



2020-21 Wrestling Requirements, Rules Modifications and General Recommendations

With support from the NFHS Wrestling Rules Committee and the Ohio High School Athletic Association, the requirements, modifications, and recommendations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel, and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Ohio schools are required to follow state COVID-19 general guidance for “Youth, Collegiate, Amateur and Professional Sports” (<https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>) and guidance on “Sports Venues” (<https://coronavirus.ohio.gov/static/responsible/Sports-Venues.pdf>).

Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with COVID-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your area.

Visit the COVID-19 General Guidance Document for further requirements and recommendations that apply to all sports, including wrestling. Please know that some of the requirements and recommendations in this sport-specific document duplicate state guidance.

A **requirement** must be adhered to and followed. A **recommendation** is a consideration to the sport and allows for optional guidelines. Recommendations are not required, are permitted and are highly encouraged.

Winter 2020-21: Return to Competition

People (wrestlers, coaches, officials, spectators, etc.) feeling sick or that have been exposed to someone sick, should not attend or participate in competitions or practices. The OHSAA requires all participants and spectators to practice social distancing and wear face coverings whenever possible. Host facilities shall communicate with spectators “know before you go” before each event.

GENERAL REQUIREMENTS

- Anyone attending a practice or game – wrestlers, coaches, officials, trainers, cheerleaders, volunteers, staff, spectators, etc.: Must conduct a symptom assessment before each practice or contest, and anyone experiencing symptoms must stay home (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>).

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- Individuals with COVID-19 symptoms should isolate themselves per CDC's guidance and contact their healthcare provider (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
- Individuals with confirmed COVID-19 or who have symptoms should follow CDC's guidance for when they can be around others again (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
- An athlete who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until a documented medical exam is performed clearing the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. More information on this issue can be found at <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>.
- Consistent with state guidance, schools/teams regarding "Confirmed or Suspected COVID-19 Cases":
 - Immediately isolate, and seek medical care for, any individual who becomes ill or develops symptoms.
 - Contact the local health department about suspected COVID-19 cases or exposure.
 - The affected person should seek COVID-19 testing as soon as possible. Teams, schools, and clubs should work with parents to ensure they have access to testing through their healthcare providers or direct them to testing options.
 - Coaches/administrators must work with the local health department to identify individuals who were potentially exposed to help facilitate contact tracing. This includes, but is not limited to, athletes, coaches, officials, volunteers, parents and other support personnel.
 - A team, school, or club must notify all athletes and parents / guardians associated with the affected team regarding a positive test. Athletes and families must be reminded of proper daily health screening protocols.
 - If the affected individual participated in competitive play, the team is responsible for notifying any opponents played between the date of the positive test and two days prior to the onset of symptoms. If the teams, schools, or clubs reside in different counties, the health departments in each county should be notified to help facilitate effective contact tracing.
 - Follow protocol for cleaning and disinfecting if a COVID-19 case is identified at the venue.
 - Wrestlers, coaches, officials or other individuals who had close contact (within six feet of an infected individual for at least 15 minutes), or who had direct physical contact with the person (e.g., who were coughed on or sneezed on by the infected person), must self-quarantine for 14 days following exposure based on CDC guidance (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>). Individuals may return to play afterward if they have not had any COVID-19 symptoms.
- Facial coverings are required under the Sports Order: At minimum facial coverings should be cloth/fabric and cover an individual's nose, mouth, and chin.

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- CDC does not recommend the use of gaiters or face shields. Evaluation of these facial coverings is on-going but effectiveness is unknown at this time.

Requirements for Coaches:

- Conduct daily symptom assessments before each practice or contest.
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- No congregating before or after practices or contests is permitted.
- Coaches must wear face coverings at all times, including arriving and departing the facility and during active play.
- Eliminate handshakes pre- and post-match.
- Eliminate handshakes with coaches' post-match.
- Sanitize equipment as often as time permits.
- Do not share clipboards, whiteboards, dry erase boards or any other equipment used for coaching purposes.
- Individuals traveling together by bus, etc. must wear a facial covering and social distance where possible while in the vehicle.
- Conduct a pre-travel symptom and temperature check immediately prior to team travel.
- If participating at home site, conduct a pre-participation symptom and temperature check immediately upon arriving to the site.
- For out-of-state travel, follow the COVID-19 guidance of the state and local public health jurisdiction to which the team is traveling. For additional information, please visit Ohio's Travel Advisories (<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/COVID-19-Travel-Advisory>).

Requirements for Wrestlers:

- Conduct daily symptom assessments before each practice or contest.
- No congregating before or after practices or games is permitted.
- Eliminate handshakes pre- and post-match.
- Eliminate handshakes with coaches' post-match.
- Wear facial coverings off the mat when not actively competing or warming-up.
- Do not share equipment, towels, facial coverings, water bottles, other drinks or food. If equipment must be shared, proper sanitation must be performed between users. All wrestlers must sanitize their hands before and after warm-ups, at all timeouts, at period breaks and anytime they leave the playing competition or practice mat.
- All those on the team bench shall observe social distancing of 6 feet.

Requirements for Officials

- Conduct daily symptom assessments before each contest.
- Take your temperature prior to attending your competition. If temperature is above 100.4 or you do not feel well, notify your contracted school immediately.
- No congregating before or after games is permitted.
- Six-foot social distancing required when not actively officiating.
- Facial coverings must be worn at all times with the exception of active officiating and warm-up.
- Do not shake hands or fist bump other officials, wrestlers or coaches.
- At the end of match procedure do not declare the winner of the match by raising the winning wrestler's hand.

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- To conclude the end of match procedure, the official may point to the winning wrestler while raising his/her own arm (with open hand) having the requisite wristband color (red/green) of the winning wrestler.

Requirements for Spectators

- Conduct daily symptom assessments before each contest.
- No congregating before or after practices or contests is permitted.
- Six-foot social distancing must be maintained between individuals/family groups.
- Facial coverings are required unless exceptions can be met as listed in Ohio Health Director's Sports Order.

Requirements for Facility Hosts

- Inform the local health district when events are scheduled and establish a plan to handle those persons who fail a symptom assessment or temperature check or exhibit signs and symptoms of COVID-19. Any person with symptoms consistent with COVID-19 should be advised to return home or taken to a dedicated isolation area and contact their healthcare provider.
- Have a written plan for safe reopening and enforcing compliance with all mandates and guidelines.
- Designate a Compliance Officer who is responsible for compliance with the Ohio Health Director's Sports Order.
- Develop a spectator pathway that allows for physical distancing as spectators move from parking lots through the ticket scanning and/or purchasing lines to their seats.
- Install signage concerning hygiene, social distancing and facial coverings.
- Communicate social distancing, facial coverings and health symptoms reminders with public address announcements throughout the contest.
- Develop one-way ingress and egress plans and one-way aisles that also allows for social distancing.
- Assign seats in groups of no more than four from a single household and use staggered rows and sections to allow for at least six feet of social distancing and prevent contact between groups.
- Disinfect the mats prior to competition, between competitions as feasible, and following the conclusion of competition.
- Disinfect ankle bands prior to each match.
- Limit floor personnel to participants, coaches, medical staff and event staff.
- Employees, staff and volunteers must wear facial coverings at all times.
- High touch areas (railings, restrooms, athletic training rooms, locker rooms, etc.) must be cleaned and disinfected frequently.
- Hand sanitizer must be readily available throughout the venue.
- Follow Responsible RestartOhio Guidance for Restaurants for concession stands (<https://coronavirus.ohio.gov/static/responsible/Restaurants-and-Bars.pdf>).
- If possible, provide designated space (locker room, classroom, etc.) for officials' pregame and post-game activities. If the designated space cannot accommodate six-foot social distancing of all officials, then a separate space should be provided where officials can observe six-foot social distancing and be removed from spectator/team interaction.
- Clearly review prior to the contest mandates, best practices and school/host facility policies with visiting team administrators and/or coaches and officials as they relate to, but are not limited to, parking; entrances and exits; medical care; spectators; ticketing; locker rooms/showers; athletic training rooms and restrooms; water; towels; and equipment.

2020 NFHS RULE MODIFICATIONS

Rule 4-5 (Weighing In) – optional modifications

Rule 6-2-3 (Starting the Match)

Rule 6-5-2 (End of Match Procedure)

RECOMMENDATIONS

Recommendations for Facility Hosts:

- Have hand sanitizer and wipes available at each scorer's table.
- Consider permitting home school weigh-ins for the participating teams.
- If weigh-ins are conducted on site, consider using the "Socially Distant Weigh-In Protocol"
 - **Link:**
- For larger events, consider grouping weight classes into separate sessions of competition.
- For multiple-session events on a single day, weigh-ins may be conducted in one of two ways:
 - Conduct weigh-ins one time prior to the event day beginning for all competitors, acknowledging that competitors competing in a later session will not be in compliance with NFHS rules 4-5-1 or 4-5-2.
 - Conduct weigh-ins prior to the beginning of each session at the event to maintain compliance with NFHS rules 4-5-1 or 4-5-2.
- Consider multiple points of entry to help ensure there is six-foot social distancing
- If applicable, stagger the entry of all participants, coaches, officials, student game-day auxiliary groups and spectators to adhere to six-foot social distancing.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of six feet or greater (example: first row of spectator seating behind team benches).
- Use contact-less payments where possible.
- Consider use of assigned arrival times.
- Create at least six feet of separation between the team bench and spectator seating behind the bench (recommendation would be the first two rows of seating on team bench side whenever possible).
- Take the temperature of the wrestlers upon entering the facility.
- Limit official's table to essential personnel only and maintain six feet of distance between personnel.
- It is critical to limit the exposure of wrestlers to each other during the time between matches, so wrestlers and teams must practice six-foot social distancing at all times when not actively engaged in wrestling or warming-up, this includes being seated in seating areas.
- Appoint an individual(s) who is responsible for assisting the host facility manager(s) in logging all incidents and action plans when mandates have not been followed and/or incidents occur; logging recommendations for improving the host facilities' game-day strategies, and creating reports on said items that were logged.
- Consider increasing the time between events to allow for more time to clean and disinfect high-contact areas.

Recommendations for Officials/Scorers Table:

- The host should sanitize the officials/scorers table before the event and as frequently as possible.
- Limit seats at the officials/scorers table to essential personnel with a recommend distance of six feet or greater between individuals. Other personnel may not be deemed essential personnel and consider an alternate location for them.

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- Sanitizer should be provided by the host team at the officials/scorers table.

Recommendations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Consider limiting contests against only teams in your local area or, if out-of-state, against teams located in counties that are contiguous to Ohio.

Recommendations for Officials:

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Electronic whistles are permitted if an official prefers to use one. Electronic whistles are not required.
- Long-sleeved shirts are permissible.
- Wear masks on the mat if possible.
- May wear disposable glove. If so, then they must change after each match.

Recommendations for Parents:

- Make sure your child and immediate household members are free from illness before attending practice or competition (if there is doubt stay home).
- Educate yourself on the risks and benefits of athletic participation in the time of COVID and ensure you and your athlete are aware of the guidance surrounding athletic events.
- Provide personal items for your child and clearly label them.

A Note on Public Health Issues

The Centers for Disease Control and Prevention, Ohio Governor, Ohio General Assembly, Ohio Department of Health and/or the local health district will offer guidance as to whether to close a school or university due to a public health issue. Local decisions can also be made by the local health authority or each board of education/governing board.

COVID-19 Resources:

- Ohio Department of Health – Coronavirus (COVID-19): <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/>
- Centers for Disease Control – Coronavirus (COVID-19): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- National Athletic Trainers Association – Coronavirus (COVID-19): <https://www.nata.org/practice-patient-care/health-issues/covid-19-coronavirus>
- Centers for Disease Control and Prevention Emergency Preparedness and Response: <http://emergency.cdc.gov/planning/>
- Centers for Disease Control and Prevention Preparedness for All Hazards: https://www.cdc.gov/phpr/documents/ahpg_fi_nal_march_2013.pdf
- Ohio Department of Health Guidelines and Publications: <https://odh.ohio.gov/wps/portal/gov/odh/home/>
- National Wrestling Coaches Association, “Return to Wrestling” (<https://bit.ly/35yGyUp>)
- USA Wrestling “Return to the Mat Guidelines” (<https://bit.ly/3mEPm1c>)