ARTICLE 31

WRESTLING

31.1 RULES

31.1.1 Official rules for wrestling shall be those published in the current edition of the National Federation Wrestling Rules Book.

31.1.2 School athletic programs at all levels are subject to disciplinary action when a school team is removed from the floor or field prior to completion of the contest.

31.1.3 A wrestler will be allowed to compete in the sectional and post-season tournament at the lowest certified weight. The Executive Board shall establish a date in which a student-athlete may begin the weight certification process.

31.1.4 Weight Certification Models

31.1.4.1 The AIA and its member schools will use the following guidelines based on the National Wrestling Coaches' Association (NWCA) Weight Certification Model:

- Minimum body fat of 7% for males and 12% for females, determined by bio-impedance weighing;
- 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 bio-impedance initial assessment) 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

Any athlete who disagrees with the Initial Assessment may appeal the assessment results ONE time by having a second assessment within 14 calendar days and performed prior to the athletes first Regular Season wrestling Contest. This shall be consistent with the athlete's weight loss decent plan and the results obtained at the Second assessment shall supersede the Initial Assessment; therefore no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. All costs incurred in the second assessment shall be the responsibility on those appealing the initial Assessment.

31.1.5 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).

DETERMINATION: Coaches or their designees (athletic director or school assessor) MUST print out a weigh-in sheet for every weigh-in their school participates in for the AIA wrestling season. It is required that each school presents minimally two copies of their weigh-in sheets at weigh-ins, one for themselves and one for their opponents. In events of multiple schools, multiple copies of this sheet must be made available for each opponent. No wrestling may occur until the team can produce an NWCA Performance Calculator weigh-in sheet. A school cannot deny an opponent or visiting school from using their computer system to access the NWCA Performance Calculator if they so request. (Ex. Bd. 10/19/09).

31.1.6 Certification Data – A wrestler must have certified his lowest competitive weight *before* representing a school in any wrestling match.

31.1.7 Growth Allowance – A two-pound growth allowance will take effect on January 1st.

31.1.8 In a tournament, all entries must weigh in on the first day of the tournament which will be the qualifying weight for that tournament.

31.2 SEASON OF SPORT

31.2.1 The AIA Standardized Calendar shall be used to identify the starting week for practice, competition and the conclusion of post-season competition.

31.2.2 The season of competition for a school shall conclude with that school's last AIA sanctioned competition.

31.2.3 Winter Season	Practice	no sooner than the	18th week
	Competition	no sooner than the	21st week
	Championship	to be concluded by the	34th week

31.2.4 **Pre-Competition Practice** – Practice shall be conducted in a manner consistent with the guidelines set forth in Bylaw 14.17.2 – Heat Acclimatization Protocol, where applicable.

31.3 COACHES / COACHING

31.3.1 The AIA shall not have regulations concerning coaches coaching their own school teams during the summer vacation period. Summer vacation shall be identified as beginning with the last day of school and extending to the first day of football practice allowed by AIA bylaw.

31.3.2 Coaches may coach their own teams and/or team members beyond the first day of football practice, providing the team is participating in a summer league playoff meet or tournament.

31.3.3 Coaches / Players - Match participation outside the season of sport between coaches and players of a single school for fund raising or entertainment purposes will not jeopardize the eligibility of any high school player.

31.4 SCHOOL EQUIPMENT

31.4.1 The only school equipment which may be used out-of-season is weightlifting equipment.

31.4.2 School Transportation During Summer - School provided transportation for summer activities is a local option.

31.5 SCHEDULES

31.5.1 If scheduling difficulties occur, schedules may be increased by one match. The additional match shall be approved by the AIA Executive Board.

31.6 NUMBER OF OPPORTUNITES (MEETS) IN SEASON

31.6.1 No school shall schedule more than 12 varsity meets, including four invitationals.

31.6.2 No school shall schedule more than 12 junior varsity or freshman meets per team, including four invitationals.

31.6.3 No wrestler shall participate in more than 12 wrestling meets per season, excluding qualifying and post-season tournaments.

31.6.4 Multiple meets may be scheduled in lieu of dual meets. Multiple meets shall count as one meet opportunity. No awards will be given at multiple meets.

DETERMINATION: Intent is to allow dual meets to be combined into multiple meets for geographic convenience and to decrease loss of school time. Multiple meets must be run as dual meets and conducted in a dual meet format. (See Article 31, Section 31.7, Paragraph 31.7.4) (Ex. Bd. 5/17/93).

31.6.5 An invitational tournament shall count as one wrestling meet regardless of the number of times a wrestler competes in the tournament.

31.6.6 Multiple meets will not exceed one day of competition.

31.6.7 Freshman and junior varsity invitational tournaments will not exceed one day of competition. No official team scores will be kept or awards given. Each school entered would be allowed multiple entries in each weight class.

31.7 DUAL MEET MULTI-ENTRIES - There may be multi-entries in the same classification at all levels of competition during a regularly scheduled dual wrestling meet. Schools electing to use the multi-entries exception, by mutual consent of the coaches, shall:

31.7.1 Make a written record of all multi-events in the score books.

31.7.2 Hold a maximum of 14 matches only at any scheduled meet.

31.7.3 Conform with all AIA and National Federation rules and regulations.

31.7.4 All multi-entry participants shall count the participation as one of their wrestling meets.

31.8 CONTEST PARTICIPATION

31.8.1 When a student enters an interscholastic contest, regardless of the length of time, it shall be considered participation in the interscholastic contest.

31.9 POST-SEASON TOURNAMENTS

31.9.1 Post-Season Tournaments

NOTE: See Article 12 for additional post-season tournament rules.

31.9.1.1 Dates and Sites

31.9.1.1.1 The AIA Executive Board shall determine the dates and sites of post-season tournaments.

31.9.1.2 There shall be individual and/or team post-season tournaments as determined by the Executive Board.

31.9.1.3 The type of tournament shall be as specified in the current edition of the National Federation Wrestling Rules Book.

31.9.1.4 The Post-Season Wrestling Tournament shall be comprised of brackets in accordance with the National Federation rules and regulations.

31.9.1.5 Officials will be present at the weigh-ins and will judge whether or not each contestant meets the approved AIA health, sanitary and safety measures to compete.

31.9.1.5.1 If a contestant is notified by the official that he/she fails to meet the approved AIA health, sanitary and safety measures to compete, he/she must make necessary corrections, as determined by the official, prior to his/her weigh-in at post-season tournament site.

31.9.1.6 If a contestant qualified for the post-season tournament by participating in a qualifying tournament and is unable to participate in the post-season tournament, no contestant either from his/her own school or from another member school participating in the qualifying tournament shall be certified to take his/her place in the bracket of the post-season tournament. His/Her opponent in the first round of the post-season tournament bracket shall receive a forfeit and advance into the second round.

31.9.2 Awards - The AIA shall be responsible for the purchase and standardization of all post-season tournament awards. *(See Article 13, Section 13.1)*.

31.9.3 Practice on Site - A practice or competition on the site of the Post-Season Championship Tournament, except for a regularly scheduled contest, is not permitted for seven calendar days prior to the Post-Season Championship, except in the case of the host school

DETERMINATION: The host school may participate at the site only if that is their regular practice site. (Ex. Bd. 10/24/77)

31.9.4 Protests

31.9.4.1 In the event of a question or a protest during a qualifying meet or post-season tournament, the decision of the Tournament Director and/or Head Official shall be final.