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 within the manual. Coaches and Athletic Directors are urged to review this entire manual and save it for future reference.

NSAA and NFHS Policy Statement on Steroids

The Nebraska School Activities Association (NSAA) and the National Federation of State High School Associations (NFHS), strongly oppose the abuse of anabolic steroids and other performance-enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long-term health risks.

The NSAA and the NFHS support prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes.

Warning About the Inherent Dangers of Wrestling

Student athletes, coaches, and parents should be aware that wrestling, like all sports, will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in this sport, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The NFHS and NSAA encourage student athletes in all sports, and their parents, to discuss risks and risk minimization with coaches, school administrators, and state high school association officials.

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, District and State Results and wrestling records.
KEY DATES FOR WRESTLING

The wrestling season starts the first day of practice, November 13, 2017 and ends with the State Dual Championship.

First Day of Alpha Tests…………………………………..November 6, 2017
Start of Practice……………………………………………November 13, 2017
NSAA Deadline for submitting schedules………………November 17, 2017
Date of First Contest………………………………………November 30, 2017
Growth Allowance for Wrestlers… …with a completed descent plan…………December 25, 2017
District Entries Due………………………………………February 5
District Tournaments……………………………………February 9-10
Individual State Championship…………………………February 15-17
Dual State Championship………………………………February 24

FUTURE DATES FOR WRESTLING

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NEW FOR 2017-18

NFHS--Alternate Two-Piece Uniform Approved for High School Wrestling

An alternate two-piece uniform consisting of compression shorts or shorts designed for wrestling and a form-fitted compression shirt has been approved for the 2017-18 season in high school wrestling. Wrestlers will have the option of the new two-piece uniform or the traditional one-piece singlet.

This revision to Rule 4-1-1 was one of 11 rules changes recommended by the National Federation of State High School Associations (NFHS) Wrestling Rules Committee at its April 2-4 meeting in Indianapolis, and all changes were subsequently approved by the NFHS Board of Directors.

The compression shorts or shorts designed for wrestling shall be school-issued and shall have a minimum 4-inch inseam that does not extend below the knee. The form-fitted compression shirt shall not cover or extend below the elbow and shall have a minimum 3-inch tail. The shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling.

Specific language was developed regarding undergarment requirements for female contestants wearing a one-piece singlet or a form-fitted compression shirt, as well as for male contestants wearing shorts designed for wrestling.

The committee approved use of the alternate two-piece uniform in the hopes of increasing boys and girls participation in the sport after receiving favorable results from experimentation and positive comments from schools, students, coaches and officials.

The committee approved several rules related to minimizing risk of injury in the sport. Rule 4-5-3 now prohibits any activities that promote weight loss or weight gain when an athlete misses weight on his or her first attempt on the scale. In addition to activities that promote dehydration or drinking fluids to gain weight, the rule now prohibits activities such as cutting hair, modifying clothing, etc.
Another change designed to reduce risk of injury was elimination of the straight-back salto, regardless of which body part (head, neck or shoulder) hits the mat first. The straight-back salto in the rear-standing position that brings the defensive wrestler straight back with feet in the air is intended to have the defensive wrestler’s head, neck or shoulder(s) hit the mat first, and is now an illegal move.

In addition, added to the list of illegal holds/maneuvers in Rule 7-1-5 was a front flip and/or front hurdle over an opponent in the standing position.

“The attempt to flip or hurdle an opponent from a neutral position is not only an elevated risk to the wrestler attempting the maneuver, it also places the opponent in a disadvantage position as he or she is not only left to counter the scoring attempt, but is placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver,” said Elliot Hopkins, NFHS director of sports and student services.

The committee approved two changes in Rule 5-11 related to falls and near falls. In 5-11-1, the shoulders or scapula of the offensive wrestler no longer must be inbounds to earn a fall. The committee agreed that wrestling should continue if the offensive wrestler’s supporting parts remain inbounds and no body part of the defensive wrestler goes off the mat. In 5-11-5, “unless any part of the shoulders or both scapulae of the defensive wrestler is inbounds” was eliminated. If wrestling is continuing during a match, near falls and falls will be awarded/earned regardless of the out-of-bounds line.

In a related rule, Rule 5-15-2b, c was changed as follows: “Near-fall points or a fall shall be earned while the supporting points of either wrestler are inbounds.”

“The committee agreed that offensive wrestling should be rewarded,” Hopkins said. “If wrestling is continuing, as allowed by current rules, and points for escapes and reversals are allowed, the ability to earn a fall or near fall should be there as well, with no deference to the out-of-bounds line.”

Other changes approved by the committee include the following:
• Rule 5-19-10: The referee no longer may be behind the contestants when starting the wrestlers from the down position, which has led the false starts by one or both wrestlers.
• Rule 6-6-4a(1) and 6-6-5a(1): Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat.
• 7-6-4d: Stalling occurs when the contestant in the advantage position stays behind the opponent while on his/her feet, making no attempt to bring the opponent to the mat.

NSAA Wrestling Weight Management Program and Guidelines

UNDER--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:
   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 (varsity, JV or freshman) at no additional charge (average cost of $115-$125).

UNDER--VII. GROWTH ALLOWANCE:
A. The NSAA awards a two pound growth allowance on December 25, 2017 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 DISTRICT TOURNAMENT, a wrestler shall WEIGH-IN AND AT LEAST ONCE AT THE DESIRED WEIGHT CLASS BEFORE THE DESIGNATED DEADLINE.
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.

UNDER 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
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 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.

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.

NSAA Bylaws Governing All Activities

2.1.4 (#5) APPROVED RULINGS AND INTERPRETATIONS FOR SECTION 2.1.4 (#5)
Ineligible Competition at the Varsity Level. Students who are ineligible for varsity participation due to transfer 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.

2.11 PENALTIES

2.11.1 School Violations. For violation by a member school of any of the provisions of the Constitution, Bylaws, or rules adopted by the Representative Assembly or approved by the member schools or the Board of Directors, the Board of Directors or Executive Director may impose, but not be limited to, one or more of the following penalties:
2.11.1.2 Issue a private or public reprimand to the school.
2.11.1.3 Recommend that the responsible school official receive a private or public reprimand.
2.11.1.4 Enforce the forfeiture of one or more contests in team or individual sports.
2.11.1.5 Enforce the forfeiture of points scored by students in individual competition.
2.11.1.6 A student or staff member may be reprimanded, placed on probation or suspended from participation for one or more contests.
2.11.1.7 Recommend that the school declare the guilty student ineligible for up to ninety school days or the remainder of the school year.
2.11.1.8 Place the school on probation for a period not to exceed one calendar year.
2.11.1.9 Suspend a school for part or all of the season of an activity.
2.11.1.10 Expel the school from Association membership for a period not to exceed one calendar year.
2.11.2 Student Violations. If a student violates any of the provisions of the Constitution, Bylaws, or Approved Rulings during the course of an Association-sponsored district contest, playoff, or state contest, the Board of Directors or Executive Director may suspend the student from further competition for any portion or all of the remainder of the sub-district, district, playoff, or state contests.
2.11.3 **Participant Ejections from Athletic Contests.** Any participant ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contests at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.

2.11.4 **Coach Ejections from Athletic Contests.** Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible to coach the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.

2.11.5 **Investigation.** Prior to the assessment of any penalty, the Executive Director will gather data in order to establish intent, fault, and the effect an ineligible participant had on any interschool contest. These factors shall be weighed in determining the severity of the penalty assessed. The Executive Director's decision may be appealed to the Board of Directors.

2.11.6 **Institution Control.** If the said violation is brought to the attention of the Board of Directors as a result of self-policing by the offending school, the Board of Directors shall issue the highest of commendations to the administration of the school for its efforts in enforcing the Constitution.

2.12 **Concussion Education.** All coaches and volunteers are required to complete the NFHS Concussion Training course annually. This course 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.

## Non-School Participation

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.

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.

## 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.

## 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 entire 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 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 shall 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 for unsportsmanlike conduct.

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.
NSAA Approved Rulings and Interpretations

1. All scheduled and postponed regular season varsity contests must be played prior to the start of District or State Competition. Once District or State Competition begins, no regular varsity contests shall be permitted.

2. Forfeited Contests:
   a. A contest that is forfeited because of extenuating circumstances between schools shall count as a loss for the team forfeiting.
   b. Schools that are required to forfeit a game or games by the Executive Director or the Board of Directors shall count such contests as one of the permissible contests under the contest limitation requirement of that sport.
   c. In the event that a school self-reports an infraction that results in the Executive Director or Board of Directors mandating a forfeiture of a contest or contests, the school may appeal to the Executive Director. An unfavorable ruling by the Executive Director may be appealed to the Board of Directors.

3. If a school takes its team off the wrestling mats prior to the completion of a contest, or prior to the suspension/termination of a match by the game officials, and the contest results in a forfeit because of the refusal of the school’s team to continue play, the school shall be subject to a penalty set by the NSAA Board of Directors.
   a. The penalty may be exclusion from participation in the district or state series of competition.

Approved Ruling 2.12.2.2

1. The NSAA presents rules meetings in order to inform and educate coaches, officials, and judges about NFHS playing rules and rules changes, NSAA guidelines and approved rulings, and to discuss health and safety issues related to activities participation.

2. 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.

3. 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.

4. Absence from the required rules meeting OR FAILURE TO COMPLETE THE ONLINE RULES MEETING by November 17th will result in the following sanctions:

First Offense in Three-Year Period

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

2. The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of $100; and

3. 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.

4. 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

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

2. The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of $200; and

3. 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.

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

Online Wrestling Rules Meetings

October 23 - November 7, 2017--No Charge
November 8 - November 14, 2017--Basic $25.00 Fee
November 15 - November 17, 2017--Late/Penalty $50.00 Fee
Approved Ruling 3.5.1
1. Eligibility for District/State Competition. To be eligible to participate in a district and/or state contest a student shall have been a member of the school’s team and shall have been available to participate in at least eighty percent (80%) of the school's scheduled interschool contests and not have missed more than twenty percent (20%) of the school's scheduled contests because of participating in non-high school competition.
   a. 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 not involved in outside participation activities (exception: Olympic Development Program or national team activities as approved by the NSAA.)
   b. The term, "school's scheduled interschool contests," is defined as those contests which appear on the school's varsity schedule at the beginning of the season. An exception to this requirement will be considered if a student was unable to participate because of injury, illness, or had transferred from another high school.

Approved Ruling 3.3.7
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 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 is not a member of the school team for twenty school days would be considered if an individual was unable to participate because of illness, injury, or transfer from another high school. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.
3. In all athletic activities, students wishing to enter a sub-district, district, or state contest shall have been available to participate in at least 30% of the school’s varsity interschool contests prior to the sub-district, district, or state contest.
   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. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.
   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, not suspended from participation in activities for violation of school, team, or NSAA rules, and not involved in outside participation activities (exception: Olympic Development Program or national team activities as approved by the NSAA.)
4. For situations pertaining to eligibility to participate in 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.
NSAA Athletic Bylaws

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:

a. 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.

Summer Activities

From the Tuesday following Memorial Day to July 31, a member school may not sponsor a team or individual, provide uniforms, individual player equipment (except football, baseball, and softball protective equipment for commercial camps), or otherwise be responsible for a student in summer competition. Attendance at summer activities shall be voluntary. No coach or school representative may directly or by implication direct a student to attend summer 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 3.2.8

Applicable to Coaches During the Summer.

Reference: 3.2.8 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.

3.2.8.1 Allowable Summer Activities.

During the summer a member school may organize the following: 3.2.8.2 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 over a period of 21 consecutive calendar 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 local school board policy.

3.2.8.3 Summertime Conditioning Program.

A member school may organize and supervise a summer conditioning program to include weight lifting, running, and exercising for its members in accordance with the following provision:

a. Such a conditioning program shall be general in nature and may include only exercises designed to promote physical fitness.

b. Sport specific drills are not allowed, and sport specific equipment may not be used.

c. Conditioning sessions shall be no longer than 60 minutes in length, and no member shall participate in more than one such session per day.
**Approved Rulings and Interpretations for 3.2.8.3**

**Reference: 3.2.8.3** Conditioning sessions organized and run by members of the school’s coaching staff are subject to the 60-minute limitation. Students, for example, who work out on their own at the school facility in weight lifting, general calisthenics, running, or agility-type exercises shall not be considered to be involved in an organized conditioning program.

### 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.

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

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.

At no time during the high school sport season can a student who is a member of the school squad in that sport compete in non-school organized competition in any skill of the sport. A person may be considered to be a 2017-2018 participant without being an official entry in the competition. The phrase “compete in non-school organized competition in any skill of the sport” is interpreted to mean to take part in any skill of the sport of season. A wrestler shall not participate in a non-school take-down tournament during the wrestling season.

### 3.6 All Star Competition
3.6.1 No member school shall permit its students to compete in any all-star contest nor be a member of any all-star team. No athletic team from any member school shall compete against any all-star team. A student violating this rule shall be declared ineligible for all interscholastic competition for a period of one year from the date of last offense.

3.6.2 A member school, a conference of member schools, or a league of member schools shall not conduct or promote all-star contests during the school year. A member school may petition the Executive Director for a waiver of the all-star rule for individuals provided the school season for the sport has been completed and the student has completed his/her eligibility in that sport.

3.6.3 A member school, a conference of member schools, or a league of member schools may sponsor All-Star competition which involves graduated seniors. Member schools may permit the use of their facilities, equipment, and provide uniforms for such competition.

3.6.4 The term "all-star" is defined as a player or players chosen on the basis of their individual accomplishments or reputation gained while competing in interschool competition. YMCA, YWCA, AAU, USVBA, etc. teams which are organized between sports seasons by individuals or clubs, or individuals selected through a designated try-out session shall not be considered as all-star competition.

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 team representing a member school may participate in more than ten tournament dates and eight duals in addition to the district and state tournaments.

The following are definitions of events:
1. Dual meets-(single dual) = 1 dual
2. Triangular meets-(each team has two duals) = 2 duals
3. Quadrangular meets (each team has three duals) = 3 duals
4. Dual events that include 5 or more teams are considered dual tournaments and count towards the tournament dates.
5. One-day tournaments = 1 tournament date
6. Two-day tournaments = 2 tournament dates
7. Three day tournaments = 3 tournament dates

3.11.12.4 Student Match Limitation:
1. No individual wrestler may participate in more than ten tournament dates and eight duals in addition to the district and state tournaments.
2. 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.
   (a) 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 electing to replace a meet of equal or lesser point value due to a weather cancellation or postponement, must notify the NSAA office within ten days of the original competition.

3.11.12.6 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.
(a) The penalty for exceeding contest limitations by a school or an individual shall be the exclusion from competition in the 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.

NSAA Approved Rulings and Interpretations for 3.11.1-3.11.12

Outside Participation

Reference: 3.11.1-3.11.12
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.

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.
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 National Wrestling Coaches Association (NWCA) Optimal Performance Calculator as the mechanism to calculate the minimum wrestling weight for each wrestler. This is now managed by Trackwrestling. NSAA Approved Assessors will use the Optimal Performance Calculator as a data-reporting tool. Schools will utilize the site to receive and enter data. The NWCA 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:
      1. Refractometer; or
      2. 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:
      1. Bioelectrical Impedance Analysis (BIA) by use of a Tanita Scale (TBF-300WA) If using the Tanita Scale the assessor must use the ATHLETIC mode.
      2. Skin Fold Calipers: Baseline, Harpenden, Holtain, Lange, Lafayette, or Skyndex (Note: Plastic calipers will not be permitted.
      4. Air Displacement System (Bod Pod).
      5. 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:

1. 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)

2. NO descent variance to a weight class will be used. The descent will begin on the day of the test. There will be NO post dating.

3. If the minimum weight, with the 2% variance, at 7% or 12% body fat, is exactly that of one of the adopted weight classes, that weight shall be the wrestler’s MWWV.

4. If the minimum weight, with the 2% variance, at 7% or 12% body fat, is .9999 of a pound or less from one of the adopted weight classes, that weight class shall be the wrestler’s MWWV.

5. If the minimum weight, with the 2% variance, at 7% or 12% body fat, 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.

6. The OPC will indicate the Minimum Weight Class (MWC) for each wrestler after the assessor enters the hydration and body fat information.

7. 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.
      (l) 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 [Tanita Scale (TBF-300 WA), Skin fold, Bod Pod, Hydrostatic Weighing, or Dexe] 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. The Saturday of Week 31 of the Standardized Calendar (February 3, 2018) is the deadline 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 district wrestling, will be considered his/her minimum wrestling weight class.
E. Saturday, February 3, 2018, will be the last day an Alpha Test result may be entered into the Trackwrestling website.
F. 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 (varsity, JV or freshman) at no additional charge (average cost of $115-$125).
B. Schools will receive results from the NWCA Optimal Performance Calculator. 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:
   1. NSAA Hydration and Body Fat Test Data Forms
   2. Four adults (coach, teacher, AD, parent, etc…) who will:
      a. Assist with measuring height (only if using Tanita scale)
      b. Assist with the recording of data.
      c. Assist with urine specific gravity testing.
      d. Wrestling coaches may NOT take part in any part of the recording of Alpha test results.
   3. Urine Specific Gravity Test Strips or (refractometer testing which could be provided by the accessor) for Specific Gravity Hydration Testing. Purchasing of the test strips are the responsibility of each school.
   4. Hydration and Body Fat Tests shall not be conducted by any active wrestling coach at any level.

VI. OUT-OF-STATE COMPETITION & NON-VARSITY COMPETITION
A. Nebraska school at Kansas school
   1. The Nebraska school may utilize home weigh-ins.
   2. AD, Assistant AD, or Registered Official must conduct weigh-in.
   3. The Home weigh-in may count towards all aspects of weight management.
B. Kansas school at Nebraska School
1. No home weigh-ins will be allowed – all teams weigh-in on site.
2. Nebraska host school is responsible for communicating this rule to the Kansas school(s) in advance.

C. Non-Varsity Home Weigh-Ins
1. Nebraska schools will be allowed to use home weigh-ins for non-varsity competition only.
2. Coaches must create and use a Pre-Meet Weigh-In Form through the Trackwrestling site.
3. Schools must send electronically or present the completed weigh-in form on site.
4. The weigh-in must take place on the same day as the competition.
5. Host schools must use NFHS established weight classes.
6. Coaches must enter all weigh-in data into the Trackwrestling web site prior to the next competition at any level.
7. Home weigh-ins for Junior Varsity should not be used.

VII. GROWTH ALLOWANCE:
A. The NSAA awards a two pound growth allowance on December 25, 2017 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 DISTRICT TOURNAMENT, a wrestler shall WEIGH-IN AND AT LEAST ONCE AT THE DESIRED WEIGHT CLASS BEFORE THE DESIGNATED DEADLINE.
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 for 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 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 district seeding meeting or any time before the start of competition in the district tournament, the head wrestling coach will be suspended for the remainder of the district tournament. If it is discovered after the start of district competition, the head coach will be suspended for the remainder of the 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.
   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 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.

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:
   1. Nutrition education will emphasize proper growth as well as healthy weight-reduction approaches.
   2. Students and parents will be encouraged to resist unhealthy weight-reduction practices.
   3. The impact on growth, development, and lifelong health will be primary in the education of the student.
   4. Emphasis will be placed on eating reasonable amounts of proper foods to maintain healthy bodies rather than to binge and purge.
   5. The dangers of dehydration will be explained and the practice of dehydrating to achieve a weight will be discouraged.
   6. Using the NWCA Optimal Performance Calculator 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 OPTIMAL PERFORMANCE CALCULATOR – 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).
Scrimmages

Intra-squad scrimmages are permissible during the season of the sport involved and are not restricted by the scrimmage characteristics listed in Bylaw 3.3.2.

Non-School Competition

1. No individual or team match shall be held with any team or individual not belonging to the NSAA or to its own state high school association.
2. No match or individual competition may be held with any team or individual, other than intrasquad competition, prior to the first date permitted for winter sports contests. Each interschool match competed on or after the first date permitted for winter sports contests—shall count as one of the permitted individual and team matches (sixteen wrestling meets and/or thirty competition points).
3. No match or individual competition may be held with any team or individual, other than intrasquad competition, prior to the first date permitted for winter sports contests.

NSAA Eligibility

To be a participant in any NSAA activity at either the varsity or non-varsity levels of competition, an individual must be a bona fide student of a member high school. Exempt-school or home-school students, unless enrolled in a minimum of twenty credit hours of schoolwork in the member high school, are not eligible to represent a member school in NSAA activities, regardless of the level of participation or competition.

Unattached Participation

1. 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 suit 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.

District and State Participation

In order to participate in a 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.

NSAA Approved Rulings

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. To be eligible to participate in a district or state contest, an individual shall have been a member of the school’s team and shall have been available to participate in at least eighty percent (80%) of the school’s scheduled interschool contests and have missed more than twenty percent (20%) of the school’s scheduled contests because of participating in non-high school competition.
3. The term “school’s scheduled interschool contests” is defined as those contests which appear on the school’s schedule at the beginning of the season. An exception to this requirement will be considered if a student was unable to participate because of injury, illness, or has transferred from another high school.

**Bands & Artificial Noisemakers**

1. Bands are permitted at contests.
2. 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.

**December Moratorium**

1. 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.
2. **Approved Ruling 3.1.2:** School-owned facilities shall be closed to all grades 9-12 workout activities during the moratorium (team or athletic meetings, practice, competition, weight-training, conditioning, open gym, or other physical activities). The term “no practice and no interschool competition by individuals or teams” shall be interpreted to mean that a grades 9-12 student who is a participant in an NSAA activity shall not be permitted (1) to practice or compete in that activity in season during the moratorium in a facility that is used or leased by the school for such activity, whether or not a coach, sponsor, or other adult associated with the program is present, or (2) to participate in a student organized team meeting or activity. The school coach, sponsor, or other adult associated with the school activity program may not supervise, direct, plan, or encourage any workout, practice, or competition by students participating in activities during the moratorium.
3. For 2017, the five-day moratorium is December 23-27. There shall be no practice or competition during this period.

**Weighing-In Female Wrestlers**

The procedure to use for weighing female wrestlers is to have a female weigh the participant(s) in private. The female shall be someone on the faculty of one of the participating schools. The ultimate responsibility rests with the school for which the student is wrestling. If, however, the school with the female wrestler is traveling and has assurance from the host school that a female faculty member will be provided for the weigh-in, there would be no requirement to bring a female from the visiting school. If the host school cannot or does not wish to provide someone to monitor the weigh-in, it is the responsibility of the girl’s school to bring a female faculty member with her to handle this responsibility.

**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.
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. **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 district tournament.**

**NFHS and NSAA Rules**

2017-18 National Federation of State High School Associations (NFHS) Wrestling Rules and 2017-18 Nebraska School Activities Association (NSAA) rules and regulations shall govern all wrestling competitions.

**NSAA Rules Meetings**

NSAA provides rules meetings online in order to inform and educate coaches and officials about NFHS playing rules and rules changes, NSAA guidelines and approved rulings, and to discuss health and safety issues related to activities participation. Head coaches are required to attend an NSAA wrestling rules meeting or view the NSAA wrestling rules meeting online. Failure to attend an NSAA wrestling rules meeting or view the online version, will result in sanctions against the coach and/or the school.

**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.

**2017-18 NSAA Wrestling Records**

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.

**NSAA Wrestling Classifications**

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.

District Assignment Procedure

1. Classes A, B, C and D, 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. Class A schools are the 32 largest schools registered for wrestling and they are assigned to four districts.
2. All 32 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 seed teams. Once the State Championship is concluded no further circumstances will be considered. 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 32 schools are assigned.
3. All four Class A districts will now have eight teams in each district.

Classes B, C and D:
1. The next 48 largest schools will be Class B and would be in 4 districts of 12.
2. The 12 western most schools will make up 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. Once the state championship is concluded, no further circumstances will be considered. 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 48 teams are assigned.
4. The next 64 largest schools will be Class C and would be in 4 districts of 16.
5. The 16 western most schools will make up the C4 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 16 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 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.
7. The remaining schools will be class d and would be in 4 districts of equal or near-equal amounts.
8. The western-most schools, making up 25% of all of class D, will be in the D4 district.
9. 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.

2018 NSAA DISTRICTS

District Tournament Regulations

1. If it is necessary in Class D to have a bunny match it will be wrestled as a qualifying match with no tournament scoring. The winner will be placed on the sixteen-man tournament bracket.
2. Full wrestle backs with double elimination shall be wrestled, with cross bracketing.
3. 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. **THE 16-MAN BRACKET MUST BE USED IN ALL DISTRICT TOURNAMENTS HELD IN CLASSES B, C AND D. CLASS A WILL USE 8-MAN BRACKETS.**
4. On all two-day NSAA District Wrestling Tournaments, competition for the first day may not begin until 3:00 p.m. local time. Competition must also go through the quarterfinals the first day.

Handicap Accessibility

Facilities must provide reasonable accommodation for special needs.

Admission to District Wrestling

Ticket prices for all District Wrestling Tournaments have been set as follows:

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Type</th>
<th>Students</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>B, C, D</td>
<td>Friday</td>
<td>Students</td>
<td>$4.00</td>
<td>$5.00</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>Multi-Session Admission (All Day)</td>
<td>Students</td>
<td>$6.00</td>
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<td></td>
<td></td>
<td></td>
<td>Adults</td>
<td>$8.00</td>
</tr>
<tr>
<td></td>
<td>Finals</td>
<td>Students</td>
<td>$4.00</td>
<td>$5.00</td>
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<tr>
<td></td>
<td></td>
<td>Multi-Session Admission</td>
<td>Students</td>
<td>$6.00</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>Adults</td>
<td>$8.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Tournament Pass</td>
<td>Students</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Adults</td>
<td>$13.00</td>
</tr>
<tr>
<td>Class A</td>
<td>Saturday</td>
<td>Multi-Session Admission</td>
<td>Students</td>
<td>$6.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Adults</td>
<td>$8.00</td>
</tr>
<tr>
<td></td>
<td>Finals</td>
<td>Students</td>
<td>$4.00</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

DO NOT CLEAR THE GYM BEFORE THE FINALS.

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

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.
   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:
      1) Determine the number of competing wrestlers from each team.
      2) Determine the mileage each team traveled one way.
      3) Determine the number of trips made to the tournament site.
Division of District Gate Receipts

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

1. The division of gate receipts in district tournaments shall be as follows:
   a. Administrative Expenses (To be paid in the order listed, using funds available; officials must be paid in full.)
      1) Catastrophic insurance deduction, ten percent of the gross receipts.
      2) Mat Officials.
         a) Fees: Per official with the maximum of four officials (assigned by the NSAA).
            i) Class A $190
            ii) Class B $275
            iii) Class C $275
            iv) Class D $275
         b) Official’s Mileage.
            i) $1.00/per mile one-way times the number of trips (maximum of four officials).
   b. Distribution of receipts.
      1) 25% to NSAA of Sub-Balance
      2) 35% to host school of Sub-Balance
      3) 40% to Participating Schools of Sub-Balance.
      4) If the schools participating in a 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.
         a) If there is no bonus, each school may be assessed a proportional part of the expenses.
         b) These expenses may not be listed as tournament expenses.

District Refund Schedule to Teams

1. Refunds for expenses in travel will be allowed for 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 Districts.

Inclement Weather

1. Snowstorms or other inclement weather conditions may force the postponement of a 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 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.

**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**

The top four place winners from each weight class in each district shall qualify for the State Wrestling Championship.

**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. Advertising.
   d. Tickets.
   e. Ticket takers.
   f. Postage.
   g. Telephone calls.
   h. Scorers.
   i. Timers.
   j. Wall brackets.
   k. Other incidentals the local director shall deem desirable for properly conducting the tournament.

**Seedings and Pairings**

1. **District Entries.** Wrestlers entered in the 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 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 district tournament.
2. The Individual match results for each wrestler entered into the district tournament shall be input into the Trackwrestling result database prior to the district seeding meeting. If a coach wishes to put a wrestler up for a seed at the district tournament, that wrestler’s season match results must be 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 district host of the seeding meeting, the wrestler shall not be eligible for seeding at the district tournament.
3. If it is discovered after the start of the district seeding meeting, or anytime thereafter during the 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 district tournament. If it is discovered after the completion of the 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 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 district must determine the following by 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 District Seeding Meeting will be as follows:**
   Each 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. Returning state placer
   d. Returning state qualifier
   e. Varsity record
   f. If coaches disagree with Trackwrestling pre-seed, they will have the authority to make changes with a 2/3 majority vote.
   g. Draw the byes.
   h. 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 district tournament.

9. Once the wrestlers have been seeded, they should be put into the bracket accordingly. **THE 16-MAN BRACKET MUST BE USED IN ALL DISTRICT TOURNAMENTS HELD IN CLASSES B, C AND D. CLASS A WILL USE 8-MAN BRACKETS.**

10. For teams that qualify for the State Dual Championship, each wrestler’s weights from district and the state championships (if a qualifier) must be entered into the weight management program (OPC) so that the weigh-in sheets reflect the correct descent plan for that wrestler at the State Dual Championship weigh-ins.

### District Entry Forms

1. The district entries should be submitted no later than the Monday preceding the District tournament (February 5, 2018). 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 automatically sent to the district host. **REMININDER:** The individual results of each wrestler must be entered into the Trackwrestling results database prior to the District seeding meeting. The seeding meeting for each respective district tournament should be conducted on the same day as the first weigh-in for the tournament.
2. At the time of the district tournament seeding meeting coaches must be prepared to verify each of their entries seasonal weigh-in record.

3. If it is discovered any time after the start of the 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 district tournament or the state championship.

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

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 District. Two officials on finals matches.

Verifying Entries

1. Each coach must submit an updated weigh-in sheet of the wrestlers entered into the district tournament to the tournament director or designee, prior to the weigh-in.
2. The tournament director shall establish the final deadline for entries.
3. The deadline should be just prior to the seeding meeting or weigh-ins.

Withdrawal from Tournament

Teams, which withdraw from a 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.

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.

Cheerleaders and Drill Teams

1. Due to potential liability in case of injury, mounts and pyramids by cheerleaders and drill teams during 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 District and State contests.

Media, Student Media, 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.

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.

NSAA District Tournament Director’s Duties

1. Each District Tournament shall be administered by a local director appointed by the NSAA Executive 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:
   b. List of available housing in the area.
      • List of restaurants, to include those that will provide team meals.
      • Location of tournament site (address, etc.).
      • Location of dressing rooms.
      • Any parking instructions.
      • Team roster form, team information form, and other necessary forms.
   c. Making arrangements for concessions.
   d. Arranging for preparation and sale of programs, if applicable.
   e. Arranging for ticket sellers and ticket takers.
      • 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.
   j. Arranging for traffic control, if needed.
   k. Arranging for parking attendants, if needed.
   l. Reserving parking spaces for team buses and officials.
      • 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 "Star-Spangled Banner."
      • Providing a flag.
   o. Assigning pep club locations.
      • 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.
      • Seeing that the officials are paid prior to the 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 district tournament and the accounting of all money from the sale of tickets and programs at the site of the district tournament.
   bb. Being responsible for the itemizing and accounting of all expenses at the site of the 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 2017-18 NFHS Wrestling Rule Book.

dd. **All District hosts are required to use Trackwrestling as the software to run the tournament.**
   - Identify individual to run the Trackwrestling software.
   - Identify individual to run the seeding meeting with Trackwrestling.

e. 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.

hh. Announce and present medals to all place winners.

2018 NSAA State Wrestling Championship

All four classes of the State Wrestling Championship will be at the CenturyLink Arena, 455 N. 10th Street, Omaha, NE on February 15, 16, and 17, 2018. **More detailed information on the 2018 NSAA State Wrestling Championships will be posted online in January.**

**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: 
   
   
   \[(\#\text{miles one way} \times \#\text{trips}) - 50 \text{ miles}] \times \text{appropriate amount listed below:}\n
<table>
<thead>
<tr>
<th>Amount per mile</th>
<th>Number of participants/coaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0.85</td>
<td>1-6</td>
</tr>
<tr>
<td>$1.70</td>
<td>7-12</td>
</tr>
<tr>
<td>$2.55</td>
<td>13-18</td>
</tr>
</tbody>
</table>

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 A & D Schools—8:00 AM Thursday weigh-ins—must be 76 + miles away
   - Classes B & C Schools—3:00 PM Thursday weigh-ins—must be 250+ miles away

   **Thursday Night of State Meet—**
   - Classes A & D Schools—8:00 AM Friday weigh-ins—must be 76 + miles away
   - Classes B & C Schools—11:00 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, 2018 at the conclusion of the last District Tournament.

2. Weight classes will be drawn and assigned to one of the three brackets. (See following table). These bracket assignments will be placed on the NSAA web site by Saturday, February 10, 2018, weather permitting.
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 CenturyLink Arena-Omaha at 455 North 10th Street, Omaha, NE 68102, by December 8, 2017. **No orders will be handled by the NSAA.** *(See CenturyLink Arena Seating diagram).*
   c. CenturyLink Arena-Omaha will fill those orders received by the December 8, 2017 deadline, based on a random drawing. Once those orders have been filled, CenturyLink Arena will open ticket sales, using Ticketmaster, to anyone wishing seats on January 1, 2018.
   d. **Only Ticketmaster, their ticketing agent, will be available for purchasing tickets after CenturyLink 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 CenturyLink Arena Omaha has filled those orders received by December 8, 2017.
   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 $7.00 adult or student.
   b. Tickets for Friday Night Semifinals and Saturday Finals will sell for $7.00 and $9.00. $9.00 will be for the Lower Bowl of the arena and the east and west sides of the Upper Bowl. $7.00 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 CenturyLink Arena for a particular session.
   b. If they remain inside the CenturyLink 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 CenturyLink 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 CenturyLink 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. **Wrestling Coaches’ Wristband Policy:** *Only the A-D coaches and wrestlers will be allowed in the main wrestling floor area during their rounds, and the B-C coaches and wrestlers will only be allowed in the main wrestling floor area during their rounds. Coaches and wrestlers will be allowed access at a set time between rounds.*

3. A section in the CenturyLink 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:

<table>
<thead>
<tr>
<th>Qualifiers</th>
<th>Wristbands</th>
</tr>
</thead>
<tbody>
<tr>
<td>1–5</td>
<td>2</td>
</tr>
<tr>
<td>6–9</td>
<td>3</td>
</tr>
<tr>
<td>10–14</td>
<td>4</td>
</tr>
</tbody>
</table>

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 ON THE FLOOR.**

c. If a coach remains inside the CenturyLink Arena between sessions, he/she will be asked to move to a designated section, and wait for the gates to open for the next session.

d. **No extra coaches' wristbands will be issued after the original one is put on the coaches!**

4. **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 color coded by session and only those teams competing in that session will be allowed on the mat side floor area.

e. A school that misuses this mat side lanyard will have it confiscated for the reminder of the 2018 Championship and you will need to request, in writing to the NSAA Executive Director, a reinstatement of the lanyard for the following year.

**Recommended 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 CenturyLink Arena 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.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>BA</th>
<th>BB</th>
<th>CC</th>
<th>FB</th>
<th>GO</th>
<th>SO</th>
<th>SB</th>
<th>SW</th>
<th>TE</th>
<th>TR</th>
<th>VB</th>
<th>WR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balloons</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>One School Banner per school</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Hand held signs</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Megaphones (school recognized cheerleaders only)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Shirts on student spectators (required) AR 3.3.11</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Shirts on general spectators</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Team Introduction Run-throughs or Break Away Banners</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Pompoms, spirit towels</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>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.</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>School bands</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Carried school flags (Running/taunting prohibited)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

UNMANED AERIAL VEHICLES (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)
# 2018 NSAA STATE WRESTLING CHAMPIONSHIP
## SCHEDULE
### Thursday - February 15

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Class</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 A.M.</td>
<td>1st Session</td>
<td>B and C</td>
<td></td>
</tr>
<tr>
<td>2:30 P.M.</td>
<td></td>
<td>A and D</td>
<td></td>
</tr>
</tbody>
</table>

#### 1st Round – 10 Mats
- B and C: 9:30 A.M.
- A and D: Follows 1st Round

#### Quarterfinals – 10 Mats
- B and C: Follows 1st Round

### Friday - February 16

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Class</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 A.M.</td>
<td>3rd Session</td>
<td>B and C</td>
<td></td>
</tr>
<tr>
<td>11:00 A.M.</td>
<td></td>
<td>A and D</td>
<td></td>
</tr>
</tbody>
</table>

#### 1st Round Cons – 10 Mats
- B and C: 9:30 A.M.
- A and D: Follows 1st Round Cons.

#### 2nd Round Cons – 10 Mats
- B and C: Follows 1st Round Cons.

### Saturday - February 17

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Class</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 A.M.</td>
<td>6th Session</td>
<td>All Classes</td>
<td></td>
</tr>
</tbody>
</table>

#### Cons Semifinals – 8 Mats
- All Classes: 8:30 A.M.

#### 3rd & 5th Place Matches - 8 Mats
- All Classes: Follows Consolation Semi-Finals

#### Finals – 4 Mats
- All Classes: 2:00 P.M.
2017-18 Wrestling Classification

Class A-32 largest schools registered in wrestling; Class B-Next 48 largest schools; Class C-Next 64 largest schools; Class D-Remaining schools registered in wrestling. If the division between two classes makes it necessary for schools having the same enrollment to be in different classes, a three-year enrollment average will be used as the determining factor in making the assignment.

Class A

<table>
<thead>
<tr>
<th>#</th>
<th>CLASS A</th>
<th>ENROLL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Omaha Central</td>
<td>1945</td>
</tr>
<tr>
<td>2</td>
<td>Omaha South</td>
<td>1932</td>
</tr>
<tr>
<td>3</td>
<td>Millard West</td>
<td>1897</td>
</tr>
<tr>
<td>4</td>
<td>Grand Island</td>
<td>1892</td>
</tr>
<tr>
<td>5</td>
<td>Millard North</td>
<td>1870</td>
</tr>
<tr>
<td>6</td>
<td>Millard South</td>
<td>1724</td>
</tr>
<tr>
<td>7</td>
<td>Lincoln North Star</td>
<td>1604</td>
</tr>
<tr>
<td>8</td>
<td>Creighton Prep</td>
<td>1560</td>
</tr>
<tr>
<td>9</td>
<td>Lincoln High</td>
<td>1506</td>
</tr>
<tr>
<td>10</td>
<td>Lincoln Southeast</td>
<td>1495</td>
</tr>
<tr>
<td>11</td>
<td>Omaha Burke</td>
<td>1471</td>
</tr>
<tr>
<td>12</td>
<td>Lincoln East</td>
<td>1462</td>
</tr>
<tr>
<td>13</td>
<td>Omaha Westside</td>
<td>1453</td>
</tr>
<tr>
<td>14</td>
<td>Omaha Bryan</td>
<td>1405</td>
</tr>
<tr>
<td>15</td>
<td>Lincoln Southwest</td>
<td>1403</td>
</tr>
<tr>
<td>16</td>
<td>Papillion-LaVista South</td>
<td>1362</td>
</tr>
<tr>
<td>17</td>
<td>Omaha North</td>
<td>1342</td>
</tr>
<tr>
<td>18</td>
<td>Papillion-LaVista</td>
<td>1339</td>
</tr>
<tr>
<td>19</td>
<td>Omaha Northwest</td>
<td>1323</td>
</tr>
<tr>
<td>20</td>
<td>Bellevue West</td>
<td>1296</td>
</tr>
<tr>
<td>21</td>
<td>Lincoln Northeast</td>
<td>1167</td>
</tr>
<tr>
<td>22</td>
<td>Fremont</td>
<td>1104</td>
</tr>
<tr>
<td>23</td>
<td>Kearney</td>
<td>1093</td>
</tr>
<tr>
<td>24</td>
<td>Omaha Benson</td>
<td>1080</td>
</tr>
<tr>
<td>25</td>
<td>Bellevue East</td>
<td>1031</td>
</tr>
<tr>
<td>26</td>
<td>Lincoln Pius X</td>
<td>969</td>
</tr>
<tr>
<td>27</td>
<td>Norfolk</td>
<td>957</td>
</tr>
<tr>
<td>28</td>
<td>North Platte</td>
<td>934</td>
</tr>
<tr>
<td>29</td>
<td>Elkhorn South</td>
<td>929</td>
</tr>
<tr>
<td>30</td>
<td>South Sioux City</td>
<td>877</td>
</tr>
<tr>
<td>31</td>
<td>Greta</td>
<td>876</td>
</tr>
<tr>
<td>32</td>
<td>Columbus</td>
<td>854</td>
</tr>
</tbody>
</table>

Class B

<table>
<thead>
<tr>
<th>#</th>
<th>CLASS B</th>
<th>ENROLL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Elkhorn</td>
<td>812</td>
</tr>
<tr>
<td>2</td>
<td>Ralston</td>
<td>803</td>
</tr>
<tr>
<td>3</td>
<td>Hastings</td>
<td>791</td>
</tr>
<tr>
<td>4</td>
<td>Scottsbluff</td>
<td>748</td>
</tr>
<tr>
<td>5</td>
<td>Lexington</td>
<td>668</td>
</tr>
<tr>
<td>6</td>
<td>Omaha Skutt Catholic</td>
<td>590</td>
</tr>
<tr>
<td>7</td>
<td>Northwest (Heartland Lutheran)</td>
<td>584</td>
</tr>
<tr>
<td>8</td>
<td>Blair</td>
<td>564</td>
</tr>
<tr>
<td>9</td>
<td>Norris</td>
<td>499</td>
</tr>
<tr>
<td>10</td>
<td>Beatrice</td>
<td>482</td>
</tr>
<tr>
<td>11</td>
<td>Gering</td>
<td>460</td>
</tr>
<tr>
<td>12</td>
<td>Waverly</td>
<td>450</td>
</tr>
<tr>
<td>13</td>
<td>Omaha Concordia (DC West)</td>
<td>442</td>
</tr>
<tr>
<td>14</td>
<td>Crete</td>
<td>436</td>
</tr>
<tr>
<td>15</td>
<td>Bennington</td>
<td>434</td>
</tr>
<tr>
<td>16</td>
<td>York (McCool Junction)</td>
<td>415</td>
</tr>
<tr>
<td>17</td>
<td>Schuyler</td>
<td>413</td>
</tr>
<tr>
<td>18</td>
<td>Plattsmouth</td>
<td>408</td>
</tr>
<tr>
<td>19</td>
<td>Nebraska City (Lourdes CC)</td>
<td>402</td>
</tr>
<tr>
<td>20</td>
<td>Seward</td>
<td>383</td>
</tr>
<tr>
<td>21</td>
<td>Mount Michael</td>
<td>380</td>
</tr>
<tr>
<td>22</td>
<td>Alliance</td>
<td>363</td>
</tr>
<tr>
<td>23</td>
<td>McCook</td>
<td>355</td>
</tr>
<tr>
<td>24</td>
<td>Omaha Roncalli</td>
<td>315</td>
</tr>
<tr>
<td>25</td>
<td>Sidney</td>
<td>311</td>
</tr>
<tr>
<td>26</td>
<td>Platteview</td>
<td>299</td>
</tr>
<tr>
<td>27</td>
<td>Holdrege</td>
<td>295</td>
</tr>
<tr>
<td>28</td>
<td>Omaha Gross</td>
<td>295</td>
</tr>
<tr>
<td>29</td>
<td>Aurora</td>
<td>272</td>
</tr>
<tr>
<td>30</td>
<td>Columbus Lakeview</td>
<td>242</td>
</tr>
<tr>
<td>31</td>
<td>Gothenburg</td>
<td>231</td>
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<tr>
<td>32</td>
<td>Wahoo</td>
<td>229</td>
</tr>
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District D-1
Dates: Feb 9-10
Site: Weeping Water
Host School: Weeping Water
Director: Michael Barrett
Schools Assigned:
- Ansley/Litchfield
- Arapahoe
- Burwell
- Cedar Bluffs
- Dorchester
- Franklin
- Friend
- Guardian Angels Central Catholic
- Howells-Dodge
- Meridian
- Neligh-Oakdale
- Overton
- Palmyra
- Plainview
- Randolph
- Southwest
- Twin River
- Weeping Water
- West Holt
- Winside

District D-2
Dates: Feb 9-10
Site: Oakland-Craig (New Gym)
Host School: Oakland-Craig
Director: Dallas Sweet
Schools Assigned:
- Amherst
- Archbishop Bergan
- BRLD
- Cambridge
- Clarkson-Leigh
- Clearwater-Orchard
- Creighton
- Elgin Public/Pope John
- Elkhorn Valley
- High Plains Community
- Homer
- Lutheran High Northeast
- Niobrara/Verdigre
- Oakland-Craig
- Osmond
- Palmer
- Scribner-Snyder
- Southern
- Thayer Central
- Tri County
- Twin Loup

District D-3
Dates: Feb 9-0
Site: Elm Creek
Host School: Elm Creek
Director: Cory Spotanski
Schools Assigned:
- Alma
- Anselmo-Merna
- Axtell
- Brady
- Cedar Valley
- East Butler
- Elm Creek
- Elwood
- Eustis-Farnam
- Fullerton
- Harvard
- Kenesaw
- North Central
- Pender
- Pleasanton
- Shelton
- South Loup
- St. Mary's
- Stapleton
- Summer-Eddyville-Miller
- Wilcox-Hildreth

District D-4
Dates: Feb 9-10
Site: McGahan Activities Center
Host School: North Platte St. Patrick's
Director: Mark Skillstad
Schools Assigned:
- Banner County
- Bayard
- Crawford
- Dundy County Stratton
- Garden County
- Hay Springs
- Hemingford
- Hitchcock County
- Hyannis
- Maxwell
- McPherson County
- Medicine Valley
- Minatare
- Morrill
- Mullen
- North Platte St. Patrick's
- Perkins County
- Sandhills/Thedford
- Sioux County
- Sutherland
- Wauneta-Palisade
Qualifying

The team qualifiers for the NSAA Dual Wrestling Championships will be determined by the following criteria:

The team champions from each respective district will be the four automatic qualifiers from each Class. The remaining four teams from each class will be determined by the following wildcard point system.

1. Total district team points
2. 10 points per wrestler entered in the district tournament (minimum of 10)
3. 5 points per state qualifier

The total points from 1, 2 and 3 will be totaled to determine the remaining team qualifiers for the Dual Championships.

If there are any ties, the following criteria will be used to break any ties.

1. The team with the most team points from the district tournament
   If still tied, proceed with the following steps until the tie is broken:
   2. The team with the most wrestlers entered in the district tournament
   3. The team with the most state qualifiers
   4. More District Champions
   5. More District Runner-ups
   6. More District Thirds
   7. More District Consolation Semi-finalists
   8. Higher District Team Place
   9. Flip a coin

All eight teams that qualify for the Dual Championships from each class will be seeded in an eight-team bracket according to the wildcard point system.

CLASS A ONLY

Each Class A team that qualifies for the NSAA State Duals will be seeded based on the qualifying wildcard point system and EACH TEAM'S PERFORMANCE AT THE STATE INDIVIDUAL CHAMPIONSHIP. SEEDING WILL COMBINE WILDCARD POINTS WITH THE FOLLOWING POINT VALUES BASED UPON THE RESULTS OF THE INDIVIDUAL STATE CHAMPIONSHIP AS FOLLOWS:

1. HIGHEST PLACING TEAM - 50 POINTS
2. SECOND HIGHEST PLACING TEAM - 45 POINTS
3. THIRD HIGHEST PLACING TEAM - 40 POINTS
4. FOURTH HIGHEST PLACING TEAM - 35 POINTS
5. FIFTH HIGHEST PLACING TEAM - 30 POINTS
6. SIXTH HIGHEST PLACING TEAM - 25 POINTS
7. SEVENTH HIGHEST PLACING TEAM - 20 POINTS
8. EIGHTH HIGHEST PLACING TEAM - 15 POINTS
2018 State Dual Wrestling Championship Schedule

Session 1

Round 1          9:00 AM          Quarterfinals Classes B & C (Weigh-ins 8:00 am)
Round 2          10:30 AM        Quarterfinals Classes A & D (Weigh-ins 9:30 am)
Round 3          12 Noon          Consolation Semifinals – All Classes

Session 2

Round 4          3:00 PM          Semifinals - All Classes
Round 5          5:00 PM          3rd & 5th Place Duals – All Classes
Round 6          7:00 PM          Championship Duals – All Classes - 4 Mats

Format

All teams will be placed (according to seed) in an 8-team bracket and compete in three duals in one day. The first round winners will advance to the semi-finals with the teams losing in the first round 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 place 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. For teams that qualify for the State Dual Championship, each wrestler’s weights from district and the state championships (if a qualifier) must be entered into the weight management program (Trackwrestling) so that the weigh-in sheets reflect the correct descent plan for that wrestler at the State Dual Championship weigh-ins. Each wrestler will get a 4 pound weight allowance from scratch weight. Example: the 120 pound weight class would be able to weigh 124 per NFHS Rules.

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 and that they have competed in during the regular season.

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 directly following the individual State 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 pm CST on the Monday directly following the individual State Championship.