

MSHSL Wrestling Guidance & Information

PRACTICE

Required	<ul style="list-style-type: none"> ● Hand sanitizer must be used by participants and coaches as they enter and leave practice. ● Practice pods may not exceed 25. ● Masks/face coverings must be worn by coaches, staff, and other team personnel at all times. ● Student-athletes must wear a mask/face covering when they are not actively participating in practice on the mat. ● Avoid switching of training partners per day to limit transmission. ● Training partners must train in a single 10 x 10 area with 6-10 feet of separation between training areas. ● If the size of the practice area cannot accommodate 10 x 10 training areas for all pairs, then multiple practice/training sessions must be held. ● If multiple practice sessions are held daily the practice area must be sanitized between sessions. ● Team huddles may not take place. ● At the conclusion of practice leave the mat as soon as reasonably possible. ● Locker rooms and showers are not to be used. ● Wash your hands thoroughly or use a hand sanitizer after coming off the mat. ● All wrestlers must use simple soap and water wipes to clean the body. ● No social activity or congregation of students should take place. ● Student-athletes must shower immediately when they arrive at home.
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EQUIPMENT

Required	<ul style="list-style-type: none"> ● Wrestling mats must be sanitized before/after each practice ● All student-athletes must bring their own clearly labeled water bottle. Water bottles must not be shared. Drinking fountains may not be utilized. ● Student-athletes must wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
Recommendations & Considerations	<ul style="list-style-type: none"> ● Clean frequently touched objects and areas. ● Student-athlete bags shall be placed 6 feet apart. ● Provide hand sanitizer at all training facilities.

COMPETITIONS

Masks/Face Coverings

Required	<ul style="list-style-type: none"> ● Masks/face coverings must be worn by coaches, staff and other team personnel at all times. ● Masks/face coverings must be worn by student-athletes who are not actively participating in a contest. ● Officials must wear masks/face coverings at all times in the facility. Face shields are allowed during the contest.
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Official's Uniform and Equipment

Required	<ul style="list-style-type: none"> Masks/face coverings are required the entire time the official is in the facility. Face shields are allowed during the contest.
Recommendations & Considerations	<ul style="list-style-type: none"> Electronic whistles are permissible. Electronic whistles are recommended but not required. Electronic whistle must be utilized if a mask/face covering is worn during competition. If the referee uses a face shield, then a whistle can be used under the shield. Whistle coverings are permissible and recommended. Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating

Site Set Up

Required	<ul style="list-style-type: none"> See MSHSL Facilities and Event Management Bench personnel should observe social distancing of 6 feet. Recommend to place tape or other marks 6 feet apart on the floor. Benches and chairs may be utilized if social distancing is possible. The scorer's table is limited to essential personnel. Social distancing must be adhered to by all personnel and masks/face coverings must always be worn. Essential personnel are defined by the host school. More information is included in the MDE Guidelines. Visiting team personnel (scorer) are not deemed essential personnel and may not sit at the official scorer's table. An alternative location should be provided by the home team.
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Pre-competition

Required	<ul style="list-style-type: none"> Limit attendees at pre-match conference to one coach and one captain from each team, head referee and assistant referee (if applicable). The pre-match conference will remain at the center of the mat with one coach and one captain from each team positioned on each side of the referees(s). Handshakes may not occur prior to and following the pre-match conference. All four individuals will maintain a social distance of 3 to 6 feet. The coin toss will be conducted by the official who is the owner of the coin. This individual will handle the coin. Teams will remain socially distanced on their sideline for the playing of the National Anthem. Starting student-athletes will report to the scores table immediately following the national anthem. Team introductions may take place, social distancing must be maintained. Student-athletes must use hand sanitizer prior to their competition. Mats should be sanitized between meets. It is the home team's responsibility.
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Recommended:	<ul style="list-style-type: none"> Areas for video, web-streaming or televising should be designated prior to the contest and sanitized. See MSHSL
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	<p>Media Guidance</p> <ul style="list-style-type: none"> ● Additional signage may be necessary to identify restricted spectator areas. See Signage for Facilities and Events.
<p>Competition</p>	
<p>Required</p>	<ul style="list-style-type: none"> ● Officials will have no contact with either student-athlete during competition, including off the mat situations (wrestlers must stop on the whistle), in fall observations, and when stopping potentially dangerous holds. Zero Touching by the Referee. ● The student-athletes may shake hands prior to each match start and at the conclusion. Handshakes are not required; fist bumps and other acknowledgements are acceptable. ● Pre-match handshake or fist bumps should not occur between student-athletes/referees. ● Maintain social distancing of 3 to 6 feet between the wrestlers and assistant referee (if applicable). ● The Referee will raise the colored armband to signify the winning student-athlete. The student-athlete should raise their own arm to indicate victory. ● Teams should not huddle after each match and prior to the next match. ● The mats should be disinfected and dried appropriately in between each match. Social distancing must be maintained during time-outs (injury and equipment).
<p>Post-Match</p>	
<p>Required</p>	<ul style="list-style-type: none"> ● Post-game handshakes may not occur. ● Teams should remove trash and belongings from their bench area. ● Team post-game meetings should be brief and should observe social distancing. Masks/face coverings must be worn during post-match conversations by all. Referees' post-game meetings should be brief. ● The student-athlete should not make physical contact with the opposing coach, but rather, the student-athlete should acknowledge the coach with appropriate distance and no contact. ● No award ceremonies should take place following the competition. ● If a visiting team needs to shower/change they must be provided a space to do so. The space should establish capacity limits and these limits should be strictly followed, and they must be sanitized after use.
<p>Recommendations & Considerations</p>	<ul style="list-style-type: none"> ● Coaches and student-athletes should consider other ways to show post-game appreciation for opponents and officials. ● Food, drinks, and towels should not be shared. ● Home team participants should not use a locker room or changing area. Shower at home. ● No extra-curricular or social activity should take place after the match. No congregation after competition. ● All student-athletes should leave the facility immediately after the team has completed the competition.