



2025-26 WRESTLING

Policy Manual

TABLE OF CONTENTS

CONTENT	PAGES
IMPORTANT DATES	PAGE 3
WRESTLING DIVISION FOR 2025-26	PAGE 4
RULES CLINICS	PAGE 5
CONTEST LIMITATIONS	PAGE 6
LHSAA WEIGHT MANAGEMENT PROGRAM	PAGES 6-12
TRACK WRESTLING INFORMATION	PAGE 13 -14
MEET/TOURNAMENT PROTOCOL	PAGE 15
HEALTH/SAFETY INFORMATION	PAGE 16
STATE TOURNAMENT SEEDING INFORMATION	PAGES 17-18
DOLLAMUR MATS	PAGE 19
HUDL/VIDEO INFORMATION	PAGE 20

IMPORTANT DATES

2025-2026 DATES	ACTIVITY
MONDAY, OCTOBER 6, 2025	1st Practice/ Earliest Scrimmage (Current medical history/exam, athletic participation/ parental permission, and substance misuse forms must be on file.)
MONDAY, OCTOBER 20, 2025- THURSDAY, DECEMBER 4, 2025	Winter Sports - Eligibility Ruling Request Submissions due
MONDAY, OCTOBER 27, 2025 - SATURDAY, NOVEMBER 1, 2025	Takedown Tournaments (Eligibility must be submitted online.) (<u>Last week for students to compete independently from their school 4.2.9(6).</u>)
MONDAY, NOVEMBER 3, 2025	1st Meet (If takedown tournament not played, eligibility must be submitted online)
MONDAY, JANUARY 5, 2026	Deadline for submitting GPAs online for seniors for All- Academic
SATURDAY, JANUARY 31, 2026	Posting Wrestler Information on Track Wrestling; Submit State Entries
SATURDAY, JANUARY 31, 2026	End of Regular Season (All Divisions)
MONDAY, FEBRUARY 2, 2026	State Tournament Seeding Meeting
FRIDAY, FEBRUARY 6, 2026 - SATURDAY, FEBRUARY 7, 2026	State Tournament
SUNDAY, FEBRUARY 8, 2026 - END OF SCHOOL	Weight training/ conditioning permitted. No practice/ contests allowed
SUNDAY, MAY 17, 2026	Summer Rules Begin
Dates/weeks adjusted one week due to Mardi Gras Holiday conflict per Bylaw 25.7.2	

2025-26 Wrestling Divisions

DIVISION I				DIVISION COORDINATOR
Acadiana	Central Lafourche	H.L. Bourgeois	Riverdale	Tommy Prochaska Catholic High School
Airline	Chalmette	Hahnville	Ruston	
Barbe	Covington	Haughton	Slidell	
Baton Rouge	Denham Springs	Holy Cross+	Southside	
Benton	Destrehan	Jesuit	St. Amant	
Bonnabel	Dutchtown	Lafayette	St. Paul's	
Brother Martin	East Ascension	Live Oak	Sulphur	
Byrd, C.E.	East Jefferson	Mandeville	Terrebonne	
Catholic - B.R.	Ehret, John	Northshore	Walker	
Central - B.R.	Fontainebleau	Parkway	Zachary	
DIVISION II				DIVISION COORDINATOR
A.J. Ellender	Comeaux	North Vermilion	St. Michael	Jimmy Bible Brusly High School
Archbishop Hannan	E.D. White	Northside	St. Thomas More	
Archbishop Rummel	Kenner Discovery	Pearl River	Tara	
Archbishop Shaw	L.W. Higgins	Plaquemine	Teurlings Catholic	
Belle Chasse	LCCP	Prairieville	Vandebilt Catholic	
Bossier	Lakeshore	Rayne	West Feliciana	
Broadmoor	Leesville	Sam Houston	Westgate	
Brusly	McKinley	Scotlandville	Woodlawn B.R.	
Caddo Magnet	N.O.M.M.A	South Terrebonne		
Carencro	North DeSoto	St. Augustine		
DIVISION III				DIVISION COORDINATOR
Albany	Erath	La. School for Visually Impaired	Springfield	Mike Capitano South Beauregard High School
Basile	Evangel Christian	Northeast	St. Edmund	
Bell City	Fisher	Notre Dame	St. Frederick	
Christ Episcopal	Glen Oaks	Opelousas Catholic	St. Louis Catholic	
Church Point	Haynes Academy	Patrick Taylor	St. Mary's	
Crowley	Helix Mentorship	Rosepine	Thomas Jefferson	
De La Salle	Houma Christian	Slaughter Community Charter	Vermilion Catholic	
DeQuincy	John Curtis Christian	South Beauregard	Vinton	
Dunham	Kaplan	South Plaquemines	Westlake	
Episcopal				
Division I Girls				DIVISION COORDINATOR
Acad. of Our Lady	Christ Episcopal	Leesville	Scotlandville	Jay Fauchaux Archbishop Hannan High School
Acadiana	Covington	Live Oak	Slaughter Community Charter	
Airline	Destrehan	Mandeville	Slidell	
Albany	Dutchtown	McKinley	South Beauregard	
Archbishop Hannan	E.D. White	NOMMA	South Plaquemines	
Barbe	East Ascension	North DeSoto	South Terrebonne	
Basile	East Jefferson	North Vermillion	St. Amant	
Baton Rouge	Ehret, John	Northeast	St. Frederick	
Belle Chasse	Erath	Northshore	St. Michael	
Benton	Fontainebleau	Parkway	Sulphur	
Bossier	H.L. Bourgeois	Patrick Taylor	Tara	
Broadmoor	Hahnville	Pearl River	Terrebonne	
Brusly	Haughton	Plaquemine	Vinton	
C.E. Byrd	Haynes Academy	Prairieville	Walker	
Caddo Magnet	John Curtis	Rayne	West Feliciana	
Carencro	Kenner Discovery	Riverdale	Westgate	
Central - B.R.	L.W. Higgins	Rosepine	Woodlawn - B.R.	
Central Lafourche	Lafayette	Ruston	Zachary	
Chalmette	Lakeshore	Sam Houston		

ONLINE RULES CLINIC

Online Rules Clinic will be available: **Monday, September 29, 2025 - Sunday, October 26, 2025**

3.8 RULES CLINIC ATTENDANCE - If a school participates in the sports of baseball, girls' and/or boys' basketball, football, girls' and/or boys' golf, girls' and/or boys' soccer, softball, girls' and/or boys' tennis, girls' and/or boys' outdoor track and field, volleyball and/or wrestling, it shall be mandatory that the head coach shall attend, on-site and / or online, an LHSAA-administered state rules clinic in that sport. Coaches arriving late to the on-site rules clinic may not be given credit for attendance. Coaches should confirm their attendance has been recorded before leaving the on-site clinic. A head coach failing to attend the rules clinic shall not be allowed to coach an interscholastic contest until he/she completes the required clinic and shall be assessed a \$50 late charge. The LHSAA shall notify the principal of any school whose head coach is in violation of this rule within three working days of the close of the rules clinic. A head coach that meets all other requirements to be a head coach shall not be considered in violation of the coaches' rule for failure to complete the rules clinic prior to verifiable notification by the LHSAA that the rules clinic has not been properly completed by the coach in question.

INSTRUCTIONS FOR TAKING MANDATORY ONLINE RULES CLINIC

1. Log on to www.lhsaaonline.org.
2. The head wrestling coach should receive a username and password from his/her principal that will be used throughout the wrestling season. If you do not have one or forgot your username and/or password, please contact your school principal.
3. Click the Online Rules Clinic Tab
4. Listed under Sports Clinics will be the link to complete the Wrestling Online Rules Clinic when it becomes available. (See dates above)

Please ensure that you are taking Wrestling Rules Clinic, not LHSAA the Handbook Clinic. Head coaches must complete the LHSAA Handbook Clinic every three years. New head coaches must complete the LHSAA Handbook Clinic.

Welcome to the LHSAA Coaches Website

Home	Forms	Power Ranking / Sports' Schedules	Online Clinics	Playoff Brackets	Disqualification Report
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Online Clinics

NOTE for Internet Explorer 10 users: You must put IE 10 in compatibility view after you login to the Member Site. To do this either click the Tools menu and click Compatibility View or click the compatibility view button in the address bar. Otherwise you will get an "input string not attached or incorrect" error taking the online rules clinic quiz.

LHSAA Handbook Clinic

▶ [Online Handbook Clinic](#) Available

Sports Clinics - Clinics will only be listed below during certain specific dates assigned to the sport.

▶ [Wrestling Rules Clinic](#) Available

Please send us any comments, questions, or suggestions using the [Contact Us](#) form or call the LHSAA office.

CONTEST LIMITATIONS

Please refer to the LHSAA Handbook for all other rules and regulations as they pertain to the sport of wrestling. The Handbook can be found on the LHSAA website. **Teams cannot practice together under any circumstances.**

4.2.9(6) Sports Seasons:

An athlete may participate with an independent team in the sport of wrestling provided that such participation takes place prior to the LHSAA defined first contest date. LHSAA high school teams shall not practice or participate with independent teams or individuals during this designated period.

6.9 Scrimmages

6.9.3 Once a school participates in a jamboree or regular season contest, it shall not participate in an interschool scrimmage during that sports season.

6.9.4 No more than three schools shall participate in an interschool scrimmage at the same site, at the same time, and on the same day.

25.2.1 Pre-Season:

1. A team shall be limited to two (2) pre-season scrimmages. **(Eligibility Shall be submitted online)**
2. A team shall be limited to one (1) takedown tournament. **(Eligibility Shall be submitted online)**

25.2.2 Week: (Sunday-Saturday)

The number of interschool meets in which a student may participate shall be limited to two dual meets or one tri-meet and a tournament in a week or two tournaments in a week when school is not in session during the Thanksgiving and/ or Christmas holidays.

25.4.4 A team participating in a takedown tournament shall not participate in an interscholastic scrimmage thereafter.

NFHS Section 4 Representation:

ART. 3 No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than six (6) matches (championship or consolation), excluding forfeits, in any one day competition.

ART. 7 No contestant shall wrestle in more than 10 matches in a two - consecutive day period.

LHSAA WEIGHT MANAGEMENT PROGRAM

LHSAA BOYS' WEIGHT CLASSIFICATIONS						
106 lbs.	113 lbs.	120 lbs.	126 lbs.	132 lbs.	138 lbs.	144 lbs.
150 lbs.	157 lbs.	165 lbs.	175 lbs.	190 lbs.	215 lbs.	285 lbs.

LHSAA GIRLS' WEIGHT CLASSIFICATIONS					
100 lbs.	107 lbs.	114 lbs.	120 lbs.	126 lbs.	132 lbs.
138 lbs.	145 lbs.	152 lbs.	165 lbs.	185 lbs.	235 lbs.

The LHSAA's Wrestling Weight Management Program is designed to assist all student-athletes in the elimination of rapid or severe weight reduction programs that have been proven to be harmful to student-athletes. It is the LHSAA's philosophy that the basis for a second and healthy weight control plan is best designed when the wrestler, his/her parents, his/her coach and physician are included in the planning process.

A wrestler shall meet the following criteria to qualify in a specific weight class for regular season meets and tournaments and the state tournament:

- The wrestler shall pass a hydration test and establish a minimum weight class before participating in any scheduled competition.
- The wrestler shall not compete in any competition, including out of state competition, at a weight below his/her eligible wrestling weight class as listed on the Track Wrestling site and the weigh-in sheet for each event. If a wrestler fails to abide by this rule, please refer to **Rule 25.6.3** in the LHSAA Handbook.
 - The eligible wrestling weight based on his/her descent rate will determine the minimum weight and maximum weight classes a wrestler may wrestle at the State Tournament.
 - **Consecutive day competition weight allowances CANNOT qualify a student for a lower weight class than their 1.5% per week decent rate allows**
- **25.6.7** Every wrestler's weigh - ins and results shall be entered on the Track Wrestling website after the completion of each competition. Failure to submit the results timely shall result in the school being fined \$50 per occurrence. Schools submitting inaccurate or false information shall be fined \$100 per occurrence and the coach shall be penalized.

LHSAA WEIGHT MANAGEMENT PROGRAM

Rules Specific to the LHSAA Wrestling Weight Management Program

Prior to completing the Weight Management Program, each athlete shall be fully registered and submitted to the LHSAA Wrestling roster by the principal.

REGULATION - All wrestlers shall complete the LHSAA Weight Management Test in order to be eligible to compete in wrestling at all levels of competition.

TESTING - All wrestlers will be given a hydration test using a refractometer to determine the specific gravity. Wrestlers that pass the hydration test will then be given the Bio-Impedance Body Composition Test on the **approved scale by the LHSAA** and given a printout of the results. **Wrestlers that fail the hydration test will have to wait 24 hours before a re-test can be done.** Wrestlers must pass the hydration test before taking the BIA.

FEES - Schools will be assessed \$10 per wrestler for each test administered. Wrestlers that fail the hydration test shall be re-tested at \$10 per test. If you are paying with a check for the hydration test, please make it out to SROTC. All fees shall be paid at the time the test is administered to the TEST ADMINISTRATOR.

WEIGHT MANAGEMENT AND TESTING PREPARATION GUIDELINES

1. No vigorous activity on the evening before and the day of testing.
2. Avoid any caffeinated beverages on the day before and the day of testing.
3. On the day of the testing you should drink 500ml (about 17 ounces) of fluid (a sports drink is an excellent choice). This will ensure the wrestler is adequately hydrated prior to testing.
4. Avoid any vitamin or mineral supplement two days before the day of testing.

TESTING SCHEDULE - All schools must report for testing on the day, time and at the site assigned. **Any changes to the schedule must be requested in writing and approved by Adam MacDowell at the LHSAA. There will be no alternate testing dates except for emergencies, which must be approved by Adam MacDowell. Adam can be reached at AMacDowell@lhsaa.org or (225) 300-4212.**

TESTING DAY

1. Schools should report at the site for their scheduled time.
2. Wrestler must show his/her ID at the hydration test and at the scale.
3. All contestants shall weigh in wearing a legal uniform and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh in wearing shoes or ear guards. Female contestants shall also wear a suitable form-fitted compression undergarment that completely covers their breasts.
4. All athletes must be present 15 minutes prior to closing time to be tested.

WHO MUST BE PRESENT - A head coach, assistant coach or faculty/school representative must accompany wrestlers to the test and sign the testing sheets or wrestlers will not be tested. **It is recommended that an adult of the same gender of the athlete being assessed be present when the assessment is conducted.**

SCHEDULED RE-TESTS/SPECIAL SITUATIONS - Once a coach has scheduled a day and time for a wrestler other than the scheduled test dates, the school shall be charged for the test if the athlete does not show up for the test. Remember, all tests (including hydration re-tests) given other than the scheduled dates shall require approval of Adam MacDowell.

January 11th and 18th are the final 2 days for wrestlers who have never wrestled to take the test.

APPEALS - A wrestler who has successfully completed the certification process may appeal the results of the test under the following conditions:

- The wrestler's coach must contact the area testing coordinator to set up an appeal of the initial certification. It is the **coach's** responsibility to set up the appeal. Failure to timely complete the appeal shall result in the appeal being denied and no appeal shall be allowed.
- The appeal may occur only one (1) time, and the results of the appeal shall become official.
- The fee for the appeal shall be \$20.00 to be paid at the time of the test to the test administrator.
- If a wrestler who is appealing fails the hydration portion, he/she may make as many attempts as necessary to pass the hydration portion. Each additional attempt at hydration shall require a \$20.00 fee. (**NOTE: There is a mandatory 24 hour waiting period between hydration tests.**)
- A wrestler that has certified at or below 7% body fat percentage for males or 12% body fat percentage for females may have the opportunity to challenge the scale during the INITIAL assessment process. The wrestler may wait a period of no less than 10 minutes before stepping on the scale again. (No weight loss activity may occur in that 10-minute period). The new weight and body fat percentage shall be recorded as the official result. The athlete will not be charged an additional fee for this immediate appeal and only athletes under 7% body fat for males or 12% body fat for females will be allowed the immediate appeal. Any wrestler that has a body fat less than 7% in males and 12% in females must be cleared by a physician using the attached Physician Release Form found on the Wrestling page of the LHSAA website.
- Once the wrestler successfully passes the hydration portion, the appeal process can be completed and once the appeal is successfully completed, the minimum weight resulting in the minimum weight class in which the wrestler may compete will be recalculated.

LHSAA WEIGHT MANAGEMENT PROGRAM

Rules Governing Weight Certification and Control Program – Please refer to Handbook Section 25.6

25.6.1 Each wrestler shall undergo and pass a hydration level test and a body fat assessment test prior to participation in a meet. A wrestler's hydration level shall not exceed 1.025 on the refractometer. A wrestler's body fat shall be no lower than 7 percent for males and 12 percent for females. Wrestlers who do not take and pass the mandatory tests shall be ineligible to compete at all levels of competition. All tests shall be administered by an LHSAA-certified testing team. Schools shall be assessed a fee of \$10 per wrestler tested and \$100 for boys, \$25 for girls for access to the Track Wrestling website. All fees shall be paid at the time the test(s) are administered. Test dates and sites, as well as make-up dates and sites, will be sent to schools annually. **The \$100 and/or \$25 Track Wrestling Fee shall be paid to Track Wrestling prior to being eligible for hydration testing.**

25.6.2 No wrestler may compete until they are officially registered on Track Wrestling and their weight loss/descent rate has been established. Exception: The wrestler competes on the same day as the initial certification and submits the initial certification document at weigh-ins. Each wrestler's weight and descent rate shall be monitored on Track Wrestling. Weight loss shall not exceed an average of 1.5 percent a week.

25.6.3 No wrestler may wrestle below his/her eligible wrestling weight class as listed on the Track Wrestling site and the weigh-in sheet for each event. The following penalties have been established for a wrestler who wittingly or unwittingly wrestles out of his/her current eligible weight class per Track Wrestling:

Student-Athlete:

- **1st offense:** Suspension from the next scheduled competition and match forfeited if wrestled.
- **2nd offense:** Suspension for the remainder of the season including post-season.

25.6.4 Weight Management System - The following penalties have been established for a coach who wittingly or unwittingly violates the Track Wrestling weight management system:

1. A coach who allows his/her athlete to compete below his/her current eligible weight class as listed on Track Wrestling shall be as follows:
 - a. **1st offense:** \$250 fine, a one-week suspension from all wrestling related responsibilities from the date of the issued penalty document, and completion of the NFHS Sportsmanship course prior to being reinstated.
 - b. **2nd offense:** \$500 fine, suspension of the remainder of the season including post-season.
2. A coach who fails to produce a pre-match weigh-in sheet and/ or alpha master sheet for each weigh-in, varsity or sub varsity may be suspended.
3. A coach who does not record all weigh-ins as required may be suspended.
4. A coach who does not record all varsity results after a contest and before the next contest on Track Wrestling may be suspended.
5. A coach who enters inaccurate records to Track Wrestling may be suspended.
6. The suspension may be for the next contest, tournament, or the LHSAA State Tournament.
7. The LHSAA will determine the duration of the suspension in #2-5.

25.6.5 Weight Certification Process - No wrestler or coach shall circumvent, manipulate, attempt to cheat, or cheat the weight certification process. This includes, but is not limited to the paperwork, the hydration, the height, and the scale portion of the weight certification process. The following penalties have been established for a wrestler or a coach who violates any portion of the weight certification process:

1. **Athlete 1st offense:** One month suspension of the remainder of the season including post- season and a \$250 dollar fine to the school.
2. **Athlete 2nd offense:** Suspension from the remainder of the season including postseason and a \$500 dollar fine to the school.
3. **Coach:** Suspension from the remainder of the season including post-season and a \$500 dollar fine to the school.

25.6.6 A two-pound growth allowance shall be added to each weight class on December 25 of each year.

25.6.7 Every wrestler's weigh-ins and results shall be entered on the Track Wrestling website after the completion of each competition. Failure to submit the results timely shall result in the school being fined \$50 per occurrence. Schools submitting inaccurate or false information shall be fined \$100 per occurrence and the coach shall be penalized.

Rules for Substitution for State Tournament

25.7.6 The state tournament's official seeding meeting (Boys' Divisions I,II, and III, and Girls' Division) shall be the Monday night prior to the state tournament. Substitutions shall be allowed until the conclusion of the coaches meeting the Thursday night before the state tournament. The submitted wrestler(s) shall not be seeded. To substitute (not add) a wrestler(s) at a weight class, they must be a wrestler already designated for that weight class. Individuals already submitted for a particular weight class in the state tournament shall not be moved.

NFHS Wrestling Rules (Section 5 Weight-Control Program):

Article 2: For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below 7% for males and 12% for females shall have a medical release to participate at a weight class below that for which the initial assessment allows.

***LHSAA WEIGHT MANAGEMENT TESTING PROTOCOL ***

Prior to attending weight certification testing, the following must be adhered to:

- **All student athletes shall be registered and submitted to the LHSAA Wrestling Roster by the principal prior to Weight Certification Testing.**
- Schedule a reserved time slot with an approximation of the total number of proposed athletes to be certified at least 24 hours before desired time and date.
- Time reserved by each team must be adhered to and thus maintaining a pod for each team.
- Upon arrival, the head coach or designated representative for each team must report to the testing administrator.
- Scheduled team must stay with their designated team. Teams will be certified as a team at all testing stations.
- Coaches and or designated team representatives must ensure that all student athletes are prepared for all aspects with weight certification and hydrated to comply with the hydration compliance of weight certification.
- Each individual tested must hold documentation/forms used for weight and submit them at the conclusion of their individualized certification to designated testing administrators.
- At the conclusion of certification for their team, the team must leave the certification area.
- Teams and/or individuals will not be allowed to congregate with other individual athletes outside of their respective teams. The only individuals allowed to enter the certification area will be those athletes being certified and coaches or designated team representatives.

Accommodation will be provided by each certification site and their respective administrator(s) to accommodate athletes, coaches and other designated team representatives to facilitate the certification process. Teams will not be allowed to participate in the certification process if they fail to schedule a time and reserve their team's certification time/date slot. Coaches and/or designated team representatives must ensure that all athletes are prepared for all aspects with weight certification and hydrated to comply with the hydration compliance of weight certification.

Any questions or concerns can be directed to the Certification Coordinator(s) - **Tommy Prochaska or Dan Erwin.**

Testing site administrators' protocol:

The following must be adhered at each certification site and facilitating the athletes weight certification: Coaches for each team must request and reserve a date and time slot for their team's weight certification. It is recommended that each team be given a 30-minute slot to complete the certification process. Use proper judgment when scheduling time slots in that they may vary according to the number of athletes scheduled by each team.

- Depending on each certification site, limit the number of teams/individuals scheduled and only allow those team(s) to attend the weight certification.
- Instruct the head coach and teams to stay within their team's area.
- Keep and submit with all documentation at the conclusion of certification for each team.
- Instruct the head coach or designated representative to keep their team in the designated area.
- Once teams have completed filling out the documents, you can begin the certification process.
- Instruct the individuals to report to each testing station and to keep the team together and test as a unit.
- Do not start another team's weight certification until the current team has completed theirs.
- At height station, instruct athletes to be staggered at the entrance and exit area.
- At hydration station, limit testing to one at a time while staggered entrance and exit area.
- At the weight/body fat station, instruct athletes to be staggered at entrance and exit area.
- Collect documentation and fees and instruct the team to vacate the certification area ASAP. Prepare for the next team.

In the event of circumstances involving an individual athlete that has difficulty providing a urine sample for the hydration portion, allow the athlete the opportunity to submit a sample during the team's reserved time slot. However, count the certification as a failure if and when the athlete fails to provide a sample when the team's time has expired.

LHSAA WEIGHT MANAGEMENT PROGRAM

The following are set dates for all weight management testing for all areas. All dates below must be adhered to. In the event that a change of date and/or venue is required the testing site administrator must inform the testing coordinator and **Adam MacDowell** (amacdowell@lhsaa.org) of change prior to scheduled date change.

MONTH	DATES
October	11, 12, 18, 19, 25, 26
November	1, 2, 9, 11, 16, 18, 23, 25, 30
December	2, 7, 9, 14, 16, 21
January	4, 6, 11, 13, 18, 20

IMPORTANT DATES

December 21th - Last day for wrestlers (who have previously completed the test) to appeal their weight class.

December 25th - 2 pound growth allowance added to each weight class

January 25th - Final date of testing for any wrestler who has not completed an initial test weight certification.

January 25th - Final date for wrestler to appeal weight class - only applies to athletes who completed an initial test after December 21th.

February 6th - The final date for any wrestler to reach his/her minimum wrestling weight is the first day of the State Tournament.

REMINDER: Testing Administrator shall send all results in immediately upon completion on day of testing. Do not hold the results. All documents must be sent to the following address:

3233 Florida Avenue
Kenner, LA 70065

TESTING COORDINATOR(s) - Tommy Prochaska, (225)-954-2762, tprochaska@catholichigh.org; Dan Erwin, (504) 439-2974, dan.erwin@discoveryhsf.org

DATA ADMINISTRATOR - Bonnie Slaughter, bbs1024@aol.com

LHSAA WEIGHT MANAGEMENT PROGRAM

Below is a list of testing administrators for each area.

AREA	ADMINISTRATOR
Baton Rouge	<p>Tommy Prochaska Catholic High School - BR (225) 954-2762 tprochaska@catholichigh.org</p> <p>Jimmy Bible Brusly High School (225) 270-1981 jimmy.bible@wbrschools.net</p>
Lafayette	<p>Kent Masson Teurlings Catholic High School (337) 654-2699 kmasson@tchs.net</p> <p>Brad Bergeron Comeaux High School (337) 277-0744 bjbergeron@lpssonline.com</p>
Lake Charles	<p>JP Duhon Sulphur High School (337) 764-4802 jeanpaul.duhon@cpsb.org</p> <p>James Stinson (337) 287-8188 the9ballnut@yahoo.com</p>
New Orleans	<p>Dan Erwin Kenner Discovery High School (504) 473-2974 dan.erwin@discoveryhsf.org</p> <p>Roberto Furtado Bonnabel High School (504) 219-1186 roberto.furtado@jpschools.org</p>
Northshore	<p>Patrick Ritchie St. Paul's High School (504) 606-5118 patrick.ritchie1@gmail.com</p> <p>Jay Fauchaux Archbishop Hannan High School (225) 206-3472 jfauchaux@hannanhigh.org</p>
Shreveport	<p>Jacob Moak/ Emmett Beggs Bossier High School (318) 469-1093 jacob.moak@bossierschools.org (318) 73-2807 emmett.eggs@bossierschools.org</p> <p>John Tadey/ Michael Guerrero Evangel Christian High School (318) 564-2610 tadey_evangelwrestling@yahoo.com (318) 560-6283 mguerrero@evangelacademy.com</p>

New 2025-2026

This year schools will pay directly through the Track Wrestling website to gain access to the Weight Management Program. Payments can be made by credit card or school check in the amount of \$100 for boys' and \$25 for girls' programs. Schools paying by check will need to include the school's name, coach's name, and programs they are paying for (Boys HS and/or Girls HS). The check shall be made payable to:

National Wrestling Coaches Association (NWCA)
330 Hostetter Road
Manheim, PA 17545

This fee structure will include access to the OPC weight management system, ability to host a tournament, and free NWCA membership.



OPC Bundle Basics

What's included?

- Each school has access to the OPC weight management system – **\$75 value**
- Each school has access to the Trackwrestling statistics program – **\$50 value**
- Unlimited use of Trackwrestling event management software for sanctioned in-season tournaments at no additional cost – **approx. \$100+ value per event**
- Use of Trackwrestling event management software for all postseason tournaments including enhanced support for setup and execution at no additional cost – **\$75+ value per event**
- Free NWCA membership which includes full access to a comprehensive technique library, student-athlete leadership course, coaching development tools and resources, FREE CEO Leadership Academies for boys/girls high school coaches, and an awards/recognition program – **\$50 value**

The OPC Bundle provides over \$250 in value for the price of \$100 per school for boys teams and \$25 per school for girls teams!

TRACK WRESTLING

Each school is required to use this website to track all wrestlers weigh-ins (ACTUAL WEIGHT) weight class wrestled in and results of each bout after every competition and prior to the next competition.

Each Head Coach and Athletic Director will be given a secured passcode to enter the site and record all of the required information on each wrestler. Only your school's information can be accessed with your pass code; however, you will have the ability to monitor all other LHSAA member schools to help ensure all information is entered correctly. The LHSAA shall have access to all schools information in order to track the progress of all wrestlers throughout the season.

The weight verification and seeding information for the state tournament will be taken from the information submitted on the schools section of the website. Schools failing to keep track of this information may not have their wrestlers seeded. Schools that submit false information will jeopardize the eligibility of the coach and their wrestlers by doing so. Schools may be penalized for failure to report and maintain accurate records.

The LHSAA will download the weight verification and seeding information from your schools Track Wrestling site and print it out. This is to ensure that all the information ready for the seeding meeting. (Note that one of the main seeding criteria is the "weight class results" for which the wrestler will be wrestling in the state tournament.) This is why it is imperative for each school to keep accurate records on a daily basis.

To obtain information about the website and program and see samples, you can go to the Track Wrestling website www.trackwrestling.com or contact **Tommy Prochaska, (225)-954-2762, tprochaska@catholichigh.org or Dan Erwin, (504) 439-2974, dan.erwin@discoveryhsf.org**

REPORTING INFORMATION ON TRACK WRESTLING

All results and information on every wrestler shall be entered on the website on a per competition basis (required each time a wrestler wrestles). Schools failing to do so shall be fined \$50 per occurrence. Schools submitting inaccurate or false results shall be fined \$100 per occurrence and the coach shall be penalized.

- It is to the wrestler's advantage that his/her wrestling information is entered on Track Wrestling each and every time he/she wrestles throughout the season before the next competition.
- It is the coach's responsibility to keep and maintain accurate records on each wrestler and to insure this information is submitted correctly.
- **All required information on every wrestler shall be entered on the website by Saturday, January 31, 2026. Schools failing to enter all required information by the deadline shall be fined \$100 and the wrestler may not be seeded. Schools entering false data shall be fined \$200, the wrestler may not be seeded, and the coach may be suspended.**

Please keep your records up to date and enter results and all information as soon as wrestling takes place.

MEET/ TOURNAMENT PROTOCOL

1. Every head coach shall present the opposing coach(es) in a dual or tri-meet and the director in a tournament a copy of the Alpha Master Sheet and Weigh-In Sheet for his/her team. Host coaches and/or tournament directors shall send a copy of the completed weigh-in sheet for each team (including their own) to the Division Coordinator. Sheets are due the same time results are due online. It is suggested that host coaches and tournament directors use the weigh-in sheets for weigh-in as standard practice.
2. If a coach does not have the Alpha Master Sheet and Weigh-In Sheet as required when asked to present them to an opposing coach, the team shall be ineligible to compete that day.
3. If one or more wrestlers are omitted from the Alpha Master Sheet and/or Weigh-In Sheet, then only those wrestlers omitted shall be ineligible to compete that day.
4. **25.6.2** No wrestler may compete until he/she is officially registered on Track Wrestling and their weight loss/descent rate has been established. Exception: The wrestler competes on the same day as the initial certification and submits the initial certification document at weigh-ins. Each wrestler's weight and descent rate shall be monitored on Track Wrestling. Weight loss shall not exceed an average of 1.5 percent a week.
5. It is highly important that **ALL** wrestler's weigh-ins and results shall be entered on the Track Wrestling website **BEFORE** the next competition. It is required that this be completed timely or the school shall be fined.

RULES FOR SUBSTITUTIONS & FEES OWED

25.7.6 The state tournament's official seeding meeting (Boys' Divisions I, II, and III and Girls' Division) shall be the Monday night prior to the state tournament. Substitutions shall be allowed until the conclusion of the coaches meeting the Thursday night before the state tournament. The submitted wrestler(s) shall not be seeded. To substitute (not add) a wrestler(s) at a weight class, they must be a wrestler already designated for that weight class. Individuals already submitted for a particular weight class in the state tournament shall not be moved.

Schools that owe any money to the LHSAA for testing and the website access shall be ineligible to compete in the state tournament until such fees are paid.

HEALTH/SAFETY INFORMATION

Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate healthcare professional.

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness to have suffered a concussion.

DEFINITIONS ASSOCIATED WITH CONCUSSION RULE

Appropriate Health-Care Professional – an individual(s) from the following professions are designated as the persons to diagnose whether an athlete has or does not have a concussion:

- MD – A medical doctor licensed to practice in Louisiana
- DO – A doctor of osteopathic medicine licensed to practice in Louisiana
- PA – A physician's assistant licensed to practice in Louisiana
- NP – A nurse practitioner licensed in Louisiana
- PM – A paramedic licensed to practice in Louisiana
- AT – An athletic trainer licensed nationally or by the State of Louisiana

On-site appropriate healthcare professional – an individual from one of the above-named categories that are in attendance at an athletic event or practice.

RTC (Return to Competition) – A return to competition form can be found on the LHSAA website under Schools → Ochsner Sports Medicine → Concussion Information. **Return to Competition Form**

Responsible Individual – the term which designates the Head Coach as the individual to make the diagnoses whether his/her athlete has or does not have a concussion in the absence of an appropriate healthcare professional.

Contest Officials Role – to recognize the symptoms consistent with that of a concussion and remove the athlete from the contest until he/she has been diagnosed by an appropriate healthcare professional. Officials shall always rule on the side of caution with the health and safety of the athlete being his primary and foremost concern.

STATE SEEDING MEETING & BRACKET BUILDING

A Division Coordinator, as selected by the LHSAA each year, shall be a head coach from each division. Each division will be represented by the division coordinator and one coach from each area of the state.

The three Boys and Girls Division shall meet on the Monday of the week of the State Wrestling Tournament. **The meeting will be closed to all except for the Division Coordinator(s) and the committee members.**

The committees will seed the wrestlers using the seeding criteria adopted by the LHSAA Executive Committee. The Track Wrestling program will be used in the seeding process.

The seeding committee will determine 9 wrestlers to be seeded in each weight class. The seeding committee reserves the right to seed fewer than 9 wrestlers in a weight class if there are not enough athletes eligible to be seeded according to the criteria.

The seeds for each weight and rosters for each team will be published and released to the public on Monday evening after the meeting, but brackets will not be built. All state wrestling tournament brackets shall be built on Friday morning after all athletes have completed skin check and have been weighed in.

Only the top 8 seeds in each weight class will be placed on the bracket in their respective positions. The ninth seed is an alternate seed in the event that a seeded wrestler is deemed ineligible to compete for any reason (missing weight, failing skin check, not attending, etc.). If one of the top 8 seeds is scratched, the seeds will be adjusted and the alternate will fill the next available spot after all the others have been moved up. All athletes not seeded will be randomly drawn into the bracket.

SEEDING CRITERIA

Division I

A wrestler must have at least 10 matches in the division and a winning percentage above .500, excluding forfeits, to be considered for seeding. If a weight class has less than 9 wrestlers that meet this criteria, then the seeding committee shall seed only those wrestlers who meet this criteria, even if it results in less than 9 wrestlers being seeded. All wrestlers who meet the criteria shall be considered for seeding. When determining seeding for the State Wrestling Tournament, the following criteria in order will be used to determine seed placement:

1. Head-to-head competition is primary criterion for seeding between 2 or more wrestlers. If tied, proceed to next criteria.
(Win/Loss only – score is irrelevant)
2. Win/Loss record versus common opponents in the current state tournament bracket in which the wrestler is competing in.
(Win/Loss only – score is irrelevant)
3. Win/Loss record versus all common opponents. (Win/ Loss only – score is irrelevant)
4. Place finishes in common tournaments in current year. (Defined as a single tournament in which both wrestlers entered and competed at the same weight class.)
5. Preceding year state tournament finish in the same division and weight class.
6. Preceding year state tournament placement.
7. Overall winning percentage versus all opponents (including forfeits).
8. Vote by committee, if necessary.

EXTENUATING CIRCUMSTANCE EXCEPTION: The seeding committee shall have the authority, by majority vote, to set aside the baseline qualifying criteria found above (10 matches, .500 winning percentage) in the event of a participant's injury, illness, or other extenuating circumstance of which the participant had no control. By setting aside the baseline criteria, the seeding committee makes the participant eligible for seeding according to the seeding criteria.

Division II

A wrestler must have at least 10 matches in the division and a winning percentage above .500 or better, to be considered for seeding. If a weight class has less than 9 wrestlers that meet this criteria, then the seeding committee shall seed only those wrestlers who meet this criteria, even if it results in less than 9 wrestlers being seeded. All wrestlers who meet the criteria shall be considered for seeding. When determining seeding for the State Wrestling Tournament, the following criteria in order will be used to determine seed placement:

1. Head-to-head competition is primary criterion for seeding between 2 or more wrestlers. If tied, proceed to next criteria. (Win/Loss only - score is irrelevant)
2. Win/Loss record versus all common opponents. (Win/Loss only - score is irrelevant)
3. Place finishes in common tournaments in current year. (Defined as a single tournament in which both wrestlers entered and competed at the same weight class.)
4. Preceding year state tournament finish in the same division and weight class.
5. Preceding year state tournament placement.
6. Overall winning percentage versus all opponents (excluding forfeits).
7. Vote by committee, if necessary.

EXTENUATING CIRCUMSTANCE EXCEPTION: The seeding committee shall have the authority, by majority vote, to set aside the baseline qualifying criteria found above (10 matches, .500 winning percentage) in the event of a participant's injury, illness, or other extenuating circumstance of which the participant had not control. By setting aside the baseline criteria, the seeding committee makes the participant eligible for seeding according to the seeding criteria.

Division III

A wrestler must have a winning percentage .500 or better, to be considered for seeding. If a weight class has less than 9 wrestlers that meet this criteria, then the seeding committee shall seed only those wrestlers who meet this criteria, even if it results in less than 9 wrestlers being seeded. All wrestlers who meet the criteria shall be considered for seeding. When determining seeding for the State Wrestling Tournament, the following criteria in order will be used to determine seed placement:

1. Head to Head
2. Record vs. common opponents (Win/Loss only - score is irrelevant)
3. Tournament placing at common tournament in the same weight class (only tournaments where wrestlers have a chance to come back for third) (Defined as a single tournament in which both wrestlers entered and competed at the same weight class.)
4. Preceding years state tournament finish (if at same weight and wrestled in the tournament)
5. Overall Winning percentage versus all opponents (excluding forfeits)
6. Vote of committee

EXTENUATING CIRCUMSTANCE EXCEPTION: The seeding committee shall have the authority, by majority vote, to set aside the baseline qualifying criteria found above (winning percentage .500 or better) in the event of a participant's injury, illness, or other extenuating circumstance of which the participant had no control. By setting aside the baseline criteria, the seeding committee makes the participant eligible for seeding according to the seeding criteria. In the event that there are less than 4 athletes eligible for seeding, the committee may use the following criteria: a .500 record in the division (excluding forfeits, must have at least 5 matches in the division) or, a .500 record at the weight class (excluding forfeits, must have at least 10 matches at the weight class) in an effort to separate athletes and fill the bracket.

Division I Girls'

A wrestler must have at least 10 matches in the division and a winning percentage above .500, excluding forfeits, to be considered for seeding. If a weight class has less than 9 wrestlers that meet this criteria, then the seeding committee shall seed only those wrestlers who meet this criteria, even if it results in less than 9 wrestlers being seeded. All wrestlers who meet the criteria shall be considered for seeding. When determining seeding for the State Wrestling Tournament, the following criteria in order will be used to determine seed placement:

- Head-to-head competition is primary criterion for seeding between 2 or more wrestlers. If tied, proceed to next criteria. (Win/Loss only - score is irrelevant)
- Win/Loss record versus common opponents in the current state tournament bracket in which the wrestler is competing in. (Win/Loss only - score is irrelevant)
- Win/Loss record versus all common opponents. (Win/ Loss only - score is irrelevant)
- Place finishes in common tournaments in current year. (Defined as a single tournament in which both wrestlers entered and competed at the same weight class.)
- Preceding year state tournament finish in the same division and weight class.
- Preceding year state tournament placement.
- Overall winning percentage versus all opponents (including forfeits).
- Vote by committee, if necessary.

EXTENUATING CIRCUMSTANCE EXCEPTION: The seeding committee shall have the authority, by majority vote, to set aside the baseline qualifying criteria found above (10 matches, .500 winning percentage) in the event of a participant's injury, illness, or other extenuating circumstance of which the participant had no control. By setting aside the baseline criteria, the seeding committee makes the participant eligible for seeding according to the seeding criteria.



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HUDL

The LHSOA has purchased HUDL for the use of the wrestling officials to review wrestling action and better assist them in recognizing maneuvers and holds that will help them to improve their officiating skill and make them a better official.

Coaches are encouraged to send in clips and videos of their wrestlers' matches to the assignment secretaries. They will then share this with their officials. There is no better way to learn something than by seeing it in action.

This is also an avenue for coaches to have the officials review situations in which he and the official disagreed. This will not permit a call to be overturned, but it will give the officials the opportunity to see the decision made, why it was made and give them the opportunity to discuss the situation.

Your help and cooperation in this matter is greatly appreciated. If you have any questions about HUDL, please contact Lee Sanders in the LHSAA office or Jerry Schmidt, wrestling rules interpreter.

LHSAA VIDEO RULES

LHSAA rules allow a school to record their own wrestlers' matches during a meet or tournament and review/show it on venue property. However, the recording SHALL not be viewed on or in the mat area at any time (this includes all dual meets, tri meets and all tournaments.)

At the LHSAA State Tournament video recording of any match at the LHSAA tournament shall be from the spectator stands only. **No videos shall be recorded from the floor or near the mats.**

The electronic devices that are legal for coaches to use to record their wrestlers are cell phones, iPads, and video cameras. These devices may be used by the coach and non-participating wrestler only while on the bench or chair in the corner. The viewing SHALL never take place on or near the mat area.

It is never legal to record or view a video in which one of your students is not a participant, no matter the location of viewing.