



2008-2009 KHSAA WRESTLING RULES CLINIC

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SECTION I ADMINISTRATIVE RULES / BYLAWS AND TOURNAMENT RULES REVIEW

1) *Bylaw and Administrative Procedures Review*

Complete text of the important listed rules below is attached.

Bylaw 3 – Age Rule

Bylaw 5 – Academic Requirement

Bylaw 6 – Transfer Rule

Bylaw 25 – Limitation of Seasons

Bylaw 27 – Requirements for coaches

2) *Officiating Reminders*

ARRIVAL AT REGIONAL MEET

There is no grace time for the regional meet. If you are not on time, meet management and the officials are expected to begin the meet, and forfeit matches for which you have not arrived in time.

BOARD OF CONTROL PAY SCALE FOR WRESTLING OFFICIALS

REGULAR SEASON

- 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 must 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
- 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.
- Fees are to be paid within one week of the competition.

POST SEASON

- Part II test will be given only via the internet to all officials. Instructions will be mailed. Officials will have two weeks to complete the exam.
- Officials must score 80 for postseason. Exceptions will only be made in the case where there are not enough officials to assign.
- 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 state tournament. Exceptions must be approved by the Commission.
- Regional tournament officials shall be paid a fee of \$165.00. 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 must be approved by the Commissioner.

OTHER

- KHSAA web site, <http://www.khsaa.org/>
- Regular Season Contact – Mike Barren, mbarren@khsaa.org or Jack Cline, jj.cline@yahoo.com
- Wrestling Coaches Listserve – to sign up <http://www.uky.edu/Education/khsaalists.html>

3) *Corresponding Dates*

State Tournament, Set for Frankfort, 2009 through 2011

KHSAA STANDARDIZED SCHEDULING CALENDAR - WRESTLING

School representatives scheduling wrestling contests over the next several seasons can use the following comparative corresponding date chart to determine the applicable playing week of the season.

Week	2007-08	2008-09	2009-2010	2010-2011	2011-2012
State	2/10-2/16 (33)	2/15-2/21 (33)	2/14-2/20 (33)	2/13-2/19 (33)	2/12-2/18 (33)
Region	2/3-2/9 (32)	2/8-2/14 (32)	2/7-2/13 (32)	2/6-2/12 (32)	2/5-2/11 (32)
Week 11	1/27-2/2 (31)	2/1-2/7 (31)	1/31-2/6 (31)	1/30-2/5 (31)	1/29-2/4 (31)
Week 10	1/20-1/26 (30)	1/25-1/31 (30)	1/24-1/30 (30)	1/23-1/29 (30)	1/22-1/28 (30)
Week 9	1/13-1/19 (29)	1/18-1/24 (29)	1/17-1/23 (29)	1/16-1/22 (29)	1/15-1/21 (29)
Week 8	1/6-1/12 (28)	1/11-1/17 (28)	1/10-1/16 (28)	1/9-1/15 (28)	1/8-1/14 (28)
Week 7	12/30-1/5 (27)	1/4-1/10 (27)	1/3-1/9 (27)	1/2-1/8 (27)	1/1-1/7 (27)
Week 6	12/23-12/29 (26)	12/28-1/3 (26)	12/27-1/2 (26)	12/26-1/1 (26)	12/25-12/31 (26)
Week 5	12/16-12/22 (25)	12/21-12/27 (25)	12/20-12/26 (25)	12/19-12/25 (25)	12/18-12/24 (25)
Week 4	12/9-12/15 (24)	12/14-12/20 (24)	12/13-12/19 (24)	12/12-12/18 (24)	12/11-12/17 (24)
Week 3	12/2-12/8 (23)	12/7-12/13 (23)	12/6-12/12 (23)	12/5-12/11 (23)	12/4-12/10 (23)
Week 2	11/25-12/1 (22)	11/30-12/6 (22)	11/29-12/5 (22)	11/28-12/4 (22)	11/27-12/3 (22)
Week 1	11/18-11/24 (21)	11/23-11/29 (21)	11/22-11/28 (21)	11/21-11/27 (21)	11/20-11/26 (21)
1st Contest	11/19/07	11/24/08	11/23/09	11/22/10	11/21/10
Practice	10/15	10/15	10/15	10/15	10/15

- *Due to facility conflicts for swimming, the contest dates in swimming are only set one year in advance. Efforts will be made in future years to avoid a conflict between the State Wrestling Tournament and the State Swimming Meet.*
- *Numbers in parenthesis refer to the National Federation Corresponding Date Master Chart*
- *Schools should be mindful that these dates serve as a guide, but do not supercede the Limitation of Seasons with respect to starting dates and limits of games.*

4) **Weight Management Clarifications, Changes and Reminders**

- Must use NWCA online program (www.nwcaonline.com). Program is free for all Kentucky Wrestling Schools through grant and sponsorship secured by NWCA.

5) **Bylaw 25, Limitation of Seasons**

Sec. 1) General Provisions Concerning All Sports

a) Loss of School Time

No school time may be lost for travel to or from, or participation in, any regular season interscholastic athletic contest.

b) Schedule of Contests on Consecutive Days

Contests shall be scheduled so that there are not four consecutive days of competition on any Monday through Thursday period while school is in session.

c) Specific Definitions for Ending of School

For all interpretations and regulations concerning the ending of the school year, including restrictions on coaching involvement, the end of the school year shall be defined as the earlier of the last day of school or May 31.

d) Specific Penalties for Violations - Too Many Contests

Any school violating provisions of this Bylaw by playing too many contests may not be eligible for state championship competition or may be otherwise penalized. For the determination to be made that the limit has been exceeded, it shall be reported in writing and received by the KHSAA prior to 12:01 a.m. (midnight) ET on the first day of the postseason tournament series as established by the KHSAA Memorandum Calendar. If detected and verified, the team exceeding the limit shall be ineligible for postseason play and may be further penalized in accordance with Bylaw 33. If the report is made after that point, the team shall be penalized in accordance with Bylaw 33 but shall remain eligible for tournament play during the current season.

e) Specific Penalties for Violations - Too Many Scrimmages

Any school violating scrimmage limitations may be placed on probation, prohibited from participating in preseason scrimmages in that sport for two (2) seasons, and may be prohibited from taking part in KHSAA state championship competition or other penalties in

- All assessors must be updated (list and form attached)
- Testing Must be Completed after October 15 and prior to first competition

accordance with Bylaw 33. The second violation will result in automatic suspension.

f) Involvement of Members of the Coaching Staff Out of Season

Members of the high school coaching staff (paid or unpaid) shall not be prohibited from sport specific observation and evaluation (but not coaching) of any player who has played for a grade nine (9) through grade twelve (12) team (freshman, junior varsity, varsity) from the first day of school through the last day of school provided such play is under the direct control of the same local board of education as the coach is employed and provided such play is not in conflict with other KHSAA bylaws.

Sec. 14) Sports Specific Limitations - **Wrestling - Boys**

a) Following the opening day of school, there shall be no organized practice prior to October 15.

b) There shall be no more than two (2) practice meets prior to the first regular season contest of that year.

c) The first match shall not take place prior to the Monday of Corresponding Week 21

d) A school may schedule a maximum of seventeen (17) matches in each weight class. Tournaments or contests involving three (3) or more schools shall count as one (1) match toward the match limit.

e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

f) The KHSAA and the National Federation of State High School Associations will establish official weight classes.

SECTION II – 2007-08 PLAYING RULE CHANGES AND RULES EMPHASIS

Restricted Zone for Coaches (2-2-2): This rule change clarifies the existence of a boundary for the coaches' restricted zone on the corner of the wrestling mat. Previously, coaches sometimes tended to get too close to the circle, which could increase risk of injury to the wrestlers or the coach. SITUATIONS 1, 2 and 3: See 2.2.2 A, B, C

Wrestler's Uniform (New 4-1-5): This new rule requires the wrestler's uniform to be worn as intended/designed by the manufacturer and now gives rules support to what has been the NFHS interpretation. SITUATION 4: See 4.1.5

Wrestler's Hair Length (4-2-1): This rule change now requires that a wrestler's hair in its natural state, in the front, shall not extend below the eyebrows. SITUATION 5: See 4.2.1 F

Physician's Release Form for Skin Conditions (4-2-3): This rule change requires the physician's release form for a wrestler to participate with a particular skin condition to be presented at the weigh-in unless a designated, on-site meet physician is present and is able to examine the wrestler immediately after the weigh-in and finds that the suspect condition would not be harmful to an opponent. Prior to this rule change, a wrestler could provide the document at the weigh-in or prior to competition. SITUATIONS 6, 7, 8 and 9: See 4.2.3 B, C, 0, E

Non-Communicable Skin Conditions (New 4-2-5): This new rule states that 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. The committee was concerned about the burden of expense to the individual wrestler for periodic visits to a physician could prohibit that individual from competing. Each state defines the period whereby a physician's release form is valid. SITUATION 10: See 4.2.5

Weight Allowance and Notification (4-5-5): This rule change added a one-pound weight allowance in the event of a school closing due to inclement weather or unforeseen circumstances, where wrestling practice(s) cannot take place policies. The rule change also makes it clear as to who should be notified when weight allowance is justified. SITUATIONS 11 and 12: See 4.5.5 F, G

Wrestling Inbounds (5-15-3): This is a rules clarification that allows the referee to bring both wrestlers back to the center of the mat and restart the match in order to promote action in the center of the mat area. This rule change allows the referee the option at the edge of the mat to stop wrestling and restart the wrestling in the center of the mat when no action is taking place without penalizing either wrestler. SITUATION 13: See 5.15.3

Offensive Starting Position Sequence (New 5-20-5 Note): Nothing has changed in the offensive starting position. There is now a time sequence to follow. This rule change will provide consistency for all wrestlers to follow the same time sequence and will keep the start more consistent to help eliminate the false start. SITUATION 14: See 5.20.5 0

Revised Unsportsmanlike Conduct Penalty for Head Coach (5-31-1): This rule change deletes the language that was approved in 2007 for penalizing the head coach for unsportsmanlike conduct. This is a very severe penalty to the coach in wrestling and puts the coach and the referee on edge once the head coach has received one of these unsportsmanlike conduct penalties. It is difficult to say to a head coach that he/she has to leave a facility because one of his/her wrestlers have reported not ready to wrestle, causing the second unsportsmanlike conduct penalty to be assessed to the head coach. The penalty has not changed for the wrestler, as he/she will be penalized one match point for a technical violation and must take an injury time-out and will have 1 ~ minutes to correct the situation to be legal to compete. SITUATION 15: See 5.31.1

Correction of Errors in Positioning and Overtime (5-1-4; 6-6-1): Previously, the wrong wrestler being given choice in the first 3D-second

tiebreaker would have been considered bad time. Both situations under Rules 5-1-4 and 6-6-1 are similar and may now be connected equally. The rules now state what exactly takes place in the third period. SITUATION 16: See 6.6.1 C

Choice in Ultimate Tiebreaker Revised (6-7-1 c6): This rule change provides the wrestler whose opponent has been penalized for unsportsmanlike conduct at anytime during the match the choice of position for the ultimate tiebreaker. The unsportsmanlike conduct penalty will supersede the first points scored in the regulation match. SITUATION 17: See 6.7.2

New Illegal Maneuver Added (New 7-1-5w): With the addition of this new rule, an effort is being made to eliminate injuries to a wrestler doing a back flip from the standing position by making it an illegal maneuver. This is a risk minimization issue. SITUATION 18: See 7.1.5 K

Unnecessary Roughness Further Defined (7-4-1): This rule change further defines unnecessary roughness to include a forceful slap to the head or face, and/or gouging or poking the eyes. SITUATION 19: See 7.4.1

Stalling Further Defined (New 5-25-6c; New 7-6-6c): This addition to the definition of stalling calls attention to an often used stalling technique. Referees now have rules support for a stalling call against a wrestler who repeatedly creates a stalemate situation to simply prevent his/her opponent from scoring and not from his/her own attempt to score. Wrestlers are discouraged from repeatedly creating stalemate situations in an effort to burn time or avoid being scored upon much like they are discouraged from playing the edge of the mat, avoiding contact with an opponent or repeatedly grasping or interlocking around one leg of the opponent to prevent scoring. SITUATION 20: See 7.6.6

New Referee Signal (5-29-3; Signal Chart): The NFHS Wrestling Rules Committee has implemented a new referee signal to be used to indicate when to start recovery time during a match.

SECTION III - EDITORIAL CHANGES AND PUBLICATION CORRECTIONS

OTHER EDITORIAL CHANGES –

3-3-2 Clarified that the assistant scorers are also responsible for circling first point(s) scored in the regulation match.

4-2-4 Added the word "designated" to the description of the on-site meet physician.

5-15-2b Added the words "is considered to be" for further clarification of the defensive wrestler's shoulder or scapula as supporting points.

5-16-3 Added an "(s)" to supporting point(s) for clarity.

5-22-1 Further defined "Random Draw" based on the 2007-08 rules change.

5-28-1 Deleted "Except for the false start or incorrect starting position" from description of Technical Violations.

6-2-2 Clarified the proper reporting sequence as determined by the pre-meet disk toss in a dual meet.

6-6-6 The words "will be made" were added for clarity in describing how the referee will communicate to the opposing coach on a rules explanation.

7-4-3 Deleted the words "It would include, but" from the description of flagrant misconduct.

8-1-6 Added the words "an individual" before tournament to further clarify that any contestant disqualified because of flagrant misconduct in an individual tournament is not entitled to any points earned in that tournament.

8-2-1 Clarified that time required to treat a pre-existing medical condition or illness is also counted as injury time.

8-2-8 Revised current rules language on bleeding and blood on uniforms. Photo #2 Added more detail to the description of the photo on what is a legal hair style by rule.

Photo #3 (New) Added a new photo of a legal hair style.

Photos #31-33 Added three new photos to show the new time/position sequence for the offensive starting position.

Photo #57 (New) Added a new photo to illustrate an illegal front headlock without an arm encircled.

Photo #84 Added more detail to the description of an illegal back bow by application.

Photo #89 Clarified the rules reference as 7-2-2.

SECTION IV – POINTS OF EMPHASIS

Grooming and Medical Checks

According to Rule 3-1-4, the referee has the duty of meeting with each team to inspect each contestant for long fingernails, improper grooming and skin conditions. These inspections usually take place at weigh-ins. All contestants must meet Rule 4-2-1, the grooming rule. They must be clean shaven, sideburns trimmed no lower than earlobe level and the hair trimmed and well groomed. The hair, in its natural state, shall not extend below the top of an ordinary shirt collar in the back, on the sides not to extend below earlobe level and in the front not to extend below the eyebrows (new rule change for 2008-09).

Each wrestler must be free of any communicable skin condition that might be contagious. Should a questionable skin condition exist, the coach/wrestler

must present at weigh-ins, the appropriate skin form documentation signed by a physician as to the clearance of that condition. The skin form must be marked with the exact location of the condition for which the physician is giving clearance.

If the referee is not present at weigh-ins, it is the referees' responsibility to make sure that the inspection of athletes has been conducted and that all athletes have been inspected for any skin conditions with appropriate forms signed and dated by physicians provided at weigh-ins. See new rules change for 2008-09 regarding use of season-long form.

Reporting to the Scorer's Table Ready to Wrestle

The 2006-07 rules changes redefined the length of the match in both dual meets and tournaments to extend from when the proper wrestler reports to the table to the end of wrestling. This has not created any difficulty in dual meets since by tradition the wrestler goes to the scorer's table and then directly to the center of the mat to begin wrestling. If the wrestler reports not properly equipped and ready to wrestle, he/she is sent back to the coach and penalized accordingly. In tournaments, traditionally the wrestlers would go to the table usually still in warm-ups, pick up their ankle bands and go to their corner with their coach and get ready to wrestle. This is no longer acceptable since the match in tournaments starts when the proper wrestler reports to the table.

The wrestler is now required to report to the table ready to wrestle, and then immediately report to the mat and not go back to his/her corner. If the wrestler is not properly equipped he/she will be sent back to the coach and

penalized as per Rule 7-3-6, which is a Technical Violation and a match point is awarded to their opponent and they are also charged an injury time-out in order to become properly equipped. If the wrestler comes to the scorer's table and is properly equipped and goes back to the coach, he/she is guilty of delaying the match and shall be penalized as per Rule 7-6-6b, which is stalling, and a warning will be issued the first time. If the wrestler has reported properly and then reports to the wrestling area on the mat and then returns to his/her coach in the corner he/she is guilty of leaving the wrestling area without the referee's permission and shall be penalized as per Rule 7-3-4, which is a Technical Violation and a match point is awarded to their opponent. In some tournaments one wrestler such as the one in the top of the bracket is asked to pick up the bout sheet and deliver it to the scoring table. This delivery would not be considered reporting to the table for purposes of determining ready to wrestle.

Going Out of the Wrestling Area

Going out of the wrestling area or forcing an opponent out of the wrestling area, by either wrestler at any time as a means of avoiding wrestling, is a technical violation (Rule 7-3-1). The rule clearly states that both wrestlers should make every effort to remain in bounds. The referee according to the rule should penalize the offending wrestler if he/she has failed to make every effort to stay inbounds. Action should be maintained throughout the match

in the offensive, defensive or neutral positions. There are too many occasions where wrestlers use the edge of the mat in order to get out of a situation when, in fact, they should be penalized for going out of the wrestling area. The goal of wrestling is to have continuous action with as few stoppages as possible. Playing the edge or hanging out on the edge has to be recognized by the referee and the appropriate rule enforced. A new

rule to support wrestling action in the center of the mat is the addition of a sentence to Rule 5-15-3 that allows the referee to "stop the match and return the wrestlers to the center, if there is no action at the edge of the mat

and one wrestler is out of bounds." This rule allows the referee to do this without penalizing either wrestler.

Referees' Signals and Mechanics

Signals are for scorekeepers, timers, wrestlers, coaches and fans. Signals work well when there is a common language. Signals work best when they follow a certain order. Just knowing the signals is not enough. Giving them correctly is the other part of the job of a good referee. Posture and body language are important elements in officiating, particularly in Signaling. There are few signals that necessitate bending at the waist. The vast majority of signals should be given standing with a straight back.

The referee should always use the Referees' Wrestling Signals as listed on the chart in the NFHS Wrestling Rules Book. When awarding points, the hand should be held well above the head and very slowly rotated so that the fingers may be seen at all angles. This signal should be held long enough to be seen by the table (about 4-5 seconds when possible). When signaling points, interlocking hands, out of bounds, etc., the appropriate visual signal should be shown immediately, clearly and decisively. There should be no hesitation.

The stopping-the-match signal is important but often forgotten. Just as the starting-the-match signal is used every time the match is resumed, the stopping-the-match signal should be used every time the match is stopped, followed by the signal to indicate why the match was stopped; yet referees often neglect it. However, for clarity and consistency, it is important that one

signal be used to stop the match followed by the reason for stopping. Not only is it a good habit, but it makes it very clear for the timer when to stop the clock especially in tournament situations when at times it can be difficult to determine on which mat the whistle was blown.

Only the Referees' Wrestling Signals as listed on the chart in the NFHS Wrestling Rules Book shall be used. No unofficial signals indicating the shoulders are vertical and not within 45 degrees or a signal showing that the wrestler has moved into and out of near-fall criteria are permitted or authorized. The signal indicating no control and the signal indicating which wrestler is in control should only be used in situations that control is not obvious and, once given, the signal should not be repeated unless the situation changes. There is no need to continually repeat either one of these signals while the situation remains the same.

The referee should be decisive and show conviction with his/her calls but should not be offensive. Mat presence portrays confidence; however, there should not be confusion between being forceful and being arrogant. The referee should always maintain a sense of professionalism by having no facial expression; you're neither happy nor unhappy to be performing that duty..

KHSAA RULES AND REGULATIONS Governing Wrestling Tournaments

(Adopted by the Board of Control)

(Case situations refer to rulings and interpretations used to interpret and administer these provisions which can be found in the Case Situation section of the Handbook. (When possible, additional cross-referencing information has been included).)

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, 2008, 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, 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) - Ballard, Eastern, Fern Creek, Jeffersonton, Kentucky Country Day, North Oldham, Oldham County, South Oldham

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

REGION 7 - (CENTRAL KENTUCKY) – Bourbon County, Bryan Station, Franklin County, Harrison County, Henry Clay, Lafayette, Madison Central, Montgomery County, Paul 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 weight class in which an individual participates in postseason 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 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.

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) 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.

(See Case Situations on Page 101-102)

SELECTED BYLAWS of the KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION

(Case situations related to this bylaw appear on the KHSAA website and in the printed Handbook)

Bylaw 3. Age

Sec. 1) Age Restriction

Pursuant to KRS 156.070 (2) (e), a student who becomes nineteen (19) years old before August 1 shall be ineligible for interscholastic athletic competition. A student who becomes nineteen (19) on or after August 1 shall remain eligible for the entire school year.

Sec. 2) Waiver Provision

The Board of Control and the Commissioner may waive the provisions of this regulation and the student shall be eligible for high school athletics in Kentucky if the written documentation is provided to clearly demonstrate that the student:

- a) Qualified for exceptional children services and had an individual education program developed by an admissions and release committee (ARC) while the student was enrolled in the primary school program;
- b) Was retained in the primary school program because of an ARC committee recommendation; and
- c) Has not completed four (4) consecutive years or eight (8) consecutive semesters of eligibility following initial promotion from grade eight (8) to grade nine (9).

The Board of Control and the Commissioner may not adopt administrative procedures that allow for waiver of this rule under any other condition.

Bylaw 5. Minimum Academic Requirement

Sec. 1) Proper Grade Level Requirement for Students in All School Districts

On the first day of each school year, a student must be at his/her proper grade level. To be considered to be at the proper grade level, a student must have been enrolled as a full-time student during the previous grading period, and must be on schedule to graduate with his/her class on the first day of school. For the verification of this provision, all course work, including summer and correspondence work, must be complete by the first day of the school year for the student body.

a) Eligibility During First Year Following Initial Enrollment in Grade Nine (9)

For a student in the ninth grade to be considered to be on schedule to graduate, that student must have been promoted from grade eight (8) to grade nine (9), and be in compliance with all other bylaws.

b) Eligibility During Second Year Following Initial Enrollment in Grade Nine (9)

For a student in the second year following initial enrollment in grade nine (9) (normally grade 10) to be on schedule to graduate, that student must have received twenty (20) percent of the requirements of the school/district for graduation prior to the first day of the second year following initial enrollment in grade nine (9), and be in compliance with all other bylaws.

c) Eligibility During Third Year Following Initial Enrollment in Grade Nine (9)

For a student in the third year following initial enrollment in grade nine (9) (normally grade 11) to be on schedule to graduate, that student must have received forty-five (45) percent of the requirements of the school/district for graduation prior to the first day of the third year following initial enrollment in grade nine (9), and be in compliance with all other bylaws.

d) Eligibility During Fourth Year Following Initial Enrollment in Grade Nine (9)

For a student in the fourth year following initial enrollment in grade nine (9) (normally grade 12) to be on schedule to graduate, that student must have received seventy (70) percent of the requirements of the school/district for graduation prior to the first day of the fourth year following initial enrollment in grade nine (9), and be in compliance with all other bylaws.

Sec. 2) One-time Reinstatement of Students Failing to Meet Normal Progress Requirements

The eligibility of a student failing to meet the provisions of subsections (a) through (d) above may be reinstated a maximum of one time. This reinstatement is possible by the student passing twenty-five (25) percent of the requirements of the district for graduation during the year he/she is ineligible. He/she, upon reinstatement, shall remain eligible as long as he/she passes twenty-five (25) percent of the requirements of the district for graduation during each subsequent year.

Sec. 3) Continual Progress During the School Year

On a weekly basis, a student shall also be passing (cumulatively for the

credit period) in at least four hours of instruction as defined by Kentucky Board of Education regulations (of the six hours of instruction required) or the equivalent of four hours of instruction acceptable to graduation in order to be eligible to participate in athletics during the subsequent week (Monday through Sunday period) and through the next opportunity to examine grades in this manner. On its membership form, each member school shall designate the day of the week, approved and documented through local policies, that the grades shall be examined for the student-athletes within that school in order to make this determination. Absent any other determination, this weekly check of grades shall be conducted on each Friday of each grading period or on the last day of classes preceding that particular Friday if no classes are conducted on that particular Friday. No special tests or recitations are to be given for the purpose of making the student eligible.

Sec. 4) Pre-Secondary School Students

Pre-secondary school students (grades 4-8) participating in athletics representing a KHSAA member school shall be passing in at least two-thirds of the subjects in which they are currently enrolled and be in compliance with all other bylaws in order to be eligible.

Bylaw 6. Transfer Rule - Domestic Students

Sec. 1) Domestic Student Transfer

Any student who has been enrolled in grades nine (9) through twelve (12) and has participated in any varsity contest in any sport at any school following enrollment in grade nine (9) and who then transfers schools shall be ineligible for interscholastic athletics at any level in any sport for one year from the date of enrollment in the new school.

The Commissioner has discretion (but is not required) to waive the period of ineligibility set forth above if one or more of the following exceptions in Section 2 has been met. Determinations of whether a student shall be granted a waiver pursuant to this rule shall be based on the circumstances existing as of the date of enrollment at the new school.

Sec. 2) Discretionary Exceptions for Waiver

a) BONA FIDE CHANGE IN RESIDENCE - The period of ineligibility may be waived if there has been a bona fide change in residence by the parents and student that precedes a student's change of schools.

For purposes of this bylaw, a bonafide change of residence means the moving of the permanent residence of the entire family of the student and his/her parents from one school district or defined school attendance area into another school district or defined school attendance area prior to a change in enrollment of the student. A student who becomes emancipated does not have a bona fide change of residence by virtue of his/her emancipation and change of residence for purposes of this bylaw.

b) DIVORCE - The KHSAA will not recognize a legal separation as grounds for waiver of the provisions of this bylaw. The period of ineligibility may be waived in the event of a dissolution of marriage (i.e. a final and legally binding divorce decree from a court of competent jurisdiction) of the parents and a change in the residence of the student pursuant to a court order granting custody of the child to one of the parents with whom the student shall reside. In the event joint custody is awarded to both parents, for purposes of this bylaw, the student shall initially be eligible where either parent resides. After initially establishing eligibility with one parent, all subsequent transfers will require a period of ineligibility of one year. If neither parent retains the former residence, the parents shall designate one of their new residences (mother or father) for the purpose of this bylaw, such designation to be reviewed and approved by the Commissioner. If a student subsequently decides to return and reside with the other parent in a different school district following this initial designation, the student shall be ineligible for one year.

c) GUARDIANSHIP/CHANGE OF CUSTODY - The KHSAA shall not recognize guardianship or similar arrangements made, for purposes of this bylaw. The period of ineligibility may be waived where it is shown that custody of the student has been taken from one or both parents and given to the other parent or a third person by a court of competent jurisdiction and under circumstances indicating: (1) the parent(s) is/are unfit or (2) the court finds that the health and welfare of the student would be better served by the change in custody.

d) DEATH - The period of ineligibility may be waived in the event the death of one or both of the student's custodial parents creates such circumstances that the transfer to another secondary school is deemed

appropriate.

- e) **BOARDING SCHOOLS** - The period of ineligibility may be waived on a one-time basis for students entering a boarding school on a full time basis as a boarding school student.
 - f) **NON ATHLETIC PARTICIPATION FOR AN ENTIRE SCHOOL YEAR** - The period of ineligibility may be waived in the event that the transferring student did not participate in an interscholastic contest at any level in any sport while enrolled in grades nine through twelve at the sending school during the entire academic school year immediately preceding the change in schools.
 - g) **REASSIGNMENT BY BOARD OF EDUCATION** - The period of ineligibility may be waived if the student has changed schools through a properly documented reassignment of the Board of Education to another school in the district. To meet this exception for a reassignment, reasons for the assignment may include, but are not limited to, the closing or opening of a school due to consolidation, merger, opening of a new school, or another type or opening or closing or assignment through KRS 158.6455 or other applicable adopted regulation. Such assignment may be to the public school district should a private, parochial or independent school close.
 - h) **TRANSFER FROM NON-MEMBER SCHOOL** - The period of ineligibility may be waived for a student transferring from a non-member school located in Kentucky whose athletic participation has been limited primarily to other non-member schools.
 - i) **MILITARY ASSIGNMENT** - The period of ineligibility may be waived for a student transferring in a situation where documentation is presented to verify that the change in education and living arrangements is directly related to an order from any branch of the United States military service, including the reserve components.
- Sec. 3) Specific Restrictions Resulting in Denial of Waiver
Satisfying of one of the exceptions (a through i) will not be considered valid and a waiver of the period of ineligibility shall not be granted—
- a) If the change in schools is to nullify or circumvent the actions of representatives or rules of the previous school or if the student left the sending school under penalty which would have resulted in their ineligibility at the sending school;
 - b) If the satisfying of one of the exceptions occurs after the enrollment at the new school;
 - c) If the change in schools is motivated in whole or part by a desire to participate in athletics at the new school;
 - d) If the satisfying of one of the exceptions is used or manipulated for the purpose of gaining athletic eligibility;
 - e) If the satisfying of one of the exceptions by the student and the parent(s) does not reasonably precipitate a transfer to the new school.
- Sec. 4) Other Transferring Student Restrictions and Procedures
- a) The Commissioner may, as he/she deems necessary, appoint or hire a committee or investigator to conduct any inquiry or investigation concerning any issues arising under this bylaw or any other bylaw.
 - b) If any member school files a written objection to the factual validity of the certification before the conclusion of the period of time to which the period of ineligibility would normally apply, along with the specific, detailed basis for such, then a complete investigation shall be conducted by the KHSAA and a ruling shall be issued through the Commissioner's office.
 - c) No student enrolled in grades 4-12 who has participated in a first team game shall be eligible to represent a second member school during that school year unless that student would qualify for a waiver of the period of ineligibility in accordance with provisions (a) through (i) above.
 - d) A student is ineligible for athletics in this state if he/she transfers from another state if he/she was or would have become ineligible in the state from which he/she transfers.

Bylaw 7. Transfer Rule - Non-Domestic Students

Sec. 1) Foreign Exchange Students

Foreign exchange students attending school in Kentucky shall be considered ineligible for the first calendar year following enrollment.

- a) If placed in a KHSAA member school under the auspices of approved student exchange programs or in other circumstances approved by the Board of Control within Board policy, these students may be declared eligible and not be subject to the initial one-year period of ineligibility.
- b) In order to be considered for a waiver, the following conditions must exist
 - 1) The student shall be in compliance with all U.S. Immigration and Naturalization Service regulations;

- 2) The student shall be in the first and only year as an exchange student;
 - 3) The student shall not be a graduate of a the 12th or terminating grade or its' equivalent in either the U.S. or his/her home country;
 - 4) The student shall be in possession of a complete transcript of records that has been translated into English prior to the request for eligibility;
 - 5) The student shall be in possession of a J-1 student education visa issued by the U.S. Immigration and Naturalization Service;
 - 6) The student's placement must not have been a "direct placement" into a KHSAA member school;
 - 7) The student's host family shall not pay any tuition or fee normal to the attendance at the KHSAA member school, all such fees shall be paid by the student's family;
 - 8) All travel fees shall be paid by the student's family; and
 - 9) The student's host family shall not include members of the coaching staff at the KHSAA member school at which participation is desired and shall not include exchange agency representatives.
- c) To be considered for approval by the Board of Control, a foreign exchange program shall assign students to schools by a method that ensures that no student, school or interested party may influence the assignment for athletic or other purposes.
- d) The student, the principal or designated representative of the member school, and a representative of the placement agency shall sign and attest to certification that the athlete complies with the eligibility rules of the KHSAA and shall not be eligible under any circumstances for more than one year of athletic participation if the first year period of ineligibility is waived.

Sec. 2) Additional Eligibility for Exchange Students

Any student having made election to apply for the waiver of the first year of ineligibility and having been granted a waiver of the normal period of ineligibility under subsection (a) above shall not be eligible, under any circumstances, for more than one (1) school year while enrolled in grades 9 -12 in Kentucky.

Sec. 3) Students Not Coming Through Exchange Programs

Any student desiring to participate in athletics who does not meet the criteria listed in Bylaw 7 may seek a waiver of the one-year ineligibility period through the KHSAA Due Process Procedure.

Bylaw 9. Other Eligibility Requirements and Regulations

Sec. 1) Graduates and College Students

Any student who has graduated from a secondary school, or who has ever played on a college team, is thereafter ineligible to play on a high school team.

Sec. 2) Practice of Ineligible Students

Unless ineligible due to the provisions of Bylaw 11 (Sportsmanship, having been ejected from a contest), any student who is not eligible for competition during a team's next contest/meet/match/game shall not practice with the team.

Sec. 3) Conduct - Student or Other Representative Under Penalty

Any student, contest official or other official school representative who is under penalty or discipline or whose conduct is such as to reflect discredit upon the school or the KHSAA is not eligible.

Bylaw 10. Recruitment

Sec. 1) Foreword

Pupils (both domestic and foreign) at any grade level shall not be recruited to a member school of the KHSAA for the purpose of participating in athletics, including recruitment under the guise of academics.

Sec. 2) Definition

Recruiting is defined as an act, on behalf of or for the benefit of, a school, which attempts to influence a student to transfer to a member school for the purpose of participating in athletics. A school official utilizing an intermediary, such as, but not limited to a peer, another school employee, a student, a parent or a citizen, for the purpose of recruiting a student athlete shall be in noncompliance.

- a) An athletic coach or any other member of the school staff shall not influence a student even if the student, his/her parents or any intermediary from another school makes the initial contact. In this situation, a coach or staff member (paid or unpaid) should immediately refer the person(s) to the school principal.
- b) Influencing a student shall include, but shall not be limited to the promise or instilling the expectation of an athletic advantage, playing time, employment of the student or his/her parents or relatives,

housing for the student or his/her parents, scholarships or financial aid for which other members of the student body are not generally eligible, or any other material or athletic reward for which other members of the student body are not generally eligible.

Sec. 3) Penalty

Any representative of a member school knowingly allowing the recruitment of a student for the purpose of participating in athletics or who should have known of such recruitment shall be guilty of willful neglect of duty, misconduct, and/or breach of contract. Such shall apply not only to coaches, but also to personnel supervising coaches, such as, but not limited to an athletic director, an assistant principal, a principal, an assistant superintendent, a superintendent or a school board member. This regulation shall also apply to students or their parents.

Bylaw 11. Practice of Sportsmanship

Sec. 1) Sportsmanship Obligation

It is the clear obligation of principals, coaches, faculty members, boards of education, and all official representatives of member schools to practice the highest principles of sportsmanship and the ethics of competition in all interscholastic relationships with fans, officials, players, coaches, official representatives of member schools, and the general public. The Commissioner and the Board of Control shall have the full authority to suspend the coach, student, or any member school whose representatives may be convicted on competent evidence of the violation of this obligation. Any violation of this rule in any interscholastic contest shall be immediately reported to the Commissioner by the principal(s) of the school(s) involved, and by the game officials who work in the contest.

Sec. 2) Illegal Equipment

It shall also be considered a violation of this rule if any school or school representative(s) uses or allows the use of illegal equipment which gains a competitive advantage in the contest and which is expressly prohibited by the rules adopted for that sport. Violations of this particular provision may result in penalization by the Commissioner in accordance with the provisions of this bylaw and in accordance with KHSAA Bylaw 33, Penalties.

Sec. 3) Requirement for Reinstatement

Any student, coach, or official team representative ejected from an interscholastic contest due to a violation of this obligation must be reinstated by a member of the Commission prior to returning to interscholastic contests. Any student or coach using insulting language to another player or coach or to any official in any interscholastic contest, or who has been ruled out of such a contest because of unsportsmanlike tactics, shall be disqualified from athletic competition until reinstated by the Commissioner.

Sec. 4) Reporting Requirement and Permanent Suspension

The name of the student or coach shall be reported to the Commissioner by the principal of the school than that student attends. When an official disqualifies a student or coach, he/she shall report the disqualification to the principal or his/her representative and to the KHSAA office. If the Commissioner finds upon investigation that the offense was sufficiently serious, the offender shall be permanently disqualified.

Bylaw 17. Supplying Information

A superintendent, principal, student, and/or Designated Representative shall, when requested, supply the Commissioner with such information as that person may be asked for related to the athletic program at a member school. A failure to comply within a reasonable time may forfeit the schools membership in the Association, or the school may be penalized in accordance with approved Association penalty codes. Each member school shall annually certify that it will comply with any and all of the rulings of the Commissioner, Assistant Commissioners, Hearing Officer and Board of Control as they relate to the athletic program at a member school. Such compliance shall include but not be limited to student eligibility matters, Board policy directives related to health and safety of student athletes, and other programs as may be instituted by the convened Board of Control. Such certification shall not apply to any matter on review by any court.

Bylaw 25. Limitation of Seasons

Sec. 1) General Provisions Concerning All Sports

a) Loss of School Time

No school time may be lost for travel to or from, or participation in, any regular season interscholastic athletic contest.

b) Schedule of Contests on Consecutive Days

Contests shall be scheduled so that there are not four consecutive days of competition on any Monday through Thursday period while school is in session.

c) Specific Definitions for Ending of School

For all interpretations and regulations concerning the ending of the school year, including restrictions on coaching involvement, the end of the school year shall be defined as the earlier of the last day of school or May 31.

d) Specific Penalties for Violations - Too Many Contests

Any school violating provisions of this Bylaw by playing too many contests may not be eligible for state championship competition or may be otherwise penalized. For the determination to be made that the limit has been exceeded, it shall be reported in writing and received by the KHSAA prior to 12:01 a.m. (midnight) ET on the first day of the postseason tournament series as established by the KHSAA Memorandum Calendar. If detected and verified, the team exceeding the limit shall be ineligible for postseason play and may be further penalized in accordance with Bylaw 33. If the report is made after that point, the team shall be penalized in accordance with Bylaw 33 but shall remain eligible for tournament play during the current season.

e) Specific Penalties for Violations - Too Many Scrimmages

Any school violating scrimmage limitations may be placed on probation, prohibited from participating in preseason scrimmages in that sport for two (2) seasons, and may be prohibited from taking part in KHSAA state championship competition or other penalties in accordance with Bylaw 33. The second violation will result in automatic suspension.

f) Involvement of Members of the Coaching Staff Out of Season

Members of the high school coaching staff (paid or unpaid) shall not be prohibited from sport specific observation and evaluation (but not coaching) of any player who has played for a grade nine (9) through grade twelve (12) team (freshman, junior varsity, varsity) from the first day of school through the last day of school provided such play is under the direct control of the same local board of education as the coach is employed and provided such play is not in conflict with other KHSAA bylaws.

Sec. 2) Sports Specific Limitations - **Baseball - Boys**

a) Following the opening day of school, there shall be no organized baseball practice prior to February 15.

b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.

c) The first game shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.

d) A maximum of thirty-six (36) games may be played prior to the beginning of KHSAA state championship tournament competition (district).

e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 3) Sports Specific Limitations - **Basketball - Boys and Girls**

a) Following the opening day of school, there shall be no organized basketball practice prior to October 15.

b) Prior to the opening game of regular season play, a basketball team may have only two (2) scrimmages or practice games with players other than members of the squad.

c) Through the 2008-2009 playing season, the first basketball game shall not take place prior to the Monday following Thanksgiving. Beginning with the 2009-2010 playing season, the first basketball game shall not take place prior to the Monday following the state football semifinals.

d) No member school shall play more than twenty-three (23) basketball games during the regular season. A maximum of two (2) tournaments may be included in any manner other than counting each game played against the limit of twenty-three (23) games. Any two tournaments played during the regular season may be counted as one game per tournament against the limit of twenty-three (23) provided that neither tournament necessitates the team playing more than four (4) games. Any game played over the limit of four in any one tournament shall be counted against the limit of twenty-three (23) games.

e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA

Tournament (District, Region or State) which shall be no earlier than the conclusion of the twelfth (12th) regular season playing week and not later than the conclusion of the thirteenth (13th) regular season playing week, depending upon the KHSAA Corresponding Dates Calendar and the scheduling of the state basketball tournaments, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

- f) The Board of Control may waive provision(s) (2) and/or (4) of this Bylaw to allow member schools to participate in Hall of Fame Classic contests. Rules on participation in the Classic shall be made by the Board of Control and published in the Athlete Magazine as a part of the official record of the Association.

Sec. 4) Sports Specific Limitations - Cross Country - Boys and Girls

- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two scrimmage or practice meets prior to the first regular season contest of that year.
- c) The first meet of the season shall not take place prior to the Monday of Corresponding Week 8.
- d) The season shall consist of a maximum of thirteen (13) meets including invitational meets.
- e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 5) Sports Specific Limitations - Football - Boys

- a) Organized practice in pads shall not begin prior to the earlier of August 1 or seven (7) week days (not counting Saturdays and Sundays) prior to the opening day of school (which shall be defined as the day prior to the classes starting for the student body), but under no circumstances can be prior to the last Monday in July. After contact practice (practice in pads) has begun and prior to the first day of classes for the students, no school may conduct multiple on-field practice sessions in pads (e.g., two-a-days or three-a-days) on consecutive days (e.g., two-one two-one format). After the opening day of the school year, no school may conduct multiple on-field practice sessions in pads (e.g., two-a-days or three-a-days) on a day in which school is in session. All schools shall submit all required documentation to verify the proper execution of the practice regulations, including scrimmage, contact, and heat/safety regulations and recommendations.
- b) There shall be no more than two (2) scrimmages or practice games per member school (grades 9-12) prior to the opening varsity game of the season with players other than members of the squad.
- c) The first game shall not take place prior to the Friday of NFHS corresponding week 8 (Week 1).
- d) A maximum of ten (10) regular season games may be played and the opportunity to play regular season games shall conclude at the end NFHS corresponding week 17. Any school may play one of the allowable regular season games during Week 0 (NFHS corresponding week 7) provided that the total schedule does not exceed ten (10) regular season games and that the allowable number of scrimmages in subsection 2 is reduced to one. Any KHSAA school that chooses to compete for a district title and is placed in a classification where only four (4) weeks are needed to complete the playoffs may play an additional regular season contest (total of 11 contests), the last of which can be played during the first round of the playoffs for the other classifications:
- e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.
- f) Each player, in order to be eligible to participate against another school, shall have taken part in a minimum of ten (10) practice periods extending over a period of ten (10) days during the preceding three weeks.
- g) Every player must have five (5) days of practice without pads to

become acclimated to heat conditions immediately prior to the first day of practice in pads.

- h) Each football school may conduct ten (10) practice periods of not more than two (2) hours in length and not more than one practice per day over ten (10) days during the three calendar school weeks following the school's elimination from post-season play in basketball. All equipment authorized by the football playing rules may be used during this period. There can be no inter-school competition during this period, and all participants must be eligible according to all KHSAA eligibility rules.

In order to conduct the spring practice sessions:

- 1) No student below grade nine may participate nor may seniors participate;
 - 2) Dates must be reported to the KHSAA on supplied forms;
 - 3) Only students currently eligible by all KHSAA rules including Bylaws 2 through 12 may participate;
 - 4) Intrasquad games may be held but shall be counted as one of the ten practice sessions; and
 - 5) There shall be no school or coach imposed penalty for any player who chooses not to participate.
 - 6) There shall be no mandatory participation by any person on a spring sports eligibility list (or entering any spring sport scrimmage or contest) and no mandatory participation by any other person not appearing on a spring sports eligibility list.
- i) The Board of Control may waive provision(s) (2) and/or (4) of this Bylaw to allow member schools to participate in Hall of Fame and Museum contests. Rules on participation in the Classic shall be made by the Board of Control and published in the Athlete Magazine as a part of the official record of the Association.

Sec. 6) Sports Specific Limitations - Golf - Boys and Girls

- a) Organized practice shall not take place prior to July 15.
- b) There shall be no more than two (2) practice matches prior to the first regular season contest of that year.
- c) The first match shall not take place before the Monday eight weeks prior to the Monday of the week of the first round of the KHSAA sanctioned postseason play.
- d) The season shall consist of a maximum of twenty (20) rounds of golf against other school representatives (minimum nine holes). Any team reaching this limitation shall have its regular season end immediately. Any forfeit fees necessitated by match cancellations after this date shall be paid, and the forfeit win shall NOT be counted against the game limit for the opponents.
- e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 7) Sports Specific Limitations - Soccer - Boys and Girls

- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Monday of Corresponding Week 7.
- d) A season shall consist of a maximum of twenty-one (21) games.
- e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 8) Sports Specific Limitations - Softball - Girls (Fast Pitch)

- a) Following the opening day of school there shall be no organized practice prior to February 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first game shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.
- d) A maximum of thirty-six (36) games may be played prior to the beginning of KHSAA state championship tournament competition (district).
- e) The opportunity to participate in regular season contests ends at all

levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 9) Sports Specific Limitations - Softball - Girls (Slow Pitch)

- a) Following the opening day of school there shall be no organized practice prior to February 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first game shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.
- d) A maximum of thirty-six (36) regular season games may be played.
- e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 10) Sports Specific Limitations - Swimming - Boys and Girls

- a) Following the opening day of school, there shall be no organized practice prior to October 1.
- b) There shall be no more than two (2) practice meets prior to the first regular season contest of that year.
- c) The first meet shall not take place prior to November 15.
- d) The season shall consist of a maximum of fifteen (15) meets.
- e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or competition during the remainder of the academic school year.

Sec. 11) Sports Specific Limitations - Tennis - Boys and Girls

- a) Following the opening day of school, there shall be no organized practice prior to February 15.
- b) There shall be no more than two (2) practice matches prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.
- d) The season shall consist of a maximum of twenty-two (22) matches. Any team reaching this limitation shall have its regular season end immediately. Any forfeit fees necessitated by match cancellations after this date shall be paid, and the forfeit win shall NOT be counted against the game limit for the opponents. Any four (4) invitational tournaments shall count as one (1) match each against this limit. All dual matches shall count as one (1) match each against this limit.
- e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 12) Sports Specific Limitations - Indoor and Outdoor Track - Boys and Girls

- a) Following the opening day of school, there shall be no organized practice prior to December 1.
- b) There shall be no more than two (2) practice meets held by each team and such shall be held on or before the Monday of NFHS calendar week 38.
- c) The first meet (indoor or outdoor) shall not take place before the Monday of NFHS Calendar Week 38.
- d) The track season shall consist of a maximum of nineteen (19) meets. All meets, regardless of format or of being indoor or outdoor meets, shall count against the limit of meets.
- e) The opportunity to participate in regular season outdoor contests season ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 13) Sports Specific Limitations - Volleyball - Girls

- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Monday of Corresponding Week 6
- d) The season shall consist of a maximum of twenty (20) matches. In any three (3) invitational or other type tournaments, the matches played by a member school shall count as only one match for each tournament.
- e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 14) Sports Specific Limitations - Wrestling - Boys

- a) Following the opening day of school, there shall be no organized practice prior to October 15.
- b) There shall be no more than two (2) practice meets prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Monday of Corresponding Week 21
- d) A school may schedule a maximum of seventeen (17) matches in each weight class. Tournaments or contests involving three (3) or more schools shall count as one (1) match toward the match limit.
- e) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.
- f) The KHSAA and the National Federation of State High School Associations will establish official weight classes.

Sec. 15) Specific Limitations - Other Sport Activities - Cheerleading (Spirit)

- a) The first organized practice shall not take place prior to July 15.
- b) Cheerleaders are limited to a maximum of three competitions during the school year, not including in-game competitions, that each are sponsored by an organization that adheres to and enforces the Stunt Limitations of the National Federation Spirit Guide. This does not include in-game competitions. The KAPOS Sweet Sixteen® and KAPOS At-Large Competitions shall not count toward the three-competition limit. Any preliminary competitions that progress to a district, region, state and/or national level will be considered as one competition.
- c) The opportunity to cheer or enter cheerleading contests ends at all levels (grades 9-12) for that academic year on or before April 1. After April 1, schools are permitted to designate a single two-week tryout period following which there shall be no further practice or competition until the end of the academic school year.

Bylaw 26. Summer Sports and Sports/Activities

Sec. 1) School Team Play in Summer (Non Dead Period)

Member schools may participate in sanctioned play during the summer to complete spring seasons in baseball, softball, tennis and track and may begin sanctioned regular season play and practice as defined by Bylaw 25 prior to the opening of school in cheerleading, cross country, football, golf, soccer and volleyball. Only participants eligible during the spring semester may compete on the school teams. All KHSAA eligibility rules apply, and full control of the summer program shall remain with the participating high school and the principal of that school.

Beginning June 1, 2009, students shall not participate in any school vs. school (in any format) competition in football between the earlier of the last day of school and June 1 through June 24. During this period, students may participate in activities such as weight training, skill development, individual camps and accepted open gym/field activities where no inter-school competition is involved. Students shall not participate in any school vs. school (in any format) competition in boys' basketball between the end of the dead period and July 31. During this period, students may participate in activities such as weight training, skill development, individual camps and accepted open gym/field

activities where no inter-school competition is involved.

Sec. 2) Summer Dead Period

Students may not receive coaching or training from school personnel (either salaried or non salaried) and school facilities, uniforms, nicknames, transportation or equipment shall not be used each year in any KHSAA sanctioned sport or cheerleading squad during the period beginning with June 25, and going through July 9. School funds may not be expended in support of interscholastic athletics in any KHSAA sanctioned sport during this period. These restrictions shall not apply to postseason wrap-up activities, celebrations and recognition events relating to a spring sports team at a school which participated in KHSAA state championship play in that particular sport during that particular year.

Bylaw 27. Requirement for Coaches and Others Working With High School Teams

Sec. 1) Definitions

a) Level 1 Coaches

An individual seeking a coaching position shall be categorized as Level 1 if such individual is a certified teacher and member of the regular school system faculty and meets the following criteria prior to assignment to coaching duties:

- 1) Is employed a minimum of three (3) regular periods for teaching classes, including physical education;
- 2) Is employed for supervision of study halls; and/or
- 3) Is exercising responsibilities in other activity assignments within the school schedule.

b) Level 2 Coaches

An individual seeking a coaching position shall be categorized as Level 2 if such individual meets the following criteria prior to assignment to coaching duties and does not meet the qualifications of Level 1:

- 1) Shall be 21 years of age;
- 2) Shall not be a violent offender or convicted of a sex crime as defined by KRS 17.165 that is classified as a felony; and
- 3) Shall submit to a criminal record check under KRS 160.380.
- 4) Shall meet one of the following additional qualifications:
 - i. Have graduated from a public or accredited high school and hold a provisional or standard teaching certificate;
 - ii. Have completed sixty-four semester hours of college credit from an accredited college or university as documented by an official transcript; or
 - iii. Be a graduate from a public or accredited high school and be in compliance with the local district standards for serving as an approved substitute teacher as approved by the Education Professional Standards Board.
- 5) Prior to assuming duties, Level 2 coaches shall successfully complete training provided by the local school district. The training shall include, but not be limited to, information on the physical and emotional development of students of the age with whom the Level II coach will be working, the district's and school's discipline policies, procedures for dealing with discipline problems, and safety and first aid training. Follow up training shall be provided annually.

c) One-time Waiver

In the event that the member school is unable to staff head or assistant coaching positions in any sport or sport activity (including cheerleading) with a Level 1 or Level 2 individual, the member school may request through the Superintendent that the KHSAA allow for a one-time waiver of this rule in order that the additional time be available to find an applicant meeting the criteria.

d) Head Coach

As referred in this regulation, the head coach shall be the head varsity coach designated by the school and/or Board of Education unless otherwise noted in the bylaw.

Sec. 2) Hiring and Employment Requirements

a) Required Level

Level 1 or 2 individuals (head and assistant) may be assigned as the head or assistant coach in any sport or sport activity (including cheerleading).

b) Member School Obligations in Hiring

- 1) The Superintendent shall ensure that all assignments for coaching duties comply with all applicable state and local policies.
- 2) The hiring process shall ensure that in considering those individuals seeking coaching duties, the most qualified individual shall be assigned. In considering qualifications, the qualifications desired for the position, the references, interviews and experience of those

seeking the duties, and the education background shall be considered.

c) Compensation

Any person assigned to coaching duties at any level (grades 9-12) shall be duly employed through the respective board of education and the entire coaching salary shall be paid through such board in accordance with local Board of Education policy.

Sec. 3) Post Hire Requirements and Requirements for Continuing Coaching Duties

a) C.P.R.

All coaches (head and assistant) at any level in all sanctioned sports and sport activities (including cheerleading) shall provide documentation of successful completion of a C.P.R. course, as approved by a college or University, the American Red Cross, American Heart Association or other bona fide accrediting agency, and such shall be timely and appropriately updated as required by the approving agency.

b) Kentucky Coaches Education Program

1) The Kentucky Coaches Education Program has been approved as the coaching education program in Kentucky. Such program shall include an eight-hour course of study to include a KHSAA approved Coaches Education Program, KHSAA rules information and local district policies. All course requirements for certification in the coaching education program, including completion of the exam to be graded and registered with the Kentucky Coaches Education Program, shall be completed prior to the start of the competitive season. The cost of attending the KHSAA Kentucky Coaches Education Program will be the responsibility of the individual coach(es). Local school districts or local schools may, upon successful completion of all coaching education requirements including all examinations, reimburse the coaches for the expense of attending the course.

2) Level 1 individuals assigned to duties as a coach (head and/or assistant), who are hired as a member of the school system faculty for the first time following the 1995-96 school year shall take and complete all requirements for the Kentucky Coaches Education Program as detailed in Section b(1) above within one year of the initial assignment to coaching duties or prior to the legal start of practice for the next competitive season in any particular sport to which the individual is assigned, whichever occurs first.

3) Level 2 individuals assigned to duties as a coach (head and/or assistant) shall take and complete all requirements for the Kentucky Coaches Education Program as detailed in Section b(1) above within one year of the initial assignment to coaching duties or prior to the legal start of practice for the next competitive season in any particular sport to which the individual is assigned, whichever occurs first.

c) Medical Symposium

1) All persons employed as head coaches in all sanctioned sports and sport activities (including cheerleading) shall attend every two years, a Sports Medicine Symposium sanctioned by the KHSAA, approved and conducted by the Kentucky Medical Association.

2) All member schools of the KHSAA shall pay the necessary expenses of coaches for the required attendance at the sanctioned Sports Medicine Symposium.

3) The penalty for noncompliance with this section may be 1) Suspension from coaching duties in all contests for a period not to exceed one year; 2) Suspension from coaching duties in KHSAA sanctioned postseason play for a period not to exceed one year; or 3) any penalty otherwise included in Bylaw 33.

d) KHSAA Rules Clinic

1) All head varsity coaches shall annually attend at least one rules interpretation clinic conducted by representatives of the KHSAA in the sport in which they coach and the school desires to enter a team in postseason play, provided such clinics are conducted under the authorization of the Commissioner.

2) The penalty for noncompliance with this section may be 1) Suspension from coaching duties in all contests for a period not to exceed one year; 2) Suspension from coaching duties in KHSAA sanctioned postseason play for a period not to exceed one year; or 3) any penalty otherwise included in Bylaw 33.

PENALTY CHART (Available in PDF format on Web site – nfhs.org)

	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty				
Illegal Holds/Maneuvers Technical Violations Stalling Unnecessary Roughness Unsportsmanlike Conduct by Contestants During a Match Not Reporting to Scorer's Table Properly Equipped	7-1 7-3 7-6 7-4-1 7-4-2 8-1-1	No No Yes No No No	} 1 Pt.	1 Pt.	2 Pts.	Disqualify				
False Start or Incorrect Starting Position	8-1-3						Following two cautions there is a 1-point penalty for each subsequent infraction			
Coach Misconduct (during the match)	5-5 6-6-6 7-5-4 8-1-5	Yes					Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
Unsportsmanlike Conduct - Contestants (not during the match), Coaches and Other Team Personnel	7-4-2 7-5-3 8-1-4	No					Deduct 1 Team Point	Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		
Flagrant Misconduct - Contestants	7-4-3 8-1-6	No					Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament.			

	Rule	Warning	First Penalty
Flagrant Misconduct - Coaches and Other Team Personnel	7-5-5 8-1-3 8-1-6	No	Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.
Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform	7-3-7 8-1-1		Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time.

Summary of Technical Violations

- Going out of Wrestling Area (Fleeing) (7-3-1)
- Grasping Clothing, Etc. (7-3-2)
- Interlocking Hands (7-3-3)
- Leaving Wrestling Area Without Permission (7-3-4)
- Figure 4 Head From Neutral (7-3-5)
- Reporting to the Scorer's Table Not Properly Equipped or Not Ready to Wrestle (7-3-6)

Note 1 — Disqualification due to technical violation, illegal hold, stalling, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.












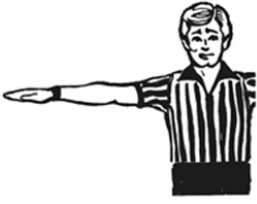

Note 2 — Points for unnecessary roughness, grasping clothing, locking hands or fleeing the mat are awarded in addition to points earned.



REFEREES' WRESTLING SIGNALS

HIGH SCHOOL AND COLLEGE



<p>1</p>  <p>Starting the Match</p>	<p>2</p>  <p>Stopping the Match</p>	<p>3</p>  <p>Time Out</p>	<p>4</p>  <p>Start Injury Clock</p>	<p>5</p>  <p>Start Blood Clock</p>	<p>6</p>  <p>Start Recovery Clock</p>
<p>7</p>  <p>Stop Blood/Injury /Recovery Clock</p>	<p>8</p>  <p>Neutral Position</p>	<p>9</p>  <p>Indicates No Control</p>	<p>10</p>  <p>Out-of-Bounds</p>	<p>11</p>  <p>Indicates Wrestler in Control Left/Right Hand</p>	
<p>12</p>  <p>Defer Choice</p>	<p>13</p>  <p>Potentially Dangerous Left/Right Hand</p>	<p>14</p>  <p>Stalemate</p>	<p>15</p>  <p>Caution – False Start or Incorrect Starting Procedure</p>	<p>16</p>  <p>Stalling Left/Right Hand</p>	
<p>17</p>  <p>Interlocking Hands or Grasping Clothing</p>	<p>18</p>  <p>Reversal</p>	<p>19</p>  <p>Technical Violation</p>	<p>20</p>  <p>Illegal Hold or Unnecessary Roughness</p>	<p>21</p>  <p>Near-Fall</p>	
<p>22</p>  <p>Awarding Points Left/Right Hand</p>	<p>23</p>  <p>Unsportsmanlike Conduct Left/Right Hand</p>	<p>24</p>  <p>Flagrant Misconduct Left/Right Hand</p>	<p>25</p>  <p>Coach Misconduct Left/Right Hand</p>		



WRESTLING

SCORERS AND TIMERS INSTRUCTIONS

THE OFFICIAL SCORER shall be seated at the scorer's table and is responsible for: (a) recording points scored by each contestant when signaled by the referee; (b) circling the first point(s) scored in the regulation match; (c) recording the wrestler who makes the choice at the start of the second and third periods and the position of the wrestlers at the start of the second and third periods including overtime; (d) constantly checking with the visiting team's scorer; (e) immediately advising the match timekeeper when there is any disagreement regarding the score and advising the scoreboard operator or assistant scorers of the correct score during each match; (f) recording the completion time of matches; and (g) presenting the referee with the scorebook at the end of a dual meet for verifying of team scores and signature.

THE ASSISTANT SCORERS are responsible for recording points earned by each individual wrestler during the course of the match

and circling first point(s) scored in the regulation match. As points are earned in a dual meet, a running team score shall be kept following each individual match.

THE MATCH TIMEKEEPER is responsible for: (a) keeping the overall time of the match; (b) recording the accumulated time-outs for injury and blood time; (c) monitoring recovery time; (d) notifying the referee of any significant situation when the match is stopped, or for disagreement by official scorer and timekeeper, or when requested by a coach to discuss a possible error; (e) assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period; and (f) when a visual clock is not available, calling the minutes to referee, contestants and spectators and displaying with visual cards the number of seconds remaining in the last minute of the period at 15-second intervals.

SCORING ABBREVIATIONS

T ₂ - Takedown	CMw - Coach Misconduct Warning	MD - Major Decision
R ₂ - Reversal	CM - Coach Misconduct	▲ - Selects Up
E ₁ - Escape	W - Warning	▼ - Selects Down
N ₂ - Near fall	FS - False Start	= - Selects Neutral
N ₃ - Near fall (5 seconds)	UCM - Unsportsmanlike Conduct	OT - Overtime
N ₄ - Near fall (as a result of injury or bleeding)	- Match Point	SV - Sudden Victory
Sw - Stalling Warning	UCT - Unsportsmanlike Conduct	TB - Tiebreaker
S - Stalling	- Team Point	UTB - Ultimate Tiebreaker
TV - Technical Violation	FMC - Flagrant Misconduct	IT - Injury Time
P - Illegal Hold or	F - 1:38 Fall	IT - (=▲▼) choice
- Unnecessary Roughness	TF - 4:25 Technical Fall	after 2nd injury
RO - Ride-out	For - Forfeit	Time-out
C - Caution	Def - Default	BT - Bleeding Time
C ₁ - Points Earned	DQ - Disqualified	
- After 2nd Caution	Dec - Decision	

Scorekeepers shall circle the first point(s) scored in the regulation match.

Revised 2008

KHSAA WRESTLING OVERTIME CHECKLIST

- Three Regular Periods of Wrestling
- No winner, one minute, Sudden Victory, Start in Neutral unless Injury Time Out Rule
- Flip Disk if Still Tied
- Wrestle Tie-Breaker 1
- Wrestle Tie-Breaker 2
- If Still Tied, First Point Scored has Choice UNLESS Unsportsmanlike Conduct has occurred (2008 rules change)
- One final 30-second Ultimate Tie-Breaker

SUDDEN VICTORY PERIOD

- Quickly verify that overtime (sudden victory period) is needed.
- Remember that all penalties, cautions, warnings, time-out and injury time are cumulative throughout the regular match and the overtime period.
- A fall or disqualification terminates any of the overtime periods, match is over.
- No rest between regulation match and sudden victory period.
- In sudden victory one minute period, wrestling starts in the neutral position. (Note: the only thing that could change this would be the second injury timeout)
- The wrestler that scores the first points in the sudden victory period is declared the winner

TIE-BREAKER 1 & 2

- If no winner is declared at the end of the sudden victory period, then two 30 second tie-breaker periods will be wrestled.
- Both periods will be wrestled unless, disqualification or a fall occurs.
- The referee shall flip the disk to determine choice for the starting position of the first tie-breaker period. Choice may be top, bottom or defer. NO NEUTRAL!
- At the conclusion of the first tie-breaker period the opponent will have the choice of top, bottom.
- Which ever wrestler has scored the most points in the two 30 second tie-breaker periods will be declared the winner.
- Remember if a fall or disqualification occurs in either of the 30 second tie-breaker periods the match is over.

ULTIMATE TIE-BREAKER

- Should the score be tied at the end of the two 30 second tie-breaker periods, one ultimate 30 second tie-breaker period will be wrestled.
- Choice for position in the 30 second ultimate tie-breaker period will be given to the wrestler that scored first point(s) in the 6 minute regulation match. Double stalling points or simultaneous penalties shall be considered as no points for the purpose of choice in the ultimate tie-breaker.
- If no points were scored, choice will be determined by a flip of the disk. They must choose top, bottom or defer.
- The wrestler who scores the first point(s) during the ultimate tie-breaker will be declared the winner.
- If no points are scored in the ultimate tie-breaker period, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.
- Remember a fall or disqualification terminates any of the overtime periods.
- Remember that the Ultimate tie-breaker period is different than the rest of the match.
- The goal of the top wrestler is to control the bottom wrestler and the goal of the bottom wrestler is to get away or score.
- Controlled wrestling should not be confused as stalling in this situation only.
- There would be times when the top wrestler could be considered stalling, like grabbing a leg and hanging on.
- Ultimate Tiebreaker Period stalling will be called differently as the objective is for the top wrestler to control the bottom wrestler and the bottom wrestler to score.
- Controlled wrestling by the top wrestler will not be considered stalling during the ultimate tiebreaker period. Examples of what would not be control wrestling:
 - Repeatedly grasping leg
 - Stalemate first, then
 - Stall warning (or penalty)
 - Rear standing position without attempting to return opponent to mat
 - Stalemate first, then
 - Warning (or penalty) for stalling
 - Lifting opponent into air
 - Stalemate first, then
 - Warning (or penalty) for stalling

KHSAA INJURY TIMEOUT CHECKLIST

INJURY TIME OUT – 8-2-1

An injured or ill contestant is entitled to a maximum injury time-out of 1½ minutes which is cumulative throughout the match, including overtime periods. Time required to treat a pre-existing medical condition or illness is also counted as injury time. There is a limit of two injury time-outs which may be permitted in any match, provided the total time does not exceed 1½ minutes. If a second injury time-out is taken during a regulation period, the opponent shall have the choice of top, bottom or neutral position on the restart.

Exceptions:

- a. If the second injury time-out is taken at the conclusion of the first period, the opponent shall have the choice at the start of the second and third periods.
- b. If the second injury time-out is taken at the conclusion of the second period, the opponent shall have the choice at the start of the third period.
- c. If the second injury time-out is taken at the conclusion of the third period, the opponent shall have the choice of any one of the three starting positions at the beginning of the sudden victory period.
- d. If the second injury time-out is taken any time during the sudden victory period, the opponent shall have the choice of top, bottom or neutral position on the restart.
- e. If the second injury time-out is taken at the conclusion of the sudden victory period, the opponent shall have the choice of either top or bottom position at the start of both 30-second tiebreaker periods.
- f. If the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period, the opponent shall have the choice of either top or bottom position at the start of the second 30-second tiebreaker period.
- g. If the second injury time-out occurs at the conclusion of the second 30-second tiebreaker period, the opponent shall have the choice of top or bottom position at the start of the ultimate tiebreaker period.
- h. If the second injury time-out occurs during either of the 30-second tiebreaker periods or during the ultimate tiebreaker period, the opponent shall have the choice of top or bottom position on the restart.

A third injury time-out shall terminate the match. The opponent shall be declared the winner by default.

Time required to correct illegal equipment is counted as injury time. Time used to recover and/or replace a contact lens may be charged against a contestant's injury time and count as an injury time-out if the referee determines that this disrupts the flow of the match.



KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION

KHSAA Form WR111
Rev. 9/08

This is the only form a referee will accept as "current written documentation" that a skin condition is not communicable.

WRESTLING SKIN CONDITION AND UNCONSCIOUS REPORT

COPY AND RETAIN THIS ORIGINAL FORM FOR FUTURE USE.

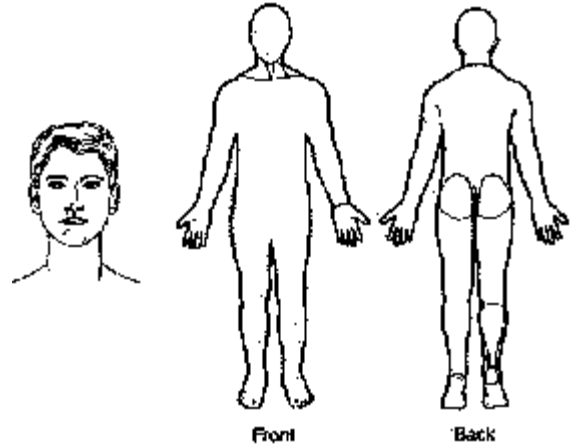
_____ from _____ : Date of Exam ___ / ___ / ___
Wrestler's Name (Print or Type) High School Name (Print or Type)

_____ has been examined by me due to a skin condition.

Diagnosis _____

Location of Lesion(s) _____

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



Date Treatment Started: ___ / ___ / ___

Form Expiration Date: **Seven Days from Signature of Provider**

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

_____ has been examined by me following being rendered unconscious or nearly unconscious.

This person may return to contact action participating in wrestling.

RETURN TO PARTICIPATION TIME FRAME/COMMENTS:

Physician Name (Printed or Typed) _____
Provider Signature (M.D. or D.O.) _____
Office Phone #: _____
Office Address _____

Note to Providers: 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 and 4-2-4 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 NFHS or the state associations, 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."

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

Bacterial diseases (impetigo, boils): Oral antibiotic for two days and no drainage, oozing, or moist lesions.

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 five full 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.

NOTE TO PROVIDERS: If your examination yields a finding that the wrestler has a contagious skin condition within these rules, no covering of such condition will allow the athlete to wrestle.



MINIMUM WEIGHT CERTIFICATION PROGRAM ASSESSOR DESIGNATION

KHSAA Form WR126
Rev. 9/06

SUBMIT ONE FORM PER ASSESSOR

KHSAA 2280 EXECUTIVE DRIVE LEXINGTON, KY 40505 - FAX

ASSESSMENTS MAY NOT BE PERFORMED UNTIL THIS FORM IS UPDATED AND ON FILE WITH KHSAA AND ASSESSORS HAS RECEIVED NWCAONLINE INFORMATION VIA EMAIL!

In accordance with the Kentucky Minimum Weight Certification Program, each school must designate what assessor will be performing the minimum weight testing on its student-athletes desiring to participate in wrestling and certify as to the competency to perform the testing.

THIS FORM SHALL BE COMPLETED AND FILED WITH THE KHSAA BEFORE ANY ATHLETE MAY BE TESTED. DEADLINE FOR ASSESSOR DESIGNATION- OCTOBER 15 OR THE DAY PRIOR TO THE ASSESSMENTS BEING PERFORMED

- 1) Designation/Selection/Qualifications of an Assessor
 - a) There is an expectation of the highest professional and ethical conduct relative to performing assessments on the young wrestlers. These young wrestlers MUST be treated with the highest regard for their right to privacy, and for the confidentiality of all data collected with the program.
 - b) Assessors are required to conduct themselves in a manner such that there will be no questions about the positive contribution to the program and to the sport of wrestling. There will be times when professional judgment will be involved to clarify and validate the assessment process; the greater the depth of understanding the program, the more likely you are to represent the best interests of both the KHSAA and the student-athlete.
 - c) Each school may select an individual to serve as the Assessor for this program within their wrestling program. Multiple schools may utilize the same assessors.
 - d) Schools must submit the name of the assessor to be used to the KHSAA using form WR126 IN ADVANCE of the testing.
 - e) Assessors may not be members of school coaching faculty in any sport.
 - f) Assessors must have medical background – by definition, employed in the healing and health care profession – Registered Nurse, Licensed Practical Nurse, Advanced Registered Nurse Practitioner, Doctor, Physical Therapist, Physicians Assistant, Doctor of Osteopathy, Athletic Trainer Certified, nutritionist, health educator or an exercise physiologist.
 - g) To be eligible to become an KHSAA approved skin-fold assessor an individual must have demonstrated training and experience in skin-fold measurement or other approved measurement option.

ASSESSOR NAME:	
SCHOOL:	
ASSESSOR ADDRESS:	
ASSESSOR ADDRESS (LINE 2):	
CITY/STATE/ZIP:	
HOME PHONE NUMBER(s):	
FAX PHONE NUMBER(s):	
BUSINESS PHONE NUMBER(s):	
CELL PHONE NUMBER(s):	
EMAIL ADDRESS:	

PROFESSION (CIRCLE ONE, MUST COME FROM THIS LIST)

REGISTERED NURSE, LICENSED PRACTICAL NURSE, ADVANCED REGISTERED NURSE
PRACTITIONER, DOCTOR, PHYSICAL THERAPIST, PHYSICIANS ASSISTANT, DOCTOR OF
OSTEOPATHY, ATHLETIC TRAINER CERTIFIED, NUTRITIONIST, HEALTH EDUCATOR, EXERCISE
PHYSIOLOGIST.

In accordance with the above referenced language from the Minimum Weight Certification Program Guidelines and Regulations, the person listed below has been designated to serve as the person performing the minimum body fat testing on this school's wrestlers and certify that they meet the requirements for performing the testing.

School Name	Signature of Principal/Designated Rep	Coach Signature	Date
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