



# Kansas State High School Activities Association 2018-19 WRESTLING ANNOUNCEMENTS

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## Very Important Dates

Oct. 13 - Nov. 19	Online rules meeting
Oct. 15 - Nov. 7	In-person officials meetings - optional for all registered officials. Coaches are welcome to attend all in-person meetings.
November 12	Beginning date for high school wrestling practice
November 19	Wrestling online rules exam ends
November 26	Earliest possible date for high school competition
Jan. 25 - Feb. 1	WR-1 (Wrestling Officials Recommendations) submitted online
February 13	WR-2 (Regional Wrestling Entry Form) due - send to the regional tournament manager. Entries on Trackwrestling due. All entries are due by noon.
February 15-16	Regional Tournaments
February 18	WR-3 (State Wrestling Tournament Entry Form and Pass Gate List) due (online form)
February 22-23	STATE WRESTLING TOURNAMENTS

## Informational Reminders

Newsletters, announcements and rules updates will be posted on the KSHSAA website. They can be found under [www.kshsaa.org](http://www.kshsaa.org)>Athletic>Wrestling.

The initial certification deadline is on or before December 22, 2018. Seventh and eighth grade students do not have to certify.

Wrestlers that have certified on or before December 22, 2018 will be granted the growth allowance of two (2) pounds for all school team competitions held AFTER December 31, 2018.

**Senior High Weight Classifications:** 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

**Middle/Junior High Weight Classifications:** Recommendations are found in the *KSHSAA Handbook*.

## Rules Meeting Schedule

### Optional In-Person Dates, 7 p.m.

*(All coaches are welcome to attend.)*

Sunday, October 14 (1 p.m.):  
Topeka-KSHSAA,  
Hall of Fame Room

Monday, October 15:  
Hays HS

Tuesday, October 16:  
Garden City HS

Wednesday, October 17:  
Maize South HS

Monday, October 22:  
Topeka-KSHSAA,  
Hall of Fame Room

Tuesday, October 23:  
Shawnee Mission Northwest HS

Wednesday, November 7:  
Salina-Smoky Hill Service Center

## Required Meetings and Examinations

### 1. COACHES

Head high school and head middle/junior high coaches must successfully complete the 2018-19 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 2018-19 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 2018-19 NFHS Wrestling Exam Part I online. Instructions to access and submit answers were mailed to all schools and were inserted into all officials packets.

#### 4. EXAM DATES

Answers may be submitted beginning **October 13** and continuing until **November 19**. After November 19, no exam answers will be accepted.

### Officials Area Supervisor Meetings

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

1. **Area supervisors** conduct two meetings during the course of the season – Series 1 and Series 2. Officials seeking assignment to regional and state tournaments must attend both 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 missed area supervisor 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.
4. The **schedule** of area supervisor meetings can be found on the KSHSAA website.

### 2018-19 Area Supervisors Schedule

#### Jared Martin, Fort Scott

- 1 Wednesday, November 14  
Fort Scott High School
- 2 Wednesday, January 9  
Fort Scott High School

#### Robb Ross, Colby

- 1 Monday, November 12  
Colby High School
- 1 Tuesday, November 13  
Garden City High School

- 2 Monday, January 7  
Colby High School
- 2 Tuesday, January 8  
Garden City High School

#### Justin Thaw, Newton

- 1 Monday, December 3  
Wichita-Heights High School
- 2 Monday, January 7  
Wichita-Heights High School

#### Mark Wallace, New Cambria

- 1 Wednesday, November 14  
Hays-Fort Hays State University
- 1 Monday, November 19  
Salina-Smoky Hill Service Center  
(605 E Crawford)
- 2 Monday, January 14  
Salina-Smoky Hill Service Center  
(605 E Crawford)
- 2 Wednesday, January 23  
Hays-Fort Hays State University

#### Aron Wiechman, Olathe

- 1 Monday, November 5  
Shawnee Mission Northwest (Library)
- 1 Tuesday, November 6  
Topeka-KSHSAA (Hall of Fame Room)
- 2 Monday, January 14  
Shawnee Mission Northwest (Library)
- 2 Tuesday, January 15  
Topeka-KSHSAA (Hall of Fame Room)

### Officials Website

The KSHSAA has made significant changes to the "officials" pages on the KSHSAA website.

The path to the officials pages is: [www.kshsaa.org](http://www.kshsaa.org)>Officials>Login. Type in your officials number and your password.

Officials are now able to access the forms they need during the season. They can secure individual information pertaining to their own status with the KSHSAA as well as their historical information.

Officials may obtain information as to the number of 2018-19 school recommendations they received from March 4-31. Login to your officials page through the KSHSAA website to view this information.

### 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 2018-19 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.

### Contracts - Communications

1. Only KSHSAA registered wrestling officials are to be used for **varsity level** wrestling competitions. It is recommended that only KSHSAA registered officials be used for sub-varsity level competition.
2. Contracts between officials and schools should be in writing. If verbal contracts are entered into between officials and schools, those contracts are also binding.

Once a contract, either written or verbal, has been entered into, both parties are expected to honor those contracts. Only “Acts of God” can void a contract without **financial payment to the aggrieved party. Should a contract be broken by either party, the KSHSAA should be notified.**

3. Officials and schools should communicate with each other at least one week in advance of the contest – confirming the date, time and location of the contest. Such communication will help eliminate many problems.
4. Assigning agents (league commissioners, local assignors) should make every effort to utilize newly registered officials at the appropriate level the official is ready to work. Qualified and capable officials need to officiate the level of competition their abilities warrant. Newly registered officials need experience officiating in order to improve.

## Regional and State Tournaments

Regional tournament assignments will be posted on the KSHSAA website using the following path - [www.kshsaa.org/Activities/Wrestling/2018-19/Regional Assignment Information](http://www.kshsaa.org/Activities/Wrestling/2018-19/Regional%20Assignment%20Information).

Specific information regarding the weigh-in process for regional and state tournaments will be included in the *2018-19 KSHSAA Wrestling Manual*.

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

## Regional Tournament Dates

**All Classes:  
Friday and Saturday  
February 15-16, 2019**

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:

KSHSAA website on Saturday, February 16, 2019 [www.kshsaa.org/Activities/ Wrestling/2018-19 State Tournament Information](http://www.kshsaa.org/Activities/Wrestling/2018-19/State%20Tournament%20Information)

## State Tournament Sites February 22-23, 2019

### Class 5A & 6A

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 programs will have 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 *2018-19 KSHSAA Wrestling Manual*. (Information will also be available at each KSHSAA wrestling rules meeting.)

The hydration assessment is important in 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.

Check the KSHSAA website for information (using the same path as previously mentioned to get to the wrestling page). As we evolve through this process, any updates and clarifications will be posted on Mondays. For the most recent information, check out that site first.

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

### Middle School/Junior High Weigh-Ins

Check **Section 2.J.1** of the *2018-19 KSHSAA Wrestling Manual* for clarification as to the options at this level.

### NFHS Rule 7-4-2

Don’t permit wrestlers to lower their shoulder straps while on the mat. It’s a violation of the rules – don’t let this become the factor in determining a team title!

NFHS rules and interpretations do permit a wrestler to use **medication** for a pre-existing condition (asthma or other similar problems) BUT the wrestler must request an injury time-out in order to take the medication. It does count as an injury time-out.

### Weigh-In Process

The KSHSAA has deviated from the NFHS rules regarding weigh-ins in some respects. It is **NOT** a KSHSAA requirement that wrestlers be restricted to the weigh-in room/area during weigh-ins. They may leave the area. They still must make weight during the allotted weigh-in period. Please refer to the applicable sections of the *2018-19 KSHSAA Wrestling Manual*.

KSHSAA schools traveling out of the state for competition will participate in the weigh-in process applicable in the state where the competition is conducted. In some states, schools do not have the home site weigh-in option the morning of competition as we do in Kansas. KSHSAA member schools will have to weigh-in according to the policies/rules applicable in the state where they are competing.

Coaches, confirm the process and provisions with the administration of the host venue prior to competition.

## 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 2018-19 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 under 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 reevaluation 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.