

2018 NSAA WRESTLING DUAL CHAMPIONSHIPS

At University of Nebraska-Kearney-February 24, 2018
INFORMATION FOR COACHES



NSAA online at: nsaahome.org

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

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

Ron Higdon, NSAA Assistant Director

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

<https://nsaahome.org/textfile/wrest/wrdual.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-in use the **WEST** entrance of the UNK Health & Sports Center and turn left just inside the doors into the auxiliary gym area where the NSAA Check-in table is located. Please use this entrance due to a UNK basketball game in progress.

SATURDAY

TEAM PARKING & ENTRANCE: Bus parking is available in Lot 20 and van parking is available in Lot 10. (See attached map.)

Teams are to enter the north side of Cushing Coliseum (see map).

Doors open at 7:00 A.M. for wrestlers to check weights.

CLASSES B & C—8:00 A.M.-weigh-ins

CLASSES A & D—9:30 A.M.-weigh-ins

Bring two Weigh-in sheets (30 minutes before weigh-ins) for—

Team Roster— Give to UNK workers. They will be at the entrance to check off and stamp your contestants when you arrive. Those wishing to watch the other session of wrestling will be admitted with a hand stamp. **You have a 20 contestant maximum.**

Weigh-in—Drop it off at the NSAA Coach Check-in table next to the scales where you will pick up your coach wristbands.

ADMISSION-COACHES: (4--coaches maximum--includes trainers, managers or statisticians). The names of your coaches should be on the form submitted by your Athletic Director that was used at State Wrestling in Omaha. If you wish to purchase extra coach wristbands you may do so for \$25.00/each. **Bring cash or a check.** Your wristband will admit you and allow floor access for both sessions. **NSAA Student Media passes may not be used for your statisticians or managers.**

WEIGH-INS: The 2017-18 NFHS weigh-in rules for tournaments will be enforced. Scales will be available in the weigh-in area for weight checks. Coaches, and wrestlers not scheduled to weigh-in will not be allowed in the weigh-in area when official weigh-ins begin. 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 4 pound weight allowance from scratch weight. Example: The 120 pound weight class would be able to weigh 124.
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, and have competed in during the regular season.
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.
- Anything not approved in advance may be ruled illegal at match time.
- 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. Also, a wrestler MUST have their shoelaces secured properly. 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.**

Locker Rooms: There will be (2) large locker rooms available on the main level across from the racquetball courts. Please keep track of your wrestlers and monitor their actions. Any damage to a locker room will be assessed to schools. No camera cell phones allowed in the locker rooms. (See the areas on the attached map for locker rooms).

Warm-Up Area: The wrestling warm-up areas will be located in the UNK track area which is also the staging area for weigh-ins. The UNK wrestling room will also be available for warmups as we will no longer store baggage in there for teams. No team warm-up will be allowed on the mats prior to a session. No food or drink on the wrestling mats. **Please keep mats clear at the conclusion of competition.** Also, wrestlers are not to dress in this area – go to the locker rooms!

Training Room: A main training room is located in the northwest corner of the Health & Sports Center. 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 at the training room.

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 or 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 University of Nebraska-Kearney ticket window at 8:30 A.M. An All Day Ticket is available--Adults/\$10.00 and Students/\$8.00.

Parking: There is no charge for parking.

School Banners/Signs: NO school banner or sign can be put up in the UNK Arena during the State Duals Wrestling Championship! All banners and signs will be taken by UNK 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 2018 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—(Will be in your DUALS team packet to be picked up at State Wrestling in Omaha)

Parking map

Tournament Schedule—SECOND SESSION TIMES MOVED UP FROM LAST YEAR