

# NSAA WRESTLING NEWSLETTER

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A Publication by the Nebraska School Activities Association  
for Wrestling Coaches and Officials registered with the NSAA  
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## Comments

The 2009-10 wrestling season is gearing up for the home stretch. I would like to commend coaches and school officials on your professionalism. As we move forward to the district and state championships we focus the attention to competition and good sportsmanship on and off of the mat. Good Luck to all athletes and coaches!

## Skin Condition Checks

Schools are asked to keep monitoring skin conditions with all athletes involved in the sport of wrestling. The priority of the NSAA is the safety and health of the athletes. The NSAA has requested that each district tournament site have a physician or physician's assistant check each wrestler at weigh-ins. The onsite physician's or physician's assistant decision will **OVERRIDE** any NSAA Skin Form for skin lesions. Please contact the NSAA office with any serious skin condition cases within your team.

## Officials Ballot Results

100 Head Wrestling Coaches (47%) voted on-line for the selection of the 2010 state wrestling championship officials. The number of coaches voting increased 10 % from a year ago. Head Coaches: Your Vote Does Count!

## NSAA Weight Management –Districts

**Weight Management Section IV – D:** The Saturday of Week 29 of the Standardized Calendar (January 23rd) is the deadline to establish a minimum wrestling weight. Exception: A wrestler who has been medically released to participate, upon release, must complete an Alpha Test by an NSAA Assessor. The first weigh-in after January 23rd would establish the wrestler's minimum weight. \*\* After January 23rd a wrestler may weigh-in above his/her established minimum weight while still returning to the established minimum weight class at a 1.5% per week descent. (calculated daily)

\*\* Head Wrestling Coaches must present a copy of their ENTIRE team Pre-Match Weigh-In Form at the district seeding meeting.

\*\* After the seeding meeting a coach may replace an athlete only due to illness or injury. Wrestlers may not move from a different weight class after the seeding meeting is completed.

\*\* A wrestler must have at least ONE official weigh-in prior to the district tournament.

\*\* As of January 21st, 2010 there had been only two athletes and one head coach suspension involving weight management. Thank you to all coaches for your efforts with weight management.

## State Wrestling Tickets

The Qwest ticket staff has completed and begin to mail ticket orders by late January that were part of the December, 2009 drawing. On January 2<sup>nd</sup> 2010 Tickmaster began to sell remaining seats for all sessions. The link on the NSAA wrestling web page to Ticketmaster will remain open through the state championship.

Tickets may be purchased at the Qwest Ticket Office window during the days of the State Championships if seats are still available.

## Wrestling Ejections Update

Ejections for wrestling as reported to the NSAA office as of January 21<sup>st</sup>, 2109: **Wrestlers = 9 (6-Varsity and 3 Junior Varsity) and Coaches = 0.** Officials and schools are reminded to file an ejection report on-line with the NSAA office (if you have an ejection) right after the meet.

## 2010 NSAA State Wrestling Championship Officials

The difficult task of selecting the 2009 NSAA State Wrestling Championship officials has been completed. Nebraska is very fortunate to have many talented officials. 50 officials applied on-line for the state championships. Congratulations to the following officials that have been selected:

1. Bryce Abbey	Kearney
2. Jeremy Broz	Valley
2. Josh Broz	Gretna
3. Daryl Colwell	Alliance
4. Bart Deterding	Cambridge
5. Michael Evans	Gretna
6. Steve Faber	Gibbon
7. Dustin Favinger	Cozad
8. Doug Hoops	North Bend
9. Rusty Hunt	Lincoln
10. Mark Jensen	Burwell
12. Kevin Nordhues	Greeley
13. Todd Parr	Gibbon
14. Phil Pisasale	Omaha
15. Albert Rodriguez	Lincoln
16. Jim Sackett	Omaha
17. Neal Stepanek	Omaha
18. Travis Stutzman	Columbus
19. David Walton	Omaha
20. Brian Woolsey	Lincoln
Alternate 1: Dale Bean	Kearney
Alternate 2: Leonard Hawkins	Bellevue

## Preventive Officiating Reminders:

\*\* Quickly confirm score with table after each period.

\*\* Check & sign bout cards during a tournament.

\*\* Signal wrestlers to report to mat after properly reporting to the score table.

\*\* From the referee's position –the wrestlers go to their feet - the offensive wrestler must make an effort to return the defensive wrestler to the mat. There is no longer any mention of a 5 second count. If the official believes there is not an effort to return the defensive wrestler to the mat; it is considered stalling at any point in the match including the sudden victory period.

\*\*During an officials time out,if the score needs to be corrected or if the coach calls the official to the table; wrestlers are to remain in the 10 foot center circle. Other coaching staff must remain in the designated coaching area—coaching is allowed from the designated area. (Rule 6-6)