



The NYSPHSAA's **2020-21** 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 **2020-21** Handbook for all other sport and eligibility standards and the NFHS Wrestling Rulebook, Casebook and Manual for sport related rules.

**2020-2021**

**WRESTLING  
PROGRAM**

**BOOKLET**

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## INTRODUCTION

(Items in Blue are now addressed in NYSPHSAA Handbook)

(Items in Green may need revising if season is shortened)

(Items in red are additions from last year's Handbook)

The NYSPHSAA's 2020-21 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 2020-21 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 2020-21 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](http://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.**

## **NYSPPHSAA WRESTLING WEIGHT CONTROL PLAN**

### **WEIGHT CERTIFICATIONS**

The NYSPPHSAA 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 NYSPPHSAA 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. **The InBody machine will be used for calculating weight assessments beginning in 2020-21.**

- 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 NYSPPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. In conjunction with Track Wrestling 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 NYSPPHSAA Approved Assessors must enter certification results into the **In-Body machine (which will sync with the Track Wrestling database)** where Minimum Weights and team rosters will be generated. Wrestlers must be tested and entered into the Track Wrestling 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.

**The wrestler is not eligible to practice** until the official NYS Waiver Form is approved by the Section Chairman.

**The wrestler is not eligible to compete** until the wrestler's Individual Profile Form is received by the Section Chairman (which must be within 14 days of the receipt of the official NYS Waiver Form).

## **OPTIONS FOR ALLOWING WAIVERS FOR THE 14-DAY RULE**

**Option 1:** Wrestler joined after the 14-day certification period and has not yet practiced.

**Practices:** May not begin to count the **10 required practices** until Chairman approves the official NYS Waiver Form.

**Certification Date:** Has 14 days from date Chairman signs the official NYS Waiver Form to certify with an assessor

**Option 2:** Fall Athlete involved in Post Season Play

Waivers can be granted to fall athletes who miss the certification process and deadline due to participation in NYSPHSAA Fall championship events.

**Practices:** May not begin to count the **6 required practices** until Chairman approves the official NYS Waiver Form.

**Certification Date:** Has 14 days from date of last fall contest to certify with assessor.

Note-Fall athletes that do not need extra days to certify, can certify with the rest of the team within the first 14 days and not have to complete the official NYS Waiver Form. If they do so, they do not have to wait to start having their 6 practices counted.

**Wrestlers who were on the Track rosters but did not certify within the first 14 days:**

**Note:** If a wrestler anticipates a problem with hydration or being able to attend their originally assigned certification site, they should attend a different site on an earlier date, so as to have more chances to pass within the 14-day period.

**This option should be rarely used**

**Practices:** Must have **10 practices** total.

**Wrestler may not practice with the team between day #14 and the day they are actually certified.**

Wrestlers who cannot pass hydration within the 14-day certification period must see a doctor and present doctors note documenting reason for hydration failure.

**Certification Date:** Should be first possible day once wrestler returns (assigned by Chairman).

Chairmen also have discretion to decide how many of the original practices are to be counted and have the right to have the wrestler restart the count of the 10 practices from the day they return from their absence or with the doctors note.

***The wrestler must be hydrated for the assessment. (If hydration is failed again, the NYSPHSAA office should be contacted on how to proceed).***

## **APPEAL PROCEDURE**

A wrestler may appeal his/her **In-Body result**. 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). **Exception-if a school cancels after school activities on the 3<sup>rd</sup> day, the appeal can occur on the 4<sup>th</sup> day.** 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 **In-Body** results of the minimum weight determination, the wrestler is retested by the assessor appointed by the Section Consultant. Retests 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-they cannot appeal a second time).

The section consultant will input the results of the appeal on the Track Wrestling website. ***NOTIFY YOUR SECTIONAL WRESTLING COORDINATOR OF ALL APPEALS.***

## **WEIGHT CLASSES**

The following 13 weight classes are required: **102, 110, 118, 126, 132, 138, 145, 152, 160, 172, 189, 215, 285** for all dual meets and tournaments

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 25<sup>th</sup> (NFHS Rule 4-4-Article 4). This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of **102 lbs, 110 lbs, 215 lbs.** and 285 lbs. for the 7<sup>th</sup> and 8<sup>th</sup> graders who have successfully completed the **Athletic Placement Process (APP)**. 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 **104 lbs.** This wrestler could not wrestle at **102 lb** weight class (prior to 12/25) but can now wrestle at **104 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 25<sup>th</sup> growth allowance, a wrestler may adjust the weight class accordingly.

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

**102, 110, 118, 126, 132, 138, 145, 152, 160, 172, 189, 215, 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:**

**104, 112, 120, 128, 134, 140, 147, 154, 162, 174, 191, 217, 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 2020-21 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).

If an individual enters a combined 2-day tournament (where some weight classes are pooled, and some are bracketed), this will count as one of their two 2-day tournaments, even if their individual weight class is bracketed and not pooled.

**Back to back tournaments are allowed. A minimum of one night's 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 Saturday. The original tournament finals were held on Saturday, so one night's rest (Saturday) is required before the next tournament can be entered.



## **MAXIMUM NUMBER OF POINTS (continued)**

### **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:* Once a wrestler wrestles one match in a dual meet tournament they are considered entered in the tournament. Even if they only wrestle one bout (either Varsity or Exhibition) it will cost them 2 points and be counted as one of their 6 tournaments. It would be suggested that if the wrestler gets one bout, they attempt to find a second, so as to not waste the two points assigned.

**No additional points will be charged for the extra exhibition bouts.**

Wrestling exhibition in a Dual Meet tournament (continued):

If you have a "team of 1", that practices with another team.

If the "team of 1" attends a dual meet tournament with the team they practice with.

The member of the "team of 1" cannot wrestle in any of the duals as they are not a member of the team. The member of the "team of 1" can get 5 exhibition bouts but must count the tournament as one of their 6 allotted tournament and will be charged 2pts vs 5pts. (note: Theory is that if a JV member of the full team went to the Dual meet tournament and was not used in any of the duals, they would be allowed the 5 exhibition bouts for 2 points, so the member of the "team of 1" should be treated the same way.

**NOTE:** Wrestling exhibition in an Individual tournament:

**Exhibition:** A wrestler who has been eliminated from an Individual tournament has most likely had at least two matches and has used 2 points for the tournament. They are still technically in the tournament (even though they have been eliminated from it and cannot enter another tournament until this tournament is concluded). They are permitted to wrestle one or more exhibition matches with others who were eliminated from the tournament. **New for 2020-21: As they have already been charged 2 points for the tournament, they will no longer be charged one additional point for each additional exhibition match they compete in**

Exhibition bouts wins and losses:

Exhibition bouts will **not** count for NYSPHSAA won/loss records (but Sections have the option as to how they want to handle them for their Sectional seeding criteria).

## 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.

### SCHEDULING

No addition to schedules can be made after the Saturday of Week #28. (NYS Tournament is always Week #34) For **2020-21**, the Saturday of Week #28 is **January 18, 2021** (the Saturday after Eastern States). New contests cannot be added after this date

unless they are a make up for a cancelation of a previously scheduled event. This would include Multi-team events. The Multi-team event would have to appear on the school's schedule prior to the Saturday of Week #28 or they would not be allowed to have any individual participate in it. If a team violates the rule the event will not count.

Clarification: A tournament you are already entered in (that was scheduled for a date past the Week #28 schedule lock-in date) is cancelled. You may add a tournament to replace the cancelled tournament to your schedule after Week #28. The purpose of the rule is to deny teams from adding NEW contests after Week #28.

## **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:** To be considered a 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.

**There is no limit to the number of Multi-meets an Individual can participate in (so long as they do not exceed their 20-point maximum).**

No team scoring is kept. No awards are given out.

No additional pounds shall be granted for multi-meets for back-to back contests, as they are not a team event. **No additional pound is granted for the Multi-meet if a wrestler in the meet competed the day prior, and no additional pound is granted for a contest the day after a Multi-meet if a wrestler had competed in the Multi-meet the day prior.** (Note an extra pound for multi-meets can only be granted when a competition is postponed for one calendar day for reasons beyond the control of the participating school(s) or if one teams practice (the day before a competition) is cancelled due to school policy.

The Multi Team Meet weigh-in counts as one weigh-in toward 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.

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. As Multi Team Meets are not a dual meet or a tournament, then if a bout sheet has been prepared and sent to the head table and one of the wrestler's decide they do not want to compete, no result should be recorded if no bout takes place. It is recommended that unless a wrestler becomes injured or time becomes a factor, they should honor the agreement to wrestle all bouts that are scheduled.

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.

**Note:** A Multi Team meet can be held on the same day as another Varsity meet at the same site. Example: Required Varsity League meet only has 3 matches contested, so a Multi Team meet is scheduled to follow it. **Points:** Any wrestler who wrestled in the Varsity League Meet is charged 1 point. If any of those same wrestlers then compete in the Multi Team event, they are charged additional points (as per Multi Meet points listed above).

## **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 how the **tournament will be scored**: that either all individuals will be scored, **the highest placer will be scored, each team will indicate who their scoring wrestle will be** or that 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. Once a wrestler competes in one bout of a dual meet tournament they are charged 2 points, even if they only wrestle once.

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 **all** the 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 criterion.

**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.

In the event that a dual meet tournament ends up with only 3 teams (due to last minute cancellations), the event can be wrestled as a Triangular meet. Each contestant will be charged one point for each match wrestled. The event will no longer count as one of the six allotted tournaments.

**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:** NFHS RULE 4-5-7 (May 2020): **a legal uniform shall be worn during weigh-in and no additional weight allowance be granted for it. Shoes and ear guards are prohibited from being worn during weigh-in 4-1-1c: female wrestlers are permitted to wear a form-fitted compression shirt that completely covers their breasts in addition to a one-piece singlet and a suitable undergarment. With the institution of the legal uniform (one-piece singlet or two-piece), male and female wrestlers are now able to weigh-in together in the same lineup, allowing gender-specific language to be removed from previous rules. Additionally, the form-fitted compression shirt offers females a more suitable uniform for post-weigh-in skin checks, which are typically done by male officials**

## **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.

**As of 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.

**IF and ONLY IF a JV event (that is not a dual meet) is held on a school day, an honor weigh-in can be done at each team's home school. The weigh-in sheets can then be sent to the tournament director (so that the bouts can be set up prior to the teams arriving). No additional weigh in will be required at the site of the event. Since the results of these events will not count on any participants Varsity record, these weigh-in's will not count for the 50% rule. The event will count as a tournament and 2 points.**

Otherwise: **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 mat side. In the event that a competition is postponed or 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 mat side 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 126 at morning weigh in but does not make weight at the 3 lb. check (weighing in at 129.2). They are eligible for 132 only (as they were locked in at the morning weigh in at 126). They cannot wrestle at 138.

## **WEIGH INS: DUAL MEETS**

NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS: Contestants shall have the opportunity to weigh in, shoulder-to- shoulder, 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 shall supervise the weigh ins.

## **WEIGH INS: TOURNAMENTS**

NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS: Contestants 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. (Therefore, a wrestler must weigh-in on Day 1 to be able to wrestle on Day 2). 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.

Coaches must collect the original copy of the tournament weigh-in sheet (signed by the tournament director-or their designee) before leaving the tournament to have on file for 50% rule post-season verifications.

## **MINIMUM WEIGHTS**

Minimum weights are only required for **Athletic Placement Process (APP)** wrestlers. A wrestler must weigh **in excess of 94** for the 102 lb weight class, **100** for 110, **180** for 215, 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 9<sup>th</sup> thru 12<sup>th</sup> do not have to make minimum weights in the weights classes in which NYSPHSAA has specified minimum weights.

In a situation where a 7<sup>th</sup>/8<sup>th</sup> grader is 15 years old as of July 1<sup>st</sup> 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 7<sup>th</sup>/8<sup>th</sup> 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 or school administrators agree to grant an extra pound(s) with the following exceptions:

- a. A 1 lb allowance is granted when an individual from a school has back to back competitions. (In tournament situations: if just one individual from a 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 participating 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 individuals from a team 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.

Note; Merged Teams-Additional Pounds-

If all of the merged schools are not allowed to practice the extra pound will be allowed. If any of the merged schools are allowed to practice, no extra pound will be granted.

- 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.



## ADDITIONAL POUNDS (continued)

Example: After December 25 the 2 lb growth allowance is in effect.  
Dual Meet Tuesday:  $102+2=104$  lbs.,  
Dual Meet Wednesday:  $104+1=105$  lbs.,  
Dual Meet Thursday:  $105+1=106$  lbs.,  
Tournament Friday: All teams in the tournament at 106 lbs.,  
2<sup>nd</sup> day of Tournament on Saturday: 106 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.

### **Back to back tournaments**

Back to back tournaments are allowed. A minimum of one-night rest is required between tournaments.

However: 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 Saturday. The original tournament finals were held on Saturday, so one night's rest (Saturday) is required before the next tournament can be entered.

## **ADDITIONAL POUNDS** (continued)

**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.

A minimum of one night's rest is required between tournaments. 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 wrestlers 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  $102+2=104$  lbs (can never start at 105 lbs), Second day would be  $104+1=105$  lbs (can never be 106 lbs.)

**Beginning in 2018-19-**When a Class or Sectional tournament is postponed one calendar day for reasons beyond the control of the participating school(s), or if one team's practice is cancelled the day before the tournament due to school policy, the rule for an additional pound will apply. **(A maximum of 1 additional pound would be granted).**

**The additional pound is not granted for back-to-back events.**

**Note:** In the event a Section has multiple tournaments by Class, only the classes where a school cancelled will receive the additional pound.

Example: A Section hosts a Class A, B, and C tournament. One school in Class A and one school in Class B have after school activities cancelled the day prior to the Class Tournament. All teams in the Class A and B tournaments will be granted the additional pound, but NO school in Class C will be granted the pound (as none of their schools cancelled the day prior).

## **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).
- b. A wrestler who is **not eligible** to wrestle (academics, skin infection, etc) cannot weigh in.

## **50% RULE** (continued)

- 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 **Individual** 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

Clarification: For a wrestler to be eligible to wrestle JV or Varsity, they must be skin checked by either the JV or Varsity official. If they are not checked off on the weigh-in sheet, they would be declared an ineligible wrestler.

For sections that wrestle JV prior to Varsity (where a separate JV ref is being used), the coach shall be required to make two separate copies of the weigh-in sheet (one for the JV ref's pre-meet check, and one for the Varsity ref's pre-meet check). When the pre-meet meeting is concluded, both sheets should be sent to the scorer's table. So long as a wrestler was checked off by the JV ref, they are eligible to wrestle in the Varsity meet. They do not have to be checked by both the JV and Varsity official. All officials should indicate on the weigh-in sheets any wrestler that had a proper skin form that was accepted.

## **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 7<sup>th</sup>/8<sup>th</sup> graders who must make a minimum weight:**

On Day 1: If they weigh between 94.1 and 100.0 they lock in to the 102 lb. weight class for Day 1 and cannot wrestle at 110 (as they are in excess of 94 but are not in excess of 100, which is the minimum weight for 110).

To be consistent with how the other weight classes are treated: On Day 2: If they now weigh between 100.1 and 103, they must remain at 103 (102+1). Even though they are now in excess of 94 for 102 and also in excess of 100 for 110, they cannot wrestle at either 103 (102+1) or 111 (110+1) and can only wrestle at 103 (102+1) as 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. Note- In a one-day tournament the weight the wrestler weighs in at is the weight that counts for the 50% rule (not the weight they wrestler actually wrestled at).

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 the NYS Weight class is not contested:**  
A wrestler is entered in an out of state tournament where the NYS Weight is not contested. The wrestler weigh's in at the NYS weight on the NYS weigh in sheet but wrestles up at the out of state weigh class. The weigh in counts for the 50% rule at the NYS Weight Class.  
Example: To count a weigh in at 102 in NYS when you are competing in a state that starts at 106, the wrestler must weigh in at 102 on the weigh in sheet then wrestle up at 106.  
Example: To count a weigh in at 189 or 215 in NYS when you are competing in a state that uses 195 and 220, the wrestler must weigh in at 189 or 215 on the weigh in sheet then wrestle up at 195 or 220.

**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 Or Tournament – Tournament Snowed Out – Tournament

Friday: Regularly scheduled Dual Meet or Tournament: +0.

Saturday: Regularly scheduled Tournament Postponed due to weather.

Sunday: Tournament: All teams get +2 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)

**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 pick up 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.



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

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

**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.**

**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). A wrestler who is not eligible to weigh in for the first day of a Dual Meet Tournament is not eligible to weigh in for the second day.

### **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).

### **Example C: Scratch at Tournament Scratch Meeting**

If the tournament director of an individual tournament announces there will 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).

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

### **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 need 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.

## **EXTENDED INJURY TIME-CONCUSSION EVALUATION**

Extended injury time will be handled in one of the following three ways:

1. Tournament designates medical personnel for the tournament (physician, physician’s assistant, **certified** athletic trainer, registered nurse, nurse practitioner, EMT). The athlete may be granted extended time.  
Example: All teams in attendance at the tournament can use the designated trainer for extended time.  
Example: Tournament does not designate a medical person, but some teams bring their own trainer(s). **ONLY** the teams who have a trainer can get extended time only for wrestlers belonging to their school.
2. No designated medical personnel but the school has brought their own school appointed medical personnel. The athlete may be given extended time.  
Example: Home team designates their trainer as the medical personnel.  
Away team did not bring a trainer.  
Trainer can be used for extended time for both Home and Away teams.  
Example: Home team does not have a trainer to designate.  
Away team did bring a trainer.  
Trainer can be used for extended time **ONLY** for the Away team.
3. No designated medical personnel or school appointed personnel. The athlete is not given extended time.

## 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 6<sup>th</sup> 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 6<sup>th</sup> 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 5<sup>th</sup>/6<sup>th</sup>. 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 6<sup>th</sup> 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 5<sup>th</sup> and 6<sup>th</sup> place points and split them. There is no 5<sup>th</sup> place wrestler. Each wrestler will earn the 3 points for 6<sup>th</sup> 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 bouts 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.

### **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).

## WRESTLING FORFEITURES (cont.)

### 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.

### 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.

## WRESTLING FORFEITURES (cont.)

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.

### **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.

#### **Reason for withdrawal is not the fault of the wrestlers-2 Day Dual Tournament**

School administration does not allow a team to enter Day 1 of a Two-day Dual meet tournament. Assuming the School administration allows, the team can be entered for the second day.

**The tournament will count as one of the two allowed 2-Day event tournaments.**

They will be allowed the +1 weight allowance that the other teams are being granted and the Day 2 weigh-in will count towards the 5% rule.



## WRESTLING FORFEITURES (cont.)

To be consistent with page 23:

### **Teams that do not show up for a dual meet: Situations 4 and 5:**

For all duals the team was scheduled to wrestle on Day 1, each 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. 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).

When the team rejoins the tournament on Day 2 they will continue with their original spot on the bracket sheet, pool, or round robin.

Note- The team that could not attend Day 1 has the right to decide not to go on Day 2 (even if allowed) if they do not want it to count as one of their 2-Day contests.

Note: A team cannot join a 2-Day tournament on the second day, if they were not originally scheduled to be a participant in the tournament.

### **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: 8<sup>th</sup> 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.

As penalty corrections only involve bookkeeping, there is no time limit for identifying them.

## 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

## **AUTO QUALIFIER SYSTEM**

Starting in 2020-21: The Auto Qualifier system will be used to fill byes in the tournament. This format allows for multiple entries from each section. The procedure and timeline for determining the Auto-Qualifier System 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**

The Appeals Committee shall be the NYSWOA President, NYSWOA Past President and the NYS Rules Interpreter. The NYSPHSAA Wrestling State Coordinator will oversee the process and participate in the discussion but will not be a voting member.

If an appeal is filed at the end of a match, only the offended wrestler must remain on the mat, but the mat official shall instruct the other wrestler to remain in the mat area.

The coach will have two minutes to state his/her case however the Appeals Committee may have additional questions for the coach.

The NFHS rule 3-1-9 has been waived to allow the Appeals Committee, at their request only, to review video replay that is supplied only by a NYSPHSAA approved broadcast partner. This would apply only to state semifinals and finals matches only.

## **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, 2020-21 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 4 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
		<b>23</b>	<b>14</b>

**= Max pts allowed**

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

**= 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 34](#).**

- 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 8](#)).
- An individual wrestler competes in back to back tournaments while the first tournament they were entered in has not yet ended (see Individual Points: Tournaments [page 8](#)).
- 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 10](#)).
- 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 14](#)).
- A coach conducts an honor weigh-in for the Sectional Dual Meet Tournament. (see [page 14](#))
- Granting unauthorized additional pounds for Post Season or a Sectional Dual Meet Tournament (see [page 18](#))
- The coach of a team grants unauthorized additional pounds. (see [pages 16-18](#))
- A coach weighs in a wrestler for an event (who has already reached the 20-point limit) (see [page 19-Item d](#))
- 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 7<sup>th</sup>/8<sup>th</sup> 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 7](#)).