

WRESTLING STATE RULES CLINIC

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TRA WATERS

ASSOCIATE COMMISSIONER
ASSISTANT COMMISSIONER – SPORTS AND CHAMPIONSHIPS

UNIFORM

- **Rule 4-1-1**
 - An alternate 2-piece uniform consisting of compression shorts or shorts designed for Wrestling and a form-fitted compression shirt is approved.
 - Wrestlers have the option on the new 2-piece uniform or the traditional 1-piece singlet.
 - The compression shorts or shorts designed for wrestling shall be school-issued and shall have a minimum 4-inch inseam that does not extend below the knee.

UNIFORM

- **Rule 4-1-1**

- The form-fitted compression shirt shall not cover or extend below the elbow and shall have a minimum 3-inch tail.
- The shirt may be worn under a singlet or with compression shorts, or shorts designed for wrestling.
- Language will be developed regarding undergarment requirements for female contestants wearing a 1-piece singlet or a form-fitted compression shirt, as well as for male contestants wearing shorts designed for Wrestling.

RISK MINIMIZATION

- **Rule 4-5-3**

- Prohibits any activities that promote weight loss or weight gain when an athlete misses on his or her first attempt on the scale.
- In addition to activities that promote dehydration or drinking fluids to gain weight, the rule now prohibits activities such as cutting hair, modifying clothing, etc.

RISK MINIMIZATION

- Another change designed to reduce risk of injury was elimination of the straight-back salto, regardless of which body part (head, neck or shoulder) hits the mat first.
- The straight-back salto in the rear-standing position that brings the defensive wrestler straight back with feet in the air is intended to have the defensive wrestler's head, neck, or shoulder(s) hit the mat first, and is now an illegal move.

RISK MINIMIZATION

- **Rule 7-1-5**
 - Added to list of illegal holds/maneuvers was a front flip and/or front hurdle over an opponent in the standing position.
 - The attempt to flip or hurdle an opponent from a neutral position is not only an elevated risk to the wrestler attempting the maneuver, it also places the opponent in a disadvantage position as he or she is not only left to counter the scoring attempt, but is placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver.

FALLS AND NEAR FALLS

- **Rule 5-11-1**

- The shoulders or scapula of the offensive wrestler no longer must be inbounds to earn a fall.
- The committee agreed that wrestling should continue if the offensive wrestler's supporting parts remain inbounds and no body part of the defensive wrestler goes off the mat.

FALLS AND NEAR FALLS

- **Rule 5-11-5**

- **“Unless any part of the shoulders or both scapulae of the defensive wrestler is inbounds”** – this language was eliminated.
- If wrestling is continuing during a match, near falls and falls will be awarded/earned regardless of the out-of-bounds line.

FALLS AND NEAR FALLS

- **Rule 5-15-2b**

- Near-fall points or a fall shall be earned while the supporting points of either wrestler are inbounds.
- The committee agreed that offensive wrestling should be rewarded.
- If wrestling is continuing, as allowed by current rules, and points for escapes and reversals are allowed, the ability to earn a fall or near fall should be there as well, with no deference to the out-of-bounds line.

REFEREE POSITION

- **Rule 5-19-10**

- The referee no longer may be behind the contestants when starting the wrestlers from the down position, which has led to false starts by one or both wrestlers.

TIMEKEEPER ERRORS

- **Rule 6-6-4a(1) and 6-6-5a(1)**
 - Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat.

STALLING

- **Rule 7-6-4d**
 - Stalling occurs when the contestant in the advantage position stays behind the opponent while on his/her feet, making no attempt to bring the opponent to the mat.

NCHSAA Wrestling 2017-18



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Important dates

- | | |
|--|-------------------------|
| • NWCA Registration | October 1 |
| • 1 st Day of Hydration Testing | October 23 |
| • 1 st Practice | October 30 |
| • 1 st Contest | November 13 |
| • Weight Certification Date | January 27 |
| • Regional Entries Due | January 30, 3:00pm |
| • Dual Team Playoffs | January 30 – February 3 |



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Dual team playoffs

- 1A – 24 team bracket; 2A, 3A, 4A – 32 team bracket
- Back to Pre-determined brackets (No seeding)
- Number of automatic qualifiers in each conference will be determined based upon number of wrestling teams in each conference
 - Winter sports eligibility summary form



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Important Information

- Dual Team Championships - February 3
- All state championships will be conducted at a neutral site for the 1st time in 2017-2018
- Site is TBD



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Regionals

- Hosts:

- 1A East – Voyager Academy
- 1A West – Avery County
- 2A East – Croatan
- 2A Mideast – MISSING
- 2A Midwest – Mt. Pleasant
- 2A West – West Lincoln
- 3A East – West Brunswick

- 3A Mideast – Chapel Hill
- 3A Midwest – Morehead
- 3A West – North Henderson
- 4A East – New Bern
- 4A Mideast – Cardinal Gibbons
- 4A Midwest – Glenn
- 4A West – Hough



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Regional Seeding

- New Plan for 2017-2018 (Based upon survey results): 65% of 200+ coaches/schools surveyed – 1 year trial
- The regional seeding format will be based on a point system that uses the following formula. Points will be awarded using the wrestler's current winning percentage and their **previous year's** state placement or state qualification. A wrestler's state placement must be from an accredited state association. Independent state placers will be awarded the same points as a state qualifier from an accredited state association. An independent state qualifier will not receive any points. For purposes of the state placement points, the formula will include a graduated point system for all wrestlers who placed in the top six at the previous year's state tournament. All other state qualifiers will receive the same amount of points toward regional seeding. The number of points gained through winning percentage and state placement/qualification will be combined to give each wrestler a total that will be used to seed the regional tournament. The seeding will be done through a tournament program set up by Track Wrestling.
- **Winning Percentage:** A wrestler's winning percentage will be determined by dividing the number of wins by the total number of matches wrestled. This percentage will be based on a 15 match minimum.
- **Example 1:** Wrestler A has a 15-5 record. He/she would have a .750 winning percentage which would earn them 75 points toward the regional seeding formula.
- **Example 2:** Wrestler B has an actual record of 8-2. He/she would have a .533 (8 divided by 15) winning percentage due to the minimum match rule of 15 matches. As a result, they would receive 53.3 points toward the regional seeding formula.
- **State Placement/Qualification:** A wrestler who placed in the previous year's state tournament would earn additional points based on the quality of their placement. These points would be added to the wrestler's winning percentage total. The state points would be based on the following ladder:

• State Champion	50
• State Runner-up	45
• 3 rd Place	40
• 4 th Place	35
• 5 th Place	30
• 6 th Place	25
• State Qualifier/Independent State Placer	20



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State Individual championships

- February 15– 17, 2018
 - Greensboro Coliseum
- Thursday, February 15
 - 2:30pm – 3A Weigh-ins
 - 4:00pm – 3A First Round
 - 4:30pm – 4A Weigh-ins
 - 6:00pm – 4A First Round
 - 6:30pm – 2A Weigh-ins
 - 8:00pm – 2A First Round
- Friday, February 16
 - 7:30am – 2A, 3A, 4A Weigh-ins
 - 9:00am – Competition Begins
 - 12:30pm – 1A Weigh-ins
- Saturday, February 17
 - 7:30am – Weigh-ins
 - 9:00am – Competition Begins
 - 5:00pm – Parade/Finals



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NCHSAA Board Changes 2017-18



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Amateur Rule

- Increased allowable merchandise to be received from \$20.00 to \$250.00 per sports season
- Acceptance of money or a forbidden award will cause an athlete to lose athletic eligibility for the semester in which the violation occurred, and the following semester.



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Senior Exceptions

- Students may be allowed to wear school uniforms, including protective equipment, in outside organization competition, so long as the student has exhausted athletic eligibility in that sport and received permission from the member school. Approval from the LEA is strongly recommended.
- Exception to the numbers restrictions for students who have exhausted their eligibility in that sport. Dead period rules will remain.



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Transfer Rule

- Students transferring to a member school where the student's coach has relocated to within a year will be deemed ineligible for a period of 365 days LEA to LEA
- A student's first transfer after initial entry into the 9th grade is not subject to the NCHSAA transfer rule (LEA to LEA). For any transfer thereafter, the student must sit out for 2 consecutive semesters (at least 50% of the current semester + following semester) or 365-days, whichever is less.



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Transfer Rule

- NCHSAA Transfer Committee will be composed of the NCHSAA Executive Committee and at least one (1) non-district affiliated member.
- Modified initial entry interpretation for non-district affiliated schools (Charter and Non-Boarding Parochial) –Rule 1.2.1(a)(2): boundary criteria shall only apply after initial entry into ninth grade.
- Students who want to participate in cheerleading are not subject to the transfer policy, however all current eligibility requirements would remain applicable.



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Residence Rule

- Separate Parents with No Court-Ordered Custody Agreement
 - Residency shall be deemed to be with the parent with whom the student begins the school year (i.e. 1st semester).
- Bona Fide Change: The change must not be solely made for athletics purposes.



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Endowment Games

- The home team will remit twenty-five (25) percent of the gross revenue to the NCHSAA's endowment fund. If a member school plays an endowment game against a non-member school, the member school is responsible for remitting payment to the NCHSAA regardless of where the game is played.



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Wet Bulb Globe Temperature

- Added language to the WBGT Index and Athletic Activity Chart in the 90 or Above category for Athletic Activity Guidelines: SUSPEND PRACTICE/MUST INCLUDE MANDATORY BREAKS AS DIRECTED BY GAMEDAY ADMINISTRATOR DURING CONTEST.



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Facilities

- The NCHSAA has the right to require host teams to find an adequate facility based on expected game/contest attendance and/or quality of venue.



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Coaches Education

- Annual requirements must be completed after June 1, 2017 and before the first date of practice.
- NFHS Sudden Cardiac Arrest
 - To require all non-paid coaches to complete the NFHS Sudden Cardiac Arrest Course annually and prior to the first contest. Effective Date: August 1, 2017



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Eligibility Summary Submission Dates

- Fall – September 15th
- Winter – December 15th
- Spring – April 1st



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Skill Development/Dead Periods

- Changed In-season dead periods from 6 weeks to 3 weeks
- Added new dead period:
 - Last 10 student days of the school year
 - Effective 2017-2018



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Eligibility & Compliance



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Eligibility

PowerPoint

- Required viewing for all coaches
- Should be done with the athletic director
- Includes opportunities to discuss concussions/sudden cardiac arrests/sickle cell, etc.



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Eligibility

Preseason Meeting

- Required attendance by all parents
- Time to share rules, regulations, expectations, philosophy etc.
- Time to get all required signatures--pledges, Gfeller-Waller information, etc.
- Eligibility and Authorization



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Eligibility

- Eligibility Checklist
 - Use to ensure school has done its due diligence



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Clinic Attendance

Head coaches in baseball, basketball, cheerleading, football, golf, lacrosse, soccer, softball, swimming, tennis, track & field, volleyball and wrestling must attend an NCHSAA approved State Rules Clinic.

- Must be completed prior to coaching in the first contest; subject to \$400 fine, in addition to a \$500 fine if he/she actually coaches in the contest
- Can be satisfied at the NC Coaches' Association Clinic being held here in Greensboro—July 17-20



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Clinic Attendance

- If the head coach cannot attend the NCCA clinic or is not hired until afterwards, the requirement can also be met at one of the statewide officials' clinics, which are posted on the NCHSAA Website under clinics. Please note that several volleyball and soccer clinics for officials occur prior to the NCCA Clinic.
- **Athletic directors cannot satisfy this requirement by attending a rules' session in place of the head coach**



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Coaches' Education

NFHS Fundamentals of Coaching Course

- **All** coaches must satisfy the requirement prior to first contest.
- Complete prior to first contest; subject to a \$500 fine; continuing to coach without completion = another \$500.



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Coaches' Education

Concussion Management Certification

- The **NFHS Concussion in Sports Course** (free on-line course) or an equivalent course must be completed annually (*after June 1, 2017 and before the first date of practice*) by all coaches.
- **Prior to the first date of practice for that sport**; subsequently, the certificate of completion must be on file at the individual school; subject to \$500 fine.



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Coaches' Education

CPR/AED Certification

- All head and paid coaches must be CPR/AED certified

NFHS Sudden Cardiac Arrest Course

- All non-paid coaches are required to complete the NFHS Sudden Cardiac Arrest Course annually (*after June 1, 2017 and before the first date of practice*).
 - Effective August 1, 2017



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Gfeller-Waller Concussion Law

Requirements of the Law:

- Concussion signs and symptoms
 - Given prior to participation
 - Parents/athletes sign indicating “receipt of” Return to Play (RTP) form signed by a physician licensed to practice medicine
 - An up-to-date Emergency Action Plan (EAP)
 - Must be on-file
 - Must be posted
 - Must be updated annually
- “When in doubt, sit them out”



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Cardiac Safety Program

All NCHSAA member schools must have a Cardiac Safety Program to include three (3) components:

- Appropriate number of AEDs on Campus
- AED maintenance program (battery checks, maintain, replacement at appropriate intervals)
- Required viewing of short AED/CPR video for all supervising adults (teachers, coaches, administrators)



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Coaches' Education

Accredited Interscholastic Coach (AIC)

- Requires completion of 4 courses:
 - Fundamentals of Coaching
 - 1st Aid, Health & Safety for Coaches
 - Sport Specific Course or Teaching Sports Skills
 - Concussion in Sports (Free)



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Coaches' Education

Certified Interscholastic Coach (CIC)

- Completion of AIC requirements
- Plus:
 - Teaching & Modeling Behavior
 - Engaging Effectively with Parents
 - Sportsmanship
 - Creating a Safe and Respectful Environment
 - Strength & Conditioning
 - 2 additional courses (User Choice)



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Transfer Policy

- If a bona fide change of residence—no transfer waiver necessary
- Transfer packet with forms are on-line; password protected
- Work with athletic director to ensure students meet residence rule requirements



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UHC SIDELINES HUNGER FOOD DRIVE



Bring non-perishable food to the NCHSAA Booth during the coach's clinic and be entered into a raffle to win money for your school!

Winners of the raffle will be announced during the East/West Games! Winner does not need to be present to win! First place receives \$250, second place- \$150, and third place- \$100 for their respective athletic programs!

THANK YOU

- Get involved with student services
- Visit the NCHSAA website often
- Pick-up your card as you leave today
 - Enter your code into the computer immediately to get credit for attendance
 - Mobile device or computer
 - All fields required except comments box
 - Use same email address that was used for NFHS Courses
 - Deadline for entry is August 14, 2017
- Avoid \$400 fine for your school



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