



Wrestling Practice/Contest protocols

1. Face coverings (cloth face mask, neck gaiter, paper or disposable mask or religious face covering) must be worn to cover the nose and mouth completely and consist of two layers at all times by individuals in the facility (players, coaches, team personnel, officials, fans and facility staff per ND State Health officer order 2020-08.
 - a. Exceptions to the rule apply for players and officials during game play and between whistles.
 - b. Exceptions to the rule apply to athletes during practice when physical exertion makes it unrealistic to wear mask.
2. Officials must have a black facial mask in their pocket at all times or a double layered black gaiter around their neck.
 - a. Officials are required to wear either of them when
 - i. Entering/exiting the facility
 - ii. During pre-match conferences
 - iii. Administering weigh-ins
 - iv. During downtimes (upon arrival to the facility, during breaks during tournament play, after the match and while leaving the facility.)
3. Officials should come dressed and ready to officiate.
4. Officials should supply their own water, PPE, and food (if necessary).
5. Officials will not be expected to monitor social distancing, each person is responsible.
6. Physical distancing by officials from coaches, trainers, table workers, and other personnel is required.
7. Electronic whistles or whistles embedded in a mask are encouraged.
8. Splash guards over traditional whistles are recommended.
9. Cloth face covering for players are permissible.
10. No team handshakes following the dual.
11. Handshakes after each individual match is permissible, however it will not be initiated by the official. The official will signal to the winner of the match and the athlete will raise his or her own hand.
12. Physical distancing during pre-game meeting with captain and coach.
13. Captain/coaches will maintain social distancing when addressing an official.

NDHSAA Sport Specific (Wrestling) Recommendations/Requirements (Page 16-18 of the link below)

<https://docs.google.com/document/d/1De0nmzxJMjp02wwLzoaTQu5ZaR9Pd7HEllxbLV9wNfo/edit#heading=h.fionu0a7xe7l>