

2013-2014

WRESTLING

PROGRAM

BOOKLET



The NYSPHSAA's 2013-14 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 2012-14 Handbook for all other sport and eligibility standards and the NFHS Wrestling Rulebook, Casebook and Manual for sport related rules.

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INTRODUCTION

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SPORT SAFETY

EQUIPMENT

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

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)* (NYSPHSAA Approved August 2012 in lower right). This form must be signed only by a M.D. or a D.O. for the wrestler to be eligible to participate. Photocopies are not acceptable. In situations where a section requires that all skin forms are to be filed with the Sectional Chairman or their designee, the Chairman/designee should receive a copy of the form. The original is to stay with the coach at all times. Forms are available at www.nysphsaa.org under the following tabs: Sports..Winter..Wrestling..Left Side Menu: Skin Form Infectious Disease

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

NYSPHSAA WRESTLING WEIGHT CONTROL PLAN

WEIGHT CERTIFICATIONS

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

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

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

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

WAIVERS:

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

A wrestler cannot begin practice until the waiver is approved. The approval date of the waiver starts the 14-day clock for certification (Aug. 2011).

APPEAL PROCEDURE

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

APPEAL PROCEDURE (cont.)

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

The appeal process is:

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

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

NOTIFY YOUR SECTIONAL WRESTLING COORDINATOR OF ALL APPEALS.

WEIGHT CLASSES

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

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.

Wrestlers in excess of 285 lbs are not eligible for exhibition bouts with anyone no matter what each wrestler weighs.

GROWTH ALLOWANCES

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

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

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

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

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

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

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

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

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

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

MAXIMUM NUMBER OF POINTS

The maximum number of points a wrestler will be permitted is established by the NYSPHSAA. For **2013-2014** 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 **a maximum of 2-two-day dual meet tournaments will be allowed.**

2. Penalty

If an athlete exceeds the maximum points **or tournaments** permitted at any time during the season, the individual athlete will be ineligible for the remainder of the season. **(Tournament penalty awaiting Oct 2013 approval from NYS HANDBOOK Committee)**

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.

3. 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.

4. 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

COMPETITION

COIN TOSS

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

SEVEN-DAY RULE (NYSPHSAA handbook pg 103)

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

If you were to practice/compete from Monday thru Friday and then enter a 2-day tournament on Sat/Sunday you have violated this rule. The penalty from the Section’s Athletic council could be: censuring of your team, team being placed on probation, or team being suspended. **Please plan ahead and do not practice on either the Monday, Tuesday, Wednesday, Thursday, or Friday prior to your 2-day Sat/Sun tournament.** 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 are also competing in a competition on the Saturday following the Saturday/Sunday competition mentioned above, you will also need to take a day off during the second week.

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.

INDIVIDUAL TOURNAMENTS

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

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

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

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

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

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.

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

DUAL MEET TOURNAMENTS

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

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

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

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

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

WEIGH – IN PROCEDURES

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

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

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

HONOR WEIGH-IN'S

Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. In the event that one team has school on a school day and the opponent does not, Honor Weigh-Ins are allowed. Honor Weigh-Ins for non-school day, dual meet wrestling matches are **not** allowed. Honor Weigh-Ins are **not** allowed for any Tournament. 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. Weigh-in administrators should **not** write down a weight on the honor weigh-in sheet if the wrestler does not make weight. That wrestler, and any wrestlers, who were not present for the honor weigh-in, must make scratch weight if they weigh-in at matside. In the event that a competition is postponed or cancelled, the honor weigh-in is not an official weigh-in, and therefore does not count towards the 50% rule.

WEIGH-IN'S: DUAL MEETS

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

WEIGH-INS: TOURNAMENTS

NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS: Contestants of the same gender shall weigh-in at the tournament site wearing no more than a suitable undergarment a maximum of two hours and a minimum of ½ hour before the first session. The tournament manager shall establish the weigh in time within the maximum and minimum time period. The referee or other person of the same gender as the contestant shall supervise the weigh-ins. Weigh-ins for the second day of a tournament must be conducted on the second day, following the same time limits as the first day. Weigh-ins at the conclusion of the first day are not allowed. When a dual meet tournament lasts 2 days, the weigh-in will be treated the same as a regular tournament. The weigh-in on day one locks a wrestler into a weight class. A wrestler who does not make weight on day two, may not move up to the next weight class, and is scratched from the tournament.

MINIMUM WEIGHTS

Minimum weights are only required for selectively classified wrestlers. A wrestler must weigh **in excess of 91** for the 99 lb weight class, **96** for 106, **185** for 220, and **210** for 285. These minimum weights do **not** increase when the 12/25 Growth Allowances take place. Minimum Weights **MUST** be met and **RECORDED** at the matside weigh-in. If the wrestler does not make the minimum weight at the morning honor weigh-in, the morning weight should not be recorded. The minimum weight must be exceeded at the matside weigh-in for the match to count toward the 50% rule. A wrestler who exceeds the

minimum weight at the honor weigh in, is not eligible if they don't exceed it again at the matside weigh-in. Students in grades 9th thru 12th do not have to make minimum weights in the weights classes in which NYSPHSAA has specified minimum weights.

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

ADDITIONAL POUNDS

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

- a. A 1 lb allowance is granted when schools have back to back competitions. (In tournament situations: if just one team in the tournament has back to back competitions, then all teams in the tournament get the extra pound. 48 hours notice is required to get the extra pound. 48 hours notice is required to get the extra pound). NHSF-Rule 4-5-5.
- b. A 1 lb allowance is granted when a competition is postponed for one calendar day for reasons beyond the control of the participation school(s) or if one teams practice (the day before a competition) is cancelled due to school policy (Example: Superintendent cancels after school activities due to weather). In these situations the other school should be made aware of the extra pound as soon as the first school learns of the cancellation, 48 hours notice is not required. In the case of a tournament; a tournament director grants all the teams in the tournament an extra pound because one of the teams entered is wrestling a dual the day before the tournament. The dual the day before the tournament is cancelled (bad weather, etc). All teams in the tournament still get the extra pound. NFHS-Rule 4-5-5
- c. The maximum allowance to be granted is two (2) lbs. A third consecutive day of completion would grant this 2 lb allowance to the schools involved. A fourth and fifth consecutive day would require the 2 lb allowance to carryover. The allowance would never go to 3 lbs over.

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

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

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

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

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

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

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.

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

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 be 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. The eligible place winners will be adjusted accordingly.

50% RULE

50% of the weigh-ins during the season must be at the minimum weight a wrestler will wrestle during the state tournament and 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.
- 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%.

PROCEDURE FOR WEIGH-IN'S AND 50% RULE WHEN:

1. 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.

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

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

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

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

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

PROCEDURE FOR WEIGH-IN'S AND 50% RULE WHEN:

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

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

4. 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.

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

6. **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

PROCEDURE FOR WEIGH-IN'S AND 50% RULE WHEN:

6. Schools are cancelled:

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

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 +1 allowance

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

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

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

Saturday: Regularly scheduled Tournament Postponed due to weather.

Sunday: Tournament: All teams get +2 allowance

Situation 5: Dual – Tournament Snowed Out – Tournament

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

Saturday: Regularly scheduled Tournament Postponed due to weather.

Sunday: Tournament: All teams get +1 allowance

Situation 6: Tournament – Tournament – Dual – Dual

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

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

All teams in the Monday tournament are at +1.

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

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

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

PROCEDURE FOR WEIGH-IN'S AND 50% RULE WHEN:

6. Schools are cancelled:

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

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

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

7. Interrupted Duals:

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

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

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

If the dual meet can be made up:

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

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

If the dual meet cannot be made up:

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

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

NYS will not mandate the outcome. Examples could be:

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

PROCEDURE FOR WEIGH-IN'S AND 50% RULE WHEN:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

If the meet will be rescheduled:

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

If the meet will **not** be rescheduled:

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

PROCEDURE FOR WEIGH-IN'S AND 50% RULE WHEN:

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

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 NWCA 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

WRESTLING FORFEITURES

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

INELIGIBLE WEIGHT CLASS

After a dual is wrestled, it is found out that a team used a wrestler at a weight lower than his/her certified weight (or at a weight above the State minimum weight: (Example: 8th grade 85 pounder wrestles at 99 and does not meet the 91 pound minimum), the team forfeits the dual meet and the wrestler takes a loss on his/her record. The won/loss records of the other wrestlers who wrestled in the dual meet are not affected and the results of their individual bouts stand. (NYSPHSAA Handbook-Penalties).

If, 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.

WRESTLING FORFEITURES (cont.)

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

Dual Meet:

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-Winners Bracket:

Situation 2: A wrestler who is entered on the bracket sheet never takes the mat but forfeits to their opponent in the winner's bracket.

Record as follows:

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

Loser: The wrestler who forfeited takes a loss on their record against the school and name of the opponent they forfeited to.

Seeding: Wins and losses count for seeding but wins and losses by forfeit do NOT count as head to head wins.

Tournament-Consolation Bracket:

Situation 3: The same wrestler who forfeited in Situation #2 is now placed into the consolation bracket of the same tournament where they never take the mat and forfeit to their next opponent again.

Record as follows:

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

Loser: The wrestler who forfeited takes another loss on their record against the school and name of the opponent they forfeited to.

Tournament-2nd Day:

Situation 4: A wrestler who advanced on a bracket to the second day of a tournament does not make weight, becomes injured, or cannot compete and must forfeit on Day #2. Although they never take the mat:

Record as follows:

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

Loser: 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 of the second day.

Note: If a wrestler had advanced to a semifinal (in a tournament that places the Top 6) the wrestler would receive 3 losses on their record: One for the semi, one for the consolation semi and a third for the consolation final for 5th/6th. They would place 6th in the tournament.

WRESTLING FORFEITURES (cont.)

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

Tournament-Pre-Seeded:

Situation 5: Many tournaments are pre-seeded and brackets are prepared prior to weigh-ins. If a wrestler is removed from the tournament at the final coaches scratch meeting (prior to printing the brackets for the head scorekeeper) because they failed to make weight, were injured at practice, missed the bus, or cannot compete for some other reason, proceed as follows:

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.

Note: Once the scratch meeting has ended, the brackets are official and the wrestler is now entered in the tournament. Should a wrestler then decide not to compete (injured during warm up etc) they must now take losses over the names of all wrestlers they were scheduled to wrestle against. These scheduled opponents would take forfeit wins over the name of the wrestler who dropped out.

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 over any 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.

Tournament-Sixth bout of the day:

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

Record as a “no contest”:

Winner: The wrestler who is eligible to wrestle (who has not exceeded their 5 bout limit) earns the higher place.

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

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

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

Tournament-Sixth bout of the day (cont):

Note: Beginning with the 2013-14 season: A forfeit will no longer be counted in the count of tournament matches wrestled in a day. A wrestler can compete in a 6th bout in a day if one of the previous bouts was a forfeit.

Tournament-Individual Round Robin:

Situation 7: 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:

Situation 8: In a round robin pooled tournament, a wrestler who is on the bracket sheet in one of the pooled weight classes must forfeit (without taking the mat) because they are removed from the tournament by the on-site trainer or medical staff due to an injury that does not allow them to compete further. However, if the reason for forfeiting was not mandated by the on-site trainer or medical staff, then all matches forfeited are losses and they would take additional losses for each time they were scheduled to wrestle and did not. (This could result in them going 0 and 10 for the tournament.)

Record as follows:

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

Loser: The wrestler who forfeited takes a loss on their record against the school and name of the opponent they forfeited to. If the wrestler who did not compete and just took a loss is unable to compete in any remaining matches, they will take additional losses for each time they were scheduled to wrestle and did not. With the following restriction: The number of losses cannot exceed 2 losses if they have not reached the medal round (if they did reach the medal round the number of losses cannot exceed 3)

Tournament-Individual Round Robin:

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 each round that they do not wrestle. 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.

WRESTLING FORFEITURES (cont.)

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

Tournament-Flagrant Misconduct Removal:

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

Record as follows:

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

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

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

SECTIONAL COMPETITION

ELIGIBILITY FOR SECTIONAL SPONSORED COMPETITION

Participation in a minimum of six (6) contests is required to be eligible for Sectional competition. Therefore, a wrestler must compete (exhibition, forfeit, varsity/JV match) and be charged with six (6) points towards their maximum number of points. The six required contests must be held on six separate dates.

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.

To enter into the Sectional Tournament an NWCA 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 NWCA database prior to the post season seeding meetings.

NYSPHSAA STATE CHAMPIONSHIPS

AT-LARGE QUALIFIERS

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

NYS TOURNAMENT SEEDING

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

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

MODIFIED

Game Conditions: See chart p. 139, 2012-2014 NYSPHSAA Handbook.

1. A contestant (or team) may participate in competitions not to exceed 12 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 bouts.
2. No contestant (or team) can accumulate more than 8 points out of the maximum 12 points allowed via 2 point contests.
3. No contestant (or team) can accumulate more than 3 points per week.
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 45 minute rest period between bouts.
 - c) With Section approval, a sudden victory overtime period shall be permitted in modified wrestling. Wrestlers must start in the standing position, and the period shall not exceed 30 seconds. (May 2010)
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).

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. (4 lbs); 80-90 lbs. (4 lbs); 90-100 lbs. (3 lbs); 100-110 lbs. (3 lbs); 110-120 lbs. (3 lbs); 120-130 lbs. (2 lbs); 130-140 lbs. (3 lbs); 140-150 lbs. (5 lbs); 150-160 lbs. (5 lbs); heavier weights (as much as 8 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 82 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.