



2023-24 NSAA

WRESTLING MANUAL



NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

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NSAA MISSION STATEMENT

The public and non-public high schools of Nebraska voluntarily agreed to form the Nebraska School Activities Association for the following purposes:

- *To formulate and make policies which will cultivate high ideals of citizenship, fair competition, sportsmanship and teamwork which will complement the member schools' curriculum programs.*
- *To foster uniformity of standards in interscholastic activity competition*
- *To organize, develop, direct and regulate an interscholastic activity program which is equitable and will protect and promote the health and physical welfare of all participants.*

This WRESTLING MANUAL has been prepared to provide information in the administration of NSAA sponsored wrestling. It will serve as a guide to the schools participating in this activity and will provide a greater consistency in wrestling throughout the state. Assistant Director, Ron Higdon, is the NSAA staff member assigned to this sport. He is the person schools should contact if they have questions regarding wrestling. Ron can be reached at (402) 489-0386 or by email at: rhigdon@nsaahome.org.

The Weight Management Program has been included at the end of this manual. Coaches and Athletic Directors are urged to review this entire manual and save it for future reference.

NSAA Internet Information

The Nebraska School Activities Association maintains a home page on the internet at: <http://www.nsaahome.org>. Check this website under "Wrestling" for pertinent information regarding weight management, forms for wrestling, Sub-District/District and State Results and wrestling records.

NSAA Policy on Anonymous Calls and Communications

The Nebraska School Activities Association expects individuals with complaints and reports regarding member schools to duly identify themselves. Anonymous letters, electronic mail, and phone calls directed to the NSAA shall be forwarded by the NSAA Executive Director to the school administrator of the school in question, with no further action being taken by NSAA unless a violation is subsequently reported by the member school.

Music Licenses

Generally, music used for contests (warm-up, half-time, "walk-up" music, etc.) needs to be licensed. Some music may be in public domain; however, most music is not and will require a license. This season, take the necessary time to verify your music is licensed through the proper entities. Visit www.nfhslearn.com for additional resources.

The wrestling season starts the first day of practice, November 13, 2023 and ends with the Individual State Championship.

First Day of Alpha Tests.....	November 6, 2023
Start of Practice.....	November 13, 2023
NSAA Deadline for submitting schedules.....	November 16, 2023
Date of First Contest.....	November 30, 2023
December Moratorium	December 23-27, 2023
Growth Allowance for Wrestlers with a completed descent plan.....	December 25, 2023
Girls Deadline to Establish Minimum Wrestling Weight.....	January 27, 2024
Boys Deadline to Establish Minimum Wrestling Weight.....	February 3, 2024
Girls Sub-District Entries Due.....	January 29, 2024
Girls Sub-District Tournaments	February 3, 2024
Girls District Tournaments.....	February 9, 2024
Dual State Championship.....	February 3, 2024
Boys District Entries Due.....	February 5, 2024
Boys District Tournaments.....	February 10, 2024
Individual State Championship.....	February 15-17, 2024

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Please refer to the [NSAA Constitution and Bylaws](#) for a complete listing of all NSAA Eligibility rules and regulations.

FUTURE DATES FOR WRESTLING

<u>Year</u>	<u>First Practice</u>	<u>Date</u>	<u>First Contest</u>	<u>Date</u>
2023-24	Monday, Week 20	November 13	Thursday, Week 22	November 30
2024-25	Monday, Week 20	November 18	Thursday, Week 22	December 5
2025-26	Monday, Week 20	November 17	Thursday, Week 22	December 4
2026-27	Monday, Week 20	November 16	Thursday, Week 22	December 3

NFHS and NSAA Rules

2023-24 National Federation of State High School Associations (NFHS) Wrestling Rules and 2023-24 Nebraska School Activities Association (NSAA) rules and regulations shall govern all wrestling competitions.

2023-24 NEW FOR THIS YEAR

NSAA Wrestling Changes

NSAA APPROVED RULINGS

APPROVED RULINGS AND INTERPRETATIONS FOR 2.7.8.2

Students who did not meet the May 1 transfer deadline, but are enrolled at the school they transferred to and begin attending on the first day of the first semester, would be immediately eligible after the first semester or after the last day of the moratorium, whichever occurs first.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.5.2.

During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach. Group instruction, practices with outside teams, and tryouts for outside teams other than as part of a college or university recruiting visit, however, are not permitted.

Girls Regular Season Scheduling

- Girls can only schedule one varsity tournament per day.

State Tournament Seeding

At the conclusion of the district tournaments in all classes the 4 district champions from each class will be seeded using the NSAA/Trackwrestling seeding program. The remainder of the bracket will be placed using a formula based on the result of the top 4 seeds (24 different formulas). All district champions will be on the opposite side of the bracket from the 2nd and 3rd place finisher from their respective district. The champion and 4th place finisher from the same district will be placed on the same side of the state bracket, but in different 1/4 brackets. In the first round of the state meet, the district champions will be paired with a 4th place wrestler from a different district, a 2nd place district finisher will be paired with a 3rd place wrestler from a different district.

NFHS Wrestling Major Rules Changes

1-4-3 SECTION 4 REPRESENTATION:

ART. 3 . . . No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than ~~five~~ six matches (championship or consolation), excluding forfeits in any one day of competition. ~~Exception:~~ ~~No wrestler shall wrestle in more than six matches (championship or consolation), excluding forfeits in any one~~

day of a tournament conducted by the state high school association for qualification to the state high school championships or the championships themselves.

Rationale: With the rule change to allow six matches in post-season events after experiments were conducted by state associations last year, and there was no reported increase of injuries. Allowing six matches during the regular season events is a normal progression and will be monitored throughout the season.

1-4-4 SECTION 4 REPRESENTATION:

ART. 4 . . . No contestant shall wrestle in two consecutive matches with less than a ~~45-minute~~ 30-minute rest between matches. The conclusion time of each match shall be recorded.

Rationale: The sentiment is that the recovery time of 30-minutes is adequate rest between matches and is of the opinion that since there is no peer-reviewed data to suggest any additional risk for using a 30-minute rest/recovery time versus a 45-minute rest/recovery time. This is a reasonable rule modification.

1-4-7 (NEW) SECTION 4 REPRESENTATION:

ART. 7 . . . No contestant shall wrestle in more than 10 matches in a two-consecutive day period.

Rationale: The rule to allow 6 matches in a day was more for meet management on one-day tournaments and is not to allow more matches in a season.

3-1-1 SECTION 1 REFEREE:

ART. 1 . . . The referee's uniform consists of a short-sleeved knit shirt, with alternating black and white 1-inch stripes; or gray with black pinstripes, or an event provided shirt common to all referees at that event, full-length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/gym shoes ~~without colored highlights.~~ Shoes with white or gray trim are allowed. The referee shall be neatly attired and have other accessories, including a colored disk, a black lanyard and black whistle, red and green armbands, and a kit to conduct the random draw. The red armband shall be worn on the left wrist and the green armband on the right wrist.

Rationale: Allowing the referee's shoes to have trim gives them more options and opportunity to find more comfortable shoes and does not hinder the appearance of the official.

4-1-1a, 4-1-1b SECTION 1 WRESTLERS' UNIFORM:

ART. 1 . . . A legal uniform consists of:

a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet may be worn with full-length form-fitted tights ~~with stirrups~~. The one-piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage.

Rationale: The tights worn by wrestlers today are compressed and form-fitting reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent. By removing the stirrups requirement wrestlers will not have to use tape at the ankles or wear long socks to hide the lack of stirrups while wearing full-length tights.

b. compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, button or pockets. A suitable undergarment, which completely covers the buttocks and groin area shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued. Compression shorts or shorts designed for wrestling may be worn with full-length form-fitted tights.

c. Remains the same.

Rationale: For consistency, either uniform style is available for full-length tight-fitting tights usage.

4-2-1 SECTION 2 WRESTLERS' APPEARANCE AND HEALTH:

ART. 1 . . . Facial hair is permissible. Trimmed to a length so that the skin is visible for skin checks is allowed. Facial hair that does not allow for skin a check to be performed, as determined by the referee or a designated, on-site appropriate health care professional overseeing the skin checks, shall be immediately trimmed to within the guidelines. A wrestler may not compete until the facial hair is trimmed and the skin check is completed. Hair control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the wrestler or the opponent are allowed. A wrestler's hair may be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.

~~Wrestlers that do not meet the requirement shall wear a face mask. All legal hair covers and face masks will be considered as special equipment.~~

Rationale: It is important to be cognizant about skin disease and keeping all involved safe. If there are any questionable areas on or around the face, we would inquire with the wrestler about a physician's note or get input from the on-site approved health-care professional (AHCP) if one is present. If there is no on-site AHCP and no note, then we would deny the wrestler the opportunity to compete. The length of the facial hair does not have any influence on the referee's decision.

5-13, 10-2-4 and 10-2-5 SECTIONS 13 and 2 FORFEIT/MEDICAL FORFEIT:

It shall be considered a forfeit when the opponent, for any reason fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. It shall be considered a medical forfeit when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the Tournament Director.

Rationale: The term medical forfeit will better describe that the forfeit was due to injury or illness that occurred during the tournament. A medical forfeit would not count against the wrestler's record.

SECTION 2 ENTRIES

ART. 4 . . . In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default, ~~or~~ forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.

Rationale: By using a medical forfeit, it will clearly define that the wrestler was not able to report to the match due to injury or illness. Like regular forfeits the wrestler would not take a loss on their record.

ART. 5 . . . A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is deemed a medical forfeit because of an injury or illness which occurred during the tournament.

Rationale: There is confusion when choosing an injury default versus a forfeit in tournament situations. Rule 5-7 defines a default when one of the competitors is unable to continue wrestling for any reason. Rule 5-13 defines a forfeit when the opponent, for any reason, fails to appear for a match. Using medical forfeit versus an injury default will better define when a wrestler shows a loss on their record. A default counts as a loss a forfeit does not.

5-15-2a SECTION 15 INBOUNDS:

Change: a. When down on the mat, the usual points of support are:

1. the knee(s)
2. the side of the thigh
3. the buttocks
4. the hand(s)
5. the head

6. foot/feet

Rationale: Feet are regularly supporting the wrestler's weight during the match while on the mat. We allow a wrestler's feet to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat it will create more clarity and consistency for the wrestlers, coaches and officials. No higher rates of injury will occur with this addition.

6-5-2 SECTION 5 END-OF-MATCH PROCEDURE:

ART. 2 . . . The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand or raise the color wristband of the winning wrestler on their (referee's) arm or have the winning wrestler raise their own arm. ~~wrestler's hand.~~

Rationale: Wrestling remains the only sport where it is required for the official to touch the student athlete as part of the post match/game procedure. There truly is no need for adult officials to contact the student athletes unless the health and safety of the athlete is in jeopardy. During the pandemic we adopted a number of protocols to help avoid the transmission of the disease, one of those was to no longer raise the hand of the wrestler, rather raise the color wristband of the wrestler who won, this was very successful and widely liked among officials. This is the end of match procedure would still indicate the winner and alleviate the requirement of the official from touching the athlete.

NSAA BYLAWS GOVERNING ALL ACTIVITIES

APPROVED RULING 2.1.2 (Medical Personnel at Regular Season Games)

Severe injuries, sudden illnesses and other critical incidents do not often occur during school activities, but it is important for every school to have an emergency action plan (EAP) for administrators, faculty, coaches and staff members to follow should emergencies occur. Due to lack of universal availability of medical coverage and other logistical reasons, NSAA does not require that schools have a physician, trainer or ambulance on-site at regular season activities; however, each school should have a plan in place should there be an emergency involving athletes, coaches, officials or spectators requiring medical attention.

APPROVED RULINGS AND INTERPRETATIONS FOR SECTION 2.1.4 (#5)

Students who are ineligible for varsity participation due to transfer or eligibility rule non-compliance may participate at the non-varsity level; however, such students would be ineligible to participate if their non-varsity team is competing against another school's varsity team.

Participation Requirements 2.2

2.2.1 Participants. Individuals who are bona fide students of a member high school and have not graduated from any high school or its equivalent, and students of a middle level school that is a part of a member high school's system who compete or practice with a member high school team may be permitted to participate in activities of the Nebraska School Activities Association.

2.5.1 To be eligible, the student must be continuously enrolled in at least twenty credit hours of instruction per semester at the school the student represents in interscholastic competition. Exempt or home school students from authorized Rule 13 schools must be continuously enrolled in a minimum of ten credit hours of instruction per semester at the school the student represents in interscholastic competition.

NSAA Sportsmanship Guidelines and Ejections

1. Enforcement of the "sit-out rule" for ejections from high school contests is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.
2. Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing shall be done by completed by the Athletic Director via the NSAA login.

3. A participant or coach ejected from a contest for Unsportsmanlike Conduct or Flagrant Misconduct shall be ineligible for the remainder of the entire contest (including all duals within a triangular, quad, or dual tournament) and the next contest at that level of competition and any other contest at any level during the interim. (Coaches Misconduct has a different enforcement.) Please refer to the Penalty Chart within the National Federation Wrestling Rule Book for ejection penalties within any form of competition (dual, triangular, quad, individual tournament or dual tournament):
 - a. Unsportsmanlike Conduct – Contestants (not during the match), Coaches and Other Team Personnel
 - b. Flagrant Misconduct – Contestants
 - c. Flagrant Misconduct – Coaches and Other Team Personnel
4. Enforcement of the “sit-out rule” is expected to begin immediately, regardless of whether it is regular season or district/state.
5. Any participant ejected a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
6. Any participant ejected a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
7. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench.
8. Coaches who are ejected for unsportsmanlike conduct may not coach in any contest or be present at the contest site during the time of their “sit-out” suspension. Coaches who are ejected will also be required to successfully complete the NFHS **“Teaching and Modeling Behavior”** online course within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA district/state, the coach will be required to successfully complete the NFHS Sportsmanship online course before being able to coach the following season or year.
9. Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at other levels during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. Any coach ejected a second time will also be required to successfully complete the NFHS **“Fundamentals of Coaching”** online course within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA district/state, the coach will be required to successfully complete the NFHS **“Fundamentals of Coaching”** online course before being able to coach the following season or year.
- 10. If the ejection takes place in the final contest of the season, the suspension will carry over to the following season.**
- 11. When schools have students or coaches with multiple ejections, the school could be required to submit to the NSAA a written management plan on how they plan to remediate the problem.**
12. Officials will be expected to file with the NSAA an ejection report for any ejection of a player or coach from a contest online. Any unusual situation that occurs prior to, during, or after a contest should also be reported.
13. Prompt reporting to the NSAA office by the official is necessary. Officials are asked to submit their electronic report or call the NSAA office by the day following the ejection.
14. Officials are asked to be specific in listing the reason(s) for an ejection.
15. Affiliated officials (officials registered from contiguous states) will also be required to perform this reporting function.
16. There is no appeal process for ejections.
17. The Executive Director shall reserve the right to consider the length of suspensions when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).

In the realm of good sportsmanship, it is the expectation that all student spectators wear shirts for all sub-district, district, and state events. Each individual school shall be responsible for assuring that student spectators are appropriately attired. Participants must keep their uniforms on while in the competition area.

APPROVED RULINGS AND INTERPRETATIONS FOR 2.7.8.2

Students who did not meet the May 1 transfer deadline, but are enrolled at the school they transferred to and begin attending on the first day of the first semester, would be immediately eligible after the first semester or after the last day of the moratorium, whichever occurs first.

APPROVED RULINGS AND INTERPRETATIONS FOR 2.12

Concussion in Sports, Heat Illness Prevention, Sudden Cardiac Arrest Education All coaches, activity sponsors, and volunteers are required to complete the NFHS Concussion in Sports, Heat Illness Prevention, and Sudden Cardiac Arrest Training courses at least once every three years. These courses should be taken prior to any pre-season or regular season physical workouts that the respective coach would be present for or involved in administering. Any course taken after May 1 would be considered valid for the following school year. All first-year coaches are required to complete all three courses prior to the start of the activity season which they are to coach.

Obtaining a Special Services Certificate for Coaching

1. Complete the NFHS Fundamentals of Coaching course that also will meet the Nebraska Human Relations requirement.
2. Complete a course in NFHS First Aid, Health and Safety for Coaches.
3. Complete fingerprint cards to meet the State Patrol requirement if the applicant has not resided continuously in Nebraska for the past five years. A check for the cost of fingerprinting of \$50 should be submitted with the application. The coach has been a resident for the past five years, a record of the addresses should be placed on the application.
4. Online application/fee should be completed at www.education.ne.gov/TCERT.
5. Submit original certificates indicating completion of the NHFS Fundamentals of coaching, NFHS First Aid for Coaches, and/or the transcript from a college showing completion of the human relations requirement.
6. A Special Services certificate will be sent electronically to the individual's email address included on the application. The certificate will be valid for five years and can be renewed following standards found in NAC 92, Chapter 21.

2.12.3 Coaches' Aides. Schools may contract non-certificated personnel to assist with their activities programs, but such personnel shall be coaches' aides.

1. The individuals must have a job description.
2. The individual shall not initiate nor change instruction given by the head coach and must carry out specific directions given by the head coach.
3. The individual may assist in starting, executing, and completing the specific plan of the learning experience as defined and directed by the head coach.
4. The aide should be specifically prepared for duties assigned, to include the handling of emergency situations that arise in the course of his/her work.
5. Coaches' aides are not to be given the sole responsibility of directing or supervising students during practice. The head coach should be in the immediate practice area.
6. When traveling to and from and participating in interschool competition, the team or individuals are to be accompanied by the head coach/sponsor, assistant coach/sponsor, or in case of an emergency, a certificated faculty member.

All head coaches are required to attend an NSAA Rules Meeting or complete an NSAA Rules Meeting online annually. Failure to do so will result in possible late fees and suspension penalties. Online rules meetings are initially offered at no cost to coaches or officials, followed by a period with a \$25 "Late" Fee, followed by a

period with a \$50 “Delinquent” Fee. The following sanctions and fees are applicable to those coaches who fail to complete the rules meeting by the expiration of the “Delinquent” Fee period.

Online Wrestling Rules Meetings
October 23 - November 15, 2023--No Charge
November 16 - November 17, 2023--Late/Penalty \$50.00 Fee

Absence from the required rules meeting OR FAILURE TO COMPLETE THE ONLINE RULES MEETING will result in the following sanctions:

First Offense in Three-Year Period

The head coach will be suspended from coaching in any competition in that activity until--

- (1) The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$100; and
- (2) the head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information. During this regular season suspension period, the head coach may continue to coach the team at practices.

Second and Subsequent Offenses in Three-Year Period

The head coach will be suspended from coaching in all NSAA end-of-season play (sub-districts, districts, playoffs, and state competition) until--

- (1) The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$200; and
- (2) the head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and
- (3) the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

2.13 CLASSIFICATION

2.13.2.1 A school’s total enrollment shall be the total boy and girl enrollment in grades nine, ten, and eleven according to the enrollment figures submitted to the State Department of Education on October 1 of the preceding school year except for football, boys tennis, boys basketball, wrestling, boys golf, boys soccer and baseball that will be classified on boy enrollment only, and volleyball, softball, girls basketball, girls golf, girls tennis and girls soccer that will be classified on girl enrollment only.

APPROVED RULINGS AND INTERPRETATIONS FOR 2.13.3

In all athletics, the classification period for Class A shall be for two years. Current cycle: 2022-23 & 2023-24.

Accommodations for Students with Disabilities.

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. In order to determine if the NSAA can authorize such an accommodation, the school administration should contact the NSAA to request an accommodation hearing.

December Moratorium 3.1.2

For five consecutive days in December, there shall be no practice and no interschool competition by individuals or teams in any athletic activity sponsored by the Nebraska School Activities Association. The specific dates for each five-day period will be set by the Board of Directors three years in advance. (Refer to calendar for these dates.) [The moratorium is to include December 24 and 25 and the 5-days must be consecutive for all activities.]

3.1.2 (4) Waivers of the December Moratorium may be considered by the NSAA Board of Directors on a case-by-case basis; however, if competition or travel infringes on the designated December Moratorium dates, the Moratorium for such teams shall be readjusted to include five consecutive days to include December 24 and 25. Schools must submit a timely waiver request to the executive director, and the waiver request will be placed on a subsequent NSAA Board meeting agenda.

Organized Practice 3.2.3

3.1.1.2 The division of sports seasons shall be as follows: No school shall register more than one varsity team per sport and no student shall participate simultaneously in more than one sport per season.

3.2.3 Organized Practice. No organized practice in any sport shall be held during the school year between the close of a season of a sport and the opening day of practice for that sport the following school year. An organized practice shall be defined as:

- **Wrestling.** An organized practice shall mean more than **four wrestlers** under direct supervision of a sponsor. If more than one group is practicing at the same time, it shall be called an organized practice.

Summertime Participation 3.2.7

“Summertime” shall be defined as the Tuesday following Memorial Day to July 31. During the “summertime” there shall be no restrictions on the amount of contact between students and high school coaches. Attendance shall be voluntary, and coaches/school representative may not directly or by implication require a student to attend “summertime” activities as a condition for membership on a high school team or restrict the level of team participation within the high school program.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.7

Applicable to Coaches During The Summer.

The school year out-of-season period begins on the date of the official start of fall practices. Summer activities are regulated between the Tuesday following Memorial Day and July 31. Between the end of the summer activities period and the start of the school year, out-of-season period (August 1 through the official start of fall practices), the following shall apply:

- (1) The organized practice rule shall be in effect;
- (2) Conditioning programs may be held;
- (3) Attendance at commercial camps and clinics is permissible, but the organized practice rules shall be in effect for such camps and clinics; and
- (4) No school-sponsored clinics or camps may be held.
- (5) Due to safety concerns, schools may permit the use of football helmets and softball and baseball protective equipment for summer leagues, camps, clinics, and other summer activities.

3.2.7.1 NSAA Catastrophic Insurance does not cover coaches/students/schools during the summertime period.

3.2.7.2 Summertime School-Sponsored Camps/Clinics: A school may organize a camp or clinic in any sport from the Tuesday following Memorial Day through July 31. The camp shall be limited to no more than ten days starting with the first date of the camp/clinic.

- a. Summertime school-sponsored camps/clinics include planned physical activities that are instructional and competitive in nature where actual games can be played or simulated by camp attendees.
- b. Summertime school-sponsored camps/clinics shall be voluntary and open to all interested students from grades 9-12.
- c. The use of school facilities and equipment is permitted in accordance with the district’s Board of Education policy.
- d. Football summertime school-sponsored camps/clinics must adhere to the following contact limitation progression:
 1. On day one and day two unlimited “air” and “bag” contact is allowed with the use of handheld dummies only. Contact with blocking sleds and other mechanical devices, as well as with other players is prohibited. The no-contact rule does not preclude incidental or inadvertent contact, or

- the touching of a ball carrier with the hand(s). The only pieces of general football equipment shall be footballs, shoes, helmets, kicking tees and hand-held blocking dummies.
2. On day three through ten, contact with blocking sleds and other mechanical devices is permitted. Unlimited “air,” “bag,” and “control” contact is permitted. A maximum of 30 minutes per day and no more than two consecutive days of “thud” contact is permitted. In addition to general football equipment, shoulder pads are permitted, but full protective equipment may not be worn.
 3. If a football camp/clinic is not held over ten consecutive days, the camp/clinic must restart with day one of the progression.

3.2.7.3 Summertime Conditioning Program: A member school may organize and supervise a summer conditioning program to include weightlifting, running, and exercising. Conditioning sessions shall be no longer than 75 minutes in length per day or no more than 5 hours per week, and no student shall participate in more than one such session per day.

Q: Can schools provide school vans for coaches to drive to a summer camp?

A: Yes, NSAA Bylaw 3.2.8(d) allows school transportation for individuals participating in team sports camps/clinics with prior approval from the district’s Board of Education. However, the NSAA Catastrophic insurance would not cover this transportation.

Q: Can a student voluntarily attend the summertime school-sponsored, 75-minute conditioning program, and then return to that school that evening to lift weights?

A: Yes, NSAA Approved Ruling 3.2.7.3 states that students may work-out on their own at the school facility and it shall not be considered to be involved in an organized conditioning program.

Q: Could a coach conduct voluntary practices during the summertime activity period?

A: Yes, NSAA Bylaw 3.2.7.5 allows a coach to have unlimited contact with students during the summer activities period. The organized practice rule is not in effect during the summer activities period.

Q: Can schools allow students participating in summertime activities to wear school-issued game uniforms?

A: No, NSAA Bylaws do not allow the use of school-issued game uniforms in summertime activities.

Q: Can a high school coach conduct a summertime commercial camp/clinic at their high school?

A: Yes, NSAA Bylaw 3.2.7.7 allows high school coaches to use school facilities in accordance with the district’s Board of Education policy.

Q: As a reward, can a coach excuse a student from the first day of high school practice because of the student’s participation in summertime activities?

A: No, NSAA Bylaw 3.2.7 states that attendance at summertime activities shall be voluntary

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.7.3

Conditioning sessions organized and run by members of the school’s coaching staff are subject the 75- minute limitation. Students, for example, who work out on their own at the school facility in weightlifting, general calisthenics, running, or agility-type exercises shall not be considered to be involved in an organized conditioning program.

3.2.7.4 Summertime Open Gym/Facilities: It is permissible for students to be involved in NSAA activities of a school’s open training program during the summertime. Permitting the participation by non-high school students (graduates, adults, or individuals not a member of the school) shall be determined by the district’s Board of Education policy.

3.2.7.5 Summertime Regulations for Athletes and Coaches: From the Tuesday following Memorial Day or final day of school (whichever is later) until July 31, there shall be no restrictions on the contact between students and high school coaches.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.7.5

1. The organized practice rule shall be in effect during the school year until Memorial Day, except in the case of organized teams (e.g., Legion baseball, USA softball, etc.). If a high school coach or other adult associated with the school program is also the coach of an organized non-school team, practice and competition involving the coach and athletes of that non-school team may begin at the conclusion of the state tournament of that activity or during Week 46 of the standardized calendar, whichever date is later.
2. If a high school coach or other adult associated with the school baseball program is also the coach of an organized non-school Junior or Senior Legion baseball teams that will practice and compete after July 31st in preparation for a qualifying state, regional or national Legion baseball tournament, that school must seek a waiver for the school-year, out-of-season Bylaw 3.2.2 (Organized Practice) from the NSAA Executive Director to continue their practice and competition through the completion of these tournaments.

3.2.7.6 Summertime Leagues/Competitions: High school coaches are permitted to coach students from their school in summer league competition and games, provided there is no direct support from the school.

- a. All league fees and costs are to be paid by the athlete and/or his/her parents. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in such leagues.
- b. Team fundraisers may be used to finance summer league and camp activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer league or camp activities. Any athlete receiving money for summer league/camps must participate in the fundraising activity.
- c. The use of school-issued game uniforms is prohibited

3.2.7.7 Summertime Use of School Facilities: Member schools may permit the use of their facilities in accordance with the district's Board of Education board policy.

3.2.7.8 Summertime Use of School Equipment: Member schools may permit the use of school equipment, other than school-issued game uniforms in accordance with the district's Board of Education policy

3.2.8 Summertime College/Professional/Commercial Team Sport Camps/Clinics: High school coaches are permitted to accompany students from their school to college, professional, or commercial sports specialized team camps/clinics during the summer.

- a. The purpose of a specialized sports camp/clinic/school is to give team members an opportunity to improve their skills in a particular activity.
- b. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in camps, schools, and non-school competition.
- c. Team fundraisers may be used to finance team commercial camp/clinic activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for camp activities. Any athlete receiving money for summer team camps/clinics must participate in the fundraising activity.
- d. The school shall not provide school-issued uniforms but may provide transportation for individuals participating in such camps/clinics, or schools with prior approval from the district's Board of Education.

3.2.9 Summertime Individual Commercial Camps/Clinics: During the summer, students may attend any individual skill/technique camps or clinics.

- a. The purpose of an individual camp/clinic/school is to give a student an opportunity to improve his/her skills in a particular activity.
- b. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in camps.
- c. Team fundraisers may be used to finance individual commercial camp/clinic activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer individual camp/clinic activities. Any athlete receiving money for camps/clinics must participate in the fundraising activity.
- d. The school shall not provide school-issued uniforms.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.3.7

Eligibility for Sub-District/District/State Competition

1. In all athletic activities, teams wishing to enter a sub-district, district, or state contest shall have participated in a minimum of five interschool varsity contests prior to the sub-district, district, or state contest.
 - a. Exceptions to the requirements for a team that has not participated in at least five interschool varsity contests would be considered if the team was unable to participate if weather conditions forced a cancellation of scheduled contests. Other extenuating circumstances would be considered by the Executive Director on a case-by-case basis.
2. In order to participate in a sub-district, district or state tournament, a student is required to have been a member of the school's team for at least twenty school days prior to the first day of the sub-district, district, or state tournament.
 - a. Exceptions to the requirements for a student who has not been available to participate in at least (30%) of the school's varsity interschool contests would be considered if an individual was unable to participate because of illness, injury, transfer from another high school, or if weather conditions forced a cancellation of scheduled contests.
3. To be eligible to participate in a sub-district, district and/or state contest, a student shall have been a member of a school's team and shall have been "available to participate" in at least thirty percent (30%) of the school's scheduled interschool contests.
 - a. Exceptions to the requirements for a student who has not been available to participate in at least (30%) of the school's varsity interschool contests would be considered if an individual was unable to participate because of illness, injury, transfer from another high school, or if weather conditions forced a cancellation of scheduled contests.
 - b. When determining whether a student has been available for (30%) of the school's varsity interschool contests, one would divide the number of varsity interschool contests for which the student was available by the school's total number of varsity interschool contests; all decimals .1 or above would be rounded up to the next higher whole number.
 - c. The term "available to participate" means that the student was a bona fide member of the team eligible to participate for the school at some level of competition in the sport and is not suspended from participation in activities by virtue of NSAA rules.
4. For situations pertaining to eligibility to participate in sub-district, district or state contests that are not specifically addressed by these guidelines, the Executive Director shall have the authority to waive membership and participation requirements on a case-by-case basis.
5. If a school takes its team off the playing field prior to the completion of a contest or prior to the suspension or termination of a game by the game officials, and the contest is forfeited because of the refusal of the school's team to continue play, the school shall be subject to a penalty set by the Board of Directors. The penalty may be the exclusion from participation in sub-district, district, playoffs, or state contests.
6. Broadcasting, recording, photographing, videotaping or televising of NSAA sponsored events (district, state, playoff, etc.) shall not be permitted for commercial purposes or for other than personal use except with the expressed permission of the Nebraska School Activities Association.

7. If an individual or team qualifies for state competition through competing in a district meet, that individual or team is expected to compete in the state contest in which he/she or the team qualifies. Unless excused by the Executive Director for just cause, failure to compete in a state contest shall result in the school being penalized.
8. During sub-district, district, or state competition in activities sponsored by the Nebraska School Activities Association, the use of smokeless tobacco by any participant is prohibited. If a participant or substitute is detected using smokeless tobacco during competition, that individual shall be disqualified from participation in further competition in that contest.

Out-Of-State Contests 3.3.8

3.3.8 Out-of-State Contests.

- a. Students participating in interscholastic contests, whether held in or out of the state, must qualify for participation under the rules and regulations of his/her respective state association.
- b. Members of the NSAA may compete with schools outside the state, provided the out-of-state school is a member in good standing in its own state association.
- c. Refer to Section 1.8.5 for procedure to follow when competing in interstate competition

Non-School Participation 3.5

3.5 Participation on Non-High School Teams and in Non-High School Competition.

3.5.1 Any student who participates in any athletic contest other than as a representative of his/her high school during the season of the sport involved becomes ineligible to represent his/her school in that sport for one or more contests or the remainder of the season. **NOTE: Refer to Approved Ruling for 3.5.1 in the NSAA Constitution and Bylaws for Outside Participation waver information.**

3.5.2 During the season of a sport, a student is permitted to take individualized instruction from a person other than the high school coach. Group instruction, practices with outside teams, and tryouts for outside teams other than as a part of a college or university-recruiting visit, however, are not permitted.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.5.2.

During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach. Group instruction, practices with outside teams, and tryouts for outside teams other than as part of a college or university recruiting visit, however, are not permitted.

NSAA BYLAWS GOVERNING WRESTLING

3.11.12 WRESTLING

3.11.12.1 Wrestling shall be conducted during the winter sports season.

3.11.12.2 The wrestling season shall begin with the first day of practice as permitted by NSAA rules and shall end with the state championship.

3.11.12.3 Team Match Limitation: No (BOYS) team representing a member school may participate in more than ten tournament dates and eight duals in addition to the district and state tournaments.

No girls team representing a member school may participate in more than 18 events.

The following are definitions of events:

1. Dual meets-(single dual) = 1 dual
2. Triangular meets-(each team has two duals) = 2 duals
3. Double Dual (each team has two duals) = 2 duals
4. Quadrangular meets (each team has three duals) = 3 duals

5. Dual events that include 5 or more teams are considered dual tournaments and count towards the tournament dates.
6. One-day tournaments = 1 tournament date
7. Two-day tournaments = 2 tournament dates
8. Three-day tournaments = 3 tournament dates

3.11.12.4 Student Match Limitation:

- a. No individual (BOY) wrestler may participate in more than ten tournament dates and eight duals in addition to the district and state tournaments. *No individual girl wrestler may participate in more than 18 events.*
- b. Competition events are charged against an individual wrestler in varsity and non-varsity competition.

3.11.12.5 Schools are required to file their varsity wrestling schedule with the NSAA one week prior to the first possible competition date, indicating the type and point value for each meet, and the total points for their schedule. **NOTE: Schools are required to submit their schedule electronically using the NSAA web site. Schedules must be completed one week prior to the first possible competition date. There will be no additions to schedules. A school wishing to reschedule a meet due to a weather cancelation must contact the NSAA within 10 days of the original competition.**

1.11.12.6 A tournament shall be defined as a contest involving four or more teams in which an individual wrestler in each weight class or an individual team continues to advance or through round robin competition and compete until a single winner is chosen. **NOTE: The penalty for exceeding contest limitations by a school or an individual shall be the exclusion from competition in the sub-district/district and/or state competition. Exhibition or unattached participation in interschool high school competition in attempting to circumvent the game, match or meet limitation shall not be permitted.**

Note: Girls can only schedule one varsity tournament per day.

NSAA APPROVED RULINGS AND INTERPRETATIONS FOR 3.11.1-3.11.12

Outside Participation

During a sport's season, a school shall not permit a student who is not a member of the high school's team, an adult, a college student, or alumni to participate in any practice session, drill, scrimmage, or game in which a school team is involved. This does not prevent a coach from being involved for the primary purpose of teaching, or demonstrating a skill, method, or techniques.

Protests

3.12.4 Protests.

3.12.4.1 Protests based upon the eligibility of players will be considered by the Executive Director and Board of Directors.

3.12.4.2 Protests based upon play situations and situations which involve judgment on the part of game officials will not be considered.

Special Invitational Meets

When individuals compete in special invitational meets in wrestling, the competition shall count toward an individual's competition points. If a school enters more than four wrestlers in a special invitational tournament it shall count toward the school's and individual's scheduling criteria accordingly. If the school enters four or less it will not count toward the school's competition points, but shall count towards each individual's competition limitations.

In addition, such outside participation will count toward the individual's 10 tournament/8 dual limitations. No wrestler can compete in more than 10 tournament dates nor more than the allotted 8 duals.

Unattached Participation

The following guidelines should be followed in allowing out of season participation by students in meets or events which are not sanctioned or sponsored by the Nebraska School Activities Association and its member schools.

- a. Contestants shall not use any school uniform or be identified with the school.
- b. Contestants shall not use school equipment.
- c. The school shall provide no resources for the participants, or release coaches on school time to transport participants to or from the event, or to coach out of season athletic events.

Sub-District/District and State Participation

In order to participate in a sub-district/district or state contest in a particular activity, a student is required to have been a member of a school's team or group in that particular activity for at least twenty school days prior to the first day of the sub-district, district, or state competition. An exception to this requirement would be if a student was unable to be a member of a school's team or group due to injury, illness, or transfer from another school.

Documentation of Communicable Skin Disease

1. 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 on the NSAA approved Skin Lesion Release form, 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.
2. **NFHS Rule 4-2-4 states:** 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.
3. Use the current "NSAA Physician Release for Wrestler to Participate with Skin Lesion" form for documentation of a communicable skin disease for each wrestler. (located on the nsaa.org website under Sports-Wrestling-Sports Medicine)
4. **Documentation of Skin Disease:** Include the date and nature of treatment and the earliest date a wrestler can return to participation. This should mitigate the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
5. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health-care professional.
6. The skin lesion form is considered current if it is within 14 days from being checked and documented. (Exception-See NFHS Rule 4-2-5)

Wrestling Scales

The accuracy of a school's wrestling scales is the responsibility of each school. Although it is advised, there is no NSAA requirement to have scales inspected and certified. **Sub-District/District Tournament and State Championship scales will be inspected and certified by a licensed scale technician and proper paperwork submitted to the NSAA office prior to the sub-district/district tournament.**

NSAA Wrestling Records

It is the responsibility of the member schools to submit records for verification by the NSAA. Submitted and verified records will be updated each year after the conclusion of the wrestling season. All varsity wrestling competitions will utilize Trackwrestling as the tournament administrative software. This move has allowed the NSAA to monitor records for individuals and teams as well as giving the media access to results which, in turn, gives the individual student athletes and the sport of wrestling more quality exposure.

Any individual or team that wishes to be eligible for season records (takedowns, escapes, near-fall, etc.), will have to have those statistics entered on Trackwrestling stat platform in order to be verified by the NSAA. All career records will be verified by the Trackwrestling stat program as well.

3.12 OFFICIALS—Appendix 4--NSAA POLICY ON COMMENTS AND NEGATIVE ACTIONS AGAINST OFFICIALS AND JUDGES

The National Federation of State High School Associations has devised Code of Ethics guidelines for high school coaches. The function of a coach is to educate students through participation in interscholastic competition. The coach or sponsor shall respect and support contest officials and judges. The coach or sponsor shall not indulge in conduct that would incite players or spectators against the officials. Public criticism of officials, judges or players is unethical. The Nebraska School Activities Association has embraced that Coaches Code of Ethics and has established policies and standards that will cultivate the ideals of good sportsmanship, professionalism and conduct. It shall be the responsibility of each member school to ensure that all individuals directly associated with the interscholastic program conduct themselves in a sportsmanlike and professional manner.

The high school coach or director is a representative of the school at interscholastic activity events. It is the responsibility of all coaches and directors to serve as role models for students and the public. It is the expectation that all coaches, directors, administrators and student participants shall refrain from negative criticism of NSAA member institutions, officials, adjudicators, judges, etc. in public statements before, during or after interscholastic events. The appropriate public response to media questions at all venues regarding officiating/judging is “per NSAA policy, I am unable to comment.” Any other response is a violation of this board policy and is subject to penalty.

It would be considered a violation of this NSAA policy to include, but are not limited to the following:

- a. Making degrading and/or critical remarks about officials or adjudicators or the officiating or judging before, during or after an event either on or off-site, via social media, or through any public means.
- b. Detaining the officials/adjudicators/judges during or following the event to request a ruling or explanation of actions or evaluation by the official(s)/adjudicator(s)/judges.
- c. Entering the officials dressing area following the contest.

Negative actions by an individual directly associated with the program shall be reported to the NSAA office by the school and/or by the head contest official, adjudicator, judge, or manager. The school shall document the results of their investigation and actions taken, where necessary and appropriate. The NSAA Executive Director shall determine the appropriate penalties for violation of this board policy.

Classification of Schools

1. Schools shall be divided into four classes for wrestling competition.
2. This classification is based on grades 9-11 enrollment from September of the year which immediately precedes the classification period. Class A will be classified based on a total enrollment of 850 and above. Class B, C and D will be classified using boys only enrollment.
 - a. The top 80 largest schools registered for wrestling shall be in Classes A & B. Schools with a combined enrollment of 850 and above will be placed in Class A. The remaining schools of the 80 will be placed in Class B.
 - b. The next 64 largest schools will be Class C.
 - c. The remaining schools will be placed in Class D.
3. Class B, C, D, and Girls Classifications will be done on a yearly basis.
4. Class A Classifications will be done on a two-year basis. **2022 was the 1st year of the two-year Class A classification period.**
5. Opting Up – a school may opt up one classification. The deadline for submitting a request to the NSAA is one week from when classifications are released.

NSAA Wrestling Classification Tie-breaker

If schools are tied in enrollment for the last position or positions of a class, the following tie-breaker will be applied:

1. The first tie-breaker will be a three-year average of enrollment which includes the year on which the current year's classification is based and the two previous years. The higher three-year average will be in the larger class.
2. If the tie still exists, then the school with the higher immediate previous year's enrollment will be placed in the larger class.
3. If a tie still exists, it will be decided by a coin flip in the NSAA office.

For the 2023-24 season there are:

- teams in Class A

- teams in Class B

- teams in Class C

- teams in Class D

- teams in Girls Division

2024 NSAA SUB-DISTRICTS/DISTRICTS

1. The NSAA will use the returning state points to determine sub-district/district placement.
2. If the wrestler is a returning qualifier and is not competing with the team but remains in the school, those points will remain with the school for sub-district/district placement.
3. **REPORTING TRANSFERS:** Any school that has a student transfer that was a state qualifier that scored points in the 2023 State Championships, is now required to report that transfer to the NSAA office **no later than October 1, 2023**. Email rhigdon@nsaahome.org prior to the October 1 deadline and the NSAA will transfer the wrestler's respective points to the new school.
4. The penalty for not reporting those transfers can result in the coach not being able to coach at the sub-district/district tournament.
5. Any state qualifying wrestler that transfers into your school from another state will bring any points earned in their respective state championship to the new school's total state points.
6. If a student transfers out of a Nebraska school to another state, any points that individual earned will be subtracted from the team's total points.

Sub-District/District Assignment Procedure

1. Classes A, B, C, D, and Girls are divided into four districts.
2. If a school decides not to compete after district assignments are made, no change will be made in district assignments.
3. If two or more schools decide not to compete, or two or more schools close, consolidate, or enter into a cooperative agreement, the districts may be adjusted to restore a near equal number of schools or to take advantage of a reduction in travel distance.
4. District host sites are determined by the NSAA office based on interest shown from member schools indicating they could host. All schools will be informed once District sites and dates are finalized.

Class A:

1. The top 80 schools will be classified in Classes A and B.
2. Class A schools are the schools registered for wrestling with a total enrollment of 850 or more. The remaining schools of the top 80 will be Class B.
3. All Class A schools are assigned to four districts using a regular serpentine method with returning state points as the main means of assignment. If team(s) have the same number of returning state points the school with the most returning state qualifiers will be seeded higher. If teams have no returning state points a draw will be used to place teams. The school with the most returning state points is placed in District 1, the next most in District 2, the next most in District 3, the next most in District 4, the next most back in District 4, the next most in District 3 etc., until all schools are assigned.

Class B:

1. In Class B the top 16 Schools will be placed in districts by using a serpentine method with returning state points as the means of assignment (1,2,3,4,4,3,2,1,1,2,3,4,4,3,2,1) . If teams have the same number of returning state points, the school with the most returning state qualifiers will be placed next. If team(s) have same returning points and number of returning qualifiers, they will be drawn into the remaining spots until a criteria is established again, or the top 16 teams are placed.
2. The 8 western most schools will make up the remainder of the B4 district.
3. The remaining schools would be placed in districts by using a serpentine method with returning state points as the main means of assignment. If teams have the same number of returning state points, the school with the most returning state qualifiers will be placed next. If teams have returning qualifiers but no returning points, the team with the greater number of qualifiers would be placed next. If teams are still tied, a draw will be used to determine the team placed next. If team(s) have no returning points and no qualifiers, they will be drawn into the remaining spots to fill the 12 teams in a district. The school with the most returning state points is placed in district B1, the next most in district B2, the next most in district B3, the next most back in district B3, The next most in district B2, etc., until all remaining teams are assigned.

Classes C and D:

1. The next 64 largest schools will be Class C and would be in 4 districts of 16.
2. The 16 western most schools will make up the C4 district.
3. The remaining schools would be placed in districts by using a serpentine method with returning state points as the main means of assignment. If teams have the same number of returning state points, the school with the most returning state qualifiers will be placed next. If teams have returning qualifiers but no returning points, the team with the greater number of qualifiers would be placed next. If teams are still tied, a draw will be used to determine the team placed next. If team(s) have no returning points and no qualifiers, they will be drawn into the remaining spots to fill the 16 teams in a district. The school with the most returning state points is placed in district C1, the next most in district C2, the next most in district C3, the next most back in district C3, The next most in district C2, etc., until all 64 teams are assigned.
4. The remaining schools will be class D and would be in 4 districts of equal or near-equal amounts.
5. The western-most schools, making up 25% of all of class D, will be in the D4 district.
6. The remaining schools would be placed in districts by using a serpentine method with returning state points as the main means of assignment. If teams have the same number of returning state points, the school with the most returning state qualifiers will be placed next. If teams have returning qualifiers but no returning points, the team with the greater number of qualifiers would be placed next. If teams are still tied, a draw will be used to determine the team placed next. If team(s) have no returning points and no qualifiers, they will be drawn into the remaining spots to fill the teams in a district. Once the state championship is concluded, no further circumstances will be considered. The school with the most returning state points is placed in district D1, the next most in district D2, the next most in district D3, the next most back in district D3, The next most in district D2, etc., until all teams are assigned.

Girls:

1. The girls districts will be determined by the following method: the total number of teams will be divided across the 4 districts. The top 16 Schools will be placed in districts by using a serpentine method with returning state points as the means of assignment (1,2,3,4,4,3,2,1,1,2,3,4,4,3,2,1) . If teams have the same number of returning state points, the school with the most returning state qualifiers will be placed next. If team(s) have same returning points and number of returning qualifiers, they will be drawn into the remaining spots until a criteria is established again, or the top 16 teams are placed.
2. The western most schools will make up the remainder of the G4 district when divided accordingly.
3. The remaining schools would be placed in districts by using a serpentine method with returning state points as the main means of assignment. If teams have the same number of returning state points, the school with the most returning state qualifiers will be placed next. If teams have returning qualifiers but no returning points, the team with the greater number of qualifiers would be placed next. If teams are still tied, a draw will be used to determine the team placed next. If team(s) have no returning points and no qualifiers, they will be drawn into the remaining spots to fill a district. The school with the most returning

state points is placed in district G1, the next most in district G2, the next most in district G3, the next most back in district G3, The next most in district G2, etc., until all remaining teams are assigned.

4. Each of the four girls districts (1,2,3,4) would be broken into two subdistricts (1a, 1b, 2a, 2b, 3a, 3b, 4a, 4b) creating eight separate sub-district tournaments.
5. Those sub-districts would be divided by a serpentine of retuning state points and qualifiers.
6. Once a wrestler has qualified for the district final, they will not compete in any further matches. Semifinal and consolation semifinal winners will qualify for the district final the following week.
7. There will be no team scoring in the girls' sub-district tournament.

Girls:

Sub-Districts: Friday or Saturday, February 2-3, 2024

District Final: Friday, February 9, 2024

Boys:

Districts: Saturday, February 10, 2024

NSAA Sub-District/District Tournament Director's Duties

Each Sub-District and District Tournament shall be administered by a local director approved by the NSAA Director, and his/her duties shall include:

- a. Sending out advance information bulletins to participating schools and coaches. Suggested items to be included, if applicable, are:
 - i. List of available housing in the area.
 - ii. List of restaurants, to include those that will provide team meals.
 - iii. Location of tournament site (address, etc.).
 - iv. Location of dressing rooms.
 - v. Any parking instructions.
 - vi. Team roster form, team information form, and other necessary forms.
- b. Arranging for a minimum of two scales for weigh-ins. It is the responsibility of the sub-district/district host to see that these scales are calibrated before the sub-district/district tournament. This includes any scales borrowed from another school.
- c. Making arrangements for concessions.
- d. Arranging for preparation and sale of programs, if applicable.
- e. Arranging for ticket sellers and ticket takers and seeing that ticket price signs are made and posted outside ticket windows.
- f. Arranging for ushers, especially if reserved sections are used.
- g. Arranging for a public address announcer and making sure that he/she is properly informed.
- h. Arranging for timers and scorers.
- i. Arranging to have medical assistance present for the tournament and skin checks. The chosen appropriate health care provider should not have any family member or relative in the competition since that could pose a "conflict of interest".
- j. Arranging for traffic control, if needed.
- k. Arranging for parking attendants, if needed.
- l. Reserving parking spaces for team buses and officials.
 - i. Notifying wrestling officials and teams of parking locations and dressing facilities.
- m. Making arrangements for cheerleaders.
- n. Arranging for a band, individual or recorded music to play the National Anthem for each session.
 - i. Providing a flag.
- o. Assigning pep club locations.
 - i. Not permitting decorations to interfere with tournament administration.
- p. Seeing that no objectionable signs are displayed at the tournament.
- q. Assigning spaces in the gym for radio, press, etc.
- r. Providing a special pass gate entrance for wrestling teams, coaches, administrators, and media.
- s. Having someone assigned to meet team buses and serve as host during the tournament.
- t. The NSAA will assign the wrestling officials. Having someone meet the wrestling officials, show them the locker rooms and provide them with towels, etc.

- u. Seeing that no one enters the officials' dressing room at, before, or after the tournament.
- v. Providing security for officials' and team dressing rooms.
- w. Arranging for officials' checks.
 - i. Seeing that the officials are paid prior to the sub-district/district tournament.
- x. Seeing that the gym is ready and that the wrestling area is secured.
- y. Providing teams with complementary programs, if applicable.
- z. Filing the financial report and other contest reports online with the NSAA office.
- aa. Being responsible for the ticket sales at the site of the sub-district/district tournament and the accounting of all money from the sale of tickets and programs at the site of the sub-district/district tournament.
- bb. Being responsible for the itemizing and accounting of all expenses at the site of the sub-district/district tournament (expenses necessary for meet administration)
- cc. Making necessary arrangements for the use of legal wrestling mats in accordance with the diagram in the NFHS Wrestling Rule Book.
- dd. All Sub-District/District hosts are required to use Trackwrestling as the software to run the tournament.**
 - i. Identify individual to run the Trackwrestling software.
 - ii. Identify individual to run the seeding meeting with Trackwrestling.
 - iii. Identify a host school administrator that will be at the seeding meeting.
- ee. Keeping local media informed.
- ff. All results will be submitted to the NSAA automatically via Trackwrestling.
- gg. Provide District Championship bracket to each weight class champion. (Not necessary for Girls' Sub-Districts)
- hh. Announce and present medals to all place winners. (Medals and team trophies will be provided by the NSAA.)

Sub-District/District Director's Responsibilities

1. Authority.
 - a. The director of the tournament is granted full authority for the conduct and management of the tournament.
 - b. He or she is also responsible for the administration of NSAA and NFHS rules and regulations and the accounting of all finances.
2. Financial Report.
 - a. The NSAA online financial report should be completed immediately following the close of the tournament.
 - b. To correctly complete the report, the director should:
 - i. Determine the number of competing wrestlers from each team.
 - ii. Determine the mileage each team traveled one way.
 - iii. Determine the number of trips made to the tournament site.

Division of Sub-District/District Gate Receipts

****The NSAA will hire and assign wrestling officials to all sub-districts/districts and furnish medals and plaques.**

The division of gate receipts in district tournaments shall be as follows:

1. Administrative Expenses (To be paid in the order listed, using funds available; officials must be paid in full.)
 - a. Catastrophic insurance deduction, ten percent of the gross receipts.
 - b. Mat Officials.
 - i. Girls Sub-Districts
 1. Girls \$300
 - ii. Boys Districts/Girls District Final
 1. Class A \$300
 2. Class B \$300
 3. Class C \$300
 4. Class D \$375
 5. Girls \$300

- iii. Fees: Per official with the maximum of four officials (assigned by the NSAA).
 - iv. Official's Mileage - \$1.00/per mile one-way times the number of trips (maximum of four officials)
2. Distribution of receipts.
 - a. 25% to NSAA of Sub-Balance
 - b. 35% to host school of Sub-Balance
 - c. 40% to Participating Schools of Sub-Balance.
 - d. If the schools participating in a sub-district/district tournament wish to have a dinner meeting, conference calls, or special meetings for planning the tournament, the expenses of these special meetings must come from school's share of the bonus.
 - i. If there is no bonus, each school may be assessed a proportional part of the expenses.
 - ii. These expenses may not be listed as tournament expenses

Sub-District/District Responsibilities of Host School

1. The host school is responsible for providing the following from its share of the receipts:
 - a. Wrestling area.
 - b. Wrestling mats.
 - c. Two scales for weigh-ins.
 - d. Advertising.
 - e. Tickets.
 - f. Ticket takers.
 - g. Postage.
 - h. Telephone calls.
 - i. Scorers.
 - j. Timers.
 - k. Wall brackets.
 - l. Other incidentals the local director shall deem desirable for properly conducting the tournament.

Sub-District/District Refund Schedule to Teams

1. Refunds for expenses in travel will be allowed for sub-district/district meets if funds from gate receipts are available.
2. If income from the tournament is not sufficient, the refund to teams shall be prorated.
 - a. Mileage Rate-
 - 1-5 individuals, to include coach - \$.50 per mile one way
 - 6-10 individuals, to include coach - \$ 1.00 per mile one way
 - 11-15 individuals, to include coach - \$1.50 per mile one way
3. No lodging allowance for Sub-Districts/Districts.

Sub-District/District Entry Forms

1. The sub-district/district entries should be submitted into Trackwrestling no later than the Monday preceding the Sub-District/District tournament (January 29, 2024 for Girls Sub-District, February 5, 2024 for all boys classes) The entries will be submitted through the coach's login on the Trackwrestling - OPC into the Trackwrestling tournament software. Instructions will be sent via email directly from Trackwrestling which will include a link as well as instructions for entering those individuals. The entries are automatically sent to the sub-district/district host. REMINDER: The individual results of each wrestler must be entered into the Trackwrestling results database prior to the Sub-District/District seeding meeting. The seeding meeting for each respective sub-district/district tournament should be conducted on the same day as the first weigh-in for the tournament.
2. At the time of the sub-district/district tournament seeding meeting coaches must be prepared to verify each of their entries seasonal weigh-in record.
3. **Disqualification:** If it is discovered any time after the start of the sub-district/district competition that an individual's record was not correct, or that the wrestler competed at a weight class below his/her minimum weight class during the season, the wrestler will be disqualified from any further competition in either the sub-district/district tournament or the state championship.

4. If it is discovered any time after the start of the sub-district/district competition that an individual's record was not correct, or that the wrestler competed at a weight class below his/her minimum weight class during the season, the wrestler will be disqualified from any further competition in either the sub-district/district tournament or the state championship.

Class D District Entries

In Class D, each school will be allowed to enter up to two wrestlers in each of the designated NFHS weight classes, with a maximum of 14 wrestlers total per team, at the state qualifying tournaments. Any school that enters more than one wrestler in a weight class, must designate which of the two wrestlers would score team points for the purpose of determining the district and state team placing.

If two wrestlers from the same school compete against each other in the tournament, and the designated scoring wrestler wins the match, only advancement and placement points for that match would be awarded with no additional bonus points earned regardless of the match score.

Verifying Entries

1. Pre-seeds will be based on initial Sub-District/District entries.
2. If needed, coaches are allowed to change their Sub-District/District entries up until the beginning of the seeding meeting or weigh-ins, whichever is first.
3. Each coach must submit an updated weigh-in sheet of the wrestlers entered into the sub-district/district tournament to the tournament director or designee, prior to the weigh-in.

Seedings and Pairings

1. Sub-District/District Entries. Wrestlers entered in the sub-district/district tournament must have wrestled at a weight class no lower than his/her weekly minimum weight class during the season. He/She may wrestle in a higher weight class, provided he/she makes weight for the weight class and competes at least once prior to the sub-district/district tournament. An individual can make a weight and compete at a higher weight class during the regular season and be eligible for the lower weight at the sub-district/district tournament.
2. The Individual match results for each wrestler entered into the sub-district/district tournament shall be input into the Trackwrestling result database prior to the sub-district/district seeding meeting. If a coach wishes to put a wrestler up for a seed at the sub-district/district tournament, that wrestler's season match results must be correct in the Trackwrestling result database. If all the individual match results of a wrestler are not input into the calculator prior to the deadline set by the sub-district/district host of the seeding meeting, the wrestler shall not be eligible for seeding at the sub-district/district tournament.
3. If it is discovered after the start of the sub-district/district seeding meeting, or anytime thereafter during the sub-district/district tournament, that an individual's record was not correct or that a wrestler competed at a weight class below his/her minimum weight class during the season; the head wrestling coach will be suspended for the remainder of the sub-district/district tournament. If it is discovered after the completion of the sub-district/district tournament, the head coach will be suspended for the entire state championship.
4. The seedings and pairings of competitors in all tournaments shall be done at an open meeting.
5. Only matches as a part of the official schedule submitted to the NSAA shall count toward sub-district/district seeding. The only exceptions to this rule would be the special invitational competitions described under ("Special Invitational Meets"-See Index.), or if the school notified the NSAA office of a change in the team's schedule due to an all school closure due to illness or extreme winter weather. Any changes of a team's schedule after November 16 must be approved by the NSAA. It is necessary that accurate season records be provided to the director in advance, so that he/she may make preliminary plans.
6. Prior to the seeding of the wrestlers, each sub-district/district must determine the following by a majority vote of the coaches present:
 - a. do you plan to seed any wrestlers with losing records—if so, you can manually change the individual's record in the Trackwrestling program to a .500 record and they would then be included in the seeding program to determine a pre-seed.
 - b. determine if there needs to be a minimum number of matches in order for a wrestler to be seeded.

7. NSAA Rules for the Sub-District/District Seeding Meeting will be as follows:

Each sub-district/district would utilize the NSAA Trackwrestling program to determine the pre-seeds which takes into account all of the following:

- a. Head to head competition
 - b. Common opponents
 - c. State Champion
 - d. Highest state placer
 - e. Returning state qualifier
 - f. Varsity record
 - g. If coaches disagree with Trackwrestling pre-seed, they will have the authority to make changes with a 2/3 majority vote.
 - h. Draw the byes.
 - i. Then place losing records by percentage.
8. Once the seeding meeting has concluded, no changes can be made except to scratch an athlete from competition. If the scratched athlete was seeded, those wrestlers seeded below may be moved up a seed. This could cause the bracket to be redrawn, not reseeded. If the scratched athlete was not seeded, the bracket may be redrawn with no changes in seeded athletes. The only exception would be for an injured or ill wrestler. The injured or ill wrestler may not be replaced by an athlete who has already been seeded or placed in any other weight class for the sub-district/district tournament.
9. Once the wrestlers have been seeded, they should be put into the bracket accordingly.
10. Class D District seeding only – Class D schools are allowed to submit two entries per weight at the district tournament but cannot exceed 14 total entries. For seeding purposes, the records for the wrestlers should include all matches at varsity competitions even if they are the non-scoring (JV) wrestler at that competition. All other seeding protocols should be followed as defined.

Sub-District/District Tournament Regulations

1. If it is necessary in Class D to have a bunny bracket match it will be wrestled with no tournament scoring. The winner will advance on to the round of sixteen in the tournament bracket. Loser(s) of the bunny bracket will drop to the consolation bracket and also compete in a round with no tournament scoring. Full wrestle backs with double elimination shall be wrestled, with cross bracketing.
2. Trackwrestling will build the initial bracket for the tournament with the correct parameters. The tournament director will place the individuals in the proper seeding place during the seeding meeting.
3. Classes A, B, C, and Girls will be one day tournaments. Class D will be a two day tournament.

Withdrawal from Tournament

Teams, which withdraw from a sub-district/district tournament or state championship after seedings and pairings have been made, are subject to penalty by the NSAA Board of Directors, unless such withdrawal is authorized by the NSAA Executive Director for sufficient cause.

Handicap Accessibility

Facilities must provide reasonable accommodation for special needs.

Admission to Sub-District/District Wrestling

Sub-District/District contests are considered NSAA activities (not local activities). Student admission waivers under the Student Fees statutes will not be permitted.

One Day Sub-District/District Tournaments (Classes A, B, C, and Girls) ticket prices:

Students - \$7.00 / Adults - \$9.00

Two Day District Tournaments (Class D) ticket prices:

Friday – Students - \$5.00 / Adults - \$6.00

Saturday – Students - \$7.00 / Adults - \$9.00

Team Tickets

1. The host school shall furnish seventeen passes to each participating school which enters a full team of fourteen wrestlers.
2. If a school enters fewer than fourteen wrestlers, the team passes shall be reduced proportionally by that number.
3. These passes shall grant admission to that tournament only.
4. In addition to the seventeen passes for the team and coaches, extra passes for administrators and school personnel may be furnished as follows: Class A—6; Class B—6; Class C—4; Class D—4; Girls—4

Cheerleaders and Drill Teams

1. Due to potential liability in case of injury, mounts and pyramids by cheerleaders and drill teams during Sub-District/District and State contests are prohibited. A mount is defined as any stunt where one individual is supported above the level of the floor by another individual or individuals. The height of the mount or pyramid, or the number of people involved, has no bearing on the type of stunt performed.
2. Cheerleaders and drill team members MUST pay regular admission to all Sub-District/District and State contests.

Bands & Artificial Noisemakers

1. Bands are permitted during Sub-district, District, and State contests.
2. Members MUST pay regular admission for Sub-district, District, and State contests.
3. The use of artificial noisemakers is prohibited. (Examples: air horns, whistles, bells, Thunder Stix, etc.) Megaphones are to be used by cheerleaders only. Band instruments, including drums, are not to be played at any time other than when the entire band is playing. Bands should not be permitted to play except prior to the meet, at intermissions and time-outs.

Media & Student Media Credentials/Broadcasting

1. All media operations (admission, access and accommodations) for Regular Season contests are at the Host School discretion.
2. The NSAA Media Manual outlines policies for Media Credentials, Student Media, Broadcasting Policies and other specifics surrounding NSAA post-season contests.
3. Post-season contests include: Districts, Sub-Districts, Sub-State, Playoffs and State Championships.
4. The Media Manual is posted on the NSAA website's Media Page. <http://nsaahome.org/media-info/>

NSAA Sportsmanship

In the realm of good sportsmanship, it is the expectation that all student spectators wear shirts for all sub-district, district, and state events. Each individual school shall be responsible for assuring that student spectators are appropriately attired. Participants must keep their uniforms on while in the competition area.

Tournament Officials

Only NSAA registered officials will be approved and the maximum pay described earlier shall not be exceeded. The NSAA will assign the tournament officials for each Sub-District/District. Two officials will be used on consolation semi-finals and finals matches.

Protests

1. A protest based upon the eligibility of a wrestler will be honored by the NSAA office, provided it is made before the participant against whom the protest is filed wrestles his/her next match.
2. Protests based upon the decisions of officials during a match will not be accepted.
3. The tournament director has full authority to make final settlement on all protests not covered above.

Qualifiers for State

The top four place winners from each weight class in each district (girls & boys) shall qualify for the State Wrestling Championship.

Inclement Weather

1. Snowstorms or other inclement weather conditions may force the postponement of a sub-district/district tournament.
2. The tournament director has the authority for the postponement and rescheduling of such tournament. Such a decision must be communicated to the NSAA office.
3. In determining whether to postpone or to hold the tournament as scheduled, the director should consider the following factors:
 - a. The weather and road conditions at the site of the tournament.
 - b. Existing weather and road conditions at the location of the schools which are to compete that day.
 - c. Road conditions between tournament site and the competing schools.
 - d. The weather conditions immediately prior to, during, and following the contest as reported by the weather bureau. If after considering the various factors, the tournament director determines that competition is to go on as scheduled, all schools shall be notified early enough so as to allow each team sufficient time to travel to the contest site.
4. Once the decision has been made to hold the event as scheduled and any team has begun to travel, the tournament shall be held.
5. If the tournament director feels a postponement is necessary, he/she shall get permission from the NSAA Executive Director before postponing the day's activities.
6. Once the meet or tournament has been postponed, the sub-district/district director shall be responsible for setting the new time, date, and site, if necessary, for the continuation of the meet or tournament. This new time, date, and site must be cleared through the NSAA office.
7. The previously agreed upon schedule may be changed so as to have the tournament completed by the required dates.
8. Neither tournament receipts nor funds from the NSAA are to be used to reimburse any school for additional expenses incurred because of a postponed tournament.

Plaques, Medals, and Wall Brackets

1. Plaques are awarded to the winning district team and district runner up.
2. Medals are awarded to the top four individuals in each District.
3. These awards will be shipped directly to the director of each district tournament from Awards Unlimited.
4. If there is a tie for the district team championship, the runner-up plaques shall be returned to the NSAA office and another championship plaque will be ordered.
5. Wall brackets are the responsibility of the host school.

Expected Behaviors at Awards Ceremonies

Education-based activities give students the ability to train, participate and compete in a structured setting. With that, students often learn lessons that are sometimes not taught in the traditional academic classroom. Some of those lessons includes learning to win and lose with dignity and grace. As such, the following guidelines have been developed for awards ceremonies at the conclusion of sub-district, district and state contests.

Only one team can win a district or state championship, yet the NSAA provides trophies, plaques and medals to the losing teams in many of the postseason activities. It shall be the expectation that both team shall accept their medals and trophies in a sporting and willing manner. Some losing teams have been reluctant to step forward and accept their awards, and coaches and administrators need to assure sporting behaviors for their student athletes. It is natural to be disappointed in losing the contest but stepping forward at this time of disappointment is a life lesson that helps mold proper and sporting behaviors. It is the expectation!

The executive director or the NSAA Board of Directors shall determine the type and severity of sanctions to schools that do not comply with these expectations.

WRESTLING DUALS

Dual Wildcard Criteria

The results of all matches wrestled against varsity teams of schools in Nebraska and any out-of-state opponents will be used to:

1. Calculate point averages.
2. Determine the win and loss record for designating a team as a first, second, third, or fourth division team.
3. It is the responsibility of each respective school to verify that the results of all varsity duals have been entered into the wildcard system in the NSAA database at the conclusion of any and all dual competitions. The expectation is that the results are entered within 24 hours of the conclusion of the scheduled competition.

Dual State Qualifying Criteria

1. The eight dual state qualifying teams will be selected in the following manner:
 - a. The wildcard point competitions can only be calculated based on the duals on the NSAA season schedule.
 - b. In order for a team to be eligible for wildcard consideration, they must schedule and compete in a minimum of 6 duals.
 - c. Only the dual competitions between varsity teams will be considered when calculating the qualifying point averages.
 - d. Out-of-state duals shall count as one of the total number of duals counted toward wildcard averages.
 - e. The results of all duals up to one week prior to the NSAA Dual State Championship shall be used.
2. The following point evaluation scale will be used to determine a team's total points:

EVALUATION SCALE	1st Division	2nd Division	3rd Division	4th Division
Victory Over	50	47	44	41
Loss To	39	36	33	30

- a. A first division team is a team, which has won at least 75% of its duals.
(Examples: 8-0, 7-0, 6-0, 7-1, 6-1, 5-1, 6-2)
- b. A second division team is a team, which has won at least 50% but less than 75% of its duals.
(Example: 5-2, 5-3, 4-2, 4-3, 4-4, 3-3)
- c. A third division team is a team which has won at least 25% but less than 50% of its duals.
(Examples: 3-4, 2-4, 3-5, 2-5, 2-6)
- d. A fourth division team is a team, which has won less than 25% of its duals.
(Examples: 1-7, 1-6, 1-5)
3. Class A award 2 bonus points for competing against a Class A opponent.
4. No points are deducted for wrestling teams that are classified below your classification.
5. In competition with schools one classification above yours, 2 bonus points will be awarded.
6. In competition with schools two classifications above yours, 3 bonus points will be awarded.
7. In competition with schools three classifications above yours, 4 bonus points will be awarded.
8. A team's point average will be determined by dividing the total number of points by the number of eligible duals wrestled.
9. If a tie exists for the eighth qualifying spot, the following procedure will be used to select the qualifying team or teams.
 - a. If teams have identical point averages and are tied for one of the qualifying spots and the teams have all wrestled each other, the team that can be separated based off head-to-head competition will be selected. In the case where teams meet multiple times the higher winning percentage against each other will determine the head-to-head winner.
 - b. If all the teams tied have not wrestled each other step "c" thru "f" will be used to determine which team qualifies for the NSAA Dual State Championships. Once one team breaks the tie and is awarded the qualifying spot then go back to step "a" and start over.
 - c. The team's opponents' wins and losses from all eligible duals will be totaled and the winning percentages calculated. The team whose opponents have the highest winning percentage based on this calculation will be chosen.
 - d. The team with the lowest average number of forfeits per dual will be chosen. The average number of forfeits will be determined by the total number of forfeits in all eligible duals divided by the total number of eligible duals.
 - e. The team with the highest average team points in all eligible duals.

- f. If a tie still exists, the qualifier will be decided by a coin flip in the NSAA office.
- 10. Classes A, B, C - In order to qualify for the NSAA Dual Wrestling Championships, the school must be able to fill a minimum of 10 weight classes at the championships. Class D - In order to qualify for the NSAA Dual Wrestling Championships, the school must be able to fill a minimum of 8 weight classes at the championships.
- 11. Schools that qualify through the wildcard point system but unable to fulfill the 10 or 8 weight class requirement to compete in the dual championships must notify the NSAA no later than 9:00 A.M. on the Monday of Week 31 of the NSAA calendar (the Monday prior to the Dual Championships).
- 12. Any school that qualifies through the wildcard point system and do not wish to compete in the dual championships must notify the NSAA no later than 9:00 A.M. on the Monday of Week 31 of the NSAA calendar (the Monday prior to the Dual Championships).
- 13. If a school does not wish to compete, the next team in the wildcard standings would be notified and invited to replace that team.
- 14. Any team that does not qualify for the dual championships will be allowed to compete on the same corresponding day as long as the competition is listed on their regular season schedule that is submitted to the NSAA prior to the beginning of the season.

2024 NSAA Dual Wrestling Championship

The NSAA Dual Wrestling Championships will be February 3, 2024. The NSAA Dual Wrestling Championships will be seeded on Monday of Week 31 (the Monday prior to the championships). Saturday of Week 30 will be the last day that contests will be used for qualifying. Corrections must be made before Monday at 8:00 A.M. CST of Week 31. Duals that have been postponed must be rescheduled before the Monday of Week 31 to be counted towards the Dual Wrestling Championships seeding.

Duals Format

All teams will be placed (according to seed) in an 8-team bracket. The first- round winners will advance to the semi-finals with the first-round losing teams competing in the consolation bracket. The consolation bracket will be wrestled out for 5th and 6th places. Second round winners in the consolation round will advance to the 5th place dual. Semi-final winners will advance to the finals with semi-final losers competing against each other for 3rd place. The teams will finish competition placing 1st -6th places with the top four teams being awarded NSAA Dual Wrestling Championship trophies.

Individual Medals

Individual medals will not be provided but can be ordered through the NSAA website at the cost of the school.

Weight Allowance

1. The weight classes will be scratch weight plus the two-pound growth allowance. Any additional allowance will be based on the NFHS “consecutive day allowance” rule. The NSAA will notify all participating schools of any allowance no later than 48 hours prior to the scheduled weigh-ins.
2. No wrestler will be allowed to weigh-in and compete at a weight class lower than the weight that they qualify for according to their individual weight loss plan.
3. A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor for. (NFHS Rule 4-4-3)

Eligible Contestants

1. A team wrestling roster of each school that qualifies for the Dual Championships shall be submitted to the NSAA no later than 3:00 pm CST on the Monday of Week 31, prior to the Dual Championship.
2. Each school will be allowed to weigh in 20 competitors for the Dual Championships.

Contestant/Coach Passes

Each team qualifying for the Dual Championships will be permitted 20 contestant passes and 4 coach passes. The roster, along with a list of the coaches shall be submitted to the NSAA by the Athletic Director of the participating school no later than 3:00 p.m. CST on the Monday of Week 31, prior to the Dual Championship.

2024 NSAA STATE WRESTLING CHAMPIONSHIP

All four classes of the State Wrestling Championship will be at the CHI Health Center Arena-Omaha, 455 N. 10th Street, Omaha, NE on February 15, 16, and 17, 2024.

Bylaw 3.3.7.2 The Executive Director is granted the authority to require schools to alter travel plans to arrive the day prior to the scheduled state contest if weather conditions so warrant. If a school chooses not to travel to the contest site the day prior to the scheduled contest, the school shall understand that the games will go on as scheduled and if they are unable to arrive prior to the scheduled game time, a forfeit will be issued. (This applies to individual wrestling matches.)

Reimbursements for State Wrestling Competition

1. The number to receive expenses shall be the number of qualifiers plus one coach.
2. **Mileage.** Mileage reimbursements will be based on the number of participants (qualifiers, number on roster) and one coach. (Note: Student Managers will not be included.) A school's mileage reimbursement will be figured using the following formula: [(#miles one way x # trips) – 50 miles] x appropriate amount listed below:

Amount per mile	Number of participants/coaches
\$0.85	1-6
\$1.70	7-12
\$2.55	13-18

3. Lodging. If lodging is used, \$20 per participant and one coach will be paid based on the following criteria: (**Note: Times listed are scheduled weigh-in times.**)

Wednesday Night before competing—

Classes B & C Schools—8:00 AM Thursday weigh-ins—must be 76 + miles away

Girls Schools—1:00 PM Thursday weigh-ins—must be 250+ miles away

Classes A & D Schools—1:30 PM Thursday weigh-ins—must be 250+ miles away

Thursday Night of State Meet—

Classes B & C Schools—7:30 AM Friday weigh-ins—must be 76 + miles away

Girls Schools—10:00 AM Friday weigh-ins—must be 150+ miles

Classes A & D Schools—10:30 AM Friday weigh-ins—must be 150+ miles

Friday Night of State Meet—

Schools with wrestlers competing Saturday and who are 76+ miles away

OR

Schools who do not have wrestlers competing Saturday, but who had wrestlers competing during the Friday Evening session and who are 200+ miles away

Saturday Night of State Meet—

No lodging allowance will be paid for Saturday night.

State Championship Seedings and Pairings

1. The pairings for the State Wrestling Championship will be made available February 10, 2024, at the conclusion of the last District Tournament.
2. At the conclusion of the district tournaments in all classes the 4 district champions from each class will be seeded using the NSAA/Trackwrestling seeding program. The remainder of the bracket will be placed using a formula based on the result of the top 4 seeds (24 different formulas). All district champions will be on the opposite side of the bracket from the 2nd and 3rd place finisher from their respective district. The champion and 4th place finisher from the same district will be placed on the same side of the state bracket, but in different 1/4 brackets. In the first round of the state meet, the district champions will be

paired with a 4th place wrestler from a different district, a 2nd place district finisher will be paired with a 3rd place wrestler from a different district.

Ticket Policy for State Wrestling

1. SPECTATORS--Advance Sale Deadline for Schools

- a. It is important that groups wishing to be seated together send in one order form and one check and designate which class they wish to see.
- b. All ticket order forms **MUST BE SENT** to CHI Health Center Arena-Omaha at 455 North 10th Street, Omaha, NE 68102, the first part of December. **No orders will be handled by the NSAA. (See CHI Health Center Arena Seating diagram).**
- c. CHI Health Center Arena-Omaha will fill those orders received by the December deadline that is located on the ticket order form and it will be based on a random drawing. Once those orders have been filled, CHI Health Center Arena-Omaha will open ticket sales to the public, after January 1, 2024, through Ticketmaster.
- d. **Only Ticketmaster, their ticketing agent, will be available for purchasing tickets after CHI Health Center Arena-Omaha has filled the initial order.** Those tickets will carry the handling fees imposed by Ticketmaster. Tickets available at Ticketmaster will be for any seats remaining after CHI Health Center Arena-Omaha has filled those orders received by the December deadline.
- e. All tickets for every session will have **specific seat assignments** and will have a barcode. Only tickets with the correct barcode for each session will allow admittance to that session. **READ YOUR TICKETS CAREFULLY** to make sure you have the correct ticket for the session you are attending.

2. SPECTATORS-Ticket Prices

- a. All tickets for the first four sessions will sell for \$8.00 adult or student.
- b. Tickets for Friday Night Semifinals and Saturday Finals will sell for \$8.00 and \$10.00. \$10.00 will be for the Lower Bowl of the arena and the east and west sides of the Upper Bowl. \$8.00 tickets will be for the north and south side of the Upper Bowl. (Sections 101, 102, 109, 110, 116, 118, 125, 126 and 127 of the Lower Bowl are reserved for competing wrestlers, coaches, and VIP seating.).

Admission Ticket Policy and Coaches' Wristbands – Floor Access Policy

1. Contestant Ticket Policy:

- a. Each contestant will receive a set of six individual session admission tickets. This ticket will be taken when they enter the CHI Health Center Arena for a particular session.
 - b. If they remain inside the CHI Health Center Arena between sessions, they will be asked to move to a designated section, and their tickets for the next session will be collected.
 - c. If they leave the CHI Health Center Arena during a session, they will be stamped and may be readmitted with that stamp during that session.
 - d. Absolutely no one will be admitted into the CHI Health Center Arena without a ticket. If a ticket or booklet of tickets is forgotten, lost, or stolen, a ticket will have to be purchased at the regular admission windows. No duplicates will be issued!
 - e. Floor Access: Contestants will be allowed in the main wrestling floor area only if they are in full uniform, still competing, and their particular Class is wrestling.
2. A section in the CHI Health Center Arena will be reserved for coaches and wrestlers by class, during the State Championship.
- a. Each school will receive coaches' wristbands based on their number of qualifiers according to the schedule below:

1--5 qualifiers	2 coaches' wristbands	2 coaches' lanyards
6--9 qualifiers	3 coaches' wristbands	3 coaches' lanyards
10--14 qualifiers	4 coaches' wristbands	4 coaches' lanyards

- b. Wristbands will be put on the coaches whose names have been submitted by their school administration in advance of the State Championship. This wristband will serve as your admission for the entire Championship. **THEY WILL NOT GET YOU MATSIDE FOR COACHING.**
- c. If a coach remains inside the CHI Health Center Arena-Omaha between sessions, he/she will be asked to move to a designated section, and wait for the gates to open for the next session.

3. Wrestling Coaches' Floor Access Lanyards:

Each and every coach that is allowed mat side will be required to have a visible lanyard credential (issued by the NSAA).

The number of lanyards each team receives is the same as the number of wristbands they qualify for.

- a. The mat side lanyard cannot be used as a ticket into the venue. Its sole purpose is controlling the area along the mats. You do not have to have a wristband to wear the lanyard.
- b. The people allowed to utilize the mat side lanyard must be listed on the coaches list previously submitted to the NSAA by their school administration.
- c. This lanyard must remain visible at all times when within the boundaries of the mat side area (including the coach's corners). If your lanyard is not visible, you will be asked to leave the mat side area immediately.
- d. Each lanyard is labeled by school and only those teams competing in that session will be allowed in the mat side floor area.
- e. A school that misuses this mat side lanyard will have it confiscated for the remainder of the Championship and you will need to request, in writing to the NSAA Executive Director, a reinstatement of the lanyard for the following year.

Weigh-ins

Weigh-in sheets will be provided by the NSAA for the individual state championship.

Coaching Attire for the State Wrestling Championships

In an effort to continuously improve the quality and image of the State Wrestling Championships, we are asking the participating schools to be aware of the attire for the coaching staff. Because we now webcast every match of the Championship for the world to see, we are asking the coaches to be conscious of the image that they are presenting as they represent their respective school. Obviously, if the coaches choose to wear a collared shirt with a school logo or even a button-up shirt with or without a tie, that would be up to standard. We are recommending the following minimum standards:

- 1. All coaches wear shirt or jacket that signifies your school in some form.
- 2. No jeans.
- 3. No ball caps (We currently do not allow ball caps for the wrestlers on the awards stand.)

School Banners or Signs at State Wrestling

No school banner or sign can be put up in the CHI Health Center Arena-Omaha during the State Wrestling Championship!

Awards Ceremony

All medal winners are required to appear on the awards stand dressed in their school-issued uniform or warm-ups, **NOT STREET CLOTHES** and without additional attire. Only Head Coaches will be allowed to present the championship medals. **THE WEARING OF CAPS, HATS OR JEANS WILL NOT BE PERMITTED ON THE AWARDS STAND.**

School Photographers – State Championship

School photographers **WILL NOT** be allowed access to the main floor of the State Wrestling Championship during competition.

Fan/Spectator Support Items

In the Chart below, ONLY those items marked “Yes” will be allowed as fan/spectator support items at all NSAA Sub-District, District, State Playoffs and State Championships.

Sportsmanlike vocal cheering and support from the team bench area are encouraged. The items indicated on this page are for use by fans/spectators.

Prohibited items: Confetti/shredded paper, powder (baby, talc, etc.), Laser light/pointer, flashing objects, miniature sports balls, objects or candy thrown into the crowd, Artificial noise makers, (included but not limited to horns, cow bells, bells, buzzers, clickers, thunder sticks, rattles, instruments not part of a band), whistles, air horns, sirens, cannons/muskets/guns/fireworks, live animals

Key: BA-Baseball, BB-Basketball, CC-Cross Country, FB-Football, GO-Golf, SO-Soccer, SB-Softball, SW- Swimming & Diving, TE-Tennis, TR-Track & Field, VB-Volleyball, WR-Wrestling, NA-Not Apply

Regulations listed are subject to facility restrictions.

SPORT	BA	BB	CC	FB	GO	SO	SB	SW	TE	TR	VB	WR
Balloons	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
One School Banner per school	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hand held signs	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Megaphones (school recognized cheerleaders only)	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	No	Yes	Yes
Shirts on student spectators (required) AR 3.3.11	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Shirts on general spectators	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Team Introduction Run-throughs or Break Away Banners	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pompoms, spirit towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Prerecorded music that has been approved by the Host Administration may be played during pre-contest warm ups provided that a high school band is not available to play during that time.	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	No	No	Yes	Yes
School bands	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	NA	Yes	Yes
Carried school flags (Running/taunting prohibited)	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes

UNMANNED AERIAL VEHICLE (DRONE) POLICY

The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any purpose by any person at any NSAA post-season tournament venue. For purposes of this policy, a UAV is any aircraft without a human pilot aboard this device. This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and includes a ban on the entire facility being used as part of the NSAA event, including the spectator areas and parking areas. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and

if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV. An exception to this policy, in writing, may be made in specific cases for NSAA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the NSAA. (6/2015)

2023-2024 NSAA Wrestling Classifications

NSAA Wrestling Weight Management Program and Guidelines

BACKGROUND: The Nebraska School Activities Association (NSAA) Board of Directors authorized the creation of a committee to review the current weight management program for students participating in interscholastic wrestling in Nebraska. The committee met for the second time on April 27, 2007. The committee reviewed the current NSAA Weight Management Program, reviewed the history of weight management issues considered by the NFHS Wrestling Rules Committee, reviewed the interscholastic weight management plans adopted in several states and developed the following information and guidelines. The National Wrestling Coaches Association, who has worked with 35 states in the formation of weight management programs, was consulted during the creation, revision and review process.

PHILOSOPHY: The NSAA Wrestling Weight Management Committee believes one of the primary factors in promoting proper weight maintenance among high school wrestlers is the development of a program to determine a safe minimum weight class for wrestlers based on body fat testing combined with hydration testing. The NSAA Wrestling Weight Management Committee identified the following elements of the program:

1. Any changes in the Nebraska wrestling weight management program will support efforts to make participation in wrestling a healthy and safe experience for Nebraska students.
2. The intent of the program is to continue to provide students participating in wrestling with a process to identify the wrestler's minimum weight class for participation purposes that factors body fat testing while the student is properly hydrated;
3. The program identifies the minimum weight class, based on a body fat measurement of 7% for male wrestlers and 12% for female wrestlers, that is appropriate for the wrestler's natural weight as identified by body fat testing;
4. The program establishes a minimum weight class along with a maximum weight loss, on the average body weight descent of 1.5% per week,
5. The program contains nutritional information which will assist students in maintaining a healthy lifestyle during the interscholastic wrestling season. The NSAA Wrestling Weight Management Committee recognizes the issue of proper weight management for youth is NOT an issue exclusive to the sport of wrestling or to only those students participating in wrestling. The issue of weight management is an issue central to the sport of wrestling and the committee welcomes the opportunity to address this issue through a review of current medical information and adoption of a program that incorporates medical research.

The committee also emphasizes that proposed changes or modifications to the current NSAA weight management plan are **NOT:**

1. drug testing efforts;
2. attempts to create financial impediments to the continuation of interscholastic wrestling programs;
3. intended to reduce the number of students participating in wrestling;
4. designed to reduce the number of schools offering interscholastic wrestling as a sports option for students.

PURPOSE: The primary purpose of this body fat testing program is to determine the lowest, safe minimum weight for each wrestler in order to provide a safe wrestling environment for all high school wrestlers in Nebraska. **The NSAA is NOT encouraging wrestlers to attain their lowest minimum wrestling weight.** Wrestlers may find that they actually perform better while participating in a weight class that may be higher than their minimum weight class. A wrestler's minimum weight may not be his/her optimal competitive weight; it is simply the lowest weight at which a wrestler may compete.

RATIONALE FOR A NSAA WEIGHT MANAGEMENT PROGRAM: The committee identified the following reasons for the program:

1. It is important to use a medical basis for establishing a wrestler's minimum wrestling weight;
2. It is important to develop a program that focuses on the health of the students participating in wrestling;
3. NFHS Wrestling Rule 1-5 mandates each state association to utilize a weight management program that assesses both body fat percentage and hydration;

4. It is important that NSAA member schools and wrestling coaches continue efforts to respond to weight management concerns to protect the integrity of the sport;
5. It is important to continue efforts in order to reduce the liability exposure to schools, coaches, and the NSAA.
6. Changes in the weight management methods in the sport of wrestling must be reasonable in cost and within member schools' ability to administer.
7. The NSAA Weight Management Program and any subsequent changes in the weight management rules will support current efforts of NSAA member school coaches to teach/coach athletes in a responsible manner, and,
8. The NSAA and its member schools have a responsibility to safely promote the sport of wrestling.

NSAA WEIGHT MANAGEMENT REGULATIONS: The establishment of a minimum wrestling weight class based on 7% body fat for males and 12%, for females, as set by the NFHS, is required for all high schools in Nebraska. The NSAA will utilize the **Optimal Performance Calculator (OPC)** as the mechanism to calculate the minimum wrestling weight for each wrestler. **This is now managed by Trackwrestling.** NSAA Approved Assessors will use the OPC as a data-reporting tool. Schools will utilize the site to receive and enter data. The OPC program will also serve as nutritional supplement for coaches and athletes.

I. HYDRATION TESTING

- A. Hydration testing must be the first step the assessment process. It is essential for coaches to stress to wrestlers the importance of hydrating prior to the scheduled assessment date.
- B. Specific gravity assessment of the urine will determine whether a candidate may participate in the body fat assessment. If the wrestler has a specific gravity above the predetermined level, he/she may NOT be assessed for body composition. This is a pass/fail assessment based on a specific gravity 1.025 g/ml or less. The school will provide individuals to conduct the specimen collection and assist with the testing. Schools should make sure that each wrestler is tested individually to prevent urine exchange (the right to privacy must be respected).
- C. If the wrestler passes the specific gravity test, only then may he/she continue to the body fat test.
- D. If the wrestler fails the specific gravity test, he/she may not be assessed for 24 hours and must meet the Hydration requirement before the body fat test takes place.
- E. Once a wrestler has passed the Urine Specific Gravity Test, he/she must be body fat tested immediately, on that date, without any exercise or delays.
- F. Hydration Testing will be done using one of two methods:
 - a. Refractometer; or
 - b. HydraTrend Test Strips for specific gravity and pH in urine
- G. The athlete will use a cup to collect a urine sample for testing. NSAA Approved Assessors will then conduct the Hydration Test.
- H. NSAA Approved Assessors will follow the NSAA hydration testing protocol.
- I. The hydration test is NOT a drug test!
- J. It is possible that an athlete cannot reach the proper hydration level due to medical reasons. Verification by a medical professional would be necessary. Please contact the NSAA office.

NOTE: The Hydration Testing Policy was reviewed and approved by the NSAA Sports Medicine Advisory Committee on 12/02/09.

II. BODY FAT TESTING AND ESTABLISHING MINIMUM WEIGHTS

****NOTE: An athlete may not proceed to the Body Fat Test until they have passed the Hydration Test.**

- A. One of the following body fat testing methods will be utilized to determine each wrestler's body fat percentage:
 - a. Bioelectrical Impedance Analysis (BIA) by use of a Tanita Scale (TBF-300WA or TBF-300WA PLUS) or InBody 120. If using the Tanita scale the assessor must use the ATHLETIC mode.
 - b. Skin Fold Calipers: Plastic calipers will not be permitted.
 - c. Hydrostatic (Underwater) Weighing.
 - d. Air Displacement System (Bod Pod).
 - e. Dune Entergy X-Ray Absorptiometry (Dexa)

- B. Only measurements taken by persons who are NSAA Approved Assessors will be accepted. It is the responsibility of the school to contact an Assessor and arrange a time to have the wrestler(s) measured. No wrestler may compete without having a minimum wrestling weight established by the Optimal Performance Calculator (OPC). An athlete's participation in competition, at any level, prior to results being posted on the Trackwrestling web site by an assessor or the NSAA staff will make all results of an appeal or medical clearance null and void. The athlete's descent plan would be based upon the last successful body fat test (original Alpha Test or Body Fat Appeal Test).
- C. The lowest weight class a wrestler may compete at will be determined as follows:
 - a. One simple variance after a successful Alpha Test or Appeal will be utilized. All minimum weights will be given a 2% Body weight rounded down. Example: **Minimum Wrestling Weight (MWW)** before variance 149.81 = 146.81. **Minimum Wrestling Weight w/ Variance (MWWV)**. = 152 as the **Minimum Weight Class. (MWC)**
 - b. NO descent variance to a weight class will be used. **The descent will begin on the day of the test. There will be NO postdating.**
 - c. If the minimum weight, with the 2% variance, at 7% body fat for boys or 12% body fat for girls, is exactly that of one of the adopted weight classes, that weight shall be the wrestler's MWWV.
 - d. If the minimum weight, with the 2% variance, at 7% body fat for boys or 12% body fat for girls, is .9999 of a pound or less from one of the adopted weight classes, that weight class shall be the wrestler's MWWV.
 - e. If the minimum weight, with the 2% variance, at 7% body fat for boys or 12% body fat for girls, is greater than .9999 of a pound from one of the adopted weight classes, the next higher weight class shall be the wrestler's MWWV.
 - f. The OPC will indicate the Minimum Weight Class (MWC) for each wrestler after the assessor enters the hydration and body fat information.
 - g. Only OPC verified alpha tests will be accepted by the NSAA for out of state transfers.

III. BODY FAT APPEALS

1. Step #1 Alpha Test

- a. If the coach and athlete are satisfied with Body Fat results; the process is complete.
 - (1) Coach prints the Alpha Test Results
 - (2) Athlete and Coach sign the Alpha Test
 - (3) Coach keeps the signed results on file
 - (4) If the coach or athlete is not satisfied with Body Fat results – the athlete may proceed to Step #2.

2. Step #2 Body Fat Test Appeal

- a. The athlete must wait a minimum of 24 hours to Appeal.
- b. The cost of the appeal is to be paid by the school or the wrestler depending on the school's policy.
- c. No athlete may compete at any weight or level until all appeal data is entered by a registered NSAA Assessor. The athlete's appeal results must be within the Trackwrestling OPC to appear on a pre-meet weigh in form.
- d. An athlete may appeal to the same NSAA registered assessor or a different NSAA registered assessor.
- e. Athlete may use the same or a different method of assessment.
- f. The athlete must pass the hydration test prior to the weight being recorded by the assessor.
- g. If the athlete fails the hydration test, the athlete must wait 24 hours to begin the Body Fat Test Appeal again.
- h. The athlete is appealing the Body Fat test results only – any weight loss greater than 1.5% per week, calculated daily, will result in a failed appeal test. An athlete that fails the appeal test will have two choices: (Coaches – Refer to Individual Weight Loss Plan).
 - (1) Use the first Alpha Test results.
- i. No other appeals will be granted.
- j. The testing results of the appeal, even if it is higher than the minimum weight of the initial test, shall be final.
- k. An athlete's participation in competition, at any level, prior to results being posted by the registered NSAA assessor will make all results of the Body Fat Appeal test null and void. The athlete's descent plan will be based upon the original Alpha Test.
 - (1) If the coach and athlete are satisfied with Body Fat Appeal Test results; the process is complete.

- (2) Coach prints the Body Fat Appeal Test results.
- (3) Athlete and Coach sign the Body Fat Appeal Test results.
- (4) Coach keeps the Body Fat appeal Test on file

IV. TIME PERIOD FOR MEASUREMENTS

- A. No wrestler may compete until he/she has participated in an initial Hydration and Body Fat Test, and his/her name and data are included on the school Alpha Master Form.
- B. If a wrestler is unable to participate in the Hydration and Body Fat tests because of factors outside of his/her control, NSAA staff will determine the appropriate alternative Hydration or Body Fat testing methods [(TBF-300WA or TBF-300WA PLUS), Skin fold, Bod Pod, Hydrostatic Weighing, or DEXA] that will be used to determine the minimum wrestling weight for the wrestler.
- C. Hydration and Body Fat Testing may begin on the Monday prior to the official start of the NSAA wrestling season. Wrestlers may be measured any time on or following this date to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.
- D. On the NSAA Standardized Calendar, the Saturday of Week 30 for the girls (**January 27, 2024**) and the Saturday of Week 31 for the boys (**February 3, 2024**) are the deadlines to establish a minimum wrestling weight. Exception: A wrestler who has not been medically released to participate, upon proper release, must complete an Alpha Test by an NSAA Approved Assessor. The weight class in which the wrestler officially weighs in at for the first time on the first day of sub-district/district wrestling, will be considered his/her minimum wrestling weight class.
- E. For the girls, **Saturday, January 27, 2024** will be the last day an Alpha Test result may be entered into the Trackwrestling website.
- F. For the boys, **Saturday, February 3, 2024** will be the last day an Alpha Test result may be entered into the Trackwrestling website.
- G. Unusual situations must be arranged with the NSAA in writing before deadline or due dates.

V. SCHOOL RESPONSIBILITIES FOR THE MEASUREMENT PROCESS

- A. Each school will be required to pay an additional \$150 to the NSAA at the time of registration and in return the school will receive at no additional charge:
 - a. Access to the OPC weight management program (was a \$30 fee) which also includes a membership to the National Wrestling Coaches Association.
 - b. Be able to utilize the Trackwrestling Stats program (was a \$50 fee) – All tournaments that are run on Trackwrestling automatically collect this data and you are now able to access those stats at no additional cost.
 - c. All NSAA high school wrestling teams would be able to utilize the Trackwrestling Event Management platform to run any regular season HIGH SCHOOL competitions (boys or girls varsity, JV or freshman) at no additional charge (average cost of \$115-\$125).
- B. Schools will receive results from the OPC. The NSAA reserves the right to have any wrestler re-tested.
- C. The NSAA recommends the standard fee for testing per athlete NOT exceed \$5 per wrestler. The fee may be paid for by the wrestler, school, booster club, or sponsor.
- D. Schools choosing to contract with an NSAA Approved Assessor to test athletes at their own school will be required to have at the time of assessment:
 - a. NSAA Hydration and Body Fat Test Data Forms
 - b. Adequate personnel for hydration testing (coach, teacher, AD, parent, etc...) who will:
 - (1) Assist with measuring height (only if using Tanita scale)
 - (2) Assist with the recording of data.
 - (3) Assist with urine specific gravity testing.
 - (4) Wrestling coaches may NOT take part in any part of the recording of Alpha test results.
 - c. Urine Specific Gravity Test Strips or (refractometer testing which could be provided by the assessor) for Specific Gravity Hydration Testing. Purchasing of the test strips are the responsibility of each school.
 - d. Hydration and Body Fat Tests shall not be conducted by any active wrestling coach at any level.

VI. NON-VARSITY COMPETITION

❖ **Non-Varsity Home Weigh-Ins**

- A. Nebraska schools will be allowed to use home weigh-ins for non-varsity competition only.
- B. Coaches must create and use a Pre-Meet Weigh-In Form through the Trackwrestling site.
- C. Schools must send electronically or present the completed weigh-in form on site.
- D. The weigh-in must take place on the same day as the competition.
- E. Host schools must use NFHS established weight classes.
- F. Coaches must enter all weigh-in data into the Trackwrestling web site prior to the next competition at any level.
- G. Home weigh-ins for Junior Varsity should not be used for the purpose of establishing the lowest allowable weight class for sub-district/districts.

VII. GROWTH ALLOWANCE:

- A. The NSAA awards a two-pound growth allowance on December 25, for ALL wrestlers who have COMPLETED THE INITIAL ALPHA TEST OF THE WEIGHT MANAGEMENT PROGRAM (OPC).
- B. The growth allowance may not be utilized to achieve a lower weight class THAN THE WEIGHT MANAGEMENT PLAN ALLOWS.
- C. In order to utilize the growth allowance AT THE SUB-DISTRICT/DISTRICT TOURNAMENT, a wrestler shall WEIGH-IN AND COMPETE AT LEAST ONCE AT THE DESIRED WEIGHT CLASS BEFORE THE DESIGNATED DEADLINE. (An exception to this requirement would be injury or illness. This must be verified with the NSAA.)
- D. IF A RESPECTIVE WEIGHT LOSS PLAN STATES THAT THE WRESTLER IS ELIGIBLE FOR A DESIGNATED WEIGHT CLASS ON THE SPECIFIC DAY OF THE WEIGH-IN, THEY ARE ELIGIBLE TO WEIGH-IN AND COMPETE AT THAT WEIGHT CLASS.

VIII. WEIGHT LOSS PER WEEK:

- A. An average weight loss limit of 1.5% of body weight at the time of initial Body Fat Test per week will begin once the athlete has successfully completed an Alpha Test, Appeal Test, or Medical Clearance. A season-long weight loss plan, calculated daily, will guide his/her weight loss during the season.
- B. Nebraska will utilize the Optimum Performance Calculator (OPC), now managed by Trackwrestling, into which wrestlers' weights will be entered to chart the 1.5% descent plan. A wrestler's descent plan will detail at which weight classes a wrestler may participate each day based upon each official weigh-in.
- C. For each high school varsity and non-varsity competition, coaches must present their Pre-Meet Weigh-In Form at weigh-ins. If a coach cannot or does not produce Alpha Master Forms, it shall be reported to the NSAA office by the host school. Coaches failing to have the Pre-Meet Weigh-In Form available at a weigh-in will be suspended from the next contest at that level of competition.
- D. A wrestler will not be allowed to wrestle at any time in a weight class that would require him/her to lose more than 1.5% per week, calculated daily, from the original date of a successful measurement.
- E. **Coaches will be required to enter all official weigh-in weights into the OPC after each competition at any level. All data entry must be completed prior to creating the next pre-meet weigh-in form.** This will recalculate the wrestler's descent plan for the remainder of the season automatically. This may or may not affect the wrestler's minimum weight class for the remainder of the season.
- F. At any level of competition, a record of weigh-ins must be provided by the host school. This record must include all wrestlers who officially weighed in. Coaches should keep weigh-in records on file documentation should any wrestler's lowest minimum wrestling weight be challenged.
- G. **PENALTY**--A wrestler who participates at a weight class below the weekly eligible weight classes defined by the weight loss plan shall be suspended for the next contest at that level of competition and all other levels in the interim. The coach shall also be suspended for the next contest at that level and all other levels in the interim. Each individual match will result in a forfeit by the ineligible wrestler. The eligible wrestler shall receive an individual match win. The ineligible wrestler shall not receive a win or loss. No individual or team placement within a tournament will be changed due to the forfeit. In a dual competition, team scores may be corrected within 30 minutes after the conclusion of the dual meet – NFHS rule 6-6-4
 - b. The forfeit shall have no influence on sub-district/district seeding other than each wrestler's win/loss record.

- H. **PENALTY** --If a wrestler competed at a weight class below his/her minimum weight class during the season, and it is discovered after the start of the sub-district/district seeding meeting or any time before the start of competition in the sub-district/district tournament, the head wrestling coach will be suspended for the remainder of the sub-district/district tournament. If it is discovered after the start of sub-district/district competition, the head coach will be suspended for the remainder of the sub-district/district tournament and the entire state championship.

IX. PROCESS FOR ESTABLISHING A MINIMUM WEIGHT CLASS:

- A. The Body Fat Test or Body Fat Appeal Test will determine the final minimum weight at which each wrestler may compete for the rest of the wrestling season. The Alpha Test must show that the wrestler can make that weight. You can never compete at a lower weight class than listed on alpha master.
- B. A wrestler may compete at a weight as long as their respective weight loss, descent plan allows him/her to make the designated weight with the allowance. **EXAMPLE:** A wrestler wishes to compete at the 120-pound weight class but the weight loss plan only allows him/her to make 120.8, however there is a one pound (consecutive day of competition) allowance. The wrestler is allowed to compete at the 120 pound weight class because the actual weight (121) is allowed according to the descent plan on that date.
- C. Each wrestler must compete at least once at their minimum weight class during the regular season prior to the NSAA Sub-District/District Wrestling Tournament, in order to be eligible for that weight class wrestlers are always allowed to move up weight classes as long as their weight, at the time of weigh-ins, qualifies them for the specific weight class.
- D. A wrestler cannot use the 2-pound growth allowance to get to a weight class if the weight class is lower than the Lowest Allowable Weight class on the original alpha test. (*The coach must check the "consecutive day allowance" box when creating the weigh-in sheet in order for the plan not to reset.)
- E. Consecutive day allowance will not reset the weight loss plan of a wrestler if it is used as an allowance to make a specific weight. As long as the individual weight loss plan allows the wrestler to be at the designated weight for the weight class on the date of the weigh-in.

X. NSAA APPROVED ASSESSORS:

- A. NSAA Assessors will register and receive training on-line. (Open in October)
- B. The cost to become an approved NSAA Assessor shall be \$30.
- C. A person will not be registered for the current school year until they have registered and viewed the online training PowerPoint.
- D. Only NSAA Approved Assessors will be allowed to conduct the testing and enter the results online into the OPC.
- E. Every school or school district will have the opportunity to register individuals that will be responsible for Hydration and Body Fat Testing. Persons eligible to be trained as NSAA Approved Assessors include physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physicians' assistants, nutritionists, health educators, exercise physiologists or other persons approved by the NSAA. However, wrestling coaches may not assess their own wrestlers, and parents of wrestlers may not assess wrestlers from their son or daughter's school.
- F. If schools elect not to register an NSAA Approved Assessor, then they must coordinate athlete testing with an approved Assessor.

XI. DATA COLLECTION:

- A. The NSAA will provide all of the reporting forms on the NSAA web site.
- B. The NSAA Approved Assessors will conduct all of the Hydration and Body Fat Tests.
- C. If necessary, schools will provide the strips, cups or other approved instruments to conduct the urine Specific Gravity Test.
- D. The NSAA Approved Assessors will record and post all data in the Trackwrestling website.
- E. Wrestlers failing the hydration component will not be recorded in the OPC on the Trackwrestling website.

XII. COSTS:

All costs incurred for initial Hydration and Body Fat Tests, appeal process, and OPC are the responsibility of the school or parent.

- A. Testing of Athletes: \$5 per wrestler (recommended by the NSAA)

- B. Test Strips for Specific Gravity Hydration Testing should be purchased and provided by the school.
- C. Disposable cups and gloves for hydration assessor.
- D. Each school is required to pay a \$150 Administration fee at the time of Registration.

**XIII. THE NUTRITION EDUCATION PROGRAM:
EDUCATING THE STUDENT AND PARENT**

- A. We recommend that each school annually provide wrestlers with a one-hour nutrition education seminar. This seminar is available on the NWCA website at nwcaonline.org.
- B. It is recommended that an education seminar be presented by any person who may be a dietitian, health educator, nutritionist, physician, nurse or others with a background in nutritional science.
- C. The one-hour seminar shall include a discussion on each of the following topics:
 - a. Nutrition education will emphasize proper growth as well as healthy weight-reduction approaches.
 - b. Students and parents will be encouraged to resist unhealthy weight-reduction practices.
 - c. The impact on growth, development, and lifelong health will be primary in the education of the student.
 - d. Emphasis will be placed on eating reasonable amounts of proper foods to maintain healthy bodies rather than to binge and purge.
 - e. The dangers of dehydration will be explained and the practice of dehydrating to achieve a weight will be discouraged.
 - f. Using the OPC through Trackwrestling as an aid to develop an appropriate nutritional plan.
- D. The NWCA web site provides educational materials that promote appropriate nutritional practices and support development of a nutritional plan.
- E. Schools are encouraged to have monthly follow-up programs throughout the season to assist parents and wrestlers in handling the demands of the season.

NWCA NUTRITION COMPONENT

- A. The NWCA in conjunction with the NCAA and the NFHS have developed the interactive on-line program to allow parents and students to work together to build an appropriate nutritional plan. This component is part of the OPC, managed by Trackwrestling, and is available to every wrestler that participates in the NSAA Wrestling Weight Management Program.
- B. The site bases menus on a 55% carbohydrate, 30% fat and 15% protein dietary profile and uses specific volumes and serving sizes. The program also recommends diets and sample menus and offers choices based on personal preferences.
- C. After Body Fat Test results are input the OPC automatically issues every wrestler a code and password that allows access into the nutrition program. Coaches have the ability to print and distribute these codes to each wrestler after their initial assessment has been completed and their data is entered into the program.
- D. Parents are encouraged to participate in the development of an appropriate nutritional plan. Parents can visit the NWCA website at www.nwcaonline.com.

RESOURCES: The NSAA Wrestling Weight Management Program and Guidelines was developed by the NSAA Wrestling Weight Management Committee utilizing information and guidelines from the following: National Wrestling Coaches Association (NWCA); Missouri State High School Activities Association, Kansas State High School Activities Association; Iowa High School Athletic Association; Michigan High School Athletic Association, New Jersey Interscholastic Athletic Association, North Dakota High School Activities Association; Oregon School Activities Association; Nevada Interscholastic Activities Association; Pennsylvania Interscholastic Association, and the National Federation of State High School Associations (NFHS).