

# NYS Wrestling COVID season Wt Cert Procedures

For distribution to all NYS Coaches

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## **Things you need to know:**

1. A wrestler may not have a competition this year until they have 10 practices.  
**To clarify the wrestler must have full clearance and no restrictions for a practice to count as one of the required ten.** Conditioning practices with no contact cannot count as a practice.
  2. **Honor weigh-ins will NOT be used, and all weigh ins will be done at mat side.** Either the MS Word or Excel version (Attachments 4 &5) of the new **Form07-NYSHonorWeigh-inForm-Duals-20-21** (with the new weight classes) can be used.
  3. **Shoulder to Shoulder weigh-ins will not be done.** A coach from each team will be at the scale. One team at a time will weigh in (socially distanced and wearing a mask). Once one team is done the other team will weigh in. As wrestlers now weigh in with singlets on, there is no need to do the weigh-in in a small locker room, weigh ins can be done in gym or larger room where it is easier to social distance.
  4. **The growth allowance is in effect** so the weight classes will be:  
102+2=104, 110+2=112, 118+2=120, 126+2=128, 132+2=134, 138+2=140, 145+2=147,  
152+2=154, 160+2=162, 172+2=174, 189+2=191, 215+2=217, 285+2=287
  5. **Masks are required for practice and competition.** A stipulation does state “unless you can’t tolerate it”. But that stipulation is up to each school district. If a school district requires the mask it must be worn at all times. A visiting team (whose school does not mandate the mask) who travels to a school district that does mandate the mask, will be required to wear the mask. **Officials will communicate how they will deal with masks that fall off during a match.** It will probably be treated like a headgear that comes off. The mask will be put back on at the first available moment when action has stopped. **Suggestion to have extra masks in med kits. Bloody noses could saturate a mask and a clean new one could be required.**
  6. **Travel restrictions:** NYS has set Covid regions. You may travel to any school in your region or to any school in a contiguous region. If a school you want to wrestle is not in a Covid region adjacent to the region your school is in, you cannot compete against them, as you are not allowed to pass through a separate region to get to them. **All travel would still need DOH county approval as individual counties have the right to be more restrictive than the state restrictions.**
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**For the 2021 shortened wrestling season, all coaches will be required to complete the Weight Certification procedure for their own team on TrackWrestling.**

### **Step 1- Login to TrackWrestling**

All coaches should have now received an email from: **noreply**

Subject: **2020-21 High School Boys Season Login and Instructions**

ASAP you should make sure Track is working for your school:

Click the **Sign In** button on the email sent to you from Track to access their website

Once in Click on: **My Account** and **Edit Account**

Update your info, **keep your old password** or **select a new password** and hit **Save**

Sign out then go back in using:

<http://www.trackwrestling.com/tw/seasons>

Select HS Boys **2020-21** and login

- o Use the **Username and password** that you set up when you edited your account. There is a **Forgot Password** link under the NWCA logo on the Username/Password login screen (if needed)

- If done correctly the following message will appear: **Verify your Email**  
If the email address shown for you is correct: Click on the word **here** (in the middle of the instructions) This will send an email to your home account for you to respond to. Note: If you click Skip, this message will appear every time you sign on until you finally verify your email.  
(If the email is **not correct**: Click Skip for now then Click on My Account and Edit Account and update your email and you will then be asked to Verify it again later)
- When you get the email from: **noreply**

Subject: **Track Wrestling Email Verification**

Click on the supplied link and TrackWrestling should open and the message:  
“Your email address has been confirmed. Thank you for completing the process” should appear”

**If you are a new coach that needs to get into TrackWrestling see note at very bottom of this email**

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**Mandatory: You must use Track to enter your roster and your weight Cert data.**

Entering schedules and Dual meet/Tournaments results are **OPTIONAL** for track this year.

### **Step 2- Entering Rosters and Wt Cert Data**

**In short, whatever weight class a wrestler weighs in at for their first competition, becomes their certified weight.**

Example: Wrestler weighs in at 133, so they make the 134 lb (132+2) weight class.

You will enter 132 as the certified weight class for this wrestler twice: once in a drop-down menu and again an Actual Weight column. (132 would be the number entered both times in this example).

**Prior to your first competition you must upload your roster.**

You will enter each wrestler’s certified weight class immediately following your first competition (as well as verify your opposing coach did the same).

**The second attachment: **TrackCovidWtCertProcedure-2021** has the steps for entering rosters and the certified weight class for each wrestler.**

Once you have completed Step 2 (above) you have now completed everything that is required of you for TrackWrestling for this season. Attachment 3 has last year’s TrackWrestling Data Entry manual for those who would like to have the option of entering schedules and results for this year’s competitions into Track. (Note by doing so you will have a permanent record on-line of wins/losses so as to track each wrestler’s history).

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### **Optional suggestions: Things to think about during the first 10 days:**

1. Consider pausing dual meets for a 10-15 minute break after the 6<sup>th</sup> or 7<sup>th</sup> bout to clean the mats.
  2. Plan ahead and consider having some type of a “Senior Night” at some point during your season to recognize them.
  3. The majority of Sections do not allow any spectators. Consult with your school to see if some type of streaming platform is available so parents and fans can watch from home.
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Attached:

Attachment 1- A printed copy of this email

Attachment 2- TrackCovidWtCertProcedure-2021

Attachment 3- Last years: TrackWrestling-DataEntry-20 Manual

Attachment 4- MS Word version-Form07-NYSCovidWeigh-inForm-Duals-20-21

Attachment 5- Excel version-Form07-NYSCovidWeigh-inForm-Duals-20-21

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**Trackwrestling set up for new coaches:**

If you were not the head coach last year you need to supply us with the following.

Once your info is received we will send you your login info and instructions.

Trackwrestling Team Name:

Head Coach Name

Head Coach E-mail

Please forward above info to:

[JEFFCUILTY@GMAIL.COM](mailto:JEFFCUILTY@GMAIL.COM)