



WRESTLING ADVISORY AGENDA

Meeting: February 26, 2024; 10:30 AM

Via Zoom: <https://us02web.zoom.us/j/87943580951>

Wrestling Advisory Committee Members:

Coach Rep.	John Donovan, Chamberlain	2026 (2)
Coach Rep.	Chris Sayler, Freeman	2024 (2)
Girls Coach Rep.	Matt Thorson, Pierre T.F. Riggs	2025 (1)
Athletic Director	Michael Ricke, Madison	2024 (1)
Supt/Principal	Mike Radke, Huron	2025 (2)
Official	Bud Postma, Madison	2024 (2)
Native Am. Sch. Rep.	Clay Leonard, Red Cloud	2025 (2)

1. Call Meeting to Order
2. Select Recording Secretary
3. Approval of Agenda
4. Review Duties/Responsibilities
5. Review Rule Changes for 2023-24

National Federation Rule Changes

1-4-3 SECTION 4 REPRESENTATION:

ART. 3 . . . No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than ~~five~~ six matches (championship or consolation), excluding forfeits in any one day of competition. ~~Exception: No wrestler shall wrestle in more than six matches (championship or consolation), excluding forfeits in any one day of a tournament conducted by the state high school association for qualification to the state high school championships or the championships themselves.~~

Rationale: With the rule change to allow six matches in post-season events after experiments were conducted by state associations last year, and there was no reported increase of injuries. Allowing six matches during the regular season events is a normal progression and will be monitored throughout the season.

1-4-4 SECTION 4 REPRESENTATION:

ART. 4 . . . No contestant shall wrestle in two consecutive matches with less than a ~~45-minute~~ 30-minute rest between matches. The conclusion time of each match shall be recorded.

Rationale: The sentiment is that the recovery time of 30-minutes is adequate rest between matches and is of the opinion that since there is no peer-reviewed data to suggest any additional risk for using a 30-minute rest/recovery time versus a 45-minute rest/recovery time. This is a reasonable rule modification.

1-4-7 (NEW) SECTION 4 REPRESENTATION:

ART. 7 . . . No contestant shall wrestle in more than 10 matches in a two-consecutive day period.

Rationale: The rule to allow 6 matches in a day was more for meet management on one-day tournaments and is not to allow more matches in a season.

3-1-1 SECTION 1 REFEREE:

ART. 1 . . . The referee’s uniform consists of a short-sleeved knit shirt, with alternating black and white 1-inch stripes; or gray with black pinstripes, or an event provided shirt common to all referees at that event, full-length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/gym shoes ~~without colored highlights.~~ Shoes with white or gray trim are allowed. The referee

shall be neatly attired and have other accessories, including a colored disk, a black lanyard and black whistle, red and green armbands, and a kit to conduct the random draw. The red armband shall be worn on the left wrist and the green armband on the right wrist.

Rationale: Allowing the referee's shoes to have trim gives them more options and opportunity to find more comfortable shoes and does not hinder the appearance of the official.

4-1-1a, 4-1-1b SECTION 1 WRESTLERS' UNIFORM:

ART. 1 . . . A legal uniform consists of:

a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet may be worn with full-length form-fitted tights with stirrups. The one-piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts 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 ensure complete coverage.

Rationale: The tights worn by wrestlers today are compressed and form-fitting reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent. By removing the stirrups requirement wrestlers will not have to use tape at the ankles or wear long socks to hide the lack of stirrups while wearing full-length tights.

b. compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, button or pockets. A suitable undergarment, which completely covers the buttocks and groin area shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued. Compression shorts or shorts designed for wrestling may be worn with full-length form-fitted tights.

c. Remains the same.

Rationale: For consistency, either uniform style is available for full-length tight-fitting tights usage.

4-2-1 SECTION 2 WRESTLERS' APPEARANCE AND HEALTH:

ART. 1 . . . Facial hair is permissible. Trimmed to a length so that the skin is visible for skin checks is allowed. Facial hair that does not allow for skin a check to be performed, as determined by the referee or a designated, on-site appropriate health care professional overseeing the 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. 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. A wrestler's hair may be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.

~~Wrestlers that do not meet the requirement shall wear a face mask.~~ All legal hair covers and face masks will be considered as special equipment.

Rationale: It is important to be cognizant about skin disease and keeping all involved safe. If there are any questionable areas on or around the face, we would inquire with the wrestler about a physician's note or get input from the on-site approved health-care professional (AHCP) if one is present. If there is no on-site AHCP and no note, then we would deny the wrestler the opportunity to compete. The length of the facial hair does not have any influence on the referee's decision.

5-13, 10-2-4 and 10-2-5 SECTIONS 13 and 2 FORFEIT/MEDICAL FORFEIT:

It shall be considered a forfeit when the opponent, for any reason fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. It shall be considered a medical forfeit when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the Tournament Director.

Rationale: The term medical forfeit will better describe that the forfeit was due to injury or illness that occurred during the tournament. A medical forfeit would not count against the wrestler's record.

SECTION 2 ENTRIES

ART. 4 . . . In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default, ~~or~~ forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.

Rationale: By using a medical forfeit, it will clearly define that the wrestler was not able to report to the match due to injury or illness. Like regular forfeits the wrestler would not take a loss on their record.

ART. 5 . . . A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is deemed a medical forfeit because of an injury or illness which occurred during the tournament.

Rationale: There is confusion when choosing an injury default versus a forfeit in tournament situations. Rule 5-7 defines a default when one of the competitors is unable to continue wrestling for any reason. Rule 5-13 defines a forfeit when the opponent, for any reason, fails to appear for a match. Using medical forfeit versus an injury default will better define when a wrestler shows a loss on their record. A default counts as a loss a forfeit does not.

5-15-2a SECTION 15 INBOUNDS:

Change: a. When down on the mat, the usual points of support are:

1. the knee(s)

2. the side of the thigh
3. the buttocks
4. the hand(s)
5. the head
6. foot/feet

Rationale: Feet are regularly supporting the wrestler's weight during the match while on the mat. We allow a wrestler's feet to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat it will create more clarity and consistency for the wrestlers, coaches and officials. No higher rates of injury will occur with this addition.

6-5-2 SECTION 5 END-OF-MATCH PROCEDURE:

ART. 2 . . . The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand or raise the color wristband of the winning wrestler on their (referee's) arm or have the winning wrestler raise their own arm. ~~wrestler's hand.~~

Rationale: Wrestling remains the only sport where it is required for the official to touch the student athlete as part of the post match/game procedure. There truly is no need for adult officials to contact the student athletes unless the health and safety of the athlete is in jeopardy. During the pandemic we adopted a number of protocols to help avoid the transmission of the disease, one of those was to no longer raise the hand of the wrestler, rather raise the color wristband of the wrestler who won, this was very successful and widely liked among officials. This is the end of match procedure would still indicate the winner and alleviate the requirement of the official from touching the athlete.

South Dakota Rule Changes

1. Utilize the NFHS 14 weight class model for Boys and the NFHS 12 weight class model for girls beginning in 2023-24.
 - a. Boys – 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
 - b. Girls – 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 250
2. Deviate from the NFHS Girls 12 Weight Class model and set the upper limit for heavyweight at 250 pounds for the 2023-24 season

6. Coaches Clinic Report

7. Report from Committee Members; – *This section of the meeting will include creation, discussion, advancement and consideration of proposals for submission to the Athletic Directors/Board of Directors for further consideration and will not be a conclusive list of potential topics. Representatives on the committee should contact their groups statewide for consideration of ideas and proposals with the understanding ideas are to be advanced for further consideration and not “automatically implemented.”*

- a. Coaches Reps
- b. Administrative Reps
- c. Official Reps
- d. Items submitted to SDHSAA Representatives
 - i. Duals
 - ii. Forfeits for Girls/Duals
 - iii. 250 Weight Class
 - iv. State Individual Tournament Schedule Discussion

8. Review SDHSAA Handbook Sections for WRESTLING

9. Review recommendations; additional opportunity for proposals following group discussion

ADVISORY RULE PROPOSAL CHANGE



Schools wishing to make a rules proposal change for the advisory committee to consider shall complete this form and submit to the SDHSAA office preferably two weeks PRIOR to the meeting date so the proposal may be added to the agenda.

Please select the sport in which the rules proposal is being submitted.

- | | | | |
|--|----------------------------------|--------------------------------|--|
| <input type="radio"/> Basketball | <input type="radio"/> Football | <input type="radio"/> Soccer | <input type="radio"/> Volleyball |
| <input type="radio"/> Comp. Cheer | <input type="radio"/> Golf | <input type="radio"/> Softball | <input checked="" type="radio"/> Wrestling |
| <input type="radio"/> Comp Dance | <input type="radio"/> Gymnastics | <input type="radio"/> Tennis | <input type="radio"/> In/Out-of-Season |
| <input checked="" type="radio"/> Cross Country/Track | | | |

Title of Proposal: Super Region for girls wrestling.

Proposal will affect the following classes (please check all that apply):

- Class B
- Class A
- Class AA

Proposed Rule Change:

That we have a super regional for girls wrestling consisting of 2 regions (north and south) throughout the state.

Rationale for Rule Change:

If you look at the numbers across the state, region 4A/4B and region 3A/3B have the most girls in their regions. By dividing the state into a North and South Region, it balances out the numbers for each region. When breaking down this years state tournament the North Region would have had 46% of the qualifiers and the South Region would have had 54%.

Casey Olson
Print Coach Name

Harding County
Member School

Casey Olson
Coach Signature

Kelly Messmer
Print Athletic Director Name

Harding County
Member School

Kelly Messmer
Athletic Director Signature

Super Regions would use a 32 man bracket to qualify for state. After Super Regions we could reseed like the boys or run 1N vs 8S and so on. (I would prefer the reseed like the boys.)

Total Certified Girls in South Dakota for 2023-24 Season - 540

Total Girls at the 2023-24 State Wrestling Tournament - 190

Current Regions (1A/1B, 2A/2B, 3A/3B, 4A/4B)

	Certified Wrestlers	State Qualifiers	Percent at State	
1A/1B	91	40 out of 190	21.05%	190 @ the state tournament
2A/2B	107	39 out of 190	20.53%	
3A/3B	119	45 out of 190	23.68%	
4A/4B	204	66 out of 190	34.74%	

Proposed Region 1 (North) and Region 2 (South)

	Certified Wrestlers	State Qualifiers	Percent at State	
Region 1 (North)	252	88 out of 190	46.32%	
Region 2 (South)	288	102 out of 190	53.68%	

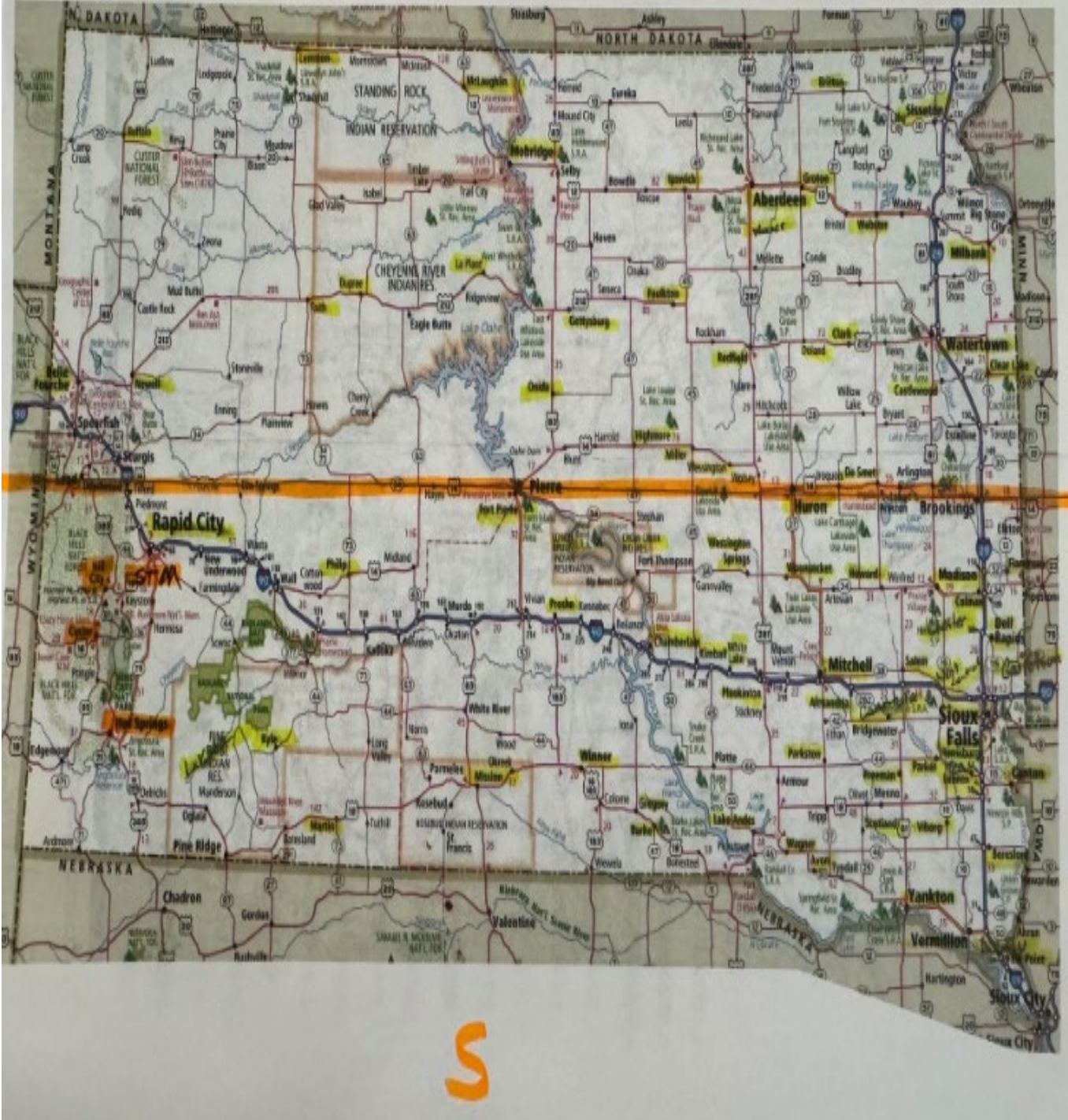
Regions #1 (North)			Regions #2 (South)		
School	Certified	2023-24 State Tournament	School	Certified	2023-24 State Tournament
Aberdeen Central	14	11	Andes Central/Dakota Christian	0	
BF	6	3	Bennett Co	5	2
Britton-Hecla	1		Beresford/Alcester-Hudson	2	1
Brookings	8	5	Bon Homme/Avon	9	5
CEB/Dupree/Tiospaye Topa	2		Brandon Valley	10	4
Clark/Willow Lake	1	1	Burke/Gregory	2	1
Crow Creek	1		Canistota	5	1
Custer	8	4	Canton	31	12
Deuel/Deubrook	0		Chamberland	7	3
Doland	2	2	Chester	0	
Faith	1		Dakota Valley	2	1
Faulkton	0		Dell Rapids	9	3
Groton	3	1	Doug/RC Christian/ NU	20	3
Hamlin/Castlewood	0		Elk Point Jefferson	0	
Harding County	5	2	Flandreau	1	1
Hill City	7	3	Garretson	3	
Hot Springs	16	2	Hanson	2	
Huron	17	3	Harrisbrg	20	7
Ipswich/Bowdle	1	1	Howard	0	
Kingsbury County	2	1	K/WL/PG	3	3

L/D	12	4	Lakota Tech	27	11
Lemmon	6	3	Lennox	4	1
Lower Brule	0		Little Wound	3	
McLaughlin	9		Lyman	0	
Milbank	4	1	Madison	11	3
Miller/Highmore-Harrold	8		Marion/Freeman	2	1
Mobridge-Pollock	3	1	McCook Central/Montrose	2	1
Newell	0		Mitchell	10	3
Pierre	36	11	MVPCS	0	
Potter County	0		O'Gorman	2	1
Red Cloud	1	1	Parker	0	
Redfield	0		Parkston	0	
Sanborn	0		Phillip	0	
Sioux Valley	7	1	Pine Ridge	6	2
Sisseton	6	2	RCC	13	5
Spearfish	18	7	RCS	21	6
Stanley Co	7		Scotland	0	
STM	5	2	SF Jefferson	3	2
Sturgis	9	5	SF Lincoln	1	1
Sully Buttes	4	3	SF Roosevelt	3	1
Sunshine Bible	0		SF Washington	4	1
Tiospa	1		Tea	4	3
Warner/NW	0		Todd Co	9	1
Watertown	16	6	Tri-Valley	1	
Webster	5	2	Vermillion	2	1
			Viborg-Hurley/Irene-Wakonda	15	6
Total	252	88	Wagner	0	
Schools	45		West Central	7	3
Schools with Wrestlers	35		Winner	1	
			WWWW	3	1
			Yankton	3	1
			Total	288	102
			Schools	51	
			Schools with Wrestlers	40	

Total Certified Girls in South Dakota for 2023-24 Season - **540**

Total Girls at the 2023-24 State Wrestling Tournament - **190**

N - move Hill City, Custer, STM, Hot Springs to the North because of numbers.



10. Adjourn

Membership

1. Each term shall be three years in length.
2. A person may serve no more than two consecutive terms.
3. Any person appointed to a partial term shall be eligible for two additional terms.
4. Only head coaches are eligible to serve on an advisory committee. Current committee members who assume an assistant coach position may complete their current term but would not be allowed to serve an additional term.
5. The Board of Directors shall appoint individuals to the various positions based upon nominations submitted by each professional group that is to be represented on said committee. Names placed in nomination must have the approval of the local school superintendent. Any sport that has an official's association, a representative of that association will be included on the advisory committee and be allowed to vote on those items pertaining to the officiating of the sport.
6. Whenever a vacancy occurs on any sports committee, every effort should be made to fill said vacancy with a qualified person from the gender that is under-represented.
7. An alternating system shall be established in the sports of basketball, Wrestling, tennis and track/cross country whereby the coaches in each class in said committees will alternate between coaches of boy's teams with coaches of girl's teams. An alternating system will be used for principals and superintendents whenever a vacancy occurs.
8. Duties and Responsibilities.
 - A. The individual sports committees will meet once a year, and draft their recommendations for changes and/or revisions. The SDHSAA will pay mileage and per diem costs for this meeting.
 - B. Each sports committee will seek input from all schools, especially the coaches, via whatever means is feasible and workable. Examples might be, but not limited to, such things as meeting with coaches at a state event, conducting a survey of coaches in each class respectively, poll administrators at area administrators meetings, etc.
 - C. Each committee will annually review the section of the Handbook that pertains to their sport.
 - D. Upon request, all Advisory Committee recommendations will be made available to the various secondary administrative organizations for their review and recommendations.
 - E. The proposals with all recommendations will be presented to the Board of Directors at their April Meeting.
 - F. All regulations approved by the Board of Directors will be implemented for the next school year unless the Board of Directors determines otherwise.
 - G. The Board of Directors shall have the power to adopt such rules and regulations in connection with any and all high school activities that are not inconsistent with the Constitution and By-Laws, as the Board may deem necessary. The Board of Directors may adopt such rules or regulations at any regular or special meeting that might be scheduled.