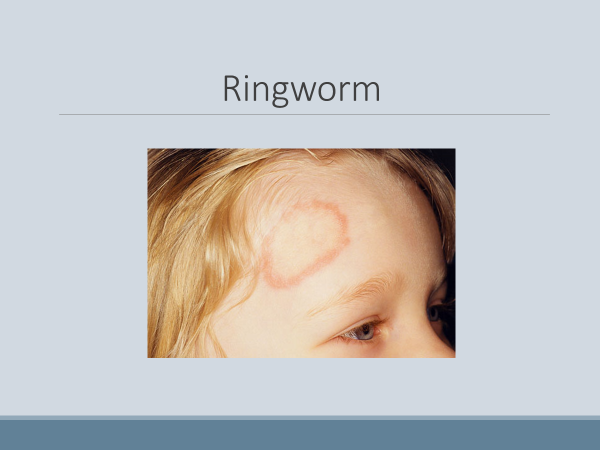
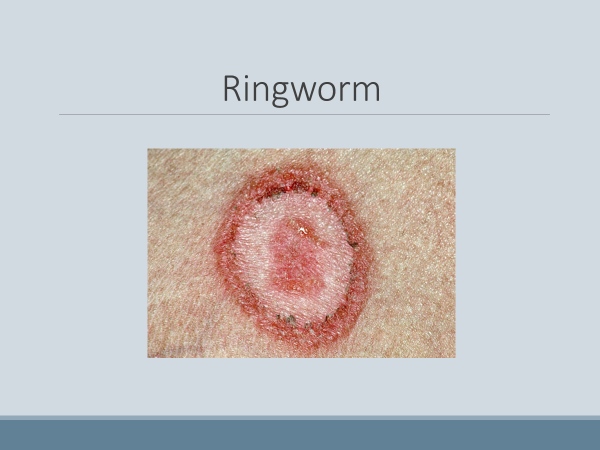
**2017-18 WRESTLING COACHES PRESENTATION**

**RULES UPDATES**

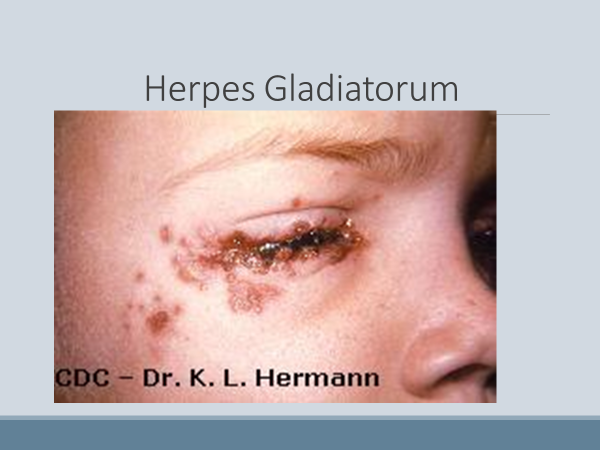
**Questions: Contact Duane Morgan,** [dmorgan@cifccs.org](mailto:dmorgan@cifccs.org)

**This presentation can be found electronically on CWOA.CA**

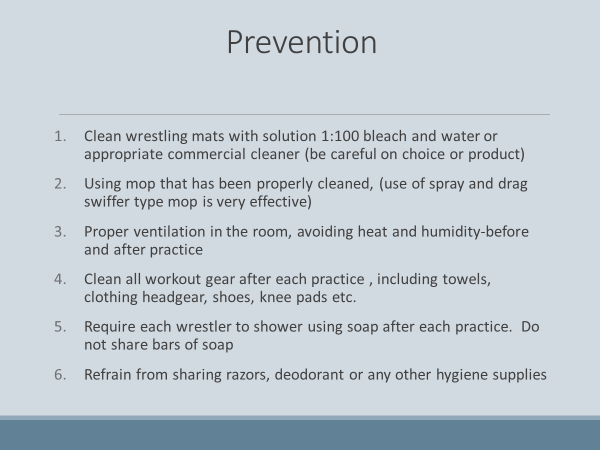
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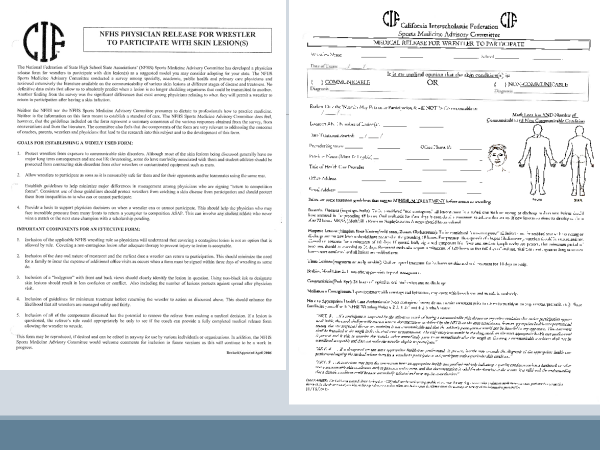
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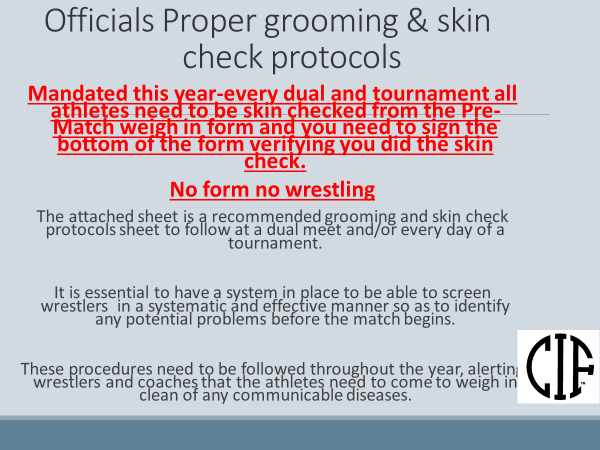
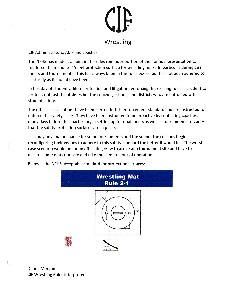
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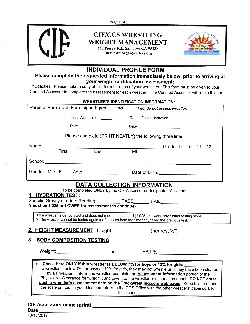
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**PRE MATCH WEIGH IN FORM**

**This is required at all dual meets and tournaments. Officials will ask for them to check off your wrestlers for skin check and will sign them for verification.**

**NO PRE-MATCH WEIGH IN FORM=NO WRESTLING**

**Wrestling Weight Management**

**IPF Needed for every Athlete**

**New method of measuring % Body Fat. ULTRASOUND WAND**

**CCS and CS are using method beginning in the 2017-18 Season.**

**Better read on % body fat**

* + [Science and Validation](http://intelametrix.com/FullSite/Science-Validation.html)

# The BodyMetrix™ System is

# **Portable Affordable Accurate**

**SAME REQUIREMENTS:**

**IPF FORM and Pay $10  
HYDRATION TEST  
HEIGHT TEST  
WEIGHT**

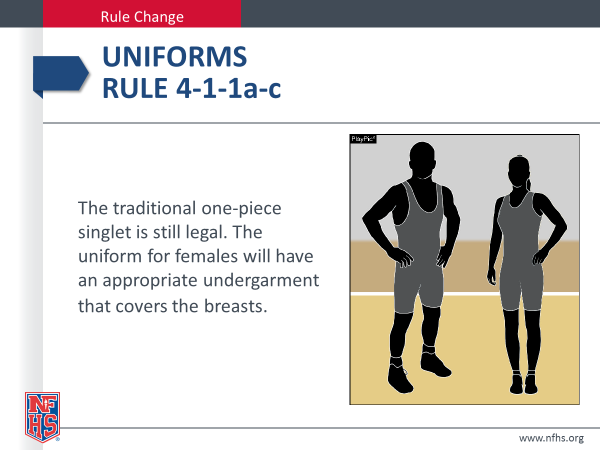
**HOST SITE MUST PROVIDE A SCALE**

* **Boys must wear either t-shirt and shorts or singlet**
* **Girls must wear with t-shirt and shorts or singlet-but must have a sports bra**

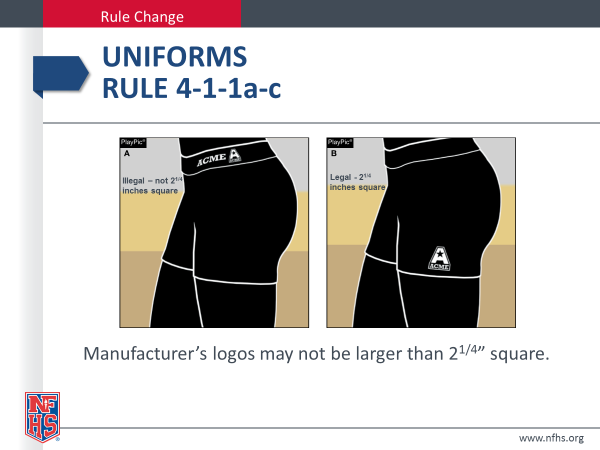
**NEW NFHS RULES**

**Uniforms:**

1. **ALL UNIFORMS MUST BE SCHOOL ISSUED**
2. **UNIFORMS CAN BE MIXED AND MATCHED FOR DUALS AND TOURNAMENTS**
3. **TIGHT OR LOOSE SHORTS ARE ALLOWEDD AS LONG AS THEY WERE DESIGNED BY THE MANUFACTURER SPECIFICALLY FOR WRESTLING**
4. **TIGHT FITTING SHIRT MUST HAVE A MINIMUM OF A 3 INCH TAIL AND MUST BE TUCKED INTO THE SHORTS AT ALL TIMES.**

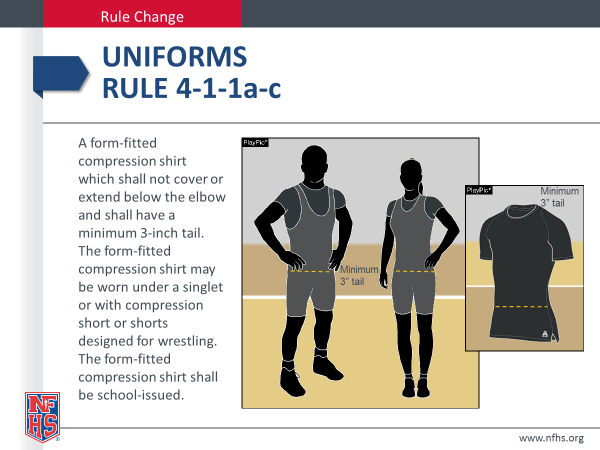
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**Old singlets still allowed Legal shorts allowed to be worn over singlet and by themselves/with a tight fitting shirt**

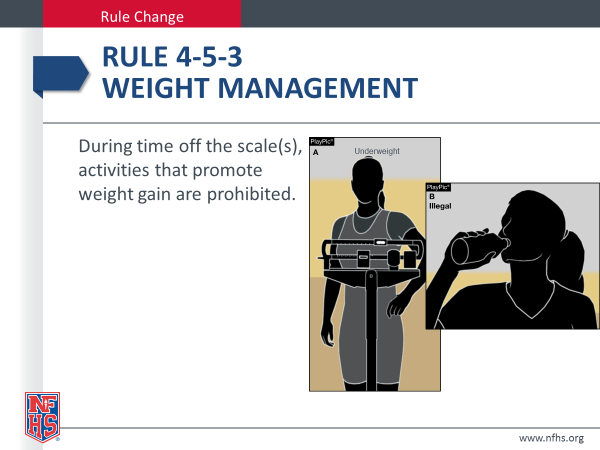
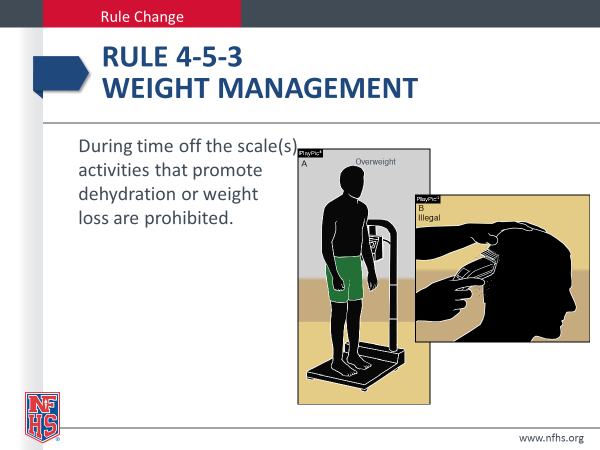
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**Shorts must have 4” inseam, no lower than the knees and no belt loops, belts, zipper, pockets rivets etc.**

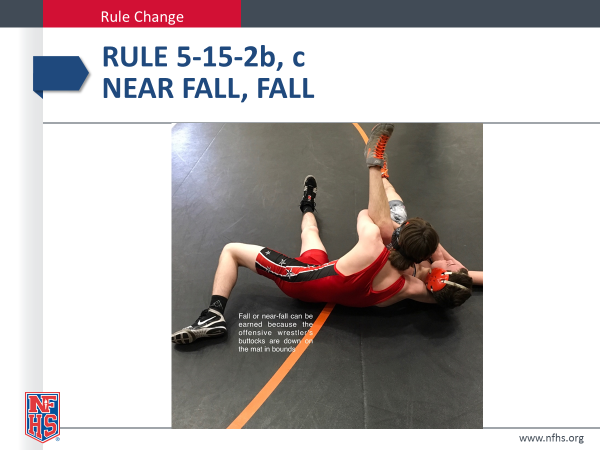
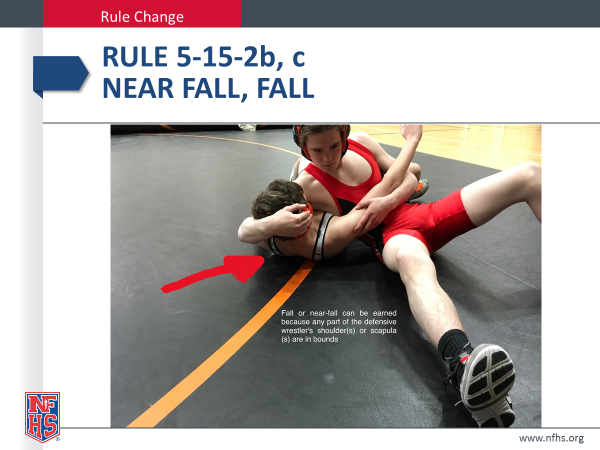
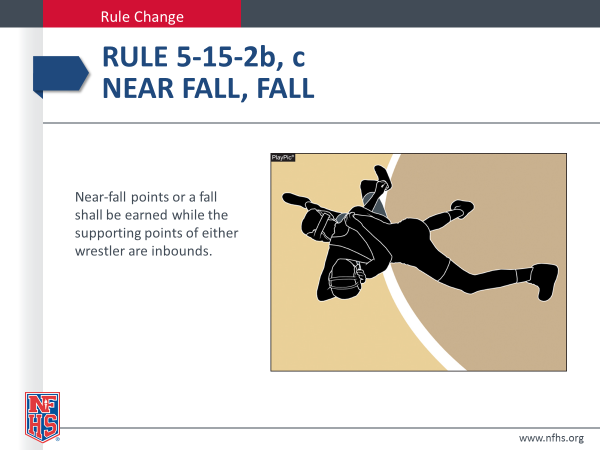
**TIGHT FITTING SHIRT**

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**WEIGHT CUTTING AT THE SCALE**

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**NEAR FALL AND FALLS SCORED OUT OF BOUNDS**

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