

STATE WRESTLING COMMITTEE PROTOCOLS:

1. Wrestlers must still have 10 practices to be able to compete.
2. Honor weigh-ins will NOT be used, and all weigh ins will be done at mat side. Jeff Culty-S9 has attached the new **Form07-NYSHonorWeigh-inForm-Duals-20-21** (with the new weight classes). (Word and Excel version)
3. Shoulder to Shoulder weigh-ins will not be done. A coach from each team will be at the scale. One team at a time will weigh in (socially distanced and wearing a mask). Once one team is done the other team will weigh in. As wrestlers now weigh in with singlets on, there is no need to do the weigh-in in a small locker room, weigh ins can be done in gym or larger room where it is easier to social distance.
4. The growth allowance is in effect so the weight classes will be:
 $102+2=104$, $110+2=112$, $118+2=120$, $126+2=128$, $132+2=134$,
 $138+2=140$, $145+2=147$, $152+2=154$, $160+2=162$, $172+2=174$,
 $189+2=191$, $215+2=217$, $285+2=287$
5. Weight Certifications: All wrestlers on the roster are required to weigh-in mat-side on the day of the school's first competition. Their weight on that day will be the minimum weight they are allowed to wrestle at. Coaches will receive instructions on how to enter these minimum weights into Track. (As each opposing coach will have a copy of their opponents weigh-in sheet, they will be asked to check their opponents' roster to verify all minimum weights were entered correctly).
6. Masks are required for practice and competition. A stipulation does state "unless you can't tolerate it". But that stipulation is up to each school district. If a school district requires the mask it must be worn at all times. A visiting team (whose school does not mandate the mask) who travels to a school district that does mandate the mask, will be required to wear the mask. **Officials will communicate how they will deal with masks that fall off during a match.** It will probably be treated like a headgear that comes off. The mask will be put back on at the first available moment when action has stopped.

NYSWOA Exec. Comm.: Suggested Protocols:

1. Masks must be worn from the time you get out of your car to the time you get back in your car after an event.
2. When checking hair and nails you MUST NOT touch wrestlers.
3. It is recommended that you sanitize your hands between periods or as often as you feel necessary.
4. Do not contact the mat unnecessarily.
5. If you wear gloves, they MUST be changed after every bout.
6. If you can, bring your own timing device for Injury Time.
7. If ankle bands are used, they MUST be sanitized between bouts.

