Nevada Interscholastic Activities Association
1 East Liberty Street, Suite 505 • Reno, NV 89501
(775) 688-6464 • Fax (775) 688-6466

Eddie Bonine, Executive Director
Mr. Ray Mathis, President

Date: November 15, 2007

TO: Nevada Wrestling Coaches Advisory Committee
FR: Jim Coverley, Coordinator, NIAA Weight Management Program
RE: 2007-2008 Wrestling Policy Manual Changes - 2.5% Allowance for Weight Gain

Due to the expressed concerns of the NIAA Wrestling Coaches Advisory Committee as well as the majority of high school wrestling coaches in Nevada, the NIAA has decided to delay the implementation of Item #4 listed in the ***Major changes in 2007-2008 Nevada Wrestling Policy Manual*** (see attached).

This new "2.5% rule" was a change from the 2006-07 (and current rule), which requires the resetting of the individuals weight loss plan only when a wrestler weighed in two weight classes above the lowest established weight class. The new rule would only allow for a maximum 2.5% weight gain over the lowest established weight class. Any gain over 2.5% would require a resetting of the wrestlers weight loss plan.

Please note that ***pre-match weigh-in form*** will still be required for each weigh-in and the actual weigh-in must be recorded on the NWCA OPC site for all wrestlers for all contests.

Please also note that this ***pre-match weigh-in form*** may contain information that a wrestler *cannot* wrestle at the weight class that you have him entered on the date of the contest. This is because the OPC site is *pre-set* for the 2.5% weight gain allowance**.** ***If this is the case, you <u>must</u> have in your possession the original Weight Loss Plan and the Alpha Master Report for that wrestler to show the official and opponent coaches.***

Please be advised that the *2.5% only allowance for weight gain before the resetting of the weight loss plan* <u>will be implemented for the 2008–09 wrestling season</u>. The rule will be as stated in its current language, or possibly, in a more restrictive form, depending on the NFHS Wrestling Rules Committee recommendations.

To address this as well as other rule and policy changes for 2008-09, the next NIAA Wrestling Coaches Advisory Committee meeting will be held soon after the current wrestling season. (Date, Time & Location – TBA)

Major changes in 2007-2008 Nevada Wrestling Policy Manual

1. The Nevada high school wrestler receives a two (2)-pound weight allowance after ***January 1st*** and after a scratch weigh-in has been established ***at an NIAA-sanctioned event*** for a minimum weight class.

2. The experimental rule from 2006-2007 not allowing wrestlers to shake hands with an opposing coach until the conclusion of the event (meet, tournament, etc.) has been dropped. ***The wrestler will now be permitted to shake hands with an opposing coach after the conclusion of the individual's match.***

3. The Nevada high school wrestling coaches dress code requires that coaches dress in long ***dress*** pants (no jeans) and a school-issued collared shirt or dress shirt and tie ***for all sessions of post-season (league, region, state) events.***

4. The wrestler will have a 2.5% allowance for weight gain from their lowest recorded eligible weight class achieved with an official weigh-in. When a weigh-in is over the 2.5% allowance, the wrestler will automatically be re-started on a new weight loss plan using the date and weight of the weigh-in as the starting point.

5. Coaches must use the pre-match weigh-in sheet available on the NWCA web site for weigh-ins at all contests. Alpha Master forms must be available on-site for challenges. The on-site official will verify and sign each coach's copy of the weigh-in form.

6. The wrestler must be listed on the Alpha Master / NWCA weigh-in form before he/she is allowed to compete.