

IESA RETURN-TO-PLAY



WRESTLING

Additional information may be found at:

<https://coronavirus.illinois.gov/sfc/servlet.shepherd/document/download/069t000000CyCndAAF?operationContext=S1>

Season Dates	<ul style="list-style-type: none"> ▪ Practice May Start: April 5 ▪ Contests May Start: April 12 ▪ No State Series ▪ Season Must End: May 30 	<ul style="list-style-type: none"> ▪ Regular season play must be limited to schools within your EMS region, or within your conference (if your school is in a conference), or in a different EMS region but within a 30 mile distance from your school
Eligibility	<ul style="list-style-type: none"> ▪ Students must be meeting all eligibility requirements (grades, age, residency, etc.) ▪ Students must have a current physical on file prior to practice. ▪ E-learning students would be eligible provided the local district allows their participation. 	<ul style="list-style-type: none"> ▪ Wrestling teams must follow IESA by-laws 4.055 Individual Limitations and 4.056 Exceptions to National Federation Rules
Team Limitations	<ul style="list-style-type: none"> ▪ All contests for all sports at Level 3 are limited to no more than two teams (i.e., dual meets). A host may accommodate competition among more teams by conducting a multiple dual meet so long as there are only two teams in the gym at any one time and the host ensures appropriate distancing at all times between the teams, conducts appropriate cleaning and disinfecting between meets, and otherwise complies with the interventions as stated in the IDPH sports guidelines. 	<ul style="list-style-type: none"> ▪ There are no restrictions as to the number of contests that may be scheduled in a given week. However, schools must abide by the team limitations by-law 4.053
State Series	<ul style="list-style-type: none"> ▪ No state series contests will be held. There will be no regional, sectional, or state final. 	<ul style="list-style-type: none"> ▪ The IDPH All Sports Policy does not allow for state tournaments to be held
Acknowledgement of Winning Wrestler	<ul style="list-style-type: none"> ▪ To acknowledge the winning wrestler, officials will raise their own hand with the appropriately colored wrist band 	<ul style="list-style-type: none"> ▪ Teams shall not exchange handshakes except in situations where the rule book requires wrestlers to shake hands.
Spectators	<ul style="list-style-type: none"> ▪ Spectator and group gatherings subject to IDPH guidelines during this time. ▪ Spectators must wear masks at all times 	<ul style="list-style-type: none"> ▪ Adherence to all CDC guidelines regarding hand hygiene and respiratory etiquette.

	<ul style="list-style-type: none"> ▪ If the school allows spectators, they must maintain social distance throughout the gym. 	<ul style="list-style-type: none"> ▪ If practical, limit spectators to immediate household members or guardians of participants.
Weigh-ins	<ul style="list-style-type: none"> ▪ Establish firm arrival times for participants to begin weigh-ins. All participants must weigh-in before every match. Schools cannot allow “honesty” weigh-ins. Schools arriving early to a site must remain in their vehicle until the appointed weigh-in time. Upon entry, schools should report directly to their assigned sections. 	<ul style="list-style-type: none"> ▪ There are no weigh allowances. The host of a given meet may not decide to give a weight allowance because all of the coaches have agreed to give a weight allowance. If the conditions of NFHS rule 4-5-5 are met, a weight allowance is allowed. ▪ Wrestlers must weigh-in at the site before each meet. The rules set by the IESA are the rules that have to be followed and changing them arbitrarily by the member schools only causes chaos.
Safety	<ul style="list-style-type: none"> ▪ Individuals should not congregate in common areas prior to or following the meet. ▪ If an Illinois COVID Region or County is placed in Tier 1, Tier 2, or Tier 3 of the Governors Restore Illinois Plan, all sports for schools in that Region or County will be suspended or cancelled. 	<ul style="list-style-type: none"> ▪ Wrestlers must maintain social distancing. There should be additional spacing between wrestlers while warming up and weighing in so wrestlers are properly spaced. ▪ Wrestlers should use hand sanitizer before and after each match. Wrestlers are encouraged to provide their own hand sanitizer.
Masks	<ul style="list-style-type: none"> ▪ WRESTLERS: Face coverings must be worn at all times when they are off the mat. ▪ WRESTLERS: Do NOT have to wear a face covering when practicing or actually wrestling in a meet. ▪ COACHES: Face coverings must be worn at all times. ▪ SPECTATORS: Face coverings must be worn at all times. ▪ OFFICIALS: Officials are required to wear a mask at all times when they are at a contest site; before during, and after the contest. 	<ul style="list-style-type: none"> ▪ It is recommended that schools have additional masks available for athletes in case a mask becomes damaged and can no longer be worn. ▪ Officials ARE NOT responsible for monitoring social distancing guidelines on the sidelines, in the bleachers, or anywhere outside the boundaries of the mat. ▪ Schools are responsible for monitoring their own teams and fans.
Hydration	<ul style="list-style-type: none"> ▪ Wrestlers should bring their own water bottle. Water bottles must not be shared 	<ul style="list-style-type: none"> ▪ Hydration stations should not be utilized ▪ Replace face masks immediately after eating or drinking
Confirmed Team Cases	<ul style="list-style-type: none"> ▪ Create notification process for all athletes, coaches, event staff, officials and spectators if the school learns of suspected or confirmed cases at practice or a contest. 	