

SECTION 25: WRESTLING

25.1 IMPORTANT DATES AND DEADLINES

2011-2012 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 8, 2011 – Sunday, October 2, 2011	6th – 14th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, October 3, 2011	14th	1st Practice (Medical, parents' permission, and substance misuse forms must be on file.)
Monday, October 3, 2011	14th	Earliest Scrimmage Allowed
Monday, October 24, 2011 – Saturday, October 29, 2011	17th	Takedown Tournaments (Eligibility must be filed online.)
Monday, October 31, 2011	18th	1st Meet (If takedown tournament not played, eligibility must be filed on-line.)
Monday, January 9, 2011	28th	Deadline for submitting GPAs online for seniors for All-Academic
Monday, January 30, 2012	31st	State Entries/Intent to Enter
Saturday, February 4, 2012	31st	Posting Wrestler Information on NWCA Website
Saturday, February 4, 2012	31st	End of Regular Season (All Divisions)
Monday, February 6, 2012	32nd	State Tournament Substitutions
Monday, February 6, 2012	32nd	State Tournament Seeding Meeting
Friday, February 11, 2012 and Saturday, February 12, 2012	32nd	State Tournament
Sunday, February 19, 2012 – Saturday, May 12, 2012	34th – 45th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, May 14, 2012	46th	Summer Rules Begin

25.2 CONTEST LIMITS

25.2.1 **Pre-Season:**

1. A team shall be limited to two (2) pre-season scrimmages.
2. A team shall be limited to one (1) takedown tournament.

25.2.2 **Week:** (Sunday-Saturday)

1. A team shall be limited to two dual meets or one tri-meet per week,
2. One tournament per week,
3. One dual meet or one tri-meet and one tournament per week.
4. A school shall be allowed to participate in two dual meets or one tri-meet and a tournament in a week or two tournaments in a week when school is not in session during the Thanksgiving and/or Christmas holidays.

25.2.3 School Day Contest: A school shall not compete during instructional time (*Monday-Friday*) during the regular season. This rule is explained in by-laws in Section 9: "Athletics and Instructional Time." This rule shall be waived for the state playoffs.

25.3 GENERAL

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. A school may not participate in a division below that mandated by its 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.

25.3.2 The official clock operator and the official scorekeeper at all meets shall be adults.

25.3.3 Wrestling season shall end after the state champions are named.

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- 25.3.4** Competition shall be divided into the weight classes as adopted by the NFHS Wrestling Rules.
- 25.3.5** All bouts conducted during a varsity tournament shall count for seeding purposes and shall be reported on the NWCA website.
- 25.3.6** A wrestler may use an artificial limb that presents no more danger to a competitor than the corresponding limb and does not place an opponent at a disadvantage.
- 25.3.7** 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.
- 25.3.8** 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.
- 25.3.9** 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.
- 25.3.10** 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.

25.4 INTERSCHOOL SCRIMMAGES (Refer to Section 6.10)

25.5 TAKEDOWN TOURNAMENTS

- 25.5.1** The following rules shall apply to all takedown tournaments:
1. After each takedown, two points shall be awarded to the successful wrestler. The two wrestlers shall be separated and brought back to the starting (*neutral*) positions.
 2. The only other earned points shall result from penalties such as illegal holds and stalling.
 3. Times shall be modified from three 2-minute rounds to two 1½-minute rounds with 30 second rest between rounds.
 4. The clock shall continue to run unless wrestlers go out of bounds, or there is an injury time-out.
- 25.5.2** In a tie, the following criteria shall apply:
1. The wrestler with the first takedown shall be the winner.
 2. If there is no takedown, the wrestler with the most stalling shall lose.
 3. The first stalling shall lose.
- 25.5.3** There shall be no warnings for stalling; therefore, penalties shall start at the beginning. Stalling points shall be awarded accordingly: first, one point; second, one point; third, two points; fourth, forfeit.
- 25.5.4** A team participating in a takedown tournament shall not participate in an interscholastic scrimmage thereafter.

25.6 INVITATIONAL TOURNAMENTS (Refer to Section 6.12)

- 25.6.1** *Exception to Rule 6.12.3: Four or more schools in a meet shall equal a tournament.*

25.7 WEIGHT CERTIFICATION AND CONTROL PROGRAM

- 25.7.1** Each wrestler shall undergo and pass a hydration level test and a body fat assessment test prior to participation in a meet.
- 25.7.2** A wrestler's hydration level shall not exceed 1.025 on the refractometer.
- 25.7.3** A wrestler's body fat shall be no lower than 7 percent for males and 12 percent for females.
- 25.7.4** Each wrestler's weight shall be monitored weekly on a weight loss plan not to exceed 1.5 percent a week.
- 25.7.5** Wrestlers that do not take and pass the mandatory tests shall be ineligible to compete at all levels of competition.
- 25.7.6** All tests shall be administered by an LHSAA-certified testing team.
- 25.7.7** Schools shall be assessed a fee of \$10 per wrestler tested and \$30 for access to the NWCA website. All fees shall be paid at the time the test(s) are administered.

- 25.7.8** Test dates and sites, as well as make-up dates and sites, will be sent to schools annually.
- 25.7.9** No wrestler may wrestle below his/her minimum weight class at any time during the season, including the state tournament. A wrestler who wrestles in an interscholastic match below his/her minimum weight shall be ineligible to wrestle in the state tournament.
- 25.7.10** No wrestler shall enter the state tournament unless his/her minimum weight has been properly certified. *Exception: It is possible for a wrestler to participate in the state tournament without previously having wrestled in an interscholastic match prior to the state tournament if he/she has taken and passed the hydration test and body fat assessment prior to the seeding meeting.*
1. The deadline to test a wrestler who has not wrestled previously shall be the Thursday immediately prior to the deadline for submitting all wrestlers' information on the NWCA website.
- 25.7.11** A wrestler may wrestle one weight class above his/her minimum weight. A wrestler who wrestles two or more weight classes above his/her minimum weight must adhere to rule 25.7.4 before he/she may wrestle at their established minimum weight. *Example #1: A wrestler's established minimum weight is 138 lbs. He/she weighs in for a meet at 134.5 lbs. The wrestler may wrestle in the 138 lb. or 145 lb. weight class. Example #2: A wrestler's established minimum weight is 138 lbs. He/she weighs in for a meet at 143.8 lbs. The wrestler may wrestle in the 145 lb. or 152 lb. weight class. The wrestler shall not wrestle at his/her minimum weight until he/she loses the weight not to exceed 1.5 percent a week.*
- 25.7.12** A 2-pound growth allowance shall be added to each weight class on **December 25** of each year.

25.8 STATE TOURNAMENT

- 25.8.1** The state wrestling tournaments shall be conducted under the auspices of the LHSAA. The state tournament shall be administered by a committee composed of the Executive Director, the Executive Director's Assistant and Executive Committee members. The tournament committee shall set policies for tournament administration.
- 25.8.2** The state wrestling tournament shall be conducted during the 32nd week of the NFHS calendar. If the 32nd week conflicts with Mardi Gras, the date(s) of the tournament shall be adjusted by the LHSAA Executive Committee.
- 25.8.3** The site shall be selected by the LHSAA Executive Committee. The state tournament will be held at the site selected and on the dates listed in Rule 25.1, Important Dates, in this section.
- 25.8.4** The LHSAA shall appoint a tournament committee to assist the tournament director at the host site. The Executive Director shall secure the services of a physician to serve as the official tournament physician for the state tournament. Any and all decisions of the physician concerning injuries and/or communicable diseases will be final.
- 25.8.6** A Division II or III school shall compete in another division if it mails a written intention to the LHSAA postmarked no later than the state entries/intent to enter date cited in Rule 25.1, Important Dates, in this section.
- 25.8.7** A team shall be accompanied by a faculty coach/representative or an LHSAA-approved non-faculty coach at the tournament. If the team is accompanied by a faculty coach/representative or an LHSAA-approved non-faculty coach from any other school/school system in the tournament, affected schools shall have written agreement available to the tournament director on request.
- 25.8.8** Division I, II and III schools shall fax or email the entry form to the LHSAA. All information must be received by the LHSAA no later than the state entries/intent to enter date cited in Rule 25.1, Important Dates, in this section. Schools failing to post their wrestler(s) information on the NWCA website by 10:00 p.m., on the date cited in Rule 25.1, Important Dates, shall be fined \$100 and their wrestler(s) shall not be seeded.
- 25.8.9** Each state tournament wrestler shall abide by the weigh-in rules as governed by the NFHS Wrestling Rules.
- 25.8.10** The state tournament's official seeding meeting (*Divisions I, II, and III*) shall be the Monday night prior to the state tournament. 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.
- 25.8.11** A \$15.00 entry fee per wrestler shall be sent to the LHSAA by school check payable to the LHSAA along with a list of qualifiers to the state tournament by the established deadline. 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.

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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 re-drawn when a seeded wrestler is not able to wrestle in the tournament **on the first day.**

25.8.13 A wrestler detected destroying or damaging property during the state tournament shall be suspended from competition for the remainder of the tournament and the school shall be required to pay for all damages incurred and fined an additional \$250 for the unsportsmanlike and unethical conduct.

25.9 REPORTING INFORMATION ON NWCA WEBSITE

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 Tuesday, 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.**

25.10 OFFICIALS: Rules regarding wrestling officials and officiating in general are cited in the by-laws in Section 8.

WRESTLING DIVISIONS

25.11 DIVISION I

Acadiana	Catholic (BR)	East Ascension	Mandeville
Airline	Chalmette	Ehret, John	Northshore
Archbishop Rummel	Comeaux	Fontainebleau	St. Amant
Barbe	Covington	Hahnville	St. Paul's
Bonnabel	Denham Springs	Higgins, L.W.	Sulphur
Brother Martin	Destrehan	Jesuit	Walker
Byrd, C.E.	Dutchtown	Lafayette	Zachary
Carencro			

25.12 DIVISION II

Archbishop Shaw	East Jefferson	Live Oak	Riverdale
Baton Rouge	Haughton	McKinley	St. Louis
Belle Chasse	Holy Cross	Northside	St. Michael
Benton	Huntington	Northwood (SH)	St. Thomas More
Broadmoor	Istrouma	Parkway	Tara
Central, BR	King, Grace	Pearl River	Teurlings Catholic
Cox, Helen	Lakeshore	Plaquemine	Woodlawn, BR

25.13 DIVISION III

Basile	Episcopal	Kaplan	Ouachita Christian
Bossier	Evangel	Lakeside	Parkview Baptist
Brusly	Fisher	La. School for Vis. Impaired	Rayne
Calvary Baptist	French Settlement	Loyola	Redemptorist
Curtis, John	Grand Lake	North DeSoto	South Cameron
De La Salle	Holy Rosary	North Vermilion	South Plaquemines
Doyline	Jefferson, Thomas	Northlake Christian	University Lab
Dunham			

