



## 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)