

Established 1997



**NATIONAL COLLEGIATE
WRESTLING ASSOCIATION**

**2008-09
WRESTLING PLAN**

*Dedicated to Expanding Athletic Opportunity
to Tomorrow's Leaders*



National Collegiate Wrestling Association

2008-09 WRESTLING PLAN

TABLE OF CONTENTS

Statement of Purpose	
.....	1
Important NCWA Dates.....	1
Section 1 – Membership	
Article 1 – Membership of New Schools	2
Article 2 – Membership of Current Member Schools.....	2
Section 2 – Eligibility	
Article 1 – Eligibility of Schools.....	2
Article 2 – Eligibility of Wrestlers	2-3
Article 3 – NCWA Liability and Insurance Policy Statement.....	3
Article 4 – Team Information	3
Article 5 – Team Staff Composition.....	3-4
Section 3 – Competition	
Article 1 – Step #1 – Individual Waiver / Liability Form.....	4
Article 2 – Step #2 – Individual Wrestler Registration.....	4
Article 3 – Rules of Competition	5
Article 4 – Competition Season.....	5
Article 5 – Wrestling Officials.....	5
NCWOA - Proposed Organizational Plan	6
Article 6 – Conference Board Members.....	7-9
Article 7 – Determining NCWA Division I – Division II Alignment.....	10
Article 8 – Weight Classes	11
Article 9 – NCWA National Point Scoring Program	11
Article 10 – Schedules.....	11
Article 11 – Codes of Conduct.....	12
Section 4 – Administrative Structure	
Article 1 – Executive Board	12
Article 2 – Judicial Committee	12
Article 3 – Legislative Council – “The Rules Committee”	13
Article 4 – National Director of Development.....	13
Article 5 – National Sports Information Director (N-SID)	13
Article 6 – National Compliance Officer	13

TABLE OF CONTENTS *(continued)*

Article 7 – National Communication Director	13
Article 8 – National Director of Promotions	14
Article 9 – Advisor Board - Advisory Sub-Committees	14
Article 10 – Conference Board of Directors	14-15
Article 10 – NCWA Board Compensation	15
Article 11 – NCWA Strategic Plan Committee	15
Section 5 – Wrestling Plan – Rule Changes	
Article 1 – Primary Method to Change Rules.....	16
Article 2 – Electronic Vote via Email.....	16
Article 3 – Emergency Vote.....	16
Section 6 – Finances	
Article 1 – Fund Raising	17
Article 2 – NCWA Services, LLC.....	17
Section 7 – NCWA Collegiate State Championships	
.....	17
Section 8 – NCWA National Championships Series	
Article 1 – NCWA National Duals Tournament.....	18-19
Article 2 – Conference Championship Tournaments.....	19-22
Article 3 – National Championships Tournament	22-24
Section 9 – NCWA Areas of Recognition & Support	
Article 1 – NCWA Scholarships.....	24
Article 2 – Scholarship Awards Trust Fund.....	24-25
Article 3 – NCWA Special Grants.....	25
Article 4 -- NCWA “Hall of Fame”	25
Article 5 -- NCWA “Academic Team Award”	25
Section 10 – 2008-09 Membership Benefits	
.....	25-26
Section 11 – Team Penalties & Conference Fines Schedule	
.....	26
Section 12 – Coaches’ Reprimand & Disciplinary Actions	
.....	26
Medical Advisory on CA-MRSA	
.....	27
Contact Information and Addresses	
.....	29
NCAA Wrestling - Major Rule Changes for 2009	
.....	30-32



National Collegiate Wrestling Association

2008-09 WRESTLING PLAN

(As of: 9/1/08)

(Text in **black block** denotes new changes in effect for the 2008-09 season)

(Text that is ~~xxxx~~ has been deleted from current version)

STATEMENT OF PURPOSE:

The National Collegiate Wrestling Association was organized in 1997 as a 501(c)3 non-profit association designed to promote, support and regulate collegiate style wrestling on the college and university level. The member schools give regulatory authority to the NCWA. Institutions of higher learning may apply for membership through the NCWA Executive Board. All junior colleges, colleges and universities, both private and public, are eligible for membership in the NCWA.

The Executive Board, along with the Legislative Council and the Judicial Committee, function together to provide the administration, regulation and promotion of amateur wrestling at the college level for all member institutions.

Important NCWA Dates:

- **Team Membership Renewal process begins 4/15/08 and ends 9/30/08; after that time, late fees will apply each month**
- **Competition Schedule must be posted on the NCWA website no later than 10/31/08**
- **Competition Season begins 11/1/08**
- **NCWA National Duals -- 1/30 - 31/09 -- at Middle Tennessee State University**
- **Two articles must be submitted by Team-SID to NCWA by 12/1/08 and 2/1/09**
- **No New Teams admitted after 2/1/09**
- **All Membership Dues and Membership Late Fees must be paid no later than 2/1/09**
- **Deadline for Individual Wrestler Electronic Registration is 2/15/09**
- **Conference assessment of fines and fees must be paid before entering Conference Championships**
- **Conference Championships - weekend of February 28, 2009**
- **Deadline for 'scratching from National Championships' is 5:00 PM EST - Wednesday after Conference Championships (3/4/09)**
- **NCWA National Collegiate Wrestling Championships - March 11-14, 2009**
Site: Hampton, Virginia at the University of Hampton - Convocation Center

SECTION 1 -- MEMBERSHIP

Article 1 -- MEMBERSHIP OF NEW SCHOOLS

New Schools may apply for membership in the NCWA by contacting the NCWA Executive Director at 1-800-825-3696 - extension 107 or on the web at jim@ncwa.net.

Upon receiving the initial contact with the NCWA Executive Director, a 'due diligence' will be performed in order to verify the information and clarify any questions with the Administration of the applying institution.

No new schools are accepted after February 1st of each season unless approved by the Executive Board.

Article 2 -- MEMBERSHIP OF CURRENT MEMBER SCHOOLS

Renewal Team Membership: All participating member schools must renew their membership each year. The Annual Membership Application Form is available on the NCWA website. An annual membership fee will be due between April 15th and September 30th each season. A late fee of \$50 per month will be assessed any team not submitting their annual renewal payment in a timely manner. The due dates and applicable fines are listed on the Team Membership Application Form. All Membership Dues and Late Fees must be paid for a team and its members no later than February 1st of each season in order to be eligible to enter competition at the Conference Championships.

SECTION 2 -- ELIGIBILITY

Article 1 -- ELIGIBILITY OF SCHOOLS

Membership in the NCWA is open to all institutions of higher education that **do not** currently sponsor a wrestling program for competition in the NCAA, NAIA, NCCAA or NJCAA. Member teams are **generally** under the jurisdiction of the Sports Activity Coordinator or any department granted the administrative authority by the member institution.

Schools that **do sponsor** a program in the NCAA, NAIA, NCCAA or NJCAA may apply for membership **at the NCWA - D2 level for their first year.** ~~waiver whereby their school may sponsor both an NCWA program and a NCAA, NAIA, NCCAA or NJCAA program. The waiver must be signed by the applying school's Athletic Director and the national organization Coach (e.g.: NCAA, NAIA, etc.) and then submitted to the NCWA Assistant Executive Director for approval by the Executive Board. The waiver will remain valid unless revoked by the Member institution or by the NCWA's Executive Board.~~

NCAA schools that are in the process of changing divisions, and are restricted from NCAA National Championship participation for the term of their probation, may apply for NCWA membership by submitting an **NCAA Team Transition Membership Waiver Form** from the Executive Director. This waiver **will remain valid unless revoked by the Member Institution or by the NCWA Executive Board.** ~~must be submitted each year by the NCAA member team.~~ Acceptance of their application is subject to approval by the NCWA Board of Directors. **The NCAA Team Transition Membership Waiver fee is \$200.00.**

The NCWA recommends that every Head Coach and Team President should be CPR certified annually and first-aid certified every 3-years. The date of their certifications should be submitted on the Membership Application Form.

Article 2 -- ELIGIBILITY OF WRESTLERS

NCWA wrestlers are limited to a total of 4 years of competition (consecutive or not) in the NCWA, NCAA, NAIA, NCCAA or NJCAA and any combination thereof, while the wrestler is enrolled in an undergraduate or graduate degree program.

Student/Wrestlers must be currently enrolled in a matriculating program, verified by the school Registrar, satisfactorily progressing toward a degree, or equivalent, and attending a minimum of 6-units during the NCWA season regardless of the school's academic calendar. While you are competing, if classes are in session, you must be attending classes.

An institution shall not permit any wrestler to represent their team in collegiate competition within the NCWA unless that wrestler maintains the minimum academic eligibility requirements of that institution. It is the responsibility of the individual wrestler and his coach to monitor academic status. The NCWA does not track individual academic performance but will uphold the academic institution's decisions regarding eligibility. However, in order to compete in the Conference Championships, a wrestler must have an **Cumulative Overall Grade Point Average (GPA)** average of 2.0 or better **after 1 year of NCWA eligibility**, as verified by the school's Registrar.

Only NCWA athletes who have not entered any nationally recognized collegiate post-season championship series during the current season shall be eligible to compete in the current NCWA championship series. If an athlete participates in a nationally recognized collegiate wrestling program other than the NCWA and loses eligibility in that program, they are not eligible to participate with the NCWA during the same season.

To certify eligibility, all Student/Wrestlers must electronically register with the NCWA. Only properly registered athletes are eligible for practice, travel or to compete on or for any NCWA member institution **during the competition season**. No wrestler may practice, compete or travel in any NCWA event until their Electronic Individual Wrestler Registration and their Waiver and Release of Liability Form have been properly completed and submitted to the NCWA. Deadline for submitting the Electronic Individual Wrestler Registration is February 15th of each season.

Any NCWA team that enters an ineligible wrestler in competition in an **event during the season** shall be fined according to the Team Penalties & Conference Fines Schedule chart (see Section 11) and shall forfeit all competitions in which the ineligible wrestler competed. All team points and all individual "National NCWA Points" will be lost to the team **and its members**. Additional violations may result in sanctions and fines, included but not limited to, a team being banned from competition within the NCWA for a year or longer.

Article 3 -- NCWA LIABILITY AND INSURANCE POLICY STATEMENT

The NCWA functions only as an organizational body and does not accept any liability for athletes during practice, travel and/or competition. Wrestlers and Clubs must be insured by the **liability coverage** of their respective school. Most programs are automatically covered by virtue of their officially recognized school status. All athletes are required to carry personal health or injury insurance coverage. In addition, the NCWA may choose to carry liability insurance and, at its discretion, cover member **athletes and** institutions.

Article 4 – TEAM INFORMATION

Each member team must maintain its contact information on the **official** NCWA website (*www.ncwa.net*) at all times. It is the responsibility of the Head Coach, or in the absence of a Head Coach, the Team President, to keep all email addresses, phone numbers and mailing addresses current. This will include accurate, up-to-date contact information, current athlete records and biographical information **including an appropriate head shot of sufficient resolution (300 dpi)**, a schedule of events and competitions.

All teams must post their dual and tournament results. Home Teams must report the results within 4-hours of the end of the event; Visiting Teams must report their results within 48-hours of the event. Failure to do so may result in league fines that will be deposited in the Conference's Penalty Fund.

Article 5 – TEAM STAFF COMPOSITION

Each member team has various duties required by the NCWA. The responsibilities that are outlined below are not restricted to the named individuals but may be shared as needed for each team. The team may be coached by a student wrestler or an individual hired for that purpose. However, the school's policy in this matter will be the rule. In order to share the duties, the following structure is recommended for the team:

- a) **Head Coach** has the responsibility for scheduling events, monitoring practices, responsible for team conduct during competition, electronically registering athletes each year on the NCWA website, and submitting signed Waivers and Release of Liability Forms to the NCWA via fax. The NCWA recommends that the Head Coach of each team should be CPR certified annually and first-aid certified every 3-years. The date of their certification should be submitted on the Membership Application Form.

- b) **Team President** has the responsibility for establishing an appropriate liaison between the team and the school's administration, overseeing the proper payment of Annual Membership Fees and team fines, and overseeing the appropriate registration of wrestlers with the NCWA. The NCWA recommends that the Team President of each team should be CPR certified annually and first-aid certified every 3-years. The date of their certification should be submitted on the Membership Application Form.
- c) **Team - Sports Information Director (T-SID)** is responsible for communicating news about the team throughout the year, keeping their NCWA team website current, reporting competition results, updating rankings, voting in coaches' poll, etc.

Each T-SID must submit a minimum of two (2) articles per season to the NCWA website. One article must be submitted no later than December 1st, the second article must be submitted no later than February 1st. However, there is no maximum on the number of articles. Failure to submit the minimum 2 articles will result in a \$20 penalty for missing each deadline.
(see penalty list in SECTION 11).

SECTION 3 -- COMPETITION

Article 1 -- Step # 1: INDIVIDUAL WAIVER AND RELEASE OF LIABILITY FORM

Individual Waiver and Release of Liability Form: This form is available on the NCWA website. The wrestler must add their signature to the form, and then deliver the completed form to their Head Coach.

The Head Coach is also to sign the completed form and **FAX** the signed form for each wrestler to the NCWA Executive Secretary at the toll-free number listed on the form. The Form must be faxed within 48-hours of the signature. The Coach is to keep the original form in their team's NCWA Resource Binder.

When the properly completed Waiver and Release of Liability Form is received by fax, and the wrestler has electronically submitted their Individual Wrestler Registration on the NCWA website, the NCWA will clear the athlete for practice and competition. No wrestler may participate in any practice, competition nor travel as part of an NCWA event before the completion of this two-step process. Only after both forms (Waiver and Release of Liability and Electronic Registration) are received, is the wrestler covered under the NCWA secondary injury coverage.

Article 2 – Step # 2: INDIVIDUAL WRESTLER REGISTRATION

Individual Wrestler Registration: Before the beginning of any practice, competition or travel, **all athletes** are required to be electronically registered on the Official NCWA website. Electronic Registration costs **\$25** per wrestler. ***(Cost is adjustable by the NCWA Executive Board)*** The registration fee includes secondary accidental injury coverage during the official NCWA season. Payment will be required at the time of the registration and will only be payable by credit card on the website. Only wrestlers who have electronically submitted their Individual Wrestler Registration and have faxed their signed Waiver and Release of Liability Form will appear on the team's roster. The NCWA will assume that wrestlers who appear on the NCWA website have met all of the above eligibility requirements.

As new members join a team, they may not practice, compete or travel in any NCWA event until their Individual Wrestler Registration and Waiver and Release of Liability Form have been properly completed and submitted to the NCWA. Individual Wrestler Electronic Registration opens September 1st; deadline is February 15th of each season.

The Head Coach is to **keep** the Individual Wrestler Registrations Forms, properly signed and to make the forms available at all events as proof that their wrestlers are eligible and registered members of the NCWA. The Individual Wrestler Registration Forms are to be kept in the team's NCWA Resource Binder that is provided by the NCWA.

Article 3 -- RULES OF COMPETITION

NCWA will comply with the published rules of competition as distributed by the NCAA. The current edition of the NCAA Wrestling Rules and Interpretations will be observed unless otherwise revised by the NCWA Executive Board, Legislative Council and/or the Judicial Committee.

One copy of the NCAA Rules Book is sent to each team after their Membership Application and payment has been received by the NCWA. Copies of NCAA Wrestling Rules are also available from the NCAA Sports Library at their web page: **www.ncaa.org**.

NCWA member schools may **host** competition only between wrestlers and teams that are active members of the NCWA, NCAA, NAIA, NCCAA or NJCAA. All matches will count toward the NCWA records and national NCWA points if the **hosted event** was officiated by an NCWA Registered Wrestling Official representing a recognized sanctioning Officials association.

During the competition season, an **Open Tournament**, hosted by an NCWA team, is defined as a competition open only to any currently eligible member of any of the nationally recognized collegiate wrestling association listed above.

During competition, whether duals or tournaments, 'Advantage/Riding Time' may be used as determined at each event by the teams involved. However, at the Conference Championships and the National Championships, 'Advantage/Riding Time' will be used at all related events.

Point of emphasis: Wrestler's uniform must comply with NCAA rules related to uniform and equipment (NCAA Rule 1- Section 11). Specifically, any singlet used during competition must be 'collegiate cut' rather than freestyle cut.

Article 4 -- COMPETITION SEASON

The official NCWA competition season will begin on November 1st of each year and will conclude with the presentation of awards at the National Championships in March. During the competition season, rules contained in the NCWA Wrestling Plan, will apply.

The NCWA does not set any maximum limits on the time and conditions of practice or competition. The number of competitive events, practices, schedules and times are only limited by the individual member institution.

All NCWA - Division 1 teams that have been active for at least 2 consecutive seasons are required to host (or co-host) at least one two (2) events (dual, triad, quad meet or tournament) per season. Failure to comply may result in league fines to be applied to the Conference Penalty Fund. NCWA - Division 2 Clubs are not required to host events in order to remain in good standing.

Article 5 -- WRESTLING OFFICIALS

All NCWA hosted matches, whether dual format or tournament format, must be officiated by a **registered** NCWA Referee. Certified Officials from the NCAA, NAIA, NCCAA or NJCAA should be used when at all possible. Other Officials that are recognized nationally or by state sanctioning associations are also permitted, but all Officials must be registered on the NCWA website. Failure to use a registered NCWA Official will result in a Conference Fine (*see Section 11*).

Currently, registration is free. NCWA Official's merchandise is available through the NCWA website and from Cliff Keen Supplies (www.cliffkeen.com). All Officials should wear the NCWA Official's patch at all NCWA events.

NCWA Officials are **required** to report any Flagrant Misconduct (FMC) on the part of wrestlers and/or coaches **within 48-hours of the incident by email** to the National Compliance Officer (compliance@ncwa.net).

National Collegiate Wrestling Officials Association **(NCWOA)**

Proposed by Jim Giunta for consideration

Development of a chain of command with job description and responsibilities

NCWOA Board of Directors

- 13 Members - Meet semi-annually at NCWA Nationals & Vision Forum

NCWOA President / Chairman

NCWOA Commissioner responsible for Compliance - Rules - Officials approval

NCWOA National Officials Coordinator responsible for Events

NCWA Executive Board - 3

NCWOA Conference Officials Coordinators - 7

National Officials Coordinator

- Jim Engstrum

Conference Officials Coordinator:

Responsible for Events and Scheduling:

Northeast - Larry Abrams

Mid-Atlantic - TBA

Southeast - TBA

Southwest - Rex Anderson

North Central - Tyler Wylie

West Coast - TBA

Northwest - TBA

Conference Officials Commissioner:

Responsible for: Communications – Compliance – Rules – Officials Approval

Northeast - TBA

Mid-Atlantic - TBA

Southeast - TBA

Southwest – Dan Joseph or Dan Lang

North Central - TBA

West Coast - TBA

Northwest - TBA

Suggestions - Ideas:

- 1) Let the above Officials pick if they want Coordinator or Commissioner this year.
- 2) Have them suggest their partner in the Conference; to be appointed by NCWA this year.
 - Come up with 2 or 3 year service terms for Commissioner and Coordinator
 - Nominations by Conference Officials
 - Voting approval by Conference Coaches
- 3) Eventually, there may be some pay for these positions, but for now, Volunteers only.
- 4) NCWA Liability Insurance could be available if we move to charging a membership fee for Officials.

Article 6 -- CONFERENCE BOARD MEMBERS

The NCWA is divided into 7 Conferences: (As of: 5/6/08)

North Central Conference:

- Chairman:..... Rick Bolhuis**
Grand Valley State University
mbolhuis@hotmail.com

- Commissioner / Compliance: Ken White**
Bowling Green State University
white@marshall-melhorn.com

- Development / Treasurer:..... Dave Mills**
Grand Valley State University
DaMills@fhps.us

- Conference SID: Brian Church**
The Ohio State University
church.16@osu.edu

Northeast Conference:

- Chairman:..... Jonathan Ulrich**
Northeastern University
jonathan.ulrich@gmail.com

- Commissioner / Compliance: Henry Marsh**
University of New Hampshire
henrymarsh@aol.com

- Development / Treasurer:..... Stephen Shaw**
S U N Y - Albany
coachshaw@aim.com

- Conference SID: Mark Quagliato**
Northampton Community College
mquag@rcn.com

Mid-Atlantic Conference:

- Chairman:..... Matt Butler**
The Apprentice School
matt.butler@ngc.com

- Commissioner / Compliance: Mike Hornzell**
University of Maryland - Baltimore County
hornzell1umbc.edu

- Development / Treasurer:..... Bryan Knepper**
Middle Tennessee State University
bryan.knepper@arnold.af.mil

- Conference SID: Nathan Casperson**
Southern Virginia University
Nate.casperson@southernvirginia.edu

-- CONFERENCE BOARD MEMBERS -- *continued*:

Southeast Conference:

Chairman: **Scott Sherman**
University of Central Florida
shermas2@stjohns.k12.fl.us

Commissioner / Compliance: **Kevin Andres**
Mercer University
compliance@ncwa.net

Development / Treasurer: **Dave Mathews**
Mercer University
webmaster@ncwa.net

Conference SID: **Dr. Reid Derr**
East Georgia University
rderr@ega.edu

Southwest Conference:

Chairman: **Jeff McCall**
University of Texas at Arlington
jeffmmccall@aol.com

Commissioner / Compliance: **Bob Moore**
University of Texas at Austin
ramoore@austin.rr.com

Development / Treasurer: **Beau Tillman**
Kansas State University
tillmanbeau@yahoo.com

Conference SID: **Fareed Nawwa**
Louisiana State University
fhawwal@lsu.edu

West Coast Conference:

Chairman: **Robert Redman**
San Jose State University
dawgcatcher@msn.com

Commissioner / Compliance: **P. J. Rovinelli**
University of Arizona
PJR_uofawrestling@yahoo.com

Development / Treasurer: **Isaac Pumarejo**
California State University - Fresno
Fresnopacificwrestling@hotmail.com

Conference SID: **Eric Bellas**
University of California - San Diego
Mauibellas@hotmail.com

-- CONFERENCE BOARD MEMBERS -- *continued*:

Northwest Conference:

Chairman: **Steve Rose**
Douglas College
Srose@sd43.bc.ca

Commissioner / Compliance: **Scott Miller**
scott@nshomeloans.com

Development / Treasurer: **OPEN**

Conference SID: **OPEN**

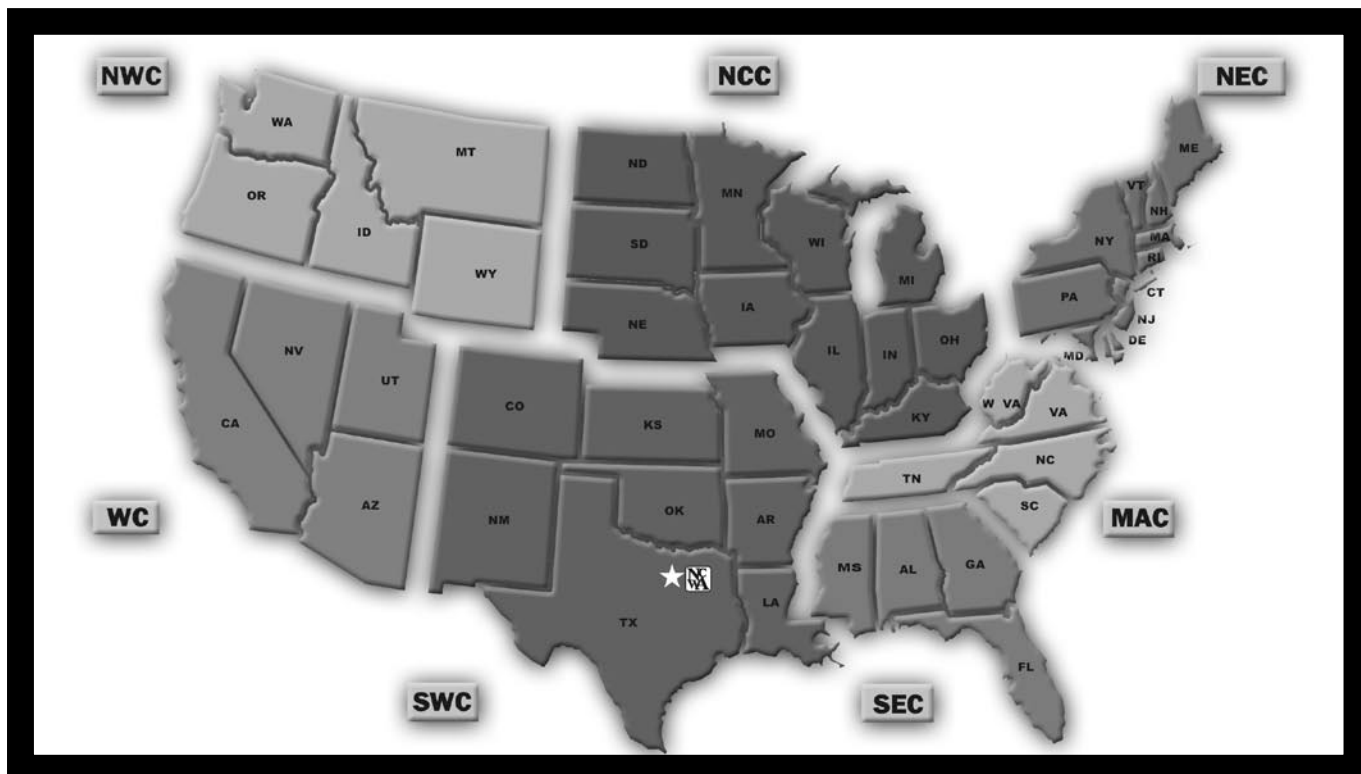
Northwest Conference - Women's Division:

Chairman: **Scott Miller**
scott@nshomeloans.com

Commissioner / Compliance: **OPEN**

Development / Treasurer: **OPEN**

Conference SID: **OPEN**



Article 7 -- DETERMINING NCWA DIVISION 1 -- DIVISION 2 ALIGNMENT ELIGIBILITY

The NCWA is currently a One-Division Association with seven Conferences. Short-term expansion goals include a Division 1 and a Division 2, voluntarily separated by each team before the beginning of each season. The goal of this philosophy is to strive to achieve a higher standard of excellence. Presently, an Advisory Committee (Quality Enhancement Committee) has developed guidelines that are being presented below:

The 2008 Quality Enhancement Committee has developed the following guidelines for the D1-D2 formation to begin with the 2008-09 Season:

To be recognized by the NCWA as a D1 team, the following minimum criteria must be met:

- 1) All new member schools enter the NCWA on a "First-Year Probation". The probation year is designed to allow member institutions time to determine what membership level they will choose to compete in
- 2) Meet NCWA obligations as detailed in the Wrestling Plan
- 3) Wrestlers must be full-time students as defined by their university
- 4) Team must host a minimum of 2 events per season
- 5) Team must schedule to compete in 8 separate events (8 scratch weigh-ins) prior to Conference
- 6) By December 1st of each season, a team must have a minimum of 11 registered wrestlers posted on the official NCWA website
- 7) At their Conference Championships, a team must enter a minimum of 8 wrestlers, in at least 8 separate weights classes
- 8) Team must enter all of their Conference Qualifiers into the NCWA National Championships
- 9) Adult involvement in program - non-student Coach or Advisor actively involved with team
- 10) Have no more than one major NCWA compliance violation in current season
- 11) Have no major compliance violations during the preceding season, major as determined by the Executive Committee

For the 2008-09 season, there will be no division of teams. However, at the 2009 National Championships, teams will be designated as eligible for D1 status based on their 2008-09 participation and their ability to meet the criteria listed above. Effective with the 2009-10 season, we will separate teams into Division 1 and Division 2.

If a team is already an active member of the NCAA, the team may only enter the NCWA as a D-2 team. New teams (non-NCAA teams) will enter in the NCWA D-2 Division for at least one-year. Annual membership fees for D-2 teams will be set by the Executive Board.

At the 2010 National Championships, Division 1 will acknowledge 6 All-Americans; Division 2 will acknowledge 3 All-Americans. Competition would be at the same venue and between both Divisions, with no particular separation of awards. However, as growth warrants, separation will be more obvious. The 2009 Nationals will continue to recognize the top 8 Finalists as All-Americans.

Article 8 – 2008-2009 WEIGHT CLASSES

The NCWA has approved 11 weight classes for the Men's Division as follows:

125 -- 133 -- 141 -- 149 -- 157 -- 165 -- 174 -- 184 -- 197 -- 235 (min 174) -- 285 (min 184)

The NCWA has approved 8 weight classes for the Women's Division as follows:

105 -- 112 -- 121 -- 130 -- 139 -- 148 -- 159 -- ~~176~~ -- **200**

NCWA has developed a separate weight control plan which is detailed in a separate document titled **Weight Control Plan**. The National Wrestling Coaches Association (NWCA) has also developed a weight management program that has been adopted by the NCAA and other wrestling organizations. As part of the benefits from our membership in the NWCA, NCWA coaches may request this program for evaluation during the season.

Article 9 – NCWA NATIONAL POINT SCORING PROGRAM

The NCWA has established a National Point Scoring Program for the following purpose:

- 1) To highlight top wrestlers
- 2) To promote expanded competition
- 3) To rank wrestlers and teams for national exposure
- 4) To use as a benchmark for scholarships
- 5) To use as a seeding criteria at the Conference Championships

For each match that a NCWA wrestler wins, they will be awarded points; in each tournament in which they place, they will earn additional placement points. Bonus Points are also earned for each pin, along with previous year placement in Conference and National tournaments. Wrestlers lose NCWA points for losses in both dual and tournament competitions. The NCWA will change the calculation of points from time-to-time based on actual head-to-head competition.

The NCWA Judicial Committee reserves the right to penalize an athlete for any unsportsmanlike conduct or rules violation by the removal of NCWA National Points.

Article 10 – SCHEDULES

Schedules for each Member Team must be published on the NCWA website by **October 31st**. Failure to post team schedules by the October 31st deadline will result in a \$50 fine assessed to the team. The fine will be applied to the Conference Penalty Fund. Available tournament and dual competitions are located in the **"Schedules"** section of the official NCWA website.

The NCWA "Forum" section of the website is to be used to solicit both tournament and dual competitions.

The NCWA strongly encourages the use of **Competition Contracts** for all events. Further, the NCWA will arbitrate event disputes only if all involved parties have signed an NCWA Competition Contract. NCWA Competition Contracts are available on the NCWA website under "forms". **The form is available in PDF format and MS Word format. In the Word format, a coach will be able to enter information onto the form so that it can be sent to the invited team(s) in a more readable form.**

Article 11 – CODES OF CONDUCT (adopted from NCAA – WR-7 - WR-8)

COACHES' CODE OF CONDUCT:

It is the moral obligation of all collegiate wrestling coaches to conduct themselves in such a way as to reflect credit upon their institutions, their profession and themselves. Personal grooming and appropriate dress is a standard of professionalism. Jeans, T-shirts, sweatsuits or warm-up suits (top or bottom), headwear and similar apparel are not considered suitable attire and are prohibited. Moral obligation and ethical conduct are part of winning and losing. Good sportsmanship, appearance, pride, honor and concern for the welfare of the competitors should be placed before all else. The rules have been established in the spirit of this statement.

STUDENT-ATHLETES' STATEMENT OF CONDUCT AND RESPONSIBILITY:

It is the responsibility of all wrestlers to conduct themselves in such a way as to reflect credit upon their institutions, the sport and themselves. Further, all wrestlers should realize that their personal appearance, behavior and standards are related closely to the image of the sport as perceived by all segments of the public and wrestling communities. This applies to conduct as a competitor on the mat, while attending the event, while traveling to and from the event, and conduct both on and off campus. Moral obligation and ethical conduct are part of winning and losing. Good sportsmanship, pride, honor and personal behavior should be placed above all else. The rules have been established in the spirit of this statement.

REFEREES' CODE OF CONDUCT:

Wrestling referees have the responsibility for conducting matches in a dignified, professional and unbiased manner and shall deal with all situations in the spirit of good sportsmanship and in the best interest of the wrestlers and the sport. The character and conduct of referees must be above reproach. When in a uniform or on site, a referee shall not fraternize with contestants and / or coaches. Referees must keep themselves prepared both physically and mentally to administer matches. Referees will enforce the rules firmly and fairly in both letter and spirit in such a way that attention is drawn to the wrestlers rather than themselves.

SPECTATOR SPORTSMANSHIP:

The NCAA (*and* NCWA) promotes good sportsmanship by student-athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or sexist comments, or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the premises.

SECTION 4 – ADMINISTRATIVE STRUCTURE

Article 1 – EXECUTIVE BOARD

The Executive Board of the NCWA will consist of the following members:

Board of Directors: Executive Director, Assistant Executive Director, Executive Secretary/Treasurer

In addition, adjunct members: National Director of Development, National Compliance Officer

Article 2 – JUDICIAL COMMITTEE

The NCWA Judicial Committee will consist of the following voting members: The 3 Executive Board of Directors, the National Compliance Officer plus the following membership to be appointed by the Executive Director: an NCWA Wrestling Official and an active NCWA wrestling Coach. The **National Compliance Officer** Assistant Executive Director will chair this committee.

Article 3 – LEGISLATIVE COUNCIL – “The Rules Committee”

The NCWA Legislative Council will consist of the following voting members:

- 5 members of the Executive Board
- 7 Conference Chairmen
- National Communication Director

(Total of 13)

The Legislative Council will be responsible for formulating the necessary rules and regulations applicable to the NCWA and its member schools.

Article 4 – NCWA NATIONAL DIRECTOR OF DEVELOPMENT

The NCWA **National Director of Development** will be responsible for fund raising for the NCWA. For the 2008-09 season, the position is *OPEN*.

Article 5 – NCWA NATIONAL - SPORTS INFORMATION DIRECTOR (N-SID)

The **National - Sports Information Director (N-SID)** is responsible for communication of NCWA directives, schedules and results to all media sources including, but not limited to, radio, television, newspapers, periodicals and electronic communications.

Jim Heath of The Apprentice School will hold this position for the 2008-09 season.

It is recommended that each NCWA member team designate a Sports Information Director (SID) for timely reporting information to the media and the NCWA.

Article 6 – NATIONAL COMPLIANCE OFFICER

The **National Compliance Officer** is responsible for:

- a) investigating reported rule infractions
- b) presenting his findings to the NCWA Judicial Committee
- c) informing the involved parties of the Board's decision and resolutions of the problem

Kevin Andres of Mercer University is the National Compliance Officer for the 2008-09 season.

The National Compliance Officer is to inform any offender of their violation and collect the assigned fine. The fine is to be distributed according to the 60/20/20/ format. The Conference receives 60%; the NCWA Treasury is to receive 20%; the Compliance Officer is to receive 20%.

Article 7 – NATIONAL COMMUNICATION DIRECTOR

The **National Communication Director** is responsible for:

- a) developing, designing and maintaining the official NCWA website (*www.ncwa.net*)
- b) responsible for the electronic registration of wrestlers
- c) monitoring the individual insurance policy program
- d) responsible for all insurance issues and claims

David Mathews is the National Communication Officer for the 2008-09 season.

Article 8 – NATIONAL DIRECTOR OF PROMOTIONS

The **National Director of Promotions** will be responsible for:

- a) Oversight of NCWA national promotions
- b) Publication offerings to national media and NCWA members
- c) Media communications concerning NCWA event and athletes
- d) Awards and recognition of outstanding promotions by member teams
- e) Sales and marketing of NCWA Clinics, DVD's and other items

Tabitha Wilson will be the National Director of Promotions for the 2008-09 Season.

Article 9 – ADVISORY BOARD

The NCWA Advisory Board will consist of the following non-voting members plus other members to be developed: Media Director, Athletic Director, Medical Advisor, Legal Consultant, National Publication consultant, an Olympic Wrestling Champion, along with any additional specialists that the Executive Board considers necessary.

ADVISORY BOARD'S SUB-COMMITTEES - 2008-09:

Tournaments Committee:

Chairman: Jim Giunta - NCWA Director -- *jim@ncwa.net*

Financial Development Committee:

Chairman: John Piper - Lafayette College -- *pipelj@lafayette.edu*

Clinics Committee:

Chairman: Dave Mills - Grand Valley State University -- *DaMills@fhps.us*

Promotions Committee:

Chairman: Tabitha Wilson - NCWA National Director -- *tabitha@wilsoncreativegroup.com*

Women's Division Committee:

Co-Chairman: Tabitha Wilson - *tabitha@wilsoncreativegroup.com*

Co-Chairman: Scott Miller -- *scott@nshomeloans.com*

NCWA Quality Enhancement Committee (D1 - D2 Concepts):

Co-Chairmen: Ken White - Bowling Green University -- *white@marshall-melhorn.com*

Article 10 – CONFERENCE BOARD OF DIRECTORS

Within the NCWA structure, there will be 7 Conferences with their own local Board of Directors that will consist of the following:

Chairman, Commissioner / Compliance Officer, Director of Development / Treasurer and Conference Sport Information Director (C-SID)

Each Conference will fill the positions of their Conference Board by an election to be held at their annual Conference Championships. The newly elected Board will assume their duties at the conclusion of the National Championship Finals. The current Board members will attend and vote at all legislative sessions through the end of the National Championships. The new Board members may attend the meetings and advise the current Board Members but may not vote on any motions.

The **Chairman's duties** will be to set and administer all conference meetings; document all competition results for their Conference teams. The Chairman is responsible for completion and submission of the entire Conference Championship packet to the NCWA National Secretary/Treasurer for entry into the National Championships. It is recommended that the Conference Chairman not be an active coach.

The **Commissioner / Compliance Officer's duties** will be to verify all schedules for all teams and tournaments within the Conference; responsible for certifying the eligibility of all Conference and National Qualifiers; responsible for competition contract disputes and establish a working relationship with the local Wrestling Officials Associations. The Conference Commissioner will also function as the Conference Compliance Officer and report compliance infractions to the National Compliance Officer.

The **Conference Director of Development / Treasurer's duties** are to encourage expansion of the NCWA within their Conference, including but not limited to, initial school contacts, invitation to membership, fund raising and advertising the NCWA and Conference events and their respective results.

The **Conference - Sports Information Director (C-SID) duties** shall include the publication of a minimum of two (2) articles each season promoting the accomplishments of their Conference. In addition, the C-SID shall facilitate the compliance of conference schools in the timely publication of competition results on the NCWA website.

The **Conference Board's composite duties** will also include the following:

- 1) Oversee all of the NCWA and NCAA rules within their Conference
- 2) Promote new programs within their Conference
- 3) Report information and competition results to the NCWA
- 4) Promote local/conference events to the various media
- 5) Present information to School Boards and Athletic Departments
- 6) Inform local high schools about programs at NCWA member schools
- 7) Selecting the Conference Championship host team and approving the venue
- 8) Oversee and direct their local NCWA Conference Qualifying Championships
- 9) Determine which Official(s) and tournament workers will be recommended for the NCWA's National Championships

Article 10 – NCWA BOARD COMPENSATION

All NCWA Board members are volunteers. No compensation is paid for any services rendered. The NCWA Board members may request expense reimbursement from the Executive Secretary/Treasurer in advance of incurring an expense on behalf of the Association.

Currently, most expenses for promotion of the NCWA will be the responsibility of the respective volunteer. We anticipate some expenses being reimbursed as the Association begins to accept money through fund raising and donations. The NCWA does NOT anticipate that it will pay any type of compensation to the directors, volunteers or organizers in the near future but does reserve the right to make such payments if the treasury allows.

Article 11 – NCWA STRATEGIC PLAN COMMITTEE

An ad hoc committee will be established to formulate a strategic plan for the future development of the NCWA.

SECTION 5 – WRESTLING PLAN – RULE CHANGES

Article 1 – Primary Method to Change Rules

- a) Changes to the published NCWA Wrestling Plan articles are to be submitted to the Legislative Council (a.k.a. Rules Committee), in voting form for discussion at the National Committee Meeting which are held at the National Championships each year;
- b) Proposals are solicited from each Conference as part of their Conference Championships Results Packet. All proposals must be approved by the Conference Board prior to being submitted for consideration;
- c) All submissions will be placed on the agenda for the National Meeting; the agenda will be placed on the NCWA website prior to the National Meeting;
- d) Motions, debates and voting will use the normal parliamentary procedures outline in Roberts Rules of Order;
- e) A simple majority vote by the Legislative Council is required for a motion to pass; a quorum (defined as 30%) is required.

Article 2 – Electronic Vote via Email

- a) During the year, proposals may be submitted for consideration using electronic balloting;
- b) A proposal must be by unanimous agreement of the Conference Board submitting the proposal or a majority agreement of the Executive Board;
- c) The voting period will last **no more** than 30-days from the time the email is issued;
- d) During the voting period, the proposal may be discussed and evaluated by all member schools;
- e) The vote may be cast anytime during the 30-day voting period and may be submitted by all active (i.e.: paid) member schools. Every team may vote as long as they are paid members of NCWA;
- f) A simple majority vote is required for an electronic vote to pass;
- g) A quorum (defined as 30%) of the active/paid member schools must be cast for the vote to be valid.

Article 3 – Emergency Vote

- a) Only a Conference Chairman or an Executive Board member may request an emergency vote;
- b) The resolution must be submitted to the Executive Board of Directors who will determine if the vote qualifies as an emergency;
- c) If approved, the resolution will be published for evaluation by member schools;
- d) The voting period for an emergency vote is **no more than** 72-hours from the time of issuance;
- e) The motion will require a three-quarters vote to pass; only active/paid member schools may vote;
- f) A quorum (defined as 30%) of the active/paid member schools must be cast for the vote to be valid.

SECTION 6 – FINANCES

Article 1 – FUND RAISING

Schools and teams may raise funds for their local programs through sponsorships, tournaments, sale of items and through donations.

Fund raising activities must be in total compliance with any and all rules specific to their own school policies regulating these activities. The NCWA will not disallow any method approved by the local academic institution.

The NCWA requires that all funds be deposited in separate accounts, specifically designated for team use. The funds, however, may be placed in a joint account with the school's recreational sports department or athletic department and must follow all proper accounting procedures.

The NCWA reserves the right to all name and logo rights involved with items sold or sponsorships obtained. Permission to use the NCWA logo, or name, in conjunction with any fund raising, or any other event, *must be approved in writing*. To obtain approval, contact the NCWA Executive Director.

Article 2 – NCWA Services, LLC

The NCWA has established the NCWA Services division which will be a separate, for-profit entity, responsible for fund raising activities and sponsorships. This entity will be separate from the 501(c)3 division of the NCWA. The purpose is to obtain sponsorships from businesses and corporations nationally through profit sharing plan between the NCWA Services, the NCWA Conferences and the Member Schools. The proceeds would be used by the for-profit NCWA to pay for expenses including payment to key personnel and tournament expenses of the non-profit NCWA (Nationals, endowment fund, scholarship fund, etc).

When a sponsorship is obtained, the proceeds would be directed to the NCWA Services division. If a school is responsible for obtaining the sponsorship, then the proceeds would be divided as follows:

60% -- goes to NCWA Services

30% -- goes to Member school who gained the sponsorship

10% -- goes to NCWA Member School's Conference

The NCWA shall maintain a contractual relationship with NCWA Services, LLC for profit sharing in areas described above unless revised by both the NCWA Board and the NCWA Services, LLC. The NCWA Conferences and member schools can use their proceeds as they decide, hopefully to enhance their programs and help to offset their annual expenses.

SECTION 7 -- NCWA COLLEGIATE STATE CHAMPIONSHIPS

- a) The NCWA will encourage Open State Collegiate Championships for any and all members schools of the NCWA, NCAA, NAIA, NCCAA or NJCAA;
- b) The state must have at least 3 NCWA active member schools in the state;
- c) Regional (i.e.: geographical) Championships may also be supported by the NCWA and must have a minimum of 3 participating NCWA teams involved;
- d) If a state already supports a similar State Championship, the NCWA would not support a competing event but would support the efforts of the existing event.

SECTION 8 -- NCWA NATIONAL CHAMPIONSHIPS SERIES

Article 1 – NCWA NATIONAL DUALS

The NCWA will host a National Duals Championship, scheduled for **January 30-31, 2009** and will be hosted by **Middle Tennessee State University** in Murfreesboro, TN. The event will be an **“Invitation Only”** Tournament, and will host the top 16 teams in the NCWA.

Each Conference gets at least 1 invitation, if the minimum criteria is met. In order to be considered for an invitation, a team must have at least 20 registered athletes from previous season or 14 registered athletes by December 1st of the current season

Invitations will be sent by email to selected institutions beginning in October each season. Invited teams will have 30 calendar days from Receipt of Contract to respond. The email invitation will be sent to the Coach named on the Membership Application form. The email will have a “Requesting Read Receipt” to indicate the time message was received. If the Contract is not signed and returned within 30-days, that invitation may be given to the next qualified team as determined by the Tournament Committee. After the initial round of invitations, the acceptance time-period will become shorter.

An invited team must return their signed contract, along with their deposit, within 30-days of their receiving their formal, written invitation and no later than December 20th of each season.

NCWA National Duals Invitation Criteria and Attendance Requirements

as of: 10/4/08

Stage One:

The NCWA Tournament Committee will invite up to **8 teams** based upon their previous season performance. These teams are known as **“Early Invitation Teams”** who must have a minimum of 14 registered Athletes on the official NCWA website by December 1st of the current season.

The 3 Threshold Criteria (*only teams that meet these criteria may be considered for “Early Invitations”*)

- 1) 20 or more athletes registered the previous season
- 2) 9 or more wrestlers competed in the previous season Conference Championships
- 3) No more than 1 National Qualifier who did not compete in the previous season Nationals

Teams that clear the **“3 Threshold Criteria”** will be given **“Early Invitations”** based upon the following:
(*Maximum of 8 teams invited*)

- 1) Total number who qualified for the previous season National Championships
- 2) Total All-Americans previous season
- 3) Team Finish in previous season NCWA National Duals
- 4) Team Finish in previous season Individual National Championships
- 5) Total number of registered athletes in previous season
- 6) Tournament Committee Choice

Stage Two:

After the “Early Invitations” have been offered, additional invitations will be offered to teams as follows:

- 1) Team Finish in previous season NCWA National Duals
- 2) Total number who qualified for the previous season National Championships
- 3) Total All-Americans previous season
- 4) Total number of registered athletes current season by October 5th - minimum of 14
- 5) Team Finish in previous season Individual National Championships
- 6) Tournament Committee Choice

NCWA National Duals Attendance Requirements

- 1) Team must have 3 event appearances recorded on the official NCWA website before January 15th of the current season
- 2) Team must field a full team to the NCWA National Duals
(*Full Team is defined as a minimum of 9 athletes in 9 different weight classes*)
- 3) Team may only use athletes who have a current on-line record greater than 0-0 on the official NCWA website by the Tuesday before the NCWA National Duals
- 4) Team must commit to stay in the host city's host hotel for 2 nights
- 5) A Team that commits to the NCWA National Duals, but fails to field a full team (*as defined above*), will be barred from returning to the NCWA National Duals for 1-year

If a team cannot guarantee the above Attendance Requirements, they should decline their invitation to the event.

Teams that do not meet the above deadlines may be replaced by the NCWA Tournament Committee with teams that do comply with the 5 basic attendance rules.

Team seeding for the NCWA National Duals will be based on the following criteria:

- 1) Total athletes who were All-Americans for the previous year's Individual National Championships
- 2) Total athletes who qualified for the previous year's Individual National Championships
- 3) Total athletes that participated in their previous year's Conference Championships
- 4) Total registered athletes with records posted on the official NCWA website this season
- 5) Total registered athletes on the official NCWA website this season
- 6) Total registered athletes on the official NCWA website the previous season

Athletes must have a record posted on the official NCWA website by January 24th to be eligible to score team points at National Duals.

Article 2 – NCWA CONFERENCE CHAMPIONSHIP TOURNAMENTS

- MEN'S DIVISION ONLY

The date for the 2009 NCWA Conference Championships for the Men's Division for all Conferences will be the weekend of February 28, 2009. For the site and times of the 2009 Conference Championships, contact the specific Conference Chairman.

The Conference Board is responsible for selecting the tournament host and for approving the venue. Bids for hosting the following season's Conference Championships must be submitted to their Conference Board at the Conference Championships of the current season. The Conference Board is to establish a written contract with the host team. The host team is to establish a written contract with the host facility and that contract is to be submitted to the Conference Board by April 15th of that year.

The host of the Conference Championships must post all known information about the Championships no later than December 10th. As additional information is posted, the changes are to be dated in order to avoid confusion with new information.

Only NCWA athletes who have not entered any nationally recognized collegiate post-season championship series during the current season shall be allowed to compete in the current NCWA championship series. **Women wrestlers entering an NCWA Conference event are not subject to this restriction.**

In order to be eligible to compete in the Conference Championships, a wrestler must have competed in a minimum of 2 collegiate wrestling events **(i.e.: 2 separate weigh-ins at scratch weight)**. A waiver to this rule may be granted by the Conference Board.

The Conference Tournament Committee shall consist of 3 or more members of the Conference Board. The tournament management of each NCWA Conference Championship will collect \$5.00 per wrestling entrant for the NCWA national treasury in addition to their own Conference Championship entry fees. The fee is to be collected, submitted along with the Conference Results packet and sent to the NCWA Executive Secretary/Treasurer. It is the responsibility of the Conference Chairman to collect the fee (\$5/entrant) and write one check for the amount due as determined by the number of the Conference entrants. This composite check is to be made payable to the **NCWA**.

For individual or team payments at the Conference Championships, contact the tournament management regarding to whom checks are to be made payable.

Conference Entry Forms (2 forms):

FORM #1: Men's Conference Championship Official Entry Forms are available on the NCWA web site and the information must be submitted before entering the seeding meeting of the Conference Championship. The form will supply the tournament management with the following information: Name, school, **academic class, year of NCWA Eligibility**, age, and overall record at all weight classes during the current season for each entrant. In addition, the NCWA National Point Scoring totals for each entrant must be supplied. This will facilitate the seeding process for each weight class.

FORM #2: In order to verify that a wrestler is an active student at the represented school, the NCWA **Conference Championship - Official Academic Eligibility Form** - requires that the school's Registrar verify enrollment, attendance and **Cumulative Overall Grade Point Average (GPA)** of 2.0 or better by means of a signature for each entrant and their official school seal. **This Academic Form must be forwarded to the NCWA in the Conference Results packet.**

Failure to provide administrative verification will disqualify a wrestler from participation in the Conference event. Failure to submit the two forms listed above by the seeding meeting deadline may result in a wrestler not being allowed to compete. The tournament committee has the authority to fine teams for late entries.

The number of entrants per team, per weight class, is limited by the local Conference Board. However, the number of Conference Qualifiers that may advance to the National Championships is limited to two per team, per weight class.

In both the Conference Championships, and the NCWA National Championships, when wrestlers from the same team meet "head-to-head" during the event, they are required to compete. However, no "bonus points" will be awarded. If either wrestler forfeits the match, 1-team point will be deducted for "unsportsmanlike conduct" (UC) on the part of the coach. This penalty is cumulative with any other violations during the event.

Suggested Seeding Criteria for Conference Championships:

(alterable, but any alteration must be set by the Conference Board and published on the website no later than December 10th)

- 1) Head-to-Head competition
- 2) Returning All-American - same weight class
- 3) Prior All-American - any weight class - any year
- 4) NCWA Points
- 5) Season wins at same weight class
- 6) Returning Conference Champion

The Conference Championships are the final check-point for the eligibility of their wrestlers. It is the responsibility of the Conference Chairman and the Tournament Committee to advance only eligible qualifiers to the NCWA National Championships Committee.

Weigh-in procedures for the Conference Championships will follow standard NCAA rules. All competitors must report at the posted time or forfeit their opportunity to compete.

Wildcard Entries:

If a Conference wrestler is unable to compete in the Conference Championships due to extraordinary circumstances he may submit a waiver to the Conference Board to waive normal procedures. This application must be presented at least 48-hours before the seeding meeting of the Conference Championships. Even though the wrestler may be granted a waiver to the competition phase of the Conference Championships, they must still weigh-in at the Conference site, along with the other competitors and make weight in order to complete the requirements of the waiver.

In addition, if the wrestler is not able to be present at the Conference weigh-in site at the posted time, they may be granted permission to weigh-in 'off-site' at the same time as the Conference weigh-ins, have the weigh-in witnessed and verified by at least two individuals. This weigh-in sheet must be submitted to the Conference Board within 24-hours of the completion of the Conference Championships.

The waiver application and the weigh-in information is to be included in the Conference packet that is submitted to the NCWA Executive Board following the Conference Championships. The NCWA Executive Board of Directors will select athletes to fill any open bracket positions to the National Championships based upon the recommendation of their respective Conference Board.

Conference Awards:

For the Conference Championships, The NCWA will supply each Conference with individual medals for the top 3 places in each of the 11 weight classes (33 medals total). The local host will be responsible for all team awards and any special awards that they deem appropriate and must pay for the additional awards from their own revenues. Each Conference must compete to the 8th place in each weight class in order to aid the Nationals Tournament Committee in selecting 'wildcard' entrants.

Additional NCWA Conference Championship medals may be ordered through the NCWA for additional places at the Conference Championships. The deadline for ordering additional medals is December 15th.

The Conference Chairman of each Conference Championship is responsible for submitting the Conference Championship Results to the NCWA Executive Secretary. The Results must be sent via email no later than Monday - 5:00 PM EST after the event. The Results must be completed on the data disk provided with the Chairman's packet. The email information is to be sent to the Executive Board. The hardcopy of the data, along with all payments are to be sent via Fed-Ex / Over-Night no later than Monday following their Conference Championships. The pre-paid Fed-Ex packet will be furnished by the NCWA. Information required will include the following on each entrant at the event: Name, school, class, age, and overall record at all weights during the current season (including Conference matches) for each qualifier. This information will be needed for the souvenir booklet for the National Championships.

In addition to this information, each Qualifier will be required to complete a **National Collegiate Wrestling Championships Entry Form**, which is available on the NCWA web site. This form is their statement of intent to compete in the National Championships. If they indicate that they will compete, they must submit their **\$35** entry fee (*or fee set by the Executive Board*), along with their Championship Entry Form, to the Conference Chairman, who will send this information and money to the NCWA Executive Secretary in the provided Fed-Ex packet no later than Monday following their Conference Championships. All Forms and all money must be submitted at this time. The Conference Chairman is to generate one check equal to the total amount due based upon **\$35** per entrant from their Conference. The Conference composite check is to be made payable to: **NCWA**

An athlete who has submitted their **National Collegiate Wrestling Championships Entry Form**, may **scratch** from the National Championships, without competition penalty, until 5:00 PM EST Wednesday following the Conference Championships. The wrestler must notify the Executive Director of their intentions by email to jim@ncwa.net. However, the entry fee is not refundable.

Any athlete who, for any reason, scratches from the National Championships after the deadline will be ineligible for post-season competition for one-year. The ineligible athlete may apply for a **Nationals Waiver to Compete** in the following year's Conference Championships by submitting the proper form and waiver fee to the Waiver Chairman (Assistant Executive Director) at least 30-days prior to the Conference Championship's seeding meeting. The waiver form is available on the NCWA website.

If a wrestler is unable to compete during the Conference Championships due to a medical condition, or is unable to complete competition during the event due to a medical condition, they must submit a "**Medical Release to Participate**" form to the National Championships Tournament Committee before competing in the Nationals. The "Medical Release to Participate" form must be signed by a medical personal (e.g.: doctor, school certified trainer). The Medical Release form is available on the NCWA website.

Article 3 – NCWA NATIONAL CHAMPIONSHIPS TOURNAMENT

- MEN'S AND WOMEN'S DIVISIONS

The date for the 2009 National Collegiate Wrestling Championships will be March 11-14, 2009. The location for the Championships: Hampton, Virginia at the University of Hampton - Convocation Center. More information is available on the NCWA web site (www.ncwa.net) and the venue's own website for information, maps and directions.

MEN'S DIVISION:

The NCWA will sponsor an annual National Collegiate Wrestling Championships for all Conference Qualifiers. The event will host the top qualifiers in each weight class who are able to participate in the Championships. If a qualifier is unable to advance to the Nationals, alternates may be selected from subsequent Conference participants. The Nationals will be held 2-weeks after the scheduled weekend for the Conference Championships in order to allow participants to arrange schedules and transportation.

At the conclusion of the Conference Championships, each qualifier for the Nationals must commit to participate in the Nationals or pass their opportunity to the next qualifier. Participation in the Nationals will not affect their Conference standing, team scoring or reception of awards. This commitment will be in the form of their "**National Collegiate Wrestling Championships Entry Form**" which is available on the NCWA website.

No wrestler's eligibility shall be called into question after they have been submitted by their Conference Chairman and accepted by the NCWA Board of Directors. All eligibility questions must be settled before the Conference Championships. However, athletes declared ineligible after the National Championships will be subject to all applicable NCWA fines and penalties.

The National Collegiate Wrestling Championship brackets will be composed of the top finalists in each weight class from each Conference. The qualifiers will be placed on their bracket according to a rotational method which will match various conferences with alternating conferences on a [**1st vs 4th**] and [**2nd vs 3rd**] basis. The number of National Championship Qualifiers for each Conference will be determined by the NCWA Executive Board of Directors based on the current season's Conference participation and will be declared before the Conference Championships. A Conference's placement of NCWA All-Americans in the prior National Championships may also be considered for additional qualifiers.

If a Conference Qualifier who has submitted their Nationals Entry Form for the National Championships is unable to compete for any reason, they must notify the Executive Director as soon as possible so that their position among the qualifiers may be replaced by another wrestler. The scratched wrestler's name will be replaced by another qualifier in the same Conference or by a wildcard. If no wrestler is available, the name will become a "BYE" on the brackets. The deadline for scratch/replacement is **5:00 PM EST, Wednesday** following the Conference Championships. After that deadline, all scratches will remain on the brackets and will be scored as a 'forfeit'.

An athlete who has submitted their **National Collegiate Wrestling Championships Entry Form**, may **scratch** from the National Championships, without competition penalty, until 5:00 PM EST Wednesday following the Conference Championships. The wrestler must notify the Executive Director of their intentions by email to jim@ncwa.net. However, the entry fee is not refundable.

Any athlete who, for any reason, scratches from the National Championships after the deadline will be ineligible for post-season competition for one-year. The ineligible athlete may apply for a **Nationals Waiver to Compete** in the following year's Conference Championships by submitting the proper form and waiver fee to the Waiver Chairman (Assistant Executive Director) at least 30-days prior to the Conference Championship's seeding meeting. The waiver form is available on the NCWA website.

The results of the Conference Championships will be collected and posted on the NCWA web page. During the week that follows the Conference Championships, the Conference Qualifiers will be distributed across the proposed brackets and then the brackets will be sent to the Conference Chairmen for their evaluation. All changes will be completed by the weekend following the Conference Championships and will then be posted onto the NCWA Web Page (www.ncwa.net) for the other teams to view.

If a wrestler is unable to qualify for the National Championships through his Conference Championships due to extraordinary and unforeseeable circumstances, he may petition his Conference Board for a Wildcard berth into the National Championship Tournament. If the Conference Board accepts that his petition has merit, they shall present the petition to the NCWA Executive Board of Directors for consideration. By a simple majority vote of the Executive Board of Directors, a Wildcard berth may be granted, provided that the petitioner has met the weigh-in procedures as set forth in the NCWA Wrestling Plan.

In order to assist the Executive Board in conducting the National Championships, each Conference **will be required to furnish a minimum of 3 workers (or a number to be announced by the Executive Board)** will be assigned various responsibilities during the event. The responsibilities may include conducting the weigh-ins, managing the score tables, gate supervision, providing Officials and other duties deemed necessary for a smooth event. The Assistant Executive Director will assign any additional event responsibilities.

Weigh-ins at the National Championships will use 4 scales. The scheduled time for all weigh-ins will be established by the tournament committee, beginning with skin checks. After sufficient time, the Head Official will declare the official time for weigh-ins to begin. When the scales are officially opened for weigh-ins, all weight loss activities must stop.

In the National Championships, when wrestlers from the same team meet "head-to-head" during the event, they are required to compete. However, no "bonus points" will be awarded. If either wrestler forfeits the match, 1-team point will be deducted for "unsportsmanlike conduct" (UC) on the part of the coach. This penalty is cumulative with any other violations during the event.

At the National Championships, individual awards will be presented to the top **8** placers in each weight class, along with "All-American" certificates. Team awards will be presented to the top **5** teams. "Most Outstanding Wrestler" and "Coach of the Year" awards will also be presented as determined by a vote of the participating coaches.

WOMEN'S DIVISION:

The 2009 National Championships for the Women's Division will be held at the same location and times as the Men's Division National Championships. The 2009 Nationals will be an Open Tournament for all registered members of an NCWA Member Team in the Women's Division. At this time, it is not anticipated that there will be a Conference Championship qualifier for the Women's Division. This criteria will be subject to modification by the Board of Directors. Each team may submit 2 wrestlers per weight class.

Registration for the event will be held on February 28, 2009. Registration will be in the form of the **"National Collegiate Wrestling Championships Entry Form - Women's Division"** which is available on the NCWA website. Only those who register at this time will be guaranteed a spot on the National Championship Brackets. Entry Forms must be **FAXed to: 1-866-894-5094**.

Entry fee is \$35 / entrant - non-refundable. Payment will be required at the tournament site, prior to competition. Late entry / registration will be allowed until March 4, 2009. Late Entry Fee is \$50 / entrant - non-refundable. Payment will be required at the tournament site, prior to competition.

A female athlete who has submitted their **National Collegiate Wrestling Championships Entry Form - Women's Division**, may **scratch** from the National Championships without competition penalty until 5:00 PM EST Wednesday - March 4, 2009. The wrestler must notify the Executive Director of their intentions not to compete by email to **jim@ncwa.net**. However, the entry fee is not refundable and must be paid.

Any athlete who, for any reason, scratches from the National Championships after the deadline will be ineligible for post-season competition for one-year. The ineligible athlete may apply for a **Nationals Waiver to Compete** in the following year's post-season competition by submitting the proper form and waiver fee of \$50 to the Waiver Chairman (Assistant Executive Director) at least 30-days prior to the Conference Championship's seeding meeting.

Awards will be presented to the top 3 placers in each of the 8 weight classes, along with "All-American" certificates. Team awards will be presented to the top 3 teams. "Most Outstanding Wrestler" and "Coach of the Year" awards will also be presented as determined by a vote of the participating coaches. **Awards are subject to modification by the Executive Board of Directors**

SECTION 9 -- NCWA AREAS OF RECOGNITION & SUPPORT

Article 1 -- NCWA SCHOLARSHIPS

The NCWA will be actively soliciting scholarship opportunities for its athletes. Scholarship applications must be submitted to the NCWA Scholarship Committee two (2) months before the semester for which funds are required.

- 1) No NCWA scholarships will be given for the purpose of recruiting high school graduates;
- 2) The NCWA will not limit scholarships within the NCAA guidelines;
- 3) Only active members of the NCWA wrestling teams who have at least one year of wrestling history with the NCWA team will be eligible for any NCWA scholarship.

NCWA Scholarships will be based on the following criteria, which may be modified at any time by the Executive Board:

- 1) Overall team participation within the NCWA;
- 2) Attitude, example and leadership of the individual;
- 3) NCWA Ranking Points acquired by the eligible wrestler;
- 4) Academic achievements;
- 5) Number of years on the team;
- 6) Financial need.

All scholarship awards will be processed for payment through the Financial Aid/Scholarship Department of the recipient's institution. The scholarship will be administered by the respective institution's appropriate guidelines.

Article 2 -- SCHOLARSHIP AWARDS TRUST FUND

The NCWA has established a Scholarship Awards Trust Fund, which will generate the needed money for distribution.

Fifty percent (50%) of all funds donated in a fiscal year will be distributed to recipients in the next two (2) award cycles.

Fifty percent (50%) of all scholarship revenues donated in a fiscal year will be deposited into the NCWA Scholarship Trust Fund.

Sixty percent (60%) of the earnings generated by the Scholarship Trust Fund will be distributed to recipients annually. When the Trust reaches \$1 million, 70% of the earnings will be distributed; at \$10 million, 80% of the earnings will be distributed; at \$100 million, 90% of the earnings will be distributed.

Article 3 -- NCWA SPECIAL GRANTS

The NCWA Treasury will be permitted to award funds to various college programs that may help to provide such necessities as: mats, travel, uniforms, entry fees, etc.

All awards from the Special Grants must be requested in writing and submitted to the NCWA Executive Director. The Executive Board must then approve these requests.

The NCWA Special Grants will support/sponsor camps, clinics and certification schools, such as:

- Coaching Camps (philosophy, integrity)
- Wrestling Technique and Conditioning Camps
- Wrestling Officials Certification Schools
- The Overall Improvement of Wrestling's Image

Article 4 -- NCWA "HALL OF FAME"

The NCWA has established a "Hall of Fame" for the purpose of recognizing persons who have been involved in the sport of wrestling, making a significant contribution to the youth of our nation. The NCWA will attempt to integrate the Hall with the National Wrestling Hall of Fame in Stillwater, Oklahoma.

The categories of the "Hall of Fame" will be:

- Circle of Champions
- Hall of Honor
- Founders Club

Article 5 -- NCWA "ACADEMIC TEAM AWARD"

The NCWA is currently developing this award.

SECTION 10 -- 2008-09 MEMBERSHIP BENEFITS

- 1) Coaches may enroll in the **National Wrestling Coaches Association** at a deep discounted rate. Membership will entitle coaches to all benefits of the NWCA, including their Weight Control Program.
- 2) The NCWA's national web page at **www.ncwa.net**. The NCWA web page facilitates communication with other teams, coaches, media and the NCWA. The NCWA will supply each team with their own individual web page.
- 3) Team Liability Insurance coverage of \$1,000,000 per occurrence and \$2,000,000 aggregate
- 4) Supplemental individual accidental insurance for Registered NCWA participants
- 5) National administrative and compliance support

- 6) A toll-free telephone number for active members to communicate with the NCWA Executive Director
- 7) Each team is supplied with one copy the *NCAA Wrestling Rules and Interpretation Book*, sent along with their Membership Payment Receipt
- 8) NCWA Coaching Clinics and Coaches education through the NWCA.
- 9) NCWA Teams receive special pricing with Exclusive Vendors for supplies, equipment and mats.
- 10) Member teams are supplied with the NCWA Resource Binder, which will include:
 - NCWA rules and eligibility
 - The NCWA Weight Control Plan
 - An Historical Perspective of the previous years' competition
 - Final Results, brackets and photographs of the previous year's National Championships
- 11) Each Coach may also request a free subscription to Wrestling USA Magazine
Additional copies may be ordered through Wrestling USA Magazine
- 12) The NCWA National Tournament, NCWA National Championship Rings, All-American honors, and awards
- 13) The NCWA works with member teams to promote their program to their student body, their community and the national media
- 14) The NCWA promotes each team to its respective Athletic Department for eventual inclusion into the school's NCAA, NAIA, NCCAA or NJCAA program

SECTION 11 -- Team Penalties & Conference Fines Schedule:

	<u>1st Offense</u>	<u>2nd Offense</u>	<u>3rd Offense</u>	<u>4th Offense</u>
-- No schedule on website by 10/31	\$50			
-- Use of Non-NCWA Official	\$50	\$100	\$200	Disqualification
-- Wrestling a Non-Registered Athlete	\$50	\$100	Disqualification	
-- Not reporting results / late results.....	Warning	\$50	\$50	\$100
-- Inaccurate info on NCWA website.....	Warning	\$50	\$50	\$100
-- Team SID Article not submitted.....	\$20	\$20		
-- Failure to Host an Event each season	\$100	\$250	\$500	

SECTION 12 -- COACHES' REPRIMANDS & DISCIPLINARY ACTIONS

When it has been alleged that a team or coach is in violation of the NCWA rules, the offending party shall be notified of the allegations and will be given 10-days to provide an appeal. If it is ultimately ruled that a violation did occur, notification shall be sent to the school's administration. Notice of the offense will be posted on the secured section of the NCWA website as a Section 12 Violation.

MEDICAL ADVISORY on CA-MRSA:

(Community Associated - Methicillin-Resistant *Staphylococcus aureus*)

A great deal of concern has been expressed by the wrestling community about various infections that plague our sport. The items below list ways to help prevent CA-MRSA from eliminating your team from competition due to serious illness and/or death. CA-MRSA is a community spread version of methicillin-resistant *Staphylococcus aureus* (MRSA). The items below were published in a recent article in Reader's Digest (8/07). Please take this situation seriously and take appropriate action to prevent contracting or spreading this disease.

How to Protect Your Team.

CA-MRSA is usually spread by skin-to-skin contact with infected people (while playing sports like football or wrestling, for example, as well as giving hugs and handshakes). Doctors recommend these steps:

Keep your hands clean.

Washing with soap and warm water several times a day is the single best way to combat staph. Teach wrestlers to rub their hands briskly under running water for at least 15 seconds. Carry alcohol-based hand sanitizer (Purell, Germ-X) for times when soap and water aren't available. It's also helpful to keep fingernails short and to discourage nose picking.

Cover cuts and scrapes.

Any wound should be washed with soap and water, then covered with dry, sterile bandages until it heals. Apply a clean dressing daily. Pus from infected sores can contain CA-MRSA, so it's also important to wash your hands after changing bandages to avoid spreading staph.

Don't share personal items.

Tell your wrestlers not to use friends' and teammates' towels, washcloths, clothing, uniforms or razors. People who appear perfectly healthy can still be CA-MRSA carriers. Shared sports equipment, such as helmets and gym mats, should be cleaned with an antibacterial solution after every use.

Sanitize gym clothing and linens.

If anyone on the team has a cut, sore or infection, wash bedding and towels in hot water with added bleach. Wash sports clothing and washable athletic gear with laundry detergent after each use. Drying laundry in a hot dryer, not on a clothesline, also helps kill bacteria.

Remember flu shots.

Since the flu lowers resistance to CA-MRSA, getting vaccinated every year helps protect against both diseases. The best time to get the shot is in October or November.

Get tested.

If you have a skin infection that needs medical treatment, ask the doctor to check for CA-MRSA, which responds only to certain antibiotics. Many MDs prescribe the wrong drugs because they don't do a test. That can worsen the infection. Until recently, diagnosis typically involved doing a culture. But it takes up to 48 hours to grow the bacteria in a lab, meaning that people could continue to spread the infection while waiting for lab results. In April, 2007, the FDA approved the one-hour Xpert MRSA test, which uses DNA technology to check the nose for the superbug. That gives hospitals a fast, reliable way to screen patients for MRSA before admission. Next year, the test's manufacturer, Cepheid, expects approval of a DNA test for use on tissue samples from infected areas, giving doctors another tool for rapid diagnosis.

Be sure to take all your prescribed medication.

Even if your skin heals, be sure to take all of the prescription. Bacteria you leave alive today can morph into tomorrow's superbugs.

Recommended Actions for Teams and Wrestlers:

- 1) Mandatory showers after practices and events;
- 2) Shower, or at least wash-up, between matches in a tournament
- 3) Mop / sanitize the mats before every practice and event; do it again before storing mats after practice
- 4) Mop / sanitize the mats between rounds of a tournament
- 5) Wash all practice clothes, knee pads, head gear, singlets, warm-ups, etc. after use
- 6) **Clean wrestling shoes before walking onto mats**

For more information, please contact the NCWA Executive Director (Jim Giunta) at:

214-378-9900 - NCWA Direct Voice Line

1-866-894-5094 -- NCWA Fax Line (toll-free)

1-800-825-3696

e-mail: jim@ncwa.net

Web-Site: www.ncwa.net

Contact Information for Board of Directors:

Executive Director:..... Jim Giunta

**Suite 500
13111 N Central Expressway
Dallas TX 75243
214-378-9900
email: jim@ncwa.net**

Assistant Director: Steve Davis

**6841 Younger Dr
The Colony TX 75056
214-636-3609
email: steve@ncwa.net**

**Executive Secretary Lelan Brotheman
and Treasurer:**

**8737 Grenadier Dr
Dallas TX 75238-3819
214-348-8548
email: lelan@ncwa.net**

Webmaster Dave Mathews

email: webmaster@ncwa.net

Compliance Issues:..... Kevin Andres

email: compliance@ncwa.net

NCAA Wrestling Major Rules Changes for 2009

(from NCAA website)

1. **Rule 1.1 - Match Duration.** A meet shall be conducted in 10 weight classifications or matches between wrestlers of the same weight class. Matches shall be seven minutes in duration, divided into three periods, with the first period three minutes and the second and third periods two minutes each. Matches less than seven minutes in duration shall not count. (See Rule 1.16.)

Rule 4.7 - Duration of Matches. For all competition, matches shall be seven minutes in duration, divided into three periods, with the first period lasting three minutes and the second and third periods, two minutes each. The time of the match is continuous, except when the referee stops or starts a match. A default, disqualification, fall or technical fall terminates the match. At the conclusion of the first period, the referee shall grant the proper wrestler choice of position to begin the second period, which shall be started as soon as possible by the referee. Upon expiration of the second period, the referee shall grant the appropriate wrestler the choice of position for the third period, which shall start as soon as possible. (See Rule 4.10.)

Rule 4.8 - Wrestle-back Matches. Wrestle-back matches consist of three periods and shall be seven minutes in duration. (See Rule 1.16.)

2. **Rule 1.8 - Safety and Hygiene.** It is recommended that the mat(s) be cleaned and disinfected before all competitions, as well as between tournament rounds and multiple dual meet events. It is also recommended that a shoe cleaning and disinfecting mechanism be available before a wrestler steps onto the mat. Event management, medical personnel and coaches should also follow shoe hygiene recommendations before stepping onto the mat. It is recommended that when competition is held on a concrete floor or like surface, sufficient padding be placed under the mat for the protection of the student-athletes.

Since shrinkage occurs in wrestling mats, it is recommended that when purchasing or reconditioning a mat, the wrestling area be a minimum of 34 feet in diameter.

It is the responsibility of the home institution's game-management personnel to ensure that the wrestling mat(s) and surrounding facilities meet all regulations. The meet referee shall verbally alert home management of any variance from the stated facility and mat requirements, with questions and/or disagreements being resolved by the participating institutions' representatives.

3. **Rule 2.1.3 - Offensive Starting Position.** The time sequence to be followed in assuming the offensive position is to:

- 1) Set the knee(s) and feet;
- 2) Place the palm of one hand on the navel;
- 3) Place head on or above the mid-line of the opponent's back;
- 4) Place the palm of the other hand on or over the near elbow
- 5) Both wrestlers shall become stationary (motionless); and
- 6) Then the referee shall pause momentarily before starting the wrestling.

4. **Rule 2.4 - In Bounds.** Contestants are considered to be in bounds if any part of either wrestler is on or inside the boundary line. Wrestling shall continue as long as either wrestler remains in bounds. For the purpose of awarding a point(s) at the edge of the wrestling area, a point(s) shall be awarded when control is established or lost while any part of either wrestler finishes in bounds.

When the defensive wrestler's back is exposed to the mat in a pinning situation while any part of either wrestler is in bounds, wrestling shall continue. Near fall points may be earned or a fall called if any part of the defensive wrestler's pinning area is in bounds. If there is no action at the edge of the mat, the referee may stop the wrestling.

Rule 2.6 - Takedown. A takedown shall be awarded when, from the neutral position, a contestant gains control by taking the opponent down to the mat beyond reaction time in bounds. For the purpose of awarding takedown points at the edge of the wrestling area, points shall be awarded when control is established while any part of either wrestler finishes in bounds. (See Illustration No. 50.)

Rule 2.7 - Escape. A defensive wrestler is awarded an escape when the offensive wrestler loses control of the opponent while any part of either wrestler remains in bounds. An escape may be awarded while the wrestlers are still in contact.

Rule 2.8 - Reversal. A reversal occurs when the defensive wrestler comes from the bottom/defensive position and gains control of the opponent, either on the mat or in a rear-standing position. For the purpose of awarding reversal points at the edge of the wrestling area, points shall be awarded when control is established while any part of either wrestler remains in bounds. (See Illustration Nos. 57 and 58.)

5. Rule 3.4.3 - Tournaments. Wrestlers reporting to weigh-ins for team-advancement tournaments or individual-advancement tournaments shall appear properly groomed. For example, clean shaven and with hair not longer than allowed by rule.

For individual or team-advancement tournaments, weigh-ins will be held two hours or less before the first matches begin on the first day and one hour or less before the first matches begin on subsequent days. These weigh-ins may be conducted by team.

In two-day team-advanced tournaments, wrestlers who do not make weight on the first day of competition are ineligible to weigh-in on the second day of competition. Subsequently, wrestlers must weigh-in at the same weight class for the second day of competition as they weighed in at on the first day of competition. A wrestler who does not weigh-in and compete on the first day of competition may weigh-in at scratch weight and compete on the second day of competition.

In tournaments, including team-advancement tournaments requiring multiple-day weigh-ins, a 1-pound allowance for each consecutive day of competition shall be granted. In team-advancement tournaments, the 1-pound allowance will only be granted to individuals who made weight during the first day of competition.

At the scheduled time for weigh-ins, all activities that promote dehydration must cease and all student-athletes who wish to compete must present themselves at the scales. The weigh-in shall proceed through the weight classes, beginning at the lowest weight class.

If a contestant fails to make weight on one of the designated scales, the contestant may step on each additional official scale one time in an attempt to make weight immediately after the heavyweight class. The contestant may not leave the weigh-in area. At this time, weigh-ins are concluded.

All tournament directors shall follow NCAA weigh-in guidelines and playing rules. In addition, currently enrolled student-athletes listed on an institution's squad list must adhere to NCAA rules relating to weighing-in.

6. Rule 3.9.4 - Presence of Communicable Skin Disease. The presence of a communicable skin disease (or any other condition that, in the opinion of the examining physician or certified athletic trainer, makes the participation of that individual inadvisable) shall be full and sufficient reason for disqualification. Disqualification for communicable skin disease shall be listed as a medical forfeit in the bracket.

7. Rule 3.9.5 - Written Documentation. If a student-athlete has been diagnosed as having a skin condition, and is currently being treated by a physician (ideally a dermatologist) who has determined that it is safe for that individual to compete without jeopardizing the health of the opponent, the student-athlete may compete. However, that contestant's coach or athletic trainer shall provide current written documentation from the treating physician to the medical professional at the examination with the approved NCAA Skin Evaluation and Participation Status Form, describing: (1) the diagnosed skin disease or condition; (2) the prescribed treatment and the time necessary for it to take effect; and (3) that the skin disease or condition would not be communicable or harmful to the opponent at the time of competition. Such documentation shall be furnished at the medical examination.

8. Rule 4.23 - Medical Forfeit. A contestant who is injured or becomes ill during the course of tournament competition may declare a medical forfeit in subsequent rounds of the tournament without appearing on the mat, provided medical personnel or an authorized institutional representative has informed the official scorer of the wrestler's inability to continue. In order to retain advancement and placement points previously earned in the tournament, this declaration must be made to the official scorer before the ill or injured wrestler is called to the mat for his/her subsequent match. A participant declaring a medical forfeit is excused from further weigh-ins.

If both contestants are forced, due to injury, to declare a medical forfeit, the next round's opponent wins by medical forfeit. (See scoring abbreviations.)

A contestant who forfeits for medical reasons is eliminated from further competition. A medical forfeit shall count as a win but not as a loss on the wrestler's season record. The nonforfeiting wrestler must appear on the mat in uniform to have his or her hand raised in order to win by medical forfeit. (See Rule 2.18.) Even though no one is charged with a loss, all medical forfeits must be represented on each wrestler's official NCAA Individual Season Wrestling Record form.

9. Rule 5 - Scoring Abbreviations. Added: DQW-disqualification for weight-management violation.

Rule 5 - Scoring Abbreviations. Added: INJ(2)3:15↓ - Method of Recording Second Injury TO. Add Note 2: Second injury timeout taken at 3:15. Injured wrestler started in down (defensive) at resumption of wrestling.

10. Rule 6.6.1 - Flagrant Misconduct. Prematch, Match or Postmatch Period. A wrestler disqualified for committing an act of flagrant misconduct shall be suspended from competing until after the team's subsequent event. If flagrant misconduct occurs during the last event of the season, the suspension carries over to the first event of the next season. As soon after the match as possible, the referee shall alert the National Coordinator of Officials that a flagrant misconduct violation occurred.

11. Referee's Chart of Signals. New signal has been added to indicate recovery time.

12. Additional changes:

Coaches' and athletic trainers' mandatory viewing and registration for the annual wrestling rules presentation will be available through the NWCAonline Web site as prerequisite to the OPC system.

The 2009 Wrestling Rules and Interpretations book will have a (new) Part III that includes NCAA Weight Management Program and medical examination information.

The 2009 Wrestling Rules and Interpretations book should be available by late August. The following year, a two-year rules book will be published.

***The National Collegiate Athletic Association
June 13, 2008***

