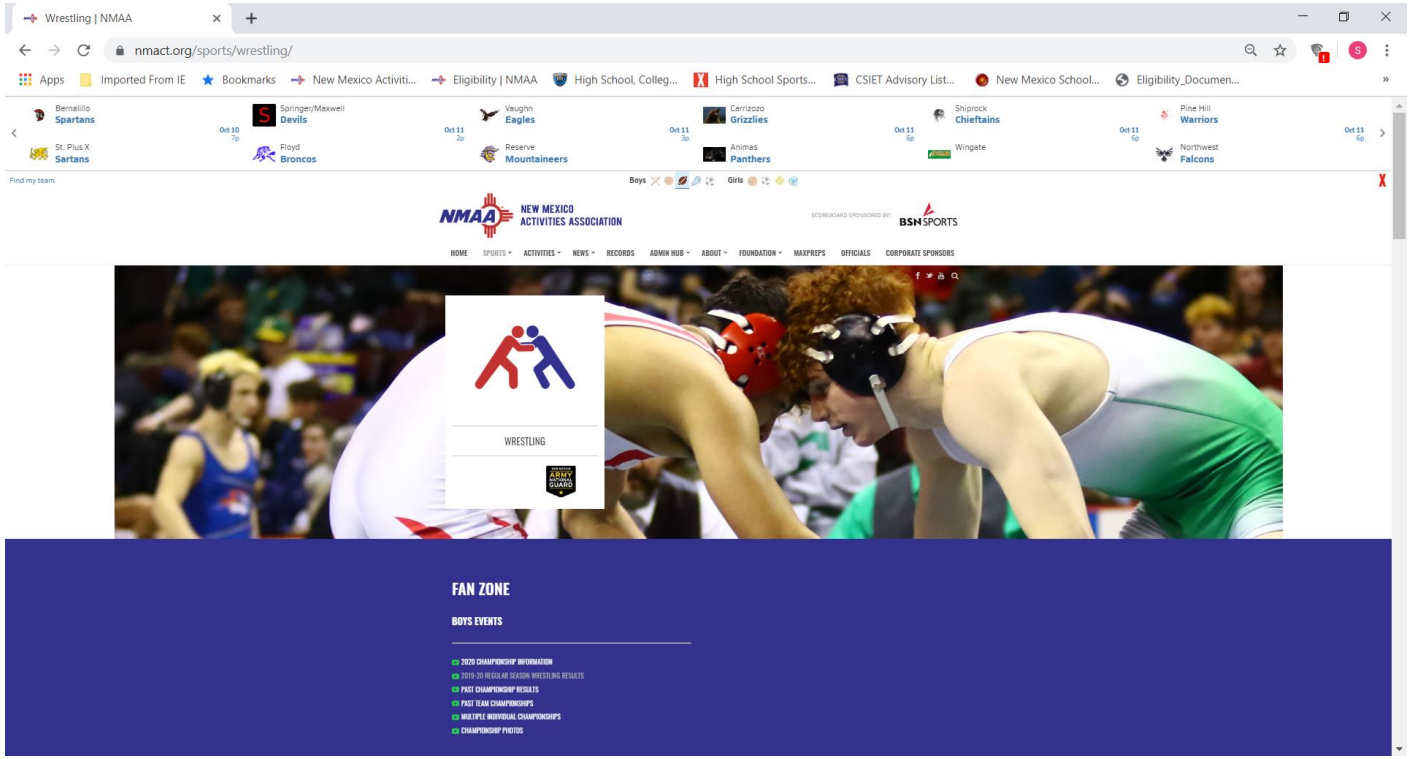
NMAA WRESTLING

2020-2021 UPDATES AND POINTS OF EMPHASIS

Website

www.nmact.org

- Covid-19 Guidelines
- Bylaws
- Important Dates
- NFHS Rule Changes
- Weight Management
- Trackwrestling Information
- Girls Wrestling



Covid-19 Practice Guidelines

- During practice, all individuals shall wear cloth face coverings that are secured to the head, or loop around the ears, at all times.
- Social distancing measures shall be followed at all times other than when actively participating.
- The total number of individuals shall not exceed 2 per 144 sq. ft. – 225 sq. ft. (roughly 8-10 people per wrestling mat). Schools may need to conduct multiple practices each day in order to comply.
- Schools shall ensure wrestling rooms are properly ventilated (doors open, fans in entry ways, etc.).
- Schools shall ensure that thermostats are not set higher than 72° Fahrenheit. Note that warmer room temperatures and limited ventilation create the ability for increased bacterial/viral growth.
- Schools that cannot adequately ventilate their wrestling rooms shall conduct practices in more open areas of the school (gymnasium, cafeteria, etc.). If weather/facilities permit, practice outdoors.

Covid-19 Practice Guidelines

- In order to minimize daily contact, coaches should maintain small pods of wrestlers separated by skill level and weight. These pods should be maintained for a minimum of two-weeks.
- Wrestling mats should be cleaned/disinfected before and after each practice or workout session.
- Equipment used such as wrestling headgear, shoes, braces, kneepads should only be worn by one individual and not shared.
- Equipment should be cleaned before, during, and after practice or competition.
- Limit the practice space to essential personnel only (athletes, coaches, athletic trainer, school admin, etc.).
- Since school shower facilities are currently off limits, athletes are encouraged to use disinfecting body wipes at the end of practice and to return home immediately to shower.
- Schools should skin check daily for communicable skin diseases.

Covid-19 Event Guidelines

General

- All individuals in attendance shall be required to wear masks.
- Social distancing measures shall be followed at all times other than when engaged in competition or warm-ups (weigh-ins, skin checks, team benches, bleachers, etc.).
- Spectators shall be permitted to the extent allowed by the current Public Health Order.
- Schools shall ensure their athletes have been properly screened prior to leaving their school if traveling, and prior to weigh-ins if competing at home.
- Home site administration shall confirm all event workers are symptom free.

Rule Modifications

- Rule 2.2.2 During competition, one coach will be allowed in a chair mat side.
- Rule 3.3 The winning wrestler will verify their name to the scorer’s table while remaining socially distant.
- Rule 5.1.3 Athletes do not have to appear on the mat to be awarded a forfeit.
- Rule 6.5.2 The referee shall not declare the winner by raising the winning wrestler's hand.

Covid-19 Event Guidelines

Event Types/Size Guidelines

- Indoor facilities limited to 100 event-essential personnel. This includes athletes, coaches and event workers.
- Schools shall be required to compete within their region. Overnight travel is not permitted.
- Dual meets should be emphasized (duals, tris, quads).
- Individual tournaments shall be permitted as long as they adhere to the 100-person limit.
- If weather/facilities permit, compete outside.
- Award ceremonies shall not take place to prevent mass gatherings.

Covid-19 Event Guidelines

Weigh-Ins

- Weigh-ins shall be staggered by teams.
- Athletes should arrive in competition uniform ready to weigh-in. Limit congregation in locker rooms.

Competition

- Athletes shall wear cloth face coverings that are secured to the head, or loop around the ears, at all times.
- Pre & post dual meet team handshakes shall be suspended for the season.
- Athletes shall not shake the opposing coach’s hand at the conclusion of any match.
- Officials shall declare the winner by mimicking raising the winning wrestler’s hand.

Covid-19 Event Guidelines

Sanitation

- Hand sanitizer and wipes should be available at the table.
- Wash stations or sanitizer should be available at mat side.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Wrestling mat(s) shall be cleaned before, during, and after event. Mats shall also be cleaned prior to and after warm-ups.
- Coaches, athletes, officials, and event administration are encouraged to wash and sanitize their hands as often as possible.
- Athletes are encouraged to use disinfecting body wipes at the conclusion of each individual match.

Covid-19 Event Guidelines

Officials Guidelines

- Officials shall self-screen the day of the event and ensure they are cleared to officiate.
- Officials shall arrive dressed and ready to work.
- Officials are permitted to wear a black, long-sleeve undershirt if desired.
- Officials should change whistle several times during the day and should consider using an electronic whistle.
- Officials shall maintain six feet minimum distance when talking to others (players, coaches, other officials).
- Officials shall make contact with athletes only when necessary (potentially dangerous or illegal holds).
- Officials shall wear masks at all times.
- Officials may wear disposable gloves. If so, must change after each match.
- Officials shall be required to bring their own equipment and shall not share any equipment.
- Officials should sanitize hands between matches whenever able.
- Officials shall be responsible for their own water container.

Bylaw Reminders & Updates

Important Dates

- March 22, 2021 – Wrestling assessments may begin
- March 29, 2021 – First day of official practice
- April 5, 2021 – First day competition is allowed
- May 20-22, 2021 – District Championships – TBD
- May 27-29, 2021 – State Championships – TBD

Bylaw Reminders & Updates

Competition Limits/Sizes

- 18 Competition Points for High School (all levels)
  - Single Dual – 1 pt, Triangular – 2 pts, Quad or 1-day event (up to five matches) – 3 pts
- 5 Events for Middle School
- NMAA mid-school events count toward high school limits
- Non-NMAA events count toward competition limits

District Duals

- Still required for varsity boys teams
- Required to dual each team in your district to determine district placement

Max Preps

- Rosters & Schedules due – April 9
- Photos Due – May 7

Bylaw Reminders & Updates

Trackwrestling

- All varsity individual results entered into TW database
- All varsity individual tournaments must use TW software
- All individual results in a varsity meet count toward the varsity record (JV team entered into Varsity meet)
- State seeding/wild card selection will be through TW
- Match scores must match or the seeding system will duplicate matches
- New Coaches need to go through a tutorial with NMAA.

Bylaw Reminders & Updates

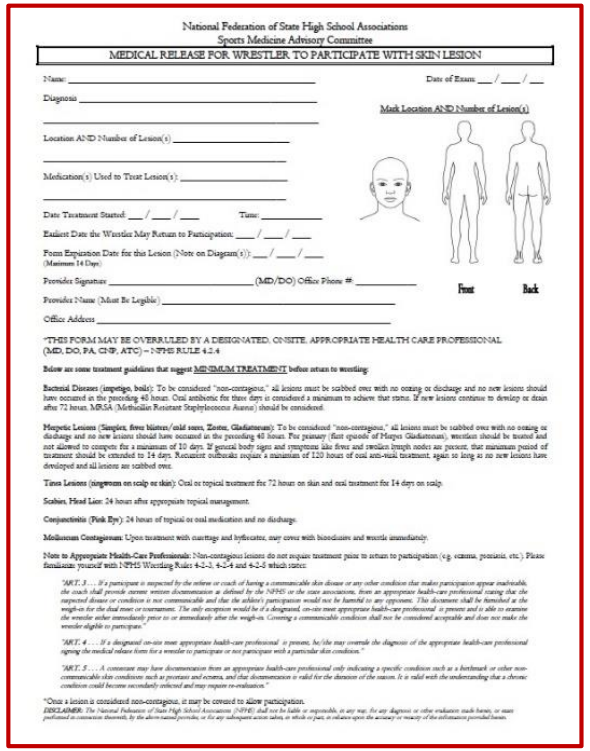
Wrestling Weight Assessments

- March 22, 2021 – Assessments may begin
- Cluster assessments recommended for 2nd (April 5-9) and 4th weeks (April 19-25)
- April 12, 2021 – Nutrition Education Program Due
- May 16, 2021 – Decent plans lock
- 2-pound growth allowance given immediately
- Decent plan must be below or equal to “scratch plus two” to be eligible for a weight class
  - MWW = 107.8 then MWC = 106
  - MWW = 115 then MWC = 113
- 50% weigh-in rule not in effect for the 2020-2021 season

Bylaw Reminders & Updates

Medical Waivers

- NFHS Skin Condition Form
- Covid-19 Clearance Form



National Federation of State High School Associations
Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____ Date of Exam: ___/___/___

Diagnosis _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) _____

Medication(s) Used to Treat Lesion(s): _____

Date Treatment Started: ___/___/___ Time: _____

Earliest Date the Wrestler May Return to Participation: ___/___/___

Form Expiration Date for this Lesion (Note on Diagram(s)): ___/___/___ (Maximum 14 Days).

Provider Signature _____ (MD/DO) Office Phone #: _____

Front Back

Provider Name (Must Be Legible) _____

Office Address _____

"THIS FORM MAY BE OVERRULED BY A DESIGNATED, ONSITE, APPROPRIATE HEALTH CARE PROFESSIONAL (MD, DO, PA, CNP, ATC) – NFHS RULE 4.2.4

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

Bacterial Diseases (impetigo, boil): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm on scalp or skin): Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: Upon treatment with curettage and hyfrecatec, may cover with bioocclusive and wrestle immediately.

Note to Appropriate Health-Care Professionals: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

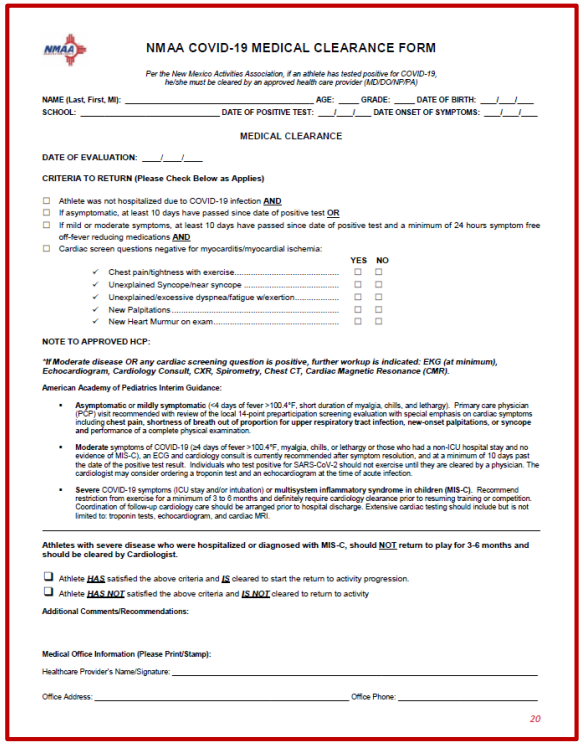
"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state association, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

"ART. 5 . . . A consultant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

"Once a lesion is considered non-contagious, it may be covered to allow participation.

DISCLAIMER: The National Federation of State High School Associations (NFHS) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or made performed in connection therewith, by the above-named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.



NMAA COVID-19 MEDICAL CLEARANCE FORM

Per the New Mexico Activities Association, if an athlete has tested positive for COVID-19, he/she must be cleared by an approved health care provider (MD/DO/NP/PA)

NAME (Last, First, MI): _____ **AGE:** ____ **GRADE:** ____ **DATE OF BIRTH:** ___/___/___
SCHOOL: _____ **DATE OF POSITIVE TEST:** ___/___/___ **DATE ONSET OF SYMPTOMS:** ___/___/___

MEDICAL CLEARANCE

DATE OF EVALUATION: ___/___/___

CRITERIA TO RETURN (Please Check Below as Applies)

- ☐ Athlete was not hospitalized due to COVID-19 infection **AND**
- ☐ If asymptomatic, at least 10 days have passed since date of positive test **OR**
- ☐ If mild or moderate symptoms, at least 10 days have passed since date of positive test and a minimum of 24 hours symptom free off-fever reducing medications **AND**
- ☐ Cardiac screen questions negative for myocarditis/myocardial ischemia:

	YES	NO
✓ Chest pain/tightness with exercise	☐	☐
✓ Unexplained Syncope/near syncope	☐	☐
✓ Unexplained/excessive dyspnea/fatigue w/exertion	☐	☐
✓ New Palpitations	☐	☐
✓ New Heart Murmur on exam	☐	☐

NOTE TO APPROVED HCP:

If Moderate disease OR any cardiac screening question is positive, further workup is indicated: EKG (at minimum), Echocardiogram, Cardiology Consult, CXR, Spirometry, Chest CT, Cardiac Magnetic Resonance (CMR).

American Academy of Pediatrics Interim Guidance:

- **Asymptomatic or mildly symptomatic** (<4 days of fever >100.4°F, short duration of myalgia, chills, and lethargy). Primary care physician (PCP) visit recommended with review of the local 14-point preparticipation screening evaluation with special emphasis on cardiac symptoms including **chest pain, shortness of breath out of proportion for upper respiratory tract infection, new-onset palpitations, or syncope** and performance of a complete physical examination.
- **Moderate** symptoms of COVID-19 (≥4 days of fever >100.4°F, myalgia, chills, or lethargy or those who had a non-ICU hospital stay and no evidence of MIS-C), an ECG and cardiology consult is currently recommended after symptom resolution, and at a minimum of 10 days past the date of the positive test result. Individuals who test positive for SARS-CoV-2 should not exercise until they are cleared by a physician. The cardiologist may consider ordering a troponin test and an echocardiogram at the time of acute infection.
- **Severe** COVID-19 symptoms (ICU stay and/or intubation) or **multisystem inflammatory syndrome in children (MIS-C)**. Recommend restriction from exercise for a minimum of 3 to 6 months and definitely require cardiology clearance prior to resuming training or competition. Coordination of follow-up cardiology care should be arranged prior to hospital discharge. Extensive cardiac testing should include but is not limited to: troponin tests, echocardiogram, and cardiac MRI.

Athletes with severe disease who were hospitalized or diagnosed with MIS-C, should NOT return to play for 3-6 months and should be cleared by Cardiologist.

- ☐ Athlete ***HAS*** satisfied the above criteria and ***IS*** cleared to start the return to activity progression.
- ☐ Athlete ***HAS NOT*** satisfied the above criteria and ***IS NOT*** cleared to return to activity

Additional Comments/Recommendations:

Medical Office Information (Please Print/Stamp):

Healthcare Provider's Name/Signature: _____

Office Address: _____ Office Phone: _____

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Post-Season – Subject to Change

District Tournament

- Girls – Thursday, May 20, 2021
- Boy – Saturday, May 22, 2021
- Qualifying Numbers

State Tournament

- Thursday, May 27 – 3A & 4A Championships
- Saturday, May 29 – Girls & 5A Championships

Question?