

WRESTLING

Coaches Wrestling Committee
(Listed By Districts)

(1) None. (2) None. (3) Craig Duncan, St. James. (4) Tim Eason, Elmore County.
(5) Mark Snider, Hewitt-Trussville. (6) Rusty Mayfield, Cleburne County. (7) Jared
Helms, Deshler. (8) Benjamin Balentine, Huntsville.

The Championship Program

First Practice—Oct. 27 First Contest—Nov. 17

New Online Requirements For All Sports

POSTING SCHEDULES

Schools must go online to the AHSAA website Member Section and enter season schedules for all sports by the deadline dates listed below for sports in each quarter. Failure to do so will result in a fine of \$100 assessed to the school. Schools should go online and make any changes immediately as they occur.

Deadlines for entering schedules:

March 1-- fall sports (football, volleyball, cross country, swimming)

Sept. 15 --winter sports (wrestling, basketball)

Jan 15 -- spring sports (baseball, softball, outdoor track, soccer, golf and tennis)

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). Results must be posted no later than 30 minutes following a regular season contests. Failure to do so will result in a fine of \$25 assessed to the school.

In the post-season playoffs, failure to report scores in the same manner will result in a \$100 fine assessed to the school.

Instructions will be posted on the AHSAA website Member Section.

1. The wrestling program has competition in three divisions: 1A-2A-3A-4A, 5A and 6A. Each division has two 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 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 weekends with no loss of school time.
3. All participants must be eligible under AHSAA rules.
4. 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.
5. High school competition will be divided into 14 weight classes as follows (in pounds): 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285.

Junior high/middle school weight classes are: 75, 85, 95, 103, 112, 119, 125, 130, 135, 145, 155, 165, 175 and heavyweight.

6. WEIGHT CERTIFICATION PROGRAM

During the 2008-09 school year it will be mandated that all schools with wrestling programs 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 failing to follow the required provisions 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.

Note: Any junior high/middle school wrestler that participates in high school varsity and junior varsity programs must follow the guidelines of the Weight Certification Program.

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 for a wrestler on two consecutive readings, 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 fiberoptic 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 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, 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, 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 must wrestle at the weight class where they fall. No weight loss will be allowed.
- E. The deadline date of Jan. 26, 2009, 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 day 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 has been entered into the NWCA program.
- B. BIA measurements (including all appeals) must be conducted on or after Oct. 11 of this year and must be completed by Dec. 19, 2008. All eligible athletes or those becoming eligible at the semester break must meet this requirement. Any athlete failing to meet this requirement shall apply to the AHSAA Executive Director for acceptance on a case by case basis.
- C. The controlled weight loss starting date (“Alpha date”) will be Saturday, Oct. 11. (The first practice date is October 27).
- D. If BIA measurements are completed after the first official practice date, the “alpha date” will be the date BIA measurements are completed.

III. CONDUCTING MEASUREMENTS

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

Sites	Locations	Dates	Weigh-In Registration Times
Homewood	Homewood HS	Oct. 18	30 Minutes Before Time Slot
Auburn	Auburn HS	Oct. 25	30 Minutes Before Time Slot
Anniston	Saks HS	Nov. 1	30 Minutes Before Time Slot
Madison	Bob Jones HS	Nov. 8	30 Minutes Before Time Slot
Fultondale	Fultondale HS	Nov. 15	30 Minutes Before Time Slot

Pre-scheduled time slots will be used at all of the locations listed above. A coach must contact Encore Rehabilitation Corporation (Doug Barfield - 334/467/8067) to schedule a time slot for his/her team. The times will begin at 9:00 a.m. each of these dates and will be set up in half-hour intervals ending at 12 noon. (Ex: 9:00, 9:30, 10:00, 10:30, 11:00, 11:30) The complete team and coach shall arrive 30 minutes prior to its 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 Jan. 1. The weight classes remain the same for the purposes of the weight management program.

V. WEEKLY WEIGHT LOSS MONITORING

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. This rule will be monitored as follows:

- A. At each weigh-in during the season, each coach must present his/her team's weigh-in form for that date to the match/tournament host director/coach.
- B. All head coaches of participating teams in dual meets and tournaments will be required to record their individual match weigh-in results on an online "individual season record form" that is integrated into the NWCA Weight Certification Internet Calculator Program. The individual season record form links (for both dual meets and tournaments) will appear under the "coaches" subheading at <http://www.nwcaonline.com/Performance/Scholatic/>.
- C. It is required that this task is completed prior to a team's next competition date. The result data entered into this screen will be public information. Failure to enter the individual results will result in a warning for 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 first violation of the weekly weight loss rule will receive a warning. If further violations occur by the same wrestler, he/she will not be permitted to compete in the next two competition dates.

VI. APPEAL PROCESS

Any wrestler may appeal his/her body fat composition calculations. Results obtained at any step of the process are automatically accepted. The athlete has no choice. The steps of the appeal process are as follows:

A. First Appeal - A complete retest of a wrestler by the same certified measurer of first test (Encore). The First Appeal must be in writing to the State Office and signed by the coach and administrator. Included must be the 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 and payable to the measurer at time of retest. All appeals will be scheduled with Encore (Doug Barfield - 334/467/8067) at the Encore Decatur West Clinic.

B. Second and Final Appeal

1. A complete retest of a 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 the 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 and payable to the measurer at time of retest. All appeals will be scheduled with Encore (Doug Barfield - 334/467/8067) at the Encore Decatur West Clinic.
2. The Second and Final Appeal will be done with the results of this test being deemed final and 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 at 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 his/her weight loss plan.

VIII. COSTS

All member schools will be assessed a fee of \$30 payable to the NWCA in advance. In addition, \$20 per student-athlete will be assessed and made payable to Encore Rehabilitation Corporation in advance to help offset its costs.

7. MAXIMUM OFFICIATING FEES

- Varsity Dual Match — \$45 per official per match
- Varsity Tri-match — \$85 per official per match
- Junior Varsity (dual match) — \$40 per official per match
- Junior Varsity (tri-match) — \$60 per official per match
- Junior High (7-9, dual matches) — \$35 per official per match
- Junior High (7-9), tri-match) — \$55 per official per match
- Eight-Team Tournament — \$130 per official per tournament
- 16 Team Tournament — \$180 per official per tournament
- Section Tournament (8-team bracket) — \$140 per official per tournament
- Section Tournament (16-team bracket) — \$190 per official per tournament
- State Tournament (8-team bracket) — \$160 per official per tournament
- State Tournament (16-team bracket) — \$210 per official per tournament

CLASS 6A

SECTION 1

Date: Jan. 31

Site: Auburn

Director: Chris Spencer

Auburn

Central-Phenix City

Jeff Davis

Opelika

Prattville

Lee-Montgomery

Russell County

Sidney Lanier

Smiths Station

Stanhope Elmore

Wetumpka

Benjamin Russell

SECTION 2

Date: Jan. 31

Site: Hoover

Director: T. J. Sayers

Hillcrest-Tuscaloosa

Hoover

Hueytown

Minor

Pelham

Thompson

Tuscaloosa County

Spain Park

Vestavia Hills

SECTION 3

Date: Jan. 31

Site: Hewitt-Trussville

Director: Mark Snider

Clay-Chalkville

Hewitt-Trussville

Homewood

Mountain Brook

Oak Mountain

Pinson Valley

Shades Valley

Gardendale

SECTION 4

Date: Jan. 31

Site: Oxford

Director: Matt Thompson

Bob Jones

Buckhorn

Gadsden City

Grissom

Huntsville

Oxford

Pell City

Sparkman

Section Tournaments

1. The brackets for each section tournament will be drawn by participating coaches at a seeding meeting prior to the tournament. Each school entering must have a representative at the drawing.
2. Each section will determine its seeding according to National Federation rules.
3. 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 been drawn.

Prior to the start of a 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.

4. 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.
5. Each coach must submit weigh-in charts, signed by a match official, for all wrestlers participating in the section tournaments. Copies of score sheets may be used for dual meets and weigh-in charts can be used for tournaments.
6. If a weight class in any division of a 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).
7. Uniforms and weigh-in times will be in accordance with National Federation rules.
8. If a wrestler is disqualified during the section tournament for flagrant or unsportsmanlike conduct, that wrestler is eliminated from the section and state tournament, all section points are lost and no alternate will be used in the state tournament.
9. All section meets must have a referee and assistant referee for every match.
10. Only the first four matches in each weight class will be scored. The fifth and sixth place finishers do not have to be determined. (Note: No wrestler may participate in more than five matches in one day with a minimum of a 45-minute break between each match.) A forfeit counts as participation in a match.
11. In each section, the top four finishers in each weight class will qualify for the state tournament in their division. No alternates need to be determined.
12. Awarding of trophies in the section tournaments is optional and left up to the discretion of each section.
13. Entry deadline is Jan. 23 for all section tournaments (mail Entry Form 42 to appropriate section director).
14. An entry fee (maximum \$100 per team and \$20 for an individual) may be assessed to meet expenses of a section tournament.
15. Section tournament admission is \$6 per session.
16. Participating wrestlers and coaches, one manager per team and one scorer per team will be admitted through the Pass Gate. 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.

17. DIRECTOR'S RESPONSIBILITIES

- (a) Email (ralph.stone@hsvcity.com) a list of the state tournament qualifiers (use Form 42B as a guide) to the state tournament director before 1 p.m. Sunday, Feb. 1.
- (b) Prepare and submit a tournament financial report to the State Office and send copies to each of the participating schools. A form for this purpose will be furnished to each section tournament director by the State Office.
The financial report must be filed immediately after the tournament is completed. To determine NET gate receipts, deduct the following from gate receipts:
 - A. Gross Receipts
 - B. Less: Taxes (if applicable)
 - C. Gate Receipts after Taxes
 - D. Entry Fees (if applicable)
 - E. Expenses
 - (1) Officials
 - (a) Fee (\$130 per official per tournament - 8-team bracket)
(\$180 per official per tournament - 16-team bracket)
 - (b) Mileage (58 cents per mile round trip)
 - (2) Scorers
 - (3) Timers (2)
 - (4) Announcer
 - (5) Trophies
 - F. Net Receipts for Distribution
 - G. Distribution of Net Receipts
 - (1) 40 percent to Host School
 - (2) 30 percent to Participating Schools
 - (3) 30 percent to AHSAA

State Tournament

DATE: Feb. 5-7

SITE: Huntsville—Von Braun Center

DIRECTOR: Ralph Stone

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

Email: ralph.stone@hsvcity.com

ADMISSION: \$8 for Thursday (all-day ticket)
\$8 for Friday (all-day ticket)
\$10 for Saturday (all-day ticket)

DIVISIONS: 1A-4A, 5A, 6A

SCHEDULE:

Thursday (Feb. 5)

10:00 a.m. - Officials Meeting

11:00 a.m. - Coaches Meeting (6A)

12:00 p.m. - 1:00 p.m. - Class 6A Weigh-In

1:30 p.m. - 3:30 p.m. - Class 6A Prelims

4:00 p.m. - 5:30 p.m. - Class 6A Consolation Round 1

6:00 p.m. - 7:30 p.m. - Class 6A Quarter-Finals

Friday (Feb 6)

8:00 a.m. - Coaches Meeting (all classes)

8:00 a.m. - 9:30 a.m. Weigh-In (all classes)

10:00 a.m. - 1:00 p.m. - Class 6A Consolation Round 2

Class 5A Quarter-Finals

Class 1A-4A Quarter-Finals

1:00 p.m. - 2:30 p.m. - Consolation Quarter-Finals (all classes)

2:30 p.m. - 3:30 p.m. - Break

3:30 p.m. - 5:00 p.m. - Championship Semi-Finals

5:00 p.m. - 6:30 p.m. - Consolation Semi-Finals

Saturday (Feb. 7)

7:00 a.m. - 7:45 a.m. - Weigh-In

8:00 a.m. - 9:30 a.m. Consolation Finals

Class 6A 5-6th Place Round

9:30 a.m. - 10:30 a.m. Break

10:30 a.m. - 5:30 p.m. Championship Finals (classes run consecutively 1A-4A, 5A, 6A)

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. 5 (Class 6A) and Feb. 6 (all classes) at the site.

ENTRY DEADLINE: Deadline for scratching any qualifiers is 8 a.m. Wednesday, Feb. 4, 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: Four participants per weight class will qualify from each section. If a qualifier is scratched prior to the deadline, the other three qualifiers will remain in the positions earned at the section meet.

FORMAT: In each division, the four qualifiers in each weight class from each section will be placed in a pre-drawn bracket. No re-seeding will be done at the state tournament. Classes 1A-4A and 5A will use an eight-team, double elimination bracket and Class 6A a 16-team, double elimination bracket. Brackets of all three divisions will use cross-bracketing in the consolation bracket.

SCORING: Top four places in each weight class.

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 each weight class
- (c) Plaques to the Most Valuable Wrestler, Best Match and Most Pins (Least pin time is criteria for breaking ties.)

AWARDS PRESENTATION: Wrestlers will be seated beside the awards platform at the conclusion of their matches. Individual medals (6 places in 6A, 4 places in 5A and 4 places 1A-4A) will be awarded at the conclusion in all three divisions following the next match (ex. 103 will be awarded after the 112 concludes) Wrestlers are asked to wear their respective team warmups for the presentations/photos. A photo of the three state champions in each division will be made after the individual awards.

Team awards and group photos of all state champions will be made at the conclusion of the 285 matches.

1. State meet qualifiers and their coaches, one manager per team and one scorer per team will be admitted through the Pass Gate. All other coaches, principals, superintendents and their spouses will be admitted upon presentation of proper professional cards honored by the AHSAA.

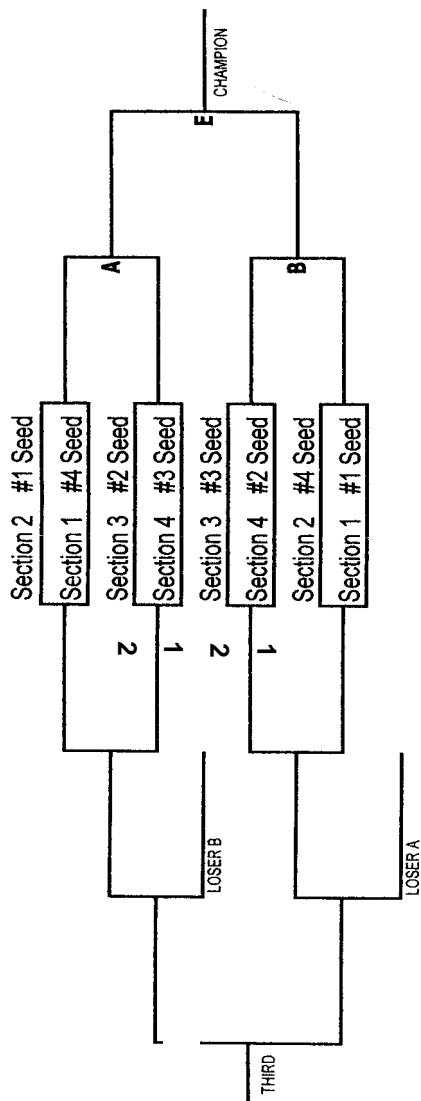
A maximum of 12 cheerleaders (in uniform) will be admitted for the sessions in which their team is participating.

2. The weigh-in will be conducted on each day of the tournament in accordance with National Federation rules.

3. If a qualifier fails to meet weight requirements, the qualifier will be disqualified from the tournament and the first round opponent will receive forfeit points.

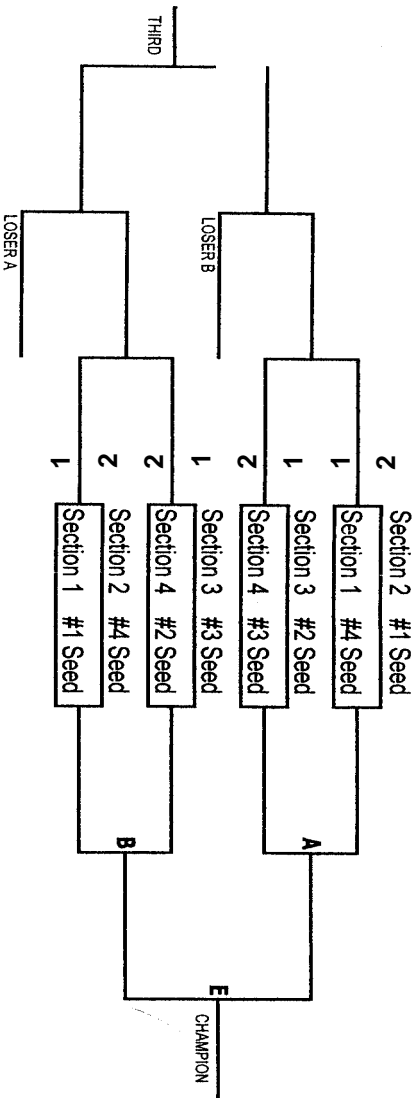
2009 1A-4A & 5A State Tournament Bracket (A)

(Weight Classes 112, 125, 135, 145, 160, 189, 285)



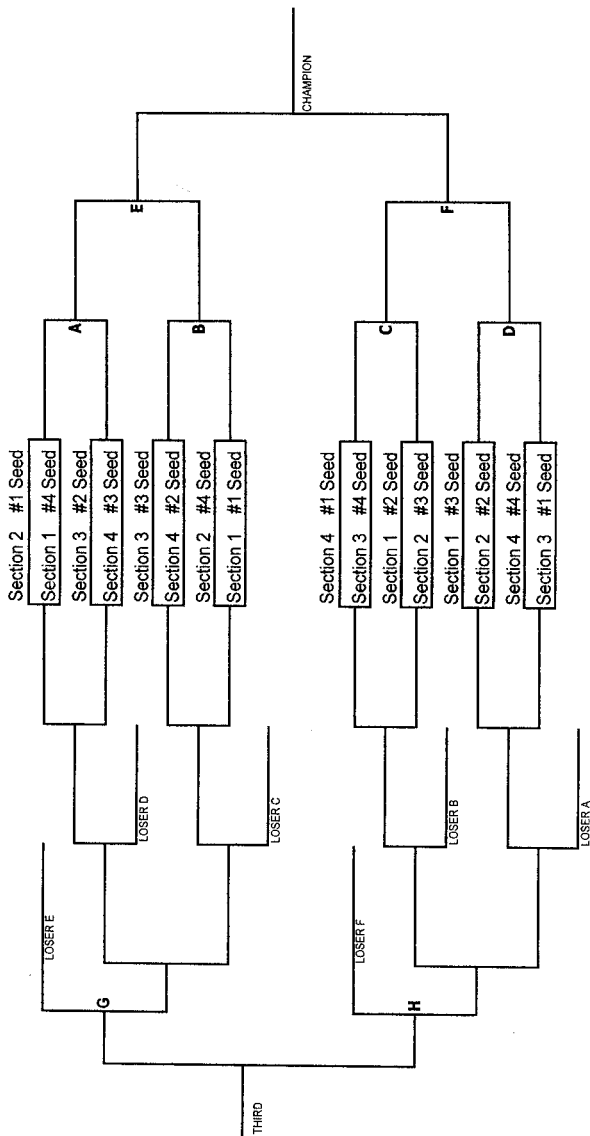
2009 1A-4A & 5A State Tournament Bracket (B)

(Weight Classes 103, 119, 130, 140, 152, 171, 215)



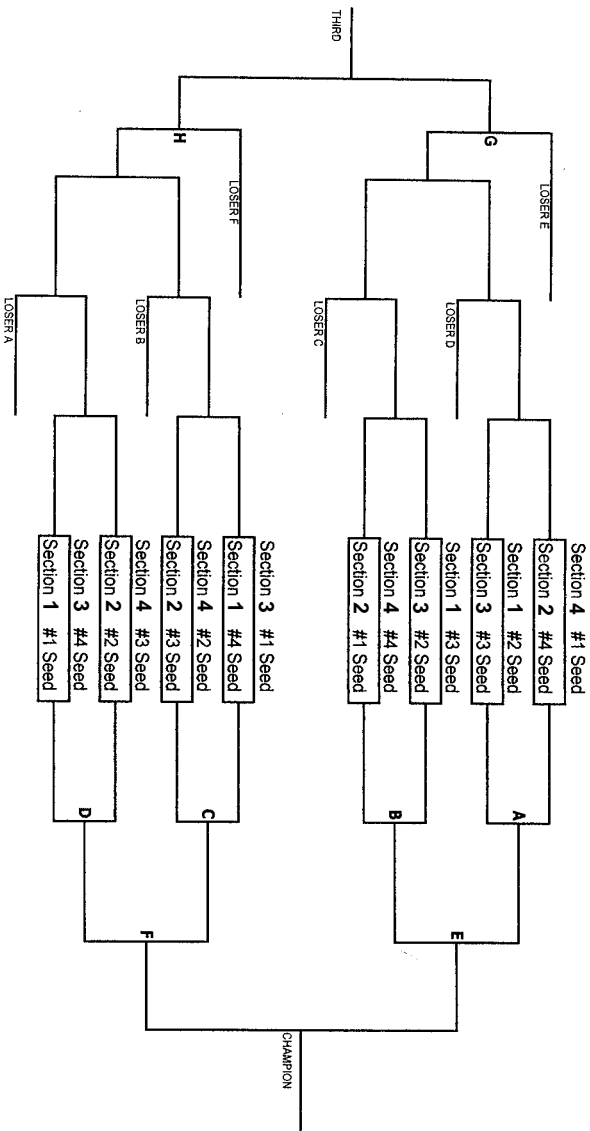
2009 6A State Tournament Bracket (A)

(Weight Classes 112, 130, 145, 171, 285)



2009 6A State Tournament Bracket (B)

(Weight Classes 119, 135, 152, 189)



6A 2009 State Tournament Bracket (C)

(Weight Classes 103, 125, 140, 160, 215)

