

## Wrestling season guidelines

### Weight certification February 11<sup>th</sup> 5:00 PM at Piper Bass

-Weight certification is used to provide a safer way to manage weight loss for wrestlers that want to move to lighter weight classes. It is required for all wrestlers.

-Weight loss is not required

-Wrestlers will meet at LEE High School no later than 4:15. We will leave LEE at 4:30 PM and should return to campus no later than 6:15 PM.

-Cost for the certification test is \$5 (cash is preferred)

### First day of competition is March 1

-All competitions leading up to the district tournament will be duals, tris (three team dual), and quads (four team dual).

-Duals mean that two opposing team have their wrestlers compete against one another, one at a time. The two opposing teams sit on opposite sides of the mat from each other.

-This means there will not be any of the large tournaments that have traditionally occurred.

-During the tri and quad competitions, the mat will be cleaned after each dual has completed.

-All wrestlers that are not actively wrestling will be wearing masks.

-Coaches will be wearing masks the entire time.

-Every facility must remain below 50% capacity

### District and beyond

- The district, regional, and state competitions will be traditional tournaments with some changes. The mats will be cleaned between each round of the bracket at all three tournaments.

- **District tournament:** boys and girls will compete on separate days. Only 1<sup>st</sup> and 2<sup>nd</sup> place wrestlers will advance to regionals.

- **Regional Tournament:** boys and girls will wrestle on separate days. Only 1<sup>st</sup> and 2<sup>nd</sup> place wrestlers will advance to state
- **State tournament:** 5a and 6a will wrestle on separate days, all wrestlers will be in 8-man brackets. Top 4 place.

### Weigh ins:

- Will be conducted by team instead of by weight class and will be done in larger spaces.

### Practices:

- Wrestlers will be placed in 4-person practice groups that will not change.
- Any wrestler that is not actively wrestling will be wearing a face mask.
- Team face masks are provided.
- The practice mat will be cleaned after each practice.
- Fans will be on for the entire practice to provide increased air circulation
- Boys and Girls practices will remain separate to reduce exposure to different groups of people.
  - Until February 8<sup>th</sup>
    - Girls are before school Tuesdays, Wednesdays, and Thursdays. Tuesdays and Thursdays 8:00 to 9:15 and Wednesday 9:15 to 10:15.
    - Boys are after school from 4 PM until 5:15 Tuesdays, Wednesdays, and Thursdays
  - Starting February 8<sup>th</sup>, practices will be Monday through Friday
    - Boys will be from 7:50 to 9:15
    - Girls will be from 4:00 PM to 5:15 PM