



2020-2021 Wrestling Modifications

Revisions to information in this document may be made at any time during the season

Modifications for Facilities and Competition (Follow CDC guidelines for sanitizing and disinfecting)

*All regular season weigh-ins will be conducted at each respective school prior to leaving for the event.

-----A verification form must be signed by a school administrator-----

- *Have hand sanitizer and wipes available at the table and mat side.
- *Disinfect the mats prior to competition and clean frequently.
- *Athletes, coaches, and everyone floor level wears a face covering.
- *Arrange bench / team area to allow for social distancing.
- *No shared water containers. Each wrestler should have individual water.

Modifications for Coaches

*Wear a face covering on and off the mat. Eliminate post-match handshakes.

Modifications for Wrestlers

- *A shower or wipe down is required after each match.
- *Change uniforms as often as possible.
- *Face covering is required when not competing.
- *Eliminate handshakes with officials and or coaches pre- and post-match.
- *Do not share equipment or any personal items.

Modifications for Officials

- *Bring personal hand sanitizer and water. Wash hands frequently.
- *Do not share equipment / switch out whistles often.
- *Maintain six feet minimum distance when dealing with other officials, athletes and coaches.
- *Eliminate handshakes. Identify the winner of the match without contact.
- *Must always wear a face covering when off the mat.
- *Face covering is optional on the mat. (Must be black)

Modifications for Practice

- *Ask COVID screening questions every day.
- *Anyone not feeling well for any reason should not participate and should be evaluated by a medical professional.
- *COVID screening questions should be posted on the wrestling room door and or wall.
- *Disinfect and clean mats and entire facility FREQUENTLY.
- *Wrestlers should be designated into pods of 4 or less for all activities.
- *Dress in smaller groups or by pods.
- *Use hand sanitizer and wipes frequently / Showers after practice are strongly recommended.
- *Use only individual water containers.
- *Practice gear should be cleaned daily.

Modifications for Scheduling

*Competition is limited to Duals, Tris, and Quads or a maximum of 56 participates for high school. If an extra school is added to complete the field of 56 participates, there is to be no preliminary wrestling.

--- For middle school, the maximum of participates is 60 ---

- *There is a limit of two weigh-ins per week and there must be two days in between weigh-ins.
- *Only one scrimmage is allowed vs. one other school. (Dual only)