

SDHSAA WRESTLING NEWSLETTER
2019-20 SEASON
DECEMBER EDITION

SDHSAA WRESTLING COACHES & OFFICIALS –

Greetings from Pierre! I'm going to start composing an as-needed newsletter with some FAQ-type topics and sending out through the season. Take a quick look at the information enclosed and certainly let me know if there's other items you'd like included in the future or that would be "good for the cause."

Thanks!

DUAL TOURNAMENT INFORMATION

Starting today, and available until December 31, is your "intent to participate" in the State Dual Championship.

All teams must select either "Yes" or "No" on this form before December 31. Please take a minute today and log-in to our website and complete this quick form.

REGULAR SEASON SCHEDULES

To help with the seeding process for duals, ALL Dual results must be entered into our SDHSAA.com website. In the "School Zone" section – the same place where you view meetings and take exams – is a link to your schedule. After each dual, please ensure the score is reported.

If you participate in a Dual Tournament, be sure to go in after the tournament is completed, create a listing of each team that you competed in a dual against, and enter the score for each.

CERVICAL/HEAD/NECK/SPINE & INJURY TIMEOUTS

To clarify a few items on the new rule this year on medical timeouts, please review the following:

As stated in the new HNC injury time, this can only be used if an appropriate health-care professional (**AHCP**) is present. THE PROFESSIONAL(S) MUST BE DETERMINED PRIOR TO THE MEET/EVENT and cannot simply be any medical individual present at a given time.

The 5:00 minute HNC injury time should not start until the AHCP is on the mat and starts the evaluation of the injured wrestler.

A stoppage for HNC injury time WILL count as one of two possible injury timeouts. If HNC timeout is to be used, the "injury time" of 1:30 will remain intact, as well as one possible injury timeout for later use during a match.

In order for the HNC injury time to be used in a match the AHCP must be one of the following:

1. A physician/medical provider or athletic trainer that is designated by the host school (again, prior to the event) .
2. An athletic trainer that is actively covering a participating school at that competition (also known to all competing teams prior to the event).

Situation 1 – Wrestler A is injured and the AHCP asks for an HNC evaluation immediately.

Ruling: The official signals for the HNC and the 5:00 clock begins. If, at the end of the evaluation, the AHCP rules that Wrestler A can continue, that would mean Wrestler A has used his first injury time out as well as his only HNC time out.

Situation 2 – Wrestler A has used his one and only HNC evaluation (first injury time) during the first period and the AHCP deemed him/her able to continue and gives clearance. In the second period Wrestler A injures his ankle and requests an injury timeout.

Ruling: The referee grants the second injury timeout and signals for injury time to begin. If 90 or fewer seconds elapse and the wrestler and/or coach informs the official that Wrestler A is ready to go, the official will stop the injury time. This now counts as Wrestler A's second (and final) injury timeout and Wrestler B gets choice of position. No more injury timeouts would be granted for Wrestler A.

Situation 3 – Wrestler A injures his ankle and requests injury time in the first period. The official signals for injury time to start and after receiving assistance from the coach and/or HCP, the wrestler is able to continue after 60 seconds of elapsed injury time. In the second period, Wrestler A is injured and the HCP requests extended time for an HNC evaluation.

Ruling: The referee gives the signal for the HNC timeout and 5:00 is allowed. If, at the end of the evaluation the HCP deems that Wrestler A can continue, Wrestler B would get his/her choice of position since this would be the second injury timeout. No more injury timeouts would be granted for Wrestler A.

Situation 4 – Wrestler A injures his/her ankle and requests injury time in the first period. The official signals for injury time to start and after receiving assistance from the coach and/or HCP, the wrestler is able to continue after 60 seconds of elapsed injury time. In the second period, Wrestler A is injured again and requests injury time (let's say for an injury to his wrist). The official signals for injury time to start again and by the time the 90-second allotment of total injury time is expired, Wrestler A is ready to continue. Wrestler B gets his choice of position due to this being the second injury time. Later in the match Wrestler A injures his head, neck, or cervical column.

Ruling: Since this would be his third injury timeout, which is not allowed, Wrestler A would injury default the match. The AHCP could still examine Wrestler A (and should), but the match could not continue

SHOELACES

Again, with shoelaces this year, if the laces come untied, it is automatically stalling. This includes at the initial check-in through the completion of the match.

If the device that was being used to "secure" the laces would fail or come undone, allow the wrestler the opportunity to fix the device at the next natural stoppage or opportunity. The key is "untied" for the stalling call.

PIN SITUATIONS- IN/OOB

Three quick situations in regard to pinning situations near the boundary.

1. Wrestler A is pinning Wrestler B. Wrestler B's body is completely OOB and wrestler A's body is out except for his knees (up or down) and feet. A Pin/Fall can occur.

2. Wrestler A is pinning Wrestler B. Wrestler A's body is completely OOB and only a/one shoulder and head or scapula is in bounds, a pin can occur.
3. Wrestler A is Pinning Wrestler B. Wrestler A's body is completely OOB and wrestler B is out except for knees and feet. NO pin/fall shall occur. When defensive wrestler is on his/her back, ONLY the shoulders are supporting points. In this situation, even if the hips of wrestler B remain in bounds, along with knees and feet, they are still out of bounds as ONLY the shoulders are supporting points when you are on your back in a defensive pinning situation.

Thanks all!

-Dr. John Krogstrand
Asst. Exec. Director
SDHSAA