The Wrestling Committee of the VPA has adopted the following rules, regulations and recommendations for the interscholastic wrestling:

**REGULAR SEASON:**

1. Wrestling practice starts December 2, 2019, with first day of competition is Saturday, December 13, 2019 (assuming 10 practices have been completed).

2. As of 7/1/2015, Vermont State Law requires schools hosting a wrestling event to have appropriate medical personnel (as defined by Title 26 of the Vermont State Statues) at every home event. This person will also be responsible for conducting skin checks before every home event.

3. An individual may participate in 20 interscholastic events (not including scrimmages). (EACH STUDENT ATHLETE MUST BE PROVIDED ONE DAY OF REST PER WEEK.) No school may participate in more than eight regular season tournaments. A tournament shall be considered as one date. Multi-meets (double duals, tri-meets) must be counted as one event provided a wrestler does not compete in more than two matches at a same (single) location, Monday-Thursday. Extenuating circumstances may exist. Waivers to the eight-tournament limitation must be presented to the VPA Wrestling Committee prior to the start of the wrestling season. The numbers noted are exclusive of VPA state tournament and New England Tournament.

4. The National Federation rules will be used. **Please read the NFHS Wrestling Rule book to see rule changes for 2019-2020.** These rules are to be used at all dual and multiple school regular season events. In addition to the Federation Rules, the following will apply:
   
   A) In a dual meet elimination of designated coaches will result in a forfeit (1-0) loss to the offending team. The list of designated coaches will be sent to the VWOA commissioner Tim Ayer, signed by the school's Athletic Director by 12/7/2019. Only those wrestling coaches, and (or) administrators under school contract are to be on the list.

   B) **EJECTION OF PLAYER(S) AND COACH(ES):**
      
      A player or coach who is ejected from an event for the following infractions shall be suspended from playing or coaching the next two events:
      
      1) Unsporstmanlike Conduct (per NFHS Guidelines)
      2) Malicious contact, including fighting
      3) Taunting
      4) Use of tobacco by wrestlers, coaches, and other team personnel (rule book)
The player(s) or coach(es) may not participate at any other school level in the sport they were ejected from during the suspension. *(A player or coach who is ejected twice from events is removed for the remainder of the season.)* A team that receives three disqualifications will be required to meet with the Activities Standards Committee before entering the tournament.
All other non-behavioral ejections shall carry the penalty assessed by the rules which govern that sport.

5. 2018-2019 VPA State Tournament Weigh-In Requirement:
To be entered in a weight class at the VPA State Tournament, a wrestler must weigh-in at that weight 50% of his/her total weigh-ins.

A) On January 1, 2020, as long as two scratch weigh-ins have been met, a 2lb growth allowance will be added to each weight class

B) A wrestler may make two scratch weigh-ins after January 1, 2020. These scratch weigh-ins must be at the shoulder to shoulder weigh-in, and witnessed by the opposing coach, official, or tournament director. After the wrestler successfully completes his/her scratch weigh-ins, a 2 pound growth allowance will be added. (50% total in A still applies.)

6. Weight-Control Program: Each individual state high school association shall develop and utilize a specified weight-control program which will discourage severe weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, his parents, his physician and his coach in establishing the minimum certified weight. An ideal program would be one where a medical professional would assist in establishing a minimum weight through the use of checking body fat hydration. The recommended minimum body fat should not be lower than 7 percent for males and not lower than 12% for females. It is the firm recommendation of the VPA Wrestling Committee that the use of diuretics are strictly prohibited. *See attachment for Vermont Weight Control Program.*

7. WEIGH-INS
   Schools must use VPA weigh in form which can be found on the VPA website. *Any events that are scheduled to be completed in one day will count as one weigh in.* Waivers to the weigh-in rule can be requested and will be considered by the Executive Director, the Meet Director, and the Seeding Committee before or at the seeding meeting. Weigh-in sheets must be maintained and made available by coaches upon request.
There is no limit on the number of wrestlers who may officially weigh-in. However, ineligible wrestlers must be declared prior to the weigh-in. Failure to do so will result in the meet being forfeited.

**SANCTIONS: See your Athletic Director in regards to competitions with out-of-state schools. (Duals or Tournaments)**

An individual wrestler must have a minimum of 10 practice SESSIONS BUT NO MORE THAN 2 IN ONE DAY before his/ her first competition. *If there are two practices in one day, a 3 hour break is required.* There can also be no back to back days of practice with 2 sessions.

No individual, individuals or team should be permitted to participate in any event without a VPA/School recognized coach or administrator.

The VPA Wrestling Committee strongly recommends that skin checks be done on all wrestlers immediately after practice and before an athlete showers. The wrestling committee strongly recommends that all wrestlers shower after practice and that protocols be put in place to deal with situations where a skin condition exists.

**Last date of Varsity Competition is on February 15, 2020.**

**Seeding Committee will meet February 19, 2020**

**2019-2020 VPA STATE TOURNAMENT:**

Friday, February 28, 2020 and Saturday, February 29, 2020 – *Essex High School*

**2019-2020 New England Tournament will be held March 7 & 8, 2020 @ TBA**

**Note #1:** If there is a skin issue with any wrestler, all schools must use the skin lesion form on the VPA website.

**Note#2:** For official entry in the VPA State Tournament schools MUST use forms found on the VPA website and they MUST be typed. Failure to do so will result in disqualification from the tournament.

Coaches Dress Code is based on New England code. It is recommended that coaches wear a collared/polo shirt with slacks. No hats or jeans permitted while a coach is actively coaching.
16. A $100 entry fee per school (5 or more) should accompany application. Individual entries are $20 each (up to and including 4). Make check payable to Vermont Wrestling Coaches' Association.

SUGGESTED RESPONSIBILITIES FOR HOSTING VPA STATE WRESTLING TOURNAMENT

MEET DIRECTOR - Oversee seeding committee (arrange and chair)
   (1) pre meet
   (2) on site seeding meeting (chair)
   - Oversee head table (scoring update)
   - Coordinate officials duties/payment of via SA
   - Chair protest committee
   - Oversee scoring tables
   - Presentation of awards (rep. VPA) - Suggest $150.00 as payment

SITE ADMINISTRATOR - Oversee tickets/$
   - Programs - Clearing of gym when needed
   - Security - Payment of Workers
   - Locker rooms - Oversee breakdown of site
   - Coordinate concession arrangements
   - Secure medical coverage & payment - Suggest $75/day total of
     (Need female adult to assist officials $150 payment
     with female competitors)

OTHER DUTIES FOR HOME SITE -
   - Wall Charts (and personnel)
   - Mats (set up, transportation)
   - Tables (Discs, anklets)
   - Weigh-in sheets, scales, etc.
   - Coffee/donuts, etc.
   - Awards stands
   - Paperwork

Other Considerations
   - Gym should be large enough to hold at least 2 mats
   - Need use of auditorium and cafeteria
   - Need locker rooms and locker rooms for female competitors
   - Gym should have wifi

Weight Management Program

The National Federation of State High School Associations has asked each state association to develop and utilize a weight-management program that includes a specific
gravity not to exceed 1.025; body fat assessments no lower than seven percent for males and 12 percent for females.

Vermont has adopted the following plan:

**Specific Gravity (Test must be passed before proceeding to Fat Analysis)**

1) Each wrestler will be tested individually by the coach.
2) Wrestler must fill clear plastic cup with urine.
3) The coach will the test “Specific Gravity” by using a fast strip dipstick. A Reagent Strip for Urinalysis (2304A) is one type is strip that can be used; however, any dipstick for testing urine specific gravity may be used. (The state should discuss each team using the same dipstick for each program to stay consistent.)
4) If the wrestler passes the test he/she may continue on to the Fat Analysis, if not they have within 48 hours of the failed test to try again. The wrestler may test anytime from the first day of practice and continue up to their first competition. If a wrestler would like to recertify he/she may continue to do so until on or before January 1, 2020, when the 2 pound growth allowance is in effect.

**Fat Analysis (Data to be collected immediately after specific gravity has been passed.)**

**Method of test:**

1) Skin fold measurement will be utilized to determine each wrestler alpha weight and body fat percentage by measuring the Scapula, Abdominal and Triceps.
2) Adjustments of the lowest minimum weight by 5% may be used.

**Body Weight (Data to be collected immediately after fat analysis is completed)**

1) Record weight of wrestler to the nearest ¼ pound.

**Formula to Determine Optimal Weight**

1) Determine the specific gravity factor which will be 5% if a “pass” is recorded.
2) Determine the body fat factor which is the percent of body fat over 7%, this factor may never be less than 0%.
3) Add the percent for specific gravity and the percent for body fat to determine maximum percent of body weight that may be lost.
4) Multiply the percent of body weight times the body weight to determine the amount of weight that may be lost. Round off to the nearest tenth.
5) Subtract from the body weight the amount of weight that may be lost to determine optimal weight.

**If wrestler passes specific gravity: Example**

Wrestler weighs 154 lbs. passed specific gravity component, and has a body fat equal to 10.6%  
Step 1 - Passed specific gravity = 5%

Step 2 – 10.6% - 7% =3.6%  
Step 3 – 5% + 3.6% =8.6%  
Step 4 – 8.6% x 154 = 13.244 lbs. Rounding off to nearest tenth 13.0  
Step 5 – 154 – 13 = 141 lbs.

Wrestler’s optimal weight is 141 lbs. The lowest weight class in which the wrestler is permitted to wrestle is 145 pound weight class.

**Note Wrestlers may only certify for scratch weight class, not the growth allowance weight class. EX- 106 or below, not when 106 goes to 108.**

**Please see NFHS Medial Release Form for Wrestlers to Participate with Skin Lesions on the VPA website.**