

**Updated 10-1-2020**

## **WRESTLING CONSIDERATIONS**

Each school should develop a plan with their local health officials to successfully complete the winter season. Below are considerations to include in your plan.

### **Special Considerations for the use of the following equipment:**

- Mouthguards
- Head gear
- Singlet/Uniform/practice gear
- Shoes
- Leg bands
- Any item that is held or that contacts the body (i.e.dummies)
- Individual Student Equipment/Personal Items
- Water Bottles
- Each team is responsible for its own towels, hand sanitizer and med kit

### **Special Considerations for the use of the following components of the facility:**

- Mats/Wall pads
- Scales
- Team Areas (i.e. benches/chairs)
- Warm-Up Areas
- Weight Training Facilities
- Ticket Booths
- Scorer's Table
- Entry/Exit Doors
- Concessions
- PA Systems
- Bleachers
- Bathrooms/Portable restrooms
- Locker Rooms
- Hydration stations

**Practices** – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.

- Workouts/practices should be conducted in “pods” of participants with same wrestlers working out together to limit overall exposure
- Wrestling rooms should be ventilated as much as possible. Fans can help.
- Detailed, timed practice plans should be utilized to assist in contact tracing should it be needed
- Practices should be limited to team members only (no outside wrestlers)
- Practices should be closed to all spectators

- Wrestlers should shower after each practice
- Wrestlers should wash and sanitize all practice gear after each practice
- Participants should maintain the recommended six feet of distancing between individuals when not drilling or sparring
- No sharing of equipment (i.e. head gear/towels)
- Face coverings are optional during practice, but are strongly encouraged before and after practice for everyone (athletes and coaches)

**Events** – WHSAA Smart Start Guidelines must be utilized for all events.

- Regular season contests will be individual duals only. No invitational tournaments will be allowed in state or out of state. Teams may have more than one dual in a day but must keep teams separated to meet social distancing guidelines. Only two teams per gym will be allowed to compete at the same time. Contests must be scheduled to allow for appropriate cleaning and sanitizing when new team come to the facility.
- No more than two days of competition per week, with a maximum of 16 days of competition for the season, excluding post season. A maximum of 3 duals per team, per day.
- When a wrestling room is available, the home team should use the wrestling room for their warm-up.
- Weigh-ins will be completed one team at a time.
- For contact tracing purposes, it is also recommended there be assigned seating for bench personnel. Chairs should be social distanced as much as the facility will allow.
- Face coverings are optional while wrestling but are strongly encouraged before and after contests for everyone (coaches and athletes).
- All event workers should utilize face coverings, and gloves when appropriate
- No pre or post game gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ's, etc.)

**Post Season:**

Quadrant format for qualifying (4 sites for each class) – top 4 qualify for state; top 2 will be seeded.

Quadrant tournaments will be on Friday, Feb. 19 or Saturday, Feb. 20 as determined by each quadrant.

Two brackets will be used for the state tournament on a rotation basis; each quarter final bracket will have a #1 and # 2 seed from different quadrants with #3's and #4's being drawn in randomly; each semifinal bracket will include a #1 seed from the East and #1 seed from the West.

2A will be on Thursday, Feb. 25; 3A will be on Friday, Feb. 26; 4A will be on Saturday, Feb. 27. The NFHS granted the WHSAA a one-year waiver to allow six matches in one day for our post season tournaments.

4-6 mats will be used as determined later.



## 2020-21 Wrestling Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Wrestling Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

### Return to Competition

#### General Considerations:

- Have hand sanitizer and wipes available at the table.
- Wash stations or sanitizer at mat side.
- No one touches the score sheet except the scorer.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition.
- Athletes and Coaches wears masks off the mat.
- Participate/host smaller events (more duals, less larger tournaments)
- Minimize the number of spectators.

#### Considerations for Coaches:

- Wear masks on and off mat.
- Eliminate handshakes post-match.

#### Considerations for Wrestlers:

- Showers after weigh-ins.
- Shower after each round and put on a fresh uniform.
- Stagger weight classes, so not everyone is in chairs mat-side.
- Wear masks off the mat when not competing.
- Eliminate handshakes pre- and post-match.

- Eliminate handshakes with coaches' post-match.

**Considerations for Referees:**

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Change whistle several times during the day.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Off mat officials may wear masks at all times.
- Wear masks on the mat and during weigh-ins..
- May wear disposable glove. If so, then they must change after each match.
- Use judo hand signal to identify winning wrestler (arm extended at 45 degrees pointing towards winning wrestler)

**Considerations for Parents**

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.