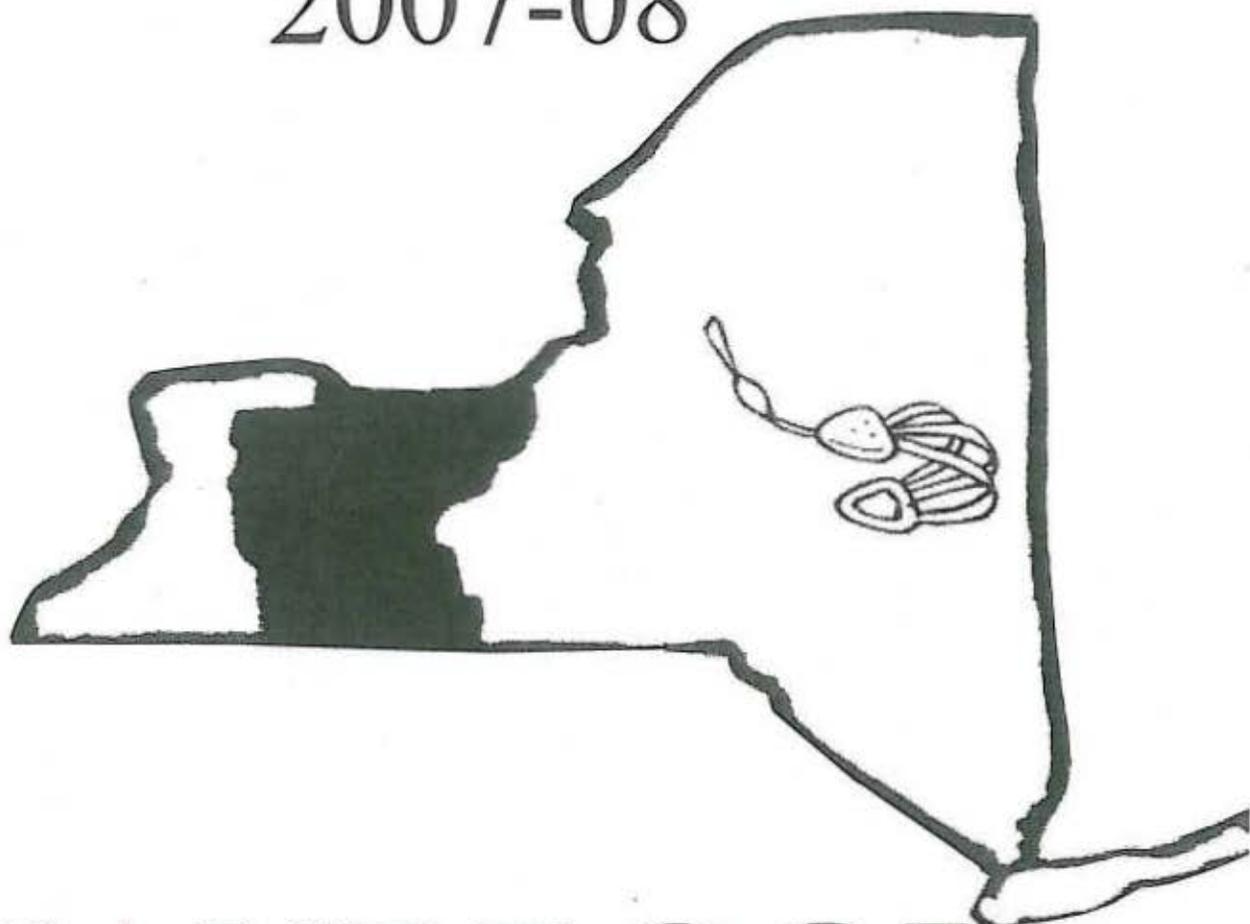


SECTION V WRESTLING

2007-08



HANDBOOK

2007-2008 SECTION V WRESTLING

Section V Coordinator	Chris Bourne,	Brockport Central Schools cbourne@bcs1.org Work 585-637-1836 Home 585-349-7078 Cell 585-370-4021 Fax 585-637-1839
Tournament Director	Jeff Howard	FLCC
Division 1 Chairman	Lou Lombardo	Greece Olympia
Division 2 Chairman	Eric Romesser	Attica
Officials Coordinator	Frank Marotta	
Class AA Chairman	Jason Bovenzi	Pittsford
Class A Chairman	Scott Freischlag	Wayne
Class BBBB Chairman	Bill Hadsell	Geneva
Class BBB Chairman	Rich Hannon	Holley
Class BB Chairman	Jim Sauberan	Kendall
Class B Chairman	Sam Linsner	Warsaw
City Catholic	Scott Lazarek	Wilson
Monroe County	Jason Bovenzi	Pittsford
Finger Lakes East	Rich Romeo	Canandaigua
Finger Lakes Central	Lonnie Gunzalus	Marcus Whitman
Finger Lakes West	John Lawson	Lyons
Livingston	Sam Linsner	Warsaw
Genesee	John Grillo	Holley
Alleghany-Steuben	Dan Conley	Hammondsport
Officials Draw:	Thursday, November 8, 2007 @ Brockport Central Schools	
Class Tournament Sites:	Friday & Saturday, February 15 & 16, 2008	
	Class AA	Spencerport HS
	Class A	Wayne Central HS
	Class BBBB	Haverling Bath HS
	Class BBB	Caledonia-Mumford HS
	Class BB	Avon HS
	Class B	Warsaw HS
	Note: Some class sites may choose to run a one (1) day tournament	
New York State Qualifier:	Friday & Saturday, February 22 & 23, 2008 RIT Gordon Field House	
New York State Wrestling Championships:	Saturday & Sunday, March 8 & 9, 2008 Blue Cross Arena in Rochester	

2007-2008 Section V Wrestling NYS Divisions and Classifications

NYS Division 1 (L. Lombardo) 26 Schools

Class AA (J. Bovenzi)		Class A (S. Freischlag)	
East High/Freddie Thomas/SOTA	2081	Greece Olympia	1058
Fairport	1813	West Irondequoit	1043
Rush Henrietta	1506	Canandaigua	1041
Pittsford	1466	Marshall/Charlotte	1039
Gates Chili	1371	Greece Arcadia	1027
Greece Athena/Odyssey	1362	McQuaid	1010
Penfield	1219	East Irondequoit	925
Webster Schroeder	1205	Brighton	910
Spencerport	1175	Victor	816
Brockport	1164	Wayne	718
Hilton	1162	Newark	670
Churchville Chili	1147	Honeoye Falls-Lima	660
Webster Thomas	1133	Batavia	605

NYS Division 2 (E. Romesser) 54 schools

Class BBBB (B. Hadsell)		Class BBB (Rich Hannon)	
Geneva	568	Wellsville	372
Palmyra-Macedon	562	Sodus	368
Waterloo	547	LeRoy	354
Midlakes	519	Mynderse	354
Livonia	517	Holley	340
Penn Yan	481	Byron Bergen	335
Hornell	476	Pembroke	334
Wayland-Cohocton	476	Williamson	325
Bath-Haverling	467	Bishop Kearney	317
Attica	450	East Rochester	312
Marcus Whitman	430	Caledonia-Mumford	297
Dansville	424	Addison	295
North Rose-Wolcott	399	Campbell-Savona	295
		Marion	295

Class BB (J. Sauberan)		Class B (S. Linser)	
Letchworth	287	Red Jacket	239
Canisteo-Greenwood	285	Arkport-Canaseraga	233
Avon	282	Warsaw	232
Alexander	280	Dundee	215
Red Creek	269	Lyndonville	201
Perry	268	Bolivar-Richburg	195
Gananda	264	Keshequa	195
Kendall	264	Alfred-Almond	177
Lyons	263	Genesee Valley	170
South Seneca	259	Fillmore	168
Pavilion	255	Avoca	165
Geneseo	249	Jasper Troupsburg	160
York	248	Hammondsport	146
		Northstar Christian	72

2007-08 Wrestling Pre-Season Notes

- All safety equipment that is required for matches should be worn in practice.
- Blood Cleanup needs to follow NYSPHSAA guidelines. Gloves MUST be worn.
- Multiple entries for the Class Sectional Tournament will be in place this season.
- The unlimited weight class will now be **285 lbs.**
- The Growth Allowance is two (2) lbs on December 25.
- **22 Points** is now for the individual, not for a team.
- All scales should be certified annually.
- Only two (2) people will be allowed in the corner during tournaments. Two (2) chairs, one for green and one for red will be provided for the scorekeepers at the scoring table.
- Video recorders and photographers will not be allowed on the edge of the mat.
- If a physician is present and called upon for diagnosis their decision is final. The parent, coach, or athletic trainer may not override the decision of the doctor. This pertains to skin conditions as well as injury.
- There are NO ties in dual meets. Please carry the criteria for how to determine a winner of a dual meet when a tie exists.
- Honor weigh-ins are for dual meets. They may only be used when schools are in session. Dual meets on Saturdays, Holidays, or any other day when school is not in session MUST use the mat side weigh-in.
- When weigh ins commence in a dual meet all participants have 30 minutes to "make weight".
- Wrestlers MUST make weight now every day of a tournament. The weigh out on the first night has been ELIMINATED.
- The 50% rule for weigh-ins is in effect. A wrestler needs to be eligible to compete and make weight. They do not have to compete in the contests. Coaches should keep all their weigh-in sheets from tournaments and duals to verify this in case they are challenged.

2007-2008 Section V Wrestling Weight Control Plan

Weight Classes:

103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215,
96 and 285 are optional weight classes for dual meets and tournaments.

A profile form from a NYSPHSAA Approved Assessor must be kept on all wrestlers.

Team Certification sheets will be kept by the Section V Chairman.

Honor weigh-ins applies only for dual meets when school is in session.

Minimum weights for competitions:

The minimum required weight for all weights as listed **MUST** be met and recorded at **BOTH** the honor weigh-in and the mat side weigh-in.

To compete at 96 lbs a wrestler must weigh in excess of 88 lbs.

To compete at 103 lbs a wrestler must weigh in excess of 93 lbs.

To compete at 215 lbs a wrestler must weigh in excess of 180 lbs.

To compete at 275 lbs a wrestler must weigh in excess of 245 lbs.

All Minimum Weight Certification Individual Profile Forms (separate for males and females) and/or Minimum Wrestling Weight Forms using Hydrostatic (underwater) Weighing must be used for all wrestlers.

THE 50% RULE FOR NYS WEIGH-IN's 2007-2008

All wrestlers in NYS must have weighed in at their certified weight class a minimum of 50% of the time for the 2006-07 season in 2005-06 the percentage was 33%

All wrestling teams in NYS are under the 22 point rule (see page 6). Most teams will compete in 10 duals and 6 tournaments.

A wrestler with a full schedule will most likely weigh-in for 16 events (10 Duals and 6 tournaments) but teams that opt for 18 duals and 2 T's could actually have 20 weigh-ins. A double weigh-in for a 2-day tournament only counts as one weigh-in as it is only one event.

To be eligible for post-season competition all wrestlers must have six contests on six different dates (or a waiver must be applied for). Therefore all wrestlers in NYS entering post-season will weigh-in a **minimum of 6 times** and a **maximum of 20 times**.

Based on the actual number of weigh-ins for each individual wrestler the chart below is used to determine how many weigh-ins are needed at a certain weight class to be able to compete at that weight in the post-season. The 50% rule requires you to round up to the next whole number for any fraction over.

TOTAL # OF WEIGH-IN's	WEIGH-Ins X 50%	# OF WEIGH-IN's NEEDED
6	3.0	3
7	3.5	4
8	4.0	4
9	4.5	5
10	5.0	5
11	5.5	6
12	6.0	6
13	6.5	7
14	7.0	7
15	7.5	8
16	8.0	8
17	8.5	9
18	9.0	9
19	9.5	10
20	10.0	10

New Standardized Honor Weigh-in forms must be kept on file to verify the correct number of weigh-in's.

Coaches should also bring the new weigh-in form for tournaments to all tournaments they compete in.

If an injury occurs prior to the wrestler getting their required number of weigh-ins they may not wrestle at the lower weight as they have not weighed in the proper number of times.



New York State Public High School Athletic Association

DUAL MEET WEIGH-IN SHEET

EXACT WEIGHT MUST BE RECORDED FOR BOTH A.M. AND P.M.

MAKE 3 COPIES: 1 FOR HOME COACH, 1 FOR OPPOSING COACH, 1 FOR THE SCORE TABLE
COACHES: KEEP THESE SHEETS ON FILE FOR POST-SEASON WT. VERIFICATIONS

HOME TEAM _____ OPPONENT _____ DATE: _____

All wrestlers listed below are eligible to wrestle in this dual meet. They have made weight and have been cleared of any injury or skin rash.

SIGNATURE:

SIGNATURE:

Wt. Allowance _____

Coach _____

Athletic Director or School Representative _____

Weight	Wrestler	AM	PM
96			
103			
112			
119			
125			
130			
135			
140			

Weight	Wrestler	AM	PM
145			
152			
160			
171			
189			
215			
285			



New York State Public High School Athletic Association

TOURNAMENT WEIGH-IN SHEET

EXACT WEIGHT MUST BE RECORDED

COACHES: KEEP THESE SHEETS ON FILE FOR POST-SEASON WT. VERIFICATIONS

DATE: _____

TOURNAMENT _____

All wrestlers listed below are eligible to wrestle in this tournament.
They have been cleared of any injury or skin rash.

Wt. Allowance _____

Weight	Wrestler	Actual Wt.
96		
103		
112		
119		
125		
130		
135		
140		
145		
152		
160		
171		
189		
215		
275		

Minimum weights are as follows: In Excess of: 88 for 96, 93 for 103, 180 for 215, 215 for 275

SIGNATURE: Tournament Director _____



New York State Public High School Athletic Association

DUAL MEET WEIGH-IN SHEET

EXACT WEIGHT MUST BE RECORDED FOR BOTH A.M. AND P.M.
 MAKE 3 COPIES: 1 FOR HOME COACH, 1 FOR OPPOSING COACH, 1 FOR THE SCORE TABLE
 COACHES: KEEP THESE SHEETS ON FILE FOR POST-SEASON WT. VERIFICATIONS

HOME TEAM _____ OPPONENT _____ DATE: _____

All wrestlers listed below are eligible to wrestle in this dual meet. They have made weight and have been cleared of any injury or skin rash.

SIGNATURE _____ SIGNATURE _____ Wt. Allowance _____
 Coach _____ Athletic Director or School Representative _____

Weight	Wrestler	AM	PM
96			
103			
112			
119			
125			
130			
135			
140			

Weight	Wrestler	AM	PM
145			
152			
160			
171			
189			
215			
285			

Minimum weights are as follows: In Excess of: 88 for 96, 93 for 103, 180 for 215, 215 for 275



New York State Public High School Athletic Association

TOURNAMENT WEIGH-IN SHEET

EXACT WEIGHT MUST BE RECORDED

COACHES: KEEP THESE SHEETS ON FILE FOR POST-SEASON WT. VERIFICATIONS

DATE: _____

TOURNAMENT _____

All wrestlers listed below are eligible to wrestle in this tournament. Wt. Allowance _____
They have been cleared of any injury or skin rash.

Weight	Wrestler	Actual Wt.
96		
103		
112		
119		
125		
130		
135		
140		
145		
152		
160		
171		
189		
215		
275		

Minimum weights are as follows: In Excess of 53 for 96, 93 for 103, 180 for 215, 215 for 275

SIGNATURE: Tournament Director _____

NYSPPHSAA Wrestling
Wrestling Minimum Weight Certification
Request for Waiver of the Two Week Rule

All requests for minimum weight certification of a wrestler after the first two (2) weeks of the season, exclusive of Sundays and school holiday closings are to be submitted on this form to the Section Wrestling Coordinator. The wrestler is NOT eligible to compete until written approval of the Wrestling Coordinator is received by the wrestler's Athletic Director.

_____ is requesting a Waiver.
(wrestlers name)

School's Name: _____ Section (1-11) _____

Signatures:

Head Coach: _____ Date: _____

Athletic Director: _____ Date: _____

High School Principal: _____ Date: _____

Rational for this Request (Be sure to attach all pertinent documentation)

(Coordinator's Use)

Section Wrestling Coordinator's Name: _____
(type or print)

Request is: Approved Denied Date: _____

Reason(s) for decision (Coordinator may consult with NYSPPHSAA staff)

Section Wrestling Coordinator's Signature: _____

1 copy to the school

1 to the State Chairman

1 for Coordinator

Multiple Entry for 2008 Class Sectionals

Approved by Section V 5/16/07

All teams will be allowed to enter a maximum of two (2) additional wrestlers to the 2008 Class Sectional Tournament. The additional wrestlers need to be entered in different weight classes from each other. All wrestlers would be point scorers.

Examples:

Team A has 15 wrestlers entered, one (1) per weight class. They now may enter 17 wrestlers with a maximum of two (2) in any weight class. All 17 would be eligible to score team points.

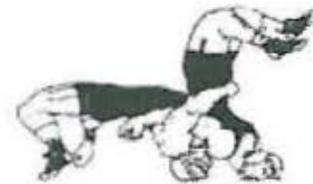
Team B has 10 wrestlers entered, one (1) per weight class. They now may enter 12 wrestlers with a maximum of two (2) in any weight class. All 12 would be eligible to score team points.

New Change in the 22 Point Rule

The 22 Point System **now** refers to an **Individual**, not a Team. Please find the attached chart to track your wrestlers points. Penalties are severe if an individual exceeds the maximum number of points.



NEW YORK STATE PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION INC.
STATE WRESTLING COMMITTEE



Don DeBadts
NYS Wrestling Chairman
Geneseo Central School

October 5, 2005

TO ALL SECTIONAL WRESTLING CHAIRMEN:

Eric Romanino
Beacon High School
Section 1 Chairman
Marty Sherman
Section 2 Chairman
John Vlahneowski
Ravenna/Coe/Sel Cen School
Section 2 Asst Chairman

As per conversation with **Lloyd Mott:**
NYSPPHSAA – Assistant Director
(518)439-8873
LMott@NYSPPHSAA.org

Brad Hamer
Jordan-Elbridge High School
Section 3 Chairman
Bill Keys
Mexico High School
Section 3 Asst. Chairman

Any school in NY hosting an interstate tournament must apply for sanctioning by sending a completed application to the NYSPPHSAA office.

Before committing to an out of state tournament, the school should check with the NYSPPHSAA office to see if the event will be sanctioned.

Rick Armstrong
Walton High School
Section 4 Chairman
Rick Gumble
Chenango Forks High School
Section 4 Asst. Chairman

With respect to out-of-state competitions:
The NYSPPHSAA Handbook for 2004-06 (page 64 #13b) states:

13b. No (NYS) member school will engage in athletic competition with an out-of-state school which is *not a member in good standing* of its respective state high school athletic association or has not been approved by the respective state association if the school is ineligible to join. Furthermore member schools will not compete in any interstate contest which is sponsored solely by an outside agency. For dual contests it is the school's responsibility to determine the these criteria are satisfied.

Chris Boume
Brookport Central Schools
Section 5 Chairman
Lynn Tewksbury
Section 5 Asst. Chairman

13d. A (NYS) member school planning to participate in an interstate contest involving four or more schools, or any interstate contest which is co-sponsored by an organization other than a member high school, must give notice of entry to the NYSPPHSAA inc. office so that the school may receive verification that the contest has been sanctioned.

Mike DeBarbieri
Portville High School
Section 6 Chairman
Israel Martinez
Niagara Falls High School
Section 6 Asst. Chairman

Other states have begun a trend of becoming stricter in approving member schools. In 2004: The state of Maryland no longer recognized their Catholic schools as member schools. The state of New Jersey no longer recognizes Blair Academy as a member school.

Gary Edwards
Peru High School
Section 7 Chairman
Stan Riggs
Peru High School
Section 7 Asst. Chairman

13d. continued.
NOTE: Failure to comply with the above regulation may cause a team or individuals to become ineligible from that date of participation for the remainder of that sport season.

Terry Haise
Fresport High School
Section 8 Chairman

Jeff Gully
Newburgh Free Academy
Section 9 Chairman

Randy Morrison
Gouverneur High School
Section 10 Chairman

Joe Gianl
Huntington High School
Section 11 Chairman

George Dlugoronski
Chaminade High School
Catholic School Chairman
Chris Alfalia
Kellenberg Memorial HS
Catholic School Chairman

**PLEASE DISTRIBUTE THIS INFORMATION TO ALL WRESTLING TEAMS
IN YOUR SECTION TO PROTECT THEM AND KEEP THEM FROM
BECOMING INELIGIBLE.**

Larry Cantor
PSAL Chairman

Section V Wrestling – Seeding Criteria for Class Tournaments

1. Procedures before Seeding:
 - a. Record sheets of wrestling are to be submitted by each coach or representative.
 - b. Each coach or representative must submit his complete entry list prior to the beginning of the seeding meeting.
 - c. A wrestler is officially entered at his specified weight class when his name is entered at the seeding meeting. All entries are final. An entered wrestler can only be substituted for in that weight class, not moved.
 - d. A representative from each class shall collect all record sheets at the conclusion of the seeding meeting in order to ensure that all sheets will be available at the state qualifier seeding meeting.

2. Seeding Procedures
 - a. All weight classes will seed a minimum of 8 wrestlers
 - b. A wrestler must have a minimum of six (6) matches to wrestle in the tournament.
 - c. After all seeds are placed, byes will be drawn prior to the placing of the remaining wrestlers.

3. Wrestle Backs to the Top 4
 - a. The top four (4) place finishers will advance to the sectional championship.

4. Seeding Formula Guidelines for Section V Class Tournaments

Varsity Win	+2 points
Varsity Loss	- 1 point
<u>Previous Year</u>	
State Place Finisher 1 st	+ 60 points
2 nd	+ 50 points
3 rd	+ 40 points
State Team Representative	+ 30 points
Section V Runner-up	+ 20 points
Class Tournament 1 st	+ 15 points
2 nd	+ 10 points
3 rd	+ 5 points

THE SEEDING COMMITTEE'S MAJORITY VOTE WILL APPROVE EACH WEIGHT CLASS.

INDIVIDUAL LISTING OF ALL MATCHES THIS SEASON

	Wt. Class	Opponents Name	School	Won or Lost	Score	Time
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
32						
33						
34						
35						
36						
37						
38						
39						
40						
41						

Section V Wrestling

At Large entry for the New York State Qualifier

1. It is possible that there may not be any at large entries
2. To be eligible for an At Large entry, a wrestler
 - a. Must be an outstanding wrestler with a 90% winning percentage in at least 18 matches during the season (including tournaments)
 - b. Must have finished 1st or 2nd in a previous Section V Class Tournament or New York State Qualifier
 - c. Either A or B will qualify
 - d. Must have wrestled in at least six (6) scheduled matches during the current season as per the New York State Handbook
 - e. Must submit a letter of application to the Section V Coordinator no later than Saturday night preceding the NYS Qualifier. This letter should explain in detail the reason for making the application and should be signed by the wrestler's coach and Athletic Director.
 - f. If a medical problem is involved, the application must be accompanied by a letter from a doctor explaining the problem and indicating the date(s) when the wrestler is able and/or not able to participate.
3. Applications will be considered on their individual merits. Applications in the past dealt with a wrestler who was not able to participate in his class tournament, but is able to do so the following week. Because the class tournaments are the initial step in qualifying for the New York State Tournament, a team will not enter a wrestler who is applying for an at large berth in their class tournament.
4. A majority vote of the Section V Wrestling Committee will determine the entry of the individual wrestler into the qualifier.
5. At Large entries will be placed in a pigtail round on the bracket and will wrestle the 4th place finisher from their class tournament in the first round.

Section V Wrestling Appeals Procedure for Sectional Tournaments

1. For "Super Sectionals" (Final Sectional Qualifier for NYS Championships)
 - a. The Appeals Committee shall be the WOA of Section V Official Rules Interpretation Committee. This would be the Official Interpreter and those members of the WOA Executive Committee who attended the most recent State Interpretation meeting (held in October) prior to the start of this season. This should be a three (3) person committee. Otherwise, the WOA President, who is also the official interpreter, shall appoint other officials to fill the vacant position(s). This shall be determined prior to the tournament.
 - b. If any of the Executive Committee members who are members of the Interpretation Committee are unable to attend the Super Sectionals or if any of the Interpretation Committee should have a "conflict of interest" in the match being appealed (i.e. being the official or assistant, school from the same town, etc.), there shall be a previously established rank order of substitutes to fill any vacancies. This shall be done following the same procedure followed in "a" above.
2. For Class Sectionals

The Section V Chairman and the WOA President (who is also the official interpreter) shall collaborate in the selection of a Head Official for each tournament. They will then designate officials in rank order to serve on the Appeals Committee with the Head Official. The committee shall number three (3) people. The Official Interpreter, when present, shall always be one of the members.
3. What Qualifies for Appeal and what procedures are followed
 - a. The procedure is intended only to be used for Sectional Tournaments. It will be used in some tournaments on an experimental basis prior to Sectionals, but only if the tournament has enough officials assigned so that the procedure can be implemented as stated above.
 - b. Items involving tournament organization, etc. fall under the jurisdiction of the tournament chairman and not the appeals committee.

- c. The ONLY appeals that will be honored and ruled on by the appeals Committee must involve a misapplication of a rule or a rule interpretation. As usual, calls involving judgment cannot be questioned nor can they be appealed.
- d. The coach must first follow the procedures in the Rulebook (Rule 6-6-6). The coach must immediately tell the mat official that he wants to appeal the referee's application of the rule or interpretation.
 1. If the match has ended, only the offended wrestler must remain on the mat, but the mat official shall instruct the other wrestler to remain in the mat area.
 2. The Appeals Committee shall be summoned. The coach has two (2) minutes to state his case, but the Committee may want to question him additionally. Videotape will NOT be submitted as evidence, nor shall the Appeals Committee review any tape prior to making their decision. The referee and assistant, if being used, shall explain the call and the rationale for it.
 3. The Appeals Committee shall meet alone where they can be free from any interference and once they present their decision, it is FINAL.
 - a. If a rule or interpretation has been misapplied, any penalties levied against the coach because of his protest, shall be removed. The situation shall be corrected and bad time rewrestled, if necessary.
 - b. If the appeals Committee rules that it is judgment being questioned, the coach shall be penalized according to the rulebook only if he has not already been penalized during the match for questioning the same judgment call.
 - c. If the Appeals committee rules that the referee's decision was correct, there shall be no further penalty against the coach because of the appeal. However, the coach may be penalized for any unsportsmanlike actions after the decision has been rendered.



**NYSPHSAAA PHYSICIAN RELEASE
FOR
WRESTLER TO PARTICIPATE WITH SKIN LESION(S)**



The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a physician release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine Advisory Committee does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians who are signing "return to competition forms". Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or can not participate.
4. Provide a basis to support physician decisions on when a wrestler can or can not participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve "Joe Blow who never wins a match" or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Inclusion of the applicable NFHS wrestling rule so physicians will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
3. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician visit.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired and can be edited in anyway for use by various individuals or organizations. In addition, the NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.



WRESTLING COMMUNICABLE SKIN DISEASE FORM



PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ___ / ___ / ___

Diagnosis _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) _____

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

Date Treatment Started: ___ / ___ / ___

Form Expiration Date: ___ / ___ / ___

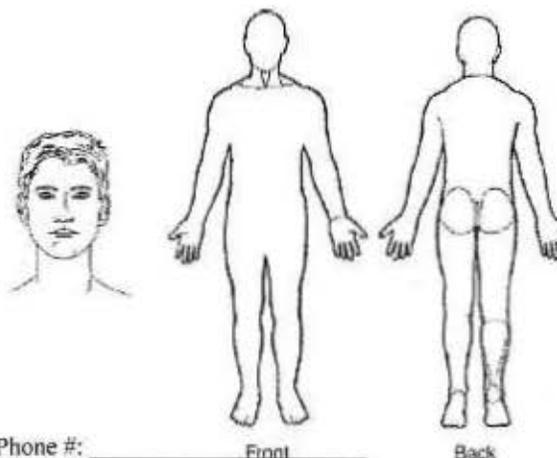
Earliest Date may return to participation: ___ / ___ / ___

Provider Signature _____ Office Phone #: _____

Physician Name (Printed or Typed) _____

(M.D. or D.O.)

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 or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If an 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."

Once a lesion is not considered contagious, it may be covered to allow participation.

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

Bacterial Diseases (impetigo, boils): 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. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

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 full five 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: 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: 24 hours after curettage.

Revised/Approved May 2007

Oral Braces Must Be Covered

4-2-5

Each contestant, who has braces or has a special orthodontic device on their teeth, shall be required to wear a tooth and mouth protector. A tooth and mouth protector (intraoral) which shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and covers the teeth and all areas of the braces or special orthodontic device with adequate thickness. This would include upper and lower teeth if devices are present on both. It is recommended the protector be properly fitted and:

1. Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.
2. Constructed and fitted to the individual by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.

Rationale: The NFHS Sports Medicine Advisory Committee feels that it would be in the best interest from a safety perspective that if a wrestler does have braces, or wears a special orthodontic device on their teeth, they should be covered to protect their opponent from injury when coming in contact with the mouth and teeth. Coaches have expressed concern about frequent stoppage of matches because of blood time-out secondary to brace-inflicted wounds.

Situation 1: A1 reports to the scorer's table and the referee notices braces on the top and bottom of A1's teeth. The referee does not see a tooth and mouth protector.

Ruling 1: The referee does not allow wrestling to start until A1 is properly equipped. The referee should tell the timekeeper to start the injury clock, add one match point to the opposing wrestler's score, deduct one team point from Team A and charge A1 with an injury time-out.

Situation 2: Same as situation 1, except that after 35 seconds, A1 reports back to the referee with an acceptable tooth and mouth protector.

Ruling 2: The referee should direct the timekeeper to stop the injury clock. The wrestlers take the mat to start the first period, with A1's opponent having a 1-0 lead and the head coach from team A will be charged with unsportsmanlike conduct and penalized in accordance with the penalty chart.

New York State Public High School Athletic Association

INFECTION CONTROL IN INTERSCHOLASTIC ATHLETICS

Recommended precautions against the transmission of blood-borne pathogens

Proper handling of situations in which blood is present will greatly reduce the possibility of any transmission of a blood-borne pathogen such as Hepatitis B or HIV, if the individual who is bleeding has such a disease.

Injuries that result in the presence of blood are most likely to occur in physical education classes, athletic practice sessions and athletic contests. Therefore, it is extremely important that teachers, coaches, officials and student-athletes observe the following precautions and be cognizant that at any time there is blood present that it be treated with respect regarding its ability to transmit infectious disease:

1. Before competing, a student-athlete must cover any open wound on his body. This will reduce the risk of transmission of a blood-borne pathogen from his wound to the open wound or mucous membrane of another person or vice versa.

Note: Coach and official may be substituted wherever use of the term student-athlete is used throughout this policy. Also, the pronoun "she" or "her" is applicable in all instances where "he" or "his" is used.

2. A student-athlete should render first aid to himself and cover his own wounds whenever possible. Again, this reduces the risk of transmission of a blood-borne pathogen from one person to another.
3. When rendering first aid to others, an individual should wear protective gloves (such as rubber surgical gloves) any time blood, open wounds or mucous membranes are involved. This individual should wear clean gloves for each student-athlete treated or when treating the same student-athlete more than one time.
4. If an individual gets someone else's blood on his skin, he should wear protective gloves and wipe the blood off with a disposable towel using a disinfectant such as isopropyl alcohol (rubbing alcohol).

Note: If any blood gets on an opponent's uniform during competition or a teammate's uniform during practice, it is not necessary to clean the uniform at that point unless the opponent or teammate has an open cut or unskinned area on his body, or the blood is on part of the uniform which might come in contact with his mucous membranes. If the student-athlete does have an open cut or unskinned area or believes the blood might come in contact with one of his mucous membranes, then the uniform should be wiped with a disinfectant such as isopropyl alcohol (rubbing alcohol).

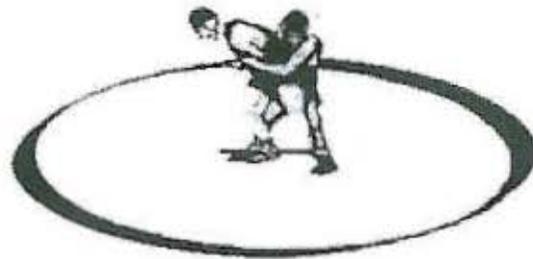
5. If a student -athlete begins to bleed during practice or competition, play must be stopped, the student-athlete who is injured removed and any potentially contaminated surfaces such as the basketball court or wrestling mat cleaned using a disinfectant solution of household bleach and water. The recommended mixture is 10 parts water to one part bleach. (Example: 1 ½ cups bleach to one gallon of water.) The surfaces should then be rinsed with clean water to avoid participants getting the disinfectant in their eyes. The individual doing the clean-up should wear protective gloves.
6. A student-athlete who is removed from an athletic practice or contest due to bleeding must have his bleeding stopped and any wound covered before he is allowed to return to competition. If his bleeding resumes, the practice or contest must be stopped again and any potentially contaminated surfaces cleaned. It is up to the discretion of the official in charge of the competition (i.e. referee in football and basketball, home plate umpire in baseball, etc.) as to how many times the competition should be stopped due to a student-athlete's bleeding before that student-athlete is disqualified from further participation in that contest.
7. An individual who has treated an injury where blood is present or has cleaned a potentially contaminated surface should wash his hands with soap and hot water whether or not protective gloves are worn.
8. A student-athlete should take a shower using a liberal amount of soap and hot water after each practice and competition.
9. Towels which will be used for any purpose by student-athletes, coaches or officials should not be used to clean blood off any potentially contaminated surface. Neither should towels be shared by student-athletes, coaches or officials.

Note: Disposable towels should be used in all clean up. Towels, protective gloves and other materials used in clean up, as well as any cotton used to stem bleeding, should be placed in a sealed container lined with a plastic bag. Close the plastic bags and discard daily. DO NOT reuse the plastic bags.

10. All soiled linen such as uniforms and towels should be washed in hot, soapy water. Any detergent that contains bleach is appropriate.
11. If an official or coach should get blood on himself, he should do the same as the student-athlete – use a disinfectant such as isopropyl alcohol (rubbing alcohol) to wipe the blood from the area.
12. All coaches, officials and student-athletes should practice good hygiene. Towels, cups and water bottles should not be shared.

Note: While Hepatitis B can be transmitted in the blood stream by saliva through an open wound, the possible transmission of HIV in this manner is currently thought to be of little concern. In fact, there is some evidence to indicate that saliva may inhibit the AIDS virus.

The Importance of a Clean Wrestling Room



Consequences of an Unclean Mat

If a wrestling mat is not cleaned properly athletes may catch skin diseases. *staphylococcal infections, ringworm, impetigo, and herpes simplex virus* are the four most commonly seen in wrestling. One problem lies in the fact that not only can wrestlers catch skin disease from other teammates, they can also catch skin diseases from others who may use the wrestling room. For example here at Lock Haven University physical education classes also use the wrestling facilities.

How to Clean The Mat

Mats should be cleaned twice daily with disinfectant cleaner. Wrestling mats should be cleaned two or three hours before each practice or competition. Mats can be cleaned with 1:100 household bleach and water, 70% Isoprypyl alcohol and hydrogen peroxidem (1).

How can skin diseases be prevented?

Keeping The Mat Clean

- All mats and walls should be cleaned on a daily basis with a disinfectant cleaner such as a solution of 1:100 household bleach and water. This solution should be made everyday (5).
- Street shoes should not be worn on a wrestling mat and wrestling shoes should not be worn off of a wrestling matt (6). This is where the physical education classes hinder the wrestling room process, PE classes often just

wear whatever shoes they wear outside.

What wrestlers and coaches can do to stop the spread of skin diseases

General

- Do not use others' combs, brushes, hair ornaments, hats, scarves, towels, washcloths, socks or shoes.
- Never walk barefoot in public places. If you must use a public shower area always wear shower shoes.
- After bathing or swimming dry your feet and in between your toes thoroughly.
- Do not involve yourself in any contact sports without wearing socks or shoes (3).
- Expose your feet to the air when you are at home.
- Change your socks and underwear frequently.
- Do not wear heavy clothing in warm weather that will cause you to sweat.
- Check your pets for areas of hair loss(4).
- Wrestlers should shower before and after workouts with disinfectant soap.
- Clothing should be washed daily including all towels (6).
- Wash hands frequently (5).

Wrestling

- Following each use of head gear the equipment should be wiped down with alcohol pads.
- Coaches should direct skin inspections on a daily basis.
- Wrestlers that have open wounds or any breaks in the skin should be

dissuaded from participating until the skin is healed or the wrestler has been allowed to participate by a licensed physician. If a wrestler is cleared to play, they should have the affected area covered to avoid any cross contamination from happening (6).

- If a wrestler believes they may have a skin infection the athlete must notify a coach and athletic trainers as soon as possible.
- Ventilate the wrestling room with fans to lower the humidity and temperature
- Neoprene sleeves and support braces must be wiped with a disinfectant after each use.
- All team members should keep their finger nails short in order to avoid scratching anyone (5).

If a wrestler sees a skin lesion on his/her body, s/he needs to get it checked immediately. The wrestler should tell the coach about it, as well as seeing a physician at the first opportunity. The athletic trainer should also be made aware of the skin infection.

Quote from Carl Poff, LHU Head Wrestling Coach

"The importance of a clean wrestling room is that a lot of viruses and bacteria can live and thrive in a dirty wrestling room. The consequences of that could be infections that could harm individuals and be detrimental to playing time. Also, since wrestling is a contact sport, these infections could be transmitted more easily. It not only could be detrimental to athletes, but at a place like Lock Haven University, physical education classes are held in the same facility, therefore putting our students at risk."

Quote from Justin Owens, LHU Wrestler

"When I was wrestling in high school, I got ringworm from the wrestling mat behind my ear. My hair fell out in the infection spot and when I went to the doctor, he gave me cream to put on it and stuff I had to mix with water and drink."

NOMINATION FORM

SECTION 5 WRESTLING HALL OF FAME

SPONSORED BY FRIENDS OF WRESTLING

FRIENDS OF WRESTLING encourages people to nominate worthy candidates for induction into the Section 5 Wrestling Hall of Fame. We do not want to overlook anyone who has been an important part of Section Five's wrestling history Use the form below to provide the Friends of Wrestling Committee with necessary information.

NAME OF NOMINEE _____

NOMINEE'S SCHOOL OR SCHOOLS

SUMMARY OF ACCOMPLISHMENTS (information and letters may be attached)

Nominated by _____ **Date** _____

Address _____

_____ **Zip** _____

Phone (____) _____ **E-Mail** _____

Return completed form to:
Frank Marotta
126 Mendota Drive
Rochester, NY 14626