

Parent and New Wrestler Packet

Arlington High School Wrestling



FOLKSTYLE WRESTLING BASICS

Objective: The primary objective in Folkstyle wrestling is to gain control of your opponent and to ultimately pin your opponent by holding your opponent's back (both shoulder blades simultaneously) to the mat for a period of at least two seconds. Most matches end before either wrestler is able to score a pin. The secondary objective is to score more points than your opponent so that you can win by decision in the absence of a pin.

Match Basics: Wrestling matches consist of three periods. Periods can vary in length from one minute in duration for younger age groups, to as long as three minutes for college wrestling. Either wrestler can win the match at any time if they are able to pin their opponent or develop a lead of more than 14 points. Otherwise, the wrestler that can accumulate the most points by the end of the third period (or after overtime in the case of a tie) wins the match.

Start of Match: There are only two positions from which referees start, or continue a match. The first is neutral position, with both wrestlers standing and facing each other. The other is the referee's position, where one wrestler starts on his hands and knees down on the mat, and the other starts on top, behind and in control. The first period always begins in the neutral position. Each wrestler has their choice in one of the remaining periods, to choose to start from top or bottom referee's position, or in the neutral position. If the action must be stopped before the end of a period, the referee restarts the wrestlers in the starting position that best reflects the position the wrestlers were in when the action was stopped.

Scoring: The scoring system is rather simple.

1. Takedowns (when from a neutral or standing position one wrestler is able to bring the other to the mat and gain control) are worth two points.
2. Escapes (when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position) are worth one point.
3. Reversals, (when a wrestler on the bottom is able to reverse the control so that the opponent is on the bottom) are worth two points.
4. Back points (also called near fall) are awarded when one wrestler comes close to pinning the other (i.e. exposing the other wrestler's back) and are worth two or three points depending on the length of time that the opponent's back is exposed. In addition, penalty points can be awarded when the opposing wrestler performs illegal moves or is penalized for excessive stalling.

Sportsmanship: Competition is conducted in a manner as to promote and require good sportsmanship. Competitors are expected to show respect to opponents, officials and coaches regardless of the outcome of their match. Both wrestlers are required to shake hands before and after the match. It is also common practice for each wrestler to shake the hand of their opponent's coach after the match. Sportsmanship violations can result in disqualification and a deduction of team points.

Officials: The referee's role is to award points as they are scored, insure safety, and start and stop competition. Officiating is primarily objective in nature, although judgment does come into play in situations where it is difficult to determine if point criteria has been met. High school and college referees and in many cases even youth referees are trained and certified.

Equipment: Basic wrestling equipment includes a headgear, wrestling shoes, and a singlet. Wrestling shoes offer more ankle support than the traditional shoe and are designed lightweight and tight to the foot to promote freedom of movement. Headgear can prevent outer ear injuries and bruises during practice and competition. The standard wrestling uniform, known as a singlet, is designed to fit snug to the body so that it does not restrict the movement of either wrestler. Kneepads are sometimes worn by choice.

MATCH PROCEDURES

First Period

To start, both wrestlers start on their feet (in the “neutral” position), shake hands, and when the referee blows the whistle, start wrestling. They wrestle in the neutral position until a “Takedown” is achieved; this occurs when one wrestler takes his opponent down to the mat and gains control of him. When an out of bounds occurs or there is a stoppage of the match, the wrestlers restart in the center of the mat. The wrestler who was in control stays in control and assumes the “top” position, while his opponent starts in the “bottom” position.

Second Period

The referee will flip a colored disc. The wrestler whose color appears on that disk has the choice of starting position. These choices are top, bottom, neutral, or defer to the opponent and take the choice in the third period. The wrestlers assume their positions and wrestling begins.

Third Period

The wrestler who did not have the choice of position in the second period chooses the starting position in the third period. The wrestlers assume their position and wrestling begins.

Overtime

If the score is tied after three periods, the wrestlers continue in a sudden-victory overtime procedure. Both wrestlers begin the overtime period in the neutral position, with the first wrestler to score being declared the winner.

If after one minute neither wrestler has scored, the match moves to the first of two 30-second tie-breaking periods. During each of those periods, a different wrestler will be in the top and bottom position. The wrestlers will attempt to score as many points as possible during the 30-second period. The wrestler that scores the most points wins the match.

If after the two 30-second overtimes the score is still tied, the match moves to a 30-second ride out. The wrestler scoring the first points of the match has the choice of either the top or bottom position. If the wrestler choosing the bottom position can score before the wrestler in the top position, he is declared the winner. If the top wrestler can prevent the bottom wrestler from scoring or can score before the bottom wrestler, he is declared the winner.

MATCH SCORING

Takedown: A takedown occurs when one wrestler takes his opponent from his feet to the mat and gains control of him. A takedown is worth 2 points.

Escape: An escape occurs when the defensive (bottom) wrestler can break free of control by the offensive (top) wrestler, return to his feet, and face his opponent. An escape may also be awarded when the referee determines that the offensive wrestler loses his control of the defensive wrestler. An escape is worth 1 point.

Reversal: A reversal occurs when the defensive wrestler comes from underneath his opponent and gains control of his opponent. A reversal is worth 2 points.

Near Fall: Near fall criteria are met in 3 different ways: 1) when any part of both shoulders or both shoulder blades of the defensive wrestler are held within 4 inches of the mat; 2) when one shoulder or shoulder blades of the defensive wrestler is touching the mat, 3) the other shoulder is held at an angle of 45 degrees or less to the mat; and when the defensive wrestler is held in a high bridge or on both elbows. The offensive wrestler is awarded 2 points when near fall criteria is met for 2 seconds or more or if the defensive wrestler is injured or bleeding occurs just prior to the near fall criteria being met. When the criteria are met for 5 seconds or if the defensive wrestler is injured or bleeding occurs after near fall criteria is met, the offensive wrestler is awarded 3 points. If the defensive wrestler is injured or if bleeding occurs after a 3-point near fall is earned, the offensive wrestler is awarded 4 points.

Pin/Fall: A pin occurs when any part of both shoulders or both scapulae of either wrestler are in contact with the mat for 2 seconds. The match ends when a pin occurs. A pin is worth 6 team points.

Warning: In the case of stalling, a warning is given. The next instance results in a penalty being assessed.

Penalty: Penalties can be given for illegal holds, technical violations, stalling after a prior warning, excessive roughness, or unsportsmanlike conduct. When a wrestler is given a penalty, his opponent is awarded 1 point. Repeated penalties result in awarding 2 points and can eventually lead to disqualification.

Caution: A caution can be called for illegal starting positions and false starts. After the second caution, the wrestler's opponent is awarded 1 point.

OTHER WRESTLING TERMS

Out of Bounds: Both contestants are considered in bounds if the weight supporting parts (feet, knees, hands, elbows, or buttocks) of either wrestler are in bounds. If the offensive wrestler is inside the circle and the defensive wrestler is outside the circle, the match will continue, points can be earned, and a pin can occur. Only when both wrestlers have supporting parts outside the circle will the match be stopped for being out of bounds.

Injury Time: If there is an injury, the referee stops the match and orders the injury clock to start. When the wrestler is capable of continuing, the referee orders the injury clock to stop. The injured wrestler is allowed 2 injury time-outs with a maximum cumulative time of 1 minute and 30 seconds. A wrestler needing medication to relieve a pre-existing condition (such as asthma) is permitted to take injury time to administer such medication. If a second injury time-out is taken, the opponent has choice of starting position on the restart. Taking an injury time-out when there is no injury is considered unethical. Coaches are not permitted to coach their wrestler during an injury time-out.

Blood Time: If the referee notices a wrestler is bleeding, the referee stops the match and orders the blood clock to start. When the wrestler's bleeding is under control, the referee orders the blood clock to stop. The injured wrestler is allowed a maximum of 5 minutes of blood time, but, unlike injury time, there is no maximum number of blood time-outs. Once the bleeding has been stopped, there is an unlimited amount of time to clean up the blood.

Technical Fall: When one wrestler has scored 15 more points than his opponent, the match is ended and scored as a win by technical fall. A technical fall is worth 5 team points.

Major Decision: When the match ends and the difference in the score is between 8 and 14 points, the match is scored as a win by major decision. A major decision is worth 4 team points.

Decision: When the match ends and the difference in score is between 1 and 7 points, the match is scored as a win by decision. A decision is worth 3 team points.

HOW TO WATCH A WRESTLING MATCH

At the beginning of a dual match, the referee will bring the team captains and head coaches to the scoring table for instructions. The referee will remind the captains of the odd/even rule regarding choice in the 2nd period, this will be explained later.

A high school match consists of 3 two minute periods in which each wrestler is trying to pin his opponent. A pin occurs when both shoulders of the opponent are held down simultaneously for 2 seconds in bounds (inside the outer circle of the mat). A middle school match consists of 3 one minute periods.

After weigh ins, a weight class is randomly selected. Whichever weight class is selected starts the dual meet. After the selected weight, the match continues in weight order. When the 285lbs weight class is done wrestling, the match continues at 106lbs. The weight classes are 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285.

The home team is required to send its wrestlers to the head table first in the even weight classes which are dependent on the first weight class drawn. The visiting team must in turn send their wrestlers first during the odd matches. This is important for strategy during the weigh-in period, so the coaches can get an idea of which match-ups will be best for the team.

Both wrestlers must start the match on their feet facing one another (neutral position). Each must place one foot on the green or red starting line of the center rectangle. Each wrestler will spend the 1st period trying to secure a takedown (bringing your opponent to the mat and controlling them). Completing this will award the wrestler two points. If at any time during this part of the match, the controlling wrestler turns his opponent on his back but does not secure a pin, he can be awarded points. If the shoulders are exposed for 2-4 seconds, 2 points are awarded. If the shoulders are exposed for 5 seconds or more, then 3 points are awarded.

If a pin has not taken place, and time has expired, then a second period will begin. Prior to the start, the referee will ask the wrestler that has choice (home/even weights; visitor/odd weights) what position he wishes to select. The wrestler with the choice may select one of the following: top, bottom, neutral, or defer his choice until the 3rd period. If the wrestlers are on the mat, this is called the referee's position and requires proper positioning or warnings and then penalty points could be awarded. Wrestlers who make errors in positioning will be penalized.

During the match, the man on bottom will work to switch positions with the man on top. If this happens, it is called a reversal and is worth 2 points. The man on bottom may also attempt to stand up and completely face the man on top. This is called an escape and is worth 1 point. Both wrestlers will then start all over again trying to score another takedown (2 points).

If either wrestler gets tired and does not try hard enough, the referee will warn them for stalling. Continued incidents of stalling will result in penalty points awarded to the other wrestler.

The safety of both wrestlers is always the primary concern of the referee. If a situation starts to develop where the official feels that a possible injury may occur, he will signal to stop the match and both wrestlers will return to the proper starting position. This is called potentially dangerous and is not worth any points.

When a wrestler commits an illegal hold, the referee will signal to stop the match and award the other wrestler 1 point. Examples of illegal moves are: slams, locking hands while on top, full nelson, and bending fingers. If an injured wrestler cannot continue as a result of an illegal move, then he is awarded 6 team points.

Certain situations such as biting, flagrant misconduct, etc. will result in an immediate disqualification of the wrestler and award 6 points for the winning team and deduct 3 team points from the team with the disqualified wrestler.

When the match is over, the winning wrestler will have his hand raised. By securing a victory, that wrestler has earned team points that count for the overall team score.

Scoring Summary- Bout

Takedown	2pts
Near fall	2 or 3 points
Reversal	2pts
Escape	1pt
False Start	Warning, then 1 point
Illegal Hold	1pt
Stalling	Warning, then 1, 1, 2pts

Scoring Summary- Match or Team Score

Fall or Disqualification	6pts
Technical Fall (15pts or more)	5pts
Major Decision (8-14pts)	4pts
Decision(1-7pts)	3pts

VOCABULARY AND PHRASES TO USE

Listed below are some of the acceptable phrases and terms to yell during a wrestling match.

1) When both wrestlers are on their feet (neutral position).

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|-----------------------|-------------------------|
| A) Shoot | F) Control his hands |
| B) Wrestle smart | G) Keep pushing him |
| C) Be aggressive | H) Get control of a leg |
| D) Get inside control | I) Circle to the center |
| E) Don't back up | J) Work a set up |

2) When your favorite wrestler is on top (control/offensive position).

- | | |
|-----------------------|-----------------------------------|
| A) Get wrist control | D) Work for a half (half nelson) |
| B) Try to turn him | E) Keep him flat/control his hips |
| C) Don't get too high | F) Make him wrestle down there! |

3) When your favorite wrestler is on bottom (defensive position).

- A) Get up (they love to hear that when their face is in the mat!)
- B) Get hand control
- C) Don't go to your back!
- D) Keep moving
- E) Build up to your base
- F) Get to your feet

4) When your favorite wrestler is on his back (the not so good position).






















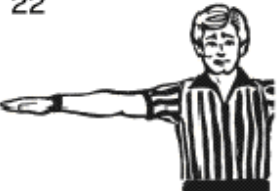

- A) Fight off your back
- B) Bridge!
- C) Don't get pinned
- D) Get an arm through
- E) Belly out

5) When your favorite wrestler has his opponent on his back (the really good position).

- A) Pin him!!
- B) Stick him!
- C) Don't let up
- D) Come on, we need six (six points for a pin).

REFEREE REFERENCE GUIDE

These are the hand signals that a referee will use during the course of a wrestling match.

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

SKIN CONDITIONS AND HYGIENE

Significant attention has been focused on skin diseases and prevention especially in the sport of wrestling. Wrestling is a contact sport and the sports skin-to-skin nature makes fertile ground for skin diseases. Wrestlers must take appropriate actions to limit the spread of infectious diseases such as the flu. These include; washing hands thoroughly, getting a flu shot, using alcohol-based hand sanitizer, using elbow to cover cough or sneeze and throwing away used tissues.

Preventing skin diseases is much easier than treating them. That makes hygiene extremely important. Prevention is EASY! To stay healthy, here are a few simple tips to help minimize risk to yourself and your teammates. Really, these activities are no different to the precautions you should take at your neighborhood gym or fitness center.

1. Always report any rashes or skin infections or illnesses (especially flu-like symptoms) to the head coach.
2. Always cover all open sores, regardless of size, with a bandage prior to wrestling.
3. Shower with an antibacterial soap after each practice or competition within 30 minutes. Liquid antibacterial soaps work best when used with a sponge, wash cloth, or loofa. A surgical wash, HIBICLENS, can be purchased over the counter at any CVS, Walgreens, etc. and has been proven to prevent MRSA, staph, etc. and can be quite effective if used immediately after wrestling.
4. Keep hair short and free of greasy products during wrestling season.
5. Keep fingernails short and trimmed.
6. Keep wrestling clothes clean – only wear clean clothing and gear to practice and competition.
7. Shoes, kneepads and headgear should be washed weekly. Wipe shoes with a little rubbing alcohol with a clean towel or disinfectant wipe.
8. Don't share wrestling gear, clothing, food and drinks with others.
9. Only wear wrestling shoes in the gym. Stones and other dirt can rip the mats and injure wrestlers.
10. Air out your gym bag daily.
11. Wrestling shoes should only be worn on wrestling mats. They should never be worn at home or outside.
12. Street shoes should never be worn on the practice mats.

Wrestlers with Ring Worm, Staff Infections, or other skin conditions will need to be evaluated before being allowed to participate.

Hygiene during a Tournament

Showering between matches at tournaments isn't always possible. This lack of cleansing for as long as 10-12 hours leaves the skin more susceptible to infections such as staph (including MRSA), herpes simplex and ringworm. But there are preventive steps you can

take. The athletic training staff at North Idaho College, led by Randy Boswell, MA, LAT, ATC, has developed a simple, cost-effective system that their wrestlers have been using to great success for more than three years. Here's how it works:

A Simple, 3-Step Process

1. After each match, every wrestler wipes his or her body with paper towels to soak up sweat.
2. This is followed by wiping the skin clean with baby wipes to eliminate bacteria.
3. Finally, wrestlers dry themselves with paper towels.

ELIGIBILITY

The following is an excerpt on athletic eligibility requirements from the Tennessee School Sports Athletic Association (TSSAA) Handbook (<http://tssaa.org/wp-content/uploads/handbook.pdf>).

Preamble

The member high schools of the Tennessee Secondary School Athletic Association have adopted, through their elected representatives, an essential inter-related group of minimum eligibility requirements which establish the threshold for participation for all students within the interscholastic program and which work together to define and preserve the fundamental nature of the program.

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Enrollment and Attendance

Section 1. To be eligible, students shall be regularly enrolled, in regular attendance, and carrying at least five full courses or the equivalent. A student is eligible to participate in football, volleyball, cross country, golf, and girls' soccer prior to the beginning of school if the student is enrolled at the school and meets all other eligibility requirements. A student shall not participate in athletics during any semester unless he/she is duly enrolled on or before the 20th day of the semester. This rule shall not apply to transfer students who have met the attendance requirements in the school last attended.

Academic Rules

Section 2. To be eligible to participate in athletic contests during any school year, the student must earn five credits the preceding school year if less than 24 credits are required for graduation or six credits the preceding school year if 24 or more credits are required for graduation. All credits must be earned by the first day of the beginning of the school year. Academic eligibility for a student is based on the requirements of the school the student was attending at the conclusion of the previous school year. Students who are ineligible the first semester may gain eligibility the second semester by passing five subjects (1/2 credit) or three blocks (one credit per block) or the equivalent. Students on trimesters who are ineligible at the beginning of the school year may gain eligibility by passing five subjects (1/2 credit) or three blocks (one credit per block) or the equivalent the first trimester. Those students will be eligible to participate in athletics when school resumes on or after January 1 of that school year.

If a student is forced to withdraw from school, or is prevented from enrolling in school, due to the student's illness, his/her accident, or his/her disability, the principal may request a ruling in regard to the student's eligibility, provided the student was eligible at the time the illness or accident forced the student to withdraw or prevented the student from enrolling in school. If ruled eligible, such a student shall be charged with a semester of attendance for athletic purposes for the semester of non-attendance or withdrawal.

A student who returns to a member school after attendance at a school of correction or alternative school may be eligible for athletic participation provided the school of correction or alternative school is accredited by the Tennessee State Department of Education and provided the student returns to the school attended before entering the school of correction or alternative school.

Section 3. For athletic purposes the scholastic record filed in the office of the principal or superintendent at the end of a semester shall be final. Credits earned in a summer school accredited by the State Department of Education shall be recognized for eligibility purposes provided the student was enrolled during the spring semester immediately preceding the summer session and attended at least 40 days of that spring semester.

Section 4. A student who drops out of school before the end of the semester shall be ineligible to participate in secondary school athletics until the student has been in school a semester and has passed in at least five full unit subjects or the equivalent. (To become eligible under this regulation, a student must attend school for at least 40 days of the semester, but in no case shall the eligibility become effective until the beginning of the succeeding semester.)

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Age Limit

Section 9. No student shall be eligible to participate in any athletic contest during any school year if he/she becomes 19 years of age on or before August 1.

Physical Examination and Parental Consent

Section 10. It is required that no student be permitted to participate in practice sessions or in athletic contests until there is on file with the principal a preparticipation medical evaluation form signed by a doctor of medicine, osteopathic physician, physician assistant, or certified nurse practitioner stating that the student has passed a physical examination, not prior to April 15, and that in their opinion the student is physically fit to participate in interscholastic athletics. In lieu of the form, the principal may accept a signed statement from the health care provider certifying that the student has passed a physical examination that encompasses all elements on the preparticipation medical evaluation form and attesting that in their opinion the student is physically fit to participate in interscholastic athletics. No student shall be required to submit to a physical exam if his/her parent(s) or legal guardian shall file with the principal a signed, written statement (affirmed under the penalties of perjury) declining such physical examination on grounds of sincerely held beliefs or practices.

It is required that no student be permitted to participate in practice sessions or in athletic contests until there is on file a parental consent certificate signed by a parent or legal guardian stating that the student has the consent of his/her parent(s) or legal guardian to participate.

TSSAA WEIGHT MANAGEMENT PROGRAM

The following is an excerpt from the TSSAA Wrestling Regulations
(<http://tssaa.org/tssaa-wrestling-regulations/>)

2013-14 TSSAA Wrestling Weight Management Program

Schools are required to follow the provisions of the weight certification program established by the association for all wrestlers competing in varsity and junior varsity programs.

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females will be mandatory for all senior high school wrestlers. The TSSAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

I. Establishing Minimum Weights

Bioelectrical impedance (BIA) measurements will be utilized to determine each wrestler's body fat percentage. They will be taken using the Tanita TBF-300WA Body Composition Analyzer.

If the Tanita gives an "Error" reading on two consecutive readings with a wrestler, then skin fold measurements will be used to determine body fat percentage. Lange calipers shall be used at three specific sites to measure skin fold (Lohman sites, Abdominal, Tricep, and Subscapularis).

The BIA measurements will be preceded by hydration assessment. A wrestler must pass a specific gravity assessment with less than or equal to 1.025. If the wrestler fails the specific gravity assessment with greater than 1.025, the wrestler must rehydrate and wait at least 48 hours to retest. Digital fiberoptic refractometers shall be used to determine hydration.

Provided the wrestler passes the hydration test, the results of his/her body composition assessment will be entered into the NWCA Optimal Performance Calculator (OPC) on the Initial Assessment Page of the NWCA website. The internet calculator will automatically determine the wrestler's minimum competitive weight based on the parameters in I.A. above.

Once a wrestler passes the hydration assessment, the measurement process has begun. If a wrestler is removed at any point after the hydration assessment, his/her only route of assessment is through the appeals process.

The lowest weight class in which a wrestler may compete will be determined as follows: If the predicted weight, at 7% body fat for males and 12% for females, less 2% of that weight, is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.

If the predicted weight, at 7% body fat for males and 12% for females, less 2% of that weight, falls between two weight classes, they must wrestle at the higher weight class.

II. Time Period for BIA Measurements

Regardless of when a wrestler first participates in a practice session, he/she may not compete at the varsity or junior varsity level (exhibition matches) until his/her minimum weight has been determined and his/her name and data have been entered into the NWCA program. (If there are problems in data entry into the NWCA program, an exception may be made by the TSSAA state office, provided all information has been forwarded to the state office.)

BIA measurements may be conducted on or after October 1st of each year.

The controlled weight loss starting date (“Alpha date”) will be the date on which BIA measurements are completed.

The deadline for all wrestlers to complete all BIA measurements and appeals is January 15.

III. Why May Conduct Measurements of the TSSAA Weight Management Program?

Any properly licensed doctor of medicine, osteopathic physician, physician assistant, certified nurse practitioner, or Certified State Licensed Athletic Trainer who has been approved through a TSSAA training program. All names, cities, and telephone numbers will be listed on the TSSAA website (www.tssaa.org).

IV. Growth Allowance

A two-pound growth allowance shall be added to each weight class after December 26. Wrestlers whose predicted weight falls within 2 pounds of the scratch weight may become eligible for that weight class once the two pound growth allowance goes into effect of December 26.

V. Weekly Weight Loss Monitoring

All wrestlers will be limited to losing no more than 1.5% of their body weight per week as they make their descent toward their pre-determined minimum wrestling weight. This rule will be monitored as follows:

At each weigh-in, all coaches must present a pre-match weigh-in form of their team to the host administrator/coach and the head official. The head official shall place the pre-match weigh in sheet at the scorer’s table. All of this can be obtained from the NWCA website. If pre-match weigh in forms are not exchanged, then wrestling shall not take place.

All head coaches of participating teams in dual meets and tournaments will be required to record their actual weigh-in weights for dual meet and tournament competition. This applies to all levels of competition (varsity, jv, 9th grade, exhibition, etc.). The weigh-in sheet is established prior to competition and actual weights are recorded following competition.

Each participating school is responsible for completing the dual meet result section which is on the NWCA website. This must be done immediately following competition.

In the event that any wrestler exceeds the 1.5% weekly weight loss rule, he/she will not be permitted to be entered on the pre-match weigh-in form. If a wrestler competes at a lower weight class than her/she is eligible, then his/her win will be forfeited. This wrestler shall be treated as an ineligible athlete as stated in Article III Section 14 of the TSSAA Bylaws. When a team wrestles with an ineligible athlete in a TSSAA Dual Meet postseason tournament, the entire contest is forfeited, the team is removed from the tournament, and no team replaces that team in the tournament series. If a wrestler violates the 1.5% weekly weight loss program but does not change weight classes, then there is no violation.

VI. Appeal Process

Any wrestler may appeal their body fat composition calculations. Results obtained at any step are automatically accepted. The athlete has no choice. The steps of the appeal process are as follows:

First Appeal – Recheck math and calculations of measurer by TSSAA. The appeal must be in writing to the state office and signed by coach and administrator. Included must be athlete's name, date of measurement, and site of measurement. This must be done within 14 days of measurement.

There is no charge for this appeal. Schools may choose to skip this first appeal and proceed directly to the second appeal.

Second Appeal – Any wrestler may make a request to a TSSAA Assessor for a complete retest within 14 days of measurement and the retest must also occur within 14 days of the first measurement. If skin fold measurement was used, a complete retest of wrestler by the same certified measurer of first test. Bio-impedance will be used first. Included must be athlete's name, date of measurement, and site of measurement.

The cost of this appeal is \$25.00.

Final Appeal – Must be completed by January 15 unless approved in writing by TSSAA. DEXA (Dual Energy X-ray Absorptiometer)

Test is a test where bone density is measured through a type of x-ray machine that can very accurately determine body fat percentages.

The test is paid for by the wrestler or school and not the facility.

The results of this test are deemed final and completely binding.

Final Appeal Testing Site – Middle Tennessee State University

Appointments will need to be made through MTSU.

Contact TSSAA and Wade Bartlett at (931) 334-5958 for further information.

VII. Nutrition Education

Each school should provide a nutrition education program for all wrestlers and parents. This should be done in a pre-season meeting of parents and student-athletes. In addition to information given out in the meeting, wrestlers and parents should receive an orientation on the functionality of the integrated nutrition component of the NWCA Optimal Performance Calculator (OPC). Once all of the assessment data is entered into

the NWCA program, unique passwords can be automatically generated for each wrestler. This allows each wrestler to go home and build a customized diet that honors their weight loss plan. There is additional information in the education section for wrestlers and their families.

PARENTS FAQs

What measures are taken to protect the health of the wrestlers?

1. We always stress safe techniques of the moves we use. We constantly review which moves are legal and illegal.
2. All wrestlers are required to wear headgear during all practices. It is a good habit to wash the inside of the headgear with a disinfectant and allow it to dry.
3. The mat is washed with a disinfectant solution daily.
4. Rubber gloves and spray disinfectant solutions are available in the event of any blood on the mat.
5. Please remember that this is a very physical sport and injuries do occur. It is important that all injuries are reported to a coach right away.
6. Please pay particular attention to any rashes or sores. Please let us know of any problems **immediately**.
7. It is very important that your athlete showers after practice when he gets home. Hygiene is very important if you want to stay healthy.

When and where are practices held?

The wrestling season lasts from the middle of October until the end of February. Wrestling is a full time commitment so we expect your athlete to be at every practice. Practices are held Monday, Tuesday, Wednesday and Thursday from 3-6pm. We will sometimes have practices on days when there is no school. These practices are usually held from 8:30am-11am and will be announced ahead of time.

What should my son wear to practice?

We recommend wearing wrestling shoes, headgear, shorts and a t-shirt to practice. We work the guys pretty hard so sweatpants and sweatshirts might make them too warm. Knee pads are optional. Jewelry cannot be worn in practice and cell phones are not allowed in the wrestling room. Our team colors are old gold and navy blue if you plan on going out and buying any equipment for your athlete.

What will I have to buy so my son can wrestle?

The only thing you have to buy are wrestling shoes. You can usually find those at some sporting good stores or online (see our <http://www.arlingtonwrestling.com/Default.aspx?tabid=645258>) for suppliers) for about \$70, but prices vary and a higher price does not mean the shoe is better than a less expensive pair. If wrestling shoes are cared for properly, they will last quite a long time. Knee pads can also be purchased if you desired. We have clothing (t-shirts, sweatsuits, shorts, etc) that is available for purchase at the beginning of the season. If you son has orthodontic braces then he will require a mouthguard that fits both the upper and lower teeth.

Why do wrestlers choose to lose weight?

Most wrestlers believe that they are more competitive with some weight loss. In most cases this is true, however, any weight loss should be monitored. We don't "cut weight" rather the wrestlers should maintain their optimal wrestling weight through training and proper nutrition.

Why is watching one's weight so important?

The sport requires that each wrestler compete in a specific weight class. This is so both wrestlers are of equal weight. Strength, speed, technique, and conditioning are the deciding factors, not the wrestler's weight.

What are the weight classes?

The weight classes that we use follow those established by the National Federation of State High School Associations (NFHS). The weight classes are: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

All wrestlers are certified by a state-trained assessor for one weight class at the beginning of the season. The process includes a check for dehydration as well as skin fold or body fat percentage measurements. This weight class is the lowest weight class that the wrestler may be eligible for during the season, despite any additional weight loss. A wrestler may move to a weight above their certified weight but never below. Copies of the certification sheets are sent to every school in our district. Please know that after December 26, 2 pounds are added to each weight class. This is a growth allowance. You will be surprised how your wrestler will look forward to the beginning of January. The 106 pound weight class becomes 108 pounds in January, 113 becomes 115, and so on.

How are weigh-ins conducted?

Weigh-ins are required for each match and tournament. For varsity and J.V. dual matches (school vs. school), honor weigh-ins are held by the coach one hour prior to the start of the first dual match. Each wrestler must be at or below their scratch weight for that match. At tournaments, wrestlers must make scratch weight at the site of the tournament.

How are the wrestlers chosen?

Unlike most sports, the coaching staff does not decide positions on the wrestling team. Instead, each wrestler competes in wrestle-offs to determine the varsity and J.V. wrestlers for a particular weight class. Varsity wrestle-offs are basically run on a best of three series so the varsity line-up can be established early in the season. On the J.V. level, we run wrestle-offs as often as time allows.

What kind of psychological or physical changes should I expect to observe in my son?

Physically, your son will be more tired and will probably sleep more. You will notice more bumps and bruises on the face and arms. Please keep in mind that they are involved in two hours of constant physical contact, so this will happen. Of course, any serious injuries should be reported immediately. If your son is losing any weight, then you will notice that his pants might be a little baggier and his face will become more taut. As mentioned, keep a close watch on any weight loss.

Psychologically, your son may become more irritable and moody. Please understand the amount of work he does daily and the amount of pressure he may feel he is

under. Competition of a one-on-one nature that wrestling requires is the most difficult. Having said this, please know that if this moody behavior turns into belligerence, contact us immediately. **Do not tolerate this.** We are very good at attitude adjustments.

How will I know if my son made the team?

Unlike other sports that your son can play on his own, wrestling techniques and tactics need to be taught. The coach will not cut an athlete because he doesn't know how to wrestle. He has to start somewhere. There are only a few reasons we remove athletes from the team, but foremost we must adhere to Arlington Community Schools and Arlington High School academic and student athletics policy. We also expect a full commitment to the team. If your son misses too many practices, he will be asked to come back the next season when he can commit more time to the sport.