

WRESTLING DATES AND POINTS OF EMPHASIS



1. Important Dates/Deadlines

- First day of regular season practice – Monday, November 4, 2019
- Host school events posted on Trackwrestling – Monday, November 4, 2019
- Single school WWMP assessments may begin – Monday, November 4, 2019
- Cluster WWMP assessments – as determined by assessors/schools
- **Deadline for completion of online district rules clinic – November 15, 2019**
- **Deadline for submission of Nutrition Education Form – December 1, 2019**
- **Deadline for Max Preps rosters and schedules – December 1, 2019**
- Two-pound growth allowance granted – January 1, 2020
- WWMP descent plans lock – January 12, 2020
- **Team photo posted on Max Preps for state program – January 31, 2020**
- **Deadline for district championship rosters – Tuesday, February 11, 2020**
- District individual qualifying tournaments – Friday, Saturday, February 14-15, 2020
- State tournament qualifiers posted – Sunday, February 16, 2020
- State tournament verifications/seeding/bracketing – Monday, February 17, 2020
- Withdrawal deadline for seeded wrestlers – Wednesday, February 19, 2020
- State tournament – Friday, Saturday, February 21-22, 2020

2. State Tournament Information

- Dates – Friday, Saturday, February 21-22, 2020
- Site – Santa Ana Star Center, Rio Rancho, NM
- Officials – Per NMAA policy, the NMAA office will select officials for ALL championship sport events. The NMAA will provide an online tool that coaches can utilize throughout the season to provide feedback on individual officials. This input will be gathered by the NMAA to select this year's championship officials. The input provided should be both positive and negative to ensure that the selection process achieves the ultimate goal of bringing the best officials in New Mexico to the State Tournament.
- Qualifying – through individual district tournaments – see the NMAA Handbook section 7.24.5 for the number of qualifiers in each class/district.
- Seeding – up to 8 individuals per weight class in 4A and 5A, up to 4 individuals per weight class in 3A and Girls, as per policy
- Scoring and awards – top 6 scored and medaled in 4A and 5A, top 4 scored/top 3 medaled in 3A and Girls, trophies to top 3 teams in all classes

3. Trackwrestling (TW) (www.trackwrestling.com)

- Varsity tournaments, which utilize individual brackets, MUST use TW software. No other bracket software is permitted.
- State seeding will be determined by TW software
- Schedules need to be updated and maintained via Trackwrestling
- Tournament hosts should post their event by first day of practice – November 4, 2019
- Accurate individual records for varsity athletes are required to be maintained via Trackwrestling
- Deadline for district tournament rosters – February 11, 2020
- Failure to submit rosters with accurate records will result in a \$250 fine to the school
- Trackwrestling software must be used for all district tournaments

4. Wrestling Weight Management Program

- Each program should maintain a WWMP binder with all relevant info & data
- The NWCA OPC generated weigh-in forms are required for all events and should be maintained after weigh-ins for verification purposes
- Coaches must regularly monitor alpha master reports and weight loss plans to insure accuracy and WWMP compliance
- Compliance checks by coaches and tournament directors at all regular season events (dual meets and tournaments) are required (WWMP B.4.)
- See NMAA website wrestling section for complete policy and forms
- Coaches should work with assessors to ensure athletes are following correct protocol during assessments so that accurate data can be collected. Most notably athletes need to be sure that they stay still with arms are by their sides while on the Tanita machine.

5. **NEW** – Girls Wrestling

- See Girls' Wrestling Memo

6. **NEW** – Head/Neck/Cervical Injury Time

- If a school-designated or event-designated approved health care professional (MD, DO, PA, NP, AT) is present, injury time may be extended to five (5) minutes for injuries to the head and neck involving the cervical column (HNC).
 - After an apparent HNC injury, the regular injury time clock will be started. If HNC time is deemed necessary for further evaluation, the time used to that point will be added back to the regular injury clock but subtracted from the HNC clock.
 - A second occurrence of injury to the head and neck involving the cervical column in the same match shall require the wrestler to default the match.
- In the absence of an approved health care professional, all injuries to the head and neck involving the cervical column will be covered by the same time frame as other injuries.

7. **NEW** – Hair Length Rules

- Hair, which is longer than allowed by rule, can either be secured to meet the hair rule by a legal hair-controlled device such as rubber band(s) or contained in a hair cover attached to the head gear. If a hair cover is to be worn, it must be presented during the weigh-in period.

8. **NEW** – Undergarments

- Both boys and girls must wear a suitable undergarment which completely covers their buttocks and groin area during competition and during the weigh-in period.
- Girls must wear a sports bra which completely covers their breasts during competition and during the weigh-in period.

9. **NEW** – Bylaws Updates

- Minimum Competitions for Post-Season Eligibility – Individuals must participate in 25% of the school's scheduled points for post-season eligibility (waivers for injury permitted)
- Battery – The use of force against another resulting in harmful or offensive contact will result in a suspension from 15% of the sport's game limitation
- 3rd Party Filming – Approved for competition

10. Control of Communicable Skin Conditions

- Each school should have a comprehensive plan for sanitary practices for athletes, facilities, equipment, and supplies. It is suggested that someone in addition to the wrestling coaching staff (athletic trainer, school nurse, etc.) be involved in planning and monitoring the plan to insure maximum effectiveness.

- Any suspicion should result in immediate restriction from participation and referral to medical personnel. Coverings and home remedies generally create larger problems for local programs as well as competitors statewide.
- NFHS form – see NMAA website, must be current (14 days)
- In an effort to minimize skin conditions, schools that are hosting events are encouraged to sanitize mats frequently
- The NMAA has developed a flyer for proper skin hygiene and mat disinfecting practices:
http://www.nmact.org/file/SMAC_Wrestling_Guidelines.pdf

11. NFHS Skin Condition Form

- Wrestlers suspected of having a communicable skin disease must present the NFHS Skin Condition form during weigh-ins
- The form must be signed by an MD or DO
- Form is only valid for two weeks
- A designated, on site, appropriate health care professional (MD, DO, PA, CNP, ATC) may overrule the Skin Condition Form
- A wrestler may have a Skin Condition form signed by an MD or DO indicating a specific condition such as a birthmark or other non-communicable skin diseases such as psoriasis or eczema, and that documentation is valid for the season

12. District Dual Meets

- Each district team must compete against the other in a dual meet competition format to determine the district champion
- District dual meets count against regular season competition limits
- Champion and runner-up head coaches earn the right to sit on the seeding committee
- Girls wrestling is exempt from the district dual meet requirement
- For further information, see bylaw 7.24.3

13. Dual Meets/Exhibitions

- Use exhibitions responsibly. The intent of the exhibition is to get kids who are not in the varsity line-up additional mat time – not to allow kids to receive a dual meet forfeit and then participate in an “exhibition” match.
- Do NOT count individual wins against a team who does not show for a dual meet or multi-dual event
- Do NOT “borrow” kids from other teams to fill line-ups during dual meet events (no conglomerate teams)

14. Tournament Hosts/Officials – All Season

- Insure compliance with WWMP regulations and NFHS weigh-in regulations
- Five feet of safety area surrounding the out-of-bounds line (NFHS rule 2.1.2)
- Only 2 team personnel per corner (NFHS rule 2.2.2)
- Legitimate (licensed/contracted) coaches only in corners

15. Officials – Recruitment, Registered Officials, State Selection, Video Submission

- Each school is asked to identify and refer to the local group leader one new wrestling official to participate in a free early season workshop
- Schools are reminded they must assign and pay officials as per NMAA/NMOA policy, see pre-season mail out information
- Officials will be selected for state championship assignment based on coach input throughout the year and NMAA/group leader input

- Please submit to the NMAA any video clips throughout the year of questionable situations for interpretation and official's education

16. Verification of Entries – NHFS Rule 10-2-1

- Entries must be verified by a stipulated deadline (ex. seeding meeting)
- If entries are not verified by a pre-determined deadline, the conclusion of weigh-ins will be the verification of entries
- A verified entry who fails to appear or make weight would incur two losses in a double elimination tournament

17. Forfeits and Seeding Criteria

- A forfeit for any reason will count as a loss
- Medical forfeits will not be recognized and cannot be utilized
- Forfeits will not count toward the head to head or common opponent seeding criteria

18. NMAA Event Limits for Wrestling

- Varsity teams and individuals are limited to 32 competition points
- Sub-varsity teams and individuals are limited to 28 competition points
- Events wrestled at the middle school level, count toward the overall high school competition limits
- The district tournament does not count toward the regular season limit (above)
- For details on the point values – see NMAA Handbook, section 7.24.1.D

19. Max Preps Requirements

- Varsity schedule ONLY must be uploaded onto Max Preps (do not mix JV/V events). JV events must be listed on a separate JV schedule
- Event points must be listed in parentheses in the meet details portion
- Deadline for rosters and schedules (w/ points) – December 1, 2019
- Varsity rosters must be maintained after the December 1st deadline
- Schedules do not need to be maintained/updated via MaxPreps
- Deadline for team photo – January 31, 2020

20. “Compete with Class” Sportsmanship Initiative

- “Compete with Class” is a New Mexico sportsmanship initiative developed through a collaboration process involving athletic directors, coaches and school administrators as well as input from student and adult communities with the purpose of restoring the placement of interscholastic activities in an educational perspective and providing our state with a sportsmanship program that would be embraced and called our own.
- “Compete with Class” Program Info
 - Designed to help better understand the true value of interscholastic athletic and activities – *to educate and prepare our youth for the future*
 - Based on three Core Values
 - o Respect
 - o Integrity
 - o Responsibility
 - “Stay in Your Lane” Curriculum
 - o Outlines expectations for the various entities involved in interscholastic athletics (administration, coaches, participants, parents, fans, and officials)
 - o For complete guidelines please visit the NMAA website
- Wrestling specific areas
 - Establishing minimum wrestling weights
 - Weigh-in procedures

- Individual record keeping
- Seeding meeting integrity of records, comments, etc.
- Conduct in dealing with mat officials
- Adherence to letter and spirit of NFHS wrestling rules
- Adherence to team, school and NMAA regulations and policies
- Competing in every weight class where a wrestler was weighed in
- Honoring the contracted event schedule

21. Crowd Control/Fan Behavior (NMAA Bylaw 7.7.4)

- A school is responsible for the conduct of its team, coaches, students, and fans at any interscholastic event in which the school is participating. The Executive Director may invoke penalties upon a member school for actions, which violate the principles of “Compete with Class.” These actions include, but are not limited to, hindering the normal progress of an event, creating situations that may lead to the restriction or discontinuance of interscholastic competition, or endangering or threatening the personal safety of any individuals involved. Unsportsmanlike conduct by coaches, students, and/or spectators may cause the school or individual to be placed on probation or suspension for 180 school days/365 calendar days.

22. Ejection Policies (NMAA Bylaw 7.7.2)

- Athlete Ejections (NMAA 7.7.2.B)
 - Minimum one meet suspension
 - Must complete online *NFHS Sportsmanship Course* prior to return
 - Athletes who receive a third ejection in the same school year are suspended from athletic competition for 365 days
- Coach Ejections (NMAA 7.7.2.C)
 - Minimum one meet suspension
 - Must complete online *NFHS Teaching & Modeling Behavior* course prior to return (\$20 course paid by coach, certificate of completion sent to NMAA)

*See NMAA Handbook for detailed information on the Ejection Policies

