

## General

All wrestlers will abide by eligibility rules of the AAA Handbook, all wrestlers shall adhere to competition rules as written by the NFHS.

Coaches shall meet and follow all rules and requirements of the AAA Handbook.

Wrestling season will begin November 16<sup>th</sup>, 2009 and shall end after state champions are named. Schools are limited to 18 dates.

Competition shall be divided into weight classes as adopted by the NFHS.

## Rules

The official clock operator and official scorekeeper at all meets shall be an adult.

Schools are required to follow the provisions of the weight certification program established by the Association for all wrestlers competing in a varsity or junior varsity program.

## Weight Certification/ Control Program

The establishment of a minimum wrestling weight based on 7% body fat for males, and 12% for females will be mandatory for all 2009-2010 wrestlers. The AAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

## Establishing Minimum Weights

Each wrestler must pass a test to substantiate that they are at an acceptable level of hydration before they can have measurements taken.

Only measurements taken by an assessor who has successfully completed the AAA Workshop will be accepted. A list of approved assessors is posted on the AAA website. It is the responsibility of the school to contact an assessor from this list, and arrange a time to have the wrestling squad assessed. Schools will be responsible for fees incurred to administer the weight management program. The annual fee of \$30 for the use of the NWCA Optimal Calculator Program has been waived this year with GSC Sports Coating being a corporate sponsor of the NWCA. If an assessor comes to a school site, the AAA recommends a \$7 fee per wrestler for assessment. If an assessor comes to a school site with three or less wrestlers, the assessor can charge a flat fee of up to \$21.00.

The lowest weight class a wrestler may compete at will be determined as follows:

1. If the predicted weight, at 7% body fat, is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.
2. If the predicted weight, at 7% body fat, falls between two weight classes, they must wrestle at the higher weight class.

## Time Period of Measurement

Assessments may begin on October 24, 2009. Wrestlers may be measured on or following that date. All wrestlers, including those coming out late, must have their minimum weight established before competing. The absolute deadline for submitting forms will be February 1<sup>st</sup>, 2010 to allow a wrestler to compete for a state championship.

## Weight Loss Per Week

1. A weight loss limit of 1 ½ percent per week has been set. The projected earliest date to wrestle at the predicted minimum will be broken down into weeks. This date will appear on the printout.
2. A wrestler will not be allowed to wrestle at any time in a weight class that would require them to lose more than 1 ½ percent per week from the original date of measurement.

## Growth Allowance

Growth allowance will be two pounds after January 1st.

Note: A wrestler IS NOT eligible for a weight class because of growth allowance and/or allowances for successive days wrestling, which bring a weight class up to their 7% minimum weight.

Example: A wrestler's minimum wrestling weight is 131 at 7%, his minimum weight class would be 135. After January 1<sup>st</sup> a two pound growth allowance is allowed making the 130 weight class now 132. The wrestler would still not be allowed to wrestle 130/132. His minimum weight class is 135 now 137 even though his minimum wrestling weight is 131. The growth allowance is provided for young athletes to mature throughout the season and not for dropping to a weight class that he would not be able to wrestle in without the "growth allowance".

#### School Administration's Responsibilities for the Measurement Process

1. It is the school's responsibility to contact an approved assessor from the list provided by the AAA.
2. School Administration or their designee must take reasonable precautions to insure the accuracy and validity of their hydration testing procedure.
3. The school must have available at the time of the measuring:
  - a. Material for testing each wrestler's state of hydration
  - b. A certified scale (certified after the start of school in the fall)
  - c. Data forms
  - d. A school official (e.g., A.D. coach, teacher) who will:
    - i. Assist with obtaining data.
    - ii. Assist with the recording of all data.
  - e. An individual to administer the test to determine state of hydration of each wrestler. Schools having female wrestlers are responsible for providing a female to assist in acquiring urine sample.
4. A wrestler is not eligible to wrestle until their school has a printout with their name and minimum weight class indicated.

Keep in mind that all wrestlers must use their minimum weight class not their minimum weight as their lowest weight class that they may wrestle regardless of the growth allowance. And they must follow the rate of descent as they approach their minimum weight class and not wrestle below the allowable weight before they safely reach their optimal weight class.

#### State Tournament

The state tournament shall be conducted under the auspices of the AAA. The state tournament shall be administered by a committee composed by the AAA. The tournament committee shall set the policies for the tournament administration.

The state tournament shall be conducted February 19-20, 2010, at the University of Arkansas @ Little Rock, Jack Stephens Center.

The AAA shall appoint a tournament committee to assist the tournament director at the host site. The tournament host shall secure the services of a physician to serve as official tournament physician for the state tournament. Any and all decisions of the physicians concerning injuries and/or communicable diseases will be final. There is no appeal process on application or interpretation of the rules by tournament officials. All decisions will be final.

Each state tournament wrestler shall abide by the weigh-in rules as governed by NFHS rules.

Tournament seeding shall be the week prior to the state tournament. Pat Smith and Greg Hatcher will be the state tournament directors, conduct the seeding conference call and tournament bracketing. Substitutions shall not be allowed after the seeding conference call.

The state tournament shall be a double elimination tournament with two divisions.

1. 7A-6A shall use a 32-man bracket
2. 5A-1A shall use 32-man brackets
3. Each school may qualify one wrestler per weight classification
4. All rounds of the tournament shall score and all byes shall be randomly drawn. Pigtail matches may be used for any weight class that has more than 32 competitors. This round shall not score.