



2020-21 Wrestling Calendar

Updated: 1/21/21

All Schools:

February 8th	1 st day for minimum weight certification
March 1st	1 st day for duals, triangular and quadrangular meets.
March 27th	Last day for all weight certifications
April 10th	District Certification Deadline
April 16th & 17th	Regional Meets
April 23rd & 24th	State Meet

Deadlines for filing entry forms to appropriate director:

District:	5 days prior to district meet
Regionals:	Immediately following district meet. Please review regional director's specified deadline.
State:	Regional results will be sent to the state office by the regional director. The school does not send an entry form or fees to the UIL office.

- Only Dual, Triangular & Quadrangular meets will be allowed prior to the District, Regional, and State Tournaments.
- Two-pound growth allowance granted for entire season. Per NFHS rule 4-4-4, a 2lb growth allowance may be added to each weight class any time after the date of the certification.
- No student representing a member school shall participate in more than one contest (dual, triangular or quadrangular) per school week.

District tournament guidelines (SEE FULL GUIDELINES BELOW)

- DECs should plan district tournaments to allow for required distancing measures between participants, coaches, and spectators. Capacity may not exceed 50% of the venue. DECs should consider limiting the total number of participants allowed in the facility at a given time to provide for appropriate spacing.
- One level of competitors and one gender participating on site at a given time. Example: If Varsity boys are wrestling, Varsity girls would not be allowed on site until the varsity boys have left.
- Conduct weigh-ins by teams, not weight class.
- Sanitize mats after each round/session.
- Top 2 individuals from each weight class advance from District to Regionals & Regionals to State.

Junior High Wrestling season shall begin no earlier than March 1, 2021.

- Dual Meets only – Maximum 6



2020-21 UIL Wrestling Season Update & Considerations

General Operational Guidelines

TEA requires all school systems to develop a plan for mitigating COVID-19 spread in schools. UIL guidelines *require* schools to include UIL activities for the 2020-2021 school year as part of this plan and carefully plan for mitigating risk of spread as students and staff participate in them. Schools must post these plans on the homepage of the school website or other easily accessible area of the school website. These plans do not require UIL or TEA approval. All 2020-2021 UIL COVID-19 Risk Mitigation Guidelines can be found at <https://www.uiltexas.org/policy/covid-19>

Face Coverings- Executive Order GA-29

Executive Order GA-29, regarding face coverings, applies to all UIL activities effective July 3, 2020. This includes the 2020-2021 school year. As the public health situation changes, and/or if subsequent Executive Orders are issued by Governor Greg Abbott, these guidelines may be further modified.

1. For the purposes of this document, face coverings include non-medical grade disposable face masks, cloth face coverings (over the nose and mouth), or full-face shields to protect eyes, nose, and mouth.
2. All employees, parents, visitors and students ten years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively practicing or playing in the contest, unless an exception listed below applies.
3. The face coverings requirements do not apply to a school in a county that meets the requirements of paragraph 11 of Executive Order GA-29, unless the local school system chooses to implement these requirements locally. Even in these circumstances, the wearing of face coverings or face shields is strongly encouraged.

Exceptions to the wearing of face coverings or face shields include:

- a. Any person with a medical condition or disability that prevents wearing a face covering;
- b. While a person is consuming food or drink;
- c. While the person is in a swimming pool, lake, or similar body of water.
- d. When a congregating group of persons maintains at least 6 feet of social distancing; or
- e. Any other reason or circumstance indicated under Executive Order GA-29.

District Executive Committee (DEC) Concerns and Meet Schedules

- The DEC shall meet to confirm district tournament dates, and safety protocols concerning the 2020-2021 wrestling season.
- The DEC shall arrange a schedule to determine district representatives prior to the posted district certification date.
- The DEC shall determine the place and/or time of the district meet in case of disruptions due to COVID-19. The DEC should strongly consider schedules that allow for disruptions and for certifying district representatives in the event the meet cannot be completed.

Practice Regulations

- **In-Season Activities During the School Year**
 - Schools may have athletics periods as described above plus a maximum of eight hours of practice outside the school day during the school week.
 - Schools utilizing an instructional model other than a traditional in-person model may hold the athletics period any time during the day. The athletics period is ***not*** required to be held during normal school hours.
- **Individual Sports**
 - Wrestling Duals, Triangular, and Quadrangular meets may begin on or after March 1, 2021.

Wrestling Specific Protocols

- Only Duals, Triangular, & Quadrangular meets will be allowed prior to the District, Regional, and State Tournaments.
- Top 2 individuals from each weight class advance from District to Regionals & Regionals to State.
- Face coverings must be worn by all wrestlers unless actively engaged in a wrestling match. Coaches and team personnel must wear face coverings at all times.

Coaches:

- Communicate your guidelines in a clear manner to student and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

Meet Guidelines:

- Single duals, triangular, or quadrangular only.
- A Varsity and JV from the same school counts as two (2) teams.
- Plan and communicate effectively with teams and officials in preparation for weigh-ins and following all procedures and protocols.
- Mats must be sanitized at the start of each dual match and at the conclusion of the event.
- Conduct weigh-in by team rather than shoulder-to-shoulder by weight.
- Conduct weigh-ins with multiple, certified scales.
- Conduct weigh-ins in a larger area such as gym, wrestling room, etc.
- Careful consideration should be given to athlete seating for wrestlers not actively engaged in a match as it relates to social distancing and face coverings. Spread out chairs, where possible. Designate bleacher space to help with social distancing.
- Verify that all contestants on your team are in good health and showing no symptoms of illness.
- No team handshakes after meets. Acknowledge opponents from across the mat(s).

District Tournaments Guidelines:

- DEC's should plan district tournaments to allow for required distancing measures between participants, coaches, and spectators. Capacity may not exceed 50% of the venue. DEC's should consider limiting the total number of participants allowed in the facility at a given time to provide for appropriate spacing.
- May only have one level of competitors and one gender participating on site at a given time. Example: if Varsity boys are wrestling, Varsity girls would not be allowed on site until the varsity boys have left.
- Sanitize mats after each competitive round and at the conclusion of the each session.
- Conduct weigh-ins by team rather than shoulder-to-shoulder by weight.
- Conduct weigh-ins with multiple, certified scales.
- Conduct weigh-ins in a larger area such as gym, wrestling room, etc.
- Careful consideration should be given to athlete seating for wrestlers not actively engaged in match as it relates to social distancing and wearing face coverings. Spread out chairs, where possible. Designate bleacher space to help with social distancing.
- Verify that all contestants on your team are in good health and showing no symptoms of illness.
- No team handshakes after meets. Acknowledge opponents from across the mat(s).

Postseason Tournaments

- **Change in Qualifying Structure:** Top 2 individuals from each weight class advance from District to Regionals & Regionals to State.
- District and Regional Tournament will have potential for wrestle backs to advance a true 2nd place qualifier.
- Regionals and State will utilize 8-person bracket, place to 4th.

Regional Tournament

- Girls & Boys tournament on separate days.
- 8-person bracket, place to 4th.
- Potential for wrestle back for true 2nd place.

State Tournament

- 5A & 6A tournaments will be held on separate days.
- 8-person bracket, place to 4th
- Team Championships, 1st – 3rd.
- Place 1st – 4th.

NFHS Considerations:

Return to Competition Recommendations/Requirements:

General Considerations for conducting wrestling matches/tournaments:

- 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.
- Sanitize the mats prior to and after competition.
- Participate/host smaller events.
- Minimize the number of spectators.

Requirements for Coaches:

- Wear face coverings at all times.
- Eliminate handshakes post-match.

Requirements for Wrestlers:

- Take the temperatures of the wrestlers before weigh-ins.
- Recommend showers after weigh-ins and after each round.
- Stagger weight classes, do not allow wrestlers in chairs mat-side.
- Wear face coverings at all times when not competing.
- Eliminate handshakes pre- and post-match.
- Eliminate handshakes with coaches post-match.

Requirements for Referees:

- Bring personal hand sanitizer, to be used frequently.
- Officials shall wear face covering at all times
- Electronic whistle are allowed, but does not eliminate need for face covering.
- Do not share equipment.
- Follow social distancing guidelines by allowing six feet minimum distance when engaging competitors, coaches, officials pre-, during, post-event procedure.
- Do not make unnecessary physical contact with competitors at any time.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by the UIL.
- At the completion of each match, verbally instruct the winner to raise their hand in the air, and official will signal toward the winner's team bench.
- May wear disposable gloves. If gloves are worn, then they must change after each match.