

2013-2014 NJSIAA/THE STAR LEDGER
WRESTLING TOURNAMENT
REGULATIONS

WRESTLING REGULAR
SEASON RULES &
REGULATIONS

ALSO INCLUDED IN THIS SECTION

POINT OF EMPHASIS AND NJSIAA
CONSTITUTION AND BYLAWS
WRESTLING RULE 25

NOTE
ALL SCALES MUST BE CERTIFIED
ANNUALLY

ALL FORMS ARE LOCATED ON:

www.nwcaonline.com

IMPORTANT DATES

Certification May Start: November 4, 2013

**Minimum Weight Certification Team Form
To Be Signed and Filed with the by Principal:** December 20, 2013

Refusal to Enter Tournament Form: January 27, 2014

Two Pound Allowance: January 15, 2014

Cut Off Date: February 1, 2014

Team Seeding: February 4, 2014

30 Match Cut Off: February 8, 2014

Throughout the entire season, scores MUST be entered following each match into NWCA OPC PROGRAM. Results, schedules and rosters will be sent automatically from NWCA to njschoolsports.com. Please check njschoolsports.com periodically to make sure all your information is there

NJSIAA RULES CHANGES
FOR 2013-2014

REGULAR SEASON
NEW FOR THIS YEAR

Points of Emphasis (POE)

Pages 1 and 2

#1 through #20; 22; 24, 29, 34

Constitution and Bylaws

Page 2

Section 10

Article 1 and CL2

Regular Season

Page 1

A. Weigh In Procedure

B. Weight Allowance

Page 2

#2. Number of Contestants

Page 4

Ranking Chart

b. Four Team Individual Tournament

Page 5

4. Coaches Conduct

a, b, c, d

**2013-2014 NFHS WRESTLING RULES
CHANGES ARE LOCATED IN THE 2013-2014
NFHS WRESTLING RULES BOOK**

POINTS OF EMPHASIS

1. **Definition of Team Tournament**
Teams entering Sectionals
Team tournament is a series of dual meets. If a team is eliminated in the first or second round of the tournament they must follow Rule 25 Section 8 of the Constitution and Bylaws
2. **Transfers – 15 matches or 30 day sit period. See NJSIAA Constitution and Bylaws, Page 36 Transfers 2a**
3. **Disqualification Clarification**
 - i. Dual meets count as one (1) match
 - ii. Tri meets count a two (2) match
 - iii. Quad meets count as three (3) matches
 - iv. Dual tournament, i.e., first round of sectionals – wrestler must sit Wednesday and Friday and is eligible to participate in the group finals at Toms River on Sunday
 - v. Individual tournament count at one (1) sit regardless of how many matches are guaranteed, i.e., 8 matches in that tournament, wrestler must sit all 8 matches
4. **Per NJSIAA MEDICAL ADISORY COMMITTEE; Descent plan will no longer round down**
5. **A wrestler can only step on one scale during certification**
6. **Coaches must present weigh in sheet and if there is a disagreement/irregularity a descent plan to opposing coach –Failure to produce both forms – One team point deduction**
7. **Two scales must be available at weigh ins – FOR NJSIAA TOURNAMENTS**
8. **A wrestler withdrawing from the State Tournament must have a medical note signed by a physician in order to receive placement medals**
9. **Team Sectional seeding will be from top to bottom and ends when 6 did not lose to 7**
10. **A weigh in for a two day tournament beginning on Saturday will count for the week the tournament started, i.e, Saturday and does not impact weigh ins for the following week**
11. **The Skin Lesion Form has been revised and is posted on website**
12. **Two pound allowance – January 15, 2014**

13. **The weigh-in form will show two weight classes the wrestler is eligible for. He/she may wrestle either one**
14. **Results from the previous match(s) MUST be put in the OPC immediately in order to print the next match's weigh in form**
15. **All teams must have 10 dual meets prior to cutoff (up from 6)**
16. **Regions pre-seed will use updated quality points same as Districts**
17. **Automatic wild card for wrestlers moving up 2 weight classes from the lowest weight class they appeared on the mat that year**
18. **Protests must be in email form for easy distribution to committee. All protests must go through tournament director – FOR NJSIAA TOURNAMENTS**
19. **Placing in a tournament and making weight**
Per NFHS Rule 10.2.7. "Any wrestler who fails to make weight each day of a tournament is ineligible for further competition and cannot place in the tournament except as provided in Article 4 of this section. "(See NFHS 10.2.4)
This does not apply to wrestler whose injury defaults and has medical documentation from the on-site physician or appropriate healthcare professional indicating he/she cannot continue
20. **Coaches Misconduct – Will be strictly enforced as per NFHS Rule 5-5**
Unsportsmanlike Conduct – Will be strictly enforced as per NFHS Rules 7-4-2, 7-5-3, 8-1-4
Flagrant Misconduct – Will be strictly enforced as per NFHS Rules 7-4-3, 7-5-5, 8-1-3, 8-1-6
21. **Retesting** – must wait a minimum of 24 hours before retesting
22. No athlete can be tested until their fall sport is completed unless approval is given by the parent, athletic director, **and any fall** coach and wrestling coach
23. If an athlete is not certified by opening day, an email from the principal or athletic director must be sent to Steve Timko to approve certification
24. Protests must be in email form for easy distribution to committee. All protests must go through tournament director – **FOR NJSIAA TOURNAMENTS**
25. Entry fee to entry the individual state tournament to be sent to NJSIAA
26. No split squads – **See NJSIAA Constitution & Bylaws, Page 55 Section 19 Note 3 CL2**
27. A two pound state allowance will be granted every Monday

28. Weigh in/Attendance form for groups must be completed prior to entrance into arena
29. You may enter more than one wrestler per weigh class but only one will be designated **as point scorer (Regular Season)**
30. A wrestler **cannot** weigh in once for the entire day. **See NFHS Rule 4.5.1 and 2**
31. A wrestler must make flat weight and step on mat to establish lowest possible weight class wrestler can wrestle in the District Tournament

WRESTLER GOING THROUGH ONE WEIGHT CLASS

32. Q. Wrestler is certified at 106 and descent plan allows wrestler that weight on **January 10**. If the wrestler makes 106 on **JANUARY 8** can wrestler wrestle at 106?
 A. **No Descent plan will not allow wrestler to wrestle 106 until January 10**
33. Q. If the wrestler does not makes 106 on **January 10**, does wrestler lose the 106 certification?
 A. **No Wrestler has until the start of the Districts Tournament to make 106. The January 10th date is the EARLIEST date the wrestler can wrestle 106**
34. Q. If a wrestler has previously weighed in at 106 and **appeared on the mat at 106, and then weighs in at 113.2 and appears on the mat, is wrestler still certified at 106?**
 A. **No Wrestler is certified at 106 and weighs in over 113, i.e, 113.2, wrestler loses the 106 certification and new minimum weight class is 113**
35. Q. There is back-to-back competition and a 1 lb allowance is now given. If wrestler has not made weight at 145 and weighs in at 146 can he wrestle 145?
 A. **No Wrestler must make flat weight at 145 in order to wrestle at 146 (the new weight class for that competition after the 1 lb allowance)**
36. Q. Wrestler's descent plan has him/her at 106 on **January 10**. Wrestler has not made 106 flat weight. **January 15** there is a **2 lb growth allowance**, the weight class changes to 108. Can the wrestler weight in at 108 and wrestle at 108?
 A. **No Wrestler must make flat weight at 106 in order to be able to wrestle at 108 (the new weight class after the 2 lb. allowance)**
37. Q. Wrestler is certified at 106 and descent plan allows wrestler to wrestle that weight class on January 10. Wrestler weighs in at 106 on January 10 but wrestles 113. Has wrestler established weight for the districts at 106?
 A. **Yes NFHS Rule 4 section 4 Art. 2 – A contestant shall not wrestle more than one weigh classes above the class for which the actual weight, at the time of weigh in, qualifies the competitor**

38. Q. Wrestler is certified at 106 on January 10. Wrestler weighs in at 113 and wrestles 120. Does the wrestler lose his 106 certification?
A. **No As long as wrestler does not WEIGH IN over 113, i.e., weighs in at 113.1, wrestler does not lose the 106 certification**
39. Q. How can we control skin infections?
Skin infections in contact sports have always been a problem and now have evolved and established a firm position in wrestling. Bacterial, Ringworm and Herpes Gladiatorium can be controlled with proper precautions:
- a. Follow proper Hygienic Principles
 - b. Do skin checks before each practice event and each day of a competition/tournament.
 - c. Withdraw any wrestler with a skin lesion that is considered infectious and have a physician make a medical diagnosis. Obtain clearance to return to wrestling.
 - d. Seek one health care provider to follow a team to promote continuity of care.
 - e. Educate all individuals involved in wrestling to create a safe, healthy environment.
 - f. Refer to the NFHS Rules Book for additional information.
40. Q. What are the proper hygienic principles for wrestling?
- a. Shower immediately after every practice and match.
 - b. Wash practice clothing and knee pads after every practice.
 - c. Refrain from cosmetic shaving, i.e. chest, arms, legs, or pubic regions.
 - d. Wash using liquid soap dispensers, not bar soap. Use own personal hygiene products and don't share.
 - e. Use own towels and shower before using whirlpool.
 - f. Clean all wrestling mats before every practice and competitions.
 - g. Consider multiple cleanings during tournament competition.
41. Situation: Wrestler A reports to the scorer's table: (a) wearing jewelry; (b) not having his shoelaces properly secured.

Ruling: In both situations Wrestler A is penalized one match point for a technical violation and must take injury time to correct the violation. The head coach of Wrestler A is not charged with unsportsmanlike conduct in either situation. These are technical violations and are penalized according to the penalty chart.
(NFHS 5.27.1e)

**NJSIAA CONSTITUTION
&
BYLAWS**

WRESTLING RULE 25

RULE 25. WRESTLING

- Section 1. Rules. The National Federation Wrestling Rules, unless modified herein, shall govern all NJSIAA meets.
- Section 2. Start of Practice. **Monday** after Thanksgiving. **(December 2, 2013)**
- Section 3. Start of Regular Schedule. Friday before Third Saturday of December. **(December 20, 2013)**
- Section 4. End of Season. As provided for in Rule 2, Section 10. No varsity meets, regular season or tournament, may be scheduled during or after the week of the District Tournament unless said meet had been scheduled during the last week of the regular season and postponed. Junior varsity and/or freshman wrestlers may compete in matches or tournaments during the week prior to the districts provided that the individual JV and/or freshman wrestlers do not participate in the district tournament. No JV or freshman matches or tournaments shall be permitted after the district tournament.
- Section 5. Transfers on or after **January 25, 2014**, not eligible for post-season play. (See Article IV, Section 4. K.(2).d.)
- Section 6. Scrimmages. Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter including the week of the first starting date, scrimmages will be subject to the provisions of Rule 2, Section 7.

A wrestler may not compete in more than a maximum of thirty (30) sub-varsity and varsity matches from the first starting date to the start of the NJSIAA Tournament; this includes interschool sub-varsity and varsity scrimmages, dual meets, tri-meets, quad-meets and tournaments. No matches regular season meets or tournaments may be scheduled during or after the week of the District Tournament, but a school may schedule interschool "workouts" (excluding bout format-scoring, no officiating and no weigh-ins) the week of the Districts through the week of the State Finals.

CL 1 Scrimmages during the regular season count toward the allowable number of games.

- Section 7. Postponed Meets. Any postponed meet may be added to the regular scheduling as noted in Section 7. Maximum Meets.

Section 8. Maximum Meets. A team may not schedule nor may a wrestler participate in more than four weigh-ins per week. A team may schedule only one event involving more than four teams during the week. A two-day tournament with a weigh-in each day will count as two weigh-ins.

NOTE: Make-up matches must fall within the four weigh-in regulations.

CL 1 A wrestler may not compete in MORE than a maximum of 30 sub-varsity and varsity matches during the regular season (exclusive of the NJSIAA Tournament, Team and Individual). Teams not qualifying for or being eliminated from the Team Tournament may compete consistent with Rule 25, Section 6 and such meets during the week of the Team Tournament will not count towards the maximum thirty(30) sub-varsity and varsity matches governing a wrestler. (Thirty [30] sub-varsity and varsity matches are exclusive of NJSIAA Tournaments, both Individual and Team.)

CL 2 Two-day tournaments that are held on a Saturday and a Sunday will be considered as a tournament for the week of the initial day the tournament starts (in this case Saturday).

Section 9. Weight Certification.

Article 1... **SEE NJSIAA RULES AND REGULATIONS**

NOTE: Weight Classes: 106 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

Section 10. Weight Classification.

Article 1 Each Match – A wrestler’s actual weight, minimum certified weight, and weight class at which the wrestler participated must be recorded in the team’s scorebook. **Officials are to record final score on the OPC weigh in sheet and sign BOTH OPC weigh in sheets** in ink at the conclusion of the meet.

*CL 1 Each meet – each wrestler’s name, weight class, and actual weight must be recorded on **the OPC weigh in form**. At the conclusion of the weigh-in period, opposing coaches must sign the form and a copy of this form must be provided to the opposing coach upon request. When a wrestler represents his school at a particular weight class, his name, actual weight, and weight class will immediately be transferred from the weigh-in form and entered in the official scorebook by the official scorer. The scorebook will be signed by the referee at the conclusion of the meet.*

*CL 2 Once all the information (name, weight class, and actual weight) from the weigh-in form has been transferred to the scorebook, **officials are to record final score on the OPC weigh in sheet and sign BOTH OPC weigh in sheets to ensure there is an official verification of the final score for each team. These forms** will become the official documents of the meet.*

NOTE: Due to the fact that teams may weigh in two or more contestants per weight class, the weigh-in sheet provides both teams with the necessary information of who is eligible to wrestle. The scorebook will record the results of the matches.

A wrestler appearing on a weigh-in sheet at one weight class may move up one weight class at match time, providing he meets National Federation criteria.

Article 2 Weight Class Participation

- (a) A wrestler may never wrestle below that wrestler's minimum weight classification.
- (b) A contestant shall not wrestle more than one weight class above that class for which the contestant's actual stripped weight, at the time of weigh-in, qualifies the contestant.
- (c) A contestant may not weigh-in more than one weight class above the weight of certification without recertifying at a higher weight.

CL 1 (a) If a wrestler is certified at 120 pounds, he may only weigh in for the 120 pound or 126 pound weight class without losing his 120 pound eligibility.

(b) If he weighs in at 126 pounds or less for the 126 weight class, he may wrestle 132 at meet time without losing eligibility to wrestle at 120 pounds.

(c) If he weighs in above 126 pounds, he may wrestle at the 132 weight class BUT he WILL LOSE his eligibility at 120 since he has weighed in more than one weight class above his certified weight.

Article 3 Weight Reduction – At no time is the use of sweat boxes, hot showers, whirlpools, rubber, vinyl or plastic type suits or similar heating devices permitted, for weight reduction purposes. Failure to comply with this regulation shall disqualify an individual from competition.

Section 11. Skin Infection/Contagious Disease.

The official will check and rule on skin infections, contagious diseases, and the like. Before being permitted to wrestle, any wrestler judged not fit to wrestle must present the NJSIAA form from a physician certifying that an exam took place pertaining to that condition within the last seven (7) days, clearing that contestant for competition.

Section 12. Equipment.

- (a) Headgear – It is mandatory that all wrestlers wear a protective headgear at all times during practice and while participating in a match.

Section 13.

1. Any player with two or more disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament.
2. Any varsity team accumulating three or more player or coach disqualifications for flagrant unsportsmanlike conduct prior to the start of a tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.
CL 1 Teams with three or more disqualifications cannot win a District Team Championship title.

Regular Season Rules

A Weigh-In Procedures

1. Coaches need to exchange the OPC computer generated weigh-in forms and if there is a disagreement/irregularity a descent plan form and follow the instructions on these forms. The OPC computer generated weigh in form needs to be completed and signed by the opposing coach for all weigh-ins throughout the year, including all tournaments and dual meets. The original completed copy of the OPC computer generated weigh-in forms and descent plan must be kept in the mat area during all competitions. Keeping all these forms will be imperative to prove the exact weight class, especially when establishing the scratch weight at the lowest possible weight at the lowest possible weight class, for the year-end state tournaments
 1. **NOTE: Coaches that have a wrestler that is not listed on the OPC computer generated weigh in sheet must produce a descent plan for that wrestler as verification that he/she is eligible to wrestle on that day**
 2. **NOTE: One (1) team point will be deducted for failure to have weigh in sheet and descent plan at mat side**
2. The dual weigh-in procedure has been aligned with the random draw to provide maximum preparation and warm-up time for the first contestants scheduled to compete in dual meets.

B. WEIGHT ALLOWANCE- A TWO POUND STATE ALLOWANCE WILL BE GRANTED TO TEAMS THAT WRESTLE ON MONDAY, i.e., $106 + 2 = 108$.

NOTE: After the two pound growth allowance is granted, the new weight classes for Monday matches only will be as follows:

110, 117, 124, 130, 136, 142, 149, 156, 164, 174, 186, 199, 224, 289

1. BEFORE THE TWO POUND GROWTH ALLOWANCE.

- a. Team A wrestles Monday the weight class is 108 (106 plus 2 lb. state allowance for a Monday meet)
- b. Team A wrestles Tuesday the weight class is still 108
- c. Team A wrestles Wednesday the weight class is still 108, as per NFHS rule 4-5-5, "when there are consecutive days of team competition, there shall be a 1 pound allowance granted each day for all wrestlers, up to a maximum of two pounds." Two pounds was already granted because of the Monday match

2. AFTER THE TWO POUND GROWTH ALLOWANCE

- a. Team A wrestles Monday the weight class is 110 (108 plus 2 lb. state allowance for Monday meet)
- b. Team A wrestles Tuesday the weight class is still 110
- c. Team A wrestles Wednesday the weight class is still 110 as per NFHS rule 4-5-5, "when there are consecutive days of team competition, there shall be a

1 pound allowance granted each day for all wrestlers, up to a maximum of two pounds.” Two pounds was already granted because of the Monday match.

1. WEIGH-IN PERIOD-

- a. All contestants shall be present in designated weigh-in area at the start of the weigh-in period.
- b. The dual weigh in period procedure has been aligned with the random draw to provide maximum preparation and warm-up time for the first contestants scheduled to compete in dual meets.
- c. Visiting team (lower seed) weigh in first.
- d. When all wrestlers for a weight class have had an opportunity to weigh-in and the next class is called, that weight class is closed.
- e. A contestant shall weigh-in for only one (1) weight class during the weigh-in period.
- f. Wrestlers opting to wear a legal hair cover must wear it to the weigh-in and be checked for grooming. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed.

NOTE: Supervised scales must be available one-half (1/2) hour prior to the start of the weigh-in period. No one will be allowed to weigh-in early/late unless weather or unforeseen circumstances dictate and the tournament director rules otherwise. Contestants may not engage in quick weight reduction practices during the 30 minute weight check time as explained in rule 4-4-3 of the NFHS wrestling rules

2. NUMBER OF CONTESTANTS- A wrestler must be in a weight class on the weigh in form in order to compete

NOTE: If tournament rules dictate that more than one wrestler is permitted per weigh class and a team score is kept, the coach must designate one wrestler as point scorer prior to seeding

The actual weight of each contestant must be recorded by an official, coach or designee on this sheet. **Proper signatures must be recorded.** Contestants may “move up” as per **Rule 4-4-2 of the NFHS Wrestling Rules**, but not move “down.”

3. ORDER OF WEIGHT CLASS FOR WRESTLING - The random draw shall take place immediately preceding weigh-ins. (NFHS Rule 1.2.2a and 1.3.4a.

- a. The actual weight of each contestant must be recorded by an official or designee on the weigh in form. An assigned official will check each wrestler for weight, proper hair grooming, facial hair and fingernail length. Before being permitted to wrestle, any wrestler judged not fit to wrestle, must present a written statement from a physician, using the proper NJSIAA skin documentation form, that an exam took place pertaining to that condition, within the last seven (7) days, clearing that contestant for competition.

C. **QUALIFYING CRITERIA**

ALL MEMBER SCHOOLS SPONSORING AN INTERSCHOLASTIC WRESTLING PROGRAM AT THE VARSITY LEVEL ARE ELIGIBLE UNLESS A TOURNAMENT REFUSAL FORM IS RECEIVED BY JANUARY 27, 2014

1. **ENTRY FEE**- Eighty (\$80) for each selected school, to be mailed to the NJSIAA.
2. **TO QUALIFY**- By the cut-off date (Saturday, **February 1, 2014**) teams must have wrestled at least six (6) dual meets. (***THE NEED TO HAVE A WINNING PERCENTAGE OF .500 OR BETTER HAS BEEN ELIMINATED***). The power point ranking system will be used to determine the standard number of six (6) qualifying teams. See Team Classifications at

www.njsiaa.org.

NOTE: Seventy percent (70%) of dual meets wrestled before the cutoff of **February 1, 2014 must be against new jersey schools.**

3. **REGULAR SEASON RANKING-**

a. **Dual Meets**

Points are awarded for dual meet wins and losses. Use the **Ranking Scale** to determine the number of points earned for dual meet competition. The weight of a forfeit will be calculated with the winning team getting the maximum points of the opponent while the losing team receives the opponents minimum points allowed.

Coaches are responsible to email to check and verify their team's records and scores with their Ranking Chairman prior to the seeding meeting.

Ranking Scale-2013-2014

<i>Opponent's Power Rating</i>	<i>WINNING MARGIN</i>				<i>LOSING MARGIN</i>						
	<i>19+</i>	<i>13-18</i>	<i>7-12</i>	<i>1-6</i>	<i>1-6</i>	<i>7-12</i>	<i>13-18</i>	<i>19-29</i>	<i>30-39</i>	<i>40+</i>	
<i>32.00-Higher</i>	43	42	41	40	38	36	33	29	26	24	
<i>31.50-31.99</i>	42	41	40	39	37	35	32	28	25	23	
<i>31.00-31.49</i>	41	40	39	38	36	34	31	27	24	22	
<i>30.50-30.99</i>	40	39	38	37	35	33	30	26	23	21	
<i>30.00-30.49</i>	39	38	37	36	34	32	29	25	22	20	
<i>29.50-29.99</i>	38	37	36	35	33	31	28	24	21	19	
<i>29.00-29.49</i>	37	36	35	34	32	30	27	23	20	18	
<i>28.50-28.99</i>	36	35	34	33	31	29	27	22	19	17	
<i>28.00-28.49</i>	35	34	33	32	30	28	26	21	18	16	
<i>27.50-27.99</i>	34	33	32	31	29	27	26	20	17	15	
<i>27.00-27.49</i>	33	32	31	30	28	26	25	19	16	14	
<i>26.50-26.99</i>	32	31	30	29	27	25	24	18	15	13	
<i>26.00-26.49</i>	31	30	29	28	26	24	23	17	15	12	
<i>25.50-25.99</i>	30	29	28	27	25	23	22	16	14	11	
<i>25.00-25.49</i>	29	28	27	26	24	22	21	15	14	10	
<i>24.50-24.99</i>	28	27	27	26	24	22	20	15	14	10	
<i>24.00-24.49</i>	28	27	27	26	24	22	20	15	14	10	
<i>23.50-23.99</i>	27	26	26	25	23	21	19	14	13	10	
<i>23.00-23.49</i>	27	26	26	25	23	21	19	14	13	9	
<i>22.99-Lower</i>	26	26	25	25	23	21	18	14	13	9	

Changes for 2014 and beyond:

- 1. Addition of the columns for losing by 40+ points (above)**
 - 2. Losing team cannot receive more power points in a match than the winning team**
 - 3. Only the 10 best results for each team will be considered for initial seeding purposes (head to head and common opponents for tie-breaking purposes may include all matches wrestled)**
- b. FOUR TEAM INDIVIDUAL TOURNAMENT**
- 1. When conducting a four team individual tournament, each weight class is seeded individually. When Quads are conducted as a four-team tournament, they DO NOT count in power rankings.**

- 4. COACHES/CONTESTANTS CONDUCT- Will be strictly Enforced.**
- a. Individual Tournaments- Wrestling will not start until there is at least one (1) coach but not more than two (2) coaches or school representatives (including athletic trainers) in both corners.**
 - b. Coaches Misconduct – Will be strictly enforced as per NFHS Rule 5-5**
 - c. Unsportsmanlike Conduct – Will be strictly enforced as per NFHS Rules 7-4-2, 7-5-3, 8-1-4**
 - d. Flagrant Misconduct – Will be strictly enforced as per NFHS Rules 7-4-3, 7-5-5, 8-1-3, 8-1-6**