



Arizona Interscholastic Association, Inc.

2007 AIA State Wrestling

TOURNAMENT GUIDE

Schedule, Rules, Regulations, Instructions

AIA State Tournament Coordinator

Craig Anderson

Phone: 602-769-0490

Fax: 602-385-3781

canderson@aiaonline.org

www.aiaonline.org



Table of Contents
2007 AIA State Wrestling Tournament Guide

Topic	Page Number(s)
Member Schools Participating in Wrestling (1A/2A/3A)	3
Member Schools Participating in Wrestling (4A/5A)	4
Tentative Wrestling Tournament Schedule (1A-5A)	5
Rules	6-7
General Instructions	7
Region Tournament Directors	7
Score Reporting	8
Sportsmanship	8
Mat-side – Authorized School Personnel	8
Protests	8
Scoreboard Operator & Official Mat Scorer (mat-side)	8
Officials – Assignment	8
Mat-side Scores Table	8
Dressing Room	9
Regional Directors Instructions	9
Region Results – Deadlines	9
Programs & Souvenirs	9
Admission Prices	10
Floor Admittance	10
Additional Information	10-11
Tournament Committee	11
Advisory Committee	12
Board Certified Coaches	13
Physician Release Form – Skin Lesion(s)	14-15
AIA Wrestling Weight Certification Form	16-17
Physical Referral Form	18



Member Schools Participating in Wrestling
2007 AIA State Wrestling Tournament Guide

1A/2A Conference

Central

ASDB/PDSD
Baboquivari
Canyon State
Hayden
Maricopa
Ray
San Carlos
San Manuel
St. Augustine
Superior
Tonopah
Valley Lutheran

East

Benson
Bisbee
Morenci
Pima
Thatcher
Tombstone
Willcox
Valley Union

Metro

Antelope
Bourgade Catholic
Camp Verde
Phoenix Christian
Precision
San Pasqual
Salt River
Valley Christian
Yuma Catholic

North

Joseph City
Many Farms
Mogollon
Pinon
Red Mesa
Rough Rock
Shonto Prep
St. Johns
Valley Sanders

Associate

White Cone

3A Conference

East

Alchesay
Blue Ridge
Holbrook
Payson
Round Valley
Show Low
Snowflake

North

Chinle
Ganado
Grey Hills
Hopi
Monument Valley
Tuba City
Window Rock
Winslow

South

Coolidge
Empire
Florence
Globe
Safford
Sahuarita
Santa Cruz
Seton Catholic

West

Chino Valley
Estrella Foothills
Fountain Hills
Parker
River Valley
Wickenburg



Member Schools Participating in Wrestling

2007 AIA State Wrestling Tournament Guide

4A Conference

Division I

Desert Sky

Chaparral
McClintock
Pinnacle
Saguaro
Thunderbird

Kino

Amphitheater
Catalina
Catalina Foothills
Cienega
Nogales
Sahuaro

Sonoran

Canyon del Oro
Ironwood Ridge
Marana
Pueblo
Rincon
Sabino

Wells Fargo #1

Apollo
Cactus
Greenway
Independence
Moon Valley
Prescott

West Valley

Agua Fria
Copper Canyon
Raymond Kellis
Lake Havasu
Liberty
Millennium
Willow Canyon

4A Conference

Division II

East Sky

Apache Junction
Coronado
Higley
Queen Creek
Tempe

Gila

Cholla
Desert View
Douglas
Palo Verde
Rio Rico
Santa Rita

Grand Canyon

Coconino
Flagstaff
Mingus
Page

Skyline

Buckeye
Cortez
Desert Edge
Dysart
Glendale
Mohave
Verrado

Wells Fargo #2

Bradshaw Mountain
Cactus Shadows
Notre Dame
Sunnyslope
Washington

5A Conference

Central

#Basha
#Corona del Sol
#Desert Vista
Marcos de Niza
#Mountain Pointe

Desert Valley

#Brophy
Desert Mountain
#Horizon
Paradise Valley
Shadow Mountain

Desert West

Centennial
Ironwood
La Joya
#Maryvale
Peoria
Sunrise Mountain
Tolleson
Valley Vista
Westview

East Valley

#Dobson
#Mesa
#Mt. View (Mesa)
#Red Mountain
Skyline
#Westwood

Fiesta

#Chandler
Desert Ridge
#Gilbert
#Hamilton
#Highland
#Mesquite

5A Conference

(continued)

Gila Valley

#Casa Grande
#Cibola
Kofa
San Luis
#Yuma

Metro

#Alhambra
Camelback
Carl Hayden
Central
#Cesar Chavez
North
South Mountain

Northwest

Barry Goldwater
Boulder Creek
Deer Valley
Kingman
#Mountain Ridge
North Canyon
Sandra D. O'Conner
#Trevor Browne

Southern

#Buena
Flowing Wells
Mt. View (Marana)
#Salpointe Catholic
Sunnyside
#Tucson

#Division I School



2007 Tentative Wrestling Tournament Schedule

2007 AIA State Wrestling Tournament Guide

1/17/07

Deadline for Team Photos and Rosters

Submit Rosters via email to: programs@kukulskibrothers.net

Submit to: Kukulski Brothers, 2211 W. 1st Street, Suite 107, Tempe, AZ 85281; Phone: (480) 921-1975

1/30/07	5A Div I & II Team First/Second Round	High Seed (#1, #2, #3, #4 seed sites) 5:00 & 7:00 p.m.; See Brackets: www.aiaonline.org/athletics/brackets.php
1/31/07	5A Div I & II Team Semi's & Championship	D-I: Hamilton H.S. @ 5:00 & 7:00 p.m. D-II: Skyline H.S. @ 5:00 & 7:00 p.m.
2/02/07	5A Div II Individual Tournament - Session 1	Peoria High School: 6:00 p.m. Weigh-ins on-site: 4:00 p.m.
2/02/07	5A Div I Individual Tournament - Session 1	Mesquite High School: 2:00 p.m. Weigh-ins on-site: 12:00 p.m.
2/03/07	5A Div II Individual Tournament - Session 2	Peoria High School: 9:30 a.m. Weigh-ins on-site: 8:00 a.m.
2/03/07	5A Div I Individual Tournament - Session 2	Mesquite High School: 9:30 a.m. Weigh-ins on-site: 8:00 a.m.
2/08/07	4A Div II Individual Tournament - Session 1	Desert Edge High School: 2:00 p.m. Weigh-ins on-site: 12:00 p.m.
2/08/07	4A Div I Individual Tournament - Session 1	Copper Canyon H.S.: 2:00 p.m. Weigh-ins on-site: 12:00 p.m.
2/09/07	1A/2A & 3A Individual Tournament – Session 1	Jobing.com Arena – 8:30 a.m. Weigh-ins at 7 a.m. at Ray Kellis H.S.
2/09/07	4A Div I & II Individual Tournament – Session 2	Jobing.com Arena – 4:30 p.m. Weigh-ins at 2:30 p.m. at Ray Kellis H.S.
2/09/07	5A Div I & II Individual Tournament – Session 3	Jobing.com Arena – 4:30 p.m. Weigh-ins at 2:30 p.m. at Ray Kellis H.S.
2/10/07	1A/2A & 3A Individual Tournament – Session 2	Jobing.com Arena – 8:30 a.m. Weigh-ins at 7 a.m. at Ray Kellis H.S.
2/10/07	4A & 5A Div I & II Weigh-ins	7:30 a.m. at Ray Kellis H.S.
2/10/07	Medal Rounds – All Conferences – Session 3/4	2:30 p.m. – 2 mats per conference
2/10/07	Opening Ceremonies	4:30 p.m.
2/10/07	National Anthem	4:55 p.m.
2/10/07	Championship Finals – All Conferences	5:00 p.m.

Clean-up: Each Conference must be represented, preferably by schools located in the Valley



RULES

Rules shall be those of the current National Federation Wrestling Rule Book with exceptions noted in the AIA Constitution and Bylaws and these tournament instructions.

AIA Bylaw 31.1.4 (page 119); Weight Certification Models

- **31.1.4.1; Alternative 1** - AIA recommends the use of the following based on the Arizona Interscholastic Association (AIA) National Wrestling Coaches' Association (NWCA) Weight Certification Model:
 - Minimum body fat of 7% for males and 12% for females, determined by bio-impedance weighting;
 - Body hydration level (specific gravity) equal to or less than 1.025 g/ml Urine test is pass/fail
 - Establish an “alpha” weight (weight at time of certification) for each wrestler;
 - If a wrestler’s body fat is less than 7% (male) or 12% (female) at the initial weight certification and the wrestler passes the hydration test, their “alpha” weight will be the lowest competitive weight allowed;
 - Collection and input of testing data into the NWCA Weight Certification Model will be done by AIA approved assessors.
 - **31.1.4.1.1; Appeal Process (For Alternative 1 ONLY)**
 - A wrestler may appeal the results of his/her percentage of body fat used to calculate his/her minimum competitive weight certification;
 - If a wrestler disagrees with the body fat percentage as measured with bio-impedance, the same assessor will re-measure that person within ten (10) calendar days
 - The wrestler’s original weight will be used; only the bio-impedance body fat percentage will be re-measured.
- **31.1.4.2; Alternative 2** – A wrestler may choose to have his/her minimum body fat of 7% for males and 12% for females measured by his/her physician. The physician must complete the data required on the NWCA wrestling weight certification initial assessment form. The form must be signed by the Student Athlete, parent/guardian, Athletic Director, Athletic Trainer, Head Wrestling Coach and the person (physician) performing the test with his/her title identified and a copy submitted to the AIA office.

2006-07 NFHS Wrestling Rule 1-3-2 - Any wrestler’s assessment that is below seven percent for males and 12 percent of females shall have a physician’s release to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows.

AIA Bylaw 31.1.5 (page 120) - Weight loss may not be more than 1.5% of the “alpha” weight (weight at time of certification) per week. Wrestler will follow the prescribed weight loss process of the NWCA weight certification model (nwcaonline.com).

AIA Bylaw 31.1.6 (page 120); Certification Data – A wrestler must have certified his lowest competitive weight before representing a school in any wrestling match.

- Weight certification may begin Nov. 1, 2006, as determined by the AIA Executive Board.



AIA Bylaw 31.1.7 (page 120); Growth Allowance - A two-pound growth allowance will take effect on Jan. 1, 2007.

GENERAL INSTRUCTIONS

- Certified AIA Officials will be assigned by the AIA. They will be rotated by Conference and by mat.
- Prior to each varsity match/tournament, the head coach will be given a card listing the entire crew of officials assigned for their match/tournament. After the competition the head coach is to complete the *overall rating of official's section* of the card and indicate their recommendation for consideration to be assigned to the state-wrestling tournament. Mail this card to the AIA office after each match/tournament.
- The meet officials are responsible for the conduct of the meet as prescribed by playing rules adopted by the AIA.
- Each wrestler is required to be in full uniform from the time the participant steps on the mat until the end of the match.
- Weigh-in will follow Rule 4, Section 5, and pp: 19 & 20, of the 2006/2007 National Federation Wrestling Rule Book.
- All wrestlers must be checked for skin condition prior to weigh-in. The NFHS Sports Medicine Advisory Committee has provided a physical release form for wrestlers to participate with skin lesion. Form attached with this tournament guide. AIA recommends the doctor evaluating any skin lesion be a dermatologist. This form must be completed prior to weight-in or upon arrival at the site of dual meet and/or tournament. ***Please Review NFHS Wrestling Rules 4.2.4, page 18.***
- All wrestlers are required to come in uniform.
- All meet personnel, other than officials; will be assigned by the Tournament Director.
- It is recommended that a doctor, EMT personnel or certified trainer, and a vehicle for emergency transportation be available.
- A coach must be in attendance during all warm-up sessions.
- ***Coaches and wrestlers not participating in a match at Jobing.com Arena must be off the competition floor area.***
- Neither the AIA nor the school of the host site shall be responsible for lost or stolen articles.
- Any coach or competitor using tobacco, alcoholic beverages or misusing drugs while at the tournament site during an athletic contest sponsored by AIA, shall be disqualified from that contest or tournament. AIA Constitution and Bylaws, Article 14: Section 14.13, DRUGS, ALCOHOL, TOBACCO, page 36.

Tournament Signs: Signs are not permitted at any indoor tournament sponsored by the AIA. (See the AIA Constitution and Bylaws: Article 12, Section 12.1.5, on page 29). Schools are responsible to ensure enforcement; noncompliance may lead to a sanction against the school(s).

REGION TOURNAMENT DIRECTORS

Notify the AIA Office and State Tournament Site Directors of the regional tournament winners immediately after Region Tournaments.



SCORE REPORTING

Host School Athletic Directors of the 5A Team Tournaments must contact the AIA immediately following the game to ensure proper posting of the AIA State Tournament Results. Contact:

Brian Bolitho AIA Sports Information 602 385-3822 (24hr. report number)

SPORTSMANSHIP

- If an athlete or coach is ejected, the Sportsmanship Rule will be in effect. (See the AIA Constitution and Bylaws, Article 16. Section 16.3, pages 53-54). National Federation Rule #8 (penalty chart) pages 42-43.
- Part of sportsmanship is following directions by tournament workers.

AUTHORIZED SCHOOL PERSONNEL MAT-SIDE

- No wrestler is permitted on the wrestling floor except when participating in a match.
 - On-Deck participants must remain off the wrestling arena until the match they follow is over.
- Only two coaches, wearing an official coach's pass, are permitted mat side. A coach with pass credentials will be allowed with an on-deck wrestler in the holding area. ***Violation of this rule will result in a loss of one team point and/or coaches floor pass privilege removed.***

PROTESTS

1. Cannot appeal judgment: NFHS Rule 3.1.2
2. Correction of Error: NFHS Rule 6.6.4
3. Protests/appeal will be reviewed by the Head Official or his designee and 2 members of the tournament committee from your conference.
4. A loss of appeal will result in a one-point team score deduction.

SCOREBOARD OPERATOR & OFFICIAL SCORER (MAT SIDE)

AIA officials, trained in the operation of the scoreboard will be used at all tournament games and will be paid by the Tournament Site Director.

OFFICIALS

AIA registered certified officials will be used to officiate. Officials will be assigned by the State Commissioner of Officials.

MAT-SIDE SCORES TABLE (CONFERENCE)

The following may be seated at the individual conference head tables:

- Official timer, Troubleshooter, Official scorer, Runners, and the AIA Rotating mat official



DRESSING ROOM

Teams are requested to arrive in uniform.

REGIONAL DIRECTORS INSTRUCTIONS

All Region Tournament Directors should report the results of the Region Wrestling Tournament to your Conference Directors and the AIA tournament office. Fax to Craig Anderson at 602-385-3781 and please provide:

1. First and last names of qualifiers (please check spelling)
2. School of qualifiers
3. Conference and Division I or II if applicable
4. Weight classification and place
5. Year in school
6. Season record through Regional's for all conferences

DEADLINES FOR REGION RESULTS ARE AS FOLLOWS:

5A Division I; fax to John Carlson at 480-812-7029 by Thursday (12:00 A.M.), Jan. 25, 2007.

- Seeding meeting at Mesquite High School at 10 a.m.

5A Division II; fax to Rick Johnson at 623-773-6045 by Thursday (12:00 A.M.), Jan. 25, 2007.

- Seeding meeting at Peoria High School at 10 a.m. on Sunday, Jan. 28.

4A Division I: fax to Jim Threadgill at 623-435-6078 by Saturday (12:00 am), Feb. 3, 2007

4A Division II: fax to Mike Boysen at 928-630-4236 by Saturday (12:00 a.m.), Feb. 3, 2007

- Seeding meeting for both 4A Divisions at Moon Valley High School at 10 a.m.

3A; email Greg Wayne, Monument Valley, gwayne@kayenta.k12.az.us by Sunday, Feb. 4, 2007

1A/2A; fax Digger O'Dell, Pima H. S., at 928-485-2274 by Saturday, Feb. 3, 2007

PROGRAMS AND SOUVENIRS

Deadline to submit team photos/rosters: Wednesday, January 17, 2007

Kukulski Brothers is the official supplier for AIA Programs and Souvenirs. *Sale or distribution of AIA State Tournament related game programs, t-shirts or any other souvenirs by any individual or company other than the Kukulski Brothers at any AIA State Tournament playoff site or game is prohibited.*

Playoff programs, t-shirts, caps, etc. will be available at as many sites as possible.

Parents, spectators and participants want to see their school team picture and names included in the souvenir program. Please make every effort to meet the following deadlines.

Please call David Kukulski or Dan Kukulski at (480) 921-1975 if you have any questions regarding AIA Team Pictures, Team Rosters, Programs, Souvenirs or Digital Photography.



2007 ADMISSION PRICE

High School and Collegiate Sites: \$5.00

Jobing.com Arena: \$6.00 for student with high school ID; \$8.00 for adults

FREE ADMISSION

Children five or under

Teams (in uniform) entering with their Coach(es)

All tournament workers

Media with proper credentials

AIA Lifetime Pass Holder and One Guest

AIA Complimentary Pass and One Guest

Photo ID required for AIA Pass Holder and all AIA Complimentary Passes

Note: Only the person named and one guest of a Lifetime Pass or Complimentary Pass will be granted admittance. Should a pass be found in the possession of a person other than the named holder, the pass will be confiscated and the named holder will lose the privilege of an AIA pass for one year from the date of confiscation.

FLOOR ADMITTANCE

Each school with wrestlers competing in the Jobing.com Arena will receive a maximum of four credential ID's. This credential ID allows admittance to the floor area. The credential can be picked up at the Credential table. ***Each school must send the AIA a list of four board-approved coaches PRIOR TO Jan. 1, 2007.*** The credential table will be located on site of the weigh-ins at Raymond Kellis High School. All coaches, wrestlers, trainers, and school support mat-maids must have the current wrist band per session to be admitted to the arena.

ADDITIONAL INFORMATION

- **Team Allowance** – Each school will be responsible for making their own housing and meal arrangements
- **Concessions** – Concession stands will be available at all High School sites with proceeds accruing to the host concessionaire
- **Trophies** – Awards will be as noted in the AIA Constitution and Bylaws
- **Ice Chests/Food/Etc.** – Will not be allowed in the Jobing.com Arena
- **Hospitality Room** – There no hospitality room at the Jobing.com Arena
- **Information Hospitality Room** – Will be open to coaches, administrators and officials
- **Security** – Expect longer lines entering the Jobing.com Arena because of the security after the events of 09/11.
- **Publicity** - Each school is asked to publicize the tournament in its local media, school newspaper and over the school public address system. Tournament information has been sent to major newspapers, radio and TV stations throughout the state and it will be helpful for each school to follow-up with a reminder.



ADDITIONAL INFORMATION continued

- **Bracket and Team Scores** – Brackets will be posted and updates of team scores will be available
- **Individual Weight Class Awards** – 1st through 6th will be presented after the next weight class finishes wrestling (i.e. 103 will follow 112)
- **Outstanding Wrestler Award** – Will be presented
- **Parking** – Free Parking is available
- **Opening Ceremonies**
 - The Grand March (Championship Participants and all medalists) will be conducted prior to the Championship Matches.
 - 50 Year State Champion Team and Individual State Champions will be recognized
 - Coaches, wrestlers and mat maids will face the flag during the National Anthem.
- **Emergency Telephones** – Available

TOURNAMENT COMMITTEE

AIA: Craig Anderson

5A Div I: John Carlson, Chandler District AD

5A Div I: Anthony Scanio, Mesquite Site

5A Div II: Rick Johnson, Liberty AD

5A Div II: Phil Camacho, Peoria Site Director

4A Div I: Jim Threadgill, Glendale District AD

4A Div I: J. Walsh, Copper Canyon Site

4A Div II: Tom Wokasch, Mingus

4A Div II: John Irish, Desert Edge Site Director

4A Div I/II: Michael Boysen, Administrator

3A Don Heizer, Payson

3A Greg Wayne, Monument Valley

1A/2A Digger O'Dell, Pima

Ron Kordonowy, Certified Trainer

Mickey Howell, 50 Year Reunion

Bob Young, 50 Year Reunion Team

Ron Tate, Wrestling Official

Charlie Jones, Wrestling Official

Tom Meck, Wrestling Mat Coordinator

Debbie LeClair, Mat Maid Coordinator

Cindy Reyes, Mat Maid Coordinator

Amy Grey, Mat Maid Coordinator

Joe Hunter, ACA/HOF



2007 AIA State Wrestling Tournament Guide

ADVISORY COMMITTEE

Games Committee members serve as a representative of their Conference and provide expertise to the Tournament Director. This may involve planning, preparation, implementation and/or follow-up procedures for the tournament.

Members of the Committee should be available to provide assistance to the Tournament Director throughout the contest.

1A-2A

Director	Digger O'Dell	Pima
1A	Rocky Nelson	Mogollon
2A	John Blade	Antelope
2A	Walter Edge	Bisbee
2A	Anthony Wright	Percision
2A	James Fries	Rough Rock

3A

Director	Greg Wayne	Monument Valley
East	Dave Bradley	Payson
North	Paul Reynolds	Window Rock
South	Jorge Mendivil	Empire
West	Ivan Brown	River Valley

4A

Director	Michael Boysen	4A Executive Board Advisor
Desert Sky	Larry Faust	McClintock
East Sky	Darin Beracy	Coronado
Gila	Dan Montano	Santa Rita
Grand Canyon	*Tom Wokasch	Mingus
Kino	Sam Rolfe	Catalina
Skyline	Steve Pond	Buckeye
Sonoran	Steve Lopez	Pueblo
Wells Fargo # I	*Dan Payne	Prescott
Wells Fargo # II	Merle Nelson	Cactus Shadows
West Valley	Alex Ruiz	Lake Havasu

5A

Division I Director	John Carlson	Chandler District A.D.
Division II Director	Rick Johnson	Liberty High School A.D.
Central	Dave Vibber	Corona del Sol
Desert Valley	Brad Frank	Horizon
Desert West	Chris Goetz	Westview
East Valley	Nick Karantinos	Red Mountain
Fiesta	Vidal Mejia	Chandler
Gila	Marty Dillon	Kofa
Metro	Dan Casey	Chavez
North West	Flint Swerdfeger	Deer Valley
Southern	John Knuep	Flowing Wells

*4A appeals Committee Members

PLEASE CONTACT THE AIA OFFICE, STATE TOURNAMENT DIRECTORS AND MEDIA IMMEDIATELY AFTER YOUR REGIONALS.



Board Certified Coaches
2007 AIA State Wrestling Tournament Guide

To: Athletic Directors

From: Craig Anderson
AIA Tournament Coordinator

Please fax or e-mail me your FOUR (4) Board Certified Coaches.

Fax number: (602) 385-3781

E-mail address: canderson@aiaonline.org

The AIA needs this information by Saturday, January 1, 2007.

Thank you for your attention on this request.

You or your principal must verify this list.

SCHOOL: _____

CONFERENCE: _____ **DIVISION I** **DIVISION II**

(4A/5A Conference, Circle the Division your school is in)

REGION: _____

1. _____

2. _____

3. _____

4. _____

Principal/AD Signature: _____



PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations (NFHS) has developed a release form as a suggested model you may consider adopting for your state. The medical advisory committee to the NFHS conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the medical advisory committee nor the NFHS presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The medical advisory committee does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians who are signing "return to competition forms". Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or can not participate.
4. Provide a basis to support physician decisions on when a wrestler can or can not participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve "Joe Blow who never wins a match" or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Inclusion of the applicable NFHS wrestling rule so physicians will understand that covering a lesion is not an option that is allowed by rule.
2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
3. Inclusion of a "bodygram" with front and back views (and facial view) should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired and can be edited in anyway for use by various individuals or organizations. In addition, the medical advisory committee for the NFHS would welcome comments for inclusion in future versions as this will continue to be a work in progress.

**Sports Medicine Advisory Committee
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS**

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

Name: _____ Date of Exam: ___/___/___

Diagnosis _____

Mark Location of Lesion(s)

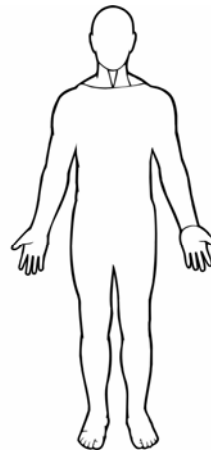
Location of Lesion(s) _____

Medication(s) used to treat lesion(s): _____

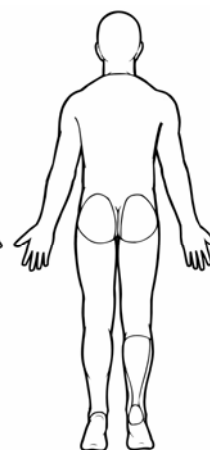
Date Treatment Started: ___ / ___ / ___

Form Expiration Date: ___ / ___ / ___

Earliest Date may return to participation: ___ / ___ / ___



Front



Back

Provider Signature _____ Office Phone #: _____

Physician Name (Printed or Typed) _____
(M.D. or D.O.)

Office Address _____

Note to Providers: 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 and 4-2-4 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 from a physician 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 or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”

“ART. 4 . . . If an on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician’s release form for a wrestler to participate with a particular skin condition.”

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

Bacterial diseases (impetigo, boils): Oral antibiotic for two days and no drainage, oozing, or moist lesions.

Herpetic lesions (Simplex fever blisters, Zoster, Gladiatorum): Minimum of 120 hours or a full five days of oral anti-viral treatment with no new lesions and all lesions scabbed over. Visible lesions may be present and participation may be approved so long as lesions are scabbed over.

Tinea lesions (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 14 days on scalp.

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

Conjunctivitis: 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: 24 hours after curettage.

AIA Wrestling Weight Certification

2006-07 Initial Assessment to Determine Minimum Wrestling Weight

Name of Student-Athlete (first, initial, last): _____ [Click to add Female wrestler.](#)

School Name: Arizona Test School, AZ

Grade:

Gender: Male

Height: (feet) (inches)

CALCULATION OF MINIMUM WRESTLING WEIGHT

PLEASE USE YOUR TAB BUTTON TO MOVE FROM FIELD TO FIELD IN COMPLETING THE ASSESSMENT FORM

STEP 1. ALPHA BODY WEIGHT (BW)

Alpha Date: _____

Urine Specific Gravity: _____

Alpha Body Weight (BW)

(Recorded to tenth of a pound, no rounding.)

BW =

STEP 2. BODY DENSITY (BD) Calculate body density by SKIN-FOLD, HYDROSTATIC, BOD-POD or BIO-IMPEDENCE WEIGHING technique

SKIN-FOLD MEASUREMENTS <small>(To the nearest half of a millimeter)</small>	Test 1	Test 2	Test 3	Median Value
Triceps (T)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Subscapular (S)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Abdominal (A)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Median(T) + Median(S) + Median(A) = Sum Skin-Folds (SUM SF) = <input type="text"/>				

OR

HYDROSTATIC, BOD-POD OR BIO-IMPEDENCE WEIGHING
<small>(Direct measure of residual volume (RV) required.)</small>
Provide as an attachment to this form. -RV measurement technique -RV raw data & calculations
Begin data entry with Step 3!

$$BD = [1.0973 - ((SUM SF) * .000815)] + [(SUM SF)^2 * (.00000084)]$$

Bod Pod Used:

BD =

Use BodPod: No

STEP 3. Percentage of Body Fat (%BF) = [(4.57/BD)-4.142]*100

%BF =

STEP 4. Fat Weight (FW) = Body Weight(BW)*(%BF/100)

FW =

STEP 5. Fat Free Weight (FFW) = Body Weight(BW)-Fat Weight(FW)

FFW =

STEP 6. Minimum Wrestling Weight (MWW) = Fat Free Weight (FFW)/0.93

MWW = 0.0000

STEP 7. # of Days to Deadline Date = tbd

Days to Deadline = **TBD**

STEP 8. Min. Wrestling Weight After Deadline = tbd

MWW After Deadline = **TBD**

STEP 9. Min. Weight Class = (MWC)

MWC = **TBD**

THERE IS NO EVIDENCE, SCIENTIFIC OR OTHERWISE, THAT THE MINIMAL WRESTLING WEIGHT IS THE OPTIMAL WEIGHT FOR WRESTLING PERFORMANCE.

CERTIFICATION

By signing this form you certify that you have reviewed and comprehend the Arizona Wrestling Weight Monitoring Program. You also certify that this assessment was performed in accordance with standard protocols outlined in the Arizona Wrestling Weight Monitoring Program and shall only be recalculated by following the appeal procedures as stated in the AIA Bylaws.

Athletic Director Signature: _____ Date: _____

Head Coach Signature: _____ Date: _____

Athletic Trainer Signature: _____ Date: _____

Student Athlete Signature: _____ Date: _____

This form must be completed before representing your school in any wrestling match. Please send this form, the accompanying Weight Loss Plan and the Alpha Master form to the appropriate school administration office, after making file copies for the appropriate individuals at your institution, before representing your school in any wrestling match. No faxes will be accepted.

**Physical Referral Form
For Wrestlers Who Test Below Minimum Body Fat Guidelines**

In compliance with the National Federation of State High School Associations (NFHS), the Arizona Interscholastic Association (AIA) has developed a weight-control program which discourages excessive weight reduction (of wide variations in weight), because this may be harmful to the competitor.

The weight control program requires hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. The minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven (7) percent for males and twelve (12) percent for females shall have a physician's release to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows.

Physician's Release Form for Participation

_____ is a member of the wrestling team at
_____ High School.

Due to the number of health issues surrounding a safe weight loss in wrestling, the NFHS and AIA have developed guidelines to help ensure the safety of athletes. The NFHS and AIA require a wrestler with body fat percentage below 7% (Male) and 12% (Female) to be evaluated by a medical professional*. The athlete being referred to you tested at _____%. Indicate below if you feel it is safe for the athlete to participate at his/her tested body fat %.

If you have any questions, please contact the Athletic Trainer/Assessor listed below.

Athletic Trainer / Assessor

Phone

Cleared to participate at current Body Fat %

Not cleared to participate at current Body Fat %

Cleared once body Fat % of _____ is obtained.

_____ *(acceptable credentials: MD/DO/NP/PA-C)
Provider (print name)

Address

Phone

Provider Signature