



# 2020-2021 MINNESOTA STATE HIGH SCHOOL LEAGUE

## Wrestling

Note that the resumption of all activities and athletics are subject to change, based on the most current information, directives from state government and health department officials, and member school feedback.

- Start date: November 30, 2020
- First competition date: December 10, 2020 (including lower levels)
- Last date of regular season competition: February 13, 2021
- First date of Post-Season Play: February 15, 2021
- Season end date: Saturday, March 6, 2021
- Total weeks including postseason: 14
- Maximum number of events: 16 (regular season)
- Maximum number of events per week: 2
- Maximum number of matches for each student-athlete: 32
- Duals and Triangulars only. No Invitationals or tournaments. No scrimmages. No jamborees.
- Conference, Section, Regional or local teams as defined by the school.

### General Guidance

- All aspects of athletics including meetings, practices, competitions, transportation and facility usage must align with the requirements of the Minnesota Department of Education plan for return to learning, must follow the requirements from the Minnesota Department of Health's Guidance on Youth Sports, and must include the required actions identified in the Governor's Executive Orders.
- The first week of practice should focus on implementing effective protocols and routines for pre participation screenings, effective social distancing, compliance with all health recommendations, establishment of pod limits of 25 or less, and additional actions that mitigate the spread of disease and enhance safety of student-athletes and coaches.
- Athletic programs must follow the identified protocols for student-athletes or coaches who have tested positive, are experiencing symptoms consistent with a COVID-19 diagnosis or have had exposure to an individual who has been diagnosed with COVID-19.
- For schools that are required by localized metrics to be in a distance learning mode, practices are limited to virtual contact only.
- Interscholastic scrimmages (including Jamborees) will not be allowed.
- Competitions with opponents from bordering states are allowed when less than 50 miles one way and when determined as local. Competitions of greater distances may be approved by the MSHSL with supporting rationale. Any out of state competition must follow MSHSL guidelines for competition types.
- Sportsmanship should have a constant presence in all school-based athletics.
  - Teams are encouraged to find appropriate methods of demonstrating good sportsmanship and respect towards others within the physical distance guidance.
  - Additional care should be taken when addressing contest officials with questions or seeking interpretations. At no time, other than in the natural course of competition, should a coach or student-athlete violate the required physical distance with an official. Any coach or student athlete verbally interacts with an official must do so with a mask on and at a safe distance.

## COVID-19 NOTICE

### PLEASE READ CAREFULLY

In accordance with governmental directives, the MSHSL will offer certain activities subject to compliance with local, state, and federal laws, regulations, and guidelines. The Minnesota Department of Health, Minnesota Department of Education and the MSHSL have developed guidance and requirements related to youth sports, use of school facilities and modifications of MSHSL activities designed to keep participants safe and reduce the spread of COVID-19. Even with these measures, the MSHSL cannot guarantee that student-athletes or other individuals participating in organized athletic activities (“Participants”) will not be exposed to COVID-19. Participants and their parents/legal guardians should consider the risks

before participating in any MSHSL activities. It is a shared responsibility to protect everyone from COVID-19 and Participants should follow State/CDC guidelines to reduce the risk of exposure, including but not limited to the following:

- Stay home as much as possible;
- Stay at least 6 feet from other people if you are in public places;
- Avoid close contact with people who are sick;
- Wash your hands often, with soap and water. Wash for at least 20seconds;
- Always wash your hands after being in a public place;
- Always wash your hands after blowing your nose, coughing, or sneezing;
- If soap and water are not available, use hand sanitizer that is at least 60% alcohol;
- Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash;
- Wear masks/face coverings that cover your nose and mouth and fit snugly against the sides of your face.

In recognizing the serious nature of the COVID-19 pandemic and the positive impact that participation in MSHSL fine arts activities and athletics has on student-athletes participants, it is imperative that student-athletes and families know and understand the following:

1. Participating in MSHSL activities is **voluntary**.
2. While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID- 19 must be followed.
3. Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
4. Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities. The MSHSL Graduated Return to Sport protocol is recommended following a diagnosis.
5. Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.

Additional information regarding Activity Participation and COVID can be found at:

- [health.state.mn.us/diseases/coronavirus/sportsguide.pdf](https://health.state.mn.us/diseases/coronavirus/sportsguide.pdf),
- [health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf](https://health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf)
- [www.mshsl.org](http://www.mshsl.org)
- [www.nfhs.org](http://www.nfhs.org)

**COVID Related Guidance:**

1. Educate student-athletes about physical distancing, handwashing and sanitizer use, and other immune system protocols.
2. Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
3. Individually or as a team, participants should confirm that they are symptom free. These confirmations can be aligned with the CDC’s “Coronavirus Self-Checker” or current recommendations.
4. A record should be kept of all individuals present at practices and competitions (contact tracing).
5. It is recommended that personal prep areas are to be set up prior to practice - Cones or other markers should be set up at least 6 feet apart so student-athlete have a specific place for their own bag, water bottle, etc. One cone or marker should be assigned per student-athlete.
6. Avoid grouping of athletes at start and end of practice or during transitions. Staggered start times for practices and team meetings are recommended, when possible and when space does not allow student-athlete to come and go from separate areas.
7. Workouts should be conducted in “pods” – following current State Return-to-Play guidelines. Pods are small groups of student-athletes always working out together. This will ensure limited exposure if someone develops an infection.
8. Whenever possible, student-athletes should maintain the recommended six feet of distancing between individuals and should not be in contact with each other. In addition, there is to be no sharing of equipment to the extent that it is possible.
9. Officials are not expected to monitor physical distancing: each person is responsible to provide space between themselves and others. Coaches should provide direction to their student-athletes regarding social distancing and other safety protocols.
10. Team celebrations or congratulations should be no-touch and should be done with appropriate social distancing.

**MSHSL Wrestling Guidance and Information**

Practice	
Required	<ul style="list-style-type: none"> <li>• Hand sanitizer must be used by participants and coaches as they enter and leave practice.</li> <li>• Pods must be no larger than 25. Pods include players, coaches, and managers.</li> <li>• Masks/face coverings must be worn by coaches, staff, and other team personnel at all times.</li> <li>• Student-athletes must wear a mask/face covering when they are not actively participating in practice on the mat.</li> <li>• Avoid switching of training partners per day to limit transmission.</li> <li>• Training partners must train in a single 10 x 10 area with 6-10 feet of separation between training areas.</li> <li>• If the size of the practice area cannot accommodate 10 x 10 training</li> </ul>

	<p>areas for all pairs, then multiple practice/training sessions must be held.</p> <ul style="list-style-type: none"> <li>• If multiple practice sessions are held daily the practice area must be sanitized between sessions.</li> <li>• Team huddles may not take place.</li> <li>• At the conclusion of practice leave the mat as soon as reasonably possible.</li> <li>• Wash your hands thoroughly or use a hand sanitizer after coming off the mat.</li> <li>• All wrestlers must use simple soap and water wipes to clean body.</li> <li>• No social activity or congregation of students should take place.</li> <li>• Student-athletes must shower immediately when they arrive at home.</li> </ul>
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**Equipment**

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

- Teams shall be allowed to shower immediately after the conclusion of the competition or practice.
  - Student athletes must maintain social distancing of 6 feet
  - If the locker room is not large enough to provide appropriate social distancing of 6 feet for the entire pod then the pod must be divided into smaller groups that allow proper social distancing.
  - The locker room must be sanitized after the complete pod has exited.
  - Pods and social distancing must still be maintained.
  - Student-athletes must maintain social distancing of 6 feet
  - Student-athletes must wear an appropriate mask/face covering
  - If the locker room is not large enough to provide appropriate social distancing of 6 feet for the entire pod, then the pod must be divided into smaller groups that allow proper social distancing.
- If students are in distance learning they should arrive at school for practice dressed for practice
- If students are in distance learning they should arrive at school dressed in uniform ready for competition.
- **\*\*Note: Wrestling locker room guidelines are different from other sports.**

**Competition**

**Masks/Face Coverings**

<p>Required</p>	<ul style="list-style-type: none"> <li>• Masks/face coverings must be worn by coaches, staff and other team personnel at all times.</li> <li>• Masks/face coverings must be worn by student-athletes who are not actively participating in a contest.</li> <li>• Officials must wear masks/face coverings at all times in the facility. Face shields are allowed during the contest.</li> </ul> <p>The following are considered appropriate mask/face coverings— paper or disposable masks, cloth masks, or neck gaiters. Face coverings at contests are limited to neutral or school colors. These may include only the school names and/or mascot. The manufacturer's logo, if present, may not be larger than 2 inches by 2 inches.</p>
<p><b>Official's Uniform and Equipment</b></p>	
<p>Required</p>	<ul style="list-style-type: none"> <li>• Masks/face coverings are required the entire time the official is in the facility. Face shields are allowed during the contest.</li> <li>• Whenever possible it is recommended that locker rooms not be used by officials</li> <li>• If locker rooms are to be used:             <ul style="list-style-type: none"> <li>• Officials must maintain proper social distancing of 6 feet.</li> <li>• Officials must wear an appropriate mask/face covering</li> </ul> </li> <li>• The locker room must be sanitized after the officials exit</li> </ul>
<p>Recommendations and Considerations</p>	<ul style="list-style-type: none"> <li>• Electronic whistles are permissible. Electronic whistles are recommended but not required.</li> <li>• 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.</li> <li>• Whistle coverings are permissible and recommended.</li> <li>• Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating.</li> </ul>
<p><b>Site Set Up</b></p>	
<p>Required</p>	<ul style="list-style-type: none"> <li>• See <a href="#">MSHSL Facilities and Event Management</a></li> <li>• For Triangular Events the Host school will wrestle 1<sup>st</sup> and 3<sup>rd</sup> match</li> <li>• For Triangular events, only fans may only attend the match in which their school is wrestling.</li> <li>• Bench personnel should observe social distancing of 6 feet. Recommend to place tape or other marks 6 feet apart on the floor.</li> <li>• Benches and chairs may be utilized if social distancing is possible.</li> <li>• 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.</li> <li>• Essential personnel are defined by the host school. More information is included in the MDE Guidelines.</li> <li>• Visiting team personnel (scorer) are not deemed essential</li> </ul>

	<p>personnel and may not sit at the official scorer’s table. An alternative location should be provided by the home team.</p>
<p><b>Pre-competition</b></p>	
<p>Required</p>	<ul style="list-style-type: none"> <li>• Visiting schools may not arrive more than one hour prior to the first dual</li> <li>• Warmups shall be limited to 30 minutes</li> <li>• Proper social distancing must be maintained during warmups</li> </ul> <p>Weigh Ins:</p> <ul style="list-style-type: none"> <li>• Weigh-ins may take place at school before the team travels for an away competition. The weigh ins will take place at a mutually agreeable time established by the schools prior to the match.</li> <li>• All weigh ins must be recorded on paper using the TrackWrestling weigh in sheet</li> <li>• All weigh ins must be witnessed by and certified by a school administrator who is not a coach</li> <li>• Limit attendees at pre-match conference to one coach and one captain from each team, head referee and assistant referee (if applicable).</li> <li>• 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).</li> <li>• Handshakes may not occur prior to and following the pre-match conference.</li> <li>• All four individuals will maintain a social distance of 3 to 6 feet.</li> <li>• The coin toss will be conducted by the official who is the owner of the coin. This individual will handle the coin.</li> <li>• Teams will remain socially distanced on their sideline for the playing of the National Anthem.</li> <li>• Starting student-athletes will report to the scores table immediately following the national anthem.</li> <li>• Team introductions may take place, social distancing must be maintained.</li> <li>• Student-athletes must use hand sanitizer prior to their competition.</li> </ul> <p>Mat Sanitization: Mats must be sanitized as follows for dual and triangular events</p> <ul style="list-style-type: none"> <li>• Before warmups</li> <li>• At the conclusion of warmups prior to the first dual on the mat</li> <li>• After the conclusion of the dual</li> <li>• Repeat the process above for each dual</li> </ul>
<p>Recommended:</p>	<ul style="list-style-type: none"> <li>• Areas for video, web-streaming or televising should be designated prior to the contest and sanitized. See <a href="#">MSHSL Media Guidance</a></li> <li>• Additional signage may be necessary to identify restricted spectator areas. <a href="#">See Signage for Facilities and Events.</a></li> </ul>

<b>Competition</b>	
<b>Required</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• Pre-match handshakes or fist bumps should not occur between student-athletes/referees.</li> <li>• Maintain social distancing of 3 to 6 feet between the wrestlers and assistant referee (if applicable).</li> <li>• The Referee will raise the colored arm band to signify the winning student-athlete.</li> <li>• The student-athlete <b>must</b> raise their own arm to indicate victory.</li> <li>• Teams should not huddle after each match and prior to the next match.</li> <li>• Social distancing must be maintained during time-outs (injury and equipment).</li> </ul>
<b>Post-Match</b>	
<b>Required</b>	<ul style="list-style-type: none"> <li>• Post-game handshakes may not occur.</li> <li>• Teams should remove trash and belongings from their bench area.</li> <li>• Team post-game meetings should be brief and should observe social distancing.</li> <li>• Masks/face coverings must be worn during post-match conversations by all.</li> <li>• Referees' post-game meetings should be brief.</li> <li>• 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.</li> <li>• No award ceremonies should take place following the competition.</li> <li>• 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.</li> </ul>
<b>Recommendations and Considerations</b>	<ul style="list-style-type: none"> <li>• Coaches and student-athletes should consider other ways to show post-game appreciation for opponents and officials.</li> <li>• Food, drinks, and towels should not be shared.</li> <li>• No extra-curricular or social activity should take place after the match. No congregation after competition.</li> <li>• All student-athletes should leave the facility immediately after the team has completed the competition.</li> </ul>