



# Kansas State High School Activities Association

## 2019-20 WRESTLING ANNOUNCEMENTS

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### Very Important Dates

Oct. 16 - Nov. 20	Online rules meeting for Coaches
Oct. 16 - Nov. 20	Online rules exam for Coaches and Officials
Oct. 5 - Nov. 13	In-person officials meetings - required for all registered officials. Coaches are welcome and encouraged to attend an in-person meeting.
November 18	Beginning date for high school wrestling practice
December 2	Earliest possible date for high school competition
Jan. 31 - Feb. 7	WR-1 (Wrestling Officials Recommendations) submitted online
February 12	WR-2 (Girls Regional Wrestling Entry Form) due - send to the regional tournament manager. Entries on Trackwrestling due. All entries are due by noon.
February 15	Girls Regional Tournaments
February 17	WR-4 (Girls State Wrestling Entry Form and Pass Gate List) due. This is an online form.
February 19	WR-3 (Boys Regional Wrestling Entry Form) due - send to the regional tournament manager. Entries on Trackwrestling due. All entries are due by noon.
February 21-22	Boys Regional Tournaments
February 24	WR-5 (Boys State Wrestling Tournament Entry Form and Pass Gate List) due. This is an online form.
February 27	GIRLS STATE WRESTLING TOURNAMENT
February 28-29	BOYS STATE WRESTLING TOURNAMENTS

### Informational Reminders

The initial certification deadline is on or before December 21, 2019. Seventh and eighth grade students do not have to certify.

Wrestlers that have certified on or before December 21, 2019 will be granted the growth allowance of two (2) pounds for all school team competitions held AFTER December 31, 2019.

#### Senior High Boys Weight Classes:

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

#### Senior High Girls Weight Classes:

101, 109, 116, 123, 130, 136, 143, 155, 170, 191, 235

#### Middle/Junior High Weight Classes:

75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 127, 134, 141, 148, 155, 165, 180, 215, 265 are the recommended weights.

### Rules Meeting Schedule

#### In-Person Dates

*(All coaches are welcome to attend.)*

Saturday, October 5 (8:30 a.m.) -  
KWCA Clinic - Salina Quality Inn

Saturday, October 12 (TBD) -  
KWOA Clinic - Salina Fieldhouse

Wednesday, October 16 (7 p.m.) -  
Salina-Smoky Hill Service Center

Thursday, October 17 (7 p.m.) - Hays High School

Wednesday, October 23 (7 p.m.) - Chanute High School

Thursday, October 24 (7 p.m.) - Olathe South High School

Tuesday, October 29 (7 p.m.) - Maize South High School

Wednesday, October 30 (7 p.m.) - Garden City High School

Wednesday, November 6 (7 p.m.) - Emporia High School

Wednesday, November 13 (7 p.m.) -  
Lawrence-Free State High School

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## Required Meetings and Examinations

### 1. COACHES

Head high school and head middle/junior high coaches must successfully complete the 2019-20 NFHS Wrestling Exam Part I and score 90% or better on the exam. Coaches who do not achieve a 90% score will be required to take the KSHSAA Part II wrestling exam. Coaches failing to successfully complete the KSHSAA Part II exam will have their school's name published in the *Activities Journal*.

### 2. OFFICIALS

All must complete the 2019-20 NFHS Wrestling Exam Part I. Only those officials scoring 90% or above on the exam are eligible for assignment to regional or state tournaments. There is no makeup exam for officials scoring less than 90%.

### 3. EXAM SUBMISSION

Coaches and officials are to submit their answers to the 2019-20 NFHS Wrestling Exam Part I online. Instructions to access and submit answers were mailed to all schools and were inserted into all officials' packets.

## Officials Area Supervisor Meetings

Unless otherwise listed, all meetings begin at 7 p.m.

1. **Area supervisors** conduct two meetings during the season, Series 1 and Series 2. Officials seeking assignment to regional and state tournaments must attend a Series 1 and a Series 2 meeting.
2. If an official **cannot attend** an area supervisor meeting due to emergency, illness, job/employment duties or family responsibilities, they may request permission from the KSHSAA to make up one meeting. Such request will only be accepted if submitted in writing to the KSHSAA, and it must be sent within one week of the missed meeting. Each request is evaluated on its own merits.
3. Area supervisor meetings are designed to further enhance officials' understanding of NFHS rules, their application, mechanics of officiating, etc.

## 2019-20 Area Supervisors Schedule

### Jared Martin, Fort Scott

- 1 Wednesday, November 13  
Fort Scott High School
- 2 Wednesday, January 8  
Fort Scott High School

### Robb Ross, Colby

- 1 Monday, December 2  
Colby High School
- 1 Tuesday, December 3  
Garden City High School
- 2 Tuesday, January 14  
Colby High School
- 2 Wednesday, January 15  
Garden City High School

### Justin Thaw, Newton

- 1 Monday, December 2  
Wichita-Heights High School
- 2 Monday, January 20  
Wichita-Heights High School

### Mark Wallace, New Cambria

- 1 Wednesday, November 20  
Fort Hays State University
- 1 Monday, November 25  
Salina-Smoky Hill Service Center  
(605 E Crawford)
- 2 Monday, January 13  
Salina-Smoky Hill Service Center  
(605 E Crawford)
- 2 Wednesday, January 22  
Fort Hays State University

### Aron Wiechman, Olathe

- 1 Monday, November 18  
Shawnee Mission Northwest HS (Library)
- 1 Tuesday, November 19  
Topeka-KSHSAA (Hall of Fame Room)
- 2 Monday, January 20  
Shawnee Mission Northwest HS (Library)
- 2 Tuesday, January 21  
Topeka-KSHSAA (Hall of Fame Room)

## Assignment of Officials to Regional and State Tournaments

In order to be assigned to a regional or state tournament, an official must fulfill the following requirements:

- Attend the online wrestling rules meeting, and
- Score 90% or higher on the 2019-20 NFHS Wrestling Test Part I, and
- Attend both a Series 1 and Series 2 area supervisor meeting, and
- Have received recommendations for postseason assignment from KSHSAA member schools, league commissioners and area supervisors, and
- Submit an application for postseason assignment.

Officials should not solicit recommendations from schools for postseason assignments. Prior to a competition, officials should provide to each head coach a card with the official's name and city of residency, date of match/tournament and level of competition. This card should be retained by the school for information as they consider their recommendations.

## Regional and State Tournaments

Regional tournament assignments will be posted on the KSHSAA website using the following path - [www.kshsaa.org](http://www.kshsaa.org)> *Activities*> *Wrestling*> *2019-20 Regional Assignment Information*.

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Specific information regarding the weigh-in process for regional and state tournaments will be included in the *2019-20 KSHSAA Wrestling Manual*.

Specific information regarding state tournament qualifiers is also included in the *Wrestling Manual*.

## Regional Tournament Dates

### Girls - All Classes

Saturday, February 15, 2020

### Boys - All Classes

Friday and Saturday  
February 21-22, 2020

Selection of regional host sites will be based on the following guidelines as set by Executive Board policy:

- Rotation of assignment as host site from those schools requesting to host;
- Assign, as nearly as possible, an equal number of schools per site;
- Attempt to combine schools within a geographical area to minimize travel;
- Seating capacities for fans/spectators;
- Past history of hosting – experience, expertise.

## Posting of State Tournament Brackets:

Saturday, February 22, 2020 on KSHSAA website, [www.kshsaa.org](http://www.kshsaa.org)>Activities>Wrestling>2019-20 State Tournament Information. Girls will be posted earlier.

## State Tournament Sites

### Girls – February 27, 2020

#### All Classes

Salina-Tony's Pizza Events Center

### Boys – February 28-29, 2020

#### Class 6A & 5A

Park City-Hartman Arena

#### Class 4A

Salina-Tony's Pizza Events Center

#### Class 3-2-1A

Fort Hays State University-  
Gross Memorial Coliseum

## Hydration Assessments

All high school wrestlers participating in interscholastic wrestling will conduct a hydration assessment prior to their alpha weigh-in and prior to their certification weigh-in.

Details concerning the hydration assessment protocol/procedures are explained in the *2019-20 KSHSAA Wrestling Manual*. (Information will also be available at each KSHSAA wrestling rules meeting.)

The hydration assessment is important with the sport of wrestling. When questions arise, contact the KSHSAA directly.

Don't rely on information gained from others – which might not be totally correct or may be taken out of the original context of the question.

The KSHSAA is preparing nutritional information and will forward it to every KSHSAA member school (MS/JH and HS). Since weight and weight management are central components in the sport of wrestling, it makes sense to use our sport as one of the avenues to disseminate nutritional information that can be utilized by all students. When this information arrives, share it with others on your staff. Everyone benefits from a healthy lifestyle, which combines exercise, weight management and wise nutrition decisions.

Middle school and junior high wrestlers are not required to have hydration assessments during the season. But providing them information about appropriate hydration levels during the season is recommended and will assist them in a healthy approach to weight management.

## Wrestling Reminders (NEW)

### Middle School/Junior High Weigh-Ins

Check **Section 2.J.1** of the *2019-20 KSHSAA Wrestling Manual* for clarification as to the options at this level.

### Senior High School Weigh-In Process (NEW)

The KSHSAA Executive Board revised and passed the process to follow NFHS Weigh-In Guidelines. This decision was not made lightly, as the factors of safety, weight-class accountability and being compliant with NFHS guidelines led to the decision. Therefore, the board made the decision to act and change the policy for the 2019-20 wrestling season.

### NFHS Rule 4-5

**Article 1:** Contestants of the same gender shall have the opportunity to weigh-in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition each day in a multiple dual-meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.

**Article 2:** Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day.

**Article 3:** For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class, continue through the weight classes, wrap around to the 106-pound weight class (101-pound for Kansas Girls) and end immediately upon the completion of the highest weight class preceding the random draw selected weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the

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highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited.

**Article 4:** The referee, or other authorized person of the same gender, shall supervise the weigh-ins. **SKIN-CHECKS SHOULD TAKE PLACE AT THIS TIME, FOR CONSISTENCY OF THE PROCESS IN KANSAS.**

## Consecutive Days Of Team Competition

*NFHS Rule 4-5-5* provides that “when there are consecutive days of team competition, there shall be a one (1)-pound additional allowance granted each day for all wrestlers up to a maximum of two (2) pounds.” The rules require a minimum of 48-hour advance notification to opponents for the additional weight to be permitted.

Contained in the 2019-20 NFHS Case Book (4.5 Situations) are several examples of how this rule is applied.

### Key Points to Remember:

1. The provision applies to consecutive days of team competition and not to individual wrestlers competing on consecutive days on different teams.
2. There must be a 48-hour notification to all opponents before the allowance applies.
3. It is not necessary for the same school team to be involved in all days of consecutive competition – but there must be a common link. (Varsity team A wrestles dual against varsity team B on Thursday – varsity team B wrestles varsity team C on Friday; assuming 48-hour notification – each team is allowed one additional pound. Varsity team C in tournament on Friday, again assuming 48 hour notification – a second pound allowed all teams).

## Updates – Rules Interpretations

During the season, coaches, officials and school administrators are encouraged to visit the wrestling home page on the KSHSAA website ([www.kshsaa.org](http://www.kshsaa.org)> *Activities>Wrestling>Announcements*). Any announcements, rules updates, clarifications of rules and interpretations will be posted under this area on Mondays.

The KSHSAA will not print and distribute newsletters during the season. Newsletters will be posted in the announcements heading on the website wrestling page.

## Middle/Junior High Items

**KSHSAA Rule 44** sets competition limits for individuals involved in wrestling. **Section 3 of Rule 44** sets forth the limitations for middle school/junior high students. All 9th grade students (whether attending traditional 9th-12th grade high schools or those in 7th-8th-9th grade models of junior highs) have an 18 event/30 competition point limitation during the regular season.

Seventh and eighth grade students have an eight event/18 competition point limitation for their season.

The KSHSAA Executive Board has approved a policy which permits KSHSAA member middle and junior high school students to weigh-in for competition at any one of the following times:

- At the student’s school following the conclusion of school or following a school team practice on the day preceding the school team competition **OR**
- Prior to the start of school at the student’s school on the day of competition **OR**
- At the competition site.
- All students should participate in the same weigh-in.

Middle and junior high leagues are encouraged to establish a league adopted weigh-in provision within the options provided in order to establish consistency for the weigh-in process within their league.

The KSHSAA Executive Board has decided to continue the home site weigh-in option for regular season competitions for the first day of regional tournaments for several reasons:

- A belief by the board that the home site weigh-in provides a more conducive learning environment during the school day for the student-athletes participating in wrestling;
- An appreciation for the distance that some teams travel for competition and the resulting loss of instructional time if all weigh-ins were conducted in compliance with NFHS rules;
- A belief that KSHSAA member school athletes are not being placed at a competitive disadvantage as a result of the current weigh-in provisions;
- A belief that KSHSAA member school coaches are practicing and following healthy weight management programs for students participating in interscholastic wrestling.

KSHSAA member school coaches and students are reminded that unhealthy weight management programs which permit rapid and significant weight losses will force a re-evaluation of the KSHSAA weigh-in program.

Students in the age range of 7th-12th grade are in the period of their life when significant growth occurs. They are also in an age range when lifestyles and health patterns are being developed. It is very important for long term healthy lifestyles of these students that they participate in a program that will encourage and develop sound, healthy weight management ideas and practices.