

WRESTLING MANUAL

2019  2020



UNIVERSITY INTERSCHOLASTIC LEAGUE | UILTEXAS.ORG

~2018-19 WRESTLING STATE CHAMPIONS~



**Canyon Randall
5A Boys State Champions**



**Allen
6A Boys State Champions**



**El Paso Hanks
5A Girls State Champions**



**Keller Timber Creek
6A Girls State Champions**

~UIL PERSONNEL~

Dr. Susan Elza



UIL Director of Athletics
athletics@uiltexas.org
512-471-5883

AJ Martinez



UIL Assistant AD (Wrestling Director)
ajmartinez@uiltexas.org
512-471-5883

Brian Polk



UIL Associate AD
bpolk@uiltexas.org
512-471-5883

Brandy Belk



UIL Assistant AD
bbelk@uiltexas.org
512-471-5883

Joseph Garmon



UIL Assistant AD
jgarmon@uiltexas.org
512-471-5883

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The following person has been designated to handle inquiries regarding the non-discrimination policies:

Dr. Mark Cousins

University Interscholastic League,

Director of Compliance and Education,

1701 Manor Road

Austin, TX 78722

(512) 471-5883

policy@uil texas.org

For further information on notice of non-discrimination, visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> or call 1-800-421-3481

or contact OCR in Dallas, Texas -

Office for Civil Rights

U.S. Department of Education

1999 Bryan Street, Texas 75201-6810

Telephone: 214-661-9600

Fax: 214-661-9587

TDD: 800-877-8339

Email: OCR.Dallas@ed.gov

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PURPOSE | To acquaint wrestling coaches and administrators with the policies, rules, procedures, and forms necessary for proper enforcement of regulations for wrestling, and to insure a better opportunity for coaches to have first-hand information.

LIMITATIONS | This manual does not cover all rules. The Constitution and Contest Rules is the official UIL rulebook and covers information more detailed than does this manual. Coaches should confer with their principals and superintendents if there are questions concerning the rules.

WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC

PARTICIPATION | Student athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The UIL encourages student athletes in all sports, and their parents, to discuss risks minimization with coaches and school administrators.

~WRESTLING CALENDAR & UIL RULE CHANGES~

2019-2020

October 1	<i>First day for minimum weight certification</i>
November 11	<i>First day for meets and tournaments</i>
January 25	<i>Last day for all weight certifications (2 weeks prior to district certification)</i>
February 8	<u>District Certification</u> - All Conferences
February 14-15	<u>Regional Meet</u> - All Conferences
February 21-22	<u>STATE MEET</u>

UIL Changes and Amendments

GENERAL

- Camps – Schools may conduct two (2) sport specific camps during the school year for 6th grade and below per sport. Additionally, schools may now conduct two (2) sport specific camps per **team** sport during the summer for all students other than students who will be in their second, third, or fourth year of high school.
- Injury Reporting – 6A schools are required to report concussion incidents in the ConTex System, no other injury reporting is required for schools
- Schools may conduct “Voluntary” Character Development/Leadership Training outside the school day
- Emergency Action Plan – Member schools are required to have an EAP (on file in the district) for each venue that will host practice or contests in their district
- Catastrophic Reporting – Member schools are required to report catastrophic injuries that occur in practices or competitions on an online reporting form in the UIL Portal
- EKG Opt-In – State law requiring schools to notify parents that they may choose to have an EKG done in conjunction with their child’s physical. NOTE: It is the parent’s responsibility to schedule and pay for the EKG should they choose to do so.

Unless noted otherwise, effective August 1, 2019

~ NFHS WRESTLING RULE CHANGES ~

- 4-1-1a – Clarified that a suitable undergarment that provides maximum coverage shall be worn under a one-piece singlet.
- 4-1-1b – Clarified that a suitable undergarment that provides maximum coverage shall be worn under a short designed for wrestling and under compression shorts.
- 4-1-1c NOTE – Clarified that female wrestlers wear an undergarment that completely covers their breasts and that all wrestlers wear suitable undergarments that completely cover parts of their body.
- 4-1-3 – Clarified how wrestling shoelaces shall be secured in an acceptable fashion.
- 4-1-4 – Clarified what can be displayed on wrestling ear guards.
- 4-2-1 – Modified the hair rule and identified inappropriate hair-control items.
- 4-3-5 – Clarified what a wrestler shall not wear during a match.
- 4-5-7 – Clarified what item(s) a female wrestler shall wear at weigh-in.
- 5-25-2 – Clarified the definition of a takedown.
- 5-27-1a – Modified the definition of a technical violation.
- 7-3-1 – Clarified the application of a technical violation.
- 7-6-6d – Modified the definition of stalling.
- 8-1-3, 8-1-4, 8-1-5, 8-1-6, 8-1-7 – Modified the administration of the stalling penalty.
- Penalty Chart – Modified to reflect the administration of the new stalling penalty.
- 8-2-4a, 8-2-4b(1), 8-2-4b(2), 8-2-4b(3) – Modified the rule to extend time to evaluate head, neck and cervical column injuries.
- 9-2-2f – Modified the tie-breaking criteria in a dual-meet competition.

Wrestling Points of Emphasis

1. **Wrestler's Equipment**
 - a. **Verification**
 - b. **Inspection**
 - c. **Compliance**
 - d. **Appearance/Uniform**
2. **Stalling**
3. **Concussion Evaluation Time Extension**
4. **Sportsmanship Enforcement**
5. **Importance of Hydration with Body Fat Assessment**

~ WRESTLING PLAN ~

Excerpt from the UIL Constitution and Contest Rules

Section 1340: WRESTLING PLAN.

- (a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE. RULES IN SECTIONS 1200-1209 ALSO APPLY TO THE WRESTLING PLAN.
- (b) DIVISIONS.
 - (1) There shall be two divisions for high school boys and two divisions for high school girls, in conferences 5A and 6A only. Conference 4A, 3A, 2A, and 1A schools may compete for full honors in conference 5A.
 - (2) *Boys', Girls' Restriction.* No high school boy shall wrestle against a high school girl and vice versa. This prohibition is only applicable when the contest is held in Texas or in any other state that sponsors wrestling programs for both boys and girls. See Official Interpretation #05-09-01, Appendix I.
- (c) DATES FOR COMPETITION.
 - (1) See Official Calendar.
 - (2) No school or student-athlete representing a school shall participate in a tournament or dual meet until the first Monday following the football district certification deadline and after the date for certifying district representatives.
- (d) MEETS AND TOURNAMENTS.
 - (1) *Number of Tournaments.* No student representing a member school shall participate in more than eight tournaments during the school season excluding one district tournament and the regional and state tournaments. Each tournament the school team enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and /or using school equipment or being directed or transported by a school employee.
 - (2) *Exceptions.* Dual, triangular and quadrangular meets do not count as a tournament for participants provided there is no loss of school time.
 - (3) *School Week Limitation.* No student representing a member school shall participate in more than one contest (tournament, dual, triangular or quadrangular) per school week (the first instructional day of the calendar week through the last school day). **Exception:** Regional and state competition.
- (e) END OF SEASON. Students and teams shall not represent a member school in any wrestling meet or tournament after the date of the State Individual Championships.
- (f) RULES. All UIL tournaments will be conducted in accordance with National Federation Rules.
- (g) CHAMPIONSHIP STRUCTURE. See the Wrestling Coaches Manual for the championship structure.

~PRE-SEASON REGULATIONS~

UIL Coach Education and Training Requirements

All high school coaches must be full-time employees of the school district EXCEPTION: A retired teacher/administrator who has 20 or more years of experience may serve as an assistant coach in all athletics and as a head coach for golf, tennis, team tennis, cross country, track and field, and swimming. (This rule shall not affect the status of a coach on a leave of absence attending college.) Also, student teachers, while they are assigned to a participant school to fulfill their student teaching requirements, may volunteer to serve as an assistant coach in all athletics. Schools shall not pay student teachers for assisting athletic coaches.

Texas Education Code Requirements (State law)

- TEC Chapter 33.086 - Certification - CPR and First Aid Training
 - Athletic coaches, athletic trainers, cheerleading sponsors and other head directors of UIL extra-curricular activities must have a current certification filed with the district.
- TEC Chapter 22.902 - Certification - AED Training
 - Athletic coaches and sponsors, school nurses, PE teachers, marching band directors, and students that serve as an athletic trainer must have a current certification filed with the district.
- TEC Chapter 33.202 - Annual Requirement – Safety Training
 - Training provided by UIL within the Rules Compliance Program (RCP).
 - Athletic coaches must complete prior to contact with students.
- TEC Chapter 38.158 - Annual Requirement - Concussion Training (2 hours every other year/1 hour annually)
 - Athletic coaches, athletic trainers and potential members of the Concussion Oversight Team must complete the training annually.

Coaches Certification Program (CCP)

The CCP consists of both UIL and state law requirements and requires a coach to complete the prescribed components on a yearly basis, prior to their sport season. Completion of the CCP will recognize coaches as UIL certified coaches.

Required CCP Modules:

- 1) Constitution & Contest Rules
- 2) Ethics
- 3) UIL Steroid Education
- 4) Safety Training (state law)
- 5) Concussion Training (state law)
- 6) Sport Specific Training – each sport has a sport specific CCP module
- 7) **Football coaches only – Best Practices in Tackling** certification that will be required for all first-year football coaches and for all football coaches once every two years.
- 8) **First Year Coaches Only - Fundamentals of Coaching in Texas** – required for first year coaches (or JH volunteers) or coaches in their first year to coach in the state of Texas.
- 9) **Cheerleading Coach/Sponsor only - Safety/Risk Minimization for Cheerleading Course**
 - Must have a current certification or annual training completed prior to contact with participants.
 - Districts shall determine the organization that will provide the certification or training. Resources are available but not limited to those on the UIL web site.

Eligibility for Athletic Contests

Eligibility rules are found in Section 400 and 403 of the Constitution and Contest Rules. Any question regarding a student's eligibility, should be addressed to the school principal and/or superintendent. Residence requirements according to Sections 400 (d) 403, and 442 should be thoroughly investigated for any student new to school.

Students are eligible to represent their school in varsity interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time day students in a participant high school.
- initially enrolled in the ninth grade not more than four calendar years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- have observed all provisions of the Awards Rule.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule, Section 1209.
- have observed all provisions of the Athletic Amateur Rule, Section 441.

Limitation on Awards. Schools may give one major award, not to exceed \$70.00 in value, to a student during high school enrollment at the same school for participation in one of the UIL interschool competitions listed in Section 480. One additional symbolic award, not to exceed \$20.00 in value, may be presented for participation in each additional UIL activity listed in Section 480. The \$20.00 award may be given to a student for an activity during the same year that the major award is given for that activity. *A school may contribute to major awards in honor of winning a UIL State Championship.*

Student-athletes shall be in compliance with the Athletic Amateur Rule from the first day of attendance in the ninth grade through their last day of UIL athletic competition in grade twelve. This includes during school and during non-school time and applies to all UIL competition and to non-school participation in the same sports sponsored by the UIL. (For instance, a race of six miles or longer is not considered to be a cross-country meet, so the Amateur Rule is not applicable to students participating in this type of race.)

Student-athletes in grades 9-12 shall not:

- Accept any valuable consideration as an award for winning or placing in an athletic contest. Valuable consideration is defined as anything wearable, usable or sellable, and includes such items as t-shirts, hamburger coupons, free or reduced rate tennis racquets, etc.
- Accept valuable consideration for teaching or coaching any UIL sport, except beginning swimming or lifesaving lessons.
- Accept valuable consideration for allowing their name to be used for advertisement of a product, plan or service.
- Accept any special service or benefit offered only to athletes or members of an athletic team.

Exception:

- Students may accept reasonable fees that do not exceed prevailing rates for teaching or coaching activities provided they confine the work to teaching or coaching skills.
- Students may accept reasonable fees that do not exceed prevailing rates for officiating athletic contests.

The penalty for violation of the Amateur Rule is forfeiture of varsity eligibility in the involved sport for at least one year from the date of the violation. *The Athletic Amateur Rule is sport specific, so that a violation in one sport would make the student ineligible only in that sport, not in all UIL athletic activities.*

Student Participation Required Forms

It shall be the responsibility of each school to keep on file the following required annual forms for each student who participates in any practice, scrimmage, or game. Forms to be filed can be downloaded from the UIL website (www.uiltexas.org/athletics/forms/).

- **Pre-Participation Physical Examination Form.** As a minimum requirement, a Physical Examination Form must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. Local district policy may require an annual physical exam. The form must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.
- **Medical History Form.** Each year prior to any practice or participation a UIL Medical History Form signed by both a student and a parent or guardian is required. A Medical History Form shall accompany each physical examination and shall be signed by both a student and a parent or guardian.
- **Parent or Guardian Permit.** Annual participation permit signed by the student's parent or guardian.
- **Rules Acknowledgment Form.** Annual UIL Rules Acknowledgment Form signed by the student and the student's parent or guardian.
- **Parent/Student Anabolic Steroid Use and Random Steroid Testing Form.** The parent/guardian of each high school athlete, along with each high school athlete, must annually sign the UIL Illegal Steroid Use and Random Steroid Testing Parent and Student Notification/Agreement Form.
- **Concussion Acknowledgement Form.** Annual UIL Concussion Acknowledgment Form signed by the student and the student's parent or guardian.
- **Sudden Cardiac Arrest Awareness Form.** Annual UIL Sudden Cardiac Arrest Awareness Form signed by the student and the student's parent or guardian.

Varsity Participation Required Forms

It shall be the responsibility of each school to keep on file the following required forms. Forms to be filed can be downloaded from the UIL website (www.uiltexas.org/athletics/forms/).

- **Eligibility Form.** Schools must submit comprehensive eligibility forms for football, basketball, volleyball, softball, baseball, and soccer. For all other athletic activities, a general alphabetical listing of eligible athletes is required. One copy shall be sent to the district executive committee chair and one copy shall be filed in the school's office. Completed eligibility forms are to be signed by the superintendent or a designated administrator and the coach. These forms are to be postmarked before a contestant is allowed to participate in a varsity contest. Failure to furnish correct and complete information may, upon request by the proper committee, constitute grounds for suspension.
- **Previous Athletic Participation Form.** New students in grades 9-12 who represented their former school in a varsity or sub-varsity athletic contest or practice in grades 8-12 in any previous school year must have a Previous Athletic Participation Form completed prior to participation in a varsity contest at the new school.
- **Late Forms.** If an eligibility form or a Previous Athletic Participation Form was not filed prior to competition, and it was an inadvertent error and the student is actually eligible under Subchapter M of the Constitution, the district executive committee is not required to demand forfeiture or to rule the student ineligible. They may assess the minimum penalty of private reprimand to the school.
- **Foreign Exchange Students.** Subject to the other eligibility rules of the Constitution, foreign exchange students in approved CSJET foreign exchange programs are allowed to apply for exceptions to the residence rule through the UIL waiver process. A waiver could be granted in certain activities if they have not received advanced training or have not had extensive experience in the activity of their choice. Foreign exchange students are not eligible for varsity athletic participation unless they are granted a Foreign Exchange Student Waiver.
- **Varsity Athletic Eligibility for Over-Age Student.** Subject to the other eligibility rules of the UIL Constitution, an individual is eligible to participate in a League varsity athletic contest as a representative of a participant school if that individual is less than 19 years old on September 1 preceding the contest; or has been granted eligibility based on a handicapping condition which delayed his or her education by at least one year and the student is currently in special education and under the auspices of an ARD Committee or has been identified as a 504 student prior to the end of their second year in high school (effective for entering ninth graders in the current school year).

Practice Regulations – Outside of The School Year

Practice regulations for sports that practice outside of the school year are as follows-

- Students-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
- Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
- The maximum length of any single practice session is three hours.
- On days when more than one practice is conducted, there shall be, at a minimum, TWO hours of rest/recovery time between the end of one practice and the beginning of the next practice.
- **Schools shall not schedule more than one practice on consecutive days, and student-athletes shall not participate in multiple practices on consecutive days. (Exception - Volleyball)**

When determining how to count times spent as "practice activities" please consult the following pre-season chart:

<u>What Counts</u>	<u>What Doesn't Count</u>
Actual on field/court practice	Meetings
Sport specific skill instruction	Weight training*
Mandatory conditioning	Film study
Water breaks	Injury treatment
Rest breaks	Voluntary conditioning*

*Does not count towards practice time, but cannot be done during the two-hour rest/recovery time.

In reference to the minimum TWO-hour rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled), there can be no practice activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field/court practice or a mandatory conditioning period.

Practice Regulations – When School Is In Session

- **Eight Hour Rule** - Practice outside the school day, from the beginning of the school week through the end of the school week (excluding holidays), is limited to a maximum of eight hours per school week, per activity.
- The in-school athletic period does not count towards the allotted 8 hours.
- Any time used in connection with a practice that is not part of the athletic period counts as part of the 8 hours. (Dress, mandatory weights/video/meetings, etc.)

Contest Schedule Rules

The following section combines State Law, State Board of Education regulations, and UIL rules. The Texas Education Agency defines participation as being involved with the activity, traveling with the team, or sitting on the bench. UIL defines participation of a student athlete as actually entering the contest as a player. Example: On a Tuesday night, the student's name is on the scorebook but she remains on the bench and does not actually enter the game. This counts as participation for TEA but not UIL. In other words, that student cannot participate again until Friday after school because of TEA regulations, however that game does not count as one of the allowable games as determined by UIL policy.

Constitution and Contest Rules: Section 5: Definitions

- **Calendar week** means 12:01 a.m. on Sunday through midnight on Saturday.
- **School week** means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.

19 TAC 97.113 (K)(1)-

- **One contest per school week:** School districts shall adopt policies limiting extracurricular activities from the beginning of the school week through the end of the school week (excluding holidays) by scheduling no more than one contest or performance per activity per student. *Exception: Tournaments and post-season competition, as well as district varsity contests postponed by weather or public disaster, may also be scheduled during the school week.
- **Eight-hour practice rule:** School districts shall adopt policies limiting extracurricular activities from the beginning of the school week through the end of the school week (excluding holidays) by limiting practice outside the school day to a maximum of eight hours per school week per activity.

Participation.

- (b) (b) SUNDAY PROHIBITION. A UIL member school shall not participate in any athletic contest or conduct any practice or teach any plays, formations or skills on Sunday.
- (1) Violation. Any showing of films to or meetings of athletes for the purpose of instruction or reviewing of plays, formations or skills in any sport will be construed as a violation.
 - (2) Coaches Sunday Meetings. This does not prevent coaches from meeting on Sunday or from seeing films or planning an instructional program, provided no athletes are involved in this meeting.

~REGULAR SEASON~

Wrestling Tournament Regulations

Number of Contests allowed (2019-20)

- 8 Tournaments excluding one district, regional and state tournament

Conferences. There will be two conferences for wrestling, designated 6A and 5A and below.

Divisions. There shall be the following divisions in girls' and boys' districts:

- High School Boys
- High School Girls

Official Rules. All matches shall be conducted under National Federation wrestling rules.

Representation. No school or student athlete representing a school shall participate in a tournament or dual meet until November 11, 2019, and after the date for certifying district representatives.

Junior Varsity. A junior varsity team may represent a school and attend junior varsity tournaments. Athletes on this team would also be limited to seven tournaments. A wrestler could move from the junior varsity level to the varsity level, but a combined total of eight tournaments (at any level) would still be in effect for each student athlete.

School Week Limitation. No student or team representing a participant school shall participate in more than one contest per school week (the first instructional day of the week through the last school day of the week). A dual, triangular, or quadrangular meet may not count as a tournament, but would count as a contest during the school week.

*Exceptions: The regional and state tournament, and district varsity tournaments postponed by weather or public disaster, may also be scheduled during the school week. Schools shall not enter wrestling tournaments scheduled on more than one school day per any one tournament.

School Tournament Defined. Any match that results in a loss of school time is defined as a school tournament. It could also be considered a school tournament if, in a non-school tournament, a student is wearing school uniforms or equipment, using school transportation, or is being directed in the tournament by a coach paid by the school.

Limit on Matches per Day. Wrestlers shall not compete in more than the number of matches allowed by NFHS rules in one day (consolation or championship). Wrestlers must have a minimum of 45 minutes rest between matches.

Weather Cancellation or Continuation. A tournament postponed or canceled by weather is considered a tournament when all semi-final matches have been completed. The remaining matches may be completed at a later date without it counting as another tournament, provided there is no loss of school time. When all semi-final matches have not been completed, the tournament director has three options:

- The tournament may be canceled and not count as a tournament for the individual or the school.
- The tournament may be continued, provided there is no additional loss of school time.
- The tournament may be continued with loss of school time and shall count as two tournaments.

Weight Classifications. There shall be 14 weight classes for UIL Boys Wrestling. A high school team may enter one athlete in each weight class.

Boys weight classes are:

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

Growth Allowance: A two-pound growth allowance takes effect on January 1.

There shall be 10 weight classes for UIL Girls Wrestling. A high school team may enter 1 athlete in each weight class.

Girls weight classes are:

95 lbs, 102 lbs, 110 lbs, 119 lbs, 128 lbs, 138 lbs, 148 lbs, 165 lbs, 185 lbs, and 215 lbs

Growth Allowance: A two-pound growth allowance takes effect on January 1.

The two-pound growth allowance does not allow for a wrestler to drop below his/her minimum weight class.

Clothing & Uniforms. Individuals and teams representing member schools in wrestling shall wear school-approved clothing. It is recommended that clothing be in school colors, similar in design, and/or have the school identifying logo or name. All clothing does not have to be identical, but the school officials must approve whatever is worn.

1. All uniforms (singlets, compression shirts & shorts and tights) MUST be school issued. This is a material change.
2. Compression shorts must meet the following criteria:
 - a. Shall have a minimum 4" inseam that does not extend below the knee.
 - b. Must be "designed for wrestling". MMA, fight shorts and/or board shorts are not legal.
 - c. Must be "school issued".
 - d. Shall have an elastic waistband and drawstring that is not exposed
 - e. Shorts with belt loops, zippers, snaps, buttons or pockets are illegal
3. Compression shirts shall have a minimum 3-inch tail and be school issued and of single color.
4. Female wrestlers shall wear a sports bra underneath their singlet or compression shirt.
5. All uniforms shall conform to NFHS rule 4-2 (page 15, rule book); manufacturer's logo/trademark/reference w/maximum of 2 1/4" square appearing only one time.

Female's Hair. Female wrestlers may wear a "pony tail". The length of the "pony tail" shall not extend beyond the collar line on the back of the wrestler's singlet. Hair must be in its natural state with no braids, cornrows, etc. Must be secured by a non-abrasive device and approved by the event official(s) prior to the first match.

Weigh Ins. Weigh-ins for all UIL dual meets and tournaments shall follow the procedures outlined in Rule 4-5 of the National Federation Wrestling Rule Book.

Team Scoring. In district, regional and state tournaments, team honors shall be determined by the National Federation scoring standards detailed in the rule book.

Awards. High school participants may receive only symbolic awards for participation in a school activity (i.e. trophies, plaques, or medals). High school athletes cannot accept anything of valuable consideration (defined as anything that is wearable, usable or salable). Using students' names for advertising purposes, if paid, is prohibited.

Non-School Wrestling

- Any type of wrestling that is not the collegiate style of wrestling utilized during the UIL wrestling season and as part of the UIL program is considered non-school wrestling. This would include freestyle, Greco-Roman and other forms of wrestling.
- Coaches of individual sports are allowed to work with student athletes from their attendance zone in non-school practice during the school year with limitations. Coaches should be aware that any time spent working with a student athlete from their attendance zone in grades 7-12, whether in school or non-school practice, will count as part of the eight hours of practice allowed outside of the school day during the school week under state law.
- School coaches are not allowed to coach student athletes in grades 7-12 from their attendance zone in non-school tournaments or competition during the school year. As wrestling is an individual sport, there is not a set season for school practice outside the school day, as long as the 8-hour rule is not violated. **NOTE: This would not prohibit a school coach from coaching student athletes in grades 7-12 in freestyle, Greco-Roman and other forms of wrestling in non-school tournaments.**
- For non-school practice, the wrestling club would have to contract with the school to utilize school facilities. Non-school and school practice could not be held at the same time. There must be separation between when the school practice is complete and when the non-school club is allowed to use the facility.
- Outside of the school year, the restrictions are somewhat less. In non-school competition, outside of the school year, coaches in individual sports are allowed to coach student athletes from their attendance zone. The use of school funds, school equipment or school transportation is still prohibited. The wrestling mat is considered much the same as the standards in volleyball and the goals in basketball, in that they may be used in association with non-school practice and competition.

Non-School Tournament. If a student participates in a non-school tournament, it will not count as one of his/her school tournaments providing he/she is not representing the school. A student athlete could be considered to be representing the school if, in a non-school tournament, a student is wearing school uniforms or equipment, using school transportation, or is being directed in the tournament by a coach paid for by the school.

National Tournaments

- *Student Athletes Under the Eight-Tournament Limit.* A national tournament could be considered as one of the school sponsored tournaments allowed during the school year under UIL rules for wrestling. A tournament is considered school sponsored if the school coach coaches the athlete, the athlete uses school equipment or transportation or if the event is paid for out of school funds. If the student athlete is attending the event as one of the eight school sponsored tournaments allowed during the school year, there can be no competition on Sunday.

- *Student Athletes at the Eight-Tournament Limit.* If however, the student athlete is at the tournament limit, a national tournament would have to be done as a non-school activity. When an individual chooses to compete in a non-school activity, school funds (including booster club funds) cannot be utilized, the school coach could not coach the athlete if the tournament is during the school year, school equipment or transportation may not be used, and the student athlete may not represent the school.
- *Funding School Sponsored Trips.* Booster club funds may not be given directly to individual student athletes or coaches to help fund a non-school activity. Any booster club (or other outside) funds utilized for this activity would have to be donated to the school and the school would have to approved expenditure of these funds. The booster club can request the funds be used for this specific activity, but the school has the ultimate authority over those funds. School funds cannot be used to fund non-school trips or activities.

UIL Weight Control Plan

ALL UIL WRESTLING SCHOOLS WILL BE REQUIRED TO UTILIZE TRACKWRESTLING FOR THIS PROGRAM.

Minimum Weight Certification Program Varsity Wrestling

The UIL does not advocate that a wrestler's established minimum weight is the athlete's best weight at which to wrestle, but simply the minimum weight at which the athlete will be allowed to compete

According to the National Federation of State High School Associations Wrestling Rule Book, rule 1-5-2: Each individual state high school association shall develop and utilize a weight-management program that includes a specific gravity not to exceed 1.025; a body fat assessment no lower than seven percent for males/twelve percent for females; and a monitored weekly weight loss plan not to exceed 1.5 percent a week.

For varsity wrestlers, minimum weight class for competition will be determined by predicted body weight at 7% body fat for males and 12% body fat for females. For sub-varsity wrestling participants, the previous weight control program will remain in effect. A 2% variance will be applied to each student's Minimum Wrestling Weight and is calculated by the TrackWrestling system. The 2% variance will never allow for a wrestler to drop his/her minimum weight class.

There will be monitored weight loss on the descent. A maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established. A wrestler who loses more than 1.5% of their alpha body weight in a week is ineligible to compete in the weight class to which they are descending. Weekly recording of actual weights (competition or practice) is required to measure compliance with the above rule.

A varsity wrestler will not be allowed to wrestle at their established minimum weight until the date specified on the TrackWrestling website.

Each coach will be emailed their school code and school password for TrackWrestling at the beginning of the school year.

Wrestling coaches must bring a copy of the Alpha Master Report form for their team to each contest, meet or tournament and must file a copy with their District Executive Committee Chairperson. Coaches should also print and keep a copy of this form on file in his/her office. It is recommended that each wrestler's Individual Weight Loss Plan be available as well.

How the certification program will work-

Hydration testing and skin fold measuring may begin no earlier than October 1st.

All varsity wrestlers, including those coming out late, must have their minimum weight established by hydration assessment and skin fold measuring prior to any competition with a student from another school.

The deadline for all skin fold measuring and minimum weight certification, including appeals for a participant, is two weeks prior to the district certification deadline.

Trained assessors will sponsor regional assessment opportunities for varsity wrestlers. Dates, times and locations should be available on the UIL website. Schools will be responsible for transporting their athletes to the regional assessment site at the designated time.

Should a varsity wrestler not be able to attend their designated assessment location, they can contact another regional assessment site and request to be assessed at that site. Otherwise, it will be the school's responsibility to contact a designated regional representative in their area to arrange for skin fold measurement of varsity wrestler(s) at their school. For school-based assessments, payment should be made directly to the certified assessor.

If the assessment is taking place on a school campus, the school must have available at the time of the hydration testing and skin fold measuring: 1) **a certified scale (certified annually per NFHS rule 3-4-2)**, 2) Weight Certification Forms (on the

UIL website), 3) the necessary school officials (e.g., coach, trainer, teacher, A.D., or other health professional) and materials (including clear specimen cups) to assist with registration, the hydration assessment process, obtaining the weight of each wrestler and with the recording of the data. It is recommended that an adult person of the same gender of the athlete being assessed be present when assessment is conducted.

In all cases, the school is responsible for all charges for skin fold measuring. At this time, the fees are set at \$5 per athlete. All payments for assessments must be made in cash at the time of the assessment. Athletes will not be assessed until payment has been made. For regional assessments, regional assessment sites may request all schools to pre-register their students for assessment. Schools whose students do not pre-register may be charged an additional fee for on-site registration.

Weight certification forms should be prepared prior to test date for all athletes to be assessed that day. All information for the wrestler will be entered on both the top and bottom of the Weight Certification Form. Upon completion of the assessment the assessor will retain the top half of the form, the school and or coach will retain the bottom half of the Weight Certification Form.

For the weight certification process, all athletes (male and female) shall wear a wrestling singlet or two-piece uniform (in accordance with NFHS Rule 4-1). Student athletes appearing for certification that are not wearing the appropriate attire will be refused assessment.

Whether at a regional assessment site or a school location, the following procedure will apply. Students should sign in at a designated area and obtain their Weight Certification Form.

Hydration Assessment. The Hydration Test is simply a pass/fail assessment based on the specific gravity level less than or equal to 1.025. A specific gravity level greater than 1.025 would be considered a failure on the hydration test.

- Hydration level will be judged using a color chart. If schools or assessors wish to provide dipsticks or a Urine Specific Gravity Refractometer and related materials for hydration testing, that would also be acceptable.
- Any attempt to violate the protocols of the weight certification process, by adulterating a sample or attempting to cheat, will result in the assessment process being ended, and the student not being eligible for reassessment for 24 hours, at which time they would begin the process from the start.
- If the athlete fails the hydration assessment, the athlete will not be eligible for reassessment for 24 hours and must meet the hydration requirement before the skinfold measurement takes place.
- If the athlete passes the hydration assessment, they must have their Alpha Weight determined immediately, on that date, without any exercise or delays.

Alpha Weight Determination. Next, the athlete is weighed on a certified scale, and this weight is recorded on the athlete's Weight Certification Form and is the student's Alpha Weight for the year.

- The alpha weight established at this initial assessment will be the weight utilized in determining the descent calendar per the 1.5% per week rule.
- It is recommended that an adult of the same gender as the participant be present when weigh-ins are done for wrestlers. No weight allowance is given for clothing or other items worn for the alpha weigh-in.

Skin Fold Measurement. Once a wrestler has passed the hydration assessment and established their Alpha Weight, they must undergo skin fold measurement immediately, on that date, without any exercise or delays.

- Females must also wear a halter, sports bra or other appropriate undergarment allowing the assessor access to the measurement sites (subscapular). It is recommended that a female be present when skin fold measurement is conducted for females.
- All skin fold measurements shall be made on bare skin. Skin fold measurements shall not be taken over or through the singlet or clothing the wrestler is wearing.
- If the assessment occurs at a school location, the school should provide individuals to assist the skin fold measurer with recording of data for the participants.
- The assessor should take three measurements at each designated area and each measurement should be recorded on the applicable section of the Weight Certification Form.

Skin Fold Measurement Sites

Males

ABDOMINAL
TRICEPS
SUBSCAPULAR

Females

TRICEPS
SUBSCAPULAR

- All skin fold measurements should be made on the right side of the body.

Minimum Weight Class Certification.

- The lowest weight class at which a wrestler may compete will be determined by predicted body weight at 7% body fat (males) and 12 % body fat (females) as follows. A 2% variance will be applied to each student's Minimum Wrestling Weight as calculated in TrackWrestling.
- If the predicted weight, at 7% male/12% female, including the 2% variance, is exactly that of one of the weight classes, that weight class shall be the wrestler's minimum weight class.
- If the predicted weight, at 7% male/12% female, including the 2% variance, falls between two weight classes, the higher weight class shall be the wrestler's minimum weight class.
- For any male or female wrestler whose body fat percentage at the time of measurement is at or below 7% male/12% female, their minimum weight class will be determined by their alpha weight (weight at the time of assessment). No weight loss will be allowed, and no variance will be applied.

Monitored Descent. There will be monitored weight loss on the descent. Based on NFHS rule, a maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established.

Example: Alpha weight = 150 pounds
 1.5% of 150 pounds = 2.25 pounds

Maximum allowed weight loss per week = 2.25 pounds

A wrestler who loses more than 1.5% of their alpha body weight in a week is ineligible to compete in the weight class to which they are descending. Wrestlers will be required to weigh in each week and keep those weights on file for compliance with the above rule.

Appeals. A school may appeal the results of the body fat assessment one time per wrestler.

The appeal must be requested and submitted in writing (via email) to the UIL Office within seven (7) calendar days of the initial skinfold assessment date.

- Schools may not wrestle the wrestler that is appealing below the minimum weight class based on the initial assessment until the results of the appeal are determined.
- If a wrestler's body fat assessment results are being appealed, the wrestler may wrestle in any interscholastic competition based on the preliminary assessment until the appeal results are determined.
- A maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established, and will be enforced between the initial assessment and any appeal assessment.
- Any costs associated with the appeal are to be paid by the school or the wrestler depending on the policy of the local school district.
- **Any appeal assessment must be conducted within 21 days of the initial assessment being conducted.**
- **The coach or wrestler must present the UIL acknowledgement of appeal to the certified assessor performing the appeal before any appeal assessment can be conducted.**
- The wrestler and school must accept the results of the second assessment performed by the assessor.
- No other appeals will be considered.

Minimum Weight Certification Program Sub-Varsity Wrestling

- A wrestler's scratch weight for the season will be determined by a weigh-in at the first after school practice in which the wrestler participates. **Scales used for weigh-ins must be certified and checked on a yearly basis.**
- This weight will be recorded on the UIL weight certification form and kept on file with the school athletic director and the school principal. This documentation must be available to the UIL office if requested.
- Only the superintendent or their designee (not a coach) can sign as an administrator on the UIL Weight Certification Form.
- The minimum weight class at which a sub-varsity wrestler is eligible to compete is determined by the scratch weight minus 10% of the scratch weight.
- If the scratch weight minus 10% is exactly that of one of the weight classes, that weight class will be the minimum weight class. If the scratch weight minus 10% falls between two weight classes, the higher weight class will be the minimum weight class
- A sub-varsity wrestler who loses more than 10% of their scratch weight during the season is ineligible for competition, below the established minimum weight class.
- The maximum weight a sub-varsity wrestler can lose during one calendar week and remain eligible for competition is 2% of the scratch weight. [Example: Students scratch weight is 200 pounds. The maximum amount of weight this student athlete could lose in a calendar week and be eligible to wrestle is four pounds (2% of 200 pounds).]

- There shall be mandatory weekly weigh-ins for all wrestlers, and these weekly weigh-in sheets must be kept on file with the athletic director of the school. Weigh-ins for competition can be used as the weekly weigh-in.
- A sub-varsity wrestler will not be allowed to wrestle at any time in a weight class that would require the wrestler to lose more than one-half pound per day from the original date of the measurement from one weigh-in (for competition) to another and when the wrestler is changing weight classes. [Example: A wrestler weighs in at 140 pounds at a competition on December 6. If this wrestler wanted to drop to the 135-pound class for competition, he could not do so until at least December 16 (five pounds at one half pound per day, leads to 10 days before they could move from wrestling at 140 to wrestling at 135).]
- Sub-varsity wrestlers are ineligible for competition below the established minimum weight class (based on scratch weight minus 10% of scratch weight).
- It is the responsibility of the athletic director and principal of the school to make sure wrestlers are in compliance with UIL weight control provisions.
- Violations of the UIL weight control program could result in severe sanctions to the school and school employees.
- All documentation concerning the UIL weight control program must be available if requested by the District Executive Committee or the UIL.

Weight Management Plan

No other sport creates as much weight awareness among athletes as wrestling. Unfortunately, too much awareness may result in reckless dietary and nutritional behavior. The responsibility for a successful and safe approach to weight control lies equally with the wrestler, the coach and the parents. Any organized plan to accomplish weight control must be based on fact, not fad. Sound nutritional information must be the basis for any plan. A wrestler should manage their weight with this single guideline in mind:

BODY COMPOSITION IS MORE IMPORTANT THAN BODY WEIGHT IN DETERMINING ATHLETIC PERFORMANCE

To put it another way, the wrestler with the largest percentage of usable weight is in the best condition to compete. Usable weight in wrestling means muscle weight. Eating large quantities of fast foods and other high fat items contributes to unusable weight (body fat). Excessive fat will limit your mobility and flexibility, forces your heart to work harder and puts strain on your hip and leg joints. Similarly, starvation diets and dehydration tend to either diminish muscle mass or interfere with efficient digestion and muscle function. Either way, these poor dietary practices diminish usable weight and reduce performance.

To set up a weight control plan, the following factors must be determined:

- 1) The wrestler's body composition
- 2) The wrestler's ideal competitive weight
- 3) A long-term plan for reaching and maintaining the ideal weight
- 4) Sensible eating habits that promote caloric regulation and still provide all essential nutrients

It's up to us as wrestlers, coaches and parents to address this area with as much concern as our preparation of technique or conditioning or any other aspect of a wrestling program. Before a wrestler can determine how much (if any) weight they need to lose to reach their ideal weight, they must know his body composition. The human body is composed of lean tissue (muscle, bone, blood, organs) and fat tissue. Fat tissue can be divided into essential fat, which protects vital organs (about 5% in men, 10% in women) and nonessential fat. Athletes who are well conditioned have a low percentage of body fat.

Body composition can be determined using skinfold measurement or underwater weighing. If the coach isn't equipped to test the wrestler and he doesn't have an athletic trainer, check with a physical education department at a local college, doctor, sports club or training center. Skinfold testing is easy to do and only takes a few minutes.

Research studies suggest that wrestlers should strive to maintain a level of 5% to 12% (males) or 10-17% (females) body fat; the optimum performance for wrestlers being from 7% to 10% (males) and 12-15% (females). If the percentage of body fat is already between 7-10% (males) or 12-15% (females), the wrestler is probably at or near their ideal wrestling weight. It would be foolish to try to lose 5-10 pounds to qualify for the next lower weight class. Losing more weight would likely weaken the wrestler and have an adverse effect on performance. This is particularly important for high school wrestlers who are in a very active growth spurt and need to have a higher weight allowance.

If the wrestler's body fat level is higher than it should be, the wrestler should begin a sensible reduction program to bring it down. Losing weight properly takes discipline and patience. The most healthful way to accomplish weight loss is to maintain or increase exercise while reducing food intake. Starvation and crash diets are not effective because muscle tissue begins to break down. As a result, some of the weight loss will come from muscle mass (usable weight), leaving the wrestler with reduced strength. Using any type of dietary weight loss pill is forbidden. These pills tend to achieve weight loss primarily from water weight rather than losing weight by reducing fat cells. Water is an essential source of fluids in any program.

To lose fat weight, wrestlers need to reduce the number of calories they consume while maintaining or increasing their conditioning program. For each pound of fat a wrestler wants to lose, they need to eliminate 3500 calories from their diet. To lose 2 pounds in one week, for example, requires an energy deficit of 7000 calories or 1000 calories per day. That is a lot of calories to remove from a wrestler's diet at a time when they need increased energy. A better way to lose two pounds is to eat 500 fewer calories each day and burn an additional 500 calories each day for a week. However, under no circumstances should athletes consume fewer than 1800-2000 calories per day. Good nutrition is absolutely essential to a growing athlete during high school years. Bone growth, in particular, may be especially sensitive to the effects of bad nutrition caused by starvation and crash diets. Weight management should start early. Weight loss or weight gain is most effectively and safely accomplished gradually rather than quickly. This means knowing the weight class in which the wrestler intends to compete and starting a program of nutrition and workouts designed to help the wrestler achieve their ideal body composition. Crash diets are not the answer. Depriving the body of food and/or water will decrease the energy capacity for workouts and competition and could lead to dehydration. In addition, wrestlers are almost certain to gain back any weight they lose as soon as they resume their normal diet. Give the body the nutrition and consistency it requires in order for it to work efficiently. Yo-yo dieting (starving in order to make weight and then eating everything in sight) will make a good wrestler become an average wrestler when it comes to match time.

It makes much more sense to restructure the wrestler's eating and exercise habits on a permanent basis. Good dietary information is available from a variety of books and articles. The coach should have this information or will be able to help the wrestler find it. Just as a car runs best with a full tank of the proper fuel, a wrestler's body will perform at its maximum when it is filled with the right 'nutritional fuel.' For athletes, that fuel is complex carbohydrates, obtained from foods such as cereal, bread, pasta grains and baked potatoes.

Calories are supplied by carbohydrates, protein, and fat. Together they add up to the total caloric intake. Unfortunately, wrestlers often spend too much time worrying about total calories and not enough time counting carbohydrate calories. Many foods contain carbohydrates, but some are better sources than others. That's important, because 60-65% of the total calories a wrestler consumes should come from carbohydrates. Of the remaining calories, approximately 15% should come from protein and the remaining 20% from fat. For example, a daily diet of 3200 total calories should contain approximately 2000 carbohydrate calories (500g of carbohydrates). Clearly, wrestlers need to eat foods high in carbohydrates and low in fat in order to support strength development and generate energy for workouts and competition.

Concentrate on complex carbohydrates such as those found in whole grain cereals and breads, vegetables and fruits. They give an even distribution of fuel for energy production. Avoid the simple carbohydrates found in soft drinks, candy bars and other sweets. Foods such as hamburgers, chips, mayonnaise and candy bars contain high levels of fat making them poor sources of nutrition for athletes.

Take responsibility for the diet and begin to read labels. Most labels list the number of grams of carbohydrates, fats and proteins. One thing to remember is that 1 gram of fat (9 calories) has more than twice the calories as 1 gram of carbohydrates (4 calories). A high carbohydrate/low fat diet will improve endurance. Improved endurance will improve wrestling performance throughout the season.

Remember: a balance between calories consumed and calories burned through exercise is also a key in weight control. To lose weight, you should decrease your caloric intake and increase your caloric output—a fairly simple equation. Become familiar with the caloric value of foods and activities. For instance, a candy bar may contain 300-400 calories, but a large apple would contain only 100 calories and a 6-ounce can of V8 juice contains only 35 calories. A mile run will burn 85-150 calories while wrestling burns 10-14 calories per minute.

Wrestlers must burn more calories that they consume in order to lose unwanted fat. They can adjust their diet and exercise to provide for gradual weight loss. To lose one pound of fat a week, the wrestler must reduce his calorie intake by 500 calories each day. Seldom should anyone have to drop below 1800-2000 calories per day. Doing that will jeopardize the proper provision of vitamins, minerals and fuels for proper body functions.

Guidelines to Reduce the Incidence of Skin Disease in Wrestling

The following guidelines are not meant to be all inclusive of what may need to be done to prevent skin diseases from occurring in wrestling. They provide practical suggestions that, when implemented, should reduce the incidence of skin diseases among high school wrestlers. Some of the guidelines go above and beyond what would normally need to be done to prevent skin infections from occurring. However, in instances where some wrestlers, or an entire team, seem to be extremely susceptible to skin diseases, the more extreme guidelines may prove to be worthwhile. Whatever the procedures used, restricting wrestlers with skin lesions and keeping a clean wrestling environment are the keys to reducing the incidence of skin infections.

General Guidelines.

- Clean wrestling mats daily, preferably within one hour of practice or competition, using a disinfectant cleaner. Allow mats to air dry before using.
- Wash all mats with disinfectant on a regular basis (one or two times weekly).
- Wipe weight room benches with disinfectant before and after use.

- Launder towels, practice gear and uniforms after each use. Do not allow any wrestler into the practice room without clean practice gear.
- Wipe head gear and shoes with disinfectant after each practice.
- Do not allow wrestlers to share any items of practice gear. If they must share, make sure the items are cleaned with disinfectant before they are transferred.
- Require each wrestler to shower after each practice and contest using disinfectant soap.
- Open the doors to the practice room and use fans to lower the heat and humidity. Proper ventilation is important in destroying disease-carrying bacteria.
- Do not allow wrestlers to share towels during practice or competition.
- Neoprene sleeves and support braces should be wiped with disinfectant after each use.
- Wrestlers should keep their fingernails trimmed short to avoid scratching themselves or someone else, as any opening in the skin increases the risk of infection.
- Wrestlers who have been susceptible to skin diseases in the past may want to visit with their family physician regarding preventative oral medication, which may be available.

Guidelines for Wrestlers Who Have a Skin Disease.

- Wrestlers with any sign of skin disease should be withheld from practice and competition until a medical diagnosis and clearance is obtained.
 - Wrestlers having any signs or symptoms of a skin disorder should be sent for evaluation immediately.
 - If a wrestler with a skin disease has current written clearance from a physician to participate, the affected area should be covered with a water-resistant dressing or a gauze pad with a water-resistant covering to reduce the risk of infecting others.
 - Wrestlers with any sign of skin disease should wash their hands frequently to avoid contaminating themselves or others.
- (Reprinted from Iowa High School Athletic Association)

Blood Clean-Up Procedures

Any school who hosts a tournament should have policies in place to handle the clean-up of blood on mats and participants during competition. Following are some suggestions to help aid in this clean up.

- Develop a mixture in a spray bottle of approximately 1-part bleach to 100 parts water and have it available at mat side.
- Use disposable paper towels.
- Have a designated individual (trainer, asst. coach or manager) with clean protective gloves, ready at all times.
- Stop match immediately when blood is found on mat and have the official direct the clean-up person to the blood.
- Once the blood is removed, place paper towels and used gloves in a receptacle designated for blood clean up items.
- Only persons with protective gloves should remove blood or other body fluids from the mat.

(Reprinted from the Colorado High School Activities Association)

Videotaping/Filming

Non-Conference and District Contests

- Videotaping/Filming by Schools.
 - It is a violation to film or videotape a non-conference or district athletic contest in which your school or team is not competing unless prior consent of the two schools involved has been obtained.
 - A school does not have to obtain permission to film or tape a NON-CONFERENCE OR DISTRICT contest in which it is competing. However, the film or videotape shall not be utilized until after the contest has been completed.
- Films and videotapes become the property of the school doing the filming unless by district rule or by consent of the schools involved in the contest.
- Videotaping/Filming by Individuals. Any individual (other than the officially designated school camera) taping or filming must have prior permission from the schools involved in the contest and may not obstruct the view of other spectators of the contest.
- Commercial Uses. The use of the films or tapes for commercial purposes must be approved by all schools involved in the contest.

Officials

Number of Required Officials for Individual Tournament. Individual tournaments using the following number of mats require the noted minimum number of officials:

- 2 mats/3 officials
- 3 mats/4 officials
- 4 mats/6 officials
- 5 mats/7 officials
- 6 mats/9 officials
- 7 mats/10 officials
- 8 mats/12 officials
- 9 mats/13 officials
- 10 mats/15 officials
- 11 mats/16 officials
- 12 mats/18 officials
- >12 mats/1.5 officials/mat

Wrestling Fees – Updated

<u>Varsity Dual Events*</u>		<u>Fee</u>
Single Dual		\$65/dual
Multiple Team Dual		\$52/official/dual
Dual Tournament		\$52/official/dual
 <u>Individual Varsity Tournaments*</u>		
1-day		\$305/official
2-day		\$410/official
 <u>Post Season Varsity Playoffs*</u>		
2-day Regional		\$475/official
 <u>IV/Junior High</u>		
Single Dual		\$55/dual
Multi Team Duals		\$45/official/dual
Tournaments		
Dual		\$45/official/dual
1-day		\$200/official
2-day		\$265/official

~POST SEASON~

District and Regional Tournaments

Representation. Each school may enter one team of boys and one team of girls for the district wrestling tournament. Each school is allowed to enter one athlete in each weight class.

Dates:

January 25, Last day for all weight certifications
 February 8, District certification deadline
 February 14-15, Regional Tournaments
 February 21-22, State Tournament

Entries. Entries are due to the district wrestling director five (5) days before the district tournament.

District Tournament. Each District Executive Committee shall schedule a district boys' and girls' wrestling tournament to determine representatives for the regional tournament. The top four qualifiers in each weight class at the district tournament will advance to the regional tournament. District wrestling tournaments for girls are mandatory. Regional tournaments for girls wrestling will no longer be open events.

Format. The district executive committee shall set the format of the district wrestling tournament for boys and girls competition.

Site. The site of the district tournament shall be determined by the wrestling district executive committee.

Starting Times. The wrestlers shall start at the time and in the order arranged by the district or regional director. The penalty for breach of this rule is disqualification.

Substitutions. The final decision on substitutions is left up to the district committee. There shall be no substitutions after the tournament has begun.

Scoring. In district, regional and state tournaments, team honors shall be determined by the National Federation scoring standards detailed in the wrestling rule book.

Advancement for Boys and Girls. In district tournaments, the top four wrestlers in each weight class will advance to the regional tournament. At regionals, the top four finishers in each weight class will advance to the state individual championships.

District tournament director will certify district results to the regional director immediately upon completion of the tournament. Regional tournament directors will certify results to state tournament director immediately upon completion of the tournament.

Wrestle Backs. At district and regionals, wrestle backs are allowed for advancement purposes only and only if the 4th and 5th place finishers have not previously faced each other in that tournament or if the 4th place finisher has not defeated the 5th place finisher in that tournament. This should be documented on the district and/or regional results prior to submitting to the UIL office.

Rules Committee. A rules committee appointed by the district wrestling executive committee should be established to act on all violations. A rules committee should be established at the regional tournament as well.

Rules. All UIL wrestling matches will be conducted in accordance with National Federation Wrestling Rules.

Weigh Ins. Weigh-ins for all UIL district and regional tournaments shall follow the procedures outlined in Rule 4-5 of the National Federation Wrestling Rule Book. The district or regional director sets the schedule for weigh-ins.

Format. The format of the regional tournament is set by the regional director. The regional director determines how the bracket will be filled (seeding, draw, etc.).

Regional Sites and Directors

Regional sites and directors can be found on the UIL website at <http://www.uiltexas.org/wrestling/regional-sites>.

State Tournament

Team Packets. Team packets will be available Thursday, February 20, 2020 at the state tournament site as well as Friday morning. Please check the UIL website for further details (www.uiltexas.org/wrestling/state).

Tournament Director. AJ Martinez will serve as the tournament director.

Date and Site. The UIL Wrestling State Championships will be held on February 21-22, 2020 at the Berry Center in Cypress, TX. The state schedule will be announced at a later date on the UIL website (www.uiltexas.org/wrestling/state).

Rules Committee. The tournament director and rules committee members shall rule on all wrestling state tournament rule situations.

State Tournament Certificates. Certificates for each participant will be included in the team packet.

Programs. Each participating school will receive one free state tournament program. Others may be purchased at the site during the tournament.

Awards. Awards will be presented during the finals. The top three finishers in each weight class will receive medals. The top three teams will receive trophies or plaques.

State Tournament Rotation. Brackets for the state tournament will be determined by a rotation method. Brackets will be available on the UIL website (www.uiltexas.org/wrestling/state) following regionals.

State Tournament Weigh-In Procedures. Weigh-ins for the UIL Wrestling State Championships will be held in accordance with Rule 4-5 of the National Federation Wrestling Rule Book. The times for official weigh-ins will be listed in the state tournament schedule. Alternates will weigh in with their weight class.

Scoring. In district, regional and state tournaments, team honors shall be determined by the National Federation scoring standards detailed in the wrestling rule book. UIL will score six places for the boys and six places for the girls at the State Tournament.

~QUICK LINKS~

Below are Links to help you find information pertaining to UIL Rules and Regulations

Constitution and Contest Rules (C&CR). The UIL Constitution and Contest Rules are the official rules that govern all UIL-sponsored activities and also define the direction, function and purpose of the League.

- <https://www.uilTEXAS.org/policy/constitution>

TEA-UIL Side-by-Side. The UIL publishes this document to provide member schools notice of the Texas Education Agency, which relate to UIL and all other extracurricular activities sponsored or sanctioned by the school district.

- <https://www.uilTEXAS.org/policy/tea-uil-side-by-side>

Booster Club Guidelines. This document provides guidelines, which govern all booster club activities related to UIL-sponsored competition. Since the UIL regulates and governs what participants, sponsors, and coaches may and may not accept, it is very important booster club members and parents are aware of these guidelines.

- <https://www.uilTEXAS.org/policy/guidelines-for-booster-clubs>

Wrestling Plan – Section 1340 of the C&CR

- <https://www.uilTEXAS.org/policy/constitution/athletics/wrestling>

Employment of Coaches. Section 1202 of the C&CR

- <https://www.uilTEXAS.org/files/constitution/uil-CCR-section-1200-1203.pdf>

Athletic Eligibility. Section 1205 of the C&CR

- <https://www.uilTEXAS.org/files/constitution/uil-CCR-section-1205-1206.pdf>
- <https://www.uilTEXAS.org/policy/eligibility>

School Practice and Game Restrictions. Section 1206 of the C&CR

- <https://www.uilTEXAS.org/files/constitution/uil-CCR-section-1205-1206.pdf>
- <https://www.uilTEXAS.org/athletics/summer-strength-conditioning>
- <https://www.uilTEXAS.org/files/athletics/Non-School.pdf>

Rules Violations and Penalties. Section 1207 of the C&CR

- <https://www.uilTEXAS.org/files/constitution/uil-CCR-section-1207-1210.pdf>

Athletic Regulations. Section 1208 of the C&CR

- <https://www.uilTEXAS.org/files/constitution/uil-CCR-section-1207-1210.pdf>

Officials Fee Schedule. Updated for the 2019-2020 School Year

- <https://www.uilTEXAS.org/athletics/officials-fee-schedule>



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