

Wrestling Meeting Folder

2022-2023

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2022-2023 Rule Changes

Uniform Rules for Female Wrestlers

The language under Rule 4-1-1a and c has been modified to reflect the original intention of the Rules Committee more accurately.

Rule 4-1-1 required female contestants wearing a one-piece singlet to also wear a “form fitted compression suitable undergarment”.

Now reads, female contestants wearing a one-piece singlet shall wear **a sports bra** that completely covers their breast **and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to insure complete coverage.**

Rule 4-1-1c required female contestants wearing a one-piece singlet and/or a form fitted compression shirt to also wear a suitable undergarment that completely covers their breast and minimizes the risk of exposure.

Now reads, female contestants **choosing to wear a form fitted compression shirt, whether as part of a two-piece uniform or under a one-piece singlet shall also wear a sports bra that completely covers their breast and minimizes the risk of exposure.**

Rationale: This addresses numerous reported incidents of officials telling female contestants that all females are required to wear a compression shirt under their singlet in addition to wearing a sports bra. It was never the intention of the Rules Committee to require female contestants to wear a compression shirt **and** a sports bra.

Rule 4-5-7: All female contestants shall weigh-in wearing **a sports bra** that completely covers their breast **and minimizes the risk of exposure. This rule goes on to read, for female contestant wearing a compression shirt under a one-piece singlet in order to comply with the definition (4-1-1), if the compression shirt is part of the legal uniform, the contestant shall weigh-in wearing the compression shirt.**

Note: NYS Interpretation: The above statement is unenforceable as written. The requirement to wear a sports bra for both competition and weighing-in will be enforced regardless of wearing a compression shirt. It will not be necessary for female contestants choosing to wear a compression shirt under their singlet to wear the compression shirt to the weigh-in.

Rationale: Once a wrestler weighs in wearing a legal uniform it is not necessary for them to compete in the same uniform they wore to the weigh-in.

Example: If a wrestler weighs in wearing a legal singlet and decides to wear a two-piece uniform for competition, this would be allowed.

Simply stated the requirement for female contestants to wear a sports bra is in effect at all times.

All wrestlers are required to wear a legal uniform while in the designated weigh-in area. In NYS because the weigh-in procedure is different than the National Federation procedure which requires all wrestlers to remain in the designated weigh-in area, anyone reporting whose uniform does not comply may leave the designated weigh-in area to make the necessary adjustments.

Note: Referees or Authorized Personnel conducting the weigh-in should ask all contestants in the weigh-in area to keep their shoulder straps up.

New Ruling on Shoes that come off:

Rule 4-1-3: The following rules have been affected by a rule change regarding shoes that come off during competition; 4-1-3, 3-24-6d, 5-27-1e, 7-3-5, 7-6-6d, 8-1-1, 8-1-2f exception, 8-1-4 exception and Stalling Penalty chart.

In the event a wrestler's shoelaces become untied or the shoe comes off during a match, a wrestler will now be penalized for stalling.

Previously, this situation resulted in a technical violation. Shoe and shoelace infractions are no longer subject to injury time and the match will not be stopped to warn or penalize this instance of stalling until there is no significant action.

Current rules require the match to be stopped for any 2-point stalling violation regardless of position. This new shoelace or shoe coming off ruling is an exception to that. Any two-point stalling infractions and penalty points will not cause the match to be stopped until there is no significant action.

Rule 7-3-5 Technical Violations:

Reporting to the scorer's table not properly equipped or not ready to wrestle or any equipment that is detected as being illegal is a technical violation.

The rule for shoelaces and shoes coming off being a stall call will not be in effect until the match has started (the referee has blown the whistle to start the first period). Any infraction to this rule once the wrestler properly reports and prior to the start of wrestling will be considered a technical violation and will require the use of injury time to correct.

Rule 4-2-1: No longer requires wrestlers to be clean shaven. Facial hair trimmed to a length so that the skin is visible for skin checks is allowed. Facial hair that does not allow for a skin check to be performed, as determined by the referee or a designated onsite appropriate health care professional overseeing skin checks shall be immediately trimmed to within the guidelines. A wrestler may not compete until the facial hair is trimmed and the skin check is completed.

The Rules Book no longer requires wrestlers with hair that is as abrasive as an unshaved face to wear a legal hair cover.

Also added this year: Hair-control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the wrestler or the opponent are allowed.

An additional rule change that was adopted in 2020 but was not meant to be implemented until July 1, 2022, regarding the number and size of any manufacturer's logo/trademark/reference, promotional or **advocacy references** is now in effect. Such items can appear no more than once on the ear guards (**one on each ear cup**). Rule 4-1-4 NFHS Rules Book Page 16.

Points of Emphasis

Sportsmanship

Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity, and sportsmanship. There must be a collaborative working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their role to play in creating a positive, sportsmanlike atmosphere at contests.

Officials should focus on the actions of players, coaches, and other bench/sideline personnel. Contest officials should never engage with spectators who are exhibiting unsportsmanlike behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.

If spectators are using demeaning or profane language towards anyone, those individuals should be removed from the contest by the school administration.

In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease.

Illegal, Harmful Holds and Maneuvers

The rules committee has always made moves and maneuvers that intentionally injure or punish a wrestler illegal and work on removing them from our sport. We are noticing that some moves, maneuvers, and holds are starting to filter down to our level from other influences that are not education-based athletics. We abhor any move, maneuver or hold that intentionally injures limbs, joints or penetrates any body cavities. Allowing those techniques to infiltrate our sport is irresponsible, dangerous and in certain jurisdictions illegal.

Maneuvers that referees should look out for and be prepared to stop the match when applied would include but not be limited to the Blair Ride, Back Bow, Assassin and various other choke holds. (See Attached Illustrations Page 8 and 9)

Uniforms

Uniforms are a key component in every sport. However, they are extremely important to wrestling because their proper wearing, cleanliness and sizing is critical to their functionality for the wrestler. A dirty, mis-sized uniform is an impediment that interferes with wrestling. Keeping the uniform washed and clean reduces risks of transmitting skin issues which protects the opponent, referee and provides comfort for the wearer. Wherever possible a uniform (singlet or two-piece) should be issued to a student that best fits their size, weight, and gender. It is disconcerting to have a lighter weight wrestler wearing a stretched-out uniform while wrestling and the back of their uniform is touching the mat during competition. The referee has no other choice but to award a fall to their opponent. Whereas a properly fitted uniform might have resulted in a different result.

Note: Uniforms are required to be worn as intended by the manufacturer. Taping the shoulder straps of an oversized singlet is not allowed.

Flash Back: 2021-2022 Rule Changes

Here is a review of rule changes approved before the 2021-22 season that are still in force this season.

Representation (1-4-3)

Wrestlers may compete in up to six matches per day during a tournament, as long as that tournament is one conducted by the state high school association as a qualifying tournament for the state tournaments or the championships themselves. The previous limit still applies for regular season competition.

Weight Classifications (4-4-1a and b)

Effective with the 2023-24 season, state associations may choose one set of weight classes for both boys and girls competition. The landmark change marks the first time that girls wrestling will have standardized weight classes on a national level. The change also marks the first-time state associations will have a choice in the number of weight classes. State associations must select one of the three sets of weight classes (12, 13 or 14) for girls and one of the three sets (12, 13 or 14) for boys. States cannot adopt all three sets and cannot switch back and forth during the season.

Note: NYS Interpretation; The following 13 weight classes will be in effect for the 2022-2023 season;

102, 110, 118, 126, 132, 138, 145, 152, 160, 172, 189, 215 and 285

New weight classes will be announced for the 2023-24.

Weighing In (4-5-7)

Wrestlers are no longer required to exclusively wear low-cut socks during weigh-ins. Any style of socks or no socks at all can be worn while weighing in.

Head, Neck and Cervical Time (5-1-3f, 5-28-3, 5-28-6, 6-4-3, 8-2-4b-1 and 2, 8-2-6, 8-2-9)

In a major change prompted by risk minimization, a separate 5-minute time out has been established for the onsite health-care professional to evaluate potential head and neck injuries involving the head, neck and/or cervical column. (HNC)

The change established a separate injury time-out that concerns the head and neck involving the cervical column and/or nervous system that was not connected with the existing 1-1/2-minute injury time-out or any other stoppage of the match.

HNC time is not connected to any other time-out, including blood, injury, recovery, or referee's time-out. When HNC time is used, the time used does not impact any other time allowances.

A second occurrence of injury to the head and/or neck involving cervical column and/or central nervous system in the same match shall require the wrestler to default the match. If HNC time occurs during bad time, the HNC time-out will not be voided. Coaching is permitted during injury time, blood time, recovery time and HNC time. Up to two team attendants and any number of health-care professionals may attend to either wrestler.

NYS Note: Only medical personnel can request an HNC timeout. The appropriate medical personnel would include a Physician, Physician's Assistant, Certified Athletic Trainer, Registered Nurse, Nurse Practitioner or an EMT. If there are no designated medical personnel or school appointed medical personnel, the athlete is not given extended time.

Coaches or referees are not allowed to request an HNC timeout, but they can request to have the wrestler examined by the appropriate personnel if available.

If the appropriate medical personnel are not immediately available and the coach has requested to have the wrestler examined, the referee will stop the injury time clock and not restart it until the medical personnel arrives at mat side. If the medical personnel requests an HNC timeout the amount of injury time that was previously used will be converted to the 5-minute HNC timeout and the wrestler will have both injury timeouts reinstated.

Example: A wrestler sustains an injury to their head or neck, the referee stops the match and signals for the injury clock to start. After one minute of injury time the coach requests an HNC timeout. The referee will then stop the injury clock and request the medical personnel. When the medical personnel arrive at mat side the referee will restart the injury clock and advise the medical personnel that the wrestler has only 30 seconds of injury timeout remaining and remind them that they are entitled to convert the injury time to a HNC timeout if more time is required to do an evaluation.

In the above scenario the injury time that was used will be subtracted from the 5-minute HNC timeout and the injury time will be reinstated.

Imminent Scoring

When a wrestler requests an injury timeout during an imminent scoring situation and the referee determines that scoring, including a near fall, would have been successful, the referee will charge the timeout and award the applicable points to the non-injured wrestler.

Discussion Items and Green Book Changes

1. NYSPHSAA has adopted the NFHS jewelry rule which prohibits all jewelry
2. When a referee determines that a wrestler is ineligible to participate due to a skin issue, the official and the coach will notify the opposing coach prior to the start of the dual meet and the name of the wrestler shall be crossed off the team's weigh-in sheet. The weigh-in will not count for that wrestler. The ineligible wrestler shall not participate in the warmups or introductions.

If a wrestler who has been disqualified due to a skin issue does participate in the warmups or introductions the penalty would be unsportsmanlike conduct against the **head coach**.

Clarification: For a wrestler to be eligible to wrestle JV or Varsity, they must be skin checked by either the JV or Varsity official. If they are not checked off on the weigh-in sheet, they would be declared an ineligible wrestler.

For Sections that wrestle JV prior to Varsity (where a separate JV ref is being used), the coach shall be required to make two separate copies of the weigh-in sheet (one for the JV ref's pre-meet check, and one for the Varsity ref's pre-meet check). When the pre-meet skin check is concluded, both sheets should be sent to the scorer's table. If a wrestler was checked off by the JV ref, they are eligible to wrestle in the Varsity meet. They do not have to be checked by both the JV and Varsity official. All officials should indicate on the weigh-in sheets any wrestler that had a proper skin form that was accepted.

3. When the referee stops the match to apply rule 5-11-2f, g and h, it is not always necessary to charge an injury timeout if the defensive wrestler is prepared to go back to wrestling immediately. If not, an injury timeout will have to be taken.

When a wrestler makes a clear indication that an injury timeout is being requested, the referee will charge the wrestler with an injury timeout even if they are prepared to go back to wrestling immediately.

4. An old twist on starting position has reemerged. When the offensive wrestler established the near-side and places the back hand on the elbow and front arm is placed loosely around the opponent's body perpendicular to the long axis of the body with the palm of the hand placed loosely over the navel and the head is above the midline of the opponents back it will be considered a legal starting position. (See Attached Illustration Page 10)
5. Reminder when starting the wrestlers in the neutral position, referees should move in close to the wrestlers to prevent false starts and require that both wrestlers be stationary.
6. In an individual bracketed tournament, a school coach must be in the wrestler's corner before the match is allowed to start. Coaches should remind their wrestlers not to attempt to start wrestling until a member of their coaching staff is present.

Note: Referees must check to see that there is a coach present before starting each match. Wrestling a match without a coach present is not a correctible error; therefore, referees must be diligent.

7. Out of bounds interpretation: From a neutral position wrestler A is completely out of bounds but B still has 2 supporting parts inside of or on the boundary line. A attempts an upper body throw placing B on their back and the lower legs of B from the knees down are the only body parts inbounds. B is not yet the defensive wrestler; therefore, the knees will be the supporting parts whether on the mat or above the mat. A will be awarded a takedown and the match will be stopped for out of bounds. As soon as the takedown is awarded, B becomes the defensive wrestler and now the shoulders or scapula are the supporting parts, not the knees. In the situation above, when A initiated the takedown attempt and B landed with only the feet inbounds and one or both knees out of bounds, the match would be stopped for out of bounds and the takedown would not be awarded. This situation does not qualify as a "toes in" takedown situation because that rule requires the feet including the toes and heels of the scoring contestant (in this case wrestler A) to finish down on the mat inbounds.

In the above scenario, it is assumed that there is adequate mat space available to safely accommodate the wrestling action.

8. 7-6-3b and e; It is stalling in the neutral position when a wrestler backs off the mat, out of bounds.

If a wrestler backs toward the boundary line and steps one foot completely out of bounds and is not defending a takedown, an automatic stalling call will be made 7-3-6e (assuming the opponent is not pushing them out). If a wrestler backs toward the boundary line and before stepping out the opponent makes a takedown attempt, this will not be an automatic stalling call but will be covered by 7-6-3b. If done repeatedly it would be considered stalling (playing the edge).

When the wrestlers get near the edge of the mat as a result of active wrestling and then step out, this is not an automatic stalling call as described under rule 7-6-3e. It could be a violation under 7-6-3b if done repeatedly (playing the edge).

National Federation recommends only using approved signals; however, in New York State it will be acceptable to use the college wrestling official hand signal of rotating your hand to indicate that there was significant action so that coaches and spectators will be aware of why a stalling call was not made.

9. The Green Book now includes information describing the NYS appeal process for NYS Tournaments. Referees and coaches should familiarize themselves with this process.
10. Rule 7-4-2: Failure to keep shoulder straps up while on the mat as unsportsmanlike conduct. In NYS in dual meets a penalty will be called if **both** straps are down while any part of the wrestler is on the mat. If the wrestler is completely off the mat on the hardwood floor, the straps can be dropped without penalty. It is common in both individual and dual meet tournaments to have mats together and coaches chairs on the mats, New York State Wrestling Committee felt that wrestlers should not be penalized for taking shoulder straps down while in their corners dressing before or after their match. In tournaments a penalty will be called if **both** straps are down while any part of the wrestler is inside the minimum 28 foot circle. If the wrestler is completely outside the circle, the straps can be dropped without penalty. (New York State Wrestling Committee 2014)
11. When a wrestler has a leg turk and the opponent plants the foot of the free leg, the offensive wrestler may grab the foot or ankle and post it to the mat. They may not pull the foot toward the head. This is another variation of the back bow and is considered illegal. The same principle will apply to the cross face and far ankle as shown in illustration.

Legal Crossface Far ankle to a “Illegal” Back bow

1 Set up: Wrestler “A” has broken wrestler “B” down and has a cross face to far shoulder.

LEGAL



Wrestler “A” drives with his chest to turn “B” he reaches back to grab either ankle. He may hold (post) the ankle to the mat. This takes away “B” ability to bridge. **LEGAL**, but official must watch this and may be potentially dangerous.



Posts ankle
does not move
forward .
Legal

When it becomes Illegal!

Wrestler “A” now pulls “B”'s foot up toward the head, or while pressing the cross face around to the foot. **This has become a back bow and is ILLEGAL.**

The Assassin (A Kolat Variation) Potentially Dangerous Which May Become Illegal



1. Set-up- **Wrestler A** reaches over head and under shoulder w/ far side arm to lock & vice hands in side of **wrestler B's** neck .



2. **Wrestler A** crunches & pulls **wrestler B** into his knee as **wrestler B** breaks down to mat.

Note:THE OFFICIAL'S POSITION IS CRITICAL TO SEE DANGEROUS POINTS.

3. **Wrestler A** steps across w/ far leg (a sit out step) pulling across **wrestler B's** head, neck and throat to his back. This may become **ILLEGAL** if across the throat.



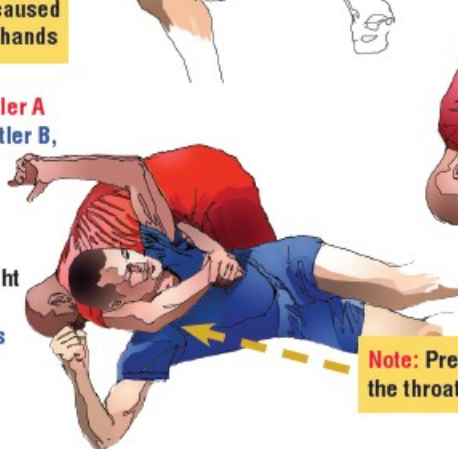
Note: Head and upper body will rotate due to pressure caused by locked hands



4. **Wrestler A** may plant his far side knee in the hip or lower back to help **wrestler B** pop over. This may become **UNNECESSARY ROUGHNESS**.

Note: Knee in lower back may also be **ILLEGAL**

5. As **wrestler A** turns **wrestler B**, he will keep his hips parallel to mat and tight against **wrestler B's** hip.



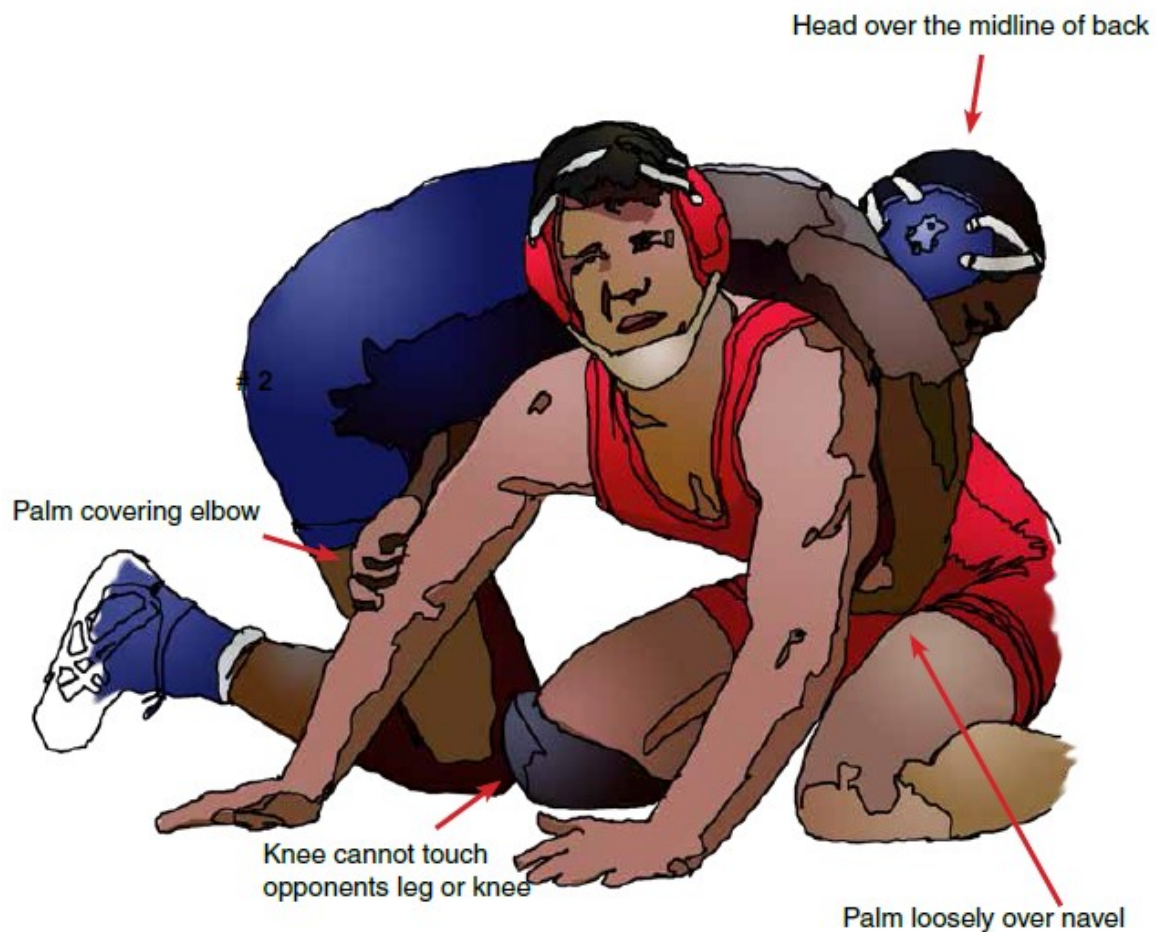
Note: Pressure across the throat



6. As **wrestler A** finishes the move, notice **wrestler B's** head propped up by **wrestler A's** arm pit and upper arm forcing the chin to be pinched against the arm across the throat. This has definitely become a choke hold ... **ILLEGAL**.

Legal/Illegal Starting Position

This is a legal starting position, Palm on elbow, Knee down on side where palm is on the elbow. palm on wrestler B's navel (loosely), head over the mid line of the back. **Legal**



(Note) If wrestler A's knee is touching wrestler B's knee (as shown), or if any of the other 3 points of focus are not met this would be a caution for improper positioning. Official should caution Wrestler A and have wrestlers re-adjust.



NYSPPHSAA NYS HEALTH CARE PROVIDER RELEASE WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a physician release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee (SMAC) conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS SMAC presumes to dictate to professionals how to practice medicine. Nor is the information on this form meant to establish a standard of care. The NFHS SMAC does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also **believes** that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians, physician's assistants, and nurse practitioners who are signing "return to competition forms". Consistent use of these guidelines should reduce the likelihood wrestlers catching a skin disease from participation and suffering from inequalities as to who can or cannot participate.
4. Provide a basis to support physician, physician assistant, or nurse practitioner decisions on when a wrestler can or cannot participate. This should help the physician, physician assistant, or nurse practitioner who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve a student athlete who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Each state association needs to determine which appropriate health-care professional can sign off on this form. **For NYSPHSAA member schools an appropriate health care provider is defined as a licensed physician, physician assistant, or nurse practitioner.**
2. Inclusion of the applicable NFHS wrestling rule so physicians, physician assistants, and nurse practitioners will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician, physician assistant, or nurse practitioner visit.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

WRESTLING COMMUNICABLE SKIN DISEASE FORM-**For use during 2022-2023 Season**
NYS HEALTH CARE PROVIDER RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION



Any student diagnosed with a contagious skin infection must report to the school health office prior to resuming participation. A copy of this form must be provided to the school nurse/medical director upon return to school and filed in the student's cumulative health record.

Name: (Printed) _____

Date of Exam: ____ / ____ / ____

School: _____

Mark Location AND Number of Lesion(s)

Please use Blue Ink

Diagnosis _____

Location AND Number of Lesion(s) _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: ____ / ____ / ____ Time: _____

Note: By signing below, the NYS Health Care Provider is stating that the diagnosed lesion(s) is either :

Please make sure one of the two lines below is checked.

____ NOT contagious and may return to full participation.

____ NO LONGER contagious and may return to full participation.

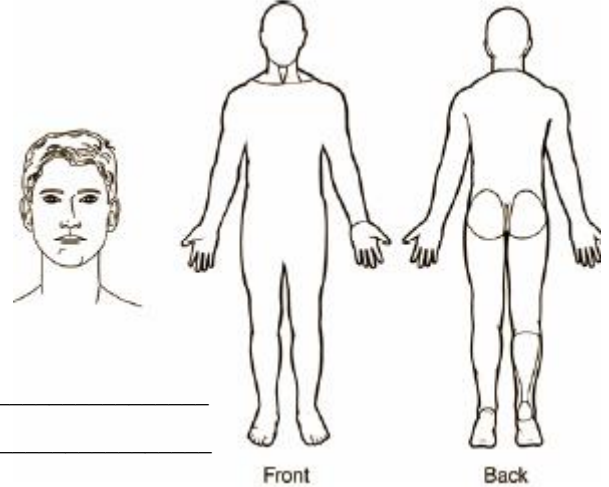
NYS Health Care Provider Signature _____ Date: _____

NYS Health Care Provider Name (Printed or Typed) _____

Office Address _____

Office Phone Number: _____

For NYSPHSAA member schools an appropriate health care provider is defined as a NYS licensed physician, physician assistant, or nurse practitioner.



Note to Physician, Physician Assistant, Nurse Practitioner: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

"ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is non-contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for **72 hours** is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 72 hours. For a first episode of Herpes Gladiatorum, wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment **before return to wrestling** should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm on scalp or skin): Oral or topical treatment for 72 hours on skin and oral treatment 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Bacterial Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge

Molluscum Contagiosum: Upon treatment with curettage and hyfrecator, may cover with bioclusive and wrestle immediately.