

NCAA WRESTLING COVID 19 MEET PROTOCOLS

Officials, Coaches, Student Athletes the following protocols per the NCAA's document: Resocialization of Collegiate Sport: Developing Standards for Practice and Competition shall be adhered to for the January – March 2021 wrestling season (updated December 15, 2020).

- Pre-meet instructions will not take place in locker rooms, wrestling rooms, etc. prior to competition.
- Coaches prior to competition contact Conference Assignment Coordinators to address questions, concerns, or clarifications that in previous seasons have been addressed during pre-meet instructions.
- Officials will be permitted to ask coaches 10-12 minutes prior to competition, when teams are warming up on the mat if they have any concerns, situations they want clarified to their wrestlers. Officials, if requested, will address these concerns with their masks on, while maintaining social distancing.
- Wrestlers shall not shake hands during pre-meet introductions, or at the conclusion of a dual meet(s).
- At the start of each bout, wrestlers will come to the center of the mat, acknowledge each other with a nod, or by knuckling without touching.
- At the conclusion of each bout, wrestlers will acknowledge each other in the center of the mat. The official will instruct the winning wrestler to raise his arm, the official then will point to the winning wrestler's team bench, and then raise his/her arm confirming the results of the bout. Wrestlers shall not shake hands.
- Wrestlers on deck and in the hole are permitted to warm up without masks. All other wrestlers, team personnel, and coaches shall wear masks at all times.
- Wrestlers shall not shake hands with officials prior to the start of a bout or with the opposing coaches at the conclusion of a bout.
- Officials, while maintaining social distance from the scorer's table may lower their mask to clearly announce the outcome of a video challenge.
- Accidental or inadvertent handshakes will not be penalized.
- Coaches and officials, please follow the Best Practices Protocols on center mat, along with Best Practices Protocols stipulated by your conferences.