

**SUFFOLK COUNTY
WRESTLING**



**Matteo DeVincenzo
Wrestling Chairman**

**Comsewogue School District
Director of Health, Physical Education & Athletics**

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SUFFOLK COUNTY WRESTLING
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November 2017

Dear Suffolk County Wrestling Coach,

Welcome to another season of Section XI Wrestling, It is my pleasure to serve all of you as your Sports Chairman. I look forward to working with the Wrestling Coaches Association. The Section XI mandatory coaches meeting will take place on Tuesday November 7, 2017 in the Gymnasium of Sachem North High School at 7:30 PM.

Enclosed is pertinent information and forms to help you throughout the season. These forms can be found on both the www.sectionxi.org and <http://longislandwrestling.org/scwca/index.htm> websites.

It is my job to serve as your liaison to the New York State Public High School Athletic Association and Section XI. Please do not hesitate to contact me at the Comsewogue High School Athletic Office at (631) 474-8196, my cell at (631) 512-3497 or email me at mdevincenzo@comsewogue.k12.ny.us should you have any questions or concerns.

I wish each and every one of you an enjoyable and successful season.

Sincerely,

A handwritten signature in black ink, appearing to read "Matteo DeVincenzo", is written over a light blue horizontal line.

Matteo DeVincenzo
Suffolk County Wrestling Chairman
Comsewogue School District
Director of Health, Physical Education & Athletics

2017-2018 League Placements

<u>WRESTLING</u>		
<u>Division 1</u>		
<u>League 1</u> Brentwood Longwood William Floyd Patchogue-Medford Sachem East Ward Melville Commack	<u>League 2</u> Sachem North Central Islip Connetquot Northport Lindenhurst Walt Whitman Bay Shore	<u>League 3</u> Riverhead HH Hills East Smithtown West Smithtown East Copiague Newfield Centereach
<u>League 4</u> Huntington North Babylon West Islip Deer Park Bellport Eastport-S Manor HH Hills West	<u>League 5</u> Comsewogue West Babylon East Islip Hauppauge Kings Park EH/BH/Pier/Ross Harborfields	<u>League 6</u> Rocky Point Islip Westhampton Sayville Amityville Miller Place Elwood-J Glenn
<u>Division 2</u>		
<u>League 7</u> Shoreham-WR Mt. Sinai Bayport-Blue Pt. Southampton Hampton Bays	<u>League 8</u> Matt/Gpt/Shld Center Moriches Babylon Port Jefferson Stony Brook	

2017-2018 Officers and League Representatives

President - Dom LoRe - Miller Place

Vice President - Paul Bass - WHB

2nd Vice President - Mike McLaughlin - Deer Park

Treasurer - Mike Koscinski - Center Moriches

Secretary - Rich Reilly - Bayport

League 1 - Ralph Napolitano - Brentwood

League 2 - Ray Pickerskill - Sachem North

League 3 - Ken Leverich - Smithtown West

League 4 - Joe Sholz - HHH West

League 5 - Chris Messina - Hauppauge

League 6 - Matt Kazsubski - Miller Place

League 7 - Joe Condon - SWR

League 8 - Cory Dolson - Mattituck

SECTION XI WRESTLING
2017-2018 Regional Weight Certifications
DIVISION I

Saturday, November 18th, 2017

	@ Pat. Medford	#		@ Ward Melville	#
9:00	DII Failed Hydrations and appeals		9:00	Ward Melville	
9:30	Sachem East		9:30	Miller Place	
10:00	Pat. Med.		10:00	East Islip	
10:30	ESM		10:30	Rocky Point	
11:00	West Babylon		11:00	Westhampton	
11:30	Deer Park		11:30	Sachem North	
12:00	Sayville		12:00	Comsewogue	
12:30	Islip		12:30	Longwood	
1:00	Amityville		1:00	Newfield	
1:30	Riverhead		1:30	Kings Park	
2:00	Bellport		2:00	William Floyd	
2:30	East Hampton		2:30	HHH West	
3:00	Brentwood		3:00	Centereach	
3:30	West Islip		3:30	Commack	
4:00			4:00		
	@ Walt Whitman	#			
9:00	Walt Whitman				
9:30	Elwood-John Glenn				
10:00	Northport		DIVISION II		
10:30	Harborfields		Thursday, November 16, 2017		
11:00	Lindenhurst		Lg. 7 & 8	@ Bayport HS	#
11:30	Smithtown West		4:30	Bayport	
12:00	Huntington		5:00	Mount Sinai	
12:30	Central Islip		5:15	Port Jefferson	
1:00	North Babylon		5:30	Hampton Bays	
1:30	HHH East		5:45	Southampton	
2:00	Bay Shore		6:00	Babylon	
2:30	Smithtown East		6:00	Mattituck	
3:00	Copiague		6:15	Stony Brook	
3:30	Connetquot		6:30	Center Moriches	
4:00	Hauppauge		6:45	SWR	
			7:00	Individual Wrestlers	

FAILED HYDRATION STATE & APPEALS

Must be made to the Regional Assessor on the following dates:

Division II – Saturday, November 18th – Failed Hydration/Appeals – Ward Melville HS 9:00am

Division I – Sunday, November 19th – Failed Hydration – Comsewogue 12pm-2pm

Division I – Monday, November 20th – Appeals – Sachem East 7pm – 9pm.

You must e-mail Peter White pwatc@verizon.net to make an appointment.

SECTION XI WRESTLING
2017 – 2018 Regional Weight Certifications
Assessment Procedures

1. Teams will arrive at their scheduled time. Each team must have **“Individual Profile Forms”** of all athletes to be assessed listed in alphabetical order with personal information filled out for each athlete prior to arrival. Coaches are to check forms for proper information.
2. The coach and team will be greeted in a staging area. At this point, the coach will hand the greeter the all **“Individual Profile Forms.”** The greeter will confirm all personal information on the forms is completed as the male athletes dress down to shorts and the female athletes dress down to shorts and halter. Nude weigh-ins are not allowed. The greeter will take attendance by distributing the forms to the appropriate athletes, and then take them into the assessment area. **No Coaches or School personnel are permitted in any of the assessment areas.** Coaches and other school personnel are to wait in the staging area with the team’s belongings and may not discuss assessment or requests results of any assessors.
3. Athletes will be first tested for hydration with a Digital Refractometer (NYSPHSAA protocol will be followed). Those passing the test for hydration will have their form initialled by the Assessor and proceed to the certified scale for weight check. Those who do not pass the test of hydration **will not proceed with certification** and will return to the staging area. The assessor will keep their individual profile form. Athletes are to be reminded: **An Athlete caught cheating on the hydration test will be ineligible to compete in wrestling for the entire season. Please enforce the use of the Parent Consent Form to be kept on file in Athletic Directors office.**
4. The Assessor at the scale will record the athlete’s weight; initial the form, and the athlete will proceed to the skin fold test.
5. The athletes will proceed to the skin fold station where the Assessor will then conduct the skin fold test as per NYSPHSAA protocol, record the data on the form and initial the form.
6. When all **“Individual Profile Forms”** for the team are completed, the Assessor will bring them to the Data Input Area, where an assessor will input the data into the NYS Website (www.nysphsaa.org) by team. Results will be e-mailed to athletic directors. No coaches, athletes or school personnel may wait for results. All must leave the Assessment Site immediately. Coaches will receive results on the Track Wrestling website within the hour.
7. **Appeals - a coach or school official must accompany all wrestlers participating in an appeal of their weight certification to the re-certification site.**

NOTE: *Assessors may not assess any athlete in a program that the assessor has any affiliation with (example - work at the school or live in the school district). They may test at their school, just not those athletes. The site administrator should have no affiliation with any of the*

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION WRESTLING MINIMUM WEIGHT ASSESSMENT PARENTAL AWARENESS FORM

The appropriate and healthful control of body weight for wrestlers has been a concern of athletes, coaches, athletic trainers, school physicians, and parents for a number of years. Approximately one-third of wrestlers have used inappropriate weight loss procedures to obtain a lower body weight for wrestling. Regardless of the educational information from national, state and local athletic organizations, unhealthy weight loss procedures continued. Medical concerns for the wrestlers, and the success of other state associations' programs to determine minimum wrestling weight, resulted in the NYSPHSAA governing board approving a Wrestling Weight Certification Program in April 1996. This action was taken after fifteen years of review and study by the Association, which involved the Safety and Research Committee and the NYSPHSAA Wrestling Committee.

The NYSPHSAA Wrestling Minimum Weight Certification Program became mandatory for all member high school wrestling programs, commencing with the 1997-98 wrestling season. The Program is based on two components, assessment of wrestlers to establish a minimum weight at which each athlete will be allowed to compete and nutrition education to promote healthy eating patterns and improved athletic performance.

Schools must follow the provisions of the Wrestling Minimum Weight Certification Program for all wrestlers in varsity and junior varsity programs. Minimum wrestling weight is based upon 7% body fat for males and 14% for females. **The minimum wrestling weight is not established as the athlete's best weight, but rather the minimum weight at which the athlete will be allowed to compete.**

STEPS OF PROCESS: Urinalysis, Body Weight, Skinfolts

1. Wrestler will provide a sample of urine to test for hydration. If the specific gravity of urine is above 1.025, testing cannot continue and testing must be rescheduled after 24 hours has lapsed.
2. Wrestler will be weighed on a digital scale.
3. Wrestler will have sites marked on his body with a marker and have skinfolts raised to determine body fat percentage.

Minimum weight assessment, including urinalysis, may be completed only by health care professionals who have successfully completed the NYSPHSAA's Wrestling Minimum Weight Assessor's Workshop. An athlete found to have cheated in the hydration test process will be ineligible to compete in wrestling for the season.

APPEAL PROCEDURE:

A wrestler may appeal his/her skinfold measurements or calculations. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE. The appeal must be completed three days after the date of the original assessment.

I, the parent/guardian of _____, have read the information above and I am aware of the minimum weight assessment process.

Parent/Guardian Signature _____ Date _____

Student-Athlete Signature _____ Date _____

*Failure to have a signed copy on file does not excuse the student-athlete from the assessment process and/or related penalties.
The School's Athletic Director is to keep a copy on file until the season is completed.*



SECTION XI ATHLETICS
NEW YORK STATE
PUBLIC HIGH SCHOOL
ATHLETICS ASSOCIATION



2017-18 HIGH SCHOOL SCHEDULING INFORMATION

SPORT	MAX # CONTESTS ALLOWED	# PRACTICES PRIOR TO 1 st SCRIMMAGE		# PRACTICES PRIOR TO 1 st CONTEST		FIRST PRACTICE DATE	FIRST SCRIM DATE	FIRST CONTEST DATE	NYS CHAMP DATE
		Team	Ind.	Team	Ind.				
B/G X Country	13 JV 13 V	10	8	10	10	8/21	8/31	8/31	11/11
Field Hockey	16 JV 16 VAR	8	6	10	8	8/21	8/30	9/1	11/11-12
Football	8 JV 8 VAR	11	10	15	14	8/14	8/26	8/31	-
B Golf	16 JV 17 VAR	Training		Training		8/21	Practice	Recomm.	6/2-4
G Gymnastics	13 VAR	10	8	15	13	8/21	8/31	9/6	3/3
B/G Soccer	16 JV 16 VAR	8	6	10	8	8/21	8/30	9/1	11/11-12
G Swimming	15 VAR	12	10	12	10	8/21	9/4	9/4	11/17-18
G Tennis	16 JV 16 VAR	6	4	8	6	8/21	8/28	8/31	10/28- 10/30
B/G Volleyball	20 JV 20 VAR	6	4	8	6	8/21	8/28	8/31	11/18-19
B/G Basketball	20 JV 20 VAR	8	6	10	8	11/13	11/22	11/24	3/16-18
Cheerleading	6 JV 10 VAR	10	8	10	8	11/13	N/A	11/24	3/3
B/G Bowling	19 VAR	Training		Training		11/13	Practice	Recomm.	3/10-11
B/G Fencing	20 JV 20 VAR	10	8	15	13	11/13	11/24	11/30	-
B Swimming	15 VAR	12	10	12	10	11/13	11/27	11/27	3/2-3
B/G Winter Track	15 VAR	10	8	10	10	11/13	11/24	11/24	3/3
Wrestling	20 pts+ JV 20 pts+ V	10	8	15	13	11/13	11/24	11/30	2/23-24
B/G Badminton	20 VAR	6	4	8	6	3/5	3/12	3/14	-
Baseball	20 JV 20 VAR	10	6	15	8	3/5	3/16	3/22	6/8-9
Girls Golf	16 JV 16 VAR	Training		Training		3/5	Practice	Recomm.	6/1-3
B/G Lacrosse	16 JV 16 VAR	8	6	10	8	3/5	3/14	3/16	B- 6/6 G- 6/8-9
Softball	20 JV 20 VAR	6	4	8	6	3/5	3/12	3/14	6/9
B Tennis	16 JV 16 VAR	6	4	8	6	3/5	3/12	3/14	5/31-6/2
B/G Track	16 VAR	10	8	10	10	3/5	3/16	3/16	6/8-9

+6 tournaments maximum

NOTE: FIRST SCRIMMAGE AND FIRST CONTEST DATES ARE BASED ON USING SATURDAYS AND HOLIDAYS AS PRACTICE DATES (EXCEPT THANKSGIVING DAY). If teams do not practice on Saturdays, and/or holidays, add one day for each practice missed. According to the Section XI Holy Day Policy approved on Dec 8, 1978, no contest or interschool scrimmage may be scheduled in Section XI on the dates listed below. Jewish holy days begin at sundown of the preceding day, and end at sundown of the day listed. Student-athletes must be able to be home by 6PM on days preceding Jewish holy days.

HOLY DAY OBSERVANCE		SIGNIFICANT DATES TO CONSIDER	
Sept 21-22 - Rosh Hashanah Sept 30 - Yom Kippur (Saturday) Dec 24 - Christmas Eve Dec 25 - Christmas Day Mar 31 - 1 st Day of Passover Mar 29 - Holy Thursday Mar 30 - Good Friday Apr 1 - Easter Sunday		Sept 4 - Labor Day Oct 9 - Columbus Day Oct 31 - Halloween Nov 7 - Election Day Nov 11 - Veterans' Day (observed) Nov 23 - Thanksgiving Day Jan 15 - Martin Luther King Jr. B-day (observed) Feb 19 - Presidents' Day May 28 - Memorial Day (observed)	
STANDARD TEST DATES			
Sept 9 - ACT Oct 7 - SAT & Achiev Oct 14, 18 - PSAT Oct 28 - ACT Nov 4 - SAT & Achiev		Dec 2 - SAT & Achiev Dec 9 - ACT Feb 10 - ACT March 10 - SAT April 14 - ACT	
		May 5 - SAT & Achiev June 2 - SAT & Achiev June 9 - ACT App. 2/16/17	

Advertisers:



NYSPHSAA NYS HEALTH CARE PROVIDER RELEASE WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a physician release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee (SMAC) conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS SMAC presumes to dictate to professionals how to practice medicine. Nor is the information on this form meant to establish a standard of care. The NFHS SMAC does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians, physician's assistants, and nurse practitioners who are signing "return to competition forms". Consistent use of these guidelines should reduce the likelihood wrestlers catching a skin disease from participation and suffering from inequalities as to who can or cannot participate.
4. Provide a basis to support physician, physician assistant, or nurse practitioner decisions on when a wrestler can or cannot participate. This should help the physician, physician assistant, or nurse practitioner who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve a student athlete who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Each state association needs to determine which appropriate health-care professional can sign off on this form. **For NYSPHSAA member schools an appropriate health care provider is defined as a licensed physician, physician assistant, or nurse practitioner.**
2. Inclusion of the applicable NFHS wrestling rule so physicians, physician assistants, and nurse practitioners will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician, physician assistant, or nurse practitioner visit.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

WRESTLING COMMUNICABLE SKIN DISEASE FORM - For use during 2017-2018 Season
NYS HEALTH CARE PROVIDER RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION



Any student diagnosed with a contagious skin infection must report to the school health office prior to resuming participation. A copy of this form must be provided to the school nurse/medical director upon return to school and filed in the student's cumulative health record.

Name: _____

Date of Exam: ____ / ____ / ____

School: _____

Mark Location AND Number of Lesion(s)

Diagnosis _____

Please use Blue Ink

Location AND Number of Lesion(s) _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: ____ / ____ / ____ Time: _____

Note: By signing below, the NYS Health Care Provider is stating that the diagnosed lesion(s) is either:

Please make sure one of the two lines below is checked.

____ NOT contagious and may return to full participation.

____ NO LONGER contagious and may return to full participation.

NYS Health Care Provider Signature _____ Date: _____

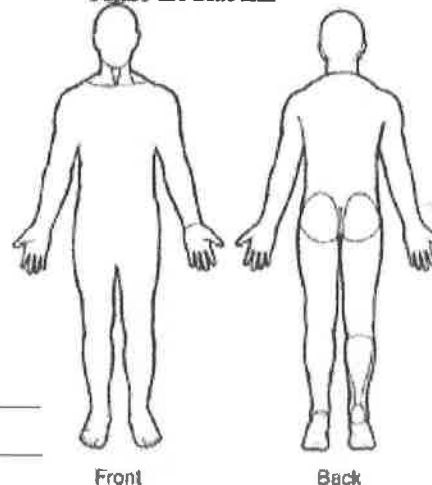
NYS Health Care Provider Name (Printed or Typed) _____

Office Address _____

Office Phone Number: _____

** Need Physician's Stamp*

For NYS PHSA member schools an appropriate health care provider is defined as a NYS licensed physician, physician assistant, or nurse practitioner.



Front

Back

Note to Physician, Physician Assistant, Nurse Practitioner: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

"ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is non-contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm on scalp or skin): Oral or topical treatment for 72 hours on skin and oral treatment 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Bacterial Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge

Molluscum Contagiosum: Upon treatment with curettage and hyfrecator, may cover with bioclusive and wrestle immediately.



New York State Public High School Athletic Association

DUAL MEET WEIGH-IN SHEET

EXACT WEIGHT MUST BE RECORDED FOR BOTH A.M. AND P.M.

MAKE 3 COPIES: 1 FOR HOME COACH, 1 FOR OPPOSING COACH, 1 FOR THE SCORE TABLE

COACHES: KEEP THESE SHEETS ON FILE FOR POST-SEASON WT. VERIFICATIONS

HOME TEAM _____ OPPONENT _____ DATE: _____

All wrestlers listed are eligible to wrestle in this dual meet, they have made weight and have been cleared of any injury or skin rash.

SIGNATURE: _____ SIGNATURE: _____ Wt. Allowance _____

Coach _____ Athletic Director or School Representative * _____

* - The school rep. must be the person who actually conducts the weigh-in. They cannot be a member of the school's wrestling staff.

Weight	Circle, *, or Highlight 7/8 th graders Wrestler	Cert Wt	AM	PM	S K I N
99					
106					
113					
120					
126					
132					
138					
145					

Weight	Circle, *, or Highlight 7/8 th graders Wrestler	Cert Wt	AM	PM	S K I N
152					
160					
170					
182					
195					
220					
285					

7th / 8th grade: Minimum weights are as follows: In Excess of: 91 for 99, 96 for 106, 185 for 220, 210 for 285



New York State Public High School Athletic Association

TOURNAMENT WEIGH-IN SHEET

EXACT WEIGHT MUST BE RECORDED

COACHES: KEEP THESE SHEETS ON FILE FOR POST-SEASON WT. VERIFICATIONS

TEAM _____

DATE: _____

TOURNAMENT _____

All wrestlers listed below are eligible to wrestle in this tournament.
They have been cleared of any injury or skin rash.

Wt. Allowance(s):
Day 1: _____ Day 2: _____

Weight	Wrestler	Gr	Cert Wt.	Actual Wt. Day 1	S K I N	Actual Wt. Day 2	S K I N
99							
106							
113							
120							
126							
132							
138							
145							
152							
160							
170							
182							
195							
220							
285							

7th / 8th grade: Minimum weights are as follows: In Excess of: 91 for 99, 96 for 106, 185 for 220, 210 for 285

SIGNATURE: **Tournament Director** _____

2017-2018 *League Tournament Sites

League 1 - Patchogue Medford

League 2 - Bayshore

League 3 - HHH East

League 4 - Bellport

League 5 - Harborfields

League 6 - Elwood John Glenn

***Upon approval of site Athletic Directors**

2017-2018 Section XI Division I/II and NYSPHSSA Championship Sites

**2/10/2018 - Section XI Division I/II Championships at SCCC -Brentwood,
10:00am (\$6 admission)**

**2/11/2018 - Section XI Division I/II Championships at SCCC -
Brentwood, 9:30am**

Day Session (\$6 admission)

Evening Session - Finals (\$6 admission)

**2/23-24/2018 - NYSPHSAA Championships, Times Union Center, Albany
(Sec II)**

WRESTLING

National Federation Rules

Section XI will follow the New York State Public High School Handbook of wrestling that can be found at: http://www.nysphsaa.org/sports/spec_prog.asp (Click on "Wrestling Standards")

POST SEASON TOURNAMENTS

1. There shall be tournaments at the league level to qualify for the Section XI tournament.
2. A wrestle-back system will exist in the Section XI tournament.
3. Mechanics of the League Tournament:
Each of the leagues will conduct a championship tournament based on the following guidelines:
 - a. Each school will be allowed 30 entrants, with no more than two wrestlers per weight class.
 - b. A wrestler will officially be entered in the league tournament at the seeding meeting. Once a wrestler's name has been entered for a specific weight class, he may only participate in the tournament at that weight classification. A wrestler failing to make weight at the weigh-in is disqualified from competition in the league tournament and all future post-season tournaments for that specific wrestling season.
 - c. There are no wrestle-backs in the league tournaments.
4. Mechanics of the Section XI Tournament:
 - a. Each weight class in the Section XI Tournament will receive the four top place finishers from each league tournament.
 - b. A wrestler will officially be entered in the Section XI Tournament at the seeding meeting. Once a wrestler's name has been entered for a specific weight class, he may only participate in the tournament at that weight classification. A wrestler failing to make weight at the weigh-in is disqualified from competition in the Section XI Tournament and all future post-season tournaments for that specific wrestling season.
 - c. There will be wrestle-backs in the Section XI Tournament to determine the final six place finishers. **The Section XI Tournament includes wrestle backs for all wrestlers that lose in the preliminary round beginning in 2017. (approved 10/16)**
 - d. The champion of each weight class will automatically advance to the NYSPHSAA Championship Wrestling Tournament. At large entries will be determined within the following five days.
5. A Section XI Team Tournament will be held each year, beginning in the 2014-15 school year.

MISCELLANEOUS

1. There shall be an adult at the scoring table during all varsity meets, league tournaments, and Section XI tournaments.
2. The Suffolk County Coaches Association seeding criteria will be used for all league tournaments and the Section XI Tournament.
3. Any violation of rules and regulations shall be reported to the sport chairman and/or Executive Director, who shall take whatever action deemed necessary.
4. Representation for Minimum Number of Weight Classes - At the varsity level, teams must have a minimum of six wrestlers weighed in and prepared to wrestle in six different weight classes in order to conduct a dual meet. Schools with less would forfeit the entire competition.

Rev. 10/14/15



**NEW YORK STATE PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION INC.
WRESTLING COMMITTEE
STATE WRESTLING COMMITTEE**



USING TrackWrestling: 2017-18

Follow the Steps on Pages 2-5 (in order) to get your team set up. Once they are completed you are ready to enter results and print individual record forms (using the instructions from page 11 onward). FYI-While using the website, if the site remains idle for too long of a time without any activity, you will receive an error message asking what season you are attempting to view. To correct just log back in.

WARNING- When you get into TrackWrestling and nothing happens when you start clicking on things: (Error on page may also appear in grey at lower left of screen), this could mean that your Internet Explorer is out of date. TrackWrestling is aware of problems with Internet Explorer 8 and 10. The most current version is Internet Explorer 11 (and that works fine but depending on how old your computer is, your computer may not support it) To find the version of Internet Explorer you have:
Access the internet: Click on: **Help** in the menu bar at the top of the screen
Click on: **About Internet Explorer** (your version will be displayed)
To fix this problem: You can either install Internet Explorer 11 or Google Chrome as your browser. (Google Chrome should work on all computers)

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You will receive an email from: **noreply** (New coaches will receive it from JeffCUILTY@Gmail.com)

Subject: **2017-18 High School Boys Season Login and Instructions**

Click the **Sign In** button on the email to access Track

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

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

You can access TrackWrestling in one of three ways:

- o Access the internet and type in: **TrackWrestling.com**
- o On the right hand side of the screen: **Click on: the OPC (Optimal Performance Calculator) Icon**

Or

- o Access TrackWrestling directly with this link:
<http://www.trackwrestling.com/tw/seasons>

First Login:

- o When the TrackWrestling window appears select Choice 2:
2017-18 High School Boys and Click: **Login**
- o Use the **Username and password** that you set up when you edited you account.
- o 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)
- o 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"

Current Season:

If you have done everything correctly: The name of your school and your Schedule will now appear in a grey bar. – CONGRATS!

This will now become your team's home page every time you sign on.

Your schedule will be blank if you have not yet entered your matches.

If another team has entered their schedule and your team is on their schedule, the match should appear now.

Getting around the site:

The blue menu bar shows:

My Account Leagues Teams Wrestlers Results

To change your personal info:

- o Click on **MY ACCOUNT** in the blue top menu
- o Click on **EDIT ACCOUNT**
- o Update necessary information and change password:
You can type over the existing username and password with new ones of your choice and then click the **[Save]** button at the bottom of the page
- o A blue menu bar appears at the bottom to tell you your info has been saved.

Anytime you need to get back to your team's home page with your team's schedule:

- o Click on **MY ACCOUNT** in the blue top menu
- o Click on **MY TEAM**

The following will appear in the grey menu bar at the top of the screen

Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-

More

Leagues
Media
Weigh-ins

ENTERING YOUR TEAM's VARSITY AND JV SCHEDULES

Get to your teams home page so the following appears at the top:

The following will appear in the grey menu bar at the top of the screen

Edit team- Roster-Weight Management-**Schedule**-Matches-Statistics-Users-

More

Leagues
Media
Weigh-ins

- Click on **Schedule**
- You can now enter all your dual meets and then all your tournaments for Varsity and JV.
Click on the grey **Add Event** button in the center of the screen

BEFORE ENTERING ANY TOURNAMENTS- PLEASE READ:

Only the school that is **HOSTING** the tournament should enter it on their schedule. Once they have done so, the tournament will appear in a drop down list to be selected by the other **non-host** teams. If you are not hosting, and the tournament does not appear yet: **DO NOT ADD IT** to the list. Please wait until the host school adds it. By following this procedure, there will no longer be multiple names for the same tournament like there were in the past. Your Sectional Duals, Sectional Qualifiers, Sectional Tournaments, and State Tournaments will be added by NYS and appear automatically on the drop-down list.

1-Enter your Varsity Dual Meet schedule as follows:

- You will be asked for the Event Type: You have 3 Choices:
Single Dual Meet or **DualTournament/Multi Dual** or **Individual Tourn/Individual Matches**
- Select: **Single Dual Meet**
- Select **Level:** Varsity Click Next
- For each dual meet:
Enter **Date** and **Start Time:** mm/dd/yyyy and hh:mm Select: a.m. or p.m.
Enter **Location:** Home or Away or Neutral
Leagues: should show up as your Section #
Weights: Enter: New York Weights (99-285)
Match Creation: Enter- Create one match per weight
Note: Create matches as needed (can be used for JV matches when individuals are just being matched up)
- **Opponent:** Enter the **FIRST LETTER** only of the opposing school
State: NY is the default
Click Next
A list of NYS schools that start with the first letter of the school you are wrestling now appears.
Select the name of the actual school and hit **Next**
- To enter another Varsity dual repeat the above steps by clicking on: **Add Event**
(Continue this process until all Varsity duals are entered)

2-Enter your JV Dual Meet schedule as follows:

- Click on **Schedule**
Click on the grey **Add Event** button in the center of the screen
- Select: **Individual Tournament/Individual Matches**
- Select **Level:** JV or Exhibition Click Next
- For each dual meet:
Enter **Date** and **Start Time:** mm/dd/yyyy and hh:mm Select: a.m. or p.m.
Enter **Location:** Home or Away or Neutral
Leagues: should show up as your Section #
Weights: Enter: New York Weights (99-285)

2-Enter your JV Dual Meet schedule as follows: (continued)

Those of you that have JV meets where no team score is kept and more than one bout per weight is contested, do not enter the results in the Single Dual Meet format. Under: Match Creation, change the choice from Create one Match at a time to Create Matches as needed.

Match Creation: Enter- Create matches as needed

Opponent: Enter the **FIRST LETTER** only (or first and second letters) of the opposing school

State: NY is the default

Click Next

A list of NYS schools that start with the first letter of the school you are wrestling now appears. Select the name of the actual school and hit **Next**

- A reminder may show that a Varsity event with that team has always been entered. If it does **Select: New Dual** so the JV event is listed separately. Once entered, you should see both the Varsity and JV events on your schedule (labeled separately as Varsity and JV)
- To enter another JV event repeat the above steps by clicking on: **Add Event**
(Continue this process until all JV duals are entered)

3-Enter your Individual tournament schedule as follows:

- **Click on Schedule**

Click on the grey **Add Event** button in the center of the screen

Only the school that is **HOSTING** the tournament, should enter it on their schedule. Once they have done so, the tournament will appear in a drop down list to be selected by the other **non-host** teams. If you are not hosting, and the tournament does not appear yet: **DO NOT ADD IT** to the list. Please wait until the host school adds it. By following this procedure, there will no longer be multiple names for the same tournament like there were in the past. Your Sectional Duals, Sectional Qualifiers, Sectional Tournaments, and State Tournaments will be added by NYS and appear automatically on the drop-down list.

- **Select: Individual Tournament/Individual Matches**
- **Select Level:** Varsity Click Next
- For each individual tournament:
Enter **Start Date** and **Start Time:** mm/dd/yyyy and hh:mm Select: a.m. or p.m.
Enter **End Date** mm/dd/yyyy (Start date automatically appears: assuming it is a one day event).
Enter **Host Team:** Your School or select Another Team
Leagues: should show up as your Section #
Weights: Enter: New York Weights (99-285)
Click: Next
In the **Add Event window** if the tournament is already created, **Select it from the current list**
If the tournament is not on the list, **DO NOT SELECT: New Event (unless you are the host school)**. If you are **not** the Host school and the tournament does not appear **you must wait** until the host school enters the event before you can add it to your schedule. **Click on the X in the Add Event Window to close it and cancel this event.** Wait for another day (after the Host team enters it) before adding it to your schedule.
If you are the host team: Click Next (the tournament should now appear on your schedule)
- To enter another Individual Tournament repeat the above steps by clicking on: **Add Event**
(Continue this process until all Individual Tournaments are entered)

4-Enter your Varsity Dual Meet Tournament schedule as follows:

- Click on **Schedule**
Click on the grey **Add Event** button in the center of the screen

Only the school that is **HOSTING** the tournament, should enter it on their schedule. Once they have done so, the tournament will appear in a drop down list to be selected by the other **non-host** teams. If you are not hosting, and the tournament does not appear yet: **DO NOT ADD IT** to the list. Please wait until the host school adds it. By following this procedure, there will no longer be multiple names for the same tournament like there were in the past.

- Select: **DualTournament/Multi Dual**
- Select **Level**: Varsity Click Next
- For each Dual Meet Tournament:
Enter **Start Date** and **Start Time**: mm/dd/yyyy and hh:mm Select: a.m. or p.m.
Enter **End Date** mm/dd/yyyy (Start date automatically appears: assuming it is a one day event).
Enter **Host Team**: Your School or select Another Team
Leagues: should show up as your Section #
Weights: Enter: New York Weights (99-285)
Click: Next
In the **Add Event window** if the tournament is already created, Select it from the current list
If the tournament is not on the list, **DO NOT SELECT: New Event (unless you are the host school)**. If you are **not** the Host school and the tournament does not appear you must wait until the host school enters the event before you can add it to your schedule. **Click on the X in the Add Event Window to close it and cancel this event.** Wait for another day (after the Host team enters it) before adding it to your schedule.
If you are the host team: Click Next (the tournament should now appear on your schedule)

To enter the teams you are wrestling in the dual meet tournament:

- Click on the name of the Dual Meet Tournament on your schedule
- Click on: **Add Dual**
- When the **Add Duals** window appears
Edit **Date** or **Start Time** (if needed) : mm/dd/yyyy and hh:mm Select: a.m. or p.m.
Select **Level**: Varsity
Team 1: Should already be your team
Team 2: To enter a team you are wrestling a dual against Click: **New**
When the Add Dual window appears:
Enter the **FIRST LETTER** of the opposing school
State: NY is the default
A list of NYS schools that start with the first letter of the school you are wrestling now appears.
Select the name of the actual school and hit **Next**
The name of the team you are wrestling should now show up as Team 2
Click Next to return to the Dual Tournament page (the team you just added should now appear)
- To enter another Dual Meet for the Tournament repeat the above steps by clicking on:
Add Dual (Continue this process until all duals have been added)
- To enter another Dual Meet Tournament repeat the above steps by clicking on: **Add Event**
(Continue this process until all Dual Meet Tournaments are entered)

MISTAKES made entering your SCHEDULE?

- Click on **Schedule**

To Edit the event:

Find the event on your schedule list.

To edit the **Level** just click on the down arrow and make your change.

To edit the **Date** or **Time**: Click on the actual event

A screen will appear for you to enter the results of the event.

Click on: **Edit Dual** in the grey menu bar at the top of the screen

Change your date or time and Click: **Save** at the bottom of the screen



(Message 1: This record has been saved will appear at the bottom of the screen

Close out the window: Your change will not show up until you Click on **Schedule** in the main menu bar so that the change will update.

To delete an event: Click on the red Trash Can after the event name.

A window will pop up for you to type the word "**trash**" and then click "OK".

5-VERIFY YOUR ROSTER:

- From the grey menu bar at the top of the screen
Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-  
- Click on **Roster**
- Your blank roster will appear: "There are no wrestlers that match your search criteria"
- Click on the second button: **Import Roster**
- When the Import Wrestlers window appears:
Seasons: Click on Last year's season: 2016-17 High School (because you are looking to import the kids who were on your team last year to this year)
Teams: Your team should show up as the team name
Click: **Next**
- Last year's roster will appear (with last year's grades and graduated seniors removed)
All names are currently checked ,
Uncheck any wrestlers that you know are not returning
Example: Uncheck all quitters from last year.
Click: **Import**
Your roster should now appear with this year's grade updated automatically.

There is a possibility that some of your wrestlers will have their names spelled incorrectly or the wrong grade indicated. Your first step should be to correct the misspellings and grade mistakes.

ROSTER CORRECTIONS: TO CORRECT NAMES AND GRADES:

- From the grey menu bar at the top of the screen
Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-
- Click on **Roster**
- Click on the name of the wrestler you want to change.
- Change either their first, last name by retyping it correctly.
- Change the grade by clicking the down arrow and highlighting the correct grade.
- When finished Click: **Save** at the bottom of the screen.

TO DELETE A PERSON FROM YOUR ROSTER

- Click on the Red X next to the wrestlers name
- A window will pop up for you to type the word “**remove**” and then click “OK”.
The wrestler should no longer be on your roster.

DELETE SOMEONE BY MISTAKE?

The **Reinstate Removed Wrestlers** option that was available in the past is no longer available. If you accidentally delete a wrestler you must follow the instructions below and add them back as a New Wrestler. Note: You cannot delete a wrestler who has been weight certified.

TO ADD NEW WRESTLERS TO YOUR ROSTER:

- From the grey menu bar at the top of the screen
Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-
- Click on **Roster**
- Click on the first button: **Add Wrestler**
Enter the new wrestlers: First Name, Last Name, Grade, and Gender and Click: **Add**
The wrestler should now be on your roster list.

6-PRINTING YOUR INDIVIDUAL PROFILE FORMS FOR YOUR REGIONAL ASSESSMENT:

Once your roster is up to date (Step 3 above), you can print all of your Individual Profile Forms needed for your Regional Assessment site.

- From the grey menu bar at the top of the screen
Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-
- Click on **Roster**
- Click on **Print Document**
- Select the **NYS PHAA MWW Individual Profile Form Document** and Click on: **Preview**
- The box for “Wrestlers” at the top of the window is checked off by default so all wrestlers on your roster are currently selected. If you do not want to print forms for all wrestlers, un-click the box for “Wrestlers” and then manually click the individual box(es) in front of each wrestler(s) name(s) that you want to print forms for then Click on: **Preview**
- Click on the **Print Icon** (for **Google Chrome** the Print Icon is the 3 Vertical dashes in the upper right hand corner, just under the red X), then Highlight Print from the menu choices.

Note- A **Blank form** (for wrestlers who may show up for weight certifications (after you have already printed your team’s roster forms) is attached as the last page of this document. Blank forms should also be available at the weight certification sites.

6A-PRINTING INDIVIDUAL PROFILE FORMS FOR APPEALS:

If you have a wrestler who wants to appeal their results, you need to print a new Individual Profile Form to take to the Appeal site.

- From the grey menu bar at the top of the screen
Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-
- Click on **Roster**
- Click on **Print Document**
- Select the **NYS PHAA MWW Individual Profile Appeal Form Document** and Click on: **Preview**
- Un-click the box for “Wrestlers” and then manually click the individual box(es) in front of each wrestler(s) name(s) that you want to print appeal forms for then Click on: **Preview**
- Click on the **Print Icon** (for **Google Chrome** the Print Icon is the 3 Vertical dashes in the upper right hand corner, just under the red X), then Highlight Print from the menu choices.

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION WRESTLING MINIMUM WEIGHT ASSESSMENT PARENTAL AWARENESS FORM

The appropriate and healthful control of body weight for wrestlers has been a concern of athletes, coaches, athletic trainers, school physicians, and parents for a number of years. Approximately one-third of wrestlers have used inappropriate weight loss procedures to obtain a lower body weight for wrestling. Regardless of the educational information from national, state and local athletic organizations, unhealthy weight loss procedures continued. Medical concerns for the wrestlers, and the success of other state associations' programs to determine minimum wrestling weight, resulted in the NYSPHSAA governing board approving a Wrestling Weight Certification Program in April 1996. This action was taken after fifteen years of review and study by the Association, which involved the Safety and Research Committee and the NYSPHSAA Wrestling Committee.

The NYSPHSAA Wrestling Minimum Weight Certification Program became mandatory for all member high school wrestling programs, commencing with the 1997-98 wrestling season. The Program is based on two components, assessment of wrestlers to establish a minimum weight at which each athlete will be allowed to compete and nutrition education to promote healthy eating patterns and improved athletic performance.

Schools must follow the provisions of the Wrestling Minimum Weight Certification Program for all wrestlers in varsity and junior varsity programs. Minimum wrestling weight is based upon 7% body fat for males and 14% for females. **The minimum wrestling weight is not established as the athlete's best weight, but rather the minimum weight at which the athlete will be allowed to compete.**

STEPS OF PROCESS: Urinalysis, Body Weight, Skinfolts

1. Wrestler will provide a sample of urine to test for hydration. If the specific gravity of urine is above 1.025, testing cannot continue and testing must be rescheduled after 24 hours has lapsed.
2. Wrestler will be weighed on a digital scale.
3. Wrestler will have sites marked on his body with a marker and have skinfolts raised to determine body fat percentage.

Minimum weight assessment, including urinalysis, may be completed only by health care professionals who have successfully completed the NYSPHSAA's Wrestling Minimum Weight Assessor's Workshop. An athlete found to have cheated in the hydration test process will be ineligible to compete in wrestling for the season.

APPEAL PROCEDURE:

A wrestler may appeal his/her skinfold measurements or calculations. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE. The appeal must be completed three days after the date of the original assessment. *Student/Athlete will have a choice between the original assessment result or the appeal result. There is no longer Step 2 of the appeal process (Hydrostatic testing).*

I, the parent/guardian of _____, have read the information above and I am aware of the minimum weight assessment process.

Parent/Guardian Signature _____ Date _____

Student-Athlete Signature _____ Date _____

QUESTIONS / PROBLEMS:

If your Sectional Chairman cannot answer your question, Trackwrestling requests you complete a "ticket" with your question or problem. They are usually very good about getting back to you promptly. Create a ticket using the following link:

<http://www.trackwrestling.com/tickets/CreateTicket.jsp>

Wrestling Rules Interpretations - 2017-18

By NFHS on October 10, 2017

wrestling

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented. Robert B. Gardner, Publisher, NFHS Publications © 2017

SITUATION 1: Wrestler A appears on the mat wearing a tight-fitting compression shirt tucked into loose-fitting shorts designed for wrestling with loose-fitting boxer shorts that extend beyond the inseam but above the knees. RULING: Any undergarment worn under the uniform shall be tight-fitting. Wrestler A would be penalized one match point and will have 90 seconds of injury time to correct this violation. (4-1-1)

SITUATION 2: Wrestler B appears on the mat wearing a tight-fitting compression shirt tucked into full-length tights with stirrups. RULING: Full-length tights with stirrups are acceptable under the singlet, compression shorts or shorts designed for wrestling. Wrestler B would be penalized one match point and will have 90 seconds of injury time to correct this violation. (4-1-1)

SITUATION 3: Wrestler A is wearing a suitable undergarment and a pair of shorts. Wrestler A doesn't make weight on the first attempt and steps off the scale to remove the shorts before the second attempt. RULING: Wrestler A would not be able to remove the shorts to lose or increase weight. (4-5-3)

SITUATION 4: The wrestlers have chosen to start the second period in the down position. The referee moves behind the wrestlers to start the match. RULING: The referee must be in front of, stationary and at an angle to the wrestlers. (5-19-10)

SITUATION 5: The referee penalizes Wrestlers A for an illegal hold for executing a straight back suplay. The coach of Wrestler A informs the referee that Wrestlers B's shoulder landed on the mat first – not the head – and there should be no penalty. RULING: The straight-back salto or suplay are illegal holds/maneuvers regardless of which body part(s) hits the mat first. (7-1-2)

SITUATION 6: Both wrestlers are neutral. Wrestler B is behind by two points with 15 seconds to go. Wrestler B executes the flying squirrel. RULING: This is considered an illegal move and the referee will have to penalize accordingly. (7-1-5w)

SITUATION 7: When the defensive wrestler can stand, how long does the offensive wrestler have to return the defensive wrestler to the mat? RULING: There is no time limit for the offensive wrestler to return the defensive wrestler to the mat. If the referee does not feel the offensive wrestler is working to return or release, then stalling shall be called. (7-6-4d)

SITUATION 8: The coach of Team A realizes that his team should have won the previous match at 106 pounds during the dual meet. The official scorekeeper did not award his wrestler a two-point takedown. The coach brings this scoring error to the attention of the referee during the 113-pound match. RULING: Match scoring errors must be corrected prior to the start of the next match on the same mat. (6-6-4)

SITUATION 9: Wrestler A appears on the mat wearing shorts designed for wrestling that have the manufacturer's 2¼-inch name multiple times around the waistband. RULING: The shorts would not be considered a legal uniform because the manufacturer's logo or reference can only appear once on each uniform apparel. (4-1-2)

SITUATION 10: The assistant coach of Team A is at mat-side and the referee noticed that the coach is chewing tobacco. RULING: The assistant coach will be charged with a flagrant misconduct which requires a deduction of three team points and removal from the facility for remainder of the event. (5-12-2b)

SITUATION 11: During the pre-dual meet disk toss, Team A is required to send its wrestler to the scorer's table first. Team B's wrestler reports first and proceeds to the 10-foot circle. Team A's wrestlers report to the table and the coach from Team B wants to replace his wrestler. RULING: Because Team B's wrestler did not report in the proper sequence, he/she can be replaced by an eligible wrestler without penalty. (6-2-2)

SITUATION 12: Both wrestlers shoot for a takedown at the same time and butt heads. Both wrestlers are injured and require injury time. Which wrestlers are placed on injury time? RULING: Both wrestlers would be placed on injury time simultaneously. (8-2-1)

SITUATION 13: Can unnecessary roughness be called after the match has ended? RULING: No, unnecessary roughness is an act that occurs during the match. (5-29-1)

SITUATION 14: If the wrestlers both have a supporting point on the line, are they considered out of bounds? RULING: Wrestlers are out of bounds when both wrestlers have a supporting point beyond the boundary line. (5-18)

SITUATION 15: Can the assistant referee signal a caution, illegal holds, outof-bounds or potentially dangerous? RULING: The assistant referee can use a visual signal for lock hands; all other infractions must be verbally communicated. (3-2-2)

SITUATION 16: Wrestler A has Wrestler B in a near-fall situation, and the referee has reached a five count. Wrestler B grabs the earguard of Wrestler A but is unsuccessful in getting out of the near-fall. Wrestler B while in the near-fall situation begins to bleed and the referee stops the match. How many points will Wrestler A receive? RULING: Wrestler A would receive four points for the near-fall and one point for the technical violation. There are not additional near-fall points issued because of the blood stoppage. (7-3-2, 9-1-5)

SITUATION 17: Wrestler B has Wrestler A in a near-fall situation. Wrestler B has supporting points inbounds; Wrestler A has both shoulder and scapula out of bounds. Can Wrestler A be pinned in this situation? RULING: A near-fall or fall shall be earned while the supporting points of either wrestler are in-bounds. (5-15-2c)

SITUATION 18: The coach of Team A requests a conference with the referee at the scorer's table to question the score of the match. The coach questions if the referee awarded two or three points for the near-fall. What is the penalty for the coach for questioning the referee? RULING: There is no penalty for a coach who questions the official at the table to clarify the score of the match. If the coach has questioned why the referee only scored two points and not three, then the coach could have been charged a misconduct penalty for questioning the judgment of the referee. (5-5-2)

SITUATION 19: Wrestler B appears on the mat and is wearing a tight-fitting, short-sleeved compression shirt under the singlet. Is this a legal uniform? RULING: Contestants may wear a tight-fitting, short-sleeved compression shirt under the singlet that complies with the uniform rules without the permission of the referee. (4-1-1b)

SITUATION 20: Wrestler A appears on the mat wearing elbow sleeves. The referee asks the reason for wearing the elbow sleeve. The wrestler doesn't have a valid reason. What is the violation? RULING: All special equipment should be inspected by the referee prior to the start of the dual meet or tournament. The wrestler was not properly equipped when reporting to the mat and will be charged a technical violation and one match point and will use injury time to correct the violation. (3-1-6, 7-3-5)

2017-2018

**WRESTLING
PROGRAM
BOOKLET**



The NYSPHSAA's 2017-18 Wrestling Program Booklet has been designed to assist school personnel, athletic administrators and coaches, in understanding and complying with all rules and regulations. It is not intended to serve as a substitute for the NYSPHSAA Handbook or NFHS Wrestling Rulebook. Please refer to the NYSPHSAA 2017-18 Handbook for all other sport and eligibility standards and the NFHS Wrestling Rulebook, Casebook and Manual for sport related rules.

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INTRODUCTION

The NYSPHSAA's 2017-18 Wrestling Program booklet has been designed to assist school personnel, athletic administrators and coaches, in understanding and complying with all rules and regulations. It is not intended to serve as a substitute for the NYSPHSAA Handbook or NFHS Wrestling Rulebook. Please refer to the NYSPHSAA 2017-18 Handbook for all other sport and eligibility standards and the NFHS Wrestling Rulebook, Casebook and Manual for sport related rules.

SPORT SAFETY

EQUIPMENT

All safety equipment (headgear etc. including orthodontics) must be worn at all practices as well as competitions.

Headgear taping rule:

Effective January 2012: NYS Championship Committee granted a waiver to the Headgear taping rule. Straps and chinstraps may be taped to allow for better fit of the headgear; however, no taping is allowed on the ear section of the headgear.

Singlet Strap Rule:

Effective September 2014: NYSWC clarified the singlet shoulder strap rule.

In dual meets a penalty will be called if the strap is down while any part of the wrestler is on the mat. If the wrestler is completely off the mat on the hardwood floor, the strap can be dropped without penalty. As it is common in both individual and dual meet tournaments to have mats together and coaches chairs on the mats, NYSWC feels that wrestlers should not be penalized for taking straps down while in their corners either dressing before their match or undressing after their match. In tournaments, a penalty will be called if the strap is down while any part of the wrestler is in the mat circle. If the wrestler is completely out of the circle, the strap can be dropped without penalty.

Pink Ribbons: A waiver to the uniform rule exists during the month of February to permit pink ribbon(s) on the uniform in recognition of Breast Cancer Awareness.

SKIN DISEASE

NFHS Rule 4-2-3: If a participant is suspected of having a communicable skin disease, the coach shall provide current written documentation

- NYSPHSAA requires the **original** copy of the signed side of the two-sided form entitled: *NYSPHSAA PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)*. Page 2: Upper right should read: **For use during 2017-18 season.** This form must be signed only by a M.D., Physician Assistant or Nurse Practitioner for the wrestler to be eligible to participate. This may require a second trip to the doctor for final clearance if the doctor felt that the original issue was contagious and needed treatment.
- Photocopies are not acceptable. In situations where a section requires that all skin forms are to be filed with the Sectional Chairman or their designee, the Chairman/designee should receive a copy of the form. The original is to stay with the coach at all times.

Forms are available at www.nysphsaa.org under the following tabs:

Sports..Winter..Wrestling..Left Side Menu: Skin Form Infectious Disease

In tournament situations, skin checks are to be performed on each day of wrestling competition.

NYSPHSAA WRESTLING WEIGHT CONTROL PLAN

WEIGHT CERTIFICATIONS

The NYSPHSAA Wrestling Minimum Weight Certification Procedure must be followed by all high schools sponsoring wrestling. The Wrestling Minimum Weight Certification Program School Manual outlining the approved procedure is sent to all Athletic Directors prior to the start of the wrestling season. Note: The manual includes the Appeal Procedure and any newly approved protocols.

Based on 7% body fat for males and 14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days (exclusive of Sundays and school closing for holidays or emergencies) from the first day of the season in the Section.

Assessments must be performed at the centralized assessment sites for all wrestlers. Only the refractometer shall be used to test hydration.

- a. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. NFHS Rule 4-4-3
- b. The minimum weight class in which a contestant may compete will be determined by a NYSPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. In conjunction with the NWCA a minimum weight will be established for each wrestler. At no time may they participate at a weight class lower than their approved minimum weight.
- c. A contestant shall be prohibited from wrestling within a weight classification more than one class above his/her actual weight. NFHS Rule 4-4-2
- d. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season. (May 2008)
- e. Situations where a wrestler cannot pass the hydration test (ex; due to being on a prescribed medicine) will be handled on a case by case basis. Sectional Chairmen should contact Todd Nelson-Asst director if a wrestler in their Section cannot pass hydration.
- f. A Parents' Awareness Form for the wrestling minimum weight certification is required to be signed by the parent/guardian and the student and kept on file by the school athletic director (May 2008).
- g. All NYSPHSAA Approved Assessors must enter certification results into the National Wrestling Coaches Association (NWCA) database where Minimum Weights and team rosters will be generated. Wrestlers must be tested and entered into the database prior to competition.
- h. The NFHS 1.5% Weight Loss Rule is waived and will not be followed by NYS. (May 2007)

WAIVERS:

Any wrestler who comes out for the team after the team's certification day, must apply for a waiver. Waivers are not granted to fall athletes who miss the certification process and deadline due to participation in NYSPHSAA Fall championship events.

Fall athletes participating in post season must either certify within the first 14 days of the season (Option 1), or they can apply for a waiver using Option 2 (on the waiver form). If Option 2 is selected they have 14 days from the date of their last post-season game to certify. If Option 2 is selected they still earn the 4 allotted practices for post season and will only need 9 practices to be able to compete.

No matter which option is selected, a wrestler cannot begin practice until the waiver is approved. The approval date of the waiver starts the 14-day clock for certification for Option 1 and the date of the last post-season game starts the 14-day clock for Option 2. (Oct. 2014)

APPEAL PROCEDURE

A wrestler may appeal his/her skinfold measurements or calculations. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). Appeal procedures must be completed prior to any competition. **ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE.**

Appeals must be performed by an assessor appointed by the Section Consultant. The assessor will use the **actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.**

The appeal process is:

If the wrestler is dissatisfied with the results of the skinfold and minimum weight determination, the wrestler is remeasured by the assessor appointed by the Section Consultant. Measurements must be within 3 days of the original date of measurement. When conducting an appeal, the assessor will use the **actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.** The urinalysis must be repeated and passed. The wrestler may choose which measurement to accept (the original or the second measurement).

The section consultant will input the results of the appeal on the National Wrestling Coaches Association website.

NOTIFY YOUR SECTIONAL WRESTLING COORDINATOR OF ALL APPEALS.

WEIGHT CLASSES

The following weight classes are required: **99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285** for all dual meets and tournaments

With section/league approval, each individual league throughout NYS can decide prior to the season if the 99 lb weight class will be a contested weight class for their league. If a league is granted permission to not count the 99 lb class for team points, it will still be mandatory any time a team from that league enters into a non-league match, crossover match, or tournament. If a league votes to not count the weight for league matches, it can still be wrestled if both schools have participants, but it cannot count for points. This is not optional, as the league voted to not count the weight class, so it cannot count for

WEIGHT CLASSES (continued)

points in a league match. However: If the league does not count the weight, but the wrestlers do contest it: it will be entered into Track as a Varsity match along with the other weights contested in the dual meet. The team score should then be adjusted to remove the team points earned at 99 lbs.

The approved Weight Certification Procedure will certify a wrestler for a weight. Wrestlers may only compete in a weight class equal or above their certified weight.

No wrestler may wrestle in a weight class that they are in excess of. The weight class may vary from day to day (due to additional pound allowances), but once the weight class for the day is established, no wrestler may wrestle at the weight class if they are in excess of it. Example: Wrestlers in excess of 285 lbs. are not eligible for exhibition bouts with other wrestlers in excess of 285. However: If due to an additional pound the weight class for the day was $285+1=286$ and the wrestler in question weighed 285.5 that day, they would not be in excess of 286 and could wrestle that day.

GROWTH ALLOWANCES

Each wrestler must make scratch weight for every contest prior to: 12/25. NYSPHSAA will grant a 2 lb. growth allowance for each weight class on December 25th (NFHS Rule 4-4-Article 4). This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of 99 lbs., 106 lbs., 220 lbs. and 285 lbs. for the 7th and 8th graders who have successfully completed the selection classification process. It may now be possible for certain wrestlers with certified minimum weights originally above the original scratch weights to now wrestle at the new weight classes. Example: Minimum Weight Certification was 108 lbs. This wrestler could not wrestle at 106 lb weight class (prior to 12/25) but can now wrestle at 108 lb weight class (after 12/25). At no time can a wrestler wrestle at a weight below their certified minimum weight.

Note: Additional pounds added to dual meets or tournaments due to back to back competitions, inclement weather, etc do not permit a wrestler to compete at a different weight class. However after the December 25th growth allowance, a wrestler may adjust the weight class accordingly.

Prior to 12/25, a wrestler may only wrestle at these weight classes

99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

Situation 1: A wrestler is certified at 139.0 lbs cannot wrestle at the 138 lb weight class and must move up to the 145 lb weight class.

Situation 2: A wrestler is certified at 139.0 lbs. Due to back to back competitions an extra pound is granted for a contest. They still cannot wrestle at the $138+1=139$ lb weight class and must still move up to 145 lb weight class.

After 12/25 Growth Allowance: a wrestler may only wrestle at these weight classes:

101, 108, 115, 122, 128, 134, 140, 147, 154, 162, 172, 184, 197, 222, 287

Situation 1: A wrestler is certified at 139 lbs. they can now wrestle at the $138+2=140$ lb class.

Situation 2: A wrestler is certified at 141 lbs. Due to back to back competitions an extra pound is granted for a contest. The wrestler cannot wrestle at the $138+2+1=141$ lb weight class and must still move up to the 147 lb weight class.

MAXIMUM NUMBER OF POINTS

The maximum number of points a wrestler will be permitted is established by the NYSPHSAA. For 2017-18 the maximum points permitted shall be 20 points. A contestant may not exceed the maximum number of points during the regular season.

1. Individual Points:

- a. A dual meet will be assessed one point. Each match/ forfeit/ exhibition counts as 1 point toward the individual's maximum, points. Under extenuating circumstances (postponements due to inclement weather, school cancellations) a school may request permission from Section Coordinator to wrestle two dual meets in one day, with a limitation of two per season.
- b. Tournaments will be assessed two points. Only six tournaments are permitted.

-Of the six permitted tournaments:

There is no limit on the number of individual bracketed tournaments.

You may only attend a maximum of 2-two-day tournaments if the format of the two-day tournament is not an individual bracketed tournament.

(Examples of two-day non-bracketed individual tournaments include:

Dual meet tournaments and Individual Round robin, pooled, or combined tournaments).

Example: An individual could attend 6 two-day individual bracketed tournaments. But if the individual attends 2 two-day tournaments that are not individual bracketed tournaments (such as a two-day round robin dual meet or individual tournament, a two-day pooled dual meet or individual tournament, or a two-day individual combined tournament) then their remaining 4 tournaments must be either two-day individual bracketed tournaments or 4 single day tournaments of any type.

Example: An individual attended a two-day team dual meet tournament and a two-day individual round robin. This individual still can attend four more tournaments, but if any of them are two days, they can only be individual bracketed tournaments (such as Eastern States).

Back to back tournaments are now disallowed. A minimum of two nights rest is required between tournaments. A tournament ends the day it's finals are contested (not the day a wrestler is eliminated from it).

Example: If a wrestler is entered in a 2-day tournament on Friday and Saturday and is eliminated from it on Friday, they cannot compete in another tournament on either Saturday or Sunday. The original tournament finals were held on Saturday, so two nights rest (Saturday and Sunday) are required before the next tournament can be entered.

2. Section Tournaments

Sectional Individual Tournaments and Sectional dual meet tournaments are not considered part of the regular season and do not count as points towards the maximum number of points permitted.

3. Forfeit

A forfeit is considered a contest

CLARIFICATION of MAXIMUM NUMBER OF POINTS

The following examples will assist in understanding how points are assessed in a variety of circumstances

NOTE: Wrestling twice in a dual meet: A wrestler may compete two times in a regular two-team dual meet in the following situations: There must be a 45 minute rest between matches (with the exception of a wrestler who has earned a forfeit) and the wrestlers may only wrestle one weight class higher than the weight class qualified for at the weigh in.

Forfeits: A wrestler from Team A accepts a forfeit from Team B. The Team A wrestler may wrestle an exhibition match with a Team B member.

Points: Team A Wrestler: One point for the forfeit and one point for the exhibition match.

Points: Team B Wrestler: One point for the exhibition match

Extra wrestlers: A wrestler from Team A wrestles a match vs. Team B.

Team B has a second wrestler weighed in at this weight (or one weight class higher). The Team A wrestler may wrestle an exhibition match with the other Team B wrestler.

Points: Team A Wrestler: One point for the first match and one point for the exhibition match.

Points: Team B Wrestler: One point for the exhibition match.

Two Exhibition Matches:

Points: Team A Wrestler: Two points for the exhibition matches

Points: Team B Wrestler: Two points for the exhibition matches

NOTE: Wrestling exhibition in a dual meet tournament:

No Match: A wrestler from Team A weighs in for a dual meet tournament but is never used in any of the Varsity matches.

Points: Team A Wrestler is not charged any points for the tournament but must count the weigh in towards the 50% rule.

Exhibition: A wrestler from Team A has the ability to wrestle an exhibition match in a dual meet tournament (as it will not put them over the 5 bout limit or 6 bout limit if one of the 5 bouts was a forfeit).

Points: Team A Wrestler (and his opponent from Team B) are both charged 2 points for the tournament. **No additional points will be charged for exhibition bouts.**

COMPETITION

COIN TOSS

Effective with the 2010-11 season, the starting weight class will still be drawn and then follow the Federation Rule and have the pre-meet disc toss for choice of odd/even matches in dual meets.

SEVEN-DAY RULE (NYSPHSAA handbook pg 103)

“No student of team may be permitted to participate in school organized practice or play on **seven consecutive** days during the regular season” (does not apply to post-season). If you have any Sunday competitions scheduled, please note the following:

If you were to practice/compete from Monday thru Friday and then enter a 2-day tournament on Sat/Sunday you have violated this rule. The penalty from the Section’s Athletic council could be: censuring of your team, team being placed on probation, or team being suspended. Tournament directors of Sunday events may be asked to submit a list of the participating teams and the day of the week they opted not to practice as verification.

If you competed in a Saturday/Sunday competition mentioned above, you will also need to take a day off during the second week in order to avoid participating seven consecutive days.

If a team was to take the Monday prior to the Sat/Sunday tournament off but then had a dual meet scheduled the Monday after the Sat/Sunday tournament, they would violate the seven day rule if they wrestled in the Monday dual meet.

Coaches must plan ahead so as not to practice seven days in a row at any time (which may mean taking a day off the week prior to and the week immediately following a Sat/Sunday event).

DUAL MEETS

Double- Dual Meet: Three (or more) teams compete, with each team wrestling a dual meet against two of the other teams at the same site. Each individual is charged 2 points toward the maximum number of points permitted.

Triangular Meet: Three teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged 2 points toward their maximum number of points permitted.

Quadrangular Meet: Four teams compete, with each team wrestling a dual meet against each of the other three teams at the same site. Each individual is charged 1 point for each match wrestled toward their maximum number of points permitted.

Multi Team Meet: At Least 3 teams must be represented and at least a total of 20 wrestlers must participate in the event. Wrestlers are matched by their weigh-in weights and are allowed to wrestle up to 3 times. Wrestlers could compete at their weigh-in weight or go up one weight class from the weigh-in weight to get additional matches. No team scoring is kept. No awards are given out. Counts as one weigh-in toward the 50% rule. Each individual is charged 2 points towards the maximum number of points permitted (if the wrestler wrestled either 2 or 3 times) and 1 point if they only wrestled one time. Teams may compete in a maximum of four Multi Team Meets. Teams may not cancel dual meets scheduled by their leagues and change them to Multi Team meets without consent of the Athletic Directors of both schools. Since Multi-Team meets are a form of a dual meet, an honor weigh-in can be done when they occur on a school day.

A Multi Team meet does **not** count as a tournament.

INDIVIDUAL TOURNAMENTS

Each individual is charged 2 points toward the maximum number of points permitted. Each of the formats listed below count as one of the six allowed tournaments.

If multiple entries are permitted in the following types of tournaments the tournament director must declare that either all individuals will be scored or team scores will not be tallied.

Bracketed Individual Tournament: Individuals are placed in a bracket, with the winners advancing to a championship and losers competing in a wrestleback consolation bracket to determine individual placement.

Pooled Individual Tournament: Wrestlers are placed in pools. Each wrestler competes against every other wrestler in their pool, to determine the rank of the individuals in each pool. Individuals from each pool wrestle against the same-ranked individuals from the other pool to determine final individual placement.

Round-Robin Individual Tournament: Each individual wrestles against every other individual in the weight class. Individual placements may be determined by win/loss record, or by a predetermined tie breaking criterion.

(If there are only 2 wrestlers entered at a weight class, they allowed to wrestle best 2 out of 3 and record all matches wrestled in Track).

Combined Individual Tournament: Tournament directors have the option of combining any of the above formats. Each weight class in the tournament could be contested differently.

INDIVIDUAL TOURNAMENTS (continued)

Team Scoring: When either a Pooled Individual, Round-Robin Individual or Combined Individual format is conducted, team scoring shall not include advancement points (only place points and bonus points shall be calculated at each weight class).

DUAL MEET TOURNAMENTS

Each individual is charged 2 points toward the maximum number of points permitted. Each of the formats listed below count as one of the six allowed tournaments. **A Maximum of 2 two-day dual meet tournaments for the individual is permitted.**

Bracketed Dual Meet Tournament: Teams are placed in a bracket, with the winning teams advancing to a championship. Losing teams may compete in a consolation bracket to determine team placement.

Pooled Dual Meet Tournament: Teams are placed in pools. Teams compete in dual meet competition against every team in their pool, to determine the rank of teams in each pool. Teams from each pool wrestle against the same-ranked team(s) from the other pool(s) to determine team placement.

Round-Robin Dual Meet Tournament: Each team wrestles a dual meet against other teams in the tournament, not to exceed 5 bouts per day. Team placements may be determined by win/loss record, or by a predetermined tie breaking criteria.

Entering an A and B team in a Varsity Dual Meet Tournament:

School's may enter an "A" and "B" team in a dual meet tournament but wins and losses earned by the "B" team should not be counted on the school's overall dual meet record. Individual wins and losses from participants of the "B" team should all be recorded in Track as Varsity matches.

NOTE: Any school wishing to conduct a tournament with a unique format (not listed here) shall apply to the NYS Wrestling Committee prior to their fall meeting for approval. The Wrestling Committee must receive NYSPHSAA Executive Committee approval for the format to be used in the upcoming season.

WEIGH – IN PROCEDURES

WEIGH IN ATTIRE: Competitors will be required at weigh ins to wear a suitable undergarment that completely covers the buttocks and the groin area. Boxers, briefs, compression shorts or swimsuits are acceptable. Singlets, cut off shorts, or basketball shorts will not be allowed. In addition, for female competitors the suitable undergarment must also cover the breasts. One piece swimsuits, singlets will not be acceptable for female contestants.

FEMALES: When a school has a female competitor, there is an obligation for the school with the female wrestler to communicate with their opponent prior to their arrival. The NFHS procedures for female weigh ins shall be followed. The rule states “the Referee, or other authorized person of the same gender shall supervise the weigh ins”. With the increase in female participants, the NFHS Rules Committee has clarified the fact that a like-gender officials or authorized persons shall weigh in contestants which includes the weight check, hair rule conformity and communicable disease checks.

The following procedure is suggested: It is the responsibility of a school having a female squad member to notify opponents that a situation will arise whereby special accommodations and an authorized female shall be needed to verify the weight of a female participant(s) in private. If the host school cannot or does not wish to provide someone to monitor the weigh in, it is the responsibility of the female’s school to bring a person with team to handle that responsibility. (National Federation).

HONOR WEIGH INS

Dual meets scheduled on a school day shall use the honor weigh in procedure. The Form07-NYSHonorWeigh-inForm-Duals, signed by the Athletic Director or School Representative shall be submitted at the official weigh-in before the meet.

New for 2017-18: The school representative must be the person who actually conducts the weigh-in. They cannot be a member of the school’s wrestling staff.

Schools that do not want to comply with the above have the option to weigh-in at scratch weights, at the mandatory weigh-in with the other school, prior to the match. Coaches or members of the school’s wrestling staff may still be present at the honor weigh-in but may not be the one who announces the weight displayed on the scale. They can act as a recorder and write the weights down that are read by the Athletic Director or School Designated Representative. Based on the above procedure, it is possible for one school to have an honor weigh-in and the other school to not have an honor weigh-in (if they cannot meet the required conditions for conducting them).

In the event that one team has school on a school day and the opponent does not, Honor Weigh ins are allowed. Honor Weigh ins for non-school day, dual meet wrestling matches are **not** allowed. Honor Weigh ins are **not** allowed for any Tournament (including Sectional Dual meet tournaments). Each wrestler who makes the scratch weight at the weigh in to be conducted prior to the school's first scheduled academic instruction period on the day of the match is permitted an allowance of 3 pounds at the mat side weigh in. A wrestler not making the scratch weight at the early weigh in **will not** be permitted the 3 pounds allowable and must make scratch weight at mat side in order to compete. The weight written down on the morning honor weigh in sheet locks the wrestler into a weight class for that day. (Therefore the wrestler can only move up one weight class from the locked in weight class). Weigh in administrators should not write down a weight on the honor weigh in sheet if the wrestler does not make weight. That wrestler, and any wrestlers, who were not present for the honor weigh in, must make scratch weight if they weigh in at matside. In the event that a competition is postponed or

HONOR WEIGH INS (continued)

cancelled, the honor weigh in is not an official weigh in, and therefore does not count towards the 50% rule.

If a wrestler makes weight at the morning weigh in but does not make weight at the 3 lb. check at the matside weigh in, the weigh in will count (in regards to the 50% Rule) for the higher weight class, unless the coach scratches the wrestler from the weigh in sheet at the mat-side weigh in. If the wrestler is scratched from the weigh in sheet, the weigh in will not count towards the 50% Rule. If the wrestler is not scratched from the weigh in sheet, the weigh in will count towards the 50% Rule at the higher weight.

–Example: Wrestler makes scratch at 113 at morning weigh in but does not make weight at the 3 lb. check (weighing in at 116.2). They are eligible for 120 only (as they were locked in at the morning weigh in at 113). They cannot wrestle at 126.

WEIGH INS: DUAL MEETS

NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS: Contestants of the same gender shall have the opportunity to weigh in, shoulder-to- shoulder, wearing a suitable undergarment a maximum of 1 hour and a minimum of half an hour before the time a dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, the 30 minute weigh in period for the second meet may, by mutual consent, precede the preliminary meet. The weigh in period shall extend no longer than 30 minutes and shall be conducted at the dual meet site. The referee or other authorized person of the same gender as the contestant shall supervise the weigh ins.

WEIGH INS: TOURNAMENTS

NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS: Contestants of the same gender shall weigh in at the tournament site wearing a suitable undergarment a maximum of two hours and a minimum of half hour before the first session. The tournament manager shall establish the weigh in time within the maximum and minimum time period. The referee or other person of the same gender as the contestant shall supervise the weigh ins. Weigh ins for the second day of a tournament must be conducted on the second day, following the same time limits as the first day. Weigh ins at the conclusion of the first day are not allowed. When a dual meet tournament lasts 2 days, the weigh in will be treated the same as a regular tournament. The weigh in on day one locks a wrestler into a weight class. A wrestler who does not make weight on day two, may not move up to the next weight class, and is scratched from the tournament.

Note: Since one day of rest is required between contests a wrestler cannot be pulled from a 2-day contest to enter a separate contest on the second day (even if the wrestler was eliminated on the first day of the 2-day contest). Example: If a team has a 2-day tournament and a dual meet scheduled on the same day as the second day of the 2-day tournament, a wrestler cannot be pulled from Day 2 of the 2-day tournament to wrestle in the dual meet on the second day as they will not have a day of rest between the two contests.

MINIMUM WEIGHTS

Minimum weights are only required for selectively classified wrestlers. A wrestler must weigh **in excess of 91** for the 99 lb weight class, **96** for 106, **185** for 220, and **210** for 285. These minimum weights do not increase when the 12/25 Growth Allowances take place. Minimum Weights **MUST** be met and **RECORDED** at the matside weigh in. If the wrestler does not make the minimum weight at the morning honor weigh in, the morning weight should not be recorded. The minimum weight must be exceeded at the matside

weigh in for the match to count toward the 50% rule. A wrestler who exceeds the minimum weight at the honor weigh in, is not eligible if they don't exceed it again at the matside weigh in. Students in grades 9th thru 12th do not have to make minimum weights in the weights classes in which NYSPHSAA has specified minimum weights.

In a situation where a 7th/8th grader is 15 years old as of July 1st then they meet eligibility for high school and therefore do not have to make the minimum weights listed above. To avoid confusion at weigh ins, as they will be listed as a 7th/8th grader on the weigh in sheet but do not have to make minimum weights in the weights classes in which NYSPHSAA has specified minimum weights, the coach should present the **NYSPHSAA Wrestling Minimum Weight Waiver Form** as proof.

ADDITIONAL POUNDS

Under no circumstances may coaches agree to grant an extra pound(s) with the following exceptions:

- a. A 1 lb allowance is granted when schools have back to back competitions. (In tournament situations: if just one team in the tournament has back to back competitions, then all teams in the tournament get the extra pound. 48 hours notice is required to get the extra pound. 48 hours notice is required to get the extra pound). NHSF-Rule 4-5-5.
- b. A 1 lb allowance is granted when a competition is postponed for one calendar day for reasons beyond the control of the participation school(s) or if one teams practice (the day before a competition) is cancelled due to school policy (Example: Superintendent cancels after school activities due to weather). In these situations the other school should be made aware of the extra pound as soon as the first school learns of the cancellation, 48 hours notice is not required.

Suggestion: The day prior to a dual meet, all coaches should check the status of "After school activities" for their next day opponent's school (on the radio or internet) to keep this situation from occurring. If they learn their opponent is leaving school they should contact their opponent to confirm the extra pound(s) and not necessarily wait for their opponent to contact them.

In the case of a tournament; a tournament director grants all the teams in the tournament an extra pound because one of the teams entered is wrestling a dual the day before the tournament. The dual the day before the tournament is cancelled (bad weather, etc). All teams in the tournament still get the extra pound. NFHS-Rule 4-5-5

Note: A school being closed for budget concerns does not give the teams an additional pound. The following examples do not allow for extra pounds: Most schools do not wrestle Monday dual meets as most schools are not allowed access to their buildings to practice on Sundays. No additional pounds are allowed for Monday dual meets. The same holds for a school not being able to practice on a Holiday Monday for a Tuesday dual meet. No additional pound is allowed.

ADDITIONAL POUNDS (continued)

- c. The maximum allowance to be granted is two (2) lbs. A third consecutive day of completion would grant this 2 lb allowance to the schools involved. A fourth and fifth consecutive day would require the 2 lb allowance to carryover. The allowance would never go to 3 lbs over.

Example: After December 25 the 2 lb growth allowance is in effect.

Dual Meet Tuesday: $99+2= 101$ lbs.,

Dual Meet Wednesday: $101+1= 102$ lbs.,

Dual Meet Thursday: $102+1= 103$ lbs.,

Tournament Friday: All teams in the tournament at 103 lbs.,

2nd day of Tournament on Saturday: 103 lbs. Since the maximum allowance is +2; that would mean NO EXTRA POUND for a second day of a 2-day tournament (if the tournament began on Friday with +2). The +2 would carry over from the first day. NFHS-Rule 4-5-5

- d. Weight allowances could prohibit a wrestler from being able to go up one weight class from the weigh-in weight:

When a wrestler's certified weight is in-between the Growth Allowance Weight and the weight class being contested that day (due to additional pounds), and their actual weight is greater than their certified weight, they are prohibited from going up one weight class from the weigh-in weight.

Example: The wrestler is certified at 148 (they can never wrestle at 147)

January Dual Meet Wednesday: $145+2= 147$ lbs.,

January Dual Meet Thursday: $145+2+1=148$ lbs.,

Tournament-Day 1-Friday: $145+2+2=149$

Tournament-Day 2 Saturday: $145+2+2=149$ (max +4 has been granted)

Wrestler actually weighs 148.5 on Friday.

Even though 148.5 is less than the weight class that day (149), they are actually attempting to weigh-in in at the 147 wt class, (which is a weight they are not certified to wrestle at).

Therefore, they **must** wrestle at $152+4=159$ for this tournament

They weighed in at the 147 wt class but are not allowed to wrestle there.

Yet, they cannot move up to $160+4=164$ as that would be going up two weight classes from where they weighed in at

If they were to wrestle at either $145+4=149$, or if they were to wrestle up two weight classes at $160+4=164$, they would be considered ineligible.

Back to back matches (example):

Tuesday: Regularly scheduled Dual Meet Team A vs Team B: +0 for the dual meet.

Wednesday: Regularly scheduled Dual Meet Team A vs Team C: +1 for the dual meet.

Thursday: Regularly scheduled Dual Meet: Team C vs Team D:+2 for the dual meet.

ADDITIONAL POUNDS (continued)

Back to back tournaments

Back to back tournaments are now disallowed. A minimum of two nights rest is required between tournaments. There is no situation where one individual can go from one tournament to another, thus enabling all wrestlers in the second tournament an extra pound because of this one person.

A tournament ends the day it's finals are contested (not the day a wrestler is eliminated from it).

Example: If a wrestler is entered in a 2-day tournament on Friday and Saturday and is eliminated from it on Friday, they cannot compete in another tournament on either Saturday or Sunday. The original tournament finals were held on Saturday, so two nights rest (Saturday and Sunday) are required before the next tournament can be entered.

Varsity Events following JV events (and vice-versa): Varsity and JV events are to be treated as separate entities with respect to allowing additional pounds. Example: If a wrestler participates in a JV tournament on a Friday, then a Varsity dual meet on Saturday, there should be no extra pound allowed for Saturday's Varsity event.

Note they cannot attend a JV Tournament Friday and a Varsity Tournament Saturday as back to back tournaments are disallowed. A minimum of two nights rest is required between tournaments. This also means they cannot participate in a Varsity dual meet tournament on Saturday if they were entered in a JV tournament Friday. Tournament directors need to clearly identify if the tournament is a JV or Varsity event prior to the event. Just because there may be some individual Varsity wrestler's entered in a JV event, it should not be labeled as A Varsity event so as to take advantage of getting an extra pound the next day, or for inflating W-L Varsity records for post-season. If it is a JV event, it should be labeled as such.

Post-season wrestling tournaments: (namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition and Sectional dual meet tournaments that are qualifiers for the NYS Dual Meet Championship) do not allow for the extra pound on the first day (if a team happened to wrestle the day before). If the post season tournament is a two-day event, the extra pound will be given for the second day. Example: First day must be $99+2=101$ lbs (can never start at 102 lbs), Second day would be $101+1=102$ lbs (can never be 103 lbs.)

50% RULE

50% of the weigh ins during the season must be at the minimum weight a wrestler will wrestle during the state individual tournament and individual post season qualifiers. An official weigh in counts towards the 50% rule whether an athlete competes or not, as long as the wrestler is eligible to compete and has made weight at both the honor (a.m.) weigh in (if used) and the mat side (p.m.) weigh in, or just the mat side (p.m.) weigh in if the honor (a.m.) weigh in is not used.

- a. The 50% rule applies to a wrestler's total weigh in's and not their actual bouts wrestled. Example: A wrestler weighs in 14 times for 14 different contests but actually only wrestles in 8 of the 14 contests. The wrestler must have made weight at the desired post season weight class 7 (or more) times (which is 50% of 14 actual weigh in's) not 4 times (50% of the 8 contests actually wrestled).

50% RULE (continued)

- b. A wrestler who is **not eligible** to wrestle (academics, skin infection, etc) cannot weigh in.
- c. In addition, it is not encouraged for a Varsity wrestler to attend a JV match just to weigh in, with no intention to wrestle, just to count the weigh in towards their 50%. Should this situation be brought to the attention of a Sectional Chairman, the Chairman should inform the school that they should **not attempt** to do this.
- d. Once a wrestler has reached their 20-point limit they may no longer continue to weigh-in at additional contests so as to get additional weigh-ins to apply to their 50% rule. If a wrestler's name (with 20 points) appears on a weigh-in sheet then an ineligible wrestler has been entered.
- e. Once the Section's first post-season qualifying tournament begins, the post season is considered to have begun for that Section. Any dual that is made up after that date will not count towards the 50% rule. These makeup duals (after post-season begins) will also not count for wins and losses for post-season seeding and the results should **not** be entered into Trackwrestling until **after** post-season has concluded.

When a Section has both D1 and D2 tournaments, each will be treated independently. If one divisions post season qualifier begins prior to the other division, the division that has not yet begun their post season qualifier can continue to count matches wrestled since their division has not yet begun post season completion.

PROCEDURE FOR WEIGH INS AND 50% RULE WHEN:

1. **A wrestler is declared ineligible by a referee because of a skin condition.**
When a referee determines that a wrestler is ineligible to participate due skin issue, the official and the coach will notify the opposing coach prior to the start of the dual meet and the name of the wrestler shall be crossed off the team's weigh in sheet.

50% Rule: The weigh in will not count. The ineligible wrestler shall not participate in the warm ups or introductions

PROCEDURE FOR WEIGH INS AND 50% RULE WHEN: (continued)

2. **Two duals are allowed on the same day due to end of season make up's.**
Permission from the Sectional Chairman must be granted. Wrestling two duals on the same day by permission is limited to two times per season.

School day:

Teams A, B, and C do honor weigh ins at their schools.

Team A wrestles vs Team B after school.

Both teams get the 3 lb allowance at matside weigh in.

Team A then travels to Team C for the second match.

Team A does not have to re-weigh, they must just provide the weigh in sheet from the first dual meet. Team C weighs in one hour prior to scheduled start time (with an administrator) with the 3 lb allowance.

50% Rule: This is one weigh in so it only counts as one weigh in for the 50 % rule.

Weekend:

Team A travels to Team B and does a matside weigh in.

Team C does an honor weigh in at the same scheduled time as the Team A/B weigh in.

Note: Honor weigh ins are not normally allowed for weekend matches. This is a special circumstance due to a make-up match.

Team A then travels to Team C for the second match.

Team A must provide their weigh in sheet.

Team C must have a matside weigh in.

50% Rule: This is one weigh in so it only counts as one weigh in for the 50 % rule.

3. **Entering a 2-day: Dual Meet Tournament:** When a dual meet tournament lasts 2 days, the weigh in will be treated the same as a regular tournament. The weigh in on day one locks the wrestler into a weight class. If the wrestler does not make weight on day two, the wrestler may not move up to the next weight class. The wrestler is scratched from the tournament.

With respect to 7th/8th graders who must make a minimum weight:

On Day 1: If they weigh between 91.1 and 96.0 they lock in to the 99 lb. weight class for Day 1 and cannot wrestle at 106 (as they are in excess of 91 but are not in excess of 96).

To be consistent with how the other weight classes are treated: On Day 2: If they now weigh between 96.1 and 100, they must remain at 100 (99+1). Even though they are now in excess of 91 for 99 and also in excess of 96 for 106, they cannot wrestle at either 100 (99+1) or 107 (106+1). The weigh in on the first day, locked them into the weight class for the tournament.

50% Rule: The weigh in on the first day would count towards the 50% rule even if the wrestler does not participate as the wrestler made weight and was eligible to wrestle.

PROCEDURE FOR WEIGH INS AND 50% RULE WHEN: (continued)

4. **Entering a 2-day: Individual Tournament:** When an individual tournament lasts 2 days the weight class the wrestler weighs in at, on the NYS weigh in form, shall be the weight counted towards the 50% rule. The wrestler may wrestle at that weight or move up one weight class. Should the wrestler opt to go up one weight class, the wrestler would not have to make weight at the lower weight class shown on the weigh in sheet on the second day because they are not entered at that weight.

50% Rule: As with the 2-day dual meet tournament (above), the weight class weighed in at on the NYS weigh in form on the first day of a tournament counts towards the 50% rule. You do not have to make weight twice in the same tournament for it to count for 50% of your weigh in's.

5. **A wrestler is overweight for a tournament weigh in:**
Individual tournament: A wrestler enters an individual tournament at a weight class (126 lbs), gets on the scale and is overweight. They do not wrestle in the tournament.

50% rule : The wrestler may not count that weigh in as a weigh in for 132 lbs for the 50% rule because they did not wrestle in the tournament.

Dual meet tournament: If the wrestler in the above example was entered in a dual meet tournament, the wrestler could count the weigh in for 132 lbs for the 50% rule as the wrestler entered is one of the eligible 132 lb wrestlers for their school. The coach will decide on a meet by meet basis if the wrestler will be used. It may be possible that the wrestler does not actually compete, but since they were eligible to compete in the tournament they may count the weigh in. Even though they get to count the weigh in, they are NOT charged 2 points for the tournament because they did not compete.

6. **When Weigh in is Out of State and 99 lbs is not contested:**
A wrestler is entered in an out of state tournament where 99 lbs is not contested. The wrestler weigh's in at 99 on the NYS weigh in sheet but wrestles up at 106 lb weigh class.. The weigh in counts for the 50% rule at 99 lbs.

PROCEDURE FOR WEIGH INS AND 50% RULE WHEN: (continued)

7. Schools are cancelled:

(Snow days are treated like competitions with respect to extra pounds)

Situation 1: Back to Back Duals – Snow Day – Tournament

Wednesday: Regularly scheduled Dual Meet: +0 for the dual meet.

Thursday: Regularly scheduled Dual Meet: +1 for the dual meet.

Friday: Snow Day (No school)

Saturday: Tournament: All teams get +2 allowance

Situation 2: Snow Day – Dual – Tournament

Wednesday: Snow day (or schools cancelled) (Day 1),

Thursday: Teams who had school closed on Wednesday (Day 1) who have dual meets on Thursday (Day 2) will get +1 for the dual meet.

Friday: If any of the teams with the dual meets from Thursday (Day 2) then enter a tournament on Friday (Day 3): All teams in the tournament are at +2

Saturday: If the tournament is a 2-day tournament, the allowance remains at +2 (No allowance can ever exceed +2)

Situation 3: Dual – Snow Day – Tournament

Thursday: Regularly scheduled Dual Meet: +0 for the dual meet.

Friday: Snow Day (No school)

Saturday: Tournament: All teams get +2 allowance

Situation 4: Dual – Dual – Tournament Snowed Out – Tournament

Thursday: Regularly scheduled Dual Meet: +0 for the dual meet.

Friday: Regularly scheduled Dual Meet: +1 for the dual meet.

Saturday: Regularly scheduled Tournament Postponed due to weather.

Sunday: Tournament: All teams get +2 allowance

Situation 5: Dual – Tournament Snowed Out – Tournament

Friday: Regularly scheduled Dual Meet: +0 for the dual meet.

Saturday: Regularly scheduled Tournament Postponed due to weather.

Sunday: Tournament: All teams get +1 allowance

Situation 6: Tournament – Tournament – Dual – Dual

Sunday: Due to make-ups: Teams enter in a one-day Sunday tournament.

Monday: Some of the teams who wrestled on Sunday are then entered in a Monday-Holiday tournament.

All teams in the Monday tournament are at +1.

Tuesday: Many of the teams from the Monday tournament are scheduled to wrestle dual meets on Tuesday which would be at +2.

Wednesday: Some of those same schools are also scheduled to wrestle again on Wednesday. The +2 remains in effect for the Wednesday duals as you can never go above +2.

Note: If Tuesday is a snow day and all schools are closed. Teams that were in the Monday tournament and closed on Tuesday would still get the +2 for the Wednesday dual meets.

PROCEDURE FOR WEIGH INS AND 50% RULE WHEN: (continued)

7. Schools are cancelled:

(Snow days are treated like competitions with respect to extra pounds)

Situation 7: Weekday match cancelled (due to reasons beyond school's control: weather, transportation etc),

If a team does an honor weigh in in the morning and their opponent does not show up for the afternoon or evening match (due to reasons beyond their control: weather, transportation etc), the honor weigh in does not count.

8. Interrupted Duals:

A dual meet is interrupted due to a situation beyond either teams control (Example: a power failure).

The dual meet should be made up the next day if both schools are available. If either school has a conflict it should be made up on a date agreeable to the schools involved.

The dual meet will pickup from the end of the point of interruption. Bouts in progress will be restarted.

If the dual meet can be made up:

The weigh in sheet from the original match will continue to act as the official weigh in sheet (as it locks the wrestlers into a weight class for this competition). A column should be added for the wrestlers that need to compete on the makeup day.

Normal rules for honor weigh in's and granting additional pounds shall be followed.

If the dual meet cannot be made up:

The original weigh in sheet shall count for the 50% rule. All individual results of the bouts wrestled shall be counted.

Each league can rule independently on the outcome of the dual meet.

NYS will not mandate the outcome.

Examples could be:

- The dual meet could be entered as a "No Contest" with respect to the team score regardless of the score at the time it was interrupted.
- If one team had already clinched the dual meet, the bouts yet to be wrestled will be entered as "no contests" and the team score shall be counted.
- If no team had yet to clinch the dual meet, there will be no final team dual meet score and no team winner or loser.

PROCEDURE FOR WEIGH INS AND 50% RULE WHEN: (continued)

9. Teams that do not show up for a dual meet:

Situation 1: Meet is not wrestled and **no weigh in occurs:**

In situations where a team did not show up for a dual meet, the weigh in is not conducted and the match does not occur:

The team available to wrestle the dual has one of two choices:

Choice 1: Schools involved agree to treat the meet as a “**no contest**”.

No team or individual records are affected. No points are charged.

Choice 2: Schools involved agree to treat the meet as a “**forfeit**” A win and a loss is added to each team’s record. As per NFHS interpretation: Since no matches were contested no individual records would be affected.

Situation 2: Meet is not wrestled (not due to school closing) and **honor weigh in occurs:**

In situations where a team does not show up for a scheduled match (not related to school closing or transportation problems) as they just do not want to wrestle the match.

The team that was in compliance to wrestle the dual has one of two choices:

Choice 1: Schools involved agree to treat the meet as a “no contest”.

No team or individual records are affected. No points are charged.

The weigh in does not count towards the 50% rule. Each team may reschedule another match with another team at a different date.

Choice 2: The meet will be treated as a “**forfeit**” A win and a loss is added to each team’s record. As per NFHS interpretation: Since no matches were contested no individual records would be affected. One point is charged to their 20 point maximum. For the weigh in to count towards the 50% rule, a matside weigh in must occur. The matside weigh in and weigh in sheet must be signed by someone (other than the coach) who is qualified to supervise morning honor weigh ins.

Situation 3: Meet is not wrestled (due to school closing), and **honor weigh in occurs:**

In situations where a team does not show up for a scheduled match because of conditions beyond their control (weather/transportation problems):

If the meet will be rescheduled:

The weigh in does not count towards the 50%, no team or individual records are affected and no points are charged.

If the meet will not be rescheduled:

The meet will be treated as a “no contest”. The weigh in **does not count** towards the 50%, no team or individual records are affected. Coaches need to be aware that this situation could cost an individual wrestler the ability to meet their 50% rule. **Every effort needs to be made to reschedule the meet to avoid this situation.**

PROCEDURE FOR WEIGH INS AND 50% RULE WHEN: (continued)

9. **Teams that do not show up for a dual meet: (continued)**

Situation 4: If the dual meet (that wasn't wrestled) was **part of a dual meet tournament** (as **one team leaves** and does not wrestle their match): The meet will be treated as a "forfeit" A win and a loss is added to each team's record. As per NFHS interpretation: Since no matches were contested no individual records would be affected. (Two points have already been charged to these individuals 20 point maximum as this was a tournament and the contest does count for the 50% rule as other rounds were wrestled). The dual meet will be recorded as a 1-0 team score (but the TrackWrestling will show the team score to be 90-0 based on 15 weights at 6 points each).

Situation 5: If in a 2-day dual meet tournament a team does not show up for any matches on the second day, the following procedure will apply for all matches that were scheduled on the second day. Each team will earn a dual meet win by forfeit over the other team. Each team adds either a win or a loss to their team's record for every match that was scheduled. As per NFHS interpretation: Since no matches were contested no individual records would be affected

TOURNAMENTS: WHEN IS A WRESTLER CONSIDERED TO BE OFFICIALLY ENTERED IN A TOURNAMENT?

NFHS Rule 4.5.6 states "a contestant representing a school in an individually bracketed tournament shall be named by weight class prior to the conclusion of the weigh in Interpretation from NFHS: Rule 10-2-1-"Failure to verify entries by a stipulated deadline or by the completion of weigh ins shall result in disqualification from the tournament. If a stipulated deadline has not been predetermined as per below, the deadline shall be the completion of weigh in's".

Example A: Dual Meet Tournament Weigh in

In a Dual Meet tournament wrestlers who are eligible to wrestle when the weigh ins conclude are officially entered in the tournament. (In this example, wrestlers who do not make weight can move up a weight class and still be officially entered in the tournament).

Example B: Scratch at Tournament Weigh in

When an individual tournament is seeded and the brackets are set prior to the tournament and the tournament director determines that the wrestlers may not change weight classes from that class they were entered at on the day of the tournament (whether seeded or not), then if a wrestler does not make weight at the weight class they were entered at, they are scratched at the weigh in. Their spot on the bracket sheet would become a BYE. (In this example, wrestlers who do not make weight are **not** officially entered in the tournament).

TOURNAMENTS: WHEN IS A WRESTLER CONSIDERED TO BE OFFICIALLY ENTERED IN A TOURNAMENT? (continued)

Example C: Scratch at Tournament Scratch Meeting

If the tournament director of an individual tournament announces there will be an official coaches scratch meeting after weigh ins are concluded and before the brackets are prepared, the stipulated deadline is still the conclusion of the weigh in. Wrestlers who are eligible to wrestle when the scratch meeting concludes are officially entered in the tournament. (In this example, wrestlers who do not make weight are **not** officially entered in the tournament). The wrestler who cannot compete should be entered as a Bye. The tournament director can leave the Bye where it falls or re-draw the bracket.

Example D: Bracket Changes made as teams Weigh in

If the tournament director of an individual tournament allows wrestlers to change weight classes on the day of the event and the tournament scorekeeper (or their designee(s)) is in attendance at the weigh ins to make additions and deletions to the brackets as each team weighs in, then the stipulated deadline is the conclusion of the weigh in's. Coaches of wrestlers who do not make weight must inform the scorekeeper or designee if the wrestler is moving up to the next weight class. If the scorekeeper is not informed, then the wrestler is scratched and not entered in the tournament. Wrestlers who are eligible to wrestle when the weigh ins conclude are officially entered in the tournament. (In this example, wrestlers who do not make weight are **not** officially entered in the tournament).

Process for Sectional Tournaments:

Most Sections pre-draw the brackets. If a wrestler slated to wrestle one of the Top seeds decides not to show up the seeded wrestler should not get a Bye but instead earn a forfeit. Earning a Bye could easily have an impact on the Sectional team scoring as the top seeded wrestlers could lose opportunities of getting bonus points for pins/TF etc.

Sectional Chairmen should announce prior to the start of their seeding meetings if the "no-shows" will be counted as Byes or Forfeits. If counted as forfeits:

Winner: Earns a win by forfeit over the school (but **not** a name of the specific opponent). Unless the bracket is re-drawn (perhaps because the wrestler who scratched was a seeded wrestler and the seeds are being rotated): In this situation the wrestler may now get a different first round match or even a bye.

Loser: The wrestler who forfeited does not take a loss on their record as they never actually entered the tournament.

Summary of Tournament Entry:

Once a wrestler is officially entered in a tournament, if the wrestler then needs to be removed from the tournament: follow the rules for "WRESTLING FORFEITURES" (Situations 2 thru 11).

Once a wrestler is officially entered in the tournament, the tournament must count as one of their six allowed tournaments, as 2 points towards their 20 points, and as a weigh in towards their 50% rule.

WRESTLING FORFEITURES

Note: A wrestler who earns a forfeit does not have to wait 45 minutes before their next match. (Dec. 2010).

Note: Beginning with the 2013-14 Season: A forfeit will no longer be counted in the count of tournament matches wrestled in a day. In an individually bracketed tournament, a wrestler can compete in a 6th bout in a day if one of the previous bouts was a forfeit. If the forfeit was received in a dual meet tournament and an exhibition bout is set up as the 6th bout of the day, **then no additional points will be charged to wrestlers who compete in exhibition matches.**

The “no additional points will be charged” as listed above refers to wrestlers already competing in the tournament. If an “extra wrestler” is weighed in on a dual meet roster and they participate in just one exhibition match, they are charged 2 points and charged for a tournament.

Recording results: You are only allowed to record 5 matches in a day as wins/losses. The wins by forfeit are the matches that should be recorded in Track and the total matches should not exceed 5. The additional matches (which could have been at one weight above the weigh-in weight class) should not be recorded in Track as Varsity matches for either participant. They could be entered as JV or Exhibition but they cannot appear on the Varsity record.

The following is provided to assist administrators and coaches to appropriately deal with forfeitures. Procedures for recording W/L Records:

Dual Meet Forfeits:

Situation 1: A team has multiple wrestlers weighed in at a weight class. When it comes time to produce a wrestler to compete at a weight class, the coach decides to forfeit the match.

Record as follows:

Winner: Earns a win by forfeit over the school (but not over any specific opponent)

Loser: There is no loser in this scenario, so no individual wrestler would take a loss on their record.

Tournament-Forfeits: Due to injury/sickness

Acceptable reasons for injury/sickness: All of the following are acceptable reasons why a wrestler may not compete due to an injury/sickness: On site trainer does not let wrestler continue, On site trainer approves wrestler to continue but the coach does not let them continue, On site trainer and coach approves wrestler to continue but wrestler does not want to continue, no on-site trained available, coach does not let wrestler continue, and no on-site trainer available, coach approves wrestler to continue but wrestler does not want to continue.

Summary: The forfeit procedure (to follow) basically attempts to make the number of losses that a wrestler must take for withdrawing from a tournament consistent for both Individual Bracketed tournaments and Individual Round Robin tournaments. With the exceptions noted in Situations 2 and 6 below, a wrestler who withdraws from a tournament will normally be charged with just two losses.

WRESTLING FORFEITURES (cont.)

Tournament-Forfeits in Individual Bracketed Formats

Situation 2: A wrestler withdraws from a bracketed tournament.

Winners over the withdrawing wrestler: Earn wins by forfeit over the school and name of the wrestler who forfeited.

Loser (the withdrawing wrestler): The wrestler who withdrew takes a loss on their record against the school and name of the opponent they forfeited to in each and every round they are still scheduled to wrestle on the bracket.

Note: Most bracketed tournaments are double elimination so in this scenario the withdrawing wrestler is taking two losses on their record, as it would take two losses to remove them from the official bracket.

Note: If a wrestler had advanced to a semifinal (in a tournament that places the Top 6) the wrestler would receive three losses on their record: One for the semi, one for the consolation semi and a third for the consolation final for 5th/6th. The reason the wrestler would take an additional loss in this example is because they are earning a place in the tournament which would require an additional round beyond the double elimination.

Not making weight on the second day of a bracketed tournament:

Loser (the wrestler who did not make weight): The wrestler who forfeited takes a loss on their record against the school and name of the opponent they forfeited to in each and every round they are still scheduled to wrestle on the bracket.

Note: They would be denied their place finish in the tournament and the team would not receive any placement points for the wrestler (but the team would earn any advancement or bonus points earned by the wrestler)-2013-14 Wrestling Casebook Manual p.66

*10.2.7.

Tournament-Individual Bracketed Formats

Sixth bout of the day:

Situation 3: A wrestler is not allowed to compete in a consolation round match because if they wrestled their next bout, it would be their 6th match of the day which would put them over the allotted 5 bouts per day.

Record as a “no contest”:

Winner: The wrestler who is eligible to wrestle (who has not exceeded their 5 bout limit) earns the higher place and earns a win by forfeit over the school of the wrestler who forfeited (not the name of the wrestler).

Loser: The wrestler would exceed the 5 bout limit: takes the lower place.

The wrestler who forfeited does not record the match and does not receive a loss on their record against the school and name of the opponent they forfeited to.

Note: If both wrestlers are not eligible to wrestle the consolation bout the two wrestlers involved both earn the lower place. Ex: Do not add the 5th and 6th place points and split them. There is no 5th place wrestler. Each wrestler will earn the 3 points for 6th place.

Neither wrestler who forfeited records the match neither receive a loss on their record .

If a sixth bout of the day is wrestled the penalty for an ineligible wrestler as described in the NYSPHSAA handbook (page 99-100) would apply. In addition the violation must be reported to the Sectional Chairmen who must then report it to their Athletic Council for a determination if further action is required.

WRESTLING FORFEITURES (cont.)

Tournament-Individual Round Robin:

Tournament-Forfeits: Following an injury default

Situation 4: If a wrestler loses a match by injury default, the next remaining match they were scheduled to compete in (immediately following the injury default) shall be recorded as a loss by forfeit. Any remaining matches to be wrestled will not be counted as losses for the injured wrestler.

To be recorded as follows:

Winners over the injured wrestler: Earn wins by forfeit over the school and name of the wrestler who forfeited.

Loser (the injured wrestler) : The wrestler who is forfeiting must record the match and does receive a loss on their record against the school and name of the opponent they forfeited to in the next round after the injury default. They do not have to record any additional losses in any remaining rounds.

Note: In this example, the injured wrestler is taking two losses on their record, one for the actual injury default and the next remaining match.

Tournament-Individual Round Robin:

Tournament-Forfeits: Due to injury/sickness

Situation 5: A wrestler is either: injured or sick in a previous match but completes it with no injury default and then determines they cannot continue due to the injury/sickness, or an injury/sickness occurs sometime prior to their next match (which could be in warm-ups prior to their first match). Because of this injury/sickness, it is determined that the wrestler cannot continue in their next match. The coach should inform the Head Table that the wrestler is being scratched for medical reasons. The next two bout the wrestler was scheduled to wrestle become forfeits. All remaining matches are also forfeits but will not count as losses.

Record as follows:

Winners over the injured wrestler: Earn wins by forfeit over the school and name of the wrestler who forfeited..

Loser (the injured wrestler) : The wrestler who is forfeiting must record the next two scheduled matches and does receive two losses on their record against the schools and names of the opponents they forfeited to. They do not have to record any additional losses in any remaining rounds.

Note: In this example, the injured wrestler is taking two losses on their record, for the next two schedule matches only.

WRESTLING FORFEITURES (cont.)

Tournament-Individual Round Robin:

Tournament-Forfeits: Re-Entering a Tournament (after a Forfeits due to injury)

Situation 6: Due to the nature of the injury or sickness a wrestler may forfeit a round of a tournament but return in a later round if they are feeling better. The coach should inform the Head Table when they originally scratch that there is a possibility that the wrestler may return in a later round and therefore the wrestler should not be removed from the round-robin bracket. The same procedures in Situation #2 and Situation #3 above will apply (should they re-enter but they have to scratch again). In this scenario a wrestler **could possibly earn four forfeit losses on their record** in the same tournament. The first two forfeit losses might be recorded when they first withdraw from two rounds due to injury/sickness. The second two forfeit losses could be recorded should they withdraw from a round due to injury/sickness a second time (after returning for a round or rounds after the initial forfeit loss).

Tournament-Individual Round Robin

Tournaments-Forfeit due to not wrestling on a 2nd Day:

Situation 7: A wrestler who advanced on a bracket to the second day of a round robin tournament does not show up, does not make weight, or is sick or injured on Day #2.

Although they never take the mat:

Record as follows:

Winners over the wrestler who is withdrawing: Earn a wins by forfeit over the school and the name of the wrestler who withdrew.

Loser (the wrestler who withdrew): The wrestler who withdrew takes a loss on their record against the school and name of the opponent they forfeited to in the next two rounds they were scheduled to wrestle. They do not have to record any additional losses in any remaining rounds.

Note: To stay consistent with recording forfeit losses in a bracketed tournament the injured wrestler is taking **two losses on their record**, for the next two scheduled matches only.

Tournament-Individual Round Robin:

Weight Class is short entries

Situation 8: In a round robin pooled tournament a weight class is short one or more entry(s) due to a team(s) not having a representative(s) at that weight class. The missing entries become BYES and not forfeits.

Record as follows:

Winner: Earns a Bye in each round they were scheduled to wrestle a school without an entry.

Loser: There is no loser as no wrestler was entered in the weight class.

WRESTLING FORFEITURES (cont.)

Tournament-Individual Round Robin:

JV wrestler inserted as a forfeit

Situation 9: In a round robin pooled tournament a weight class is short an entry due to a team not having a representative at that weight class. Another team enters a “JV” or “extra” Varsity wrestler in the weight to fill the bye. But this wrestler never actually wrestles; they are entered but will forfeit all of their matches.

Record as follows:

Winner: Earns a win by forfeit over the school and the name of the “extra” wrestler who forfeited.

Loser: The “extra” wrestler who forfeits each round takes a loss on their record against the school and name of the opponent they forfeited to for the first two rounds only. This “extra” wrestler must count the tournament as one of their 6 tournaments and it will cost them 2 points towards their 20 point maximum and they will take two losses on their record.

Tournament-Flagrant Misconduct Removal:

Situation 10: A wrestler is removed from a tournament for Flagrant Misconduct. The deduction of team points is three plus all points earned in the tournament by that wrestler. With respect to won/loss records: Even though team points and points earned from that individual are being deducted because of the flagrant misconduct, the previous matches still count because the bracket does not change.

Record as follows:

Winner by DQ: Flagrant Misconduct: Earns a win by DQ over the school and the name of the wrestler who was just disqualified.

Loser by DQ: Flagrant Misconduct: The disqualified wrestler takes a loss against the school and name of the wrestler they were wrestling at the time of the DQ. All wins and losses earned in the tournament prior to being disqualified are not erased and count on their won/loss record. Any other wrestlers who faced the disqualified wrestler prior to them being disqualified will have the wins and losses stand.

Example: If there is an 8-person bracket and Wrestler A won their quarter and semifinal match they would be 2-0 going into the finals match. The two matches are completed and the results count with respect to win-loss records. If the flagrant misconduct happens during the finals, it would be a loss for Wrestler A and a win for Wrestler B. Scoring: Deduct three team points and remove all previous team points earned in the tournament by Wrestler A.

Note: In cases where the wrestler who was DQ'd for flagrant misconduct still had scheduled matches to wrestle, the disqualified wrestler takes additional losses by forfeit against the school and name of the wrestler they were still scheduled to wrestle. The wrestlers they were still scheduled to wrestle earn wins by forfeit over the name and school of the wrestler DQ'd for flagrant misconduct.

Note: To be consistent, if the wrestler DQ'd for flagrant misconduct still had scheduled matches to wrestle in an **Individual Round Robin tournament**, then they would only take **two losses by forfeit** for the next two rounds they were scheduled to wrestle.

WRESTLING FORFEITURES (cont.)

Tournament-Withdrawal by School Administration

Situation 11: Reason for withdrawal is not the fault of the wrestlers

An entire school is withdrawn by their school administration (could either be forced to leave a tournament early or to not be able to return at all for a second day). Some possible reasons for withdrawal by school administration could be for weather conditions or if a team with only one coach, has an injured wrestler who must go to the hospital and the coach is required to go with him, thus leaving no one else to coach the team.

Record as follows:

Winners: Earn wins by forfeit over the school of the wrestler who forfeited (not the name of the wrestler).

Losers (team that left): The wrestlers who forfeited do not record the matches and do not receive losses on their record against the school or names of the opponent they forfeited to.

Forfeits effect on seeding:

Wins and losses by forfeit count for seeding but wins and losses by forfeit do NOT count as head to head wins. However, a wrestler who wins by forfeit will earn any available Seeding Competition Points for the win. (The logic is that there should be some type of penalty to keep wrestlers from not wrestling).

PENALTIES

PENALTIES FOR EXCEEDING MAXIMUM NUMBER OF POINTS:

If a wrestler exceeds the maximum points or tournaments permitted (as explained on Page 7) at any time during the season, the wrestler will be ineligible for the remainder of the season. In addition, the coach of the wrestler who exceeded the maximum number of points or tournaments will be suspended from the team's next previously scheduled competition and could be subject to additional penalties by their Sections Athletic Council.

If the individual exceeds the maximum points in a dual meet competition, the team will forfeit the match, the individual will lose by forfeit, but the individual performances of all the other matches would stand. If the individual exceeds the maximum points in a tournament competition, the team will earn zero team points, the individual will lose all matches competed in by forfeit, but the individual performances of all the other matches would stand. NYSPHSAA HANDBOOK.

PENALTIES FOR ALLOWING UNAUTHORIZED ADDITIONAL POUNDS:

Should a Sectional Chairman become aware of two teams allowing an extra weight allowance for any other reason, not specifically covered by the Additional Pound section above the following procedures will apply:

Dual Meet: The teams will both forfeit the dual meet. The weigh in sheet will be used to determine which individual wrestlers receive forfeit wins and losses. Each individual wrestler who accepted the extra pound will receive a loss on their individual records. Any individual wrestler who did not take the unauthorized extra pound will not be penalized and their individual match performance will stand.

Tournament: If a tournament allowed an unauthorized additional pound, all teams who had at least one wrestler accept the unauthorized pound will receive a team score of zero. The tournament weigh in sheets will determine which wrestlers accepted the unauthorized pound and their matches will be forfeited.

PENALTIES FOR INELIGIBLE WEIGHT CLASS

After a dual is wrestled, it is found out that a team used a wrestler at a weight lower than his/her certified weight (or at a weight above the State minimum weight: (Example: 8th grade 85 pounder wrestles at 99 and does not meet the 91 pound minimum), the team forfeits the dual meet and the wrestler takes a loss on his/her record. The won/loss records of the other wrestlers who wrestled in the dual meet are not affected and the results of their individual bouts stand. (NYSPHSAA Handbook-Penalties). If the ineligible wrestler was competing in a Dual Meet tournament, the team would forfeit all Dual meets that the ineligible wrestler participated in. The ineligible wrestler would take losses for every bout they wrestled that day which could result in a maximum penalty of going 0-5 if they had 5 matches.

If, while a dual meet is in progress, it is discovered that an ineligible wrestler has competed, the dual meet becomes a forfeit. However, the meet will be wrestled to its conclusion so that the win/loss records of the other wrestlers who competed in the dual meet are not affected.

SECTIONAL COMPETITION

ELIGIBILITY FOR SECTIONAL SPONSORED INDIVIDUAL COMPETITION

Participation in a minimum of six (6) **contests** is required to be eligible for Individual Sectional competition. Therefore, a wrestler must compete (exhibition, **Varsity** forfeit, varsity/JV match) and be charged with at least six (6) points towards their maximum number of points **and** the six required **contests** must be held on six separate dates. There is no such thing as a JV forfeit or Exhibition forfeit and these will not count as a contest.

Note: a 2-day tournament is only one contest.

REPRESENTATION: *To be eligible for sectional, intersectional, or state competition, a team must have competed in six (6) school scheduled contests during the season. Wrestlers must also have represented their school in (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule. NYSPHSAA HANDBOOK*

Section sponsored tournaments (Sectional Individual Or Sectional Dual meet tournaments) are not considered part of the regular season and do not count as contests towards the six required contests for eligibility, do not count as one of the six allowed tournaments, do not count as points towards the 20 point limit, and do not count as a weigh in toward the 50% rule. Team and Individual wins and losses from these events will count and should be entered into the TrackWrestling results.

To enter into the Sectional Tournament a TrackWrestling District Report form must be printed and signed by every wrestler and coach prior to the start of the post season qualifier seeding meeting. All Varsity results for individual wrestlers must be entered into the TrackWrestling database prior to the post season seeding meetings.

NYSPHSAA STATE CHAMPIONSHIPS

AT-LARGE QUALIFIERS

At-Large competitors will be selected to fill bye in the tournament. This format allows for multiple entries from each section. The procedure and timeline for determining the At-Large Qualifiers for the season will be posted on the NYSPHSAA website and sent to all Sectional Chairmen for distribution to wrestling coaches and Athletic Directors prior to the start of the wrestling season.

NYS TOURNAMENT SEEDING

The procedure and timeline and mechanics for seeding the NYS tournament will be included on the NYSPHSAA website and sent to all Sectional Chairmen for distribution to wrestling coaches and Athletic Directors prior to the start of the wrestling season. "The NYSPHSAA Wrestling Committee maintains the authority to make adjustments in tournament seeding, through the appeal process, when the purpose and objective of the seeding procedure has not been met".

Previously scheduled matches or make-up matches held after the Sectional tournament would count for NYS Seeding. No other individual record or statistic forms are permitted.

NYS TOURNAMENT APPEALS PROCESS

If a coach at the state tournament feels that after talking with the mat official that a rule was misapplied, before leaving the mat they should request that the rules interpretation official be summoned. If the coach is still not satisfied with the explanation and the issue is not resolved a 3 person committee consisting of: the NYS Wrestling Chairman, the NYSWOA Rules Interpreter, and the NYSWOA President will be convened. If additional wrestling may be required, the wrestler should not leave the mat area. If no additional wrestling is required, the coach should not leave the wrestling mat area.

OFF-SEASON WRESTLING

When wrestling in the off-season:

1. There can be no school affiliation. (No formal school name, no school uniform, no school transportation).
2. Participation cannot be mandated and no one can be excluded from participation.
3. Any coach can coach the off-season team.
4. If there are violations, the NYSPHSAA is not responsible for issuing penalties. Penalties are to be handled by the Sections and Leagues. Penalties could consist of sanctions, suspensions, etc.

MODIFIED

Game Conditions: See chart p. 139, 2017-18 NYSPHSAA Handbook.

1. A contestant (or team) may participate in competitions not to exceed 14 points during their season. Points assessed to competitions are as follows:
 - a) 1 Point Meets are any competitions where a wrestler or wrestlers compete in one or two bouts.
 - b) 2 Point Meets are any competitions where a wrestler or wrestlers compete in 3 or 4 bouts.
2. No contestant (or team) can accumulate more than 10 points out of the maximum 14 points allowed via 2 point contest, so no contestant (or team) may have more than 5 of the 3 bouts in a day type of competitions.
3. No contestant (or team) can accumulate more than 3 points per week.

Examples of Points:

# of contests	# matches at the contest	Total matches wrestled	Total points charged
5	3	15	5 x 2=10
4	2	8	4 x 1= 4
		23	14

= Max pts allowed

# of contests	# matches at the contest	Total matches wrestled	Total points charged
14	2	28	14 x 1=14
		28	14

= Max pts allowed

4. There shall be no competition between wrestlers with an age difference of more than 24 months.
5. At least 2 nights shall elapse between contests.
6. The time periods for bouts shall be as follows:
 - a) If a contestant competes in only one bout per contest, the time periods are:
 - Program 1: Three 1 and 1/2 minute periods
 - Program 2: 1st Period - 1 minute
2nd and 3rd Periods - 1 and 1/2 minutes
 - b) If a contestant competes in two or three bouts per contest, the time periods will be either: (1) Three 1 minute periods, or (2) 1st Period: 1 minute; 2nd and 3rd Periods: 1 1/2 minutes. There must be a 30 minute rest period between bouts.
 - c) With section/league approval, a sudden victory overtime period shall be permitted in modified wrestling. . The method of overtime must be determined at the onset of the event. Wrestlers may start in the standing position or in the 'Referees' Criteria' based on the NFHS wrestling rulebook for sudden victory. The overtime period shall not exceed 30 seconds."

MODIFIED (continued)

7. Weight Control:
 - a) The Physical Education Director shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established weight class except as indicated under (b).
 - b) No attempt at weight reduction before the official weigh in is permitted except on written permission from the parents and a written recommendation of a physician. Once a wrestler is established in a weight class, weight reduction and participation in a lower weight class is permitted only under a doctor's authorization and with the parent's permission.
 - c) A squad list, indicating the established weight classes for each team member as well as birth dates and ages, shall be sent to all opposing schools.
 - d) Wrestlers participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.
8. Weigh ins on the day of a dual meet shall be established by the Section Athletic Council.
9. For multi-school contests, refer to General Eligibility Rule #10 (p. 132).
10. Modified Wrestling Alternative Uniform: With section/league approval, modified wrestlers have the option of wearing an alternative to the traditional singlet. Options may include a form-fitting compression shirt and compression shorts, or a form-fitting compression shirt under the school uniform singlet.”

Game Rules (Program 1)

1. **Weight Classes:** the official weight classes for competition are: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 140, 148. For schools having only 7th and 8th grade students a 155 pound weight class may be optional. Optional classes may be 74, 165 and unlimited classes with contestants competing weighing within 10 pounds of each other. Minimum weight for the 74 lb weight class is 67 lbs.
2. **Honor Weigh in:** The procedures described in the Wrestling Weight Control Plan shall be followed. (2010-2012 NYSPHSAA Handbook)
3. There is no limit to the total team bouts in a contest.
4. **Scoring:** Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Game Rules (Program 2)

1. **Weights:** Weight class is listed first, variance second: 70-80 lbs. (**10 lbs**); 80-90 lbs. (**10 lbs**); 90-100 lbs. (**10 lbs**); 100-110 lbs. (**10 lbs**); 110-120 lbs. (**10 lbs**); 120-130 lbs. (**10 lbs**); 130-140 lbs. (**10 lbs**); 140-150 lbs. (**10 lbs**); 150-160 lbs. (**10 lbs**); heavier weights (as much as **10 lbs**.)
Variance: The variance listed above permits a contestant to compete against a contestant who is either in a lower or upper weight group. As long as both wrestlers stay within the variance listed. (i.e. a wrestler in the 70-80 lbs. group who weighs 78 lbs. can compete with a wrestler in the 80-90 lbs. weight group as long as the heavier wrestler does not weigh more than 88 lbs.)
2. **Matching wrestlers:** Both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.
3. There is no limit to the total team bouts in a contest.
4. **Scoring:** Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

CHECKLIST FOR AVOIDING PENALTIES

Some of the most common mistakes that could cause a wrestler/team to become ineligible.

Ineligible wrestlers will cause the wrestler, the team, and the coach to be subject to the penalties listed on page 31.

- An individual wrestler is caught cheating on their weight certification.
- An individual wrestler exceeds the 20-point limit.
- An individual wrestler exceeds 6 tournaments.
- An individual wrestler exceeds the maximum of 2 two-day non-individual bracketed tournaments. (see Individual Points: Tournaments page 7).
- An individual wrestler competes in back to back tournaments without two nights rest between them. (see Individual Points: Tournaments page 7).
- A coach schedules an additional contest after the Saturday of Week #28 (that was not a make-up from a cancellation) that one or more individual wrestlers from his team competes in. (see Scheduling: page 9).
- An honor weigh-in is conducted by a member of the team's wrestling staff acting as the School Representative (see Honor Weigh-In's page 11).
- A coach conducts an honor weigh-in for the Sectional Dual Meet Tournament.
- Granting unauthorized additional pounds for a Sectional Dual Meet (see page 16)
- The coach of a team grants unauthorized additional pounds. (see pages 14-16)
- A coach weighs in a wrestler for an event (who has already reached the 20-point limit) (see page 17)
- A coach lists an ineligible wrestler on their weigh-in sheet. (wrestlers listed must be academically eligible, cleared of injuries requiring school/doctor release, and not currently restricted by a doctor by a skin disease)
- An individual wrestler wrestles at an ineligible weight class.

Typical examples would be:

- A 7th/8th grader not meeting their minimum weight requirement at the shoulder to shoulder weigh-in, but still wrestles in a dual meet/tournament.
- A wrestler competes below their certified weight because the coach thought that the additional pounds granted for that event made the wrestler now eligible to compete there. (see Growth Allowances page 6).