

KHSAA RULES AND REGULATIONS Governing Wrestling Tournaments

(Adopted by the Board of Control)

(Case situations refer to rulings and interpretations used to administer these provisions which can be found in the next section of the Handbook)

I) Assignment of Schools to Regions

The Kentucky High School Athletic Association shall sponsor postseason competition in wrestling for boys, provided that fifteen (15) percent of the member schools declare intentions to participate in said competition. Member schools desiring to participate in KHSAA sponsored postseason competition shall notify the Association office prior to November 1. The Commissioner shall divide the state into geographic sections with the approval of the Board of Control. Newly added or deleted programs will be handled on a case by case basis by the Commissioner's office.

As of August 1, 2009, the alignment is as follows —

REGION 1 - (WESTERN KENTUCKY) – Apollo, Caldwell County, Calloway County, Christian County, Daviess County, Fort Campbell, Hopkinsville, Ohio County, Paducah Tilghman, Union County, University Heights

REGION 2 - (MID KENTUCKY) – Anderson County, Boyle County, Central Hardin, Danville, Fort Knox, John Hardin, LaRue County, Nelson County, North Hardin

REGION 3 - (WEST JEFFERSON) – Bullitt Central, DeSales, Doss, Fairdale, Holy Cross (Louisville), Iroquois, Meade County, Pleasure Ridge Park, Shawnee, Southern, Valley, Western

REGION 4 - (CENTRAL JEFFERSON) - Atherton, Central, DuPont Manual, Kentucky School f/t Blind, Moore, Seneca, St. Xavier, Trinity (Louisville)

REGION 5 - (EAST JEFFERSON) - Eastern, Fern Creek, Jeffersontown, Kentucky Country Day, North Oldham, Oldham County, South Oldham

REGION 6 - (NORTHERN KENTUCKY) - Bishop Brossart, Boone County, Campbell County, Conner, Cooper, Dixie Heights, Holmes, Newport, Ryle, Scott, Simon Kenton, Walton-Verona

REGION 7 - (CENTRAL KENTUCKY) – Bourbon County, Bryan Station, Franklin County, Harrison County, Henry Clay, Lafayette, Madison Central, Montgomery County, Paul Laurence Dunbar, Tates Creek, Western Hills, Woodford County

REGION 8 - (EASTERN KENTUCKY) - Ashland Blazer, Harlan County, Johnson Central, Lawrence County, Letcher County Central, McCreary Central, Perry County Central, Prestonsburg, Sheldon Clark, Wayne County, Whitley County

II) Dates and Sites for Tournaments

The Commissioner shall make the determination of the regional tournament sites. Schools interested in hosting a regional tournament shall submit their request through the defined site selection process at prior year tournaments. The applicant shall supply information relating to seating and parking facilities and such other information as may be requested by the Commissioner. The Commissioner's office may use this site selection plan as a guide, but is not bound by this plan in determining the sites. If a region is unable to resolve conflict over the plan, the Commissioner shall establish a plan. All tournaments will be held within the dates indicated on the Memorandum Calendar unless otherwise approved in writing by the Commissioner.

Only schools which are members of the Association prior to January 1 of the year in which the tournament is held, and already having a suitable facility for hosting the tournament shall be allowed to apply, and only those competing in the current year will be allowed to vote for the region tournament location.

Schools interested in hosting a regional tournament shall submit the tournament information when requested by the Commissioner's office. The applicant shall verify that the facility tournaments any standards established by the Games Committee and shall supply data relating to seating and parking facilities and such other information as may be requested by the Commissioner. Member schools are not permitted to practice for, travel to or participate in an interscholastic athletic contest during the six-hour school day.

No wrestling tournament should be scheduled at a time that would violate any part of the six-hour academic school day.

The Board of Control shall determine the site of the state finals after receiving the Commissioner's recommendation, and shall be guided

by necessary hotel facilities, playing facilities, and community/area support.

III) Tournament Managers

The Commissioner will appoint a manager for each of the regional meets, and shall serve as the manager for the state meet. The Commissioner may appoint as many assistant managers as deemed necessary to manage the event. It is the duty of each manager to notify all schools participating in the meet as to the time and place of the meet, to supply him or her with entry instructions, to invite their participation, and make all arrangements to conduct the meet. It is an explicit duty of each tournament manager to inform the association IMMEDIATELY as to the bracket / pairings / entries / results when requested by KHSAA staff and according to the time deadlines provided including the actual site of the tournament if it is not held at the school. The Board of Control has approved the policy that the receipts of a tournament can be assessed (a fine levied against the manager) for failure to comply with these provisions.

IV) Weight Management, Certification and Control

A) Minimum Weight Determination and Reporting

1) All athletes shall meet eligibility requirements including the development of a set minimum body weight. This weight is to be determined in joint consultation with the athlete, his/her parents, his/her doctor and the coach and may require an additional medical examination by a medical doctor.

2) An accepted method of determining this weight shall be used and the Commissioner shall approve the method. Any one of the four approved methods may be used in accordance with the weight management procedures, including skin-fold caliper testing; BOD POD® air displacement; Bioelectrical Impedance Analysis or Hydrostatic (under water) determination.

3) The NWCA (National Wrestling Coaches Association) online system shall be used to record and track the procedures.

4) The minimum weight class for each wrestler shall be determined using the National Wrestling Coaches Association (NWCA) online system between October 15 and the first regular season match.

5) The Head Coach of the team is responsible for maintaining a signed copy of the Alpha Report as the wrestling permission form. Each athlete subject to the sub-7% physician permission shall have a properly completed form processed, and the Head Coach shall send a copy of that form to the KHSAA prior to the first competition.

6) Failure to determine an athlete's minimum weight shall render the athlete ineligible for competition. Athletes without a minimum weight determination may not wrestle in competition or in practice after the first date for competition during the regular season.

7) The Head Coach or the wrestling program at a particular school may be penalized in accordance with Bylaw 33, and may be declared ineligible for competition for failing to submit minimum weight verification information in a timely fashion.

8) A wrestler may not compete on the day of the minimum body weight testing.

9) A wrestler desiring to appeal the original minimum weight certification results must complete the hydrostatic weight appeal within two (2) weeks of the original test.

10) A wrestler may never be certified into a class which is below the minimum body weight determined by the wrestler, his/her parents, his/her coach and his/her doctor and verified by using the proper calculation forms.

B) Weight Classes, Weigh-ins and Records

1) Competition shall be divided into weight classes for regular and postseason competition as follows: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285.

2) The two-pound growth allowance will be added to each class boundary on December 25, thereby shifting the bounds of the class. The individual wrestler does not "receive" two pounds, the class weight limit is simply increased by two pounds..

3) For each round of the KHSAA postseason tournament, the two pound weight / growth allowance provisions from the National Federation Rules shall be used as such shall be added on December 25.

4) A certified scale shall be used to verify weight at all matches (regular and postseason). Scales which do not display current

certification or for which current documentation is not available shall not count toward the wrestler's weigh-in requirements but shall count as though the wrestler weighed 288.

- 5) If an athlete competes in a match where no certified scale was available, the weigh-in counts as a "miss" in all fourteen weight classes with respect to achieving a desired weight class weigh-in.
- 6) A member school representative may not compete in any match where a weigh-in is not conducted and recorded.
- 7) The Head Coach of each team shall be responsible for entering the complete competition schedule of the team prior to the first competition date, using the NWCA online system and shall maintain the accuracy of that schedule throughout the season.
- 8) The Head Coach of each team shall provide, for each competition weigh-in, a match weigh-in form produced by the NWCA online system showing the lowest applicable weight for each competing wrestler on the actual date of competition. Local event managers should have in place an option to produce such listing in the event that the competing coach does not produce this report at weigh-ins. Any coach failing to produce this report shall have the weigh-ins recorded on an alternate form, and such shall be provided, by an opposing coach, to the KHSAA for review. Repeated failure to produce these required weigh-in reports shall be cause for suspension of the Head Coach from regular or post season competition or other penalty contained in KHSAA Bylaw 33 and may subject the team to ineligibility to enter the regional wrestling tournament.
- 9) Following each match, and prior to the next competition for the squad, each coach shall enter the actual scale weights of each wrestler who weighed in for the competition, using the NWCA online system. For multiple day competition within the same event, only the first day weigh-in is to be recorded. Repeated failure to enter scale weights prior to the next competition shall be cause for suspension of the Head Coach from regular or post season competition or other penalty contained in KHSAA Bylaw 33 and may subject the team to ineligibility to enter the regional wrestling tournament.

C) Certification into a Weight Class

- 1) A wrestler is certified into a particular weight class at any regularly scheduled match or tournament any time on or prior to the Saturday of NFHS week 30 by making base weight (including growth allowance after December 25) at an official weigh-in on a certified scale as long as that certified weight is not below the documented minimum weight and is at a time allowed by the minimum weight calculations. A wrestler weighing in on or prior to the Saturday of NFHS week 30 is continually certifying at the weigh-in weight.
- 2) Once a wrestler is certified into a particular weight class as of the Saturday of NFHS week 30, he/she may weigh-in only in that class and one class above. He/she is automatically re-certified into a higher weight class after the Saturday of NFHS week 30 by weighing in and qualifying for that class, but never into a lower weight class. After the Saturday of NFHS week 30, making base weight (including growth) two classes above any previously certified weight class automatically renders that wrestler ineligible for the remainder of the year to wrestle in the lower weight class (previous certified weight).
- 3) Please note that this rule is for weigh-ins, not matches. It is possible that a wrestler weighed in at a certain class weight for a match, but wrestled up during that match. That weigh-in would count for the lower, weigh-in class.

D) Weight Control

All coaches are cautioned that rapid reduction in weight can endanger the health of the student athlete and coaches are encouraged to keep current with all research in this area. The manager of each meet is to have each participant weighed and it is highly recommended that a physician examine each participant.

V) Eligibility to Enter Tournament Play

An athlete shall have a combination of four matches or four weigh-ins representing the high school during the current season in order to be eligible to enter the region.

All entrants from a school accumulate team points toward the team championship.

A school may list an unlimited number of entrants from a list of eligible athletes as possible competitors in the regional tournaments. Each of these potential entrants shall be entered via the NWCA online weight management system. This list shall include all names of anyone who is to be eligible to participate in the postseason and shall be generated by the NWCA wrestling system.

A school may enter one participant in each weight class in the region tournament.

Each coach shall ensure that each athlete has a completed wrestling permission form on file with the school (the Alpha Report along with the sub-7% form if necessary). This form is to contain signatures from the athlete, the coach and the parents verifying compliance with all rules as well as the health care provider who did the minimum weight testing, and the doctor if the athlete is below 7%. These forms shall be brought to the entry/seeding meeting for submission and verification.

VI) Regional Seeding Meeting and Tournament

A) Attendance and Required Documentation

- 1) The specified reports from the NWCA system that show both the minimum weight and match by match weights shall be brought to the seeding meeting for the region tournament by the coach or designated school representative of each school desiring to participate.
- 2) A wrestler may not be entered in a region tournament unless the weigh-in verification records are completed via the NWCA system.

B) Seeding Meeting Procedures

- 1) The regional manager will coordinate a meeting of participating coaches for the purpose of making region pairings in each weight class by seeding the participants.
- 2) The Advisory Committee member from the specific region shall chair the meeting and be responsible for compliance with the Tournament rules.
- 3) Each school shall have a representative at the seeding meeting for the region tournament or that school may not enter wrestlers.
- 4) Those present at the meeting may conduct the business of the region meeting including completion of the seeded brackets. If votes are taken, each school may only have one vote.
- 5) Collectively, the schools shall decide the seeded wrestlers in each weight class. For regions without an adopted seeding plan, the following criteria may serve as a guide:
 - a) Head to head competition between contestants.
 - b) The record against common opponents;
 - c) A contestant with a better overall record;
 - d) A contestant with an exceptional record against acknowledged strong competition;
 - e) A returning champion or runner-up in the same weight class;
- 6) The member school representatives DO NOT HAVE authority to waive the tournament rules or create new ones for the basic entry, bracket and scoring procedures
- 7) Following the initial seeding, the tournament manager and the regional Advisory Committee member shall develop the preliminary bracket.
- 8) Once the regional seeding meeting is complete, no alterations can be made to the seeding except per Section (C) below.

C) Regional Tournament Format

- 1) After the seeding is completed, a coach may choose to designate a wrestler into another class by notifying the manager prior to the beginning of weigh-ins.
- 2) Once weigh-ins begin, an athlete may not be entered into a lower class than previously entered by the coach as the scales will have closed on that previous class.
- 3) An athlete missing weight at the region weigh-ins may be replaced in that weight class by any eligible member of the team who is on the NWCA online Alpha Master report, who meets the qualifications per the minimum weight guidelines, who has participated in four high school matches or bouts, who is eligible by the KHSAA Tournament Rules, and who is eligible by all other weight qualification rules including a valid weigh-in at the region.

The wrestler missing weight may be moved to either of the weight classes for which his/her scale weight permits.

The wrestler missing weight, if not replaced by another wrestler

from the same squad, creates a bye in the bracket, and if necessary, brackets may need to be re-drawn to accurately reflect seeding.

- 4) Once the scales are closed, entries are considered final. At that point, any further withdrawal from the tournament series constitutes a forfeit.
- 5) If any entered wrestler (seeded or otherwise), due to action of the coach prior to or after weigh-ins, changes weight classes, then the regional committee member and tournament manager shall convene all coaches for a supplemental meeting after the scales have closed for 285 pound class.
- 6) At that short supplemental meeting the participating coaches shall vote to determine if the wrestler who was seeded in a former class should now be seeded in his/her entered class or if any other wrestler changing classes since the first entries were submitted necessitates an additional seeding discussion..
- 7) No other wrestling seeding decision from the original seeding meeting is able to be discussed or reconsidered as those are final upon conclusion of the seeding meeting.
- 8) After this supplemental meeting is completed, the regional committee member and manager shall ensure that the proper bracket is completed for each class according to the bracketing guidelines.
- 9) All regional wrestling brackets shall be placed in the proper 4-, 8- or 16-person bracket. A 12-person brackets may not be used as the NFHS wrestling rules require a bracket of a power of 4.
- 10) Each weight class shall be considered separately as to bracket size. A weight class with 1-4 wrestlers shall use a 4-person bracket; 5-8 wrestlers shall use an 8-person bracket and 9-16 shall use a 16-person bracket.
- 11) There will be a full wrestle-back tournament in each weight class at the region tournament.
- 12) The region tournament will be wrestled and scored to six places in each bracket.

B) State.

- 1) The top four wrestlers in each weight class shall advance from the regional tournament into the state tournament. In the event that a seeded wrestler is not able to participate in the state tournament due to injury or other reason beyond the control of the wrestler, the appropriate seeded wrestler(s) will be moved up in the seeding, and the fifth place wrestler from the regional tournament will be seeded fourth.
- 2) There shall be a rotation system developed that attempts to ensure that there are no byes in the state tournament by rolling into the tournament, the fifth place wrestler from a randomly selected region if the qualifying region has less than five wrestlers or the fifth place wrestler is unavailable and a replacement is needed.
- 3) Notification of situations of this type where substitutions are made shall be made to the Commissioner immediately with further notification to all effected coaches.
- 4) Wrestlers unable to compete may be replaced prior to weigh-ins, and such shall not constitute a forfeit. Other positions shall be rotated up in the bracketing. Wrestlers missing weight at the State tournament shall constitute a forfeit.
- 5) There will be a full wrestle-back tournament for each weight class at the state tournament.
- 6) The Commissioner shall draw each weight class individually for the pairings at the state tournament.
- 7) The state tournament will be wrestled and scored to eight places.

VII) Rules

The National Federation of State High School Association Rules will be used at all tournaments.

VIII) Officials (Regular and Postseason)

For regular season play, the fee shall \$40 per standard dual match. For a double dual, the fee shall be \$70 per official. For a tri-meet, the fee shall be \$90 per official. For a quad, which shall use a minimum of two officials, the fee shall be \$90 per official. For a one-day 16-person bracket tournament, the fee shall be \$160 per official. For a two-day, 24-person bracket tournament, the fee shall be \$220 per official and for a two-day, 32-person bracket, the fee shall be \$245 per official. Fees for other meet formats not mentioned shall be negotiated with the local official(s) by the school. The host school

is responsible for the full complement of officials but shall work with the local assigning secretary if one is retained by the local policy board. The local regional policy board may approve a supplement for incidental expenses such as travel and mileage.

Only officials licensed with the Kentucky High School Athletic Association may officiate in the regional or state meet. The Commission shall assign all officials to region and state competitions. Only a Level 2 or 3 official may officiate the regional or state tournament. Exceptions shall be approved by the Commission.

Only officials licensed by the Kentucky High School Athletic Association may officiate in the regional or state meet. Only KHSAA Level 2 or Level 3 officials shall be used in the regional or State Tournaments. Only officials who are licensed by June 30 of the Licensing year may officiate the State Tournament. Exceptions may be approved by the Commission.

The final selection shall be made by the Commission.

Local associations may submit recommendations for postseason assignments to region, section and state tournament contests. The final selection shall be made by the Commission.

Regional tournament officials shall be paid a fee of \$150.00. In the case where an official is required to travel outside of the local assigning area by virtue of the assignments, the fee shall be increased by \$5 per person. The crew of officials may paid a mileage allowance for one car based on the mileage submitted to and approved by the manager.

State tournament officials shall be paid a predetermined rate per session based on the format of the tournament.

Additional postseason allowances for lodging, etc. shall be at the discretion of the tournament manager and shall be approved by the Commissioner.

IX) Champion

The team that scores the greatest number of points during the tournament shall be declared the team champion. Team points will be awarded in accordance with the National Federation Rules Book.

X) Trophies and Awards

A) Region.

- 1) Trophies will be given to the team winner and runner-up at each region.
- 2) Awards will be given to first six (6) placers in each weight class at each regional tournament and a Most Valuable Wrestler. There may not be a tie in balloting for the Most Valuable Wrestler.
- 3) The Association will bear the costs of all trophies and medals at the regional tournament.

B) State.

- 1) Trophies will be awarded to the teams finishing first, second, third and fourth at the state meet.
- 2) Awards will be given to the first eight (8) finishers in each weight class at the state tournament.
- 3) Awards will be presented to the competitor with the Quickest Pin, Most Pins in Least Amount of Time, and to the Most Valuable Wrestler.
- 4) The Association will bear the costs of all trophies and medals at the state tournament.

XI) Finances

A) Region

- 1) The finances of the regional meet will be managed at the regional level.
- 2) The regional competing schools shall decide any distribution of net profit/loss, which shall be shared.

B) State

- 1) The Association will finance the state tournament.
- 2) Schools are responsible for the expenses of competitors participating in the state tournament.

XII) Special Tournament and Regular Season Rules

A) Specifications for Wrestling Tournaments

The specifications for recommended and required standards for wrestling facilities to be used in tournament play may be developed by Association staff and Advisory Committees and approved by the Board of Control.

B) Length of Periods

For postseason play, all matches in championship (winner's) bracket shall be wrestled in 2 minute periods for all three periods. For consolation bracket matches, including medal rounds, the first

round shall only be 1 minute in length.

C) Additional Rules for Contests

Additional rules, governed by State Association adoption provisions in the National Federation Playing Rules or otherwise developed by the Association may be implemented in contests played in Kentucky and will be distributed to the membership when relevant.

XIII) School Personnel to Accompany Team

In accordance with Bylaw 20, each school having participants in a KHSAA event shall send a school designee to accompany the team. This person should be designated in writing by the Principal and approved by the local Board of Education.

(Case situations related to this sport appear following the Tournament Rules section)