

MAINE PRINCIPALS' ASSOCIATION  
 2016-2017 **WRESTLING** SEEDING FORM  
**PHONE: 622-0217 - FAX: 622-1513**

MAIL TO: REGIONAL MEET DIRECTOR  
 LISTED BELOW

**MUST BE RECEIVED BY:  
 FEBRUARY 3, 2017**

\*\*\*\*\*

SCHOOL:	CLASS:	REGION:
---------	--------	---------

Class A North – Nokomis Regional High School – Sean Keenan (649-4676); skeenan@aos92.org  
Class B North – Caribou High School – Bob Stedt (896-5501); rstedt@maine.rr.com  
Class A South – Massabesic High School – Marty Ryan (646-7352); mryan8@maine.rr.com  
Class B South– Wells High School -- TBD

**List below the members of your team to be seeded  
 in each weight class.**

Weight	Wrestler
106 LBS.	
113 LBS.	
120 LBS.	
126 LBS.	
132 LBS.	
138 LBS.	
145 LBS.	
152 LBS.	
160 LBS.	
170 LBS.	
182 LBS.	
195 LBS.	
220 LBS.	
285 LBS.	

*NAME OF WORKER FOR REGIONAL MEET (Please Print):	
COACH'S SIGNATURE:	DATE:
COACH'S NAME (Please Print)	

- Each school is required to supply one worker to the regional and state meets.

**Maine Principals' Association  
2016-2017 Wrestling Skin Condition Report  
Phone: 622-0217 ~ Fax 622-1513**

**MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

Name: \_\_\_\_\_ Date of Exam: \_\_\_ / \_\_\_ / \_\_\_  
Mark Location AND Number of Lesion(s)

Diagnosis \_\_\_\_\_  
\_\_\_\_\_

Location AND Number of Lesion(s) \_\_\_\_\_  
\_\_\_\_\_

Medication(s) Used to Treat lesion(s): \_\_\_\_\_  
\_\_\_\_\_

Date Treatment Started: \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_

Form Expiration Date for this Lesion (note on diagram(s)):

\_\_\_ / \_\_\_ / \_\_\_

Earliest Date the Wrestler may return to participation:

\_\_\_ / \_\_\_ / \_\_\_

Provider Signature \_\_\_\_\_ Office Phone #: \_\_\_\_\_

Provider Name (Must be legible) \_\_\_\_\_

Office Address \_\_\_\_\_

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

**Bacterial Diseases (impetigo, boils):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

**Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions (ringworm on scalp or skin):** Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis (Pink Eye):** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** Upon treatment with curettage and hyfrecator, may cover with bioocclusive and wrestle immediately.

**Note to Appropriate Health-Care Professionals:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

*"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."*

*"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."*

*"ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."*

Once a lesion is considered non-contagious, it may be covered to allow participation.

*DISCLAIMER: The National Federation of State High School Associations (NFHS) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.*

