



2011

WRESTLING BULLETIN
GENERAL INFORMATION

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SPORTSMANSHIP

SPORTSMANSHIP

COURAGE COMPETITION DETERMINATION

SPORTSMANSHIP

SPORTSMANSHIP

COURAGE DETERMINATION

PERSEVERANCE CELEBRATE DETERMINATION



COURAGE DETERMINATION PERSEVERANCE

SPORTSMANSHIP



COMPETITION COURAGE



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SPORTSMANSHIP



COURAGE CELEBRATE

DETERMINATION COMPETITION CELEBRATE

CELEBRATE CELEBRATE COURAGE PERSEVERANCE



DETERMINATION COMPETITION PERSEVERANCE

PERSEVERANCE COMPETITION COURAGE

COMPETITION COURAGE



PERSEVERANCE CELEBRATE COURAGE SPORTSMANSHIP SPORTSMANSHIP SPORTSMANSHIP

National Wrestling Coaches Association Website Information

Each school is required to use this website to track all wrestlers weigh-ins (actual weight), weight class wrestled in and results of each bout on a weekly basis.

Each head coach will be given a secured pass code to enter the site and record all of the required information on each wrestler. Only your schools information can be accessed with your pass code. The LHSAA shall have access to all schools information in order to track the progress of all wrestlers throughout the season.

The weight verification and seeding information for the state tournament will be taken from the information submitted on the schools section of the website. Schools failing to keep track of this information will not have their wrestlers seeded. **Schools that submit false information will jeopardize the eligibility of their wrestlers and team by doing so.**

Schools will no longer have to submit the weight verification and seeding information forms. The LHSAA will download this information from your schools site and print it out. **That is why it is imperative for each school to keep accurate records on a weekly basis.**

This is to insure that the LHSAA can have all the information ready for the seeding meeting.

Note that one of the main seeding criteria is the weight class results the wrestler will be wrestling in the state tournament.

To obtain information about the website and program and see samples, you can go to the NWCA website a www.nwcaonline.com or phone 717-653-8009.

Reporting Information on NWCA Website

1. All results and information on every wrestler shall be entered on the website on a weekly basis by 4:00 PM Tuesdays for the previous weeks wrestling or the school shall be fined \$100.
 - It is to the wrestler's advantage that his/her wrestling information is entered on the NWCA website each and every week throughout the season
 - It is the coach's responsibility to keep and maintain accurate records on each wrestler and to insure this information is submitted correctly.
2. All required information on every wrestler shall be entered on the website no later than 10:00 p.m., Saturday, February 4, 2012. Schools failing to enter all required information by the deadline shall be fined \$100 and the wrestler shall not be seeded. Schools entering false data shall be fined \$100 and the wrestler becomes ineligible.

**KEEP YOUR RECORDS UP TO DATE
(Do not wait until the last second)**

Rules for Substitutions & Fees Owed

1. The LHSAA shall be notified of any substitutions no later than 4:00 p.m. at the LHSAA office the day of the seeding meeting, or no later than 6:30 p.m. at the seeding meeting. Substitutions shall not be allowed for any reason after 6:30 p.m. the day of the seeding meeting
2. Schools that owe any money to the LHSAA for testing and the website access shall be ineligible to compete in the state tournament until such fees are paid.

**ALL DIVISIONS REGULAR SEASON ENDS ON
SATURDAY, FEBRUARY 4, 2012.**

General Wrestling Information

1. All wrestlers must take and pass a physical before they are allowed to practice.
2. Eligibility must be done online prior to competing in a takedown tournament or first meet if not participating in a takedown tournament.
 - Be sure to enter the GPA for all seniors for All-Academic Honors.
3. All wrestlers must take and pass the hydration test before becoming eligible to wrestle in a meet.
4. Schools shall pay \$30 to access the NWCA website. Money to be paid at time of testing.
5. Fees for testing are \$10 per test and \$20 for re-tests to be paid at time of testing.
6. The head coach, assistant coach or a faculty representative must accompany wrestlers to the testing site or test will not be administered.
7. Refer to Section 25: Wrestling in the 2011-2012 LHSAA Handbook. Also found under Athletics click on sports then click on wrestling on the LHSAA website.
8. Check wrestlers daily for skin conditions and take measures to insure his/her health and that of the other wrestlers.
9. Teach cleanliness: shower after every practice, wash practice clothes daily, do not share towels, razors, or any other personal items.
10. Clean mats daily and during practice if necessary. Know how to handle bleeding situations.
11. Keep the athlete hydrated.
12. Teach your wrestlers about proper nutrition and that cutting weight without following his/her weight loss plan is harmful to their health.
13. Last day for wrestling is Saturday, February 4, 2012.
14. All wrestler information must be posted on the NWCA website by 10:00 PM on Saturday, February 4, 2012 or the school shall be fined \$100. A \$100 fine is assessed if false information is submitted and the wrestler becomes ineligible.
15. Know the LHSAA Concussion Rules.

Meet & Tournament Protocol

1. Every head coach shall present the opposing coach(es) in a dual or tri-meet and the director in a tournament a copy of the **Alpha Master Sheet** and **Weigh-In Sheet** for his/her team.
2. If a coach does not submit the Alpha Master Sheet and Weigh-In Sheet as required, then **the team shall be ineligible to compete that day.**
3. If one or more wrestlers are omitted from the Alpha Master Sheet and/or Weigh-In Sheet, **then only those wrestlers omitted shall be ineligible to compete that day.**
4. When a wrestler has successfully tested but his/her information has not been logged into the NWCA system, **the initial Weight Certification Form (pink copy)** must be presented in the place of the Alpha Master Sheet along with the Weigh-In Sheet.
5. It is highly important that every wrestler's weigh-ins and results be entered on the NWCA website. This shall be completed by 4:00 p.m. on each Tuesday for the preceding week's wrestling or the school shall be fined \$100.
6. Each time a wrestler weighs-in, whether he/she wrestles or not, his/her actual weight shall be recorded and entered on the NWCA website.
7. It is responsibility of each coach and tournament director to see that the rules governing the weight management be followed and enforced.

New LHSAA Rules Adopted Affecting Wrestling

- 25.3.1 Wrestling shall be divided into three equal or nearly equal divisions. Wrestling divisions shall be based on a school's October 1 enrollment that is certified to the Louisiana High School Athletic Association under the guidelines of Article 8.3 of the LHSAA Constitution, Enrollment Calculation. Counting to achieve equal thirds shall begin with the highest and end with the lowest wrestling school enrollment. Schools with equal enrollment that form the lower dividing line in a division shall play in the higher division. A school may elect to play in the next higher division if it submits a written declaration to the LHSAA by 12:00 Noon on the day of the first classification meeting in a classification year. The school shall play in the higher division for the next two years.
- 25.7.12 A 2-pound growth allowance shall be added to each weight class on December 25 of each year.
- 25.8.12 The state tournament shall be a double elimination tournament in all divisions.
1. Division I shall use a 32-man bracket.
 2. Divisions II and III shall use either a 16 man bracket or a 32-man bracket which shall be determined by the tournament director based on the number of entries per weight class.
 3. All rounds of the tournament shall score and all byes shall be randomly drawn.
 4. Pigtail matches shall be used for any weight class that has more than 32 competitors in Division I and for Division II and III shall be based on the number of entries per weight class. This round shall not score.
 5. The brackets, for a division, shall be redrawn when a seeded wrestler is not able to wrestle in the tournament on the first day.
- 25.9.1 Each week, every wrestler's weigh-ins and results shall be entered on the NWCA website. By 4:00 p.m. each Monday all schools shall submit every wrestler's actual weigh-in weight, weight class wrestled in, and results of all wrestling matches from the previous week. Schools that submit inaccurate or incomplete information and/or fails to meet the deadline shall be fined \$100 for each occurrence.

State Law

Act 314 – The Louisiana Youth Concussion Act

Go to the LHSAA Homepage, click on Forms and Downloads in the Main Menu, find Sports Medicine and click on it to find the Concussion Packet.

This concussion Packet details the La. State Law and includes pertinent information for coaches, participants and parents.

There you will also find the link to the NFHS free Concussion Course which state law requires everyone to take.

LHSAA Concussion Rule

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 contest and shall not return to play until cleared by an appropriate health-care professional.

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness to have suffered a concussion.

Definitions Associated with New Concussion Rule

Appropriate Health-Care Professional – an individual(s) from the following professions who are designated as the persons to diagnose whether an athlete has or does not have a concussion:

- MD – A medical doctor licensed to practice in Louisiana
- DO – A doctor of osteopathic medicine licensed to practice in Louisiana
- PA – A physicians assistant licensed to practice in Louisiana
- NP – A registered nurse practice in Louisiana
- PM – A paramedic licensed to practice in Louisiana
- AT – An athletic trainer licensed nationally or by the State of Louisiana

On-site appropriate health-care professional – an individual from one of the above named categories that are in attendance at an athletic event or practice.

RTP (Return to Play) – term used to describe the action when an athlete who has had a concussion is released by an MD or DO to return to practice or competition.

Responsible Individual – the term which designated the Head Coach as the individual to make the diagnoses whether his/her athlete has or does not have a concussion in the absence of an appropriate health-care professional.

Contest Officials Role – to recognize the symptoms consistent with that of a concussion and remove the athlete from the contest until he/she has been diagnosed by an appropriate health-care professional (Officials shall always rule on the side of caution with the health and safety of the athlete being his primary and foremost concern).

NOTE: ONLY an MD or DO shall release an athlete, diagnosed as having a concussion, to return to competition.

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RETURN TO COMPETITION

LHSAA rules require a written statement from a physician in order for an athlete to return to competition who apparently had a concussion.

“If a competitor is determined to have a concussion, he/she shall not be permitted to continue practice or competition the same day. Written approval of a physician shall be required for the athlete to return to competition. If a physician recommends an athlete not continue, he/she shall not be overruled”.

The undersigned physician has examined the student athlete identified below and gives permission for the student athlete to return to competition on the date and in the sport identified.

ATHLETE	_____
SCHOOL	_____
SPORT	DATE
_____	_____

PHYSICIAN SIGNATURE (MUST BE M.D. OR D.O.)

DATE SIGNED

(Duplicate as needed)

(A COPY OF THIS FORM MUST BE KEPT ON FILE AT THE SCHOOL)

Louisiana High School Athletic Association
Sports Medicine Advisory Committee

PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ____ / ____ / ____

Diagnosis _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) _____

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

Date Treatment Started: ____ / ____ / ____

Form Expiration Date: ____ / ____ / ____

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

Physician's Signature _____ Office Phone #: _____

Physician's Name (*Must be legible*) _____

Office Address _____

Note to Physician's: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

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

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

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

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

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

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

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

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

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

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

Molluscum Contagiosum: 24 hours after curettage.

