



This information is provided to conduct a Middle School/Junior High wrestling season. The intent of this information is to minimize and reduce risk as much as possible. As such, parents and athletes should discuss the risks and determine if these provisions allow participation for their child.

Please know that this information is being developed PRIOR to information being developed for the high school season. The situation with COVID-19 continues to change and these considerations may quickly become outdated. Continue to keep up with the latest from the CDC and your local health department. A coach within the program should be designated to be responsible for responding to COVID-19 concerns.

Middle School Testing & Weigh-In:

- Per MDHHS:
 - Middle school wrestlers **13 and older** MUST complete and pass a rapid test prior to the event. They will follow ALL of the same guidelines as HS students listed above.
 - Middle school wrestlers **12 and younger** are not required to rapid test, and may compete without wearing a face covering.
 - A 12-year-old that turns 13 during the season would be required to follow testing guidelines for a 13-year-old.
- All middle school wrestlers must wear face coverings at all times other than while actively competing.
- All middle school wrestlers must wear face coverings at all times during practice.
- **NEW "JH/MS Home Weigh-In Form"**

Required:

- To be eligible to compete, all wrestlers (13 and older) must complete a negative rapid antigen test prior to weigh-in for that competition with no exceptions. All individuals would also be subject to contract tracing and close contact requirements when positive cases or tests exist. When school administration signs the weigh-in form, they are also attesting that all participants have passed their rapid test, and are able to compete. Those tested wrestlers would be able to compete without wearing a mask during the match but masks would be required of all individuals at all other times during meets and practices. This is required for wrestling as published in the MDHHS FAQ document.
- "Face mask" or "face covering" means a tightly woven cloth or other multi-layer absorbent material that closely and completely covers an individual's mouth and nose.
- Face coverings are currently required for all spectators, coaches and event workers.
- All other requirements: uniform, head gear, mouth piece (for braces), etc. are still in effect.
- All other NFHS and MHSAA playing rules shall be enforced.
- Contestants are required to weigh-in in a legal uniform.
- The referee, or other authorized person (regardless of gender) are permitted to supervise weigh-ins.
- Skin checks may be performed by the referee prior to or after the weigh-in.
- Mats MUST be cleaned/sanitized prior to each day's competition.
- No scrimmages (*other than within your own team*).

Practice Guidelines/Protocols:

- Coaches should limit wrestler's workout partners. The same small, limited group is preferred.
- Coaches may assign workout partners including utilizing pods of 4 wrestlers who only practice together to limit contact between wrestlers.
- Coaches should record who practiced with who (on a daily basis) in an effort to help with contact tracing.
 - Coaches may assign workout partners and only permit these partners to work out together as another way to accomplish contact tracing.
- Coaches are encouraged to limit number of wrestlers within your room to maintain space.

- Run split practices if necessary
- Look to implement activities that allow wrestlers to utilize open spaces when possible.
- Coaches should provide frequent breaks, where participants sanitize.
- Wrestlers should have a mask they use for practice, and a separate one they wear when not training or competing.

Pre-Workout & Pre-Meet Screening:

- All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored for everyone present in case a student develops COVID-19. These records must be kept confidential.
- Any person displaying symptoms of COVID:
 - Should not be allowed to participate
 - Should self-isolate and contact his or her primary care provider or other health-care professional.
- Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adults should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.
- Coaches should conduct and record temp checks with infrared thermometers prior to practice and weigh-ins. Temperatures should be recorded on the weigh-in sheet, practice sheet or via software applications.
- A link to the MHSAA COVID Tracking Form is provided: [COVID MONITORING FORM](#)
- Schools may also develop their own online survey (Google Forms, or other software applications) used for contact tracing. Many schools currently are utilizing this system for daily attendance, with parents providing the information. This may be something you can develop through your school system. You may also consider developing a QR Code for wrestlers to access forms/applications without touching pens/paper.
- Below are typical questions to ask daily before participation:
 1. *that day's date*
 2. *Last Name*
 3. *First Name*
 4. *Weight class*
 5. *Have you been diagnosed with Covid-19 in the past 14 days?*
 6. *Are you experiencing symptoms typically associated with Covid-19 such as: rash, diarrhea, fever, coughing, fatigue, headache, chills, loss of taste/smell or respiratory distress?*
 7. *Have you been in contact with anyone who has a suspected or confirmed diagnosis of Covid-19 in the past 14 days?*
 8. *Have you taken medicine for a fever or body aches within the past 24 hours?*
 9. *If you have answered "YES" or your temperature is 100.3 degrees or higher you are not able to participate in today's activities. Please isolate and contact your primary care physician for direction.*
 10. *By submitting I am certifying that all information supplied is accurate and true.*

Competition Guidelines:

- 1 Dual/Quad per week
 - No MS/JH Saturday events
 - Allows for enough officials for potential Saturday high school competitions.
 - Schedules should be built to allow "time" between competitions, so that if a student is compromised, the student in question has not come into contact with multiple wrestlers or teams while potentially being contagious without showing signs or symptoms.
 - If a quad meet is used, schools may choose to compete against the three (3) other schools during the event.
 - If schools choose this option, this may require reduced match time to complete all duals in an acceptable amount of time. This is permitted.
- Teams weigh-in at their OWN location, the day of the competition.
- Coaches should conduct pre-skin checks prior to weigh-in (officials will still conduct inspections on site).
- Teams should change into gear after weigh-in at home so as not to require a locker room upon arrival.
- Competitors must only use their own personal equipment including water bottles.

- Red and Green ankle bands may ONLY be used if they can be sanitized between each and every use.
 - If ankle bands are needed, a best practice would be to alternate use: Example; the first bout team “A” (103) wrestler wears a RED ankle band, team “B” (103) wrestler wears NO ankle band. At the conclusion of the match, the RED ankle band is sanitized and allowed to dry during the next match. In the next match team “B” (112) wrestler will wear the GREEN ankle band. Continue this alternating system through the dual. Teams wear their same sanitized ankle band throughout the dual on alternating matches.
- No team/food tables at events. Wrestlers should bring their own personal quantities of food and fluids.
- Team benches must be 10’ back from the edge of the mat.
- Teams should try to physical distance as much as possible, including when sitting on their teams’ bench or while in their team area. Participants should avoid changing seats throughout the event.
- If teams change benches or team areas during an event (most likely during a quad), these areas must be wiped down/sanitized before the next groups use.
- Coaches corners may ONLY contain 2 people, and must be OFF the mat.
- At the conclusion of each match, participants should sanitize themselves and their gear as soon as possible.
 - Wrestlers should avoid using hand sanitizer on their face and body.
 - Soap and water skin wipes could be utilized, but should not be a substitute if a shower is possible.
- Handshakes are eliminated between coaches and wrestler as well as wrestlers and officials.
- Post-match team hand shake lines are also eliminated.
 - Teams may choose to line up on their edge of the mat at the conclusion of the dual and appropriately salute the opposing team as a show of good sportsmanship.

Best Practices:

- See new or additional “Best Practices” that have been emailed to AD’s and coaches previously.
- A face covering must be worn at all times except for those wrestlers actively participating in competition. The following items as they pertain to face coverings are recommended:
 - Extra, unused face coverings should be on hand and readily available in the event a face covering becomes damaged or unusable while practicing.
 - Face coverings may be disposable or washable after use.
 - Wrestlers should have a separate mask they do not use for practice, that they wear between matches or while traveling between schools.
- Schools may choose to delay the start of their season.
- Schools may choose to not compete on every allowed date.
- Schools may choose to reduce the number of teams at a competition.
- Schools/leagues may reduce the length of their season.
- Focus on dual competitions (one team vs another team)
- Coaches should work with their AD to schedule league competitions first, then fill in non-league events where open.
- No individually bracketed regular-season tournaments.
- No league/conference finals allowed that would EXCEED team limitations.
 - Leagues may choose to base their league standing and or individual champions based on league duals throughout the season (head-to-head competitions).
 - If leagues choose this path, they may need to keep the last week open to schedule duals or quads within the league that would complete the league results.
- **Schools may restrict “unattached” competitions where a student is allowed to compete in two (2) events while not representing their school, or prior to Limited Team Membership going into effect. Or, if the student chooses to compete “unattached”, he or she may not participate in team activities (practice, competitions, etc.) for a minimum of 7 calendar days upon return and are symptom free.**
- Schools and coaches should discourage weight cutting so as to keep participants feeling healthy without potentially compromising their immune system.
- If benches or seating are used by teams, participants are encouraged to use the same seat throughout the event.
- Have disinfecting items (wipes, spray, hand sanitizer) on hand for use before, during and immediately after a match.
- Mats should be sanitized using proper disinfecting methods at the beginning and the conclusion of the event.
- Where time permits, schools are encouraged to sanitize mats between duals.

Officials:

- To minimize official's exposure, when starting in the neutral position, wrestlers will start with their back foot on the 10' circle, directly opposite the RED and GREEN starting line. This is in an attempt to eliminate the need for the official to stand between two (2) wrestlers in close proximity each time while in the neutral position. The wrestlers must move forward after the official has blown the whistle.
- Officials will wear face coverings and are encourage to wear other protective equipment such as gloves, etc.
- Officials shall avoid contact with wrestlers, unless required to do so in the event of a potentially dangerous position or illegal situation.
- Officials will not raise the hand of the winning wrestler at the end of the match, but will simply inform the winning wrestler to raise their own arm.
- Officials should keep a book/record showing what schools they have officiated and when. This will help with contact tracing.
- Officials should personally use disinfecting wipes, or soap and water wipes throughout the competition.
- Schools are encouraged to check the temperature of the officials upon arrival. This may be in addition to a self-check by the officials themselves.

HYGIENE RESOURCE LINK: [HYGIENE FORMS](#)

20-21 MS/JH WRESTLING