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## 2020 WRESTLING ONLINE RULES CLINIC INSTRUCTIONS

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### **System Requirements:**

1. Browser Requirements: Best Viewed with Internet Explorer 7.0 or higher or Firefox 3.0 or higher. Safari on Windows is NOT supported.
2. Popup Windows: Make sure that your browser allows popup windows or the test will NOT display.
3. Microsoft Silverlight: The video presentation requires Microsoft Silverlight. Click [here](#) to verify your Silverlight installation.

**The 2020 WRESTLING rules clinic for coaches and officials will be offered online from MONDAY September 28, 2020 – SUNDAY October 25, 2020.** The online rules clinic consists of a video presentation and a 10 question quiz presented at the conclusion of the video. You must answer 8 out of 10 questions correctly in order to receive credit for attending the clinic. If you do not answer 8 questions correctly, you must view the video in its entirety and answer the questions again. You can view the presentation and take the quiz any time day or night during the assigned period.

*Head Wrestling Coaches who fail to watch the video and pass the quiz in the above mentioned time frame will not be allowed to coach his/her team and shall be assessed a late fee as stated in Rule 3.9 of the LHSAA Handbook.*

Beginning September 28, 2020, head wrestling coaches and officials will login to <http://www.lhsaaonline.org> using the username and password that has been assigned to them by their principal or RCO. Once logged into the system you will need to click the Online Clinics tab, then click the "Online Wrestling Clinic" link. This will start the video. Once the video starts, you will not be able to pause, rewind it, or advance it. Once the presentation is finished, you will have 30 seconds to start the quiz and 30 seconds to answer each question. If you do not start the quiz in the appropriate time period, the system will not let you continue the and you will have to watch the entire clinic from the beginning.