

2020 NSAA WRESTLING DUAL CHAMPIONSHIPS

Buffalo County Fairgrounds, 3807 Avenue N,-Kearney, NE-February 8, 2020

INFORMATION FOR COACHES



NSAA online at: nsaahome.org

*Congratulations on qualifying for the NSAA Wrestling Dual Championships!
Best of luck and enjoy your Championship!*

A handwritten signature in black ink, which appears to read 'Ron Higdon'.

Ron Higdon, NSAA Assistant Director

See the NSAA website for Qualifying criteria, format, weight allowance, etc.

<https://nsaa-static.s3.amazonaws.com/textfile/wrest/dualcriteria.pdf>

INCLEMENT WEATHER: The NSAA Wrestling Dual Championship will be held as scheduled unless severe weather conditions force the NSAA to make schedule and/or tournament format changes.

FRIDAY--EARLY TEAM CHECK-IN: 5:00-7:00 PM. For early team check go to the Team Entrance at the AG Pavilion (south of the Expo bldg.)—middle entrance to Pavilion. (See map.)

SATURDAY

TEAM PARKING & ENTRANCE: Teams with vans may park in front of the Ag Pavilion. Buses will need to park in the designated area west of the Exhibit Building. Buses need to park west of the team van parking area. Doors open at 7:00 A.M. for wrestlers to check weights.

Classes B & C--Weigh-ins 8:00 AM

Classes A & D--Weigh-ins 9:30 AM

COMPETITION

SESSION 1

ROUND 1—9:00 AM—Quarterfinals B & C

ROUND 2—10:30 AM—Quarterfinals A & D

ROUND 3—12 Noon—Consolation Semifinals—All Classes

SESSION 2

ROUND 4—2:00 PM—Semifinals - All Classes

ROUND 5—3:30 PM—3rd & 5th Place Duals – All Classes

ROUND 6—5:30 PM—Championship Duals – All Classes-4 mats

Bring two Weigh-in sheets. Your weigh-in sheets must be turned in 30 minutes before weigh-ins.

Weigh-In/Team Roster— Tournament workers will be at the team entrance to check off and stamp your contestants. Those wishing to watch the other session of wrestling will be admitted with a hand stamp.

You have a 20 contestant maximum.

ADMISSION-COACHES: (4--coaches maximum--includes trainers, managers or statisticians). The names of your coaches should be on the online form submitted by your Athletic Director. If you wish to purchase extra coach wristbands you may do so for \$25.00/each. **Bring cash or a school check. NO PERSONAL CHECKS.** Your wristband will admit you and allow floor access for all sessions. **NSAA Student Media passes may not be used for your statisticians or managers.**

WEIGH-INS: The 2019-20 NFHS weigh-in rules for tournaments will be enforced. Scales will be available in the weigh-in area for weight checks. No cameras or cell phones are allowed in the weigh-in area.

Weigh-in Procedure: Opposing coaches will be conducting and recording weigh-ins according to the dual meet weigh-in procedure determined by the draw. ***Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class. (NFHS Rule 4 Section 5, Art. 3). See sample below.***

Scale #1	Scale #2	Scale #3	Scale #4	Scale #5	Scale #6	Scale #7	Scale #8
Coach#1 team weighs in #8 opponents and vice versa	Coach#2 team weighs in #7 opponents and vice versa	Coach#3 team weighs in #6 opponents and vice versa	Coach#4 team weighs in #5 opponents and vice versa	Coach#1 team weighs in #8 opponents and vice versa	Coach#2 team weighs in #7 opponents and vice versa	Coach#3 team weighs in #6 opponents and vice versa	Coach#4 team weighs in #5 opponents and vice versa

Weight Allowance:

1. Each wrestler will get a 2 pound weight allowance from scratch weight. Example: The 120 pound weight class would be able to weigh 122. However, if there are schools that have scheduled varsity competitions on the day(s) directly preceding the Dual Championships, the appropriate consecutive day allowance will be communicated and given.
2. No wrestlers will be allowed to weigh-in and compete at a weight class lower than the weight that they qualify for according to their individual weight loss plan.
3. A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor for. (NFHS Rule 4-4-2)

Wrestlers' Health: A physician will be present at the weigh-ins. The presence of a communicable disease or any other condition, which, in the opinion of the examining physician, makes the participation of an individual inadvisable, will be considered full and sufficient reason for a medical default. There are some things that he may not be able to detect, but keep in mind that it is the coach's responsibility to have all of his wrestlers in compliance with all of the health and safety rules for wrestlers. If a wrestler has a completed and up to date "NSAA Physician Release for Wrestler to Participate with Skin Lesion Form," they need to have it with them so it can be checked by the on-site NSAA Championship Physician. The on-site physician's decision will be final and without appeal.

Special Equipment and Taping: Any wrestler planning to wear any type of special equipment (face mask, brace, padding, hair covering, etc.) must have it inspected at the time of weigh-ins. Any special taping must be approved by an official before a wrestler competes in a match. (See NFHS Rules: 4-3-1, 2, 3, and 4).

- Verification of its approval will be entered on the official weigh-in sheets, and it will be approved for the duration of the championship, if no alteration is made.
- Any special equipment not approved in advance may be ruled illegal at match time.
- Once a wrestler reports to the mat for competition, any time required to correct illegal equipment or taping is counted as injury time. (See NFHS Rule: 8-2-1)

Legal Uniform: (NFHS Rule 4-1-1, 4-1-3, 7-3-5). Please make sure your wrestlers are wearing a suitable undergarment for weigh-ins and competition. It is the coach's responsibility to have his wrestlers in legal uniform. If a wrestler appears on the mat without the proper uniform, they will have to use injury time to correct the situation and the wrestler will be assessed a technical violation. **It is not a requirement that all contestants from a team have the same uniform. EXAMPLE: A portion of the team could wear singlets and others from the same team could wear the optional two-piece uniform in the same competition.**

Shower Facilities: Showers at Sunrise Middle School locker room are available. Sunrise Middle School is located two blocks north of the fairgrounds. (See map.) Please notify NSAA Staff if you intend to utilize the shower facilities.

Warm-Up Area: The wrestling warm-up areas will be located next to the team check-in area which is also the staging area for weigh-ins. No food or drink on the wrestling mats. **Please keep mats clear at the conclusion of competition.**

Athletic Training Area: A main training area is located on the east side of the Expo Arena (behind the drape). The main training room will be reserved for those individuals needing Doctors' and Certified Athletic Trainers' attention. COACHES MUST FURNISH THEIR OWN TAPE AND WRAPS which the Certified Athletic Trainers will be happy to apply in the training area.

Team Seating while not in competition: *When coaches and competitors are not in competition, they will not be allowed on the wrestling floor. You should be seated in the upper Mezzanine or general admission areas.*

Wrestling Clocks: Trackwrestling Score Clocks will be used. The blood time and injury time will be shown on the Score Clock. The clock will count down and the competitor's score will flash when blood time, injury time, or head/neck/cervical injury time is being used.

SPECTATOR INFORMATION:

Tickets: The NSAA Wrestling Dual Championship will be a one day event with two sessions. Pre-sale tickets are available online on the nsaahome.org website before the championship begins. ***There is no reserve seating.*** Tickets will go on sale at the Buffalo County Fairgrounds Expo Center Gate 2, at 8:30 A.M. An All Day Ticket is available--Adults/\$10.00 and Students/\$8.00.

Parking: There is no charge for spectator parking.

School Banners/Signs: NO school banner or sign can be put up in the Buffalo County Arena during the State Duals Wrestling Championships! All banners and signs will be taken by staff if brought into the Arena and will be taken down if put up during the Duals Championship.

Championship Results: There will be a link on the nsaahome.org page under WRESTLING, STATE DUAL CHAMPIONSHIP for Live Results-(linked to the Trackwrestling.com page). You can also go directly to Trackwrestling.com under 2020 NSAA STATE DUAL CHAMPIONSHIPS.

NSAA Dual Championship Photos: Championship photos are available through Callam Sports Photography online at callamsportsphoto.com.

MEDIA:

All media requests, please contact Jeff Stauss at the NSAA, jstauss@nsaahome.org.

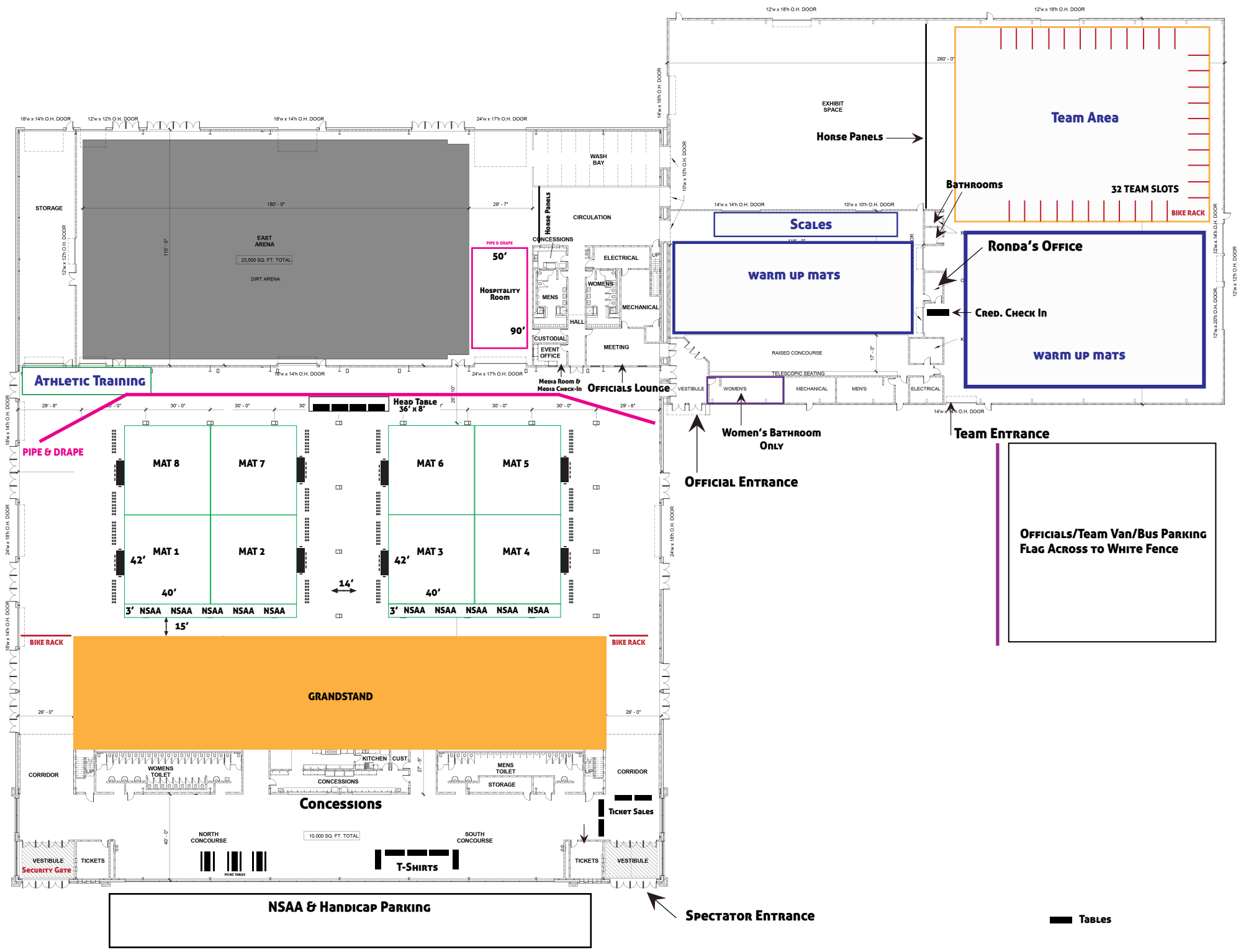
AWARDS

Places: The teams will finish competition placing 1st-6th place with the top four teams being awarded NSAA Dual Wrestling Championship trophies. Third and fourth place matches will be awarded immediately following the placing matches. Trophies and NSAA awards to coaches will be presented to runner-up and championship teams in each class following the finals. Individual medals **will not** be provided but can be ordered through the NSAA website at the cost of the school.

Enclosures—

Buffalo County Fairgrounds map
Sunrise Middle School

AMBULANCE



ADDITIONAL SHOWER FACILITIES:

Sunrise Middle School

4611 Avenue N

