE PAYMENT REQUIRED**

There is an IHSA broadcast rights fee required with the broadcast if any one of the options below is applicable...

- 1) The internet video webcast is originated and accessible to viewers on any third-party website (i.e. media website, IHIGH, UStream, High School Cube, fan site, etc.).
- 2) If the crew producing the internet video webcast is not affiliated with the high school or not composed entirely of high school students and/or high school personnel.

## **BROADCAST RIGHTS FEE PAYEMENT NOT REQUIRED**

There is no IHSA broadcast rights fee required if both guidelines below are met...

- 1) The internet video webcast is produced and the crew populated entirely by high school students and high school personnel as a part of a high school tv station, AV Club, etc.  
*and*
- 2) The internet video webcast is originated on and accessed by viewers on the high school website, the website of the city or on the school's IHSA.tv website ([www.IHSA.tv/schoolname](http://www.IHSA.tv/schoolname)).

## ***Internet Video Broadcast Rights Fee Schedule***

Prior to the 2011-12 school year, internet video webcasts fell under the same broadcast rights fee schedule as television. Because of the growing number of internet broadcasting entities, the IHSA Media Advisory Committee felt like it was in the best interest of the medium to develop more affordable broadcast rights fees for video internet broadcasts. The rights fee schedule below was adopted beginning in the fall of 2011 for streaming video:

### **BOYS BASKETBALL**

Per Regional Game-\$50  
Per Sectional Game-\$75  
Per Super-Sectional Game-\$100

Per Regional Tournament-\$100  
Per Sectional Tournament-\$125

### **GIRLS BASKETBALL**

Per Regional Game-\$50  
Per Sectional Game-\$50  
Per Super-Sectional Game-\$75

Per Regional Tournament-\$75  
Per Sectional Tournament-\$75

### **FOOTBALL**

Per 1<sup>st</sup> Round Playoff Game-\$50  
Per 2<sup>nd</sup> Round Playoff Game-\$50  
Per Quarterfinal Playoff Game-\$75  
Per Semifinal Playoff Game-\$100

### **ALL OTHER SPORTS**

Per Regional Game/Meet-\$25 (\$50 whole tournament)  
Per Sectional Game/Meet-\$50 (\$75 whole tournament)  
Per Super-Sectional Game/Meet-\$75

## STUDENT MEDIA CREDENTIALS FOR PARTICIPATING SCHOOLS

Congratulations on qualifying for an IHSA state final in a team sport. In order to provide the best possible coverage of this event for your school newspaper, yearbook and AV club, etc. you are entitled to have up to three students receive credentials to cover this event as official media members. In the event that you have less than three students, an adult sponsor may be included on this list. To apply for student media credentials, please have your Athletic Director or an individual involved with the aforementioned programs email Matt Troha ([mtroha@ihsa.org](mailto:mtroha@ihsa.org)) at the IHSA with the following information:

- 1) The names of individuals attending
- 2) Whether they are students or adults
- 3) If the attending individuals will serve as reporters, photographers, videographers, etc.

Student media who are registering for credentials are expected to maintain a level of professionalism while covering this event. That includes no cheering while in the press box or game coverage area. Proper attire is also required. Wearing school shirts and colors is acceptable, but students wearing face paint, costumes, carrying props, etc. will be required to change before receiving credential clearance.

The individual applying for student media credentials will receive specific information on credential pick-up and media regulations at the event via email in the days leading up to the state final.

Please note that student media credentials are only available for state final events in team sports. Due to the sheer volume of schools who qualify in individual sports, our press facilities would be unable to accommodate student media from all participating schools in individual sports. Student media are also welcome to cover IHSA state final activities. Credentials are not required for these events, but please have your students check-in with state final personnel upon arrival for media coverage regulations.

## VIDEO TAPING STATE FINALS FOR COACH FILM BREAKDOWN

Each school will be eligible to receive a pass for an individual attending the state final event to shoot game film that is for the sole purpose of being used by the coaching staff for postgame breakdown. Passes for videographers shooting highlight videos, documentaries, etc. should be included in student media application reference above. Additional passes for videotaping purposes will need to come from the allotment of state final passes given to school/head coach at or prior to the state final event.

To apply for a credential to shoot video, please have your Athletic Director email Matt Troha ([mtroha@ihsa.org](mailto:mtroha@ihsa.org)) at the IHSA with the name of the individual who will be taping and whether they are an adult or a student.

*Please contact Matt Troha (309-663-6377) at the IHSA for any questions related to this document.*

# 2016 IHSA Individual State Wrestling Tournament Format Grand March and Awards Ceremonies @ State Farm Center

## Photograph Procedures

### 1. Class 3A 3rd through 6th Place Winners and Class 1A & 2A 3rd and 4th Place Winners

It is imperative that coaches of a wrestler who places third, fourth, fifth or sixth in his individual tournament weight class make sure the wrestler returns to the State Farm Center for the final session and that the wrestler changes into either his school warm-up uniform or official school wrestling uniform for the weight class official photograph of place winners. The individual title bouts will be conducted in the final session and the official photos will be taken following each weight class title bout.

2. Reserved seating will be available in the first five rows of the North lower seats, Sections 104-108 and 208, to accommodate each placing individual tournament wrestler and his coach (approximately 150 seats). Please sit in this section and remain there until ready to report to the awards stand.
3. Parents will be allowed to shoot the awards presentation. They must report to Aisle 102 at the time of the respective weight class presentation. Immediately prior to the presentation, they will be allowed access to the arena floor and will be allowed to shoot the group of wrestlers on the awards stand. They then must return to their seats in the stands via Aisle 102 when the time for them to shoot is announced to be over.

## Grand March Procedures

A. Grand Marshals — Each Grand Marshal will march at the start of the Grand March, leading a column of wrestlers. They will be placed by alphabetical order according to last name. They will be introduced in alphabetical order by last name and are to step forward one step as they are introduced.

### B. Wrestlers and their Coaches/School Personnel

1. Each finalist, along with his coach, must report to the north tunnel area, leading from the locker room area to the main floor not later than 5:00 p.m. Saturday. (Listen for special announcements calling finalists and coaches to the area earlier.)
2. Each head coach or an assistant will stand alongside his wrestler to the wrestler's outside.
3. As soon as the main floor is prepared for the finals, the Grand March will begin at 5:30 p.m. with the playing of the Olympic March.
4. Wrestlers and coaches will enter the Arena Floor coming up the tunnel ramp and follow the group.
5. Introduction of all opponents will be made starting at 106 pounds Class 1A, 106 pounds Class 2A, 106 pounds Class 3A, and so on. Wrestlers will step to the center to shake hands, and return to their previous place at mat side.

### C. Floor Officials Procedure

1. The floor officials for the finals will march in alphabetical order by last name and line up from the left (east) edge across the north edge of the mats facing the south, to be introduced.
2. Each floor official will be introduced and each official will step forward one step as his name is called. They will be introduced in alphabetical order by last name.

## Grand March and Awards Ceremonies @ State Farm Center—Page 2

### D. National Anthem Procedure

1. All participants in Grand March remain in position following introduction of the floor officials, face the colors, and remain in position for the playing of the National Anthem.

### Awards Procedure

1. All champions must stay in uniform and remain on the floor for a composite picture of all champions in Class 1A, Class 2A and Class 3A at the conclusion of the tournament.
2. At the conclusion of each championship match, both wrestlers should report immediately to the east side of the floor to the chairs located next to the respective awards stands.
3. Reserved seats (approximately 150) will be available in the first rows of the lower east seats, Sections A26 through A31, for finalists and their coaches to use.
4. During the championship bout of their weight class, the 3rd, 4th, 5th and 6th place winners in each class will report to the chairs alongside the respective class awards stand at the east side of the arena floor.
5. Awards will be made at the conclusion of both classes in the following weight class (i.e. 106 pounders receive their awards after all classes of 113 are concluded, etc.).
6. Individual awards for the six place winners will be presented last beginning with sixth place and proceeding to first place on the Class 3A awards stand. This procedure will be followed to allow photographers the opportunity to take necessary pictures (INCLUDING THE IHSA OFFICIAL PHOTOGRAPH) more efficiently and to help decrease the delay between presentation of awards and resumption of competition. Coaches are reminded to inform wrestlers from their school who will receive awards to report on time and to remain until photographers have completed their assignments.

# **All Class 1A, 2A & 3A Wrestling Regional Tournament Team Winners are Required to Submit State Final Program Information Online**

Dear Coach or Athletic Director:

Even though only 24 teams will advance to the Dual Team State Final (8 in Class 1A, 8 in Class 2A, and 8 in Class 3A), each Regional Tournament Team Winner will be required to complete the State Final Program information form online. This form provides the IHSA with most of the information (everything except statistics) printed in the state final souvenir program. You are required to provide this information once your team has won the Wrestling Regional Tournament.

The link to the State Final Program Information form is located in the IHSA Schools Center, a password-protected area of the IHSA Web site.

To log in the Schools Center, go to the main IHSA Web page ([www.ihsa.org](http://www.ihsa.org)) and click on the Schools Center link. Then use your ID and password (obtainable from your A.D. or principal) to log in. On the main menu of the Schools Center, look for the "Sport & Activity Tracker" area. Find Boys Wrestling and follow the row across until you find a link labeled "SFInfo" in the column labeled "Required Reports". Click on the link and follow the instructions to fill out the required pages.

The information you will provide online includes administration, coaching staff, coaching history, season record, and roster.

*(If you experience any problems, please call the IHSA Office and ask for Cheryl Charlton.)*

## **IMPORTANT REMINDER**

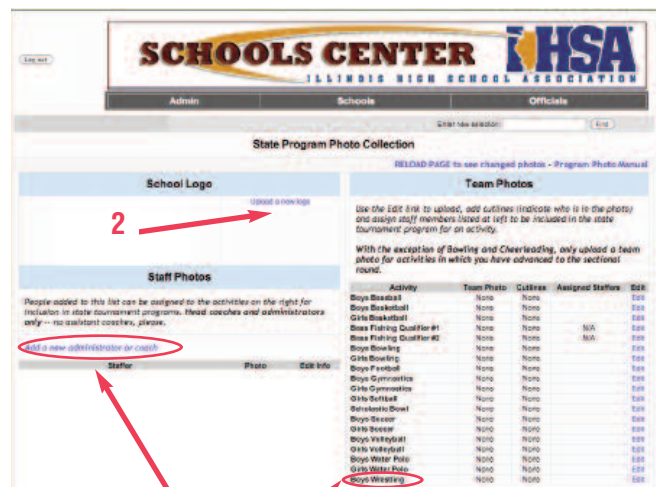
Your wrestling team picture, administration pictures (Superintendent, Principal, Athletic Director, and Head Wrestling Coach) and all cutlines (photo identification) need to be uploaded into the Schools Center **no later than Friday, February 19.** **Your State Final Information ("SF Info") also needs to be entered online no later than Friday, February 19.**

*If your school advances from the Dual Team Sectional Tournament on Tuesday, February 23, to the State Final Dual Team Wrestling Tournament, you are required to complete the IHSA UP-TO-DATE DUAL TEAM WRESTLING STATISTICS form and fax (309/663-7479) it to the IHSA Office by 10:00 a.m. on Wednesday, February 24, 2016.*

sfproginfo-man1

# INSTRUCTIONS FOR SUBMITTING PHOTOS

Submit your photos by uploading them in the Schools Center.



1. Sign into the Schools Center. Choose: [Upload state tournament program photos here](#).  
NOTE: Only your administrative staff has access to this link.

2. Upload School logo in .jpg format.
3. Add administrators and coaches. Choose: The [Edit](#) button that corresponds with your sport/activity.
  - a. Following the instructions upload your team photo. **Save changes**.
  - b. Assign staff members. Use the pull down menus to assign staff members to be included in this program. **Save changes to staff assignments**. (If no administrators or coaches are included in the program, you can skip this step.)
  - c. Add your cutlines. List individuals (first and last name) in each row. Do not use all capital letters. Do not include numbers, year in school, etc. Please use the following to designate supervisors in the photo: Head Coach John Smith, Asst. Coach Billy Bob, Mgr. Jane Doe. **Save changes to cutlines**.

If you have any questions, please call Cheryl Charlton – 309-663-6377 or email [ccharlton@ihsa.org](mailto:ccharlton@ihsa.org).

**Photos are due  
Friday, February 19, 2016**

5. Go to School Photos Menu. Check to make sure you have included all photos and cutlines for this sport/activity. If everything is correct, you can exit the Schools Center. Make sure that you have completed all other state final information for the program.



Illinois High School Association  
2715 McGraw Dr., Bloomington, IL 61704  
Phone: 309-663-6377  
Fax: 309-663-7479

## Dual Team Wrestling State Final Entry Form With Up-to-Date Statistics

The fields in this form will accept a cursor and can be filled out prior to printing.

**Coach:** Be sure to list cumulative statistics of all tournament roster wrestlers through the Dual Team Sectional. This form must be completed and FAXED to the IHSA Office so that it is received by 10:00 a.m., Wednesday, February 24, 2016. IHSA Fax number is (309) 663-7479 and is available 24 hours a day.

School Name

Class  1A  2A  3A

**NOTE:** Statistics should include ONLY varsity competition (all dual meets and all tournaments) this season.

Name	Probable Starter	Certified Weight	Overall Season Record (All Matches)		Take-Downs	Pins For	Times Been Pinned
			W	L			
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I certify that the above students are eligible under the IHSA eligibility standards to represent this high school in the Dual Team State Final Wrestling Tournament. In accordance with IHSA wrestling regulations, the weight control regulations establish the minimum weight at which wrestlers may compete in the Individual and Dual Team State Series.

Coach's Signature \_\_\_\_\_

Date \_\_\_\_\_

Principal's Signature \_\_\_\_\_

Date \_\_\_\_\_

## 2015-2016 IHSA Request To Purchase Additional/Replacement State Series Awards

- 1.) To ensure an accurate order of replacement awards, please complete the form below.
- 2.) Please fax this completed form to Cheryl Lowery @ 309-663-7479.
- 3.) An invoice will be emailed to you. The awards company will not process duplicate orders without an invoice from IHSA and payment.
- 4.) Mail payment and invoice to A & M Products.

◆ **This form is to be used only, if your school is purchasing duplicate awards for the following reason (check one):**

**Team Roster exceeds the number of allowed medallions per the T&C's**

**Coop School**  
 **Dual Campus**  
 **Lost**  
 **Broken**

**Sport or Activity:** \_\_\_\_\_ **Year:** \_\_\_\_\_ **Qty.:** \_\_\_\_\_ **Place:** \_\_\_\_\_

Classification		
___ 1A	___ 5A	___ Class A
___ 2A	___ 6A	___ Class AA
___ 3A	___ 7A	
___ 4A	___ 8A	

<b>Gender:</b>
___ Girls    ___ Boys

<b>Level of Competition:</b>
___ Regional      ___ Sectional      ___ Super-Sectional      ___ State

<b>Type of Award:</b>	
<input type="checkbox"/> Team Plaque <input type="checkbox"/> Team Trophy <input type="checkbox"/> Medal/Medallion	<input type="checkbox"/> Gold State 3rd/4th Place-top figure (#1) <input type="checkbox"/> State 3 <sup>rd</sup> /4 <sup>th</sup> Place Gold-side figure (#2) <input type="checkbox"/> Gold Girls Soccer-side figure 3 <sup>rd</sup> /4 <sup>th</sup> (#3) <input type="checkbox"/> Gold Music Lyre-side figure 3rd (#3) <input type="checkbox"/> Badminton Gold shuttlecock and/or riser <input type="checkbox"/> Replacement Trophy Plate w/lasering <input type="checkbox"/> Bat, Tennis, Golf Club Replacement <input type="checkbox"/> Replacement Plate SF Trophy w/o lasering
<b>Replacement Trophy Parts (check below):</b>	
<input type="checkbox"/> Gold State Champion-top figure (#1) <input type="checkbox"/> Gold State Champion-side figure (#1) <input type="checkbox"/> Gold State Runner-up-top figure (#1) <input type="checkbox"/> Gold State Runner-up-side figure (#1)	

**Ind. Event Medals** (indicate Event name): \_\_\_\_\_  
 (ie: Pole Vault, Long Jump, Diving, 100-yd. Butterfly, Single, Doubles, 102lb., Speech: IE, etc.)

<b>Name:</b>
<b>Email Address:</b>
<b>School:</b>
<b>Address:</b>
<b>City, ZIP Code:</b>
<b>Phone Number:</b>
<b>Fax Number:</b>

\\IHSA-SBS2008\UserShares\Cheryl\A&MProduct s\2015-2016\Duplicate Awards order Form Manuals revised.doc





**2015-2016 IHSA Request To Purchase  
Additional/Replacement State Series Awards**

- ◆ **Tournament Managers/Hosts** who need to request duplicate awards due to ties at their tournament/meet must complete the form in the Online Manual for Managers and send it directly to the awards company– **Do Not Use the form above.**
- ◆ **Trophy Letters:** Schools who need replacement letters for trophies, please contact A & M Products direct at 815-875-2667.

**Extra Medal Pricing for Schools:**

<u>Qty:</u>	<u>Finish</u>	<u>State Medallion</u>	<u>Reg./Sect Medal</u>	<u>Shipping</u>
1 – 5	Goldtone (1 <sup>st</sup> )	\$4.45	\$3.95	\$6.50
	Nickel Silver (2 <sup>nd</sup> )	\$4.95	\$4.45	
	Bronze (3 <sup>rd</sup> )	\$4.60	\$4.15	
6 – 12	Goldtone (1 <sup>st</sup> )	\$4.20	\$3.70	\$7.00
	Nickel Silver (2 <sup>nd</sup> )	\$4.70	\$4.20	
	Bronze (3 <sup>rd</sup> )	\$4.35	\$3.85	
13 – 24	Goldtone (1 <sup>st</sup> )	\$3.95	\$3.45	\$7.50
	Nickel Silver (2 <sup>nd</sup> )	\$4.45	\$3.95	
	Bronze (3 <sup>rd</sup> )	\$4.10	\$3.65	
25 or more	Goldtone (1 <sup>st</sup> )	\$3.70	\$3.20	\$8.00
	Nickel Silver (2 <sup>nd</sup> )	\$4.20	\$3.70	
	Bronze (3 <sup>rd</sup> )	\$3.85	\$3.40	

**Extra Plaque/Trophy Pricing for Schools (Shipping included):**

Regional Champion Plaque	\$50.00
Sectional and Super-Sectional Champion Plaque	\$66.00
Third/Fourth place trophy	\$269.00
Champion/Runner-Up	\$297.00

**Gold figure Replacement Pricing (\$10.00 shipping per figure)**

**Oxidized bronze finish pre 2008-09 school year, call for pricing and availability**

<u>Gold</u> State Champion-top figure (#1)	\$51.00
<u>Gold</u> State Champion-side figure (#1)	\$51.00
<u>Gold</u> State Runner-up-top figure (#1)	\$51.00
<u>Gold</u> State Runner-up-side figure (#1)	\$51.00
<u>Gold</u> State 3rd/4th Place-top figure (#1)	\$51.00

**Gold figures and plate replacement pricing**

**Oxidized bronze finish pre 2008-09 school year, call A&M for pricing and availability**

State 3 <sup>rd</sup> /4 <sup>th</sup> Place Gold-side figure (#2)	\$33.00, plus \$10.00 shipping
Girls Soccer – Gold-side figure 3 <sup>rd</sup> /4 <sup>th</sup> Place (#3)	\$27.00, plus \$10.00 shipping
Music Lyre – Gold-side figure 3 <sup>rd</sup> Place (#3)	\$27.00, plus \$10.00 shipping
Badminton Gold shuttlecock and/or riser	\$27.00, plus \$10.00 shipping
Repl. Trophy Plate w/lasering names	\$30.00, plus \$10.00 shipping
Repl. Black Plate for SF Trophy w/o lasering	\$12.00, includes shipping
Bat, Tennis, Golf Club Replacement for All Figurine	\$16.00, includes shipping

Orders will be **processed upon Receipt of Full Payment.** Please allow three (3) weeks for delivery. Thank you.