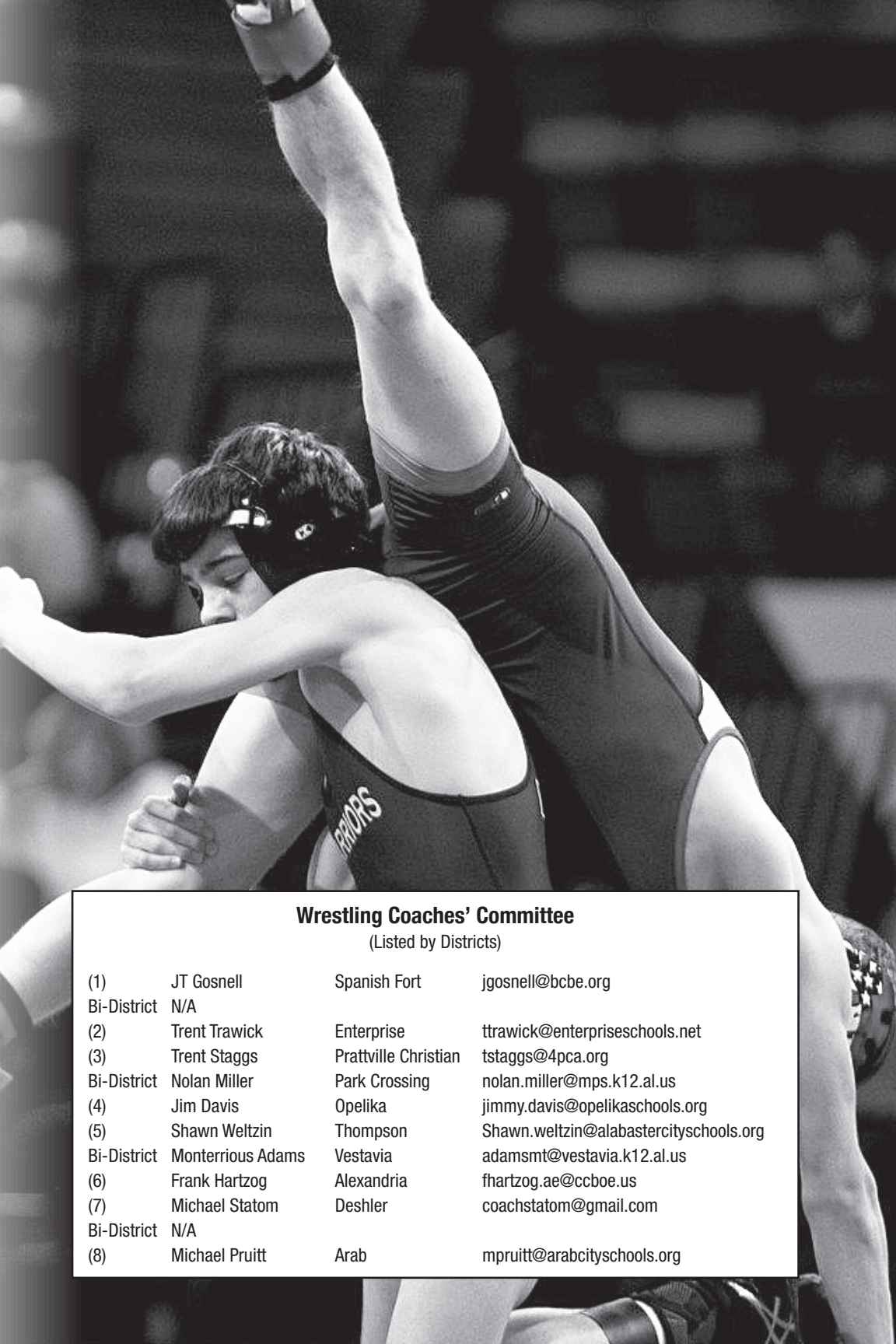


WRESTLING





Wrestling Coaches' Committee

(Listed by Districts)

(1)	JT Gosnell	Spanish Fort	jgosnell@bcbe.org
Bi-District	N/A		
(2)	Trent Trawick	Enterprise	ttrawick@enterpriseschools.net
(3)	Trent Staggs	Prattville Christian	tstaggs@4pca.org
Bi-District	Nolan Miller	Park Crossing	nolan.miller@mps.k12.al.us
(4)	Jim Davis	Opelika	jimmy.davis@opelikaschools.org
(5)	Shawn Weltzin	Thompson	Shawn.weltzin@alabastercityschools.org
Bi-District	Monterrious Adams	Vestavia	adamsmt@vestavia.k12.al.us
(6)	Frank Hartzog	Alexandria	fhartzog.ae@ccboe.us
(7)	Michael Statom	Deshler	coachstatom@gmail.com
Bi-District	N/A		
(8)	Michael Pruitt	Arab	mpruitt@arabcityschools.org

The Championship Program

First Practice—Oct. 29 First Contest—Nov. 15

Online Requirements For All Sports

POSTING SCHEDULES

Schools must post season schedules on the AHSAA website in the Members' Area by the deadline dates listed below. Failure to do so could result in a fine assessed to the school. Schools may go online and make any changes immediately as they occur.

Deadlines for posting schedules:

May 1— fall sports (football only)

June 1 — fall sports (cross country, swimming & diving, volleyball)

Sept. 15 — winter sports (basketball, bowling, indoor track)

(wrestling – see item 4 below)

Jan. 15 — spring sports (baseball, softball, outdoor track, soccer, golf, tennis)

POSTING ROSTERS

Schools are required to post team rosters prior to its first contest of the season.

POSTING SCORES

Schools are also required to post scores of contests online immediately following all contests in the regular season (and within 24 hours after regular season tournaments) and in the playoffs or be subject to a fine.

In the post-season playoffs, failure to report scores immediately after a contest will subject the school to a fine.

1. The wrestling program has competition in three divisions: 1A-5A, 6A and 7A. Each division has two super section qualifying meets and a state meet. All state tournament participants must qualify in a section tournament.
2. Each high school is limited to 14 regular season playing dates (for dual, tri- and quad matches) plus weekend tournaments. All tournaments must be held prior to the section and state tournaments and must be held on holidays or weekends with no loss of school time. Tournaments are not counted as playing dates.
Junior high/middle schools are limited to 8 regular season playing dates plus weekend tournaments. All tournaments must be held on holidays or weekends with no loss of school time.
3. Only certified coaches, participants, tournament workers, student managers, and 1 scorer are allowed on the floor at all regular season and tournament events. All others are restricted to the stands except for emergency situations. Violation of this rule will result in a deduction of team points or a penalty. Tournament directors and officials will be responsible for monitoring.
4. All coaches must enter their schedules and results into Trackwrestling, which can be accessed by logging into the Optimal Performance Calculator (OPC) and clicking the link to enter the team's schedule and results.

In order to get their NWCA (National Wrestling Coaches Association) Optimal Performance access codes, coaches must first register. To register, coaches must go online at www.nwcaonline.com or call the NWCA office at 717-653-8009.

All of the schedules will be in C2C and Trackwrestling.com for the start of the season so

coaches can utilize the live scoring component. Live scoring should be utilized when available. Coaches will be able to access the scoring component by logging into the OPC at the start of the season (probably well before).

5. All participants must be eligible under AHSAA rules.
6. All matches will be conducted under National Federation rules, including the conduct rules for participants. The conduct of coaches falls under the AHSAA Ejection Rule.
7. High school competition will be divided into 14 weight classes as follows (in pounds): 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285.
Junior high/middle school weight classes are: 75, 85, 95, 103, 112, 119, 125, 130, 135, 145, 155, 165, 175, 205 and heavyweight.

Alabama Wrestling Minimum Weight Program

All schools with wrestling programs must follow the provisions of the weight certification program established by the association for all wrestlers competing in varsity and junior varsity programs as mandated by the NFHS. The results of this process will be binding towards the eligibility of all wrestlers. Any school not following the required provisions of the weight certification program adopted by the AHSAA will be subject to penalty including a fine or probation or both.

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females will be mandatory for all high school wrestlers. The AHSAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

I. ESTABLISHING MINIMUM WEIGHTS

- A. Bioelectrical impedance (BIA) measurements will be utilized to determine each wrestler's body fat percentage. They will be taken using the **Tanita TBF-300W Body Composition Analyzer**.

If the Tanita gives an "Error" reading on two consecutive readings with a wrestler, then skin fold measurements will be used to determine body fat percentage at that time. Lange calipers shall be used at three specific sites to measure skin fold (Lohman sites, Abdominal, Tricep, and Subscapularis).

- B. The BIA measurements will be preceded by hydration assessment. A wrestler must pass a specific gravity assessment with less than or equal to 1.025. If the wrestler fails the specific gravity assessment with greater than 1.025, the wrestler must rehydrate and wait at least 48 hours to retest. Digital fiber optic refractometers shall be used to determine hydration.

Provided the wrestler passes the hydration test, the results of his/her body composition assessment will be entered into the NWCA weight certification internet calculator on the Initial Assessment Page of the NWCA website (www.nwcaonline.com). The internet calculator will automatically determine the wrestler's minimum competitive weight based on the parameters in I.A. above.

- C. Once a wrestler passes the hydration assessment at the site, the measurement process has begun. If a wrestler is removed at any point during this process after the hydration assessment is done, the wrestler's only option to complete the assessment process is via the appeal process. **A one pound clothes allowance will be configured in with the Tanita Scale measurement so that the wrestler shall wear a singlet or shorts made for wrestling during the process.**

D. The lowest weight class in which a wrestler may compete will be determined as follows:

1. If the predicted weight, at 7% body fat for males and 12% for females, (less 2% of that predicted weight) is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.
2. If the predicted weight, at 7% body fat for males and 12% for females, (less 2% of that predicted weight) falls between two weight classes, they must wrestle at the higher weight class.
3. Any male or female wrestler whose body fat percentage at the time of measurement falls below 7% male/12% female may wrestle at the weight class where their predicted weight (less 2% of that predicted weight) places them.

E. Deadline Date (Minimum Wrestling Weight for Competition) is February 4, 2019. The deadline date determines if the wrestler will be able to reach his/her MWW. The deadline date minimum wrestling weight is calculated by using 1.5% of his/her body weight lost per week from the initial assessment to the deadline date. This MWW determined by the deadline date will only be used if it is higher than the MWW.

II. TIME PERIOD FOR BIA MEASUREMENTS

- A. Regardless of when a wrestler first participates in a practice session, he/she may not compete at the varsity or junior varsity level (exhibition matches) until his/her minimum weight has been determined and his/her name and data have been entered into the NWCA program.
- B. BIA measurements (including all appeals) must be conducted on or after July 22, 2018 of this year and must be completed by January 5, 2019. All eligible athletes or those becoming eligible at the semester break must meet this requirement.
- C. The controlled weight loss starting date ("Alpha date") will be Saturday, October 13th. (The first practice date is October 29th).
- D. If BIA measurements are completed after the first official practice date, the "alpha date" will be the date BIA measurements are completed.

III. WHO MAY CONDUCT MEASUREMENTS OF THE AHSAA WEIGHT MANAGEMENT PROGRAM?

Encore Rehabilitation Corporation has been approved to fill this need. The testing dates, sites and locations will be listed on the AHSAA website (www.ahsaa.com/sports/wrestling).

All schools will follow the schedule listed below:

Date	Time	Site
July 11	6:00 p.m.	Falkville Encore Office
July 12	3:00 p.m.	Gulf Shores High School
July 25	6:00 p.m.	Birmingham location TBA
July 28	10:00 a.m.	St. James School (Montgomery)
October 20	9:00 a.m.	Fultondale High School
October 20	9:00 a.m.	Bob Jones High School
October 27	9:00 a.m.	Hewitt Trussville High School
October 27	9:00 a.m.	Auburn High School
October 27	TBA	Spanish Fort High School
November 3	9:00 a.m.	Hoover High School
November 3	9:00 a.m.	Decatur High School
November 10	9:00 a.m.	St. James School (Montgomery)
November 10	TBA	Fairhope High School
November 17	TBA	Birmingham location TBA

Make Up Dates

Date	Time	Site
November 28	TBA	Decatur High School
December 8	TBA	Birmingham location TBA
December 15	TBA	Montgomery Encore Clinic
December 15	TBA	Spanish Fort High School
December 29	TBA	Birmingham Encore Clinic
January 9	TBA	Falkville Encore Office

Pre-scheduled time slots will be used at all locations. A coach must contact Bridgett Henderson of Encore Rehabilitation Corp. (256) 784-5600 or 256 606-1222 prior to 8:00 p.m.) to schedule a time slot for your team. The complete team and Coach shall arrive 30 minutes prior to your scheduled time slot in order to register. The Coach must bring a complete listing of the athletes names along with the complete payment for the team's processing fees.

IV. GROWTH ALLOWANCE

A two-pound growth allowance shall be added to each weight class after December 25th.

For purposes of minimum weight class eligibility, the growth allowance may be used (ex: A wrestler whose MWW is between 106.1-108 would be eligible for the 106 weight class after the 12/25 growth allowance).

V. WEEKLY WEIGHT LOSS MONITORING USING THE NWCA OPTIMAL PERFORMANCE CALCULATOR (OPC) FEATURES:

All wrestlers will be limited to losing no more than 1.5% of their body weight per week as they make their descent toward their pre-determined minimum wrestling weight. The wrestler's assessment data which is entered into the NWCA OPC program generates an Individual Weight Loss Plan for each wrestler.

(Please refer to the AL Coaches Instructions: How to view an Individual Weight Loss Plan)

This rule will be monitored as follows:

- A. At each weigh-in during the season, all coaches must present their team's pre-match weigh in form for that date of competition to the match/tournament host director/coach. The pre-match weigh in form proves the wrestler's eligible weight class for that date of competition. This form is created and printed using the NWCA OPC program.
(Please refer to the AL Coaches Instructions: Creating a Pre-Match Weigh in Form)
- B. Post-match, all coaches will be required to finish their previously created weigh in form by entering/typing in their wrestler's actual weigh in weights and saving them using the NWCA OPC program. After each match the actual weigh in weights must be entered and saved prior to creating a new pre-match weigh in form for your next competition date.
(Please refer to the AL Coaches Instructions: Record Actual Weigh in Weights Post-Match)
- C. It is required that this task is completed prior to your next competition date. The wrestler's actual weigh in weight data entered into this screen will be public information. Failure to enter the wrestler's actual weigh in weight post-match will result in a warning the first time. Any further violations will render all wrestlers ineligible to compete on the next date of competition.
- D. In the event that any wrestler exceeds the 1.5% weekly weight loss rule, an email will be generated directly to the AHSAA office and to the responsible school. Any wrestler violating the weekly wt. loss rule the first time will receive a warning. If further violations occur by the same wrestler, he/she may not be permitted to compete in the next two competition dates.
- E. All Head Coaches of participating teams in dual meets and tournaments will be required to record their wrestler's actual weigh in weights post-match to be eligible for post season competition. All coaches will be required to present a pre-match weigh in form at their Section Tournament Seeding Meeting showing their wrestler's eligibility.
(Please refer to the AL Coaches Instructions: Creating a Pre-Match Weigh in Form)

VI. APPEAL PROCESS

Any wrestler may appeal their body fat composition calculations. A wrestler is not eligible to wrestle during an appeal. Any wrestler that does compete forfeits the right to appeal as the participation is considered as acceptance of weight certification. Results obtained at any step are automatically accepted. The athlete has no choice. The steps of the appeal process are as follows:

- A. First Appeal – A complete retest of wrestler by the same certified measurer of first test (Encore). The First Appeal must be in writing to the state office and signed by coach and administrator. Included must be athlete’s name, date of measurement, and site of the First Appeal measurement. This must be done within 4 days of measurement after the results have been posted on the website. There is a \$25 charge for this appeal payable to the measurer at time of retest. All appeals will be scheduled with Bridgett Henderson of Encore Rehabilitation Corp. (256 784-5600 or 256-606-1222 prior to 8:00 p.m.) at the Encore Decatur West Clinic or at the next appropriate scheduled testing site.
- B. Second and Final Appeal
 1. Second and Final Appeal – A complete retest of wrestler by the same certified measurer of first appeal test (Encore). The Second Appeal must be in writing to the state office and signed by coach and administrator. Included must be athlete’s name, date of measurement, and site of the First Appeal measurement. This must be done within 4 days of measurement after the results have been posted on the website. There is a \$30 charge for this appeal payable to the measurer at time of retest. All appeals will be scheduled with Bridgett Henderson of Encore Rehabilitation Corp. (256-784-5600 or 256-606-1222 prior to 8:00 p.m.) at the Encore Decatur West Clinic.
- C. Appeals Binding - All Appeals will be done with the results of these tests being completely binding.

VII. NUTRITION EDUCATION

Each school shall provide a nutrition education program for all wrestlers and parents. This should be done in a pre-season meeting of parents and student-athletes. In addition to information given out in the meeting, wrestlers and parents should receive an orientation on the functionality of the integrated nutrition component of the NWCA Weight Certification Internet Calculator Program. Once all of the assessment data is entered into the NWCA program, unique passwords will be automatically generated for each wrestler. This allows each wrestler to go home and build a customized diet that honors their weight loss plan.

VIII. COSTS

All member schools will be assessed a fee of \$30.00 payable to the NWCA in advance. In addition, \$20.00 per student-athlete will be assessed and made payable to Encore Rehabilitation Corporation in advance to help offset their costs. If a student athlete fails the hydration test, only a \$10 charge will be assessed for a retest. If you need to contact the NWCA for any reason, the phone number is 717-653-8009. If you need to contact Encore for any reason, the number is 256-784-5600.

Wrestling Officials Fees

Regular Season:

High School Varsity (Dual Match) = \$55.00 per official per match
High School Varsity (Tri-Match) = \$115.00 per official per match
High School Varsity (Quad-Match) = \$190.00 per official per match
Junior Varsity (Dual Match) = \$50.00 per official per match
Junior Varsity (Tri-Match) = \$90.00 per official per match
Junior Varsity (7-9) (Quad-Match) = \$155.00 per official per match
Junior High (7-9) (Dual Match) = \$45.00 per official per match
Junior High (7-9) (Tri-Match) = \$85.00 per official per match
Junior High (7-9) (Quad-Match) = \$150.00 per official per match
Eight-Team Tournament = \$150.00 per official per tournament
Sixteen-Team Tournament = \$190.00 per official per tournament
Regular Season, Individual Tournament/Matches = \$5 per match

Mileage Allowance = \$8.00 per official per day.

Mileage Allowance (Over 60 Miles) = \$10.00 per official per day.

Dual Fees:

Round of 16 and Quarter-Finals	\$55.00 per official per match (plus \$15 mileage allowance per day)
Semi-Final Round	\$60.00 per official per match (plus \$20 mileage allowance)
Finals	\$65.00 per official per match (plus \$30 mileage allowance)

Championship Playoffs:

The match fee per official for super sections will be \$200.00 plus the Mileage Allowance. The match fee per official for State will be \$300.00 plus the Mileage Allowance.

	2-Member Crew (Per Official Per Day)
Super section Mileage Allowance	\$15 (One Day Only)
State Finals Mileage Allowance	\$30 (One Day Only)

Wrestling Duals Championships

1. Format

Regional Coordinators will be responsible for scheduling a meeting on or before November 15 to determine dual scheduling and tournament organization. The principal of the schools marked by * on the Wrestling Duals Alignment will serve as the regional coordinator.

Region matches must be completed by Saturday, January 14, 2019. First round tournament pairings, site and time must be submitted to the state office by 10:00 a.m. on Tuesday, January 15, 2019.

Sections will be divided by Regions: 1A-5A, 6A will have 8 regions; 7A will have 4 regions

Teams must have a minimum of 8 out of the 14 weight classes in order to compete in Duals Competition.

The top 2 teams from each region will advance to championship play. In case of a tie the following tie breaking procedure will be used:

- a. If two teams are tied, head to head will be used
- b. If three or more are tied:
 1. Best record among matches of the teams that are tied
 2. Best record against highest region team, then second best, then third, etc.
 3. Greatest score differential among all teams combined
 4. Best record against non-region common opponents (opponent(s) each team wrestled) of all tied teams
 5. Coin toss (procedure determined at coordination meeting)

2. Championship Play

7A – Quarter-Finals will be Friday or Saturday, January 18 or 19

Semi-Finals will be Tuesday, January 22

Finals will be on Friday, January 25

1A-5A – Preliminary and Quarter-Finals will be Friday and Saturday, January 18 and 19
Semi-Finals will be Tuesday, January 22
Finals will be on Friday, January 25

6A – Preliminary and Quarter-Finals will be Friday and Saturday, January 18 and 19
Semi-Finals will be Tuesday, January 22
Finals will be on Friday, January 25

The TOP of the bracket will be the host team except the regional champion will host when both teams are from the same region.

Note: If both (all) teams agree, dates of preliminary rounds, quarter-finals, and semi-finals may be played earlier with approval from the AHSAA office.

3. The Dual Matches that are scheduled as part of the Duals Tournament will not count against the total of 14 wrestling dates allowed. All Dual Matches in Section play will be counted. All qualifying dual matches must be completed by January 14, 2019 and results in AHSAA office by January 15, 2019 at 10 a.m.

Class 7A

Qtr Final Round (Friday or Saturday Night)	Semi-Final Round (Tuesday Night)	Final Round (Friday)
8 Teams	4 Teams	2 Teams
January 18th or 19th	January 22nd	January 25th
Site: Host Schools	Site: Host Schools	Site: Birmingham Crossplex

Class 6A

Qtr Final Round (Friday or Saturday Night)	Semi-Final Round (Tuesday Night)	Final Round (Friday)
16/8 Teams	4 Teams	2 Teams
January 18th or 19th	January 22nd	January 25th
Site: Host Schools	Site: Host Schools	Site: Birmingham Crossplex

Class 1A-5A

Qtr Final Round (Friday or Saturday Night)	Semi-Final Round (Tuesday Night)	Final Round (Friday)
16/8 Teams	4 Teams	2 Teams
January 18th or 19th	January 22nd	January 25th
Site: Host Schools	Site: Host Schools	Site: Birmingham Crossplex

Dual Finals Schedule:

Weigh in 5:00-5:30 p.m. with all matches beginning at 6:00 p.m.

Duals Tournament Information

1. An expense report can be found in C2C under “Documents and Filing.”
2. Ticket prices for Preliminary, Quarter-Final and Semi-Final Rounds will be \$6. Ticket prices for the Finals in Birmingham will be \$8.
3. Please confirm date, time and site of preliminary, quarter-final and semi-final rounds to the AHSAA office by emailing Alvin Briggs and Marvin Chou (abriggs@ahsaa.com and mchou@ahsaa.com)
4. Host school is responsible for entering results in TrackWrestling as well as emailing results to Alvin Briggs and Marvin Chou each round. (abriggs@ahsaa.com and mchou@ahsaa.com)
5. The Semi-Final Round will be on Tuesday, January 22 at the site of the top of the bracket. Default start time will be 6:00 p.m. if teams do not mutually agree.
6. Officials will be assigned by District Directors.
7. Teams competing in the finals will have a brief head coaches meeting at 4:30 p.m.
8. Live scoring should be utilized when available.

Championship Sports Calendar

Wrestling Section Tournaments

Sites: Birmingham and Montgomery

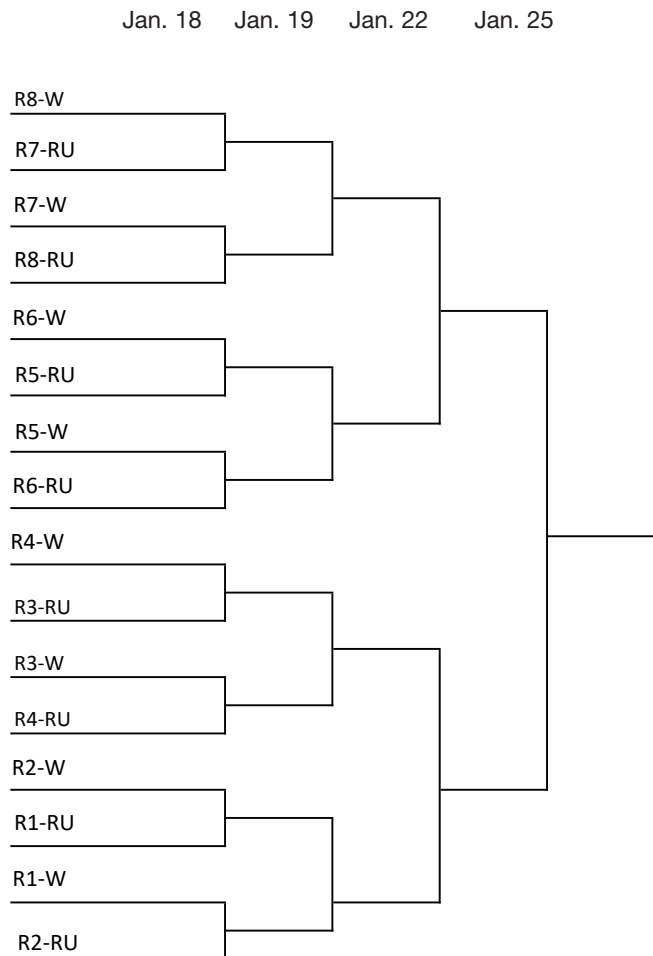
Dates: February 8th & 9th

Wrestling State Tournaments

Site: Huntsville

Dates: February 14th thru 16th

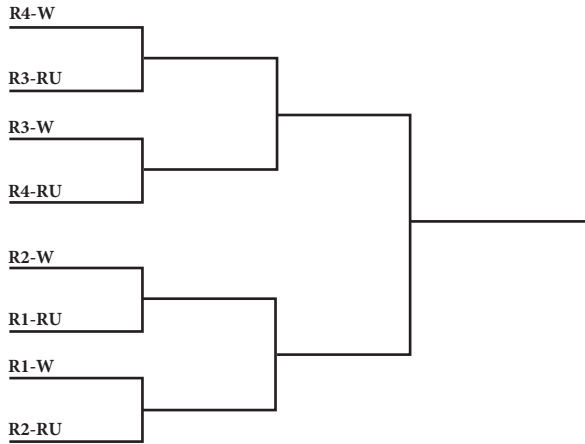
2019 Duals Tournament Bracket – Class 1A-5A & 6A



If two teams from the same region meet, the highest finisher in the regular season region play will be the host team.

2019 Duals Tournament Bracket – Class 7A

Jan. 18 or 19 Jan. 22 Jan. 25



If two teams from the same region meet, the highest finisher in the regular season region play will be the host team.

Super Section Tournaments

DATE: Feb. 8-9, 2019

SITES: South Super Section Tournament – Garrett Coliseum, Montgomery;
North Super Section Tournament – Bill Harris Arena at the CrossPlex,
Birmingham

ENTRY FEE: \$100 per team or \$20 per individual (payable to the AHSAA) must be submitted at the team sign-in table at the participants' entry gate PRIOR to a team's or individual's first match in the tournament.

** Any team that provides a mat to be used in the Super Section Tournament will not be required to pay an Entry fee for that tournament.*

TEAM PARTY: See item 15, page 290.

ADMISSION: \$8 per day

COACHES' RESPONSIBILITY: Coaches of all teams participating in the Super Section tournament must immediately send a high resolution digital team photo and team roster (Excel format) to program coordinator Dennis Victory at AHSAA@cfxsports.com by Friday, Feb. 1, 2019.

SCHEDULE

Thursday (February 7)

Officials Meeting

Coaches Meeting

Times

7:00-8:00 p.m.

7:00-8:00 p.m.

Friday (February 8)

Weigh-Ins (1A-5A, 6A)

Weigh-Ins (7A only)

Championship Round of 32 (1A-5A, 6A) (6 Mats)

8:00-9:30 a.m.

12:00-12:30 p.m.

10:00 a.m.

(Rolling Schedule)

Consolation Round One (1A-5A, 6A) (6 mats)

Championship Round of 16 (1A-5A, 6A) (6 mats)

Consolation Round Two (1A-5A, 6A) (7A Championship Round of 16) (6 mats)

Consolation Round Three (1A-5A, 6A) /One (7A) (6 mats)

Championship Round of 4 (1A-5A, 6A, 7A) (6 mats)

** Breaks will be taken when appropriate.*

Saturday (February 9)

Weigh-Ins (all classes)

Consolation Round Four (1A-5A, 6A) /

Two (7A) (6 mats)

Times

7:30-9:00 a.m.

9:30 a.m.

(Rolling Schedule)

Consolation Round Quarter-Finals (1A-5A, 6A, 7A) (6 mats)

Consolation Round Semi-Finals (1A-5A, 6A, 7A) (6 mats)

5th/6th Places, 7th/8th Places (1A-5A, 6A) (6 mats)

Finals and Consolation Finals (1A-5A, 6A, 7A) (6 mats)

** Breaks will be taken when appropriate.*

1. The brackets for each super section tournament will be seeded by the criteria listed below using the NWCA Wrestling program.

Sectional and State Tournament Seeding

SECTIONAL TOURNAMENT SEEDING

To be seeded, a wrestler must have participated in a minimum of fifteen (15) varsity matches (not including forfeits). Returning state qualifiers will be exempt from the minimum matches and will be qualified for seeding.

Seeding is based on a sequence of components and not a totality of components. The sequence to establish seeding is as follows: (Note: when two or more individuals are tied, the highest seeded individual will be determined by applying the tie breaking sequence. The next highest ranked individual will then be determined by starting over with the tie breaking sequence.)

1. Head-to head
2. Common opponent
3. Returning Champion*
4. Returning Finalist*
5. Returning State Placement*
6. Returning State Qualifier*
7. Total number of matches won
8. Best winning percentage vs. in class and in state
9. Coin Flip

* From Alabama

Seeds will be released at Noon on Tuesday before Sectionals. If a coach feels there is an error in the seeding, the coach must send a written appeal to the AHSAA staff members in charge of the sport by Noon on Wednesday. The written appeal may be emailed or faxed (334-387-0076). The current staff members in charge are Alvin Briggs (abriggs@ahsaa.com) and Marvin Chou (mchou@ahsaa.com) The appeal must include specific rational to justify the potential reseeding. A committee established by the AHSAA (currently the four district directors of officials) will review the appeal and either keep the current seeding or make proper modifications. The final seeds will be posted on Thursday morning before Sectionals.

STATE TOURNAMENT SEEDING

If a 16 person individual bracket is used that traditional bracket seeding would be used (Based on qualifying at sectionals). If an 8 person individual bracket is used, it would be reseeded based on the most recent results. Head to head in the sectionals would be the first criteria in the seeding sequence. The traditional bracket for a 16 person bracket is N1vS8, N5vS6, N7vS2, N2vS7, N6vS3, N4vSS, N8vS1. If an 8 person bracket is used the pairings would be 1v8, 4v5, 3v6, 2v7.

2. If a seeded wrestler cannot compete for any reason, any wrestler(s) seeded lower will be moved up to fill in the bracket. No wrestler may move up a class after the brackets have initially been drawn.
Prior to the start of the super section meet, any wrestler submitted on the certification list may be used as a substitute in case of sickness or injury. If a substitute is used, the bracket for that weight class must be redrawn.
After submitting a super section entry, a substitution may be made only at the position where the injury or sickness occurs.
3. If a non-seeded wrestler cannot compete for any reason and no substitute is available, that place in the bracket becomes a bye and the bracket for that weight class must be redrawn.
4. Upon request, each coach must make available weigh-in charts, signed by a match official, for all wrestlers participating in the super section tournaments. Copies of score sheets may be used for dual meets and weigh-in charts can be used for tournaments.
5. If a weight class in any division of a super section meet has more than eight entries, the meet

must be held over a two-day period since no wrestler may compete in more than five matches (championship or consolation) in any one day (Rule 1- 2-2).

6. Uniforms and weigh-in times will be in accordance with National Federation rules. Scheduled weigh-ins will be done by team by weight class. Certified scales shall be used.
7. If a wrestler is disqualified during the super section tournament for flagrant or unsportsman-like conduct, that wrestler is eliminated from the super section and state tournament, all super section points are lost and no alternate will be used in the state tournament.
8. Officials for super section tournaments will be assigned by the State Office.
9. The first eight places in each weight class of Classes 1A-5A and 6A and the first four places in each weight class of Class 7A will be scored. (Note: No wrestler may participate in more than five matches in one day with a minimum of a 45-minute break between each match.)
10. In each Class 1A-5A and 6A super section, the top eight finishers in each weight class will qualify for the state tournament in their division. In each Class 7A super section, the top four finishers in each weight class will qualify for the state tournament in their division. No alternates need to be determined.
11. An entry fee of \$100 per team and \$20 for an individual shall be assessed to meet expenses of the super section tournament.
12. Super section tournament admission is \$8 per session.
13. Two coaches in a corner. Wrestlers will not be allowed to sit in the corner. No one will be sitting “matside” with the exception of cheerleaders or newspaper personnel/photographers. Cheerleaders are to sit on sides of mats as to not obstruct view from the bleachers. Only one manager and one videographer will be allowed matside.
14. All members of a participating team (qualifiers and non-qualifiers) will be admitted through the Pass Gate. A qualifying team that does not compete in the state tournament until the second day may be admitted as a team on the first day of competition. All other coaches, principals, superintendents and their spouses will be admitted upon presentation of proper professional cards honored by the AHSAA. A maximum of 12 varsity cheerleaders (in uniform) will be admitted for the sessions in which their team is participating.

State Tournament

DATE: Feb. 14–16

SITE: Huntsville—Von Braun Center

DIRECTOR: Ralph Stone

Phone: 256-427-6749. Fax: 256-427-6757

Email: ralph.stone@huntsvilleal.gov

ADMISSION: \$10 per day

TEAM ADMISSION: All members of a participating team (qualifiers and non-qualifiers) will be admitted through the appropriate Pass Gate. A qualifying team that does not compete in the state tournament until the second day may be admitted as a team on the first day of competition.

MEDIA REQUESTS AND BROADCASTS: See Media link on the AHSAA website (www.ahsaa.com).

DIVISIONS: 1A-5A, 6A, 7A

SCHEDULE:

Thursday (February 14)

9:00 a.m. Officials Meeting
10:00 a.m. Coaches Meeting (1A-5A, 6A)
10:30 a.m. – 11:30 a.m. Class 1A-5A, 6A Weigh-In (shoulder-to-shoulder)
Note: A Rolling Schedule Will Be Used Until Semi-Final Round Begins
12:00 p.m. – 4:00 p.m. Class 1A-5A, 6A Prelims
30 minute break after conclusion of Prelims
30 minutes after Prelims Class 1A-5A, 6A Consolation Round 1
15 minutes break after conclusion of Consolation Round 1
15 minutes after Consolation Class 1A-5A, 6A Quarter-Finals

Friday (February 15)

7:30 a.m. Coaches Meeting (7A only)
8:00 a.m. – 9:00 a.m. Weigh-In (all classes, shoulder-to-shoulder)
9:30 a.m. – 12:30 p.m. Class 1A-5A, 6A Consolation Round 2
Class 7A Quarter-Finals
12:30 p.m. – 1:00 p.m. Break
1:00 p.m. – 3:00 p.m. Championship Semi-Finals (all classes)
3:00 p.m. – 3:30 p.m. Break
3:30 p.m. – 5:15 p.m. Consolation Quarter-Finals (all classes)
5:15 p.m. – 5:45 p.m. Break
5:45 p.m. – 7:15 p.m. Consolation Semi-Finals (all classes)

Saturday (February 16)

8:00 a.m. – 8:45 a.m. Weigh-In (shoulder-to-shoulder)
9:00 a.m. – 10:30 a.m. Consolation Finals
Class 1A-5A, 6A 5th-6th Place Round
10:30 a.m. – 11:30 a.m. Break
11:30 a.m. – 3:15 p.m. Championship Finals (3 mats – one mat per division)

RULES: The tournament will be governed by AHSAA and National Federation rules.

UNIFORMS: In accordance with Rule 4-1 of the National Federation rules.

COACHES MEETINGS: Feb. 14 (Classes 1A-5A, 6A) and Feb. 15 (Class 7A) at the site

ENTRY DEADLINE: Deadline for scratching any qualifiers is 8 a.m. Wednesday, Feb. 14, and the state director must be notified. A State Meet Entry Form is NOT required from each school with a qualifier and MUST NOT BE FAXED OR MAILED to the State Director.

ENTRIES: In Class 1A-5A and 6A, eight participants per weight class will qualify from each super section. In Class 7A, four participants per weight class will qualify from each super section. If a qualifier is scratched prior to the deadline, the other qualifiers will remain in the positions earned at the super section meet.

FORMAT: In Class 1A-5A and 6A, the eight qualifiers in each weight class from each super section will be placed in a pre-drawn bracket. In Class 7A, the top four qualifiers from each super section will be placed in a pre-drawn bracket based on seeding.

SCORING: Top six places in each weight class in classes 1A-5A and 6A and top four places in class 7A.

ELIGIBILITY: Participants must be eligible under AHSAA rules.

OFFICIALS: Assigned by the State Office.

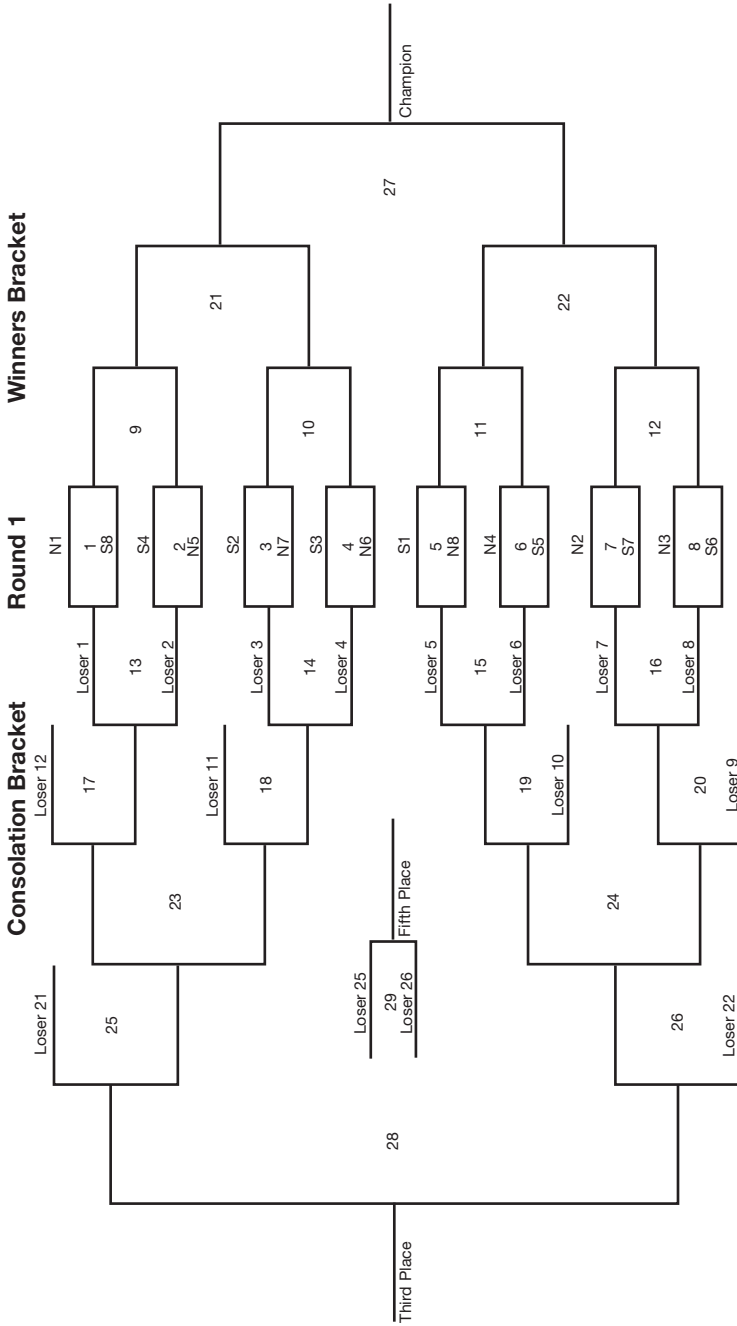
AWARDS: (a) Trophies to the team winner and runner-up in each division
(b) Medals to first four places in Class 7A plus 5th and 6th places in 1A-5A and 6A.
(c) Plaques to the Most Valuable Wrestler, Best Match and Most Pins
(Least pin time is criteria for breaking ties.)

It is the expectation of the AHSAA that all athletes and coaches display excellent character and sportsmanship during awards presentations. Failure to respond accordingly will result in a monetary fine and possible probation and/or suspension.

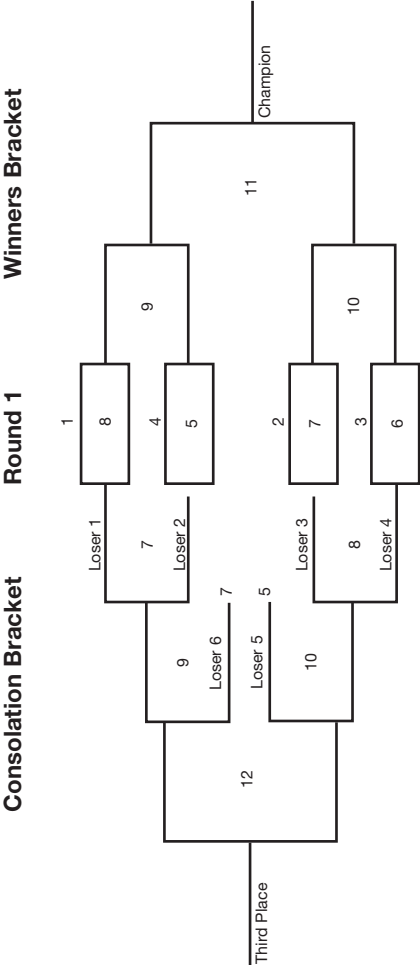
Awards will be made at the conclusion of each championship final.

1. State qualifiers, two team coaches, one manager per team and one scorer per team will be admitted through the Skate Lobby entrance of the Von Braun Center. All non-qualifying wrestlers will be admitted through the Pass Gate located in the Main Lobby of the Von Braun Center Arena. All other coaches, principals, superintendents and their spouses will be admitted upon presentation of proper professional cards honored by the AHSAA.
A maximum of 12 cheerleaders (in uniform) will be admitted for the sessions in which their team is participating through the Pass Gate in the Main Lobby of the Von Braun Center Arena.
2. Weigh-ins with certified scales will be conducted each day of the tournament in accordance with National Federation Rules. The shoulder-to-shoulder weigh-ins will be conducted by class at designated times. All wrestlers must be present in the weigh-in area at their designated time.
3. If a qualifier fails to meet weight requirements, the qualifier will be forfeited out of the tournament and the first round opponent will receive forfeit points.

Class 1A-5A and 6A Championship



Class 7A Championship



Super Section Alignment

Class 1A-5A

SOUTH

Alabama School for the Blind
Alexandria
American Christian
Beauregard
Beulah
Brewbaker Tech
Central - Tusc.
Charles Henderson
Cleburne County
Dadeville
Elberta
Elmore County
Hillcrest-Evergreen
Holtville
Houston Academy
Lincoln
Montevallo
Montgomery Catholic
Ohathee
Piedmont
Pike Road
Pleasant Valley
Prattville Christian
Ranburne
Reeltown
Saint James
Saks
Satsuma
Shelby County
Talladega
Tallassee
Thomasville
Walter Wellborn
Weaver
White Plains

NORTH

Arab
Ashville
Center Point
Cherokee County
Corner
Curry
Deshler
Dora
East Limestone
Fultondale
Gordo
Hayden
Ider
Jasper
Leeds
Madison Academy
Madison County
Moody
Mortimer Jordan
New Hope
North Jackson
Oak Grove
Oneonta
Pennington, J.B.
Ramsay
Randolph
Saint Clair County
Scottsboro
Southside
Springville
St. John Paul II Catholic
Sumiton Christian
Susan Moore
Westminster Christian
Wilson

Class 6A

SOUTH

Baldwin County
Benjamin Russell
Brookwood
Carver, G.W. - MGM
Chelsea
Daphne
Gulf Shores
Helena
Lanier, Sidney
McAdory
Northridge
Northview
Opelika
Park Crossing
Paul Bryant
Pelham
Robertsdale
Russell County
Spanish Fort
Stanhope Elmore
Wetumpka

NORTH

Athens
Buckhorn
Carver, G.W. - BHM
Clay-Chalkville
Columbia
Decatur
Fort Payne
Gardendale
Hartselle
Hazel Green
Homewood
Hueytown
Huffman
Jackson Olin
Lee - Huntsville
Mae Jemison
Minor
Muscle Shoals
Oxford
Pell City
Pinson Valley
Shades Valley

Class 7A

SOUTH

Auburn
Central - Phenix City
Enterprise
Fairhope
Foley
Hoover
Jeff Davis
Lee, R.E.
Oak Mountain
Prattville
Smiths Station
Thompson
Tuscaloosa County

NORTH

Austin
Bob Jones
Florence
Gadsden City
Grissom
Hewitt-Trussville
Huntsville
James Clemens
Mountain Brook
Spain Park
Sparkman
Vestavia Hills

Wrestling Duals- Alignment 2016-2018

7A – 4 Regions

Region 1	Region 2	Region 3	Region 4
Auburn	Hoover	Gadsden City	* Austin
* Central - P.C.	Oak Mountain	Hewitt-Trussville	Bob Jones
Enterprise	Prattville	Mountain Brook	Florence
Fairhope	* Thompson	Spain Park	Grissom
Foley	Tuscaloosa Co.	* Vestavia Hills	Huntsville
Jeff Davis			James Clemens
Lee, R.E.			Sparkman
Smiths Station			

6A – 8 Regions

Region 1	Region 2	Region 3	Region 4
Baldwin Co.	Carver, G.W. ^{MGM}	Benjamin Russell	Brookwood
* Daphne	Lanier, Sidney	Opelika	Hueytown
Gulf Shores	Northview	* Oxford	McAdory
Robertsdale	Park Crossing	Pell City	* Northridge
Spanish Fort	* Stanhope Elmore	Russell County	Paul Bryant
	Wetumpka		
Region 5	Region 6	Region 7	Region 8
Chelsea	Carver, G.W. ^{BHM}	Athens	* Buckhorn
Helena	* Clay-Chalkville	* Decatur	Columbia
* Homewood	Gardendale	Hartselle	* Fort Payne
Jackson Olin	Huffman	Muscle Shoals	Hazel Green
Minor	Pinson		Lee, Huntsville
Pelham	Shades Valley		Mae Jemison

1A-5A – 8 Regions

Region 1	Region 2	Region 3	Region 4
Elberta	* Beauregard	American	AL School for the Blind
Hillcrest Evergreen	Beulah	Christian	Cleburne County
Houston	Dadeville	* Gordo	Lincoln
Academy	Elmore County	Montevallo	Ranburne
Montgomery	Holtville	Oak Grove	* Saks
Catholic	Prattville	Ramsay	Talladega
Pike Road	Christian	Shelby County	Walter Wellborn
* Saint James	Reeltown		Weaver
Satsuma	Tallassee		White Plains
Thomasville			
Region 5	Region 6	Region 7	Region 8
Center Point	Alexandria	Corner	* Arab
Fultondale	Ashville	Curry	Madison
Hayden	Cherokee	Deshler	Academy
* Leeds	Ohatchee	Dora	Madison County
Moody	* Piedmont	East Limestone	New Hope
Mortimer Jordan	Pleasant Valley	* Jasper	North Jackson
Saint Clair	Southside	St. John Paul II	Randolph
Springville		Westminster	Scottsboro
		Wilson	Susan Moore

* Regional Coordinator: School Principal is responsible for dual scheduling

Regional Meeting shall be held on or before Nov. 15 to determine regional scheduling. The meeting may be held electronically.