

2020-21 Wrestling Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Wrestling Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

General Requirements/Considerations

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same players working out together to limit overall exposure.
2. Vaccination for the flu is encouraged for players, coaches and officials.
3. Before, during and after the contest, players, coaches, and administration should wash and sanitize their hands as often as possible.
4. No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHSAA Executive Director.
5. Always maintain social distancing of 6 feet while at the mat area when possible.
6. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
7. Time-outs (if applicable) may be extended to a maximum of two minutes in length for safe hydration practices. Social distancing requirements must always be followed.
8. Cloth facial coverings are required for all players, coaches and officials. Face Coverings do not have to be worn during play, but substitutes must wear masks when not competing or per specific MHSAA sport requirements. Face Coverings must be worn by players/coaches by rule, no matter the number of active COVID-19 cases in the county. ***MHSAA requires face coverings for coaches and for substitutes, players while participating do not have to wear face coverings. Facial coverings must be a single solid color and unadorned, except the mask can include the school logo/name and bear only a single manufacturer's logo/trademark/reference (partial or whole) that does exceed 2 ¼ square inches with no dimension exceeding 2 ¼ square inches.***
9. Gloves are permissible for all players, coaches and officials.
10. The wrestling mat must be cleaned and sanitized throughout the event.
11. Administrators must limit the number of non-essential personnel who are near the court/mat and pool area throughout the contest.
12. Attendance at MHSAA events is dependent on host site and local health department guidelines and restrictions.
13. A family's role in maintaining safety guidelines for themselves and others is very important. Make sure your child and immediate household members are free from illness before participating in

practice and competition (if there is doubt stay home). Provide personal items for your child and clearly label them.

Wrestling Calendar –

Start Date – Monday December 7, 2020

First Contest – Monday, January 2, 2021

Divisional Tournaments – Wrestling – February 26-27, 2020

State Tournament – March 5-6, 2021 - Sites and formats will be discussed

Post Season Events

The dates for post season events will be as scheduled. For wrestling, the post season formats (and possibly dates) will be evaluated according to the conditions at the time. Possibilities include regular tournament formats, separation of sites etc. Sites will be determined according to availability and local health departments approval.

Practices

- Follow all sanitizing protocols before, during and after practices
- Practices in open spaces and not confined wrestling rooms. Conditioning should be done in an open space or outside when possible.
- If wrestling room must be used / have appropriate numbers in staggered practices
- Workouts/practices should be conducted in “pods” of participants with same wrestlers working out together to limit overall exposure
- Detailed, timed practice plans should be utilized to assist in contact tracing should it be needed
- Practices must be limited to team members only (no outside wrestlers)
- Practices should be closed to all spectators
- Wrestlers should shower after each practice
- Wrestlers must wash and sanitize all practice gear after each practice
- Participants should maintain the recommended six feet of distancing between individuals when not drilling or sparring
- No sharing of equipment (i.e. head gear/towels)
- Face coverings are optional during practice, but are strongly encouraged before and after practice for everyone (athletes and coaches)

Wrestling – Events

- 1) Regular season contests will be individual duals only. No multiple day invitational tournaments will be allowed in state or out of state. Teams may have more than one dual in a day (2 are allowed) but must keep teams separated to meet social distancing guidelines. Only two teams per gym will be allowed to compete at the same time. Contests must be scheduled to allow for appropriate cleaning and sanitizing when new team come to the facility.
- 2) Wrestling can have multi team events (**mixers**) if they meet the following criteria:
 - These events can have no more than 40 wrestlers competing if allowed by local county health
 - Each wrestler can only wrestle twice during these events

- Wrestlers wrestling twice must wear a clean singlet for the second match,
 - All wrestlers must wear masks while not competing
 - All other wrestling requirements/considerations must be followed and are attached.
 - Try to schedule multi-team events at least 5-7 days apart to allow for time for students to get symptomatic if exposed.
- 3) When a wrestling room is available, the home team should use the wrestling room for their warm-up.
 - 4) Weigh-ins will be completed one team at a time.
 - 5) For contact tracing purposes, it is also recommended there be assigned seating for bench personnel. Chairs should be social distanced as much as the facility will allow.
 - 6) Face coverings are optional for participating wrestlers while wrestling but are required before and after contests for athletes). Face coverings are required for coaches at all times.
 - 7) All event workers must wear face coverings. Gloves must be worn when appropriate

Return to Competition

General Considerations:

- Have hand sanitizer and wipes available at the table.
- Wash stations or sanitizer at mat side.
- No one touches the score sheet except the scorer.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition.
- Athletes and Coaches wears masks off the mat.
- Participate/host smaller events (duals and mixers)
- Minimize the number of spectators.

Considerations for Coaches:

- Recommend flu vaccination
- Wear masks on and off mat.
- Eliminate handshakes post-match.

Considerations for Wrestlers:

- Recommend flu vaccination
- Submit to COVID-19 testing as part of your pre-participation physical.
- Take the temperature of the wrestlers before weigh-ins.
- Showers after weigh-ins.
- Shower after each round and put on a fresh uniform.
- Stagger weight classes, so not everyone is in chairs mat-side.
- Wear masks off the mat when not competing.
- Eliminate handshakes pre- and post-match.
- Eliminate handshakes with coaches' post-match.

Considerations for Referees:

- Recommend flu vaccination
- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.

- Change whistle several times during the day.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Off mat officials must wear masks at all times.
- Wear masks on the mat.
- May wear disposable glove. If so, then they must change after each match.

Considerations for Parents

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.