



2020-21 Wrestling Considerations

NHIAA Wrestling Committee Adopted for 2020-21 Season

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Wrestling Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

“The NHIAA highly recommends and encourages schools to develop protocols for the wearing of masks during practice and competition when at all possible and allowed based upon the rules of the sport. All NHIAA tournaments will require masks for all participants except in the sports of gymnastics, swimming, ski jumping, and spirit as determined by safety reasons by sports specific committees.”

Return to Competition

General Considerations:

- Follow state guidelines for indoor competition.
- Have hand sanitizer and wipes available at the table.
- Wash stations or sanitizer at mat side.
- No one touches the score sheet except the scorer.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to and after competition, and in between each individual match.
- Athletes and Coaches wear masks off the mat.
- Officials will wear masks at all times (both on and off the mat)
- Participate/host smaller events (more duals, less larger tournaments)

Considerations for Coaches:

- Wear masks on and off mat.
- Eliminate handshakes post-match.

- Coaches should self-screen daily.

Considerations for Wrestlers:

- Take the temperature of the wrestlers before weigh-ins.
- Weigh-in by team as opposed to weigh-ins with opponents
- Wear masks off the mat when not competing (including warm-ups prior to competition).
- Eliminate handshakes pre- and post-match.
- Eliminate handshakes with coaches' post-match.

Considerations for Referees:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Consider using electronic whistle.
 - If an electronic whistle is not utilized, consider changing whistles several times during the event.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Officials will wear masks at all times (both on and off the mat)
- May wear disposable gloves.

Considerations for Parents

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home; self-screen for symptoms)
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.

****Please find additional considerations in the 2020-21 NHIAA Wrestling Policy and Procedures Manual****