

**2009-10 TSSAA Handbook**  
**WRESTLING REGULATIONS**

**I. GENERAL REGULATIONS**

- A. TSSAA schools shall be divided into two classes (Division I and Division II) for wrestling competition. In Division I, there shall be eight regions.
- B. Video taping or filming is permitted if the taping or filming is for private use or use by the two schools involved and not for public or commercial use. Video taping or filming must be done from the individual's seat. Individuals will not be allowed to use tripods. A school taping or filming its own matches may use a tripod. A school will not be allowed to tape or film a match unless its wrestler is involved. All taping or filming by a school may be approved by the local Game Director, and the Game Director shall assign space, when available, from which the school may tape or film.
- C. A school must file a schedule online prior to the date of the first contest allowed by the Sports Calendar with the state office. No additions may be made to the schedule unless approved by the TSSAA state office.
- D. It is recommended that during regular season no air horns, cow bells or individual type noisemakers be allowed.

**II. INVITATIONAL TOURNAMENTS**

- A. Invitational tournaments must be approved in writing by the Executive Director. The tournament must be approved in writing prior to the start of the tournament.
- B. Participation in an invitational tournament shall count in the total number of dates in which a member school is allowed to participate during the regular season. No school may participate in more than four invitational tournaments. An invitational wrestling tournament must include eight teams or an equivalent of eight teams to receive TSSAA plaques or medals. TSSAA shall receive 18 percent of the gross gate receipts for invitational tournaments or the cost of plaques and medals, whichever is greater. (On one-day invitational tournaments, TSSAA will not furnish plaques or medals nor will TSSAA share in the gate receipts.)

**III. REGIONAL TOURNAMENTS (Division I)**

- A. Selection of a tournament site, employment of officials, financial arrangements and other plans for conducting the regional tournaments shall be made by representatives of the schools in the region.
- B. All schools entering regional tournaments must file an entrance form with the state office and with the tournament director at the time the seeding meeting is held. Schools that do not file by this deadline shall be charged \$25.00 for each day they are late in order to enter the meet. The penalty check shall go to the meet director in order to cover tournament expenses.
- C. Wrestlers that finish first, second, and third and fourth in the regional tournament shall advance to the state tournament.

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### IV. STATE TOURNAMENT (Division I)

- A. The state wrestling tournament shall be held the weekend of the third Saturday in February.
- B. The draw for the state tournament shall be made by the Board of Control and shall be released after the completion of all regional wrestling tournaments.
- C. Wrestlers who meet the qualification shall be placed in each weight division in the state tournament. In order to be placed, a wrestler must be a regional champion and must have been a state place finisher during his high school career. The criteria for placing shall be as follows:
  - 1. Separate all state champions (includes state champions from other states).
  - 2. The following criteria shall be used to separate state champions: **(a)** state champion at same weight, **(b)** state champion at higher weight, **(c)** state champion at lower weight. (If there are two state champions at the same weight the state champion from Tennessee will receive the higher seed.)
  - 3. Follow the same procedure as #2 above for 2<sup>nd</sup> place from previous year, 3<sup>rd</sup> place from previous year, ...
  - 4. Items #2 and #3 shall be applied in order to wrestlers who placed in the state tournament two years prior.
  - 5. Blind draw.

### V. STATE TOURNAMENT (Division II)

- A. The state wrestling tournament shall be the weekend of the third Saturday in February.
- B. On a date and at a location to be determined by the Division II wrestling coaches, a meeting will be held to seed the Division II State Individual Tournament. In order for wrestlers to be seeded, schools must either send a representative or provide a written statement.

In an attempt to provide clarity to the seeding process while also reducing the opportunity for conflict, the following criteria (which are listed in the order of priority) are to be used:

- 1. Head-to-head competition during the current season (If split evenly, the most recent victory given priority. Otherwise, the wrestler with the best record against that particular opponent receives priority.)
- 2. Returning state champion, runner-up, or 3<sup>rd</sup> place finisher from the previous season (Same weight class and in-state given priority over different weight class and out-of-state. If different weight class, then the higher weight class receives priority.)
- 3. Record against common opponents during the current season (Common opponent in the same weight class given priority over common opponent in a different weight class. If different weight class, then higher weight class receives priority.)
- 4. Returning 4<sup>th</sup> or 5<sup>th</sup> place finisher from the previous season (Same weight class and in-state given priority over different weight class and out-of-state. If different weight class, then the higher weight class receives priority.)
- 5. Common tournament place finishes during the current season (Wrestlers must have been in the same weight class in the tournament.)
- 6. Coin Toss.

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### VI. DUAL MEET REGIONAL AND STATE TOURNAMENTS

- A. In Division I Class AAA, each district shall determine a champion and runner-up by any method the district selects. The district champion and runner-up shall advance to the regional dual meet tournament. Since each district sends two teams to the regional tournament, the Board of Control has approved a set single elimination bracket for tournament play as shown below:

Top Bracket	Bottom Bracket
District 1 Winner	District 2 Winner
District 2 Runner-Up	District 1 Runner-Up

District coaches shall select their regional tournament site on a rotation basis. In odd-numbered years, the odd-numbered districts shall select the regional site and in even-numbered years, the even-numbered districts shall select the regional site. The regional dual meet shall be completed by the last Saturday in January.

The champion and runner-up from each region shall advance to the state dual meet tournament.

- B. In Division I Class A-AA, each region shall determine a champion by any method the region selects. The region champion shall advance to the state dual meet tournament. The regional dual meet shall be completed by the last Saturday in January.
- C. In Division I Class AAA, the sixteen teams that qualify for the state tournament shall meet on the first Friday and Saturday in February to determine the state dual meet champion. The draw for the tournaments will be released following the completion of all qualifying meets. Teams which qualify for the state dual tournament as regional champions who placed in the top four in the previous year's state dual tournament, shall be seeded according to their previous year's finish. The remaining teams shall be separated so that no team from the same region will be in the same side of the bracket, unless seeding causes this to happen.
- D. In Division I Class A-AA, the eight teams that qualify for the state tournament shall meet on the first Friday and Saturday in February to determine the state dual meet champion. The draw for the tournament will be released following the completion of all qualifying meets. Teams which qualify for the state dual tournament who placed in the top four in the previous year's state dual tournament, shall be seeded according to their previous year's finish.
- E. In Division II, the eight teams as selected by coaches in Division II shall meet on the Friday and Saturday of the first Saturday in February to determine the state dual meet champion.
- F. No school will be allowed to schedule a wrestling meet or tournament on the dates of the state dual meet championships.

### VII. GENERAL TOURNAMENT REGULATIONS

No air horns, cow bells, or individual type noise makers will be allowed at regional and state tournaments. Also, no explosive devices will be allowed in regional and state tournaments.

### VIII. OFFICIALS

- A. Regional and state tournament officials shall be selected by the TSSAA state office.
- B. An official must have taken and passed a Rules Examination to be eligible to work in regional or state wrestling tournaments.

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### 2009-10 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

- A. 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).

- B. 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 ([www.nwcaonline.com](http://www.nwcaonline.com)). The internet calculator will automatically determine the wrestler's minimum competitive weight based on the parameters in I.A. above.

- C. 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.
- D. The lowest weight class in which a wrestler may compete will be determined as follows:
1. If the predicted weight, at 7% body fat for males and 12% for females, is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.
  2. If the predicted weight, at 7% body fat for males and 12% for females, falls between two weight classes, they must wrestle at the higher weight class.
  3. The wrestler may wrestle at the weight class in which their 7% male/12% female body fat predicted weight, less 2% of that weight, places them.

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### II. Time Period for BIA Measurements

- A. 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.)
- B. BIA measurements may be conducted on or after October 1<sup>st</sup> of each year.
- C. The controlled weight loss starting date ("Alpha date") will be the date on which BIA measurements are completed.
- D. The deadline for all wrestlers to complete all BIA measurements and appeals is January 15.

### III. Who 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](http://www.tssaa.org)).

### IV. Growth Allowance

A two-pound growth allowance shall be added to each weight class after December 25. The weight classes remain the same for the purposes of the weight management program.

### 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:

- A. At each weigh-in, all coaches must present a pre-match weigh-in form of their team to the host administrator/coach. 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.
- B. 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. The weigh-in sheet is established prior to competition and actual weights are recorded following competition.
- C. The host school in all competition (dual meets, invitational tournaments) or any school traveling out of state is responsible for completing the dual or tournament result section which is on the NWCA website. This must be done immediately following competition.
- D. 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 vacated. Any points scored by the violating wrestler will be removed. If a wrestler violates the 1.5% weekly weight loss program but does not change weight classes, then there is no violation.

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### 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:

- A. 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.

- B. Second Appeal – Any wrestler may request 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.

- C. Final Appeal – Must be completed by January 15 unless approved in writing by TSSAA.

1. DEXA (Dual Energy X-ray Absorptiometer)
  - a. Test is a test where bone density is measured through a type of x-ray machine that can very accurately determine body fat percentages.
  - b. The test is paid for by the wrestler or school and not the facility.
  - c. The results of this test are deemed final and completely binding.
2. Final Appeal Testing Site – Middle Tennessee State University
  - a. Appointments will need to be made through MTSU.
  - b. Contact TSSAA and Wade Bartlett at 931-334-9944 for further information.

### VII. Nutrition Education

Each school shall 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 will 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.

### VIII. Costs

All member schools will be assessed a fee of \$10.00 per student-athlete to offset the costs of the Weight Management Program.