

NIAA Wrestling Policy Committee

Revised on June 27, 2007 (last updated Sept. 19 / Dec. 6, 2007)

NIAA:	Eddie Bonine, Executive Director Donnie Nelson, Assistant Director
State Rules Interpreter:	Dave Nevin
Weight Management Program:	Jim Coverley, Coordinator of State WMP Dave Nevin, State Rules Interpreter
Clark County School District:	Ray Mathis, Director of Athletics
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<u>Class, League / Region</u>	<u>Representative</u>
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3A Northern League 3A Southern League	Wade Pehrson, Spring Creek H.S. Leon Durbin, Virgin Valley H.S.
4A Northern Region 4A Sunrise Region 4A Sunset Region	Jeff Tomac, Reno H.S. (TBA) (TBA)

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2007-08 NIAA Wrestling Class, League / Region Alignment

Class 1A / 2A (0-460)

NORTHERN LEAGUE

Austin
Battle Mountain
Carlin
Eureka
Independence
Owyhee
Pershing County
Rite of Passage
Round Mountain
Sage Ridge
Silver Stage
Wells

SOUTHERN LEAGUE

Beatty
Indian Springs
Laughlin
Lincoln County
Lund
The Meadows
Pahranaagat Valley
Spring Mountain
Tonopah
West Wendover
White Pine

*Note: League tournaments (state qualifiers) will be conducted.
The league tournaments will feature an 8-person bracket seeded according to NIAA policies,
but be adjustable to the next power of two (a 16-person bracket) if entries warrant.
The state tournament will feature an 8-person bracket with four seeds from each league.*

Class 3A (461-1200)

NORTHERN LEAGUE

Dayton
Fernley
Incline
Lowry
Sparks
Spring Creek
Truckee
Yerington

SOUTHERN LEAGUE

Boulder City
Faith Lutheran
Moapa Valley
Pahrump Valley
Virgin Valley

*Note: League tournaments (state qualifiers) will be conducted.
The league tournaments will feature an 8-person bracket seeded according to NIAA policies,
but be adjustable to the next power of two (a 4- or 16-person bracket) if entries warrant.
The state tournament will feature an 8-person bracket with five seeds from the Northern League
and three seeds from the Southern League.*

2007-08 NIAA Wrestling League / Region / Class Alignment

CLASS 4A (1201 and above)

NORTHERN REGION

High Desert League

Bishop Manogue
Churchill County
Elko
Galena
McQueen
Reed
Spanish Springs

Sierra League

Carson
Damonte Ranch
Douglas
Hug
North Valleys
Reno
South Tahoe
Wooster

SUNRISE REGION

Northeast League

Canyon Springs
Chaparral
Desert Pines
Eldorado
Las Vegas
Rancho
Valley

Southeast League

Basic
Coronado
Del Sol
Foothill
Green Valley
Liberty
Silverado

SUNSET REGION

Northwest League

Arbor View
Centennial
Cheyenne
Cimarron-Memorial
Legacy
Mojave
Palo Verde
Shadow Ridge

Southwest League

Bishop Gorman
Bonanza
Clark
Durango
Sierra Vista
Spring Valley
Western

Note: League tournaments will NOT be conducted.

The region meets will feature a bracket to the power of 2 with four seeds from each league.

The state tournament will feature an 8-person bracket with three seeds from each region.

A (state) pig-tail will be conducted in each weight class between two No. 3 seeds (as drawn).

NIAA Wrestling Weight (lbs.) Classifications

103 112 119 125 130 135 140 145 152 160 171 189 215 285

NIAA Maximum Wrestling Contacts

A team and/or individual wrestler is permitted a maximum of 15 contacts per year excluding league, region and state championship meets. A “contact” means a dual, multi-dual and/or other meet/tournament. A wrestler who competes at both the junior varsity and varsity levels during the same season is limited to a total of not more than 15 contacts combined. If, during the high school season, an individual competes in a non-high school wrestling event, that competition will still count as a high school contact and count against the maximum contact limit.

Nevada Wrestling Weight Management Program

- A. The NIAA’s Wrestling Weight Management Program is designed to assist all student-athletes in the elimination of severe weight reduction programs that have been proven to be harmful to student-athletes. It is the NIAA’s philosophy that the basis for a sound and healthy weight control plan is best designed when the wrestler, his/her parents, his/her coach and a physician are included in the planning process.
- B. A wrestler must meet the following criteria to qualify in a specific weight class for league/region and state tournaments:
1. The wrestler must pass a hydration test and establish a minimum weight class before participating in any scheduled competition.
 2. The wrestler may not compete in any contact, including contacts outside Nevada, at a weight class below his/her minimum certified weight class.
 3. ***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.***
 4. The wrestler must weigh-in at their lowest minimum weight class at scratch weight before or on the first day of the state qualifying series.
- C. A Nevada 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.

- D. The actual number of weigh-ins shall define the number of contacts. A contact shall be recorded no matter what the level of competition he/she is contesting.
1. Coaches must enter all weigh-ins and league match results (JV and varsity contacts) for each wrestler on the NWCA's web site ***at the completion of the contest***. This information will be used to establish each wrestler's record. Coaches failing to do this will be suspended for the first session of the league/region or state tournament.

* Note: The first day of weigh-ins is the official weigh-in and will count only as one contact in a multi-day event. The second day of weigh-ins in a multi-day event will not count towards the number of weigh-ins (or scratch weight) for a weight class, except in the case of Class 2A and 3A league dual meets (when establishing league championship meet qualifying records). In general, weigh-ins will be treated as a separate weigh-in each day but only count as one contact.
- E. A wrestler may compete in the league/region and/or state tournament(s) at his/her minimum certified weight class with a registered scratch weight for that weight class.

Nevada's Wrestling Weight Management Program: **The Specific Rule for Nevada's Student-Athletes**

Schools are required to follow policies of the Nevada Wrestling Weight Management Program herein established by the NIAA for the health and safety of all wrestlers competing in high school varsity and junior varsity programs.

The establishment of a minimum wrestling weight based on 7% body fat for boys and 12% for girls is mandatory for all wrestlers. Please note the NIAA does not advocate that a wrestler's established minimum weight is the student-athlete's best weight, but simply establishes the minimum weight at which the student-athlete will be allowed to compete.

I. Establishing the Minimum Weight Class

A. Tanita TBF measurements will be utilized to determine each wrestler's body fat percentage.

1. Each wrestler must pass a test to substantiate that they are at an acceptable level of hydration before they can have measurements taken. Details regarding the specific test to be used, the testing protocol, etc. will be mailed to each wrestling school prior to the earliest date for measurements.
2. Only measurements taken by an assessor who has successfully completed a NIAA Workshop will be accepted. It is the school's responsibility to contact an approved assessor from the list provided by the NIAA as posted on the NIAA's web site...

www.niaa.com...

and arrange a time to have the wrestling squad assessed.

3. Measurements may not be taken after a practice or a workout. If the measurer has reason to believe any of the wrestlers are in a dehydrated state, they shall refuse to measure such wrestler(s).
4. No wrestler may compete until he/she has had a minimum weight class determined.

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

1. A wrestler may compete at or above the weight class in which his/her 7%/12% minimum wrestling weight places him/her.

2. A wrestler must be listed on the Alpha Master/*NWCA weight-in form* before he/she is allowed to compete. The wrestler's minimum wrestling weight will be automatically adjusted by 2% if the wrestler's assessed body fat was 7% or above. Wrestlers being assessed on-site the day of a dual or tournament will be allowed to compete at that Alpha weight.
3. A wrestler who is assessed below 7%/12% must have a medical release to wrestle at his/her alpha weight *per NFHS rules*.

II. Time Period for Measurements

- A. Assessments may begin on the third Monday of October. All wrestlers, including those coming out late, must have their minimum weight class established before competing.
- B. Assessment results will appear on the Alpha Master within seven days of testing.
- C. ***When an assessment occurs after January 1st***, no growth allowance will be used to establish a minimum weight class.

III. School Administration's Responsibilities in the Measurement Process

- A. It is the school's responsibility to contact an approved assessor from the list provided by the NIAA as posted on the NIAA's web site...

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and arrange a time to have the wrestling squad assessed.
- B. School administration or its designee must take reasonable precautions to insure the accuracy and validity of their hydration testing procedure.
- C. It is recommended that a school must have available at the time of the measuring:
 1. An individual to collect all data forms (individual profile and parent permission forms);
 2. A school official (i.e.: A.D., coach, teacher) who will assist in lining up the wrestlers, checking the individual profile and parent permission forms, and recording all data;
 3. An individual to administer the test to determine state of hydration of each wrestler, (i.e.: school nurse, biology teacher).

* Note: Schools having female wrestlers are responsible for providing a female to assist in acquiring the urine sample.

4. The summary list of required paperwork is listed here:
 - a. For the Initial Assessment
 - i. Individual Profile Form
 - ii. Parent Permission Form for Hydration Test
 - b. For the Re-Assessment Process
 - i. Original assessment paperwork (which may be obtained / retrieved from the NWCA web site)
 - ii. A new Individual Profile Form

**** PLEASE NOTE** that a re-assessment will NOT be granted unless all procedures listed above are followed correctly.

- D. A wrestler is not eligible to compete until his/her school has an alpha master with his/her name and minimum weight class indicated.

IV. Growth Allowance

- A. Growth allowance will be two pounds **after January 1st.**

Note: A Nevada wrestler receives a two (2) pound weight allowance after January 1st and after a scratch weigh-in has established a minimum weight class.

V. Weight Loss Per Week

- A. A weight loss limit of 1-1/2 percent per week has been set. The projected earliest date to wrestle at the predicted minimum class will be broken down into days. This date will appear on the printout.

* Note: Coaches failing to have the Alpha Master form available for challenges on site will be, in the first offense, WARNED, and in the second offense, SUSPENDED for the first session of the next tournament or dual meet.

- B. A wrestler will not be allowed to wrestle at any time in a weight class that would require him/her to lose more than 1-1/2 percent per week as has been established on the wrestler's weight loss plan.

- C. *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.*
- D. The deadline for challenges regarding weight loss violations/procedures shall be five working days prior to the start of post-season tournaments.
- E. 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* in case a question arises that a wrestler may have violated the 1-1/2 percent per week weight loss limit. Protests will be handled by the NIAA office.

Note: The event director is responsible for collecting and verifying the minimum weight class of wrestlers when requested for events held in Nevada with five or more teams participating.

NIAA penalty for coaches unable to produce Alpha Master forms to the on-site official:

- 1st offense, warning;
- 2nd offense, ineligible to participate in next contest.

Note: Wrestlers not appearing on the Alpha Master/NWCA weigh-in form(s) will NOT be permitted to compete except when a wrestler is assessed on-site during the weigh-in period.

VI. Appeal Re-assessment Process

- A. A wrestler will be able to re-assess *one time only* within 14 calendar days of his/her original alpha measurement. The 14-day re-assessment period starts on the day following the Alpha date. A wrestler may compete before re-assessment.
 - 1. The summary list of required paperwork is listed here:
 - a. For the Re-Assessment Process
 - i. Original assessment paperwork (which may be obtained / retrieved from the NWCA web site)
 - ii. A new Individual Profile Form

**** PLEASE NOTE** that a re-assessment will NOT be granted unless all procedures listed above are followed correctly.

The re-assessment may be done by any assessor. The original assessment paperwork must be attached to the new Individual Profile Form being used for the appeal (forwarded to the new assessor).

- B. The athlete must repeat the Alpha Weigh-in per the regulation.
 - 1. The same assessor may conduct the reassessment.
 - 2. It must be indicated on the Individual Profile Form that it is an appeal.
 - a. The original assessment must be attached to the Individual Profile Form.
 - 3. The reassessment should occur within 14 calendar days of the original Alpha date.
 - 4. The reassessment must include a hydration assessment, a Tanita scale measurement and the same body composition method that was previously utilized.
 - 5. A wrestler must not assess below his/her original percentage of body fat or follow the decent program in order to have a valid re-assessment. The reassessment will allow for a 0.2% (two-tenths) maximum change of body fat from the original percentage.
Wrestlers below 7%/12% must maintain the same or higher percentage of body fat.
 - 6. Failure to adhere to these regulations will result in a denial.
- VII. Alpha Master Forms
- A. Nevada coaches will have available to them on-line the Alpha Master forms for all Nevada teams.
 - B. If any questions arise and a coach cannot and/or does not produce the Alpha Master forms, he/she shall be reported to the NIAA office by the on-site official / director.
 - C. The event director is responsible for collecting and verifying the minimum weight class of wrestlers when requested for events held in Nevada with five or more teams participating.

NIAA penalty for coaches unable to produce Alpha Master forms to the on-site official:

1st offense, warning;

2nd offense, ineligible to participate in next contest.

Note: Wrestlers not appearing on the Alpha Master form will NOT be permitted to compete except when a wrestler is assessed on-site during the weigh-in period.

VIII. Data Entry

A. The actual number of weigh-ins shall define the number of contacts. A contact shall be recorded no matter what the level of competition he/she is contesting.

1. Coaches must enter all weigh-ins and league match results (JV and varsity contacts) for each wrestler on the NWCA's web site ***at the completion of the contest***. This information will be used to establish each wrestler's record. Coaches failing to do this will be suspended for the first session of the league/region or state tournament.

* Note: The first day of weigh-ins is the official weigh-in and will count only as one contact in a multi-day event. The second day of weigh-ins in a multi-day event will not count towards the number of weigh-ins (or scratch weight) for a weight class, except in the case of Class 2A and 3A league dual meets (when establishing league championship meet qualifying records). In general, weigh-ins will be treated as a separate weigh-in each day but only count as one contact.

IX. Nutrition Education Program

A. While it is not mandatory, it is highly recommended that each school participate in the nutrition education aspect of the program.

IX. Cost

A. All costs incurred for assessments, reassessments and nutrition education programs are the responsibility of the school and/or school district.

X. Penalties for a wrestler circumventing (attempting to cheat and/or cheating) the weight assessment process have been established:

1st offense: Suspension for one wrestling season.

2nd offense: Suspension for two wrestling seasons.

XI. Penalties for a coach cheating the NWMP

A coach who knowingly cheats the Nevada Weight Management Program or assists a wrestler to circumvent the weight assessment process will be suspended from coaching for two years in Nevada.

Weigh-in Procedures

- A. All weigh-ins for dual meets, multi-dual meets and other tournaments shall be in accordance with the requirements of National Federation rules 4-5-1 and 4-5-3. There is to be no variations in these rules!
The weigh-in must be conducted by the referee or other authorized personnel. If the individual conducting the weigh-ins is not the referee, this authorized person should be someone appointed by the athletic administration and preferably not be a coach.
- B. *Weight allowances varying from National Federation rules cannot be given during any tournament held in Nevada. Violation of these rules will result in a one-year suspension of the tournament.*
- C. All weigh-ins, including those conducted at league/region and state tournaments, will take place each day of competition.
- D. Officials who are not present at weigh-ins are still required to inspect wrestlers for uniforms, skin conditions, grooming requirements, equipment, taping and padding, **to verify and sign the weigh-in form**, and to answer any questions.
The meet may be conducted under protest if any problems should arise because of the absence of an official.
- E. Girls wrestle in Nevada. If two scales are not available, girls should be weighed in after the boys have left the locker room area and be allowed a ½ pound allowance for the weight of the singlet. As per NFHS rules, the authorized weigh-in person should be of the same gender.
- F. A wrestler identified as having a skin condition must provide the enclosed Communicable Skin Disease Release form before competing in another contest.

NFHS Rules Regarding Weigh-Ins

NFHS Rule 4-5-1:

Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder a maximum of one (1) hour before the time a dual meet or a team's first competition in a multiple dual-meet event is scheduled to begin.

When a preliminary meet is followed by a varsity meet weigh-ins may, by mutual consent, precede the preliminary meet. Contestants in an individual tournament shall weigh in at the tournament site a maximum of two (2) hours before the first session of each day.

NFHS Rule 4-5-3:

For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. The weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class. When all wrestlers for a weight class have had an opportunity to weigh-in and the next class is called, that weight class is closed. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration are prohibited.

G. General Notes Regarding Weigh-Ins

1. Weigh-ins conclude with the 275 lb. weight class. Any team not on site at the start of weigh-ins will not be allowed to weigh-in unless prior notification is given due to transportation (only) issues. The team arriving late, having given prior notification, must report immediately to the scale(s).
2. The two attempts to step on the scales have to be made in succession. A wrestler cannot go to the restroom between attempts or use any method(s) to lose and/or gain weight.

3. When more than one scale is being used, weigh-ins may be conducted in groupings of weight classes (weighing lightest to heaviest) and/or teams.

Examples using three scales in different locations:

Scale 1: 103#, 112#, 119#, 125#;

Scale 2: 130#, 135#, 140#, 145#, 152#;

Scale 3: 160#, 171#, 189#, 215#, 285#; or,

Scale 1: Teams A, B, C;

Scale 2: Teams D, E, F;

Scale 3: Teams G, H, I.

Note: If multiple scales are used in the same location, a weight class must be completed and closed before weighing in the next weight class. For example, all 103-pound wrestlers would have to be weighed before starting the 112-pound class. If a 103-pound wrestler were to miss the call for that weight class, he/she would only be permitted to weigh-in for the weight class that was open and weighing-in.

4. The designated weigh-in area should be an area that can be supervised for any rules violation.
5. Second day weigh-ins will be conducted in accordance with National Federation rules.
6. The meet may be conducted under protest if any problems should arise because of the absence of an official. Coaches involved should submit written statements to the NIAA and not involve the official upon his/her arrival on site.
7. NF Rule 1-1-2: The random draw to determine the first weight class that will be wrestled in dual meets will take place immediately after the conclusion of weigh-ins. The official or the weigh-in administrator can conduct the draw.
8. Only the NIAA "Communicable Skin Disease Release Form" is accepted for questionable skin conditions.
9. Coaches must exchange "Alpha Master forms" to verify minimum weight class and date of minimum weight class of each wrestler.

Unsportsmanlike Conduct

- A. NIAA Regulations 386.835-847 – and in particular Regulation 386.843, the ejection of a pupil or coach from a meet – is in effect at all times during the wrestling season.

- B. National Federation Rule 8, Section 1, Articles 4 & 5 will be strictly enforced. In addition, the coach will miss the next scheduled session in a tournament or the next scheduled contact and the wrestler will miss the next scheduled contact. The coach or athlete who has been ejected will not be permitted at the site of the event during this period of enforcement. Since the ejection is based upon the judgment of an official, no appeals will be granted.

- C. In multi-conference dual meets, each dual will be treated as an individual match and not as a dual team tournament.
Example: Flagrant misconduct would eliminate the offender from the match in which it occurred plus the following dual. The wrestler would be eligible to return for the third dual match.

* Note: In a tournament or multi-dual event, a session is when the first whistle blows in the first weight class and a complete set of all 14 weights have wrestled and the last whistle has blown in the last match. A wrestler that has to miss the first session of a multi-dual event would be permitted to weigh-in and leave the premises before the first whistle of the first match is blown.

In a bracketed tournament, as per NFHS rule 10-2-5, a forfeit would eliminate a contestant from further competition in the tournament.

* Note: As per NFHS Wrestling Rule 8-1-6, "When a student is removed from the premises for unsportsmanlike conduct or flagrant misconduct, removal will only take place if authorized school personnel is available to supervise. If no supervision is available, the student will be confined to the team bench."

Note: During the 2007-2008 season, wrestlers will again be permitted to shake hands with an opposing coach after the conclusion of a match.

League, Region & State Tournament Policies

A. Appointment of mat officials

1. Officials for the league, region and state tournament(s) will be appointed by the NIAA office. Appointments are made on the basis of an official's rating within their own association (per allocation) – NNOA, SNOA & NENOA.

An official who misses the annual state interpretation meeting will not be eligible for assignment to any post-season tournament. An official wishing to be selected for a state tournament assignment must also attend the state official's clinic at least once every two years.

2. The NIAA will assign three officials for every two mats used in league/region tournaments. A "head official" from host region shall be appointed by the NIAA and he/she will devise a system of rotating the officials so that all officials work the same number of matches. A referee and assistant will be assigned to work the semifinal, third-place and championship matches.
3. The NIAA will assign officials per allocation for the state tournaments.
A "head official" from host region shall be appointed by the NIAA and he/she will devise a system of rotating the officials so that all officials work the same number of matches. A referee and assistant will be assigned to work the semifinals, consolation semifinals, third-place and championship matches.
4. If multiple region events are held in a regional and cannot be covered by qualified officials, officials will be appointed from other NIAA regions.

B. Minor Officials

1. All bench officials, other minor officials and helpers will be appointed by local management. The local manager will provide timers, scorers and other bench officials as provided in the NFHS Wrestling Rule Book.
Other minor officials and helpers to be appointed would include persons to post cumulative team scores, to post individual results, serve as announcers, serve as runners to carry score cards to head scorer, serve as dressing room attendants, serve as ticket sellers and ticket takers, serve as ushers, etc. At least one bench official per table must be an adult who has experience in the sport.

C. Weight Class Qualifications

1. The league/region tournament director will use the team Alpha Master forms to make sure that no wrestler is entered in a weight class lower than his/her assessed weight class. Under no circumstances may the tournament director modify or set aside weight control rules.
2. Alpha Master Forms and records will be provided by the NIAA to the tournament director through the NWCA web site when requested. This information will be used to verify each wrestler's record. Scorebooks should be brought to the seeding meeting for proof of records.

* Note: A coach providing a form with incorrect weigh-in information is subject to suspension for the first round.

D. Weigh-Ins

1. The league/region/state tournament director will make arrangements with the local officials' association for supervising the weigh-ins. A careful record of actual weight must be kept to insure that all wrestlers have weighed in, including those athletes competing in the 275 lb class.
2. Each wrestler wishing to participate in the tournament must make the required weight for his/her class at the published time or he/she will be disqualified. Ref: NFHS Rule 10, Section 2, Article 1.
3. At least two certified platform or digital scales must be available for weigh-ins. Spring scales are not acceptable. All wrestlers are to be weighed in with their actual stripped weight recorded. A wrestler is considered to have made weight if there is visible space between the top bar and the frame directly above it or the scale reads exact weight on a digital scale.

* Note: A wrestler has not made weight if the bar continues to bounce against the frame directly above it.

E. Setting Up Tournament Brackets

1. Procedure in drawing up the schedule and brackets for each weight class in the league/region tournament is as follows:

- a. Each league/region will establish the date / time of its seeding meeting. Although it is recommended that seeding take place on the day of the tournament, the tournament director will have final say concerning the date and time of the meeting.
- b. A wrestler is considered to be officially entered in the league/region tournament when the director officially places him/her on the bracket. Failure to make weight after this procedure takes place will result in the removal of the athlete from the tournament and the forfeit will carry through to the consolation bracket. It will not be possible to move a wrestler up a weight class once he/she has been officially seeded and placed on the bracket.
- c. Since each league/region is structured differently, it is the responsibility of the tournament director to establish a procedure for choosing alternates if necessary. This procedure should be described in the meet directions. All brackets are to be National Federation adopted for double elimination and are to be a power of two: 2, 4, 8, 16, 32, 64. Re: National Federation Rule 10, Section 3, Articles 1 & 2.

* Note: A tournament director may choose to collect forms on Monday, temporarily seed the tournament and then formalize the seeding at a meeting preceding the tournament. If this plan is chosen, wrestlers must compete in the weight class in which they are entered.

* Note: The only adjustment that could be made is the substitution of a wrestler from the same school who was not previously entered in the tournament. A wrestler that does not make weight will be removed from the competition (forfeit).

2. The following criteria will be utilized if byes are involved:
 - a. The top four (4) competitors are first seeded in an 8-man bracket.
The top eight (8) competitors are seeded in a 16-man bracket.
 - b. Byes are drawn into remaining brackets as per NF Rule 10, Section 3, Articles 1 and 2.
 - c. The remaining competitors are *drawn*.

3. Seeding for league/region tournaments will be based on the total win record (regardless of the number of weight classes wrestled) established during varsity league/region dual meets or as determined by the class.

* Note: Extra 4A wrestlers will show no records and be drawn.

EXAMPLE of a league/region having 9 matches:

If an individual has 7 wins & 2 losses, his/her seeding record would be 7.

4. In the case of identical records in total wins, the following criteria will be used to determine seeding.

In all cases after a multi-wrestler tie is resolved (where the top person in the tie is given the higher seed), the remaining (tied) wrestlers will revert back to criteria "a" and continue the procedure.

- a. Head-to-head competition (league/region dual matches only). In a multiple tie, all wrestlers must have wrestled head-to-head for this to determine seeding.
- b. Contestant with the most wins in that weight class will be seeded higher.
- c. Most team points scored by an individual in that weight class will be seeded higher.
- d. In case of multiple ties, always revert back to head-to-head when a wrestler is removed from the tie.
- e. Flip of the coin.

* Note: With the approval of 2/3 of the head coaches in attendance at the seeding meeting, a common sense adjustment can be used for seeding in the 2A and 3A league tournaments.

- 5a. The Class 2A will conduct league tournaments based on a power of two bracket. Each team is permitted to enter one competitor per weight class plus an additional four (4) independent / non-scoring wrestlers (see next page).
The league tournaments will feature an 8-person bracket seeded according to NIAA policies but be adjustable to the next power of two (a 16-person bracket) if entries warrant.

- 5b. The Class 3A will conduct league tournaments based on a power of two bracket. Each team is permitted to enter one competitor per weight class plus an additional four (4) independent / non-scoring wrestlers (see next page).
The league tournaments will feature an 8-person bracket seeded according to NIAA policies but be adjustable to the next power of two (a 4- or 16-person bracket) if entries warrant.
- 5c. The Class 4A will conduct region tournaments based on a power of two bracket. Each team is permitted to enter one competitor per weight class plus an additional four (4) independent / non-scoring wrestlers (see next page).
The region tournaments will feature a 16-person bracket seeded according to NIAA policies but be adjustable to the next power of two (an 8-, 16- or 32-person bracket) if entries warrant.
The seeding of all competitors will be based on league records using the established seeding criteria.

INDEPENDENT / NON-SCORER QUALIFIER RULE

- * Each team may enter four (4) independent wrestlers in the league / region tournament, but no more than two (2) wrestlers (i.e.: one original entry plus one independent / non-scorer) may be entered per weight class.
 - * The extra wrestler(s) will be entered as a non-scorer for the league / region tournament and, if applicable, state tournament(s). If the original entry / scorer is eliminated in the league / region tournament, the non-scorer (if qualified) will become the scorer in the state tournament.
 - * Each coach must determine which wrestler is the scorer and which is the non-scorer when the athletes are entered in the state tournament series.
 - * Non-scoring wrestler(s) will be drawn randomly into the tournament. Competitors from the same school set to meet in the first round will be redrawn so as to avoid a first-round match.
 - * If two wrestlers from the same school meet in a post-season event, automatic pin points will be awarded to the winner of the match unless he is the designated non-scorer.
- 6a. The top four (4) placers out of the 2A Northern League championship meet and the top four (4) placers out of the 2A Southern League championship meet qualify for the Class 2A eight-man state championship meet. The championship half of the bracket will be single-elimination while the consolation half will be double-elimination through fourth place.
- 6b. The top five (5) placers out of the 3A Northern League championship meet and the top three (3) placers out of the 3A Southern League championship meet qualify for the Class 3A eight-man state championship meet. The championship half of the bracket will be single-elimination while the consolation half will be double-elimination through fourth place.
- 6c. The top three (3) placers out of the 4A Northern Region championship meet, the top three (3) placers out of the 4A Sunrise Region championship meet and the top three (3) placers out of the 4A Sunset Region championship meet qualify for the Class 4A eight-man state championship bracket. Two No. 3 seeds will meet for a first-round match. The championship half of the bracket will be single-elimination while the consolation half will be double-elimination to fourth place.

7. The Class 4A state tournament will be seeded as follows:
 - a. The first round will pair contestants from different regions and will always pair high qualifiers versus low qualifiers.
 - b. All wrestlers that are seeded equally will have an equal chance and will be seeded into the bracket with the same seeding criteria.
 - c. National Federation rules will be followed with regard to byes and bracket design.
 - d. This bracket was designed by wrestling coaches in an attempt to give all wrestlers the same opportunity regardless of region.
 - e. Each weight class will be drawn respectively as to create equal opportunities for team scoring.

8. Specific seeding criteria for the Class 4A state tournament:

The first seed from the Northern Region will be called N1, the first seed from the Sunrise Region will be called SR1 and the first seed from the Sunset Region will be called SS1. A similar designation will be used for the remaining wrestlers (N2, SR2, SS2, etc.).

- a. The 8-man bracket will be numbered as per the guidelines of the NFHS.
- b. The top three seeds (N1, SR1, SS1) will be drawn randomly in bracket positions 1, 2, and 3.
- c. The second seeds (N2, SR2, SS2) will be drawn randomly in bracket positions 4, 5 and 6. As to prevent a meeting of the #1 and #2 wrestlers from the same region in the first round and semifinals, the second seeds will be drawn randomly until the above-mentioned scenario is prevented.
- d. The third seeds (N3, SR3, SS3) from the regions not represented in the #1 Seed position (or line 1 on the top of the bracket) will be placed in the “first round”. The remaining No. 3 seed will be placed in the #7 position (line 7 on the bracket).

- e. The “pig-tail” matches will be scored the same as the standard bracketed tournament with advancement and bonus points calculated.

*Note: Seeding will be done by the NIAA. Complete brackets will be posted on www.niaa.com on the Sunday evening following the region tournaments.

9. The format and time schedules for the state tournaments are determined by the NIAA. Slight changes in the schedule may be made by the tournament director with approval of the NIAA.
10. Medals will be awarded as follows:
 - 2A Leagues: 1st – 2nd – 3rd – 4th;
 - 3A Northern League: 1st – 2nd – 3rd – 4th – 5th;
 - 3A Southern League: 1st – 2nd – 3rd;
 - 4A Regions: 1st – 2nd – 3rd – 4th;
 - 2A State: 1st – 2nd – 3rd – 4th;
 - 3A State: 1st – 2nd – 3rd – 4th;
 - 4A State: 1st – 2nd – 3rd – 4th.

F. Filling Brackets

1. If at any time a bracket is not filled in the Class 2A and / or Class 3A state tournament, a qualifier from the other league will be used.

EXAMPLE: Class 2A

If only three wrestlers are entered in the 160 lb. weight class of the Southern League tournament, the North’s No. 5 wrestler will be placed in the bracket to replace the South’s No. 4 (no-existent) wrestler.

EXAMPLE: Class 3A

If only four wrestlers are entered in the 215 lb. weight class of the Northern League tournament, the South’s No. 4 wrestler will be placed in the bracket to replace the North’s No. 5 (non-existent) wrestler.

**** Note: Since three regions are used in Class 4A bracketing, no additional wrestlers will be added (forfeit) following the advancement of the next wrestler (qualifier) available from that particular region.***

G. Posting Results

1. An electric match scoreboard or other suitable device should be provided for each mat and a responsible person designated to post cumulative team scoring. The scoreboards should be within sight of spectators and posted results should be checked from time to time with the official scorer.
2. Wall charts showing the brackets for each weight class should be prepared for public viewing. These charts should be filled in for the first-round bouts as soon as the names of the wrestlers are available. After each bout, the name of the winner and his/her score should be posted in the proper line for the next round. Presentation wall charts for the state tournament are to be completely filled in and given to the champion in each weight class as a memento.
3. Scoring Chart

2A Leagues	2A State	3A North	3A South	3A State	4A Regions	4A State
<u>6 Places</u>	<u>4 Places</u>	<u>5 Places</u>	<u>4 Places</u>	<u>4 Places</u>	<u>4 Places</u>	<u>4 Places</u>
1 st = 16 pts	14 pts	16 pts	14 pts	14 pts	14 pts	14 pts
2 nd = 12 pts	10 pts	12 pts	10 pts	10 pts	10 pts	10 pts
3 rd = 9 pts	7 pts	9 pts	7 pts	7 pts	7 pts	7 pts
4 th = 7 pts	4 pts	7 pts	4 pts	4 pts	4 pts.	4 pts
5 th = 5 pts		5 pts				
6 th = 3 pts		3 pts				

H. Replacement of a state tournament qualifier

1. Occasionally a wrestler, after having qualified in the league/region tournament, will be unable to compete in the state tournament because of illness, injury, academic eligibility or another justified cause. If this occurs, and a physician verifies the illness or injury, the next highest placed wrestler determined at the league/region tournament shall be placed in the state tournament at the lowest seeding. If it is necessary for an alternate to wrestle in the state tournament, the tournament director must be notified no later than 24 hours prior to the start of the state tournament. It shall be the responsibility of the principal or coach to notify the state tournament director, the league or region meet director and the coach of the next highest wrestler at the earliest possible time that an alternate may be necessary. Any coach not making the proper notifications will be suspended for the first session of that tournament. If a wrestler fails to appear or make weight, there shall be no change in the bracketing and his opponent shall receive both forfeit and advancement points.

I. Mats and Equipment

1. Mats provided for competition must be of legal size and dimensions as described in NFHS Rule 2-1. It may be necessary to borrow mats from nearby schools in order to have legal-sized mats.
2. If it is necessary to use side mats / padding, the director must ensure that they are attached securely to the mat and that an attendant is available to keep these side mates in place.
3. All mats must be at least six feet from any interior walls, if this is not feasible due to limitations of the facility, then the walls must be padded.

J. Coaches Passes

1. NFHS rules 2-2-1, 2 and 3 provide that all personnel, other than the wrestlers on the mat, shall be assigned to a restricted area which is well removed from the mat and the scoring table. Coaches, managers, assistants, wrestlers not actually wrestling at the time, cheerleaders, and all other non-participating personnel must be kept away from the mat edges and the actual mat area at all times.
The maximum number of team personnel (coaches and/or contestants) allowed to be seated at mat side is two. Coach's passes will be issued to head and assistant coaches who are paid employees of their respective school districts.
No match shall be permitted to start without a coach or other certified adult school personnel for each contestant at mat-side.
2. ***Dress Code: Coaches must dress in long dress pants(no jeans) and a school-issued collared shirt or dress shirt and tie for ALL sessions of post-season tournaments (i.e. all sessions in the league, region and state tournaments!).***

K. Admission Fees

1. The current NIAA league/region and state meet prices established by the NIAA Board of Control will be charged.

L. State Tournament Rules Committee

1. A three-person rules committee will be the final authority on matters of technical nature. The committee shall consist of the state rules interpreter, when available, the tournament director and the head official.
The rules committee may not overrule a judgment call by an official.

M. Physicians and Trainer

1. The tournament director shall make every effort to have a competent physician in attendance; however, because of expense and scheduling, this may not always be possible. Trainers must be provided for use by all participating teams and ice should be available at all times. So as not to confuse meet officials, it is recommended that the meet's management introduce the head trainer to the officials prior to the start of the tournament. It is also recommended that all trainers attending the event be identified by a badge or shirt identifying them as an official school trainer.

N. Photographers and Video Cameras

1. Only those photographers with proper media credentials (no parents, etc.) will be permitted on the main floor during the matches.

O. Awards Ceremony

1. Wrestlers shall wear their school's official warm-up or team uniform while accepting awards. No extra clothing, hats, caps, signs or other adornment shall be displayed during the awards ceremony. If a contestant fails to wear his/her official warm-up or team uniform, He/she shall not be allowed to participate in the awards ceremony.

P. State Schedules

1. Please note that all post-season meet information packets, which include entry information, the time schedule, etc. will be posted on the NIAA's official web site, www.niaa.com, approximately one month in advance of the meet.

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.