

2005 – 2006

Section V

Wrestling



Handbook

2005-06 Section V Wrestling

Chris Bourne, Coordinator **Brockport Central Schools**
40 Allen St.
Brockport, N.Y. 14420

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work 585-637-1836
cell 585-370-4021
home 585-349-7078

Class Chairman:

AA	Jason Boyenzi	Pittsford Central
A	Bill Hadsell	Geneva City
BBBB	Jim Fowler	Bath Haverling Central
BBB	Jim Newby	Williamson Central
BB	Jim Saubcran	Kendall Central
B	Todd Goho	Alfred Almond Central

Officials Draw: **Friday, November 11, 9:00 AM TCMS**

Seeding Meeting for Class Tournaments: **Thursday, February 9, 2006**
TBD

<u>Class Tournaments Sites:</u>	Friday & Saturday, February 10 & 11
AA	Spencerport HS
A	Canandaigua Academy
BBBB	Attica HS
BBB	Sodus HS
BB	Caledonia-Mumford HS
B	Alfred-Almond HS

New York State Qualifier: **Friday & Saturday, February, 17 & 18**
Fairport High School

New York State Wrestling Championships:
Friday & Saturday February, 24 & 25
Nassau Coliseum

2005-2006 Section V Wrestling NYS Divisions and Classifications

NYS Division 1 27 Schools

Class AA (Spencerport) (J. Bovenzi)		Class A (Canandaigua) (B. Hadsell)	
East/SOTA/Freddie Thomas	2444	Webster Thomas	1078
Fairport	1733	McQuaid	1066
Pittsford	1466	West Irondequoit	1043
Greece Athena/Greece Odyssey	1446	Greece Arcadia	1036
Rush-Henrietta	1440	Canandaigua	1002
Marshall/Charlotte/Jefferson	1415	Brighton	947
Gates-Chili	1274	East Irondequoit	856
Penfield	1186	Victor	823
Brockport	1152	Wayne	694
Churchville-Chili	1141	Newark	677
Webster Schroeder	1133	Geneva	653
Greece Olympia	1127	Honeoye Falls-Lima	646
Hilton	1119	Batavia	619
Spencerport	1102		

NYS Division 2

Class BBBB (Attica) (J. Fowler)		Class BBB (Sodus) (J. Newby)	
Livonia	565	Sodus	371
Palmyra-Macdeon	544	Mynderse	371
Midlakes	522	LeRoy	371
Penn Yan	485	Bishop Kearney	369
Hornell	475	Wellsville	354
Waterloo	473	Williamson	345
Bath Haverling	473	Pembroke	342
Wayland Cohocton	455	Holley	338
Attica	428	Byron Bergen	337
Dansville	427	Campbell-Savona	301
North Rose-Wolcott	422	Avon	296
Marcus Whitman	399	Marion	294
		Red Creek	284

Class BB (CalMum) (J. Sauberan)		Class B (Alfred-Almond) (T. Goho)	
Kendall	283	Geneseo	241
Letchworth	282	Keshequa	220
Addison	282	Lyndonville	206
Caledonia-Mumford	280	Red Jacket	191
Alexander	278	Fillmore	178
Oakfield-Alabama	269	Alfred-Almond	176
Warsaw	264	Genesee Valley	169
South Seneca	258	Hammondsport	166
Perry	256	Notre Dame of Batavia	152
Canisteo-Greenwood	253	Jasper Troupsburg	150
Lyons	250	Avoca	144
Pavilion	249	Arkport	134
Bolivar Richburg	249	Northstar Christian	73
York	247		

2005-06 Section V Wrestling – Pre-Season Notes

- ✓ The growth allowance is 2 lbs. on December 25th
- ✓ Weigh-outs on the 1st night of a two day tournament conclude 1/2 hour after the final bout
- ✓ ALL certifications are due to the Section V Chairman by December 1st
- ✓ Only two (2) people will be allowed in the corner during tournaments (red & green chair will be provided for scorekeepers at the scoring table)
- ✓ Video recorders and photographers will not be allowed on the edge of the mat
- ✓ If a physician is present and called upon for his diagnosis, his decision is final – not the parent, coach or athletic trainer (this pertains to skin conditions as well as injury)
- ✓ Be sure to familiarize yourself with the "Match Stoppage Points" summary and the occasions where they will occur
- ✓ Please carry the criteria (with you) for how to determine a winner of a dual meet when a tie exists – there are NO ties in dual meets anymore
- ✓ Blood cleanup by an adult is NOT a requirement
- ✓ It will be the responsibility of all coaches to (again) review the front headlock video and its proper usage
- ✓ Honor weigh-ins are for dual meets only and can only be used on days when at least one of the participating schools is in session. Dual meets on Saturday, Holidays or any other day when both schools are not in session **MUST** use the mat side weigh-in
- ✓ When weigh-ins commence in a dual meet, all participants have 30 minutes to "make weight"

IMPORTANT NOTICE

NYSPHSAA CENTRAL COMMITTEE APPROVES MINIMUM WEIGHT CERTIFICATION CHANGES

The following proposals, made by the Wrestling Advisory Committee, were approved by the NYSPHSAA Central Committee on August 4, 2005. The changes will improve the reliability and validity of each wrestler's minimum weight assessment.

1. Centralized Sites for Minimum Weight Certification and Body Composition Analyzer Usage for Establishing % Body Fat

The following timeline will be utilized in moving to centralized testing sites and the use of a body composition analyzer (replacing hand calipers) for establishing wrestling minimum weight certification.

2005-2006 Each Section will be encouraged to conduct pilots by utilizing central sites. The Section Wrestling Coordinator will work with the Regional Advisor and the Section Executive Director to develop a plan, sites and dates. The certified assessors in each region will be requested to work at a central site. The Regional Advisor will be the assessment administrator, organizing the assessments, delegating responsibilities for the assessors and establishing the schedule for each school. An appeal process will follow the policy as found in the Assessment Manuals.

2006 – 2007 Centralized Assessment Sites will be mandated for the minimum weight assessment of all wrestlers (other than those utilizing hydrostatic testing).

2007 – 2008 A Body Composition Analyzer (such as the Tanita) will be utilized instead of the skin fold calipers in establishing the % of Body Fat and the Minimum Weight. Refractometers will be utilized for establishing each wrestler's hydration status.

2. Reintroduce the 50% rule by mandating that in the 2005-06 season each wrestler is required to have at least one-third of his/her weigh-ins during the season at the minimum weight he/she will wrestle during the state tournament series. In 2006 – 07 and after, 50% of the weigh-ins during the season must be at the minimum weight he/she will wrestle during the state tournament series. (Before voting on this proposal, we should consider the new NFHS Rules below).

New NFHS Wrestling Rules were reviewed by the Central Committee.

Rule 1-3 Beginning in 2006-07, each state association shall develop and utilize a weight-management program that includes a specific gravity not to exceed 1.025; a body fat assessment no lower than seven percent for males/12 percent for females and a monitored weekly weight loss plan not to exceed 1.5 percent a week.

Rule 4-5-5 Competitors are now restricted to a maximum of two pounds for consecutive days of competition. (Effective 2005-06)

THE 33% RULE FOR NYS: 2005-06

All wrestlers in NYS must have weighed in at their post season weight class a minimum of 33% of the time this year.

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

A wrestler with a full schedule will most likely weigh-in for 16 events. (10 duals + 6 tournaments)

A double weigh-in for a 2-day tournament only counts as one weigh-in as it is only one event.

To be eligible for post-season competition all wrestlers must have six contests, on six different dates.

Therefore all wrestlers in NYS entering the post-season will weigh in a minimum of 6 times and a maximum of 16 times.

Based on the actual number of weigh-ins for each individual wrestler the chart below is used to determine how many weigh-ins are needed at a certain weight class to be able to compete at that weight in the post-season.

The 33% rule requires you to round up to the next whole number for any fraction over

Honor weigh-in forms must be kept on file to verify the correct number of weigh-ins.

Coaches should also bring an honor weigh-in form to all tournaments.

33 % Chart

Wrestler's total # of Weigh-Ins	6	7	8	9	10	11	12	13	14	15	16
Weight-ins x .333	1.998	2.331	2.664	2.997	3.33	3.663	3.996	4.329	4.662	4.995	5.328
# of weigh-ins needed in-season at the post-season weight class to be eligible to wrestle at that wt.	2	3	3	3	4	4	4	5	5	5	6

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



New York State Public High School Athletic Association

DUAL MEET WEIGH-IN SHEET

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

MAKE 3 COPIES: 1 FOR HOME COACH, 1 FOR OPPOSING COACH, 1 FOR THE SCORE TABLE

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

HOME TEAM _____ OPPONENT _____ DATE: _____

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

SIGNATURE:

SIGNATURE:

Wt. Allowance _____

Coach _____

Athletic Director or School Representative _____

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

Weight	Wrestler	AM	PM
145			
152			
160			
171			
189			
215			
275			

Minimum weights must exceed as follows: 88 for 96, 93 for 103, 180 for 215, 215 for 275



New York State Public High School Athletic Association

TOURNAMENT WEIGH-IN SHEET

EXACT WEIGHT MUST BE RECORDED

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

TOURNAMENT _____ DATE: _____

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

Wt. Allowance _____

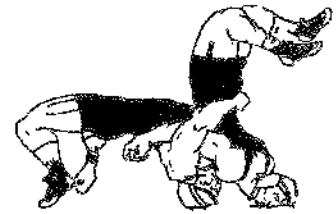
Weight	Wrestler	Actual Wt.
96		
103		
112		
119		
125		
130		
135		
140		
145		
152		
160		
171		
189		
215		
275		

Minimum weights must exceed as follows: 88 for 96, 93 for 103, 180 for 215, 215 for 275

SIGNATURE: Tournament Director _____



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



Don DeBadts
NYS Wrestling Chairman
Geneseo Central School

October 5, 2005

TO ALL SECTIONAL WRESTLING CHAIRMEN:

Eric Romanino
Beacon High School
Section 1 Chairman

Marty Sherman
Section 2 Chairman
John Vishneowski
Ravena/Coe/Sci Cen. School
Section 2 Asst. Chairman

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

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

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

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

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

With respect to out-of-state competitions:

The NYSPHSAA Handbook for 2004-06 (page 64 #13b) states:

Chris Bourne
Brockport Central Schools
Section 5 Chairman
Lynn Tewksbury
Section 5 Asst. Chairman

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

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

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

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

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

Terry Haise
Freeport High School
Section 8 Chairman

Jeff Cully
Newburgh Free Academy
Section 9 Chairman

Randy Morrison
Gouverneur High School
Section 10 Chairman

Joe Giani
Huntington High School
Section 11 Chairman

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

Larry Cantor
PSAL Chairman

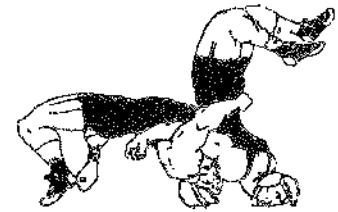
13d. continued:

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

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



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



Don DeBadts
NYS Wrestling Chairman
Geneseo Central School

Eric Romanino
Beacon High School
Section 1 Chairman

Marly Sherman
Section 2 Chairman

John Vishneowski
Ravena/Coe/Sel Cen. School
Section 2 Asst. Chairman

Brad Hamer
Jordan-Elbridge High School
Section 3 Chairman

Bill Kays
Mexico High School
Section 3 Asst. Chairman

Rick Armstrong
Walton High School
Section 4 Chairman

Rick Gumble
Chenango Forks High School
Section 4 Asst. Chairman

Mark Hoyt
Brighton Central School
Section 5 Chairman

Lynn Tewksbury
Section 5 Asst. Chairman

Mike DeBarbieri
Portville High School
Section 6 Chairman

Gary Edwards
Peru High School
Section 7 Chairman

Stan Riggs
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Freeport High School
Section 8 Chairman

Jeff Cully
Newburgh Free Academy
Section 9 Chairman

Randy Morrison
Gouverneur High School
Section 10 Chairman

Joe Giani
Huntington High School
Section 11 Chairman

George Dlugolanski
Chaminade High School
Catholic School Chairman

Larry Cantor
PSAL Chairman

From the October 4, 2004 NYSWC meeting minutes:

Beginning with the 2004-05 season, the honor weigh-in must take place before the start of the school's first period class, or the additional 3 lb allowance will not be allowed.

Extra pound ruling:

The NYS rulebook states that wrestlers receive a 2 lb allowance on Xmas day and a 1 lb allowance when schools have back to back competitions. Minimum of 48 hours notice is required to get the extra pound.

Under no circumstances may coaches agree to grant an extra pound(s) with the following two exceptions:

Dual meet:

A team is scheduled for back to back duals on two consecutive days. Team A informs Team B that within 48 hours that they have a match the day before, so both teams get an extra pound. Team A's match the day before the match with Team B is then cancelled (bad weather etc). The extra pound stands for the next day, even though Team A did not wrestle back to back.

If a dual is cancelled on Day One (bad weather etc.) and is then rescheduled for Day Two (the next consecutive day), no additional pound is allowed.

Tournament:

A tournament director grants all the teams in the tournament an extra pound because one of the teams entered is wrestling a dual the day before the tournament. The dual the day before the tournament is cancelled (bad weather, etc). All teams in the tournament the next day still get the extra pound.

Should a Sectional Chairman become aware of two teams allowing an extra weight allowance for any other reason, the teams and all the wrestlers become ineligible. The teams will both forfeit the dual and each individual wrestler will receive a loss on their individual records. If this was a tournament, all wrestlers from all teams become ineligible and all receive a loss on their records.

ineligible weight class:

After a dual is wrestled, it is found out that a team uses a wrestler at a weight lower than his certified weight (or at a weight above the State minimum weight: (Ex 80 pounder wrestles at 96 and does not meet the 88 pound minimum), the team forfeits the dual meet and the wrestler takes a loss on his record. The won/loss record of the other wrestlers who wrestled in the dual meet are not effected and the results of their individual bouts stand.

2005 –2006 Section V Wrestling Weight Control Plan

Weight Classes:

103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215
(96 lbs. and 275 lbs. are optional weight classes for dual meets and tournaments)

A profile form from a NYSPHSAA Approved Assessor **MUST** be filed in the home school prior to competition.

Sectional wrestling forms (certification sheets) **MUST** be received by the Section Wrestling Chairman before competition.

Honor weigh-ins apply **ONLY** to competitions that occur while a school is in session. All Saturday and Holiday competition must use mat side weigh-ins.

Minimum Weights for competition:

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

To compete at 96 lbs. a wrestler must exceed 88 lbs.

To compete at 103 lbs. a wrestler must exceed 93 lbs.

To compete at 215 lbs. a wrestler must exceed 180 lbs.

To compete at 275 lbs. a wrestler must exceed 215 lbs.

Weigh-ins for a two day tournament will conclude 30 minutes after the last completed bout with a 1 lb. allowance.

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

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

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

_____ is requesting a Waiver.
(wrestlers name)

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

Signatures:

Head Coach: _____ Date: _____

Athletic Director: _____ Date: _____

High School Principal: _____ Date: _____

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

(Coordinator's Use)

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

Request is: ☐ Approved ☐ Denied Date: _____

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

Section Wrestling Coordinator's Signature: _____

1 copy to the school

1 to the State Chairman

1 for Coordinator

New York State Scoring System

Event	Category	Points	
Dual Meets	Fall	6	
	Technical Fall (15+ match points)	5	
	Major Decision (8+ points)	4	
	Decision	3	
	Forfeit	6	
	Default	6	
	Disqualification	6	
Tournaments	Fall	2	
	Technical Fall	1.5	
	Major Decision	1	
	Regular Decision	0	
	Forfeit	2	
	Default	2	
	Disqualification	2	
	Advancement (Championship)	2	
	Advancement (Consolation)	1	
Place Points	Four (4) Places	1st	14
		2nd	10
		3rd	7
		4th	4
	Six (6) Places	1st	16
		2nd	12
		3rd	9
		4th	7
		5th	5
		6th	3
	Eight (8) Places	1st	16
		2nd	12
		3rd	9
		4th	7
		5th	5
		6th	3
		7th	2
		8th	1

Section V Wrestling – Seeding Criteria

1. Procedures before Seeding:
 - a. Record sheets of wrestling are to be submitted by each coach or representative.
 - b. Each coach or representative must submit his complete entry list prior to the beginning of the seeding meeting.
 - c. A wrestler is officially entered at his specified weight class when his name is entered at the seeding meeting. All entries are final. An entered wrestler can only be substituted for in that weight class, not moved.
 - d. A representative from each class shall collect all record sheets at the conclusion of the seeding meeting in order to ensure that all sheets will be available at the state qualifier seeding meeting.
2. Seeding Procedures:
 - a. All weight classes will seed a minimum of 8 wrestlers
 - b. A wrestler must have a minimum of six (6) matches to wrestle in the tournament
 - c. After all seeds are placed, byes will be drawn prior to the placing of the remaining wrestlers
3. Wrestle Backs to the Top 6 (Pending Section V Approval):
 - a. The top four (4) place finishers will advance to the sectional championship. If one of these top 4 individuals are not entered in the tournament or scratched before the conclusion of the scratch meeting, the 5th place finisher from that class will become eligible. If a class is unable to fill this vacancy with its 5th place finisher, another class may fill it according to an alternate rotation. All wrestlers must have been weighed in during the scheduled weigh-in time. Also, if the 1st, 2nd, 3rd or 4th place finisher is scratched, the 5th place finisher will move into the vacated spot. The Section V Chairman needs to be notified immediately if a coach knows that a wrestler is not going to compete. This will allow brackets to be updated and rotations to be administered prior to competition. Coaches involved will be notified.
4. Seeding Formula Guidelines for Section V Class Tournaments:

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

Note: In the State Qualifier (Supers), State Place Finishers will be separated automatically by Bracket

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

INDIVIDUAL LISTING OF ALL MATCHES THIS SEASON

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

Section V Wrestling

At Large entry for the New York State Qualifier

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

Section V Wrestling Appeals Procedure for Sectional Tournaments

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

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

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

Division I (Large Schools)

118	113	112	119	125	130	135	140	145	152	160	171	189	215	275
5 2	PSAL 10	8 2	3 4	11 PSAL	8 11	2 CHSAA	4 1	8 PSAL	5 4	10 9	CHSAA 5	6 3	4 6	5 6
6 Bye	3 Bye	1 Bye	11 Bye	5 Bye	4 Bye	6 Bye	8 Bye	5 Bye	PSAL Bye	2 Bye	10 Bye	8 Bye	9 Bye	CHSAA Bye
5 8	1 6	11 4	5 10	10 8	6 10	3 11	5 3	CHSAA 1	CHSAA 11	8 1	4 9	2 PSAL	PSAL 5	1 10
PSAL Bye	5 Bye	6 Bye	9 Bye	3 Bye	2 Bye	1 Bye	CHSAA Bye	3 Bye	10 Bye	4 Bye	PSAL Bye	CHSAA Bye	11 Bye	8 Bye
11 3	11 9	5 CHSAA	PSAL 1	CHSAA 6	CHSAA 9	4 8	10 2	8 6	8 9	PSAL CHSAA	2 11	1 5	3 10	3 PSAL
10 Bye	4 Bye	PSAL Bye	8 Bye	2 Bye	3 Bye	10 Bye	11 Bye	2 Bye	1 Bye	5 Bye	6 Bye	11 Bye	CHSAA Bye	9 Bye
CHSAA 4	CHSAA 8	6 2	6 2	1 9	1 PSAL	5 9	6 PSAL	10 11	3 2	11 6	8 3	4 10	2 1	2 4
1 Bye	2 Bye	CHSAA 4	CHSAA Bye	4 Bye	5 Bye	PSAL Bye	9 Bye	4 Bye	6 Bye	3 Bye	1 Bye	9 Bye	8 Bye	11 Bye

Division of Special Services

[illegible]

**NYSPHSAA Wrestling
Communicable Skin Infection**

Permission to Compete in the Sport of High School Wrestling

To: Physician/Dermatologist/Nurse Practitioner
(PLEASE use ink when completing this form)

ANSWER ALL QUESTIONS ON THIS FORM

Please describe the skin condition(s) of: _____
(name of wrestler)

1. Describe the specific location of the suspected skin condition (for example: left forearm, close to the thumb joint, etc.)

2. Describe the approximate size and color of the above condition (for example: it is about the size of a nickel, red in color, its is about two inches in diameter, blotchy red)

3. Technical name of the skin condition: _____
4. Do you believe this skin condition is contagious or poses a danger to others?
Circle One: **YES** **NO**
(Note: if "Yes", the participant is ineligible to wrestle until you give clearance)
5. If you answered "No" to question #4, can the wrestler compete without having the skin condition covered? Circle One: **YES** **NO**
(note: For eligibility, any existing contagious skin conditions may not be covered)
6. If contagious, when will it be safe for him/her to continue wrestling?
Please list a calendar date: _____

Print Doctor's Name: _____ Today's Date _____

Doctor's Specialty Area: _____

Doctor's Address: _____ (_____)

Doctor's Phone: (_____) - _____ - _____

Doctor's Signature: _____

PHYSICIAN'S NOTE: If a participant is suspected of having a contagious communicable disease or any other condition that makes participation appear inadvisable, his coach must provide written documentation from a physician or nurse practitioner stating that the suspected disease or condition is not communicable and that the athlete's participation would be harmful to his opponent. This document shall be furnished at the weigh-in or upon arrival at the site of the dual meet or tournament.

THIS DOCUMENT IS ONLY GOOD FOR 14 DAYS

New York State Public High School Athletic Association

INFECTION CONTROL IN INTERSCHOLASTIC ATHLETICS

Recommended precautions against the transmission of blood-borne pathogens

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

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

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

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

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

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

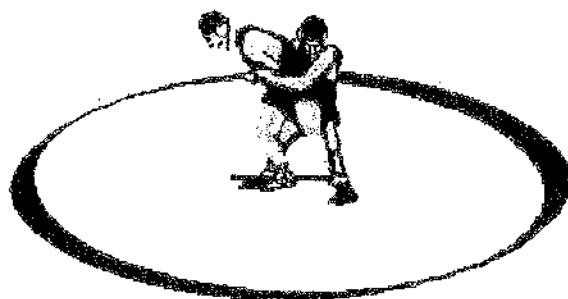
5. If a student-athlete begins to bleed during practice or competition, play must be stopped, the student-athlete who is injured removed and any potentially contaminated surfaces such as the basketball court or wrestling mat cleaned using a disinfectant solution of household bleach and water. The recommended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

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

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

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

The Importance of a Clean Wrestling Room



Consequences of an Unclean Mat

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

How to Clean The Mat

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

How can skin diseases be prevented?

Keeping The Mat Clean

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

wear whatever shoes they wear outside.

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

General

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

Wrestling

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

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

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

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

Quote from Carl Poff, LHU Head Wrestling Coach

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

Quote from Justin Owens, LHU Wrestler

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

FRIENDS OF WRESTLING

For over ten years FRIENDS OF WRESTLING has worked to promote Section 5 Wrestling. We have hosted the Dinner of Champions for our Sectional winners and State Tournament representatives. Last year, our state representatives and their coaches were our guests at a brunch on the Sunday morning after the State Qualifier.

At times, we purchased uniforms and warm ups in addition to t-shirts, plaques and other items for our wrestlers so they would have more than an Section 5 shield to show for their accomplishments.

We established the Section 5 Wrestling Hall of Fame which now has 68 members and purchased the large Wrestling Hall of Fame plaque which lists all their names. It is located in the lobby of Red Fedele's Brook House Restaurant. We also host the annual Section 5 Wrestling Hall of Fame Induction Banquet each February.

FRIENDS OF WRESTLING needs your support. For years, our annual golf tournament has been the main source of our funds and we have received some donations from other wrestling supporters. If we are to continue providing the same type of service and recognition to our Section 5 wrestlers, we need additional assistance.

Donations from booster clubs, parents, coaches and anyone else who would like to support Section 5 wrestling are welcome. Tax deductible checks should be made payable to: FRIENDS OF WRESTLING

Mail checks to: Jim Wild, President
Friends of Wrestling
5762 Running Brook Rd.
Farmington, NY 14425

Mark your calendar for the following events sponsored by FRIENDS OF WRESTLING. Information will be available at a later date.

February 15, 2006 - Wrestling Hall of Fame Induction Dinner

February 28, 2006 - Dinner of Champions

June 26, 2006 - Annual Golf Tournament