

---

~ REGULAR SEASON REGULATIONS ~

~ GENERAL INFORMATION ~

**Registration**

A school should have registered for UIL wrestling by January 15 the preceding year. The district executive committee may by majority vote accept a school after that date.

A school which does not participate in wrestling after registering may be suspended in this activity for a period of one year, unless sufficient justification is shown for not entering a team. Conference and district assignments are included with this manual (see Appendix).

District Chair lists can be found on the UIL web site at [www.uil.utexas.edu/athletics/wrestling/](http://www.uil.utexas.edu/athletics/wrestling/).

**Eligibility Blanks**

Prior to the first varsity contest, head coaches must complete the eligibility blank found on the UIL website. This form is for varsity athletes only. Send one copy to your district chairman, and retain one copy in the school file. Copies of the same eligibility blank or additions to the original eligibility blank should be used to report new varsity players. To save paperwork, athletes who will become eligible at a later date, due to grades or other rules, may be reported on the original eligibility blank and asterisked (\*) to indicate pending eligibility on a certain date.

**Conferences**

There will be one Conference for Wrestling and it will be designated 5A.

**Divisions**

There shall be the following divisions in girls' and boys' districts:

- (A) High School Boys
- (B) High School Girls

**Official Rules**

All matches shall be conducted under National Federation Wrestling rules.

**Tournament Limitations**

- a. No school or student athlete representing a school shall participate in a tournament or dual meet until November 9, 2009, and after the date for certifying district representatives.
- b. Individual Limit. No student representing a member school shall participate in more than eight tournaments during the school season, excluding one district, regional and state tournament.
- c. School Week Limitation. No student or team representing a participant school shall participate in more than one contest per school week (the first instructional day of the week through the last school day of the week). Exceptions: The regional and state tournament, and district varsity tournaments postponed by weather or public disaster, may also be scheduled during the school week. Schools shall not enter wrestling tournaments scheduled on more than one school day per any one tournament.

- d. District Tournament. Each District Executive Committee shall schedule a District Boys and Girls Wrestling Tournament to determine representatives for the Regional Tournament. The top two qualifiers in each weight class at the District Tournament will advance to the Regional Tournament. District Wrestling Tournaments for girls are mandatory. Regional Tournaments for girls wrestling will no longer be open events.
- e. Junior Varsity. A junior varsity team may represent a school and attend junior varsity tournaments. Athletes on this team would also be limited to eight tournaments.
- f. Changing Levels. A wrestler could move from the junior varsity level to the varsity level, but a combined total of eight tournaments (at any level) would still be in effect for each student athlete.
- g. Limit on Matches per Day. Wrestlers shall not compete in more than the number of matches allowed by NFHS rules in one day (consolation or championship). Wrestlers must have a minimum of 45 minutes rest between matches.
- h. Weather Cancellation or Continuation. A tournament postponed or canceled by weather is considered a tournament when all semi-final matches have been completed. The remaining matches may be completed at a later date without it counting as another tournament, provided there is no loss of school time. When all semi-final matches have not been completed, the tournament director has three options:
  1. The tournament may be canceled and not count as a tournament for the individual or the school.
  2. The tournament may be continued, provided there is no additional loss of school time.
  3. The tournament may be continued with loss of school time and shall count as two tournaments.

### School Tournament Defined

Any match which results in a loss of school time is defined as a school tournament. It could also be considered a school tournament if, in a nonschool tournament, a student is wearing school uniforms or equipment, using school transportation, or is being directed in the tournament by a coach paid by the school.

Non-School Tournament. If a student participates in a non-school tournament, it will not count as one of his/her school tournaments providing he/she is not representing the school. A student athlete could be considered to be representing the school if, in a nonschool tournament, a student is wearing school uniforms or equipment, using school transportation, or is being directed in the tournament by a coach paid by the school.

### Weight Classifications

There shall be 15 weight classes for UIL Boys wrestling. A high school team may enter one athlete in each weight class. Boys weight classes are:

103 lbs, 112 lbs, 119 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 152 lbs, 160 lbs, 171 lbs, 180 lbs, 189 lbs, 215 lbs, and 285 lbs

*Growth Allowance:* A two pound growth allowance takes effect on January 1.

The minimum weight for a participant in the 285 lb. weight class is 214 lbs.

There shall be 10 weight classes for UIL Girls wrestling. A high school team may enter 1 athlete in each weight class. Girls weight classes are:

95 lbs, 102 lbs, 110 lbs, 119 lbs, 128 lbs, 138 lbs, 148 lbs, 165 lbs, 185 lbs, and 215 lbs

*Growth Allowance:* A two pound growth allowance takes effect on January 1.

### Team Scoring

In district, regional and state tournaments, team honors shall be determined by the National Federation scoring standards detailed in the rule book.

## Awards

High school participants may receive only symbolic awards for participation in a school activity (ie. trophies, plaques, or medals). High school athletes cannot accept anything of valuable consideration (defined as anything that is wearable, usable or salable). Using students' names for advertising purposes, if paid, is prohibited.

## Clothing

Individuals and teams representing member schools in wrestling shall wear school approved clothing. It is recommended that clothing be in school colors, similar in design, and / or have the school identifying logo or name. All clothing does not have to be identical, but the school officials must approve whatever is worn.

## Weigh Ins

Weigh Ins for all UIL dual meets and tournaments shall follow the procedures outlined in Rule 4-5 of the National Federation Wrestling Rule Book.

## Non School Wrestling

- a. Any type of wrestling that is not the collegiate style of wrestling utilized during the UIL wrestling season and as part of the UIL program is considered non-school wrestling. This would include freestyle, greco-roman and other forms of wrestling.
- b. Coaches of individual sports are allowed to work with student athletes from their attendance zone in non-school practice during the school year with limitations. Coaches should be aware that any time spent working with a student athlete from their attendance zone in grades 7-12, whether in school or non school practice, will count as part of the eight hours of practice allowed outside of the school day during the school week under state law.
- c. School coaches are not allowed to coach student athletes in grades 7-12 from their attendance zone in non-school tournaments or competition during the school year. As wrestling is an individual sport, there is not a set season for school practice outside the school day, as long as the 8-hour rule is not violated.
- d. For non-school practice, the wrestling club would have to contract with the school to utilize school facilities. Non school and school practice could not be held at the same time. There must be separation between when the school practice is complete and when the non-school club is allowed to use the facility.
- e. Outside of the school year, the restrictions are somewhat less. In non-school competition, outside of the school year, coaches in individual sports are allowed to coach student athletes from their attendance zone. The use of school funds, school equipment or school transportation is still prohibited. The wrestling mat is considered much the same as the standards in volleyball and the goals in basketball, in that they are allowed to be used in association with non-school practice and competition.

## National Tournaments

- a. **Student Athletes Under the Eight Tournament Limit.** A national tournament could be considered as one of the eight school sponsored tournaments allowed during the school year under UIL rules for wrestling. A tournament is considered school sponsored if the school coach coaches the athlete, the athlete uses school equipment or transportation or if the event is paid for out of school funds. If the student athlete is attending the event as one of the eight school sponsored tournaments allowed during the school year, there can be no competition on Sunday.
- b. **Student Athletes at the Eight Tournament Limit.** If however, the student athlete is at the eight-tournament limit, a national tournament would have to be done as a non-school activity. When an individual chooses to compete in a non-school activity school funds (including booster club funds) cannot be utilized, the school coach could not coach the athlete if the tournament is during the school year, school equipment or transportation may not be used, and the student athlete may not represent the school.

- c. **Funding School Sponsored Trips.** Booster club funds may not be given directly to individual student athletes or coaches to help fund a non-school activity. Any booster club (or other outside) funds utilized for this activity would have to be donated to the school and the school would have to approved expenditure of these funds. The booster club can request the funds be used for this specific activity, but the school has the ultimate authority over those funds. School funds cannot be used to fund non school trips or activities.

### Adult Supervision

A coach or adult supervisor must always accompany students. A student shall not represent his or her school at any time in connection with interscholastic competition unless accompanied by a coach or another appointed member of the school faculty. **Exception:** A nonschool person may serve as the adult supervisor of students when appointed by the administrator in areas where no coaching/directing takes place. These individuals may provide the transportation to and from the activity and be responsible for the supervision of participants.

### Schedules

Athletic schedules will not be considered official until approved by the superintendent of the member school district.

### Crowd Management and Game Security

In our complex and open society there are numerous problems which hinder the public school administrator. Crowd management and game security are two problems which have haunted even the most conscientious administration. This area goes beyond the spectator who is intoxicated in the stands or those who insist on running onto the field at the end of the game. Schools in some states have been forced to abandon night games, while others in some states must seek a neutral site with little or no publicity surrounding the event to prevent added disturbances. Fortunately, this has not been a great problem for athletics in Texas. However, disturbances can occur at even the smallest of schools during a game which has no bearing on the district championship. Each school system should develop a master plan for management of crowds.

Administrative duties for controlling crowds involves a well thought out plan of action. Actions prescribed should be endorsed by the school board as policy for the district, prior to each school year. Plans may then be viewed for comparison with other school systems. Naturally, each system will include variations to fit their own unique situation.

The UIL views this as a positive way to defend against possible trouble at athletic events. School personnel are more apt to act with confidence, knowing where they stand when written policy is in place. Schools that have operated without a crowd management and/or game security policy may see this as an opportunity to add consistency while upgrading their procedures, not to mention serving as a guide for legal implications. It is better to operate somewhat anonymously and behind the scenes so that fans may enjoy their favorite events than to spend little time in planning and be faced with an unchecked security problem.

### Administrative Responsibility

The school district superintendent and/or their designee is responsible for enacting and enforcing a crowd management policy for contests sponsored by his/her district. Likewise, all phases of interscholastic competition are under the careful supervision of the superintendent.

**Guidelines.** (These basic guidelines may be supplemented by local schools.)

1. A crowd control policy for season athletic contests shall be endorsed by the school board and should be kept on file with the district executive chairman and in possession of those in the individual school directly responsible.
2. No interscholastic contest may be arranged without the knowledge and sanction of the superintendent or their designee.
3. A game administrator or manager (usually the athletic director or principal) shall be in charge of the various administrative duties not associated with the contest at all home games. This person shall be on duty during the actual playing of the contest.

4. In all cases where students are competing against those of another school there must be an authorized faculty representative on the premises. In team sport contests such as basketball, football, soccer, softball, and volleyball, the superintendent and/or a designated game administrator shall be present at all home games and should be present at games away from home when large numbers of students and fans are attending the game.
5. Students, participants and staff members representing member schools in interscholastic competition are expected to conduct themselves in a sportsmanlike manner. Failure to do so may be in violation of the UIL Constitution and Contest Rules and subject the school, students and sponsors to penalty.
6. The member school superintendent is responsible for initiating appropriate disciplinary measures against those guilty of violations of the State Education Code.
7. It shall be the responsibility of the host administration to insure the safety of the meet officials.

#### SAFETY

Our baseline responsibility is to assure that every person who comes to school or to a school event is ensured the opportunity of returning home safely that day or night. The following suggestions are not complex, but hopefully will stand the test of time.

1. Principals and athletic directors should meet with the police and fire chiefs, emergency medical service head, and school superintendent. At this meeting establish roles of responsibility. For example, whose decision it is to evacuate a school or athletic site? Also discuss all of the other issues (e.g. lightning, power outage, bomb threats, weapons) that are concerns of the respective participants in this meeting. It would be good if written protocols resulted.
2. Form a School Safety Committee which should be representative of students, custodians (who may know your facility better than anyone else), staff, administration, parents, and the community. All of these constituents are stakeholders who should share in responsibility for safety.
3. Consider safety to be a "team" effort. Inform your students and other constituencies that you want them to keep their eyes open, and to report anything they see or hear that may be troubling. "Intelligence" is important and can be reasonably easy to acquire through such a network.
4. Every student should have an advocate member of the school staff. Too often children are without a good adult role model. A staff member, making it a point to check on each student once a week, may be enough to keep the student connected, or to detect a potentially significant personality change.
5. Recognize that you are surrounded by trained observers. Educators, like police, are accustomed to observing individuals, groups, and crowds. Anyone or anything that does not "look right", probably isn't. Station trained observers at the entrance to athletic events. Assign staff in fan sections, have the police detail deployed to observe fan behavior, and place administrators at vantage points where spectators and observers can be viewed.
6. Cell phones can be critical during an emergency when phone lines are cut; incoming phone traffic precludes making calls, etc.
7. Don't believe "it can't happen here." The profiles of perpetrators of recent school tragedies are suburban, affluent young people who spend time on computers or who may have access through family to guns.
8. Continue to work to keep high school athletic programs within the perspective of their educational mission. Do not place athletes on a pedestal. Honor equally achievements of all your students (e.g. academics, community service, drama, National Honor Society).
9. A communication system (e.g. walkie-talkies) is important among school personnel, fire, police, EMS, etc.
10. Remain calm, and use the PA system to deliver pre-developed messages/instructions.

## Videotaping/Filming

### Non-Conference and District Contests

- 1) Videotaping/Filming by Schools.
  - **It is a violation to film or videotape a non-conference or district athletic contest in which your school or team is not competing unless prior consent of the two schools involved has been obtained.**
  - A school does not have to obtain permission to film or tape a NON-CONFERENCE OR DISTRICT contest in which it is competing. However, the film or videotape shall not be utilized until after the contest has been completed.
  - Films and videotapes become the property of the school doing the filming unless by district rule or by consent of the schools involved in the contest.
- 2) Videotaping/Filming by Individuals. Any individual (other than the officially designated school camera) taping or filming must have prior permission from the schools involved in the contest and may not obstruct the view of other spectators of the contest.
- 3) Commercial Uses. Use of the films or tapes for commercial purposes must be approved by all schools involved in the contest.

## ~ OFFICIALS ~

### Maximum Fee Schedule For Wrestling

#### Boys

Type of Competition	Number of Officials	Varsity Fees
Dual Meets	1	\$55
Multiple team duals	as needed	\$45/ official/dual
1-day tournament	*	\$135 each
2-day tournament	*	\$170 each

#### Girls

Type of Competition	Number of Officials	Varsity Fees
Dual Meets	1	< 5 matches/\$25 > 5 matches/\$50
Multiple team duals	as needed	< 5 matches/ dual \$20 > 5 matches/ dual \$45
1-day tournament	*	\$90 each
2-day tournament	*	\$125 each

#### Number of Mats (Tournaments)

#### Officials Required

2	3
3	4
4	6
5	7
6	9
7	10
8	12
9	13
10	15
11	16
12	18

**NOTES:**

All Officials for all events are to be scheduled through the local chapter of TWOA, without exception. Non-TWOA officials may be used for an event but must be scheduled through TWOA.

Varsity officials will officiate up to a maximum of 6 JV matches at the rate of \$3.00 per match. Seven (7) or more JV matches will require the scheduling of a JV official. The coach should schedule the JV official through the local TWOA Commissioner (Scheduler) a minimum of 48 hours prior to the Varsity match.

Minimum charge for a JV official for 7-15 matches is \$45.00; for each match over 15, there will be an additional charge of \$3.00 per match.

For competition requiring only one official, he will contact the host or home coach 48 hours prior to the event. For competition requiring 2 or more officials, the Senior Official (as designated by the TWOA Commissioner), will contact the host coach or event director 48 hours prior to the multi-team competition.

Cancellations: Notification must be made to the Official, the Senior Official or to the local TWOA Commissioner within 24 hours of the scheduled event. Failure to notify within this time frame will result in a full fee billing.

**Mileage Reimbursement**

- a. Officials shall be paid mileage, one car, round trip from the official's home to the site of the game.
- b. Officials shall be paid the state mileage reimbursement rate in effect on September 1 of the current school year.
- c. Each additional official shall receive a \$10 rider fee. By prior consent of the school, a second car could be paid a mileage fee.
- d. Schools shall not pay a mileage fee to more than two cars.
- e. By prior agreement between officials and school authorities, airfare may be substituted for automobile mileage fee.

**Other Allowable Expenses.**

- a. Meals. Schools shall not pay for any meals for officials unless the distance traveled round trip from the official's home to the game site is greater than 200 miles. If meals are paid, the amount shall be paid according to the per diem policy for that school district
- b. Lodging. By agreement by the officials and schools, schools may pay lodging.
- c. Ground Transportation. If prior agreement exists, schools may pay taxi fare, etc., for officials.
- d. Limitation. No other items shall be included in payment of officials.
- e. Fee Approval. Fees are to be paid by the host school or by the game management as approved by the school.
- f. Prompt Payment. Fees should be paid promptly. **Schools that do not pay within 45 days of the contest are subject to the range of penalties listed in Section 29 of the UIL Constitution and Contest Rules.**
- g. Exceeding Fees. If a member school exceeds or pays less than the fee schedule for a contest, the district executive committee shall meet as soon as possible to decide if an emergency warranted the excess fee(s). If the school in question proves an emergency caused the fee violation, the district executive committee does not have to assess a penalty.

## ~ WEIGHT MANAGEMENT PLAN ~

(duplicate as needed and give a copy to all wrestlers and their parents)

No other sport creates as much weight awareness among athletes as wrestling. Unfortunately, too much awareness may result in reckless dietary and nutritional behavior. The responsibility for a successful and safe approach to weight control lies equally with the wrestler, the coach and the parents. Any organized plan to accomplish weight control must be based on fact, not fad. Sound nutritional information must be the basis for any plan. A wrestler should manage their weight with this single guideline in mind:

### **BODY COMPOSITION IS MORE IMPORTANT THAN BODY WEIGHT IN DETERMINING ATHLETIC PERFORMANCE**

To put it another way, the wrestler with the largest percentage of usable weight is in the best condition to compete. Usable weight in wrestling means muscle weight. Eating large quantities of fast foods and other high fat items contributes to unusable weight (body fat). Excessive fat will limit your mobility and flexibility, forces your heart to work harder and puts strain on your hip and leg joints. Similarly, starvation diets and dehydration tend to either diminish muscle mass or interfere with efficient digestion and muscle function. Either way, these poor dietary practices diminish usable weight and reduce performance.

To set up a weight control plan, the following factors must be determined:

- 1) The wrestler's body composition
- 2) The wrestler's ideal competitive weight
- 3) A long-term plan for reaching and maintaining the ideal weight
- 4) Sensible eating habits that promote caloric regulation and still provide all essential nutrients

It's up to us as wrestlers, coaches and parents to address this area with as much concern as our preparation of technique or conditioning or any other aspect of a wrestling program. Before a wrestler can determine how much (if any) weight they need to lose to reach their ideal weight, they must know his body composition. The human body is composed of lean tissue (muscle, bone, blood, organs) and fat tissue. Fat tissue can be divided into essential fat which protects vital organs (about 5% in men, 10% in women) and nonessential fat. Athletes who are well conditioned have a low percentage of body fat.

Body composition can be determined using skinfold measurement or underwater weighing. If the coach isn't equipped to test the wrestler and he doesn't have an athletic trainer, check with a physical education department at a local college, doctor, sports club or training center. Skinfold testing is easy to do and only takes a few minutes. Research studies suggest that wrestlers should strive to maintain a level of 5% to 12% (males) or 10-17% (females) body fat; the optimum performance for wrestlers being from 7% to 10% (males) and 12-15% (females).

If the percentage of body fat is already between 7-10% (males) or 12-15% (females), the wrestler is probably at or near their ideal wrestling weight. It would be foolish to try to lose 5-10 pounds to qualify for the next lower weight class. Losing more weight would likely weaken the wrestler and have an adverse effect on performance. This is particularly important for high school wrestlers who are in a very active growth spurt and need to have a higher weight allowance.

If the wrestler's body fat level is higher than it should be, the wrestler should begin a sensible reduction program to bring it down. Losing weight properly takes discipline and patience. The most healthful way to accomplish weight loss is to maintain or increase exercise while reducing food intake. Starvation and crash diets are not effective because muscle tissue begins to break down. As a result, some of the weight loss will come from muscle mass (usable weight), leaving the wrestler with reduced strength. Using any type of dietary weight loss pill is forbidden. These pills tend to achieve weight loss primarily from water weight rather than losing weight by reducing fat cells. Water is an essential source of fluids in any program.

To lose fat weight, wrestlers need to reduce the number of calories they consume while maintaining or increasing their conditioning program. For each pound of fat a wrestler wants to lose, they need to eliminate 3500 calories from their diet. To lose 2 pounds in one week, for example, requires an energy deficit of 7000 calories or 1000 calories per day. That is a lot of calories to remove from a wrestler's diet at a time when they need increased energy. A better way to lose two pounds is to eat 500 fewer calories each day and burn an additional 500 calories each day for a week. However, under no circumstances should athletes consume fewer than 1800-2000 calories per day. Good nutrition is absolutely essential to a growing athlete during high school years. Bone growth, in particular, may be especially sensitive to the effects of bad nutrition caused by starvation and crash diets.

Weight management should start early. Weight loss or weight gain is most effectively and safely accomplished gradually rather than quickly. This means knowing the weight class in which the wrestler intends to compete and starting a program of nutrition and workouts designed to help the wrestler achieve their ideal body composition. Crash diets are not the answer. Depriving the body of food and/or water will decrease the energy capacity for workouts and competition and could lead to dehydration. In addition, wrestlers are almost certain to gain back any weight they lose as soon as they resume their normal diet. Give the body the nutrition and consistency it requires in order for it to work efficiently. Yo-yo dieting (starving in order to make weight and then eating everything in sight) will make a good wrestler become an average wrestler when it comes to match time.

It makes much more sense to restructure the wrestler's eating and exercise habits on a permanent basis. Good dietary information is available from a variety of books and articles. The coach should have this information or will be able to help the wrestler find it. Just as a car runs best with a full tank of the proper fuel, a wrestler's body will perform at its maximum when it is filled with the right 'nutritional fuel.' For athletes, that fuel is complex carbohydrates, obtained from foods such as cereal, bread, pasta grains and baked potatoes.

Calories are supplied by carbohydrates, protein and fat. Together they add up to the total caloric intake. Unfortunately, wrestlers often spend too much time worrying about total calories and not enough time counting carbohydrate calories. Many foods contain carbohydrates, but some are better sources than others. That's important, because 60-65% of the total calories a wrestler consumes should come from carbohydrates. Of the remaining calories, approximately 15% should come from protein and the remaining 20% from fat. For example, a daily diet of 3200 total calories should contain approximately 2000 carbohydrate calories (500g of carbohydrates). Clearly, wrestlers need to eat foods high in carbohydrates and low in fat in order to support strength development and generate energy for workouts and competition.

Concentrate on complex carbohydrates such as those found in whole grain cereals and breads, vegetables and fruits. They give an even distribution of fuel for energy production. Avoid the simple carbohydrates found in soft drinks, candy bars and other sweets. Foods such as hamburgers, chips, mayonnaise and candy bars contain high levels of fat making them poor sources of nutrition for athletes.

Take responsibility for the diet and begin to read labels. Most labels list the number of grams of carbohydrates, fats and proteins. One thing to remember is that 1 gram of fat (9 calories) has more than twice the calories as 1 gram of carbohydrates (4 calories). A high carbohydrate/low fat diet will improve endurance. Improved endurance will improve wrestling performance throughout the season.

Remember: a balance between calories consumed and calories burned through exercise is also a key in weight control. To lose weight, you should decrease your caloric intake and increase your caloric output—a fairly simple equation. Become familiar with the caloric value of foods and activities. For instance, a candy bar may contain 300-400 calories, but a large apple would contain only 100 calories and a 6 ounce can of V8 juice contains only 35 calories. A mile run will burn 85-150 calories while wrestling burns 10-14 calories per minute.

Wrestlers must burn more calories that they consume in order to lose unwanted fat. They can adjust their diet and exercise to provide for gradual weight loss. To lose one pound of fat a week, the wrestler must reduce his caloric intake by 500 calories each day. Seldom should anyone have to drop below 1800-2000 calories per day. Doing that will jeopardize the proper provision of vitamins, minerals and fuels for proper body functions.

## SUMMARY

Use common sense and good judgment throughout the season to achieve the optimum percentage of body fat of 7-10% (males) and 12-15% (females). Use skinfold measurement or underwater weighing to determine the body fat and weight class that is best for the wrestler. The following tips should help the wrestler achieve a safe and rewarding season:

- 1) Eat three balanced meals a day in moderate portions. Try to include foods from all the major food groups: grains, vegetables, fruits, meat/fish, milk/cheese
- 2) Avoid high fat, high sugar foods and snacks such as chips, soft drinks, mayonnaise, candy bars, desserts
- 3) Emphasize foods that are high in complex carbohydrates such as cereals, rice, pasta, breads, baked potatoes, muffins, vegetables
- 4) Use skim milk instead of whole milk. Substitute diet drinks for regular, high sugar soft drinks. Better yet, drink water or fruit juices. Drink 8 glasses of water daily.
- 5) Don't snack between meals. If you must snack, eat fresh vegetables or fruit.
- 6) Stick to your diet and work-out program and you will get the results you want. It takes time to accomplish your goals. Be patient.
- 7) Remember: Good nutrition is something a wrestler must apply each day throughout the season and not just the day before a match. If a wrestler takes short cuts, expect to pay the price in reduced performance.

The University Interscholastic League does not encourage nor condone rapid weight loss. Weight loss should not exceed 2 pounds each week. Remember, good nutrition is something you apply everyday throughout the season (throughout life). Following is the University Interscholastic League weight control plan for the wrestling season. Schools, coaches or athletes who violate UIL weight control policies could be subject to a range of penalties from the State Executive Committee. These penalties could range from probation to suspension from one day to three years.

### Weight Classes

#### BOYS

103 — 112 — 119 — 125 — 130 — 135 — 140 — 145 - 152 — 160 — 171 — 180 — 189 — 215 — 285

#### GIRLS

95 - 102 - 110 - 119 - 128 - 138 - 148 - 165 - 185 - 215

(Note: a 2-pound weight allowance takes effect on January 1)

~ UIL WEIGHT CONTROL PLAN ~

**Minimum Weight Certification Program  
Varsity Wrestling**

**The UIL does not advocate that a wrestler's established minimum weight is the athlete's best weight at which to wrestle, but simply the minimum weight at which the athlete will be allowed to compete**

**According to the National Federation of State High School Associations Wrestling Rule Book, rule 1-3-1: 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.**

For varsity wrestlers, minimum weight class for competition will be determined by predicted body weight at 7% body fat for males and 12% body fat for females. For sub varsity wrestling participants, the previous weight control program will remain in effect. A 2% variance will be applied to each students Minimum Wrestling Weight as calculated by the NWCA system.

There will be monitored weight loss on the descent. A maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established. A wrestler who loses more than 1.5% of their alpha body weight in a week is ineligible to compete in the weight class to which they are descending. Weekly recording of actual weights (competition or practice) is required to measure compliance with the above rule.

**ALL UIL WRESTLING SCHOOLS WILL BE REQUIRED TO UTILIZE THE NWCA OPTIMAL PERFORMANCE CALCULATOR FOR THIS PROGRAM.**

A varsity wrestler will not be allowed to wrestle at their established minimum weight until the date specified on the NWCA Optimal Performance Calculator ([nwcaonline.com](http://nwcaonline.com)).

Each school will be mailed a school code and school password for the NWCA Optimal Performance Calculator at the beginning of the school year.

Wrestling coaches must bring a copy of the NWCA Optimal Performance Calculator Alpha Master Report form for their team to each contest, meet or tournament and must file a copy with their District Executive Committee Chairperson. Coaches should also print and keep a copy of this form on file in his/her office. It is recommended that each wrestlers Individual Weight Loss Plan be available as well.

**How the certification program will work -**

Hydration testing and skin fold measuring may begin no earlier than October 1st.

**All varsity wrestlers, including those coming out late, must have their minimum weight established by hydration assessment and skin fold measuring prior to any competition with a student from another school.**

**The deadline for all skin fold measuring and minimum weight certification, including appeals for a participant, is two weeks prior to the district certification deadline.**

Trained assessors will sponsor regional assessment opportunities for varsity wrestlers. Assessments of varsity wrestlers will primarily occur at regional assessment clinics. Dates, times and locations will be available on the UIL website. Schools will be responsible for transporting their athletes to the regional assessment site at the designated time.

Should a varsity wrestler not be able to attend their designated assessment location, they can contact another regional assessment site and request to be assessed at that site. Otherwise, it will be the school's responsibility to contact a designated regional representative in their area to arrange for skin fold measurement of varsity wrestler(s) at their school. For school based assessments, payment should be made directly to the certified assessor. The list of designated regional representatives will be available on the UIL website at [www.uil.utexas.edu](http://www.uil.utexas.edu) under Wrestling.

If the assessment is taking place on a school campus, the school must have available at the time of the hydration testing and skin fold measuring: 1) a certified scale, 2) Weight Certification Forms (provided by the UIL on the web), 3) the necessary school officials (e.g., coach, trainer, teacher, A.D., or other health professional) and materials (including clear specimen cups) to assist with registration, the hydration assessment process, obtaining the weight of each wrestler and with the recording of the data. It is recommended that an adult person of the same gender of the athlete being assessed be present when assessment is conducted.

In all cases, the school is responsible for all charges for skin fold measuring. At this time, the fees are set at \$5 per athlete. All payments for assessments must be made in cash at the time of the assessment. Athletes will not be assessed until payment has been made. For regional assessments, regional assessment sites may request all schools to pre-register their students for assessment. Schools whose students do not pre-register may be charged an additional fee for on site registration.

Weight Certification forms should be prepared prior to test date for all athletes to be assessed that day. All information for the wrestler will be entered on both the top and bottom of the Weight Certification Form. Upon completion of the assessment the assessor will retain the top half of the form, the school and or coach will retain the bottom half of the Weight Certification Form.

**For the weight certification process, all athletes (male and female) shall wear a wrestling singlet. Student athletes appearing for certification and not wearing a wrestling singlet will be refused assessment.**

Whether at a regional assessment site or a school location, the following procedure will apply. Students should sign in at a designated area and obtain their Weight Certification Form.

### **1. Hydration Assessment.**

**The Hydration Test is simply a pass/fail assessment based on the specific gravity level less than or equal to 1.025. A specific gravity level greater than 1.025 would be considered a failure on the hydration test.**

Hydration level will be judged using a color chart. If schools or assessors wish to provide dipsticks or a Urine Specific Gravity Refractometer and related materials for hydration testing, that would also be acceptable.

Any attempt to violate the protocols of the weight certification process, by adulterating a sample or attempting to cheat, will result in the assessment process being ended, and the student not being eligible for reassessment for 24 hours, at which time they would begin the process from the start.

If the athlete fails the hydration assessment, the athlete will not be eligible for reassessment for 24 hours and must meet the hydration requirement before the skinfold measurement takes place.

If the athlete passes the Hydration assessment, they must have their Alpha Weight determined immediately, on that date, without any exercise or delays.

### **2. Alpha Weight Determination.**

Next, the athlete is weighed on a certified scale and this weight is recorded on the athletes Weight Certification Form, and is the students Alpha Weight for the year.

The alpha weight established at this initial assessment will be the weight utilized in determining the descent calendar per the 1.5% per week rule.

**For the weight certification process, all athletes (male and female) shall wear a wrestling singlet. Student athletes appearing for certification and not wearing a wrestling singlet will be refused assessment.**

It is recommended that an adult of the same gender as the participant be present when weigh ins are done for wrestlers. No weight allowance is given for clothing or other items worn for the alpha weigh in.

### 3. Skin Fold Measurement.

Once a wrestler has passed the Hydration Assessment and established their Alpha Weight, they must undergo skin fold measurement immediately, on that date, without any exercise or delays.

**For the weight certification process, all athletes (male and female) shall wear a wrestling singlet. Student athletes appearing for certification and not wearing a wrestling singlet will be refused assessment.**

Females must also wear a halter, sports bra or other appropriate undergarment allowing the assessor access to the measurement sites (subscapular). It is recommended that a female be present when skin fold measurement is conducted for females.

All skin fold measurements shall be made on bare skin. Skin fold measurements shall not be taken over or through the singlet or clothing the wrestler is wearing.

If the assessment occurs at a school location, the school should provide individuals to assist the skin fold measurer with recording of data for the participants.

The assessor should take three measurements at each designated area and each measurement should be recorded on the applicable section of the Weight Certification Form.

#### Skin Fold Measurement Sites

##### Males

ABDOMINAL  
TRICEPS  
SUBSCAPULAR

##### Females

TRICEPS  
SUBSCAPULAR

All skin fold measurements should be made on the right side of the body.

### 4. Minimum Weight Class Certification.

The lowest weight class at which a wrestler may compete will be determined by predicted body weight at 7% body fat (males) and 12 % body fat (females) as follows. A 2% variance will be applied to each students Minimum Wrestling Weight as calculated by the NWCA system

If the predicted weight, at 7% male / 12% female, including the 2% variance, is exactly that of one of the weight classes, that weight class shall be the wrestler's minimum weight class.

If the predicted weight, at 7% male / 12% female, including the 2% variance, falls between two weight classes, the higher weight class shall be the wrestler's minimum weight class.

For any male or female wrestler whose body fat percentage at the time of measurement is at or below 7% male / 12% female, their minimum weight class will be determined by their alpha weight (weight at the time of assessment). No weight loss will be allowed, and no variance will be applied.

## 5. Monitored Descent.

There will be monitored weight loss on the descent. Based on NFHS rule, a maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established.

Example: Alpha weight = 150 pounds  
1.5% of 150 pounds = 2.25 pounds

Maximum allowed weight loss per week = 2.25 pounds

A wrestler who loses more than 1.5% of their alpha body weight in a week is ineligible to compete in the weight class to which they are descending. Wrestlers will be required to weigh in each week and keep those weights on file for compliance with the above rule.

## 6. Appeals

A school may appeal the results of the body fat assessment one time per wrestler.

The appeal must be filed and complete (in writing) to the UIL Office within seven (7) calendar days of the initial skinfold assessment date. Schools may not wrestle the wrestler that is appealing below the minimum weight class based on the initial assessment until the results of the appeal are determined.

If a wrestler's body fat assessment results are being appealed, the wrestler may wrestle in any interscholastic competition based on the preliminary assessment until the appeal results are determined.

A maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established, and will be enforced between the initial assessment and any appeal assessment.

Any costs associated with the appeal are to be paid by the school or the wrestler depending on the policy of the local school district.

Any appeal assessment must be conducted within 21 days of the initial assessment being conducted.

**The coach or wrestler must present the UIL acknowledgement of appeal to the certified assessor performing the appeal before any appeal assessment can be conducted.**

The wrestler and school must accept the results of the second assessment.

The person that is conducting that assessment will forward the results of the appeal/second assessment to the UIL Office and UIL will notify the school of the result through the NWCA Optimal Performance Calculator.

No other appeals will be considered.

### **Minimum Weight Certification Program Sub-Varsity Wrestling**

A wrestler's scratch weight for the season will be determined by a weigh-in at the first after school practice in which the wrestler participates. Scales used for weigh-ins must be certified and checked on a yearly basis.

This weight will be recorded on the UIL weight certification form and kept on file with the school athletic director and the school principal. This documentation must be available to the UIL office if requested.

Only the superintendent or their designee (not a coach) can sign as an administrator on the UIL Weight Certification Form.

The minimum weight class at which a subvarsity wrestler is eligible to compete is determined by the scratch weight minus 10% of the scratch weight.

If the scratch weight minus 10% is exactly that of one of the weight classes, that weight class will be the minimum weight class. If the scratch weight minus 10% falls between two weight classes, the higher weight class will be the minimum weight class.

A subvarsity wrestler who loses more than 10% of their scratch weight during the season is ineligible for competition below the established minimum weight class.

The maximum weight a subvarsity wrestler can lose during one calendar week and remain eligible for competition is 2% of the scratch weight. [Example: Student's scratch weight is 200 pounds. The maximum amount of weight this student athlete could lose in a calendar week and be eligible to wrestle is four pounds (2% of 200 pounds).]

There shall be mandatory weekly weigh-ins for all wrestlers and these weekly weigh-in sheets must be kept on file with the athletic director of the school. Weigh-ins for competition can be used as the weekly weigh-in.

A subvarsity wrestler will not be allowed to wrestle at any time in a weight class that would require the wrestler to lose more than one-half pound per day from the original date of the measurement from one weigh-in (for competition) to another and when the wrestler is changing weight classes. [Example: A wrestler weighs in at 140 pounds at a competition on December 6. If this wrestler wanted to drop to the 135 pound class for competition, he could not do so until at least December 16 (five pounds at one half pound per day, leads to 10 days before they could move from wrestling at 140 to wrestling at 135).]

Subvarsity wrestlers are ineligible for competition below the established minimum weight class (based on scratch weight minus 10% of scratch weight).

It is the responsibility of the athletic director and principal of the school to make sure wrestlers are in compliance with UIL weight control provisions.

Violations of the UIL weight control program could result in severe sanctions to the school and school employees.

All documentation concerning the UIL weight control program must be available if requested by the District Executive Committee or the UIL.

## ~ GUIDELINES TO REDUCE THE INCIDENCE OF SKIN DISEASES IN WRESTLING ~

The following guidelines are not meant to be all inclusive of what may need to be done to prevent skin diseases from occurring in wrestling. They provide practical suggestions that, when implemented, should reduce the incidence of skin diseases among high school wrestlers. Some of the guidelines go above and beyond what would normally need to be done to prevent skin infections from occurring. However, in instances where some wrestlers, or an entire team, seem to be extremely susceptible to skin diseases the more extreme guidelines may prove to be worthwhile. Whatever the procedures used, restricting wrestlers with skin lesions and keeping a clean wrestling environment are the keys to reducing the incidence of skin infections.

### **General Guidelines**

Clean wrestling mats daily, preferably within one hour of practice or competition, using a disinfectant cleaner. Allow mats to air dry before using.

Wash all mats with disinfectant on a regular basis (one or two times weekly).

Wipe weight room benches with disinfectant before and after use.

Laundry towels, practice gear and uniforms after each use. Do not allow any wrestler into the practice room without clean practice gear.

Wipe head gear and shoes with disinfectant after each practice.

Do not allow wrestlers to share any items of practice gear. If they must share, make sure the items are cleaned with disinfectant before they are transferred.

Require each wrestler to shower after each practice and contest using disinfectant soap.

Open the doors to the practice room and use fans to lower the heat and humidity. Proper ventilation is important in destroying disease carrying bacteria.

Do not allow wrestlers to share towels during practice or competition.

Neoprene sleeves and support braces should be wiped with disinfectant after each use.

Wrestlers should keep their fingernails trimmed short to avoid scratching themselves or someone else, as any opening in the skin increases the risk of infection.

Wrestlers who have been susceptible to skin diseases in the past may want to visit with their family physician regarding preventative oral medication which may be available.

### **Guidelines for Wrestlers who Have a Skin Disease:**

Wrestlers with any sign of skin disease should be withheld from practice and competition until a medical diagnosis and clearance is obtained.

Wrestlers having any signs or symptoms of a skin disorder should be sent for evaluation immediately.

If a wrestler with a skin disease has current written clearance from a physician to participate, the affected area should be covered with a water resistant dressing or a gauze pad with a water resistant covering to reduce the risk of infecting others.

Wrestlers with any sign of skin disease should wash their hands frequently to avoid contaminating themselves or others.

(Reprinted from Iowa High School Athletic Association)

**~ BLOOD CLEAN UP PROCEDURES ~**

Any school who hosts a tournament should have policies in place to handle the clean up of blood on mats and participants during competition. Following are some suggestions to help aid in this clean up.

Develop a mixture in a spray bottle of approximately 1 part bleach to 100 parts water and have it available at matside.

Use disposable paper towels.

Have a designated individual (trainer, asst. coach or manager) with clean protective gloves, ready at all times.

Stop match immediately when blood is found on mat and have the official direct the clean up person to the blood.

Once the blood is removed, place paper towels and used gloves in a receptacle designated for blood clean up items.

Only persons with protective gloves should remove blood or other body fluids from the mat.

(Reprinted from the Colorado High School Activities Association)

**~ PUBLIC ADDRESS AND RADIO ANNOUNCEMENTS ~****Public Address Announcements**

It is recommended that the following public address announcements be made prior to the game:

“These are high school athletes performing tonight. They are friendly rivals, not enemies.”

“Friendly competition is the theme of interschool sports. The visiting team and fans are our guests. Please show courtesy and good sportsmanship.”

“Officials are assigned by mutual agreement of both schools. Sportsmanship should be shown by all spectators, no matter which team they are backing.”

“Good Evening. Welcome to this game between the \_\_\_\_\_ and the \_\_\_\_\_. A special welcome is extended to our neighbors from \_\_\_\_\_ for this exciting contest between two fine schools. Tonight’s event provides a showcase for the talents and skills of the students from each school through friendly competition, which is the theme of all interscholastic events.

The performances you will see are the result of many hours of preparation. The teams, the bands, the drill teams and the cheerleaders have worked hard for your entertainment and appreciation. Please encourage them by your cheers, your applause, and your good sportsmanship. These students, along with their directors and coaches, represent their school with pride and honor.

The game will be conducted according to the rules of the University Interscholastic League. The officials were selected with the consent of both schools, and their rulings should be respected by all. The use of alcoholic beverages or illegal drugs is prohibited on all school property, as well as the possession of illegal weapons and public gambling. The use of all tobacco products is forbidden except in designated areas.

You are reminded that spectators are not allowed on the field until players and officials have had an opportunity to leave after the game.

Thank you for your attendance. Get ready to enjoy the special performances of the talented students from these two fine schools.”

### Radio Announcements

The following requirements should be put in a written contract with any radio or television station carrying a high school athletic activity. This is important because some announcers criticize game officials. Each station should agree not to criticize the officiating, the school, or the League. It is recommended that the following be included in any agreement to broadcast a high school athletic activity:

1. There shall be no political announcements or advertising of tobacco, liquor, wine or beer during the broadcast;
2. The Station is to be responsible for any expenses incidental to setting up the broadcasting arrangements;
3. The Station shall not feed the broadcast of this game to any other radio station without the signed approval of a school official;
4. The School District shall not be liable for any expenses incurred by Station \_\_\_\_\_ in putting on the broadcast;
5. There shall be no criticisms of officials' decisions;
6. No mention shall be made of injuries, unpreventable accidents, or other incidents which may cause any anxiety on the part of listeners; and
7. There shall be no discussion of school or League policies which are of a derogatory nature.

### ~ QUESTIONS AND ANSWERS ~

**Question:** Do I have to start practice outside the school day with the first day of school?

**Answer:** No. Practice outside the school day can begin with the first day of school, but the coach decides when this will occur.

**Question:** How do varsity athletes certify for a minimum weight class?

**Answer:** By complying with the Weight Certification program outlined previously in this manual, including the hydration assessment, skinfold measuring and predicted body weight at 7% body fat for males and 12% body fat for females, including the 2% variance.

**Question:** When can my athletes begin participating in dual meets and tournaments?

**Answer:** Participation in duals and tournaments can begin on November 10, 2008.

**Question:** Can students participate in non school wrestling tournaments during the school season?

**Answer:** Yes. However, they cannot wear or use any school equipment and no school funds (including booster club funds) can be used to finance non school activities. Student athletes could not miss school practices or contests to compete in non school activities.

**Question:** Does a Dual, Triangular or Quadrangular meet count as one of the eight allowable tournaments for the school season?

**Answer:** No, provided there is no loss of school time. State law limits students to one contest per activity during the school week (beginning of school Monday to the end of school Friday).

**Question:** Can someone who is not a full time employee of the school district help coach my team?

**Answer:** No. Anyone who works with a school team in practice or competition must be a full time employee of the school district.

**Question:** Do meets where there are more than 4 teams gathered at one site count as one of the eight allowable tournaments for the school season?

**Answer:** As long as a school interacts with only three other schools it would not count as one of the eight allowable tournaments, provided there is no loss of school time. There also could be no advancement or individual or team awards.

**Question:** Will there be District Tournaments in Girls Wrestling?

**Answer:** Yes, District Tournaments are mandatory to advance to regional competition.

**Question:** If my team participates in a dual on a Tuesday, can we also participate in a tournament which begins on Friday?

**Answer:** Yes, if that tournament begins after school on Friday.

**Question:** Can the girls wear a male singlet (wrestling uniform)?

**Answer:** Girls can wear the male singlet with a t-shirt underneath. If they are wearing the male singlet, the t-shirt is required. If they wear the female leotard, the t-shirt would not be required.

**Question:** Do girls have to cover their hair or can they simply use a rubber band and put it in a ponytail?

**Answer:** The hair must be contained in some way. Simply restraining the hair will not suffice. If a rubber band and pony tail are used and the hair becomes loose, the first time will be an officials timeout. After the first time the hair comes loose, the time will go against injury time. Also, the girls could choose to wear a swimmers cap or the old style aviator head gear as long as they comply with Rule 4-1-4 and 4-3-1 of the National Federation Rules.

**Question:** Girls are weighing in with a t-shirt and shorts on, do they get a weight allowance for the shorts and shirt?

**Answer:** Girls will be allowed to weigh in with shorts and a shirt, however, they will not get a weight allowance for this. They can wear a bikini style swim suit if they wish or could weigh in with a sport bra and shorts. If they are females there to run the weigh in and the facility is secure, the girls could weigh in with undergarments only.

**Question:** How are weigh ins and tie breakers for multiple day dual tournament events conducted?

**Answer:** Weighing in:

1. Weigh ins for each day will be conducted as a tournament format in accordance with NFHS rules.
2. Each day constitutes a new weigh in. The weigh in for the second day is not affected by the weigh in of the first day.

**Situation:** A contestant weighing in at 112 on day one does not make weight and must wrestle 119. Is he eligible to weigh in and wrestle at 112 on the second day? **Ruling:** Yes, the weigh in from the first day does not affect the second day weigh in. The wrestler is allowed the same weight allowances given to wrestlers who made the weight the first day.

**Random Draw:** The random draw of weight classes will take place each day following weigh ins. The random draw from day one does not carry over to day two.

**Tie breakers for team advancement:**

1. Head to head, if applicable, will be the first tie breaker.
2. After head to head, tie breaker rules published in the NFHS manual will be used. If the teams tied have all wrestled each other, only the matches involving the tied teams are considered for the tie breaker.

**Situation:** Team A beats team B 30-20. Team B beats team C 30-27. Team C beats team A 42-20. Each team has a 1-1 record, team A has 50 points, team B has 50 points, team C has 69 points. Does team C advance because it scored 69 points in the common matches? **Ruling:** Team C does not advance based on total points. This is not a criteria for advancement. Criteria is based on tie breaker rules published in NFHS rule book.