



In order to allow enough time for conditioning, no exhibition or preseason meets may be held until the Saturday of the first week of practice, November 26, 2016.

Schools may have their Alpha Weigh-in any time on or after the first Monday in November (November 7, 2016) which is two weeks before the beginning of the winter season on Monday, November 21, 2016. Schools must follow all the procedures outlined in the Weight Management Handbook. **Wrestlers must have established their alpha weight before they may participate in any matches preseason or regular season. Once established it may not be changed for the season. During the Appeal Process (page 5) a wrestler may not wrestle in a weight class lower than that indicted by his / her official weight loss table as established at the Alpha Weigh-in.** A **TWO** pound growth allowance will be allowed on December 23, 2016. After a growth allowance has been granted, wrestlers do not need to reach scratch weight in order to be eligible to compete in a given weight class.

For dual format meets, the weigh-in process (weighing, skin checks, grooming rules) will be administered by the officials assigned to the contest). Coaches are required to fully understand the weigh-in rules and procedures. For individual format tournaments, the officials will still be expected to perform the weigh-ins as before. **COACHES MUST HAVE THE WEIGH-IN FORMS WITH EXACT DATE!**

Skin Disease - If a participant is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable, his/her coach shall provide current (within ten days) written documentation on the NFHS Skin Lesion Form from an **approved healthcare provider** stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. The NFHS Skin Lesion Form must be presented at the weigh-in prior to competition. The form may be overruled only by a designated meet physician. Wrestlers may not use documentation from a visit to a local clinic on the day of the meet or from a physician who may be a spectator.

There is no longer a minimum weight for the 285 pound weight class. The NFHS rule that allows wrestlers to wrestle up one weight class will apply to all weight classes.

- A. A contestant shall not wrestle more than one weight class above that class for which his/her actual stripped weight qualifies him/her. The same rules apply for males and females. Schools that have female wrestlers should call the host school to make arrangements prior to a meet.
- B. Females may weigh-in first. During weigh-ins, females may wear spandex, underwear (sports bra), or a bathing suit. The host school may have the school nurse or a parent (not the athlete's parent) complete the weigh-in process. During competition, a female shall wear a female cut singlet or appropriate undergarment with a male cut singlet.

**The Match Date Minimum Weight form must be brought by the coach to each of the 18 allowable meets (3 preseason, 15 regular season).** The date on this form must be the same as the date of the meet (the first day of a two-day meet) and must be provided to the officials, **opposing coaches, and the head table**. Wrestlers may not wrestle in a weight class lower than the minimum class indicated for that date on the Match Date Minimum Weight form. Wrestlers not listed on the Match Date Minimum Weight form for a given date, may not wrestle on that date.

The following procedures will govern all meets under the weight management policy:

- a. **Coaches must present his/her team's Match Date Minimum Weight Form to the officials before the weigh-ins at all exhibition and regular season meets or tournaments. Failure to do so will disqualify that school from participating in the meet.**
- b. All wrestlers in exhibition and junior varsity matches must wrestle in their weight class of entry in accordance with the Match Date Minimum Weight Form. No Exhibition Matches count toward seeding.
- c. If, at any time after a meet and before the regional seeding meetings, it is discovered that a wrestler won a match in a weight class other than those indicated on the Match Date Minimum Weight Form, that individual match will be declared a forfeit by the chair of the wrestling committee.

All wrestling schools are encouraged to schedule all schools in their region. All varsity matches on countable dates will be considered for seeding purposes. Competition in tournaments will count as countable matches for seeding purposes; however, head-to-head tournament competition will be used as a criteria. All tournament matches count for seeding purposes. **All school's that attend out-of-state meets must provide Meet results to the respective regional meet director within 1 week of the tournament's scheduled event if it involves any in-state competition.**

The use of TV or film by coaches or wrestlers during the meet is prohibited. Schools and parents may video but the video CANNOT be reviewed the day of the meet.

A designated medical person's ruling about a participant injury shall be final. Officials will notify the coach if a wrestler is exhibiting signs or symptoms of a concussion. If an athlete is sent off, then a designated appropriate medical person (MD, DO, certified athletic trainer, registered nurse or physician's assistant) shall determine if the athlete can return to the contest. If a designated appropriate medical person is not available, the athlete's coach will make the decision as to whether the athlete may return to the contest.

**Individuals competing in any meet and tournament must be accompanied by the coach of record (eligibility list form) or a person who meets coaches' eligibility standards and who has written authorization by the principal or athletic administrator. Only coaches who meet the MPA Coaches' Eligibility requirements or athletes in uniform may sit in a corner. The head coach will be assessed a 2 point team deduction for an illegal, uncertified coach in the corner.**

Please see form available to report a skin condition. (The form may be located under Wrestling – Forms)

The normal NFHS rules concerning forfeits shall be applied for all cooperative wrestlers who are regularly scheduled at any meet and for all other wrestlers in the cooperative wrestlers' weight classes. **Forfeits are no longer considered as matches wrestled when considering the five (5) matches in one day limit.**

The Maine Principals' Weight Management Program is mandatory for all schools and wrestlers. The weight management policy can be found at the end of this bulletin and all competition will be governed by this policy.

**Coaches who schedule their Alpha Weigh-in after November 7, 2016 but before November 21, 2016 are allowed two preseason meetings with their teams, one of which must be the Alpha Weigh-in. Coaches who schedule their Alpha Weigh-in on or after November 21, 2016 are allowed only one preseason team meeting.**

When seven or more cooperative wrestlers are attached to a school, the officials at all meets that the school attends will be paid for an additional team. **When fewer than seven cooperative wrestlers are attached to a school, the extra bouts necessitated by their presence will be paid to the officials at the rate of \$4.75 per bout.** The responsibility for the additional payment will be left up to the discretion of the school to which cooperative wrestlers are attached (receiving school), the school from which the cooperative wrestlers come (sending school) and the school hosting the meet.

**A school's administration may request an "Assistant Referee" for a Dual Match. The Assistant Referee will be paid mileage (unless he / she rides with Head Official) and 75% of the Dual Fee. (\$49.87 which will be \$50.00)**

### **EJECTION RULE FOR COACHES AND STUDENT ATHLETES POLICY:**

In all team and individual sports (varsity or subvarsity), ejection or disqualification from a game, meet, or match for unsportsmanlike behavior of any form, by a coach or a player, shall result in the suspension of that player or coach. The coach or player ejected from a contest must sit out all contests at all levels until the coach or athlete completes the ejection penalty by sitting out the next game at the level from which he/she was ejected. This rule applies to a game, meet, or match suspended before completion as well as a completed contest. This penalty may not be served by sitting out an exhibition, subvarsity, or other competition. A suspended coach may not be present at the game site. Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands, or site area before, during, or after the game/meet. Any coach or player ejected from the last game, meet, or contest of a sports season shall serve a one game suspension in the opening countable game, meet, or contest in the next varsity sport in which he/she participates. The coach or player may participate fully in preseason.

In wrestling, a meet or match is defined as:

A multiple day tournament.

A dual, tri, quad, etc. held on one day.

Examples: A wrestler or coach ejected from the first day of a two-day tournament must sit out the second day of the tournament and the next scheduled meet or match on a subsequent date.

A wrestler or coach ejected from a dual, tri, quad, etc. meet scheduled on a given day must sit out that whole day and the next meet or match on a subsequent date.

Wrestlers must wear only school issued uniforms (Ref. Rule 4-1-1-C of NFHS rulebook, page 14). **Notice 2014 – 2015. To sustain continued action during a match by "requiring" hair covers to be attached to the ear guards.**

### **TERMS AND CONDITIONS OF SCHEDULING**

1A. Schools may schedule a total of 18 dates: 3 during the preseason (November 26-December 8) and 15 during the regular season (December 9 – February 4 (Class

A & B) February 4. A consecutive two-day tournament equals one date.

- 1B. A team that knowingly does not honor the commitment of a wrestling match (unless under adverse conditions) forfeits the matches they would have wrestling that day.

**If a school fails to honor a committed match, or matches, on the MPA schedule, the school shall be fined \$100 and the Head Coach will be disqualified for the next scheduled countable match (es) due to the Unsportsmanlike Behavior.**

Entering schedules correctly is essential for the online results reporting system to be accurate. **Home schools enter dates for home matches.**

All opponents must be listed for every match date.

Home schools are required to list all opponents for in-season tournaments and end-of-season league tournaments.

Out-of-state opponents should be listed under the non-member category.

**Two day tournaments should list the first date!**

**All schedule corrections must be made by the first wrestling date by the host school; no schedule changes will be allowed following the first day of the season.** In the case of a team's season being suspended, the MPA must be notified immediately. The only schedule changes allowed after December 4 are those necessitated by match postponements.

If meets are rescheduled due to weather, only the matches of the wrestlers who attend the rescheduled meet are counted. If a school is unable to attend, it will be dropped from the schedule and that team may not be replaced. (No additions.)

Make-ups may not exceed the original number of dates nor may they replace a regularly scheduled contest.

Schools will only enter results of competition against Maine wrestlers. This may be at out-of-state tournaments if you see a Maine wrestler at that event. **In that case – you are required to record Maine matches.**

Each of the **Maine** meets must follow National Federation rules.

Schools that are participating in multiple meets on the same date at different sites must enter wrestlers in at least half the weight classes at each site. **It is recommended that host schools enter results for all Maine wrestlers into the MPA reporting system.**

### **REGIONAL TOURNAMENT (CLASSES A, & B)**

1. Date: February 11, 2017 (Meet Directors may alter the team schedule to allow for poor weather.)

2. Sites:

<u>Class A North</u>	<u>Nokomis HS</u>
Site Director: -	Mark Babin
Meet Director –	Sean Keenan

<u>Class B North</u> –	Caribou HS
Site Director –	Dave Wakana

Meet Director – Bob Stedt

Class A South – Massabesic HS  
Site Director – Brendan Scully  
Meet Director – Marty Ryan

Class B South – Wells HS  
Site Director – Jack Molloy  
Meet Director –

### **COACHES' ATTIRE**

Coaches should be appropriately dressed with a collared shirt with appropriate slacks. Jeans, hats, and boots are not allowed.

### **TERMS AND CONDITIONS OF SEEDING**

1. The date, time, and site of the seeding meeting will be determined by the Meet Director. Fifteen dates are provided for seeding purposes. These dates and teams must be on the school's schedule and counted by all teams involved. **Coaches are responsible for ensuring that their records are accurate and up to date for the regionals**
2. Order of Seeding  
Situations not resolved utilizing this criteria will be resolved by the Seeding Committee. The wrestlers are rank ordered according to their winning percentage in all regular season meets and **in state opponents only** in their class of entry and then the following criteria are considered in order. This ranking by winning percentage is the starting point only.
  - a. Head-to-head in weight class of entry, against Maine wrestlers only.
  - b. Head-to-head in weight class other than the weight class of entry.
  - c. Record against common opponents in weight class of entry including out of state competitions in which they have wrestled a Maine wrestler.
  - d. Record against common opponent in same weight class, but not weight class of entry.
  - e. Best overall record in class of entry placing priority on total number of matches wrestled
  - f. Returning champion of that tournament in weight class of entry.

To be seeded in the top five, a wrestler must have at least four mat matches in the weight class of entry, or have a winning head-to-head match with a wrestler seeded above him/her. Forfeits do not count as a mat match in this case only.

One wrestler in each weight class on each school team will be seeded for the Regional Wrestling Meets. A wrestler must have at least one countable match in the weight class of entry to be seeded. All of the rules relating to the order of seeding remain in effect.

All qualified wrestlers within a region will be seeded. The length of all championship bouts shall be 2-2-2.

If there is a need for a bye, the bye will be randomly drawn.

The Seeding Committee is composed of the meet director, the head official and the

MPA Wrestling Committee member assigned to the Regional Meet.

If a coach is dissatisfied with an official's decision on the misapplication of the rule, he/she may appeal. That appeal must be in writing and go to the Appeals committee for further review. (Judgement calls are not appealable -- see rule 6-6-5.) **The coach and wrestler cannot leave the wrestling area during an appeal.**

The decision of the Appeals Committee on all questions and rules is final. **The Appeals Committee for the Regional, State, and New England Qualifier will be: Site Director, Meet Director, Head Official (if not involved in the appeal), and an Appointed North and or South Non-voting Coach. If Head Official is involved, then a Back- up Official would be chosen.**

The seeding meeting ends when the last class is seeded.

### **REPLACEMENT OF SEEDED ATHLETES AT REGIONAL MEETS**

Participants may be replaced at regionals due to illness, grades, and injury disqualification. If an athlete does not make weight, he/she may not be replaced. Request for replacement must be made to the meet director, committee representative, and head official on the day of the meet. Wrestlers are not allowed to switch weight classes once the school has submitted its regional entry form.

### **STATE CHAMPIONSHIP TOURNAMENTS (consider the Cap System)**

February 18, 2017

Class A – Camden Hills

Site Director Steve Alex

Meet Director: Marty Ryan

Class B – Bucksport HS

Site Director: Ed Hatch

Meet Director: Gerald Hutchinson

In Classes A and B, the first four place winners (plus an alternate) in each weight class, in each region, shall qualify for the State Meet. The alternate shall be the higher seeded wrestler who is defeated in the consolation semi-finals unless previously defeated by the other consolation semi-final non-winner. If the alternate from a region is not available, the alternate from the other region shall fill that open spot.

**The Alternate shall be the higher seeded wrestler who is defeated in the consolation semi-finals unless previously defeated by the other consolation semi-final non-winner.**

**In the case of each wrestler entering the same seed (States, New England Qualifier) and each having been defeated in the consolation semi-finals, their consolation semi-final match would be scored as if it took place during a dual team match and the wrestler who lost in the closer match would be the alternate. ( A wrestler losing by a 3-2 score would advance over a wrestler who lost 12-1)**

**If both wrestlers lost by the same differential, then the wrestler who lost to the eventual consolation champion would be deemed the alternate for that class.**

If a bye exists in any weight class, the bye shall exist in the fourth seed, with all other seeded wrestlers moving up as needed.

## **NEW ENGLAND QUALIFIER**

The New England Qualifier will be Saturday, February 25, 2017. (Snow date ?) The site is Marshwood HS. Maine will use a 8 man bracket.

New England Qualifier – Marshwood HS

Site Director: Rich Buzzell

Meet Director: **Marty Ryan**

<i>Seeds in a 8 man bracket</i>	<i>Weights 113, 126, 138, 152, 170, 195, 285</i>	<i>Weights 106, 119, 132, 145,160, 182 220</i>
1	1A	1B
2	1B	1A
3	2A	2B
4	2B	2A
5	3A	3B
6	3B	3A
7	4A	4B
8	4B	4A

## **NEW ENGLAND TOURNAMENT**

The MPA will enter all qualified athletes. The top three in each weight class from the qualifier will represent Maine. It is the school's responsibility to pay all fees, transportation, lodging, etc., for the athletes and coach.

The school, which the qualifying athlete attends, has an automatic waiver of the Sport Season Policy for the athlete. A coach may work with the qualifying athlete prior to the event and coach the athlete at the New England Competition. If a Saturday competition should be postponed to Sunday for any reason, Maine's athletes will not be allowed to participate without a "waiver" from the MPA Executive Director.

A coach who holds current coach's eligibility status must be present and assume responsibility for a school's athlete(s) at the New England Competition.

There will be \$75 fine to schools for each wrestler who is entered into the New England Tournament and who:

- Fails to appear to wrestle at the tournament or
- Fails to withdraw by the withdrawal deadline.

To withdraw a wrestler from the New England meet, a school must call the MPA office at 622-0217 before the withdrawal deadline.

## **AWARDS**

The Wrestling Committee authorizes the presentation of "Outstanding Wrestler" awards which are administered by the Maine Interscholastic Wrestling Officials Association at the State Championships and New England Qualifier.

## **OFFICIALS FEES**

Review the 2016-2017 MPA Handbook, Appendix J for the complete fee schedule, terms and conditions.



## **PROJECTED MEET DATES**

The tentative date for the 2018 Regional Meets is February 10 and the state meet is February 17. To facilitate planning, schools interested in hosting the Class A and B, regional meets in 2018 should contact the MPA office by March 1, 2018.

## **GOOD SPORTSMANSHIP BANNER CRITERIA**

\*Reminder that in the 2016 – 2017 school year wrestling will utilize the online balloting for the Sportsmanship Banners.

The winner of the Good Sportsmanship Banner will be determined by a committee made up of the MPA representative, the meet director and the head official, in consultation with officials assigned to the meet. Regional qualifiers will be passed on to the state meet director. At the State Meet, the meet director will provide the Wrestling Committee with nominated schools in order to be selected by the Wrestling Committee, head official, and state meet director.

The criteria to be used in determining the winner are:

Neatness in attire of wrestler, coaches and managers.

The friendly, courteous, and cooperative relationship existing between teammates and the opposing team members.

The patience, understanding, and degree of respectful communication displayed towards officials by wrestlers and coaches.

The respect given to the matches, actions and conduct of the opposing school's wrestlers, managers, and coaches during and after each contest.

The lack of facial expressions, gestures, profanity, obscenities, and acts of unnecessary roughness or loss of self-control.

Leaving the bench, locker, and shower area in a neat, clean, and undisturbed state.

- Spectators exhibiting reasonable behavior in compliance with MPA rules and regulations. A few examples of poor behavior:
  - a. The use of noisemakers, placards, and confetti.
  - b. The display of distasteful banners or posters.
  - c. Verbal abuse of those on the mat.
  - d. The use of obscene gestures or vulgar language.
  - e. A lack of respect for the National Anthem and/or the National and State flags.

## **NFHS COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES**

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases.

Along with these issues are skin infections that occur due to skin contact with competitors and equipment.

### **Universal Hygiene Protocol for All Sports**

Shower immediately after all competition and practice

Wash all workout clothing after practice

Wash personal gear, such as knee pads, periodically

Don't share towels or personal hygiene products with others

Refrain from (full body) cosmetic shaving

### **Infectious Skin Diseases**

Means of reducing the potential exposure to these agents include:

Notify guardian, athletic trainer and coach of any lesion before competition or practice.

Athlete must have a health-care provider evaluate lesion before returning to competition.

If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.

Follow NFHS or state/local guidelines on “time until return to competition.” Allowance of participation with a covered lesion can occur if approved by health-care provider and in accordance with NFHS, state or local guidelines.

### Blood-Borne Infectious Diseases

Means of reducing the potential exposure to these agents include:

Bleeding must be stopped immediately and all wounds covered. All blood-soaked clothing must be removed before continuing competition or practice. Contaminated clothing must be cleaned before using again.

Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.

Immediately wash contaminated skin or mucous membranes with soap and water.

Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.

Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

Further information can be obtained through your state high school association and the NFHS.

### **WRESTLING WEIGHT MANAGEMENT HANDBOOK**

Download a copy of the Wrestling Weight Management Handbook at <http://www.mpa.cc/pdf/weightmanagementhb.pdf>.

## WRESTLING CLASSIFICATION

<b>CLASS A 575+</b>	<b>CLASS B 0-574</b>
NORTH	NORTH
<ol style="list-style-type: none"> <li>1. Mt. Ararat/Brunswick (1625)</li> <li>2. Westbrook/Gorham (1527)</li> <li>3. Oxford Hills (1072)</li> <li>4. Windham (1005)</li> <li>5. Messalonskee*(784)</li> <li>6. Skowhegan (775)</li> <li>7. Nokomis (722)</li> <li>8. Mt. Blue (696)</li> <li>9. Brewer* (693)</li> <li>10. Cony (693)</li> <li>11. Camden Hills (669)</li> <li>12. Morse (586)</li> </ol>	<ol style="list-style-type: none"> <li>1. Oceanside (571)</li> <li>2. Medomak (546)</li> <li>3. Belfast (530)</li> <li>4. Hermon* (498)</li> <li>5. John Bapst* (470)</li> <li>6. Foxcroft (464)</li> <li>7. Winslow (464)</li> <li>8. Ellsworth (459)</li> <li>9. Mt. View (448)</li> <li>10. Caribou (442)</li> <li>11. Maine Central (436)</li> <li>12. Washington (374)</li> <li>13. Mattanawcook (338)</li> <li>14. Dexter (313)</li> <li>15. Bucksport (305)</li> <li>16. Fort Kent (295)</li> <li>17. Lee* (236)</li> <li>18. Piscataquis (217)</li> <li>19. Calais (211)</li> <li>20. Penobscot (172)</li> <li>21. Woodland (150)</li> <li>22. Schenck* (134)</li> <li>23. Bangor Christian* (80)</li> </ol>
SOUTH	SOUTH
<ol style="list-style-type: none"> <li>1. Thornton* (1422)</li> <li>2. Bonny Eagle (1134)</li> <li>3. Sanford (1047)</li> <li>4. Scarborough (1034)</li> <li>5. Massabesic (1019)</li> <li>6. Deering (927)</li> <li>7. York/Traip (888)</li> <li>8. Portland (868)</li> <li>9. Noble (842)</li> <li>10. Biddeford (775)</li> <li>11. Marshwood (739)</li> <li>12. Falmouth* (710)</li> <li>13. Kennebunk (673)</li> <li>14. Gardiner (594)</li> <li>15. Cheverus (465)</li> <li>16. Sacopee* (379)</li> <li>17. Hall-Dale* (303)</li> </ol>	<ol style="list-style-type: none"> <li>1. Erskine (554)</li> <li>2. Freeport* (511)</li> <li>3. Lincoln (473)</li> <li>4. Wells (13) (449)</li> <li>5. Oak Hill (433)</li> <li>6. Mountain Valley (418)</li> <li>7. Lisbon (384)</li> <li>8. Dirigo (314)</li> <li>9. Madison (260)</li> <li>10. Monmouth (214)</li> <li>11. Carrabec* (211)</li> <li>12. Boothbay (206)</li> <li>13. Wiscasset* (202)</li> </ol>

Individuals\*