



October 10, 2011

MEMORANDUM

To: Athletics Supervisors, Athletic Directors, Wrestling Coaches  
From: <sup>NS</sup> William G. Beattie, Director, MPSSAA Wrestling Committee  
Subject: Information Regarding the 2011-12 Wrestling Season

Please review the information below regarding the 2011-12 wrestling season. Much of the referenced material is available on the MPSSAA website: [www.MPSSAA.org](http://www.MPSSAA.org).

1. The state dual meet championship will be held at North Point High School on Saturday, February 11, 2012. The state individual wrestling tournament will be held at the University of Maryland, Cole Field House, on March 2-3, 2012.
2. Coaches should review carefully all materials and publications related to local, state, and National Federation of High Schools (NFHS) regulations. These materials include the current *MPSSAA Winter State Tournament Bulletin*, *MPSSAA Handbook*, *NFHS Wrestling Rules Book*, and the *MPSSAA Weight Certification/Management Program*.
3. Procedures described in the *MPSSAA Weight Certification/Management Program* should be followed in establishing a safe minimum weight class. The following weight certification and weight management forms and information are available on the MPSSAA website:
  - Determining a minimum weight class for all wrestlers prior to their first competition using hydration testing, body fat analyses, and doctor's verification.
  - Using the *MPSSAA Verification of Minimum Certified Wrestling Weight* to certify each wrestler's minimum weight class for the season. This form must be signed by a physician.
  - Completing the *MPSSAA Team Weight Chart (TWC)* and submitting it to the local supervisor of athletics prior to the first match. A copy of this completed form should be available at all contests.
  - Completing the *MPSSAA Wrestling Weigh-in Form* for all competitions. Completed forms from every competition should be available at all contests.
  - Making available to parents and wrestlers the *Wrestlers' Diet: A Healthy Guide to Weight Control* on the MPSSAA website regarding proper nutrition and an effective weight management program.
  - Wrestlers may not be certified to a lower weight class after their first competition.
4. Weigh-in procedures for all matches and tournaments will adhere precisely to Rule 4, Section 5, Articles 1-8 of the 2011-12 *NFHS Wrestling Rules Book*. Teams may only participate in contests or tournaments that adhere to these regulations.
5. All schedules must be finalized and submitted to the local supervisor of athletics prior to December 5, 2011, the first play-date of the MPSSAA winter season. Schedule adjustments or schedule additions may not be made after December 4. MPSSAA regulations allow a maximum of 14 events or contests

prior to the state tournament series, which include a maximum of three tri-meets and three tournaments.

6. Schools, coaches, and wrestlers should exercise diligence in minimizing the risks of communicable diseases and skin infections. Fundamental procedures for limiting the spread of infections are included in the *NFHS Wrestling Rules Book*. Fundamentals include:
  - Proper hygiene, including showering with an appropriate soap as soon as possible after every practice and competition.
  - Not sharing personal items, including headgear, kneepads, towels, razors, etc.
  - Prompt and proper care of cuts and injuries, including prompt and frequent cleansing of wounds, keeping all wounds covered, and daily application of a clean dressing.
  - Daily assessment (by the coach) and prompt reporting (by the wrestler) of any suspicious or unusual marks or irritations on the skin. Wrestlers suspected of having an infection should be referred to a physician before further participation.
  - Laundering or cleaning of practice gear/clothing and match uniforms after each use.
  - Diligent cleaning of mats (and surrounding areas) and locker areas before each practice, match, and frequently during tournaments.
7. Wrestlers suspected of having a communicable skin infection must submit a completed NFHS form entitled *NFHS Medical Release for Wrestler to Participate with Skin Lesion* in order to participate (available at the MPSSAA website). The form must be completed by “an appropriate health care professional” stating that the condition is not communicable and that the wrestler’s participation will not be harmful to an opponent. The MPSSAA defines an “appropriate health care professional” as a licensed physician, a certified physician’s assistant under the supervision of a licensed physician, or a certified nurse practitioner.
8. The NFHS has established new weight classes for 2011-12. The new weight classes have been included on MPSSAA wrestling-related documents and TWC calculations.
9. A new, interactive *Region Wrestling Seed Form* has been developed and must be used in entering wrestlers for the region tournament. When coaches enter win/loss data for individual wrestlers, the form automatically performs the subsequent calculations necessary for determining points for region seeding. The form is available on the MPSSAA website.
10. Other MPSSAA wrestling-related forms that are available on the MPSSAA website include the *MPSSAA Team Wrestling Schedule*, which must be completed and submitted to the dual meet region director prior to the first match, and the *Dual Meet Wrestling Team Entry Form*, which must be completed/submitted to the dual meet region director by January 31.

WGB:dlw

Copies to:

Mr. Edward Sparks  
Tournament Committee