

UHSAA Wrestler Skin Lesion Policy  
Sports Medicine Advisory Committee, Approved November 6, 2019

(Rule 4-2-2) Each wrestler shall comply with standard health, sanitary and safety measures during match participation. Because of the body contact involved in wrestling, these standards shall constitute the sole reasons for disqualification. Application of this rule shall not be arbitrary or capricious.

(Rule 4-2-3) If a participant has a suspected skin disease or lesion, he/she is to seek diagnosis and treatment from an “appropriate health-care professional”. The term “appropriate health-care professional” in reference to this rule is defined by the UHSAA as follows: A licenced health-care professional (hereafter referred to as LHP) who is licenced by law to practice medicine in the state of Utah, AND whose scope of practice gives them legal authority for prevention, recognition and management of athletes with skin infections. (Examples include: MD, DO, PA, NP, ATC)  
After diagnosis the LHP is to complete and sign the Skin lesion form. The wrestler is to return said form to the wrestling coach. The coach and the wrestler are to retain a copy for future compliance at practice, dual meets, and/or tournaments.

It is mandatory for said wrestler to present the NFHS form, “Medical Release for wrestler to participate with skin lesion form”, (hereafter referred to as Skin lesion form) available via the UHSAA website <https://www.uhsaa.org/forms/skinform.pdf> The Skin lesion form is to be presented to the referee, or designated on-site meet, health-care professional for inspection to be eligible for participation.

Note: \* A doctor's note is NOT an acceptable form.

**Note: Coaches are responsible to safeguard each student athlete. When a wrestler presents the Skin lesion form to a coach, it is the coach's responsibility to follow the treatment guidelines outlined on the skin lesion form for a wrestler to return to wrestling practice and/or competition.**

(Rule 3-1-4) A Referee or Designated LHP shall conduct skin checks.

If there is a question or concern regarding a wrestler's skin condition, the Skin lesion form will be asked for and must be presented during the skin check. This form will assist in the determination for a wrestlers eligibility and compliance to compete.

(Rule 4-2-4) If a designated-on site meet LHP is present, he/she may overrule the the skin lesion form. At all state qualifying meets and state championship tournaments an L.H.P. shall be available at skin checks to adjudicate any questions or concerns regarding a wrestler's skin condition. When a medical decision has been made the Head referee will support the medical staff, and deliver the information to the Head coach. Once a skin condition or lesion is deemed non-contagious, the condition or lesion may be covered to protect the wound.

(Rule 8-2-5) A designated-on site meet LHP who determines a wrestler should not participate, shall not be overruled. In the absence of a designated-on site meet LHP, the referee will determine a wrestlers eligibility to compete.